

AFTERCARE

Young people, who have been under care, face problems:

Low education

Often dependent on social welfare

More health problems

Less family contact and fewer friends

Higer rate of drug and crime

Aftercare

- At the age of 18 is it possible to leave care.
- There is a possibility to be under care until 23 years
- Most young people prefer to leave care at about 18-19.

Aftercare

New knowledge: Surveys shows that aftercare one year after leaving the institution or fosterhome give a significant better chance to fix life.

Two years with good aftercare gives even better chances.

Aftercare

- But what is important in Aftercare?
- What works?

Aftercare

- Needs:

Competence

Autonomy (self determination)

Attachment

Aftercare

- Use Positive psychology:
- Competence: Everyday living... plans, Thoughts, teaching practical skills, secure education - programs or work.
(I am what I do)

Mental training: to see with your inner eye that you succeed

Aftercare

- Autonomy(self determination):

Gives more motivation, easier to mentor,

Inner voice: Rewards

Friendliness becomes easier

Co-operation gets better and easier

Aftercare

- Positive emotions is extremely important
If you want to achieve success

Aftercare

- 5000 people was asked what is important in life:
- To be seen, that someone loves me.
- To be close to someone, endearment
- That somebody cares about me, gives me legitimate compliments
- To be concrete: That I can mean something to someone

Aftercare

- Self respect is your highest goal, make efforts to lift it

