

# Sky's the Limit

A new vision of support for care-experienced young adults.

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Sky's The Limit brought together 11 young people as a design team to reimagine 'leaving care' and design a new approach to support them to have happy, positive starts to adulthood.

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## Key elements of a new system

### An end to the 'care cliff'

In the current system, young people face cliff edges of support at 16, 18, 21, and 25 - critical ages when stability in where you live and who supports you is important. **A new system shouldn't feature abrupt changes based on age and recognise that positive starts to adulthood are built on having consistency in important relationships and places.**

### Individualised support

The current system forces people down pathways which aren't right for them and tries to fit people into a preconceived idea about what 'success' looks like. **A fresh approach would recognise and celebrate individuals to help them really plan out their own future journeys rather than put 'care leavers' into a single box.**

### Consistency

Where you live in the country shouldn't make or break your experience as a young care leaver. The 'postcode lottery' of care is a serious issue for current care leavers; there isn't really one 'leaving care' system but 151 different ones. **A new system should deliver a fair and well-evidenced level of support for all.**

### Accountability

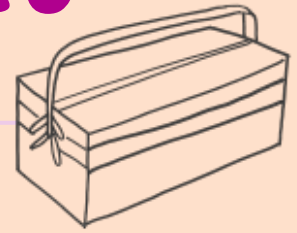
Too often, what care leavers are supposed to receive on paper doesn't match up with their experiences. Too little accountability in the system allows for bad practice and the denial of rights and entitlements. **It's important that a new system has transparent and recognised processes in place to ensure care-experienced people get what they need and deserve.**

### Equity

The current system reinforces additional challenges that particular groups of care-experienced people can face, such as people from Black or minoritised communities, people who identify as LGBTQ+, and people with disabilities. **A new system must have equity at its heart and understand how everyday life as a care-experienced person interacts with other characteristics and experiences.**

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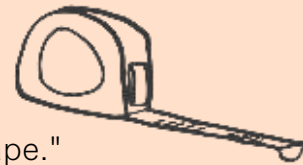


## A toolbox for life

The key tools which any system of support for leaving care should equip young people with.

### The measuring tape of risk

"It represents it well because, although you can't assess risk in millimetres, it's still a unit of measurement. It's a rule to find out where on the scale you sit and how risky is this situation on the tape."



### The prioritisation multitool

"Prioritisation of your life is always a skill. We don't have that skill to begin with but also we're not given an introduction too. It's all or nothing – we've got no choice or we've got every choice in the world and it's overwhelming. It highlights an issue in the care system where there's no middle ground, there's no preparation."

### The relationship screwdriver

"Because of our histories, we learn very well how to adapt to people's needs. It's survival. If I can fit this mould that's providing me with something that I need then I'm safe. It leaves us in a position where we're quite vulnerable to manipulation and abuse."



### The Swiss army knife of boundaries

"Learning your boundaries and keeping them is one of the most important tools you could have in your kit. There's never a situation you wouldn't need them."

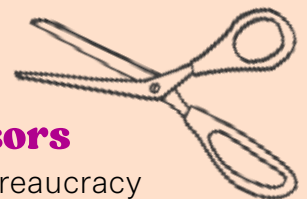
### The self-worth weight

"If you have good self-worth, you're not gonna end up lowering what you're worth for other people."



### The red tape scissors

"Cut all the red-tape, bureaucracy and challenges and cut through."



### Picture hooks of memories

"So you can hang up your picture and remember the good bits and the things you want to remember, learn from or reflect on."

### The torch of optimism

"Keeping optimistic, looking ahead, fighting through."



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AND YOUNG CARE LEAVERS

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