



# Young People Leaving Care: Supporting Pathways to Adulthood

*Mike Stein*

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The journey to adulthood is a big step for all young people. However, for young people leaving care it may be far more difficult, coping with major changes in their lives and at a younger age, especially if they lack preparation and support.

Young People Leaving Care explores the journey from care to adulthood through the main challenges these young people face: in being in settled accommodation, in fulfilling their potential in education, employment or training, and in achieving and maintaining good health and a positive sense of wellbeing. For each of these pathways, the book provides a comprehensive review of relevant research, how young people might be best supported, and how the services they receive have the potential to increase resilience and boost their chances of enjoying a fulfilled life as a young adult.

This is an essential book for all those who work with young people from care, including social workers, personal advisers, counsellors, teachers, policy makers, researchers and students in the field of child welfare.

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