

Moving On

Moving On is a new course from ASDAN that will equip young people aged 16+ with the knowledge and skills they need to 'move on' to living independently.

Who is it for?

Young people aged 16 and over who are preparing to live independently for the first time. They may be leaving care, moving out of their family home or moving away to university.

Moving On helps to facilitate the conversations that young people will have with a trusted adult while preparing to live independently – this trusted adult could be a support worker, personal adviser, tutor, foster carer or parent. Centres delivering Moving on may include local authorities, leaving care teams, care providers, pupil referral units and colleges.

Course structure

Moving On is structured around five different aspects of what it means to live independently as a young adult – see wheel opposite.





Each of these aspects is presented in a module journal containing key information and practical activities to develop knowledge and skills.

Young people should work with a trusted adult to identify which modules they will complete based on their individual circumstances. The activities they complete within the journals can also be personalised and tailored to suit their needs.



Course content

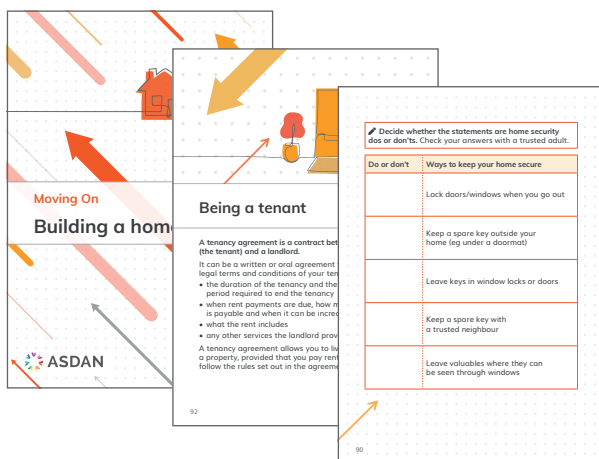
Each Moving On journal is focused on a different aspect of living independently:

	Building a home	tenancy, home maintenance, laundry, cleaning and home safety
	Being healthy	physical health, emotional wellbeing, healthy eating and healthy living habits
	Starting your career	further and higher education, training, exploring job opportunities, applying for jobs and being an employee
	Managing money	budgeting, borrowing, saving and spending
	Relating to people	identity, healthy relationships, boundaries, support and being part of a community

Moving On journals

The Moving On module journals include useful information, practical activities, recording templates and space for reflection.

The journals can be completed in ways that are relevant to the individual young person. They are designed to be kept by the young person as a source of information to refer to in the future.



Moving On user notes

Detailed user notes are available to support trusted adults in delivering the Moving On modules.

These notes contain guidance for supporting young people, notes on the journal activities, links to further information and answers to activities within the module journals.

