

The government has a set of 'standards' about living in residential care. This means that the care you get has to reach a certain 'level'. The 'standards' are to make sure that you are kept safe and cared for properly when you are in residential care. They are also to make sure that the people in your residential home listen to what you have to say.

NATIONAL STANDARDS FOR RESIDENTIAL CARE

There are 'National Standards for Residential Care'. Young people in care have written a youth-friendly version of the 'standards' for you.

1. Every residential home should have all the information you need to know about the home written down. It should be written in a way that is easy for you to read and understand;
2. Every residential home should be properly run;
3. An inspector and/or someone called a 'monitor' will call to the house to check that everything is being run properly. You can talk to them about anything you like when they call;
4. Young people living in the home should know their rights and their rights should be respected;
5.
 - * Your Social Worker will work on YOUR care plan with you and make sure it is up to date;
 - * When you turn 16, your Social Worker should make sure you have a 'Leaving Care' (Aftercare) plan;
 - * You should be able to keep in touch with your family and friends. If it is possible, your Social Worker will organise visits with your family and any other people that are important to you;
 - * You should also be able to be in touch with your family by phone, text or email.
6. Staff should respect young people (and young people should respect staff too!).
 - * You cannot be slapped or pushed by staff at any time;
 - * You should not be bullied;
 - * You should also get a good choice of healthy food to eat;
 - * Young people should be treated the same as other young people their age.
7. Care homes should be safe and supportive. Children in care should be protected from abuse, neglect and any sort of harm. The

people working in your residential home should help you to feel good about yourself and make sure you have a right to:

- * Privacy, e.g. your own room;
 - * Have your views and opinions listened to;
 - * Make a complaint and be listened to;
 - * Be given information so that you can make decisions about yourself;
8. Children in residential care should get a good education and be encouraged to do well. The people working in your residential home should:
 - * Make sure you go to school;
 - * Help you to do your homework;
 - * Help you choose your subjects;
 - * Talk to you about what kind of job you would like when you leave school;
 - * Help you to get involved in activities inside and outside school;
 - * Make sure you become the best person you can be!
 9. The health of children in residential care should be looked after. You should:
 - * Be looked after if you are sick;
 - * Be brought to the dentist, optician or doctor if you need to;
 - * Have a medical card;
 - * Get any medicines that you need.
 10. The care home should be a good quality building and be kept clean. You should be able to have your friends over and there should be somewhere you can have visits from your family or your social worker in private. You should be asked for your opinion if there are changes being made to the building e.g. painting or buying new furniture.