

Achieving autonomy and parenthood in Jamtland



Deciding what to do and getting your own income



Housing

- "Forced" autonomy for youths with long distance to upper secondary school
- Housing allowance for those with low income
- Östersund municipality has "accommodation guarantee" for new university students

Parenthood

(national legislation)

- Child allowance for everyone
- Parental leave for 480 days/child
- Childcare for all children from one year old
- Extra student support if a parent is studying
- Open pre-schools for parents staying at home with their children (municipalities)

If you don't know what to do: Lärcentrum

- Adult education centre – for youths 20+
- Individualized learning programmes
- Career guidance
- Vocational training, apprenticeships, work experience placements

If you don't know what to do: Navigatorcentrum

- A centre for youths who are not in education or employment
- Offer help with contacts to various authorities
- Offer career guidance
- Offer courses
- Keep track of youths under 20

Conclusions

- Legislation is on national level – providing financial support for housing, parenthood, studying
- Regional and local initiatives to support youths to become autonomous by helping them find a way to achieve their goals