

You're a young person in transition. It's a trip and you are the

traveler! You're on your way to your next stop: independent young adulthood. **IT'S EXCITING:** when you get there, you'll have no state or foster care strings attached to you. You'll get to make your own decisions.

IT'S SCARY: times are uncertain. Young people are having trouble finding jobs, getting their lives going. At FosterClub, we believe in you. We built this toolkit to help you design a travel plan, working with your transition support team, that will create a map of what you have and what you need for your safe journey to adulthood.



FosterClub's TRANSITION toolkit

FosterClub members
Lupe (Arizona), Mercedes
(Wisconsin), Tyler
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Anthony (Georgia)

[in collaboration with FosteringConnections.org]

a free tool for developing a youth-driven transition plan with a team approach



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the national network for young people in foster care | www.fosterclub.org



a message TO SUPPORTIVE ADULTS...

Everyone can use some help from a friend. As advocates for young people in foster care, we know these youth need support like all teens. Our experience at FosterClub tells us that having committed and reliable adult supporters is the number one indicator of success for a young person transitioning from foster care.

You can strengthen your role as a Transition Support Team Member for this youth:

- *Read the information in this toolkit and visit www.fosterclub.org for more tools to help youth prepare for life after foster care*
- *Visit www.fosteringconnections.org to learn more about the Fostering Connections Act*
- *Help the youth identify their strengths AND needs*
- *Make it clear how you are willing to support the youth*
- *Help keep the youth on track*
- *Celebrate success*
- *Remember that it's the youth's life — and it's their transition plan. Mentor away, but keep in mind that ultimately, they will be the ones living out the plan.*



WITHOUT a ROAD MAP YOUR TRANSITION JOURNEY COULD BE TROUBLE.

Young people who “age out” of foster care – or turn too old to receive foster care services – often face the challenges of adulthood unprepared and without support.

Suddenly you age out and you’re hit with millions of adult decisions to make, like finding safe, affordable housing, setting up utilities, getting health insurance, finding transportation, getting a job and much more.

The fact is, most young adults in America can lean on their parents to help with some of this support into their late 20s. But as a young person in foster care, it’s possible

that you can’t count on support from your parents.

So you need to get a plan. Check out this FosterClub Transition Toolkit. It’s a map to guide you out of foster care and into safe independent adulthood. You can call it a “Transition Plan”.

WHAT IS a TRANSITION PLAN?

The government’s take:

A recent federal law requires that all states must develop a transition plan for foster

youth during the 90 day period before the youth leaves foster care at age 18, 19, 20 or 21. The plan must be individual to the young person and developed with the young person. Among the issues to be addressed are specific options on housing, health insurance, education, local opportunities for mentors, and workforce supports and employment services.

What FosterClub believes:

The good part about this new law is that the Government states clearly that foster youth need a transition plan and that the youth needs to help develop it.

Our view is that it's your life. What happens should be your say, not just a

judge's or a caseworker's. And just 90 days to develop a plan for life? We believe that you owe it to yourself to get the facts and start working on your transition plans as early as you can. The sooner you can start, the more control you'll have. Two or three years before leaving the foster care system is not too soon to be working on your Transition Plan.

You've dreamed about those days of independence after foster care. With this Transition Toolkit, you can take charge and begin to make those dreams come true.

Visit us online at www.fosterclub.org for stories about real youth aging out of the system.

more ABOUT THE FOSTERING CONNECTIONS TO SUCCESS AND INCREASED ADOPTIONS ACT OF 2008 LAW (Public Law 110-351)

The new Fostering Connections law made major improvements to programs and policies related to older youth in foster care. Specifically, the Fostering Connections law provides new supports and services to promote permanency and the improved wellbeing of older youth in foster care. These include foster care, adoption, or guardianship assistance payments to children after the age of 18; a requirement that personal transition plans for youth aging out are developed within 90 days prior to youth exiting foster care; extending eligibility for Independent Living Program services to children adopted or placed in kinship guardianship at age 16 or older; and extending eligibility for education and training vouchers to children who exit foster care to kinship guardianship at age 16 or older (those adopted after age 16 were already eligible).



For the exact text, go to Section 475 of the Social Security Act (42 U.S.C.675)



For more information visit *The Fostering Connections Resource Center* at www.fosteringconnections.org. The Center serves as a library of child welfare information and resources to help states and tribes in their efforts to implement Fostering Connections.

WHAT'S YOUR Transition PLAN?

You can take action now, invest in your future, and create your transition plan to really work for you.

The FosterClub Toolkit is a step-by-step transition plan. Here, you'll clarify your goals, gather up resources, build a Transition Support Team, honestly evaluate your assets, and sharpen your skills for life on your own. With FosterClub's Transition Toolkit as your guide, you can put yourself in the driver's seat to your future.

The FosterClub Transition Toolkit is built around ten different categories. You'll visit each category on your transition journey.

finances + money management

job + career *

life skills

identity

permanence

education

self care + health *

housing *

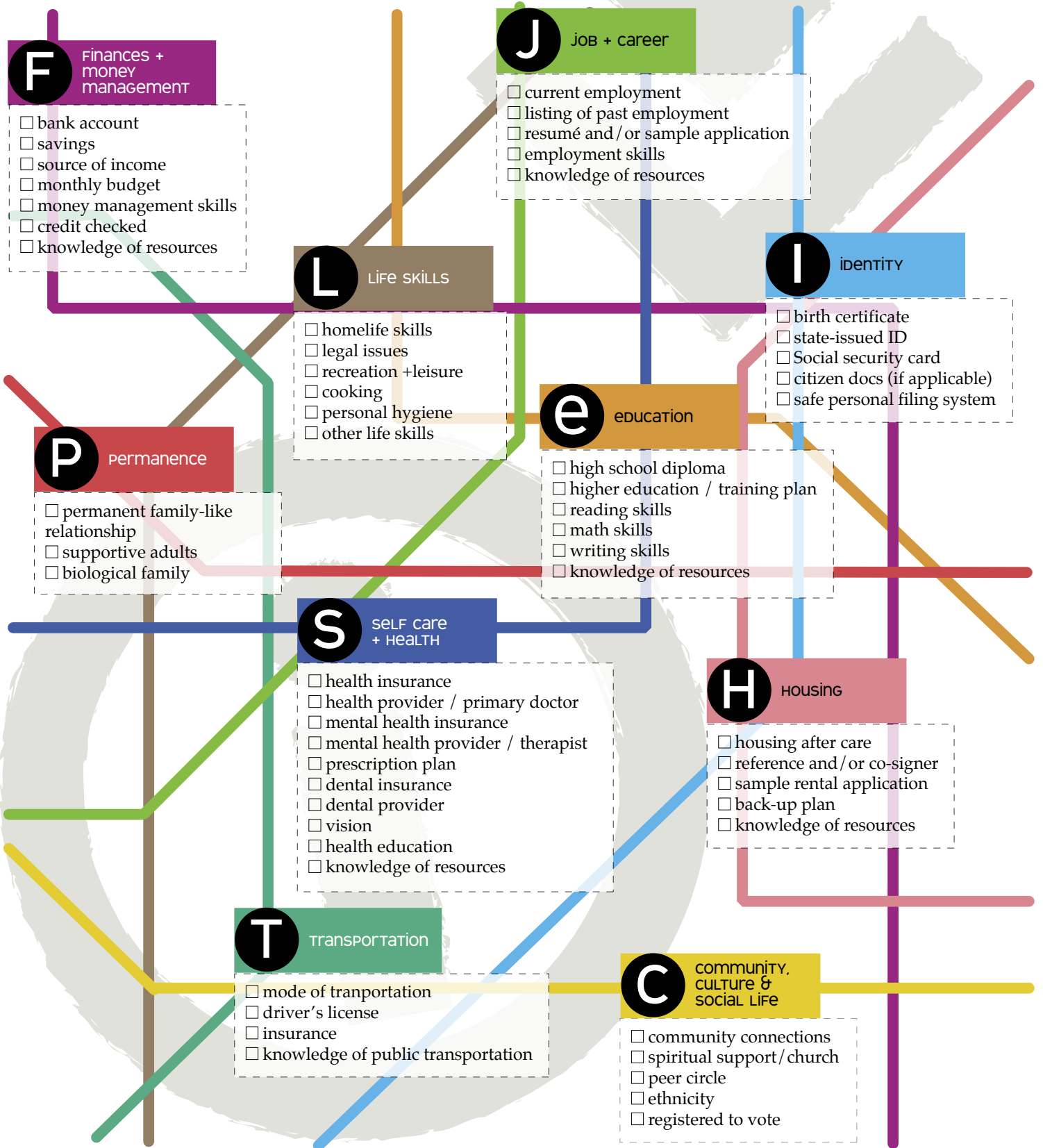
transportation

community, culture & social life *

In this Toolkit, these categories are shown as lines on a subway map (next page). Each stop on the subway map is an item for you to examine as you follow the path to leaving foster care.

* *Complete these items to comply with requirements of the Fostering Connections to Success and Increased Adoptions Law.*

WHERE TO START? That's up to you. This map provides a quick overview of the ten different categories you'll want to check out. Just as a subway line contains many stops where you can get out and look around, each category "line" contains several stops to explore. You'll notice assets and skills you'll want to pick up at each stop as you journey on your transition to adulthood.





FosterClub
member Alex
from Colorado

WHAT'S MY ROLE?

You can jump on board or sit and watch the Transition Plan going on without your input.

It's your life, and your participation in your Transition Plan will get you valuable connections and resources BEFORE you leave the foster care system. You're smart to take full advantage.

Have a say. Get control.

If, at any time, you feel that you are not being heard or getting the support you need to create and carry out your transition plan, make sure you let someone know.

Don't miss any chance to speak in court or talk with a judge before you transition out of foster care. The judge holds the real power to get you the resources and services you need. Your transition plan will probably be reviewed by the court – so make sure you show up to answer any questions the judge might have and to speak up for what you care about.

You don't have to do it alone:

GET YOUR OWN PERSONAL GPS: a TRANSITION SUPPORT TEAM

Planning for your transition to adulthood can be a little daunting. But don't worry – you can get your very own GPS system to guide you. By pulling together your Transition Support Team – you'll have access to guides who have already made the journey to adulthood. They can help show you the way and equip you with information, advice, and access to resources. They can help you stay on track and will be by your side to celebrate as you achieve your goals.

The size of your team is up to you. Try for at least two or three adult supporters. A member of your transition support team could be an adult who has supported you or given you good advice in the past, such as:

- a coach or teacher, a pastor or church member
- a neighbor or employer,
- a CASA, attorney, or guardian ad litem
- a relative, foster parent or guardian
- the parent of a friend or classmate
- someone with a career you are interested in: chef or cook, landscaper, engineer, artist or musician, retail buyer, mechanic, small business person, etc.

You can speak to your case worker or social worker about other possible members of your Transition Support Team.

Go Team!

IN THIS TOOLKIT...

overview & map pages

Each map page has a category such as HOUSING . The HOUSING line is divided into stops with challenges for you to consider. Visit each stop and work the challenges.

Transition Planning Worksheets

When you've worked the challenges on the map pages, the transition planning worksheets will help you create a plan. Each of the worksheets has four parts:

What I Have. These are the assets that you already possess that will help you with the transition to adulthood. Only list items in this section that you ALREADY have.

Resources Available to Me. Use this section to document resources that are available from your foster care agency or other community resource.

This is My Plan. What do you want to accomplish? Use this section to document your goals and the steps you will take to get there.

Readiness Scale. Work with your Transition Team to score your readiness within each category. Read more on the following page.

GET THE FASTPASS

The Transition Planning Worksheets in this toolkit are available online as a Microsoft Word document. You can type directly into the forms, which have fields that are expandable to accommodate longer answers.

Download at
FOSTERCLUB.ORG



TIPS FOR transition planning...

Keep your transition plan in a safe place.

Some of the information you document may be personal. Protect yourself from identity theft by keeping your information secure.

Ask for info and advice.

The adults in your life have already made the transition to adulthood. Make use of what they know... ask adults you respect for information and advice.

Revisit & revise.

Creating a transition plan shouldn't be a one-time event. Make time to check your progress, see how your readiness improves, and update your goals at least every 6 months.

Jump in and learn more!

Go to www.fosterclub.org to find resources for foster youth. Learn from your peers who are also making the transition from foster care to adulthood.



Tracking your progress

OK, this section might really turn you off. You might hate keeping score. Or you might love it. This page explains the keeping score part of the worksheets, WHICH IS COMPLETELY OPTIONAL. So skip it if you dislike keeping score.

At the bottom of each Planning Worksheet is a “Readiness Scale.” You and your Transition Support Team can rate how ready you are on a scale from 1 (not ready at all) to 10 (completely ready) for each of the domains. Once you’ve completed a plan for all 10 domains, you can add up all of scores to get a total score. The overall goal is to track your progress, say, from month to month or year to year.

READINESS SCALE

Needs work 1 2 3 4 5 6 7 8 9 10 Prepared

Check this out: there’s no pass or fail on this chart, no perfect or horrible score, no lazy or workaholic score. The point system here is designed to only show part of your progress in working your Transition Plan.

Another point is that you should expect your “Readiness Scale” points to get higher as you get older. At 14 years-old you would not fill in the worksheet as completely as you would at 18. It just makes sense.

You may see that you are stronger in some categories than in others. Tracking shows where you can improve in a category or compensate by building up in other categories.

GET STARTED!

The TRANSITION PLAN OVERVIEW WORKSHEET on the very next page is completely different than the other WORKSHEET pages. You’ll see that there is no “Readiness Scale”. You’ll also notice other unfamiliar concepts on the bottom half of the sheet.

That weird part is for your case worker or social worker or judge to fill out.

The top half of the form is for you to use as you work your way through FosterClub’s Transition Toolkit. Log in as you finish a category.

To complete the forms online, go to www.fosterclub.org, click on Transition Toolkit, click on ‘download the templates in word format’.

FosterClub
member Jojo from
California

Transition Plan Overview Worksheet		FosterClub Transition Toolkit	
Youth Information			
First Name and Initial	Last Name		
Care Number	Independent Living Provider or Case Manager		
Date Plan Completed	Six month follow up due	Projected emancipation date	
Birth date (mm/dd/yy)	Current age	Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Transition Domains			
Completed domain:		Date of 1st score	Date of 2nd score
<input type="checkbox"/> Education <input type="checkbox"/> Job & Career <input type="checkbox"/> Financial <input type="checkbox"/> Life Skills <input type="checkbox"/> Community, Culture, & Social Life <input type="checkbox"/> Transportation <input type="checkbox"/> Identity <input type="checkbox"/> Housing <input type="checkbox"/> Self Care & Health <input type="checkbox"/> Other (please list):			
Total Readiness Score:			
Additional Plans			
Have other community partners created a plan on behalf of the youth? <input type="checkbox"/> Yes <input type="checkbox"/> No			
If 'no', consider including as part of this transition plan in order to reduce redundant planning and improve agency collaboration in serving the youth.			
<input type="checkbox"/> Ansell Casey Life Skills Plan (www.caseylife.org) <input type="checkbox"/> Individual Education Plan (IEP) <input type="checkbox"/> Person Centered Plan <input type="checkbox"/> Treatment Plan and Discharge Plan (DBA, Residential, Mental Health, etc.) <input type="checkbox"/> Voc Rehab/IFE (Individual Plan for Employment) <input type="checkbox"/> Developmental Disabilities Individual Support Plan (DD-ISP) <input type="checkbox"/> Temporary Assistance to Needy Families (TANF/JOB) <input type="checkbox"/> Workforce Investment Act (WIA) <input type="checkbox"/> Other (please list):			
Transition Team Attach additional sheets as necessary			
Name	Role	Phone Number	e-Mail
Name	Role	Phone Number	e-Mail
Name	Role	Phone Number	e-Mail
I participated in creating and approve of this Transition Plan. Youth's Signature: _____			
<small>Visit www.fosteringconnections.org for more federal and state information regarding the Fostering Connections to Success and Increased Adoptions Act. © 2012 FosterClub. All rights reserved. FosterClub is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org. FosterClub.org is a registered trademark of FosterClub.org.</small>			

Transition Plan overview worksheet

Youth Information	First Name and Initial	Last Name	
	Case Number	Independent Living Provider or Case Manager	
	Date Plan Completed	Six month follow-up due	Projected emancipation date
	Birth date (mm/dd/yy)	Current age	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

Transition Domains Indicate the domains included in this transition plan, along with the Readiness Score (optional)	Completed domains	Date of 1st score	Date of 2nd score	Date of 3rd score
	<input type="checkbox"/> Finances & Money Management <input type="checkbox"/> Education <input type="checkbox"/> Job & Career <input type="checkbox"/> Permanence <input type="checkbox"/> Life Skills <input type="checkbox"/> Community, Culture, & Social Life <input type="checkbox"/> Transportation <input type="checkbox"/> Identity <input type="checkbox"/> Housing <input type="checkbox"/> Self Care & Health <input type="checkbox"/> Other (please list):			
	Total Readiness Score:			

Additional Plans	Have other community partners crafted a plan on behalf of the youth? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes, consider including as part of this transition plan in order to reduce redundant planning and improve agency collaboration in serving the youth:
	<input type="checkbox"/> Ansell-Casey Life Skills Plan (www.caseylifeskills.org) <input type="checkbox"/> Individual Education Plan (IEP) <input type="checkbox"/> Person Centered Plan <input type="checkbox"/> Treatment Plan and Discharge Plan (D&A, Residential, Mental Health, etc.) <input type="checkbox"/> Voc Rehab/IPE (Individual Plan for Employment) <input type="checkbox"/> Development Disabilities Individual Support Plan (DD ISP) <input type="checkbox"/> Temporary Assistance to Needy Families (TANF/JOBS) <input type="checkbox"/> Workforce Investment Act (WIA) <input type="checkbox"/> Other (please list):

Transition Team Attach additional sheets as necessary

Name	Role	Phone Number	e-Mail
Name	Role	Phone Number	e-Mail
Name	Role	Phone Number	e-Mail

I participated in creating and approve of this Transition Plan. Youth's Signature:



Nowadays, it is especially important to be savvy about your finances. Pay attention to your finances. Mistakes can be very costly. While planning for your financial future, think about these steps along the way.

CHECKING ACCOUNT.

Getting one can be more difficult than you might think. Banks often require two pieces of official ID to open a new account. It is important to open an account before you leave foster care. On the worksheet, list only the bank name for your account.

SAVINGS ACCOUNT.

Include accounts where you have direct access to funds (money you can withdraw without another person's signature). List the bank name.

SOURCE OF INCOME
List income you receive, but not money from a job you do. You can list: Social security, disability income, Chafee housing support, etc. and include how often and how much you get. Add contact names and phone numbers – you may need extra paper for this.

MONTHLY BUDGET
Will you have enough money coming in to pay the bills? A monthly budget outlines all of your expenses and helps you see exactly what you'll need to cover your living expenses.

CREDIT CHECKED
Do you know what your credit looks like? Has anyone stolen your identity and damaged your credit? It is not uncommon for foster youth to have had biological family members use their credit.

BUILD YOUR MONEY MANAGEMENT SKILLS.
List any independent living courses relating to money management that you have taken. Also list skills acquired in the home or at school. Skills might include credit, budgeting, balancing checkbooks/accounts, consumer skills, etc.

SAVINGS FOR LEAVING FOSTER CARE
Set a goal to save a specific amount of money by your emancipation, or age-out date. Savings may be used to rent an apartment, for transportation, or as a slush fund for emergencies. List your current savings balance to gauge progress toward the savings goal.



WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

Bank account status: <input type="checkbox"/> Checking account open <input type="checkbox"/> Savings Account open <input type="checkbox"/> Other:	Bank name:
--	------------

Savings for leaving foster care: Goal: \$ Amount currently saved: \$	<input type="checkbox"/> Monthly budget created
--	---

Regular sources of income (description):	Monthly Amount
	\$
	\$
	\$

Demonstrated money management skills (list):	<input type="checkbox"/> Credit checked (for identity theft)
<input type="checkbox"/> Taxes <input type="checkbox"/> Banking <input type="checkbox"/> Saving/Investing	<input type="checkbox"/> Budgeting <input type="checkbox"/> Lending / Financing <input type="checkbox"/> Emergency money matters <input type="checkbox"/> Other: <input type="checkbox"/> Other: <input type="checkbox"/> Other:

RESOURCES AVAILABLE TO ME Find `em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan immediately after I leave foster care:

Long term goals (five years from now, my financial goal is):

READINESS SCALE Needs work 1 2 3 4 5 6 7 8 9 10 Prepared



Explore these ideas as you build a plan to make housing happen...

CALCULATE THE COST

Do a scan of the cost for rent in your area. Research the up-front or move-in costs, including security deposit/first-last month's rent, and application fees.

KNOW YOUR RESOURCES

Make a list of the \$ that might be available to you, like Chafee, ILP subsidies, financial aid, employment, section 8, relative and/or foster parent support. Make sure you know whether or not you're eligible, what the application process is, and how long you'll have to wait to start receiving assistance.

SAMPLE APPLICATION

Complete a sample rental application to make sure you have all the information you'll need to apply.

secure a co-signer

Some places will require a co-signer for first-time renters. It can be difficult to find someone, because they must be willing to take responsibility if you don't pay.

FIND OUT ABOUT TRANSITIONAL HOUSING OPTIONS
Transitional housing programs can offer an opportunity to practice living on your own while providing you with tools for independent living. Find out what programs are available to you. Is there a transitional housing situation you prefer (like shared housing vs. living in your own apartment)?

RESEARCH POST-EMANCIPATION OPTIONS

Check into subsidized supportive housing, adult service housing, apartment, shared housing, dormitory, relative or foster home.

CONSIDER NEIGHBORHOODS & POTENTIAL HOUSING LOCATIONS

Identify social and supportive needs (Proximity to family, friends, support groups, therapy, ideal roommate situation, transportation availability).

BUILD YOUR SKILLS

Learn skills and legal rights around housing (Discuss Landlord/Tenant Law and housing rights, review a lease form, list references, provide contacts for renter's rights organization, discuss dealing effectively with landlords).

GOT STUFF?

Identify furniture and household item needs, then start securing furniture and household items.

HAVE A BACK-UP PLAN

Make a list of fallback resources (family, friends, caseworker, renter's organizations, shelters). Locate a place where you can seek emergency shelter in the event that permanent housing is lost. Make sure you know how to get to this location.

GET A PLACE
Decide where to live.

MAKE YOUR MOVE

Figure out how you will handle the moving process (secure furniture, truck, moving help).

WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

Where I live now:	Planned end date:
Housing after foster care (leave blank until arranged):	<input type="checkbox"/> Sample rental application completed
Rental <input type="checkbox"/> reference, or <input type="checkbox"/> co-signer Name:	Phone and/or email:
Back up plan (in case of emergency, this is where I'll go):	

RESOURCES AVAILABLE TO ME Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan immediately after I leave foster care:

Long term goals (five years from now, my housing goal is):

READINESS SCALE Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





During the transition to adulthood, surprises about the cost of health and self care often take young people by surprise. Plan for a healthy journey!

HEALTH insurance

Know what type of health insurance you have access to after you leave care. Find out what you need to do to maintain eligibility for health coverage. Research what it will cost if you have to pay for your own health care. List your medical insurance provider and your identification or client number.

HEALTH care PROVIDER

List your most current doctor, even if you no longer have health insurance. Compile medical records if multiple doctors/providers have been used. Confirm that your immunizations are up-to-date. Get a comprehensive health exam before leaving foster care, if possible.

MENTAL HEALTH insurance

Know what type of health insurance you have access to after you leave care. Find out what you need to do to maintain eligibility for health coverage. Research what it will cost if you have to pay for your own health care. List the Medical Insurance provider and your identification or client number.

MENTAL HEALTH care PROVIDER

List your most current mental health provider, even if you no longer have health insurance. Compile medical records if multiple doctors/providers have been used.

FIGURE OUT WHAT YOU'LL NEED
Identify ongoing need for physical health, mental health and substance abuse services (arranged comprehensive screenings, provided physical, dental and vision examinations, along with developmental and mental health screenings).

PRESCRIPTIONS
Make a list of current prescriptions you need. Find out if health insurance will continue to cover the cost (and for how long). Determine what the prescriptions will cost if you have to pay for them on your own. Learn about the side effects of stopping prescriptions without doctors' orders. Figure out how to keep prescriptions in a safe place.

HEALTH SUPPORT
Identify supportive individuals who can help you stay healthy, including someone who would be willing to attend medical appointments with you and advise you in accessing resources.

HEALTH EDUCATION
Prepare yourself with health education, including healthy sexual decision making, awareness of birth family's physical and mental health history, prevention and transmission of sexually transmitted diseases, effects of trauma, substance abuse issues, constructive methods for coping with stress, addressing social and relational problems, anxiety, depression and other mental health issues.

Dental
Schedule a complete dental checkup and take care of any dental issues before leaving care, if possible. Identify a dentist that you will continue to use and determine if coverage is available or what the cost will be if you have to pay.

Vision
Arrange a comprehensive vision examination; determine a plan for meeting future vision needs (like glasses or contact lenses).

WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

Current HEALTH insurance coverage (name of company/plan):	Policy #:
--	-----------

Does current plan continue after leaving foster care?: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure	Anticipated end date of coverage:
--	-----------------------------------

Current Primary Doctor:	Clinic or Hospital:	Phone #
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Health issues:	Prescriptions:
----------------	----------------

Current MENTAL HEALTH insurance coverage (name of company/plan):	Policy #:
---	-----------

Does current plan continue after leaving foster care?: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure	Anticipated end date of coverage:
--	-----------------------------------

Current Therapist:	Clinic or Hospital:	Phone #
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Mental health issues:	Prescriptions:
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Current DENTAL insurance coverage (name of company/plan):	Policy #:
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Does current plan continue after leaving foster care?: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure	Anticipated end date of coverage:
--	-----------------------------------

Current Dentist:	Clinic or Hospital:	Phone #
------------------	---------------------	---------

Dental issues:	Prescriptions:
----------------	----------------

VISION needs:	Prescriptions:
----------------------	----------------

Health education:			
<input type="checkbox"/> Substance abuse	<input type="checkbox"/> Healthy relationships	<input type="checkbox"/> Fitness	<input type="checkbox"/> Other:
<input type="checkbox"/> Coping with stress	<input type="checkbox"/> Pregnancy prevention	<input type="checkbox"/> First Aid	<input type="checkbox"/> Other:
<input type="checkbox"/> Nutrition	<input type="checkbox"/> Prevention of STDs	<input type="checkbox"/> Health self-advocacy	<input type="checkbox"/> Other:

RESOURCES AVAILABLE TO ME Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

Visit www.fosteringconnections.org for more federal and state information regarding the Fostering Connections to Success and Increased Adoptions Act



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THIS IS MY PLAN

Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan immediately after I leave foster care:

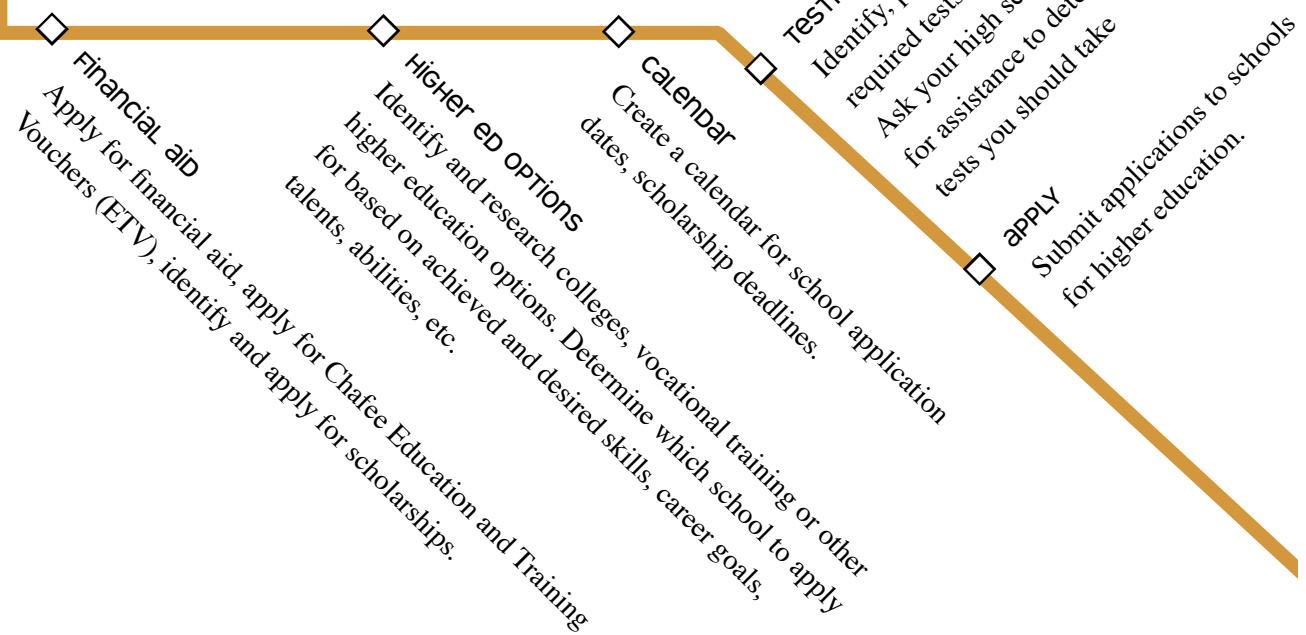
Long term goals (five years from now, my health, mental health, vision and dental goal is):

READINESS SCALE

Needs work 1 2 3 4 5 6 7 8 9 10 Prepared

Jump on the education line!

- SCHOOL RECORDS**
 Collect a copy of your school records. Make sure you have records from ALL middle and high schools you've attended.
- SCHOOL CREDITS**
 Evaluate current school credits and determine if you are on track to graduate. If you are behind, create a plan to make up missed credits or advocate for credit recovery for classes missed due to foster care moves.
- i.e.P. = INDIVIDUALIZED EDUCATION PLAN**
 If you have an IEP, make sure you have a copy of your plan, understand the resources that are available to you, and find out how the plan might carry over to higher education.
- FINISH HIGH SCHOOL**
 Complete GED, high school or training program. If you won't complete these until after your 18th birthday, talk to your caseworker about remaining in care so that you have the support you need to finish.



EDUCATIONAL HISTORY

Looking for instructions? Download at www.fosterclub.org

Current educational status: <input type="checkbox"/> Attending full time <input type="checkbox"/> Attending part time <input type="checkbox"/> Not attending		Last grade level completed:
Most recent school attended:		G.P.A.:
On track to earn: <input type="checkbox"/> Diploma <input type="checkbox"/> GED or modified diploma <input type="checkbox"/> Other:		Anticipated completion date:
Math Skills:	Reading Skills:	Writing Skills: IEP?: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure
Previous school:		Last grade level completed:
Previous school:		Last grade level completed:

RESOURCES AVAILABLE TO ME

Find `em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN

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Short term (1 year) goals	Steps & services (and who will help me)	Progress

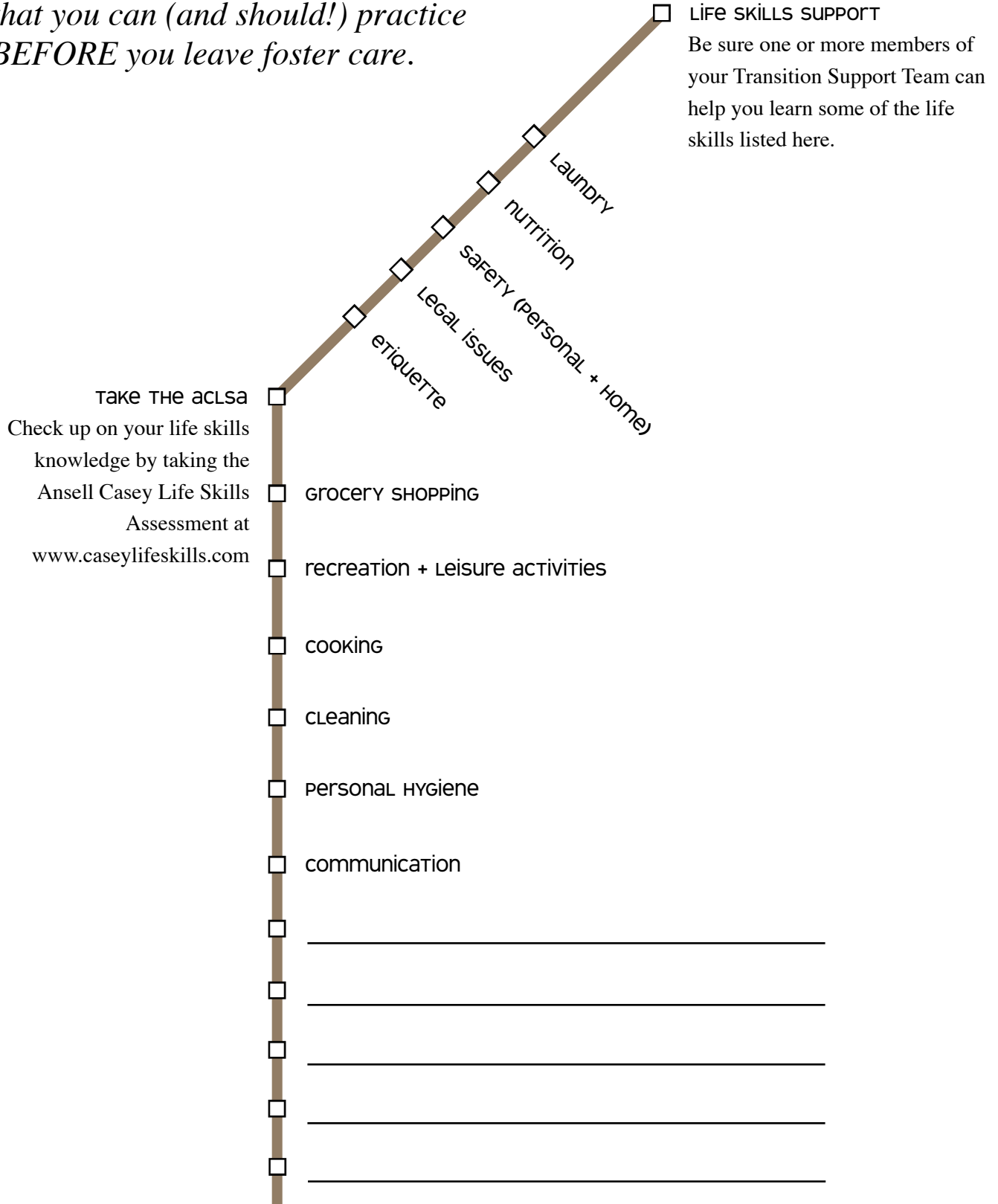
Plan immediately after I leave foster care:

Long term goals (five years from now, my educational goal is):

READINESS SCALE

Needs work 1 2 3 4 5 6 7 8 9 10 Prepared

*Got skills? There are a lot of life skills that you can (and should!) practice **BEFORE** you leave foster care.*



WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

Ansell-Casey Life Skills Assessment		<input type="checkbox"/> Completed	<input type="checkbox"/> In progress	<input type="checkbox"/> Not completed
Demonstrated knowledge of life skills:				
<input type="checkbox"/> Laundry	<input type="checkbox"/> Recreation/leisure	<input type="checkbox"/> Personal Hygiene	<input type="checkbox"/> Other:	
<input type="checkbox"/> Home safety	<input type="checkbox"/> Grocery shopping	<input type="checkbox"/> Communication	<input type="checkbox"/> Other:	
<input type="checkbox"/> Legal issues	<input type="checkbox"/> Cooking	<input type="checkbox"/> ?	<input type="checkbox"/> Other:	
<input type="checkbox"/> Etiquette	<input type="checkbox"/> Cleaning	<input type="checkbox"/> ?		

RESOURCES AVAILABLE TO ME Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan after I leave foster care:

Long term goals (five years from now, my life skills goals include):

READINESS SCALE Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





How will you get around to accomplish all you've got planned?

Determine needs
Determine what type of transportation needs you will have for school, employment, medical, and other appointments, and to maintain connections to family and community (including family visits, church, recreation, etc.).

DRIVER'S PERMIT. Study and apply.

DRIVER'S ED
Ask if there is assistance from the foster care agency or Chafee Independent Living Program for driver's education classes and/or other transportation expenses.

PUBLIC TRANSPORTATION
Research and practice using the metro, bus, train or other public transportation, if available in your area.

INSURANCE
Research auto insurance rates. Find out how insurance rates are impacted by where you live, what you drive, your age, and your driving record. Learn if there is a discount for new drivers who complete driver's education classes or for students with strong grades. Determine what the up-front insurance costs are.

COMPARE OPTIONS
Complete a cost-comparison of your transportation options. Compare the costs of owning a vehicle with public transportation.

EMERGENCY TRANSPORTATION
Identify emergency transportation options in case of medical emergency or if your first plan for transportation fails.

MAP NAVIGATION
Practice map reading skills or learn to use online resources to retrieve directions.



WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

My current mode(s) of transportation:
 my vehicle friend/family provides public transportation bicycle walk other:

Transportation needed for (school, employment, recreation, etc.):

Driver's license status: have license have permit do not have Date obtained:

Auto insurance (company name): Policy number:

RESOURCES AVAILABLE TO ME Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan after I leave foster care:

Long term goals (five years from now, my transportation goal is):

READINESS SCALE Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





Be sure to get all of your personal documents BEFORE you leave care. It's a lot harder to get some of these items after you exit the system

- OBTAIN AN ORIGINAL COPY OF YOUR SOCIAL SECURITY CARD**
Information about obtaining a replacement card can be obtained from www.ssa.gov. Understand the importance of guarding their social security number to protect against identity theft.
- OBTAIN A COPY OF YOUR BIRTH CERTIFICATE**
It should be a certified, or official, copy. Learn how to replace it if it gets lost.
- CITIZENSHIP DOCUMENTS**
- If you were born in a country other than the United States, make sure you have a copy of all of your citizenship papers and understand completely what your citizenship rights and responsibilities are.
- CHECK YOUR CREDIT**
Ask to have a credit report run based on your social security number prior to leaving foster care. It is not unusual for young people from foster care to discover their credit has been damaged when relatives have "borrowed" their identity to get emergency funds or to get credit cards.

GET STATE-ISSUED OFFICIAL PHOTO ID
Photo identification is required on many occasions. Obtaining state-issued photo ID before you leave foster care (it's something your caseworker can help you do).

DOCUMENTATION THAT YOU WERE IN FOSTER CARE
This may become important in qualifying for benefits, including financial aid for higher education.

- ESTABLISH A PERSONAL FILING SYSTEM**
You need to establish a method of keeping track of important documents. Methods could include a designated box, an FYI Binder (visit www.fosterclub.org for information), a 3-ring notebook, a filing cabinet or a file-size expandable envelope. Understand the importance of keeping personal documents safe and secure.
- REGISTER TO VOTE**
At age 18, register to vote.
- REGISTER FOR SELECTIVE SERVICE**
If you are a male age 18 to 26, register for the selective service.

WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

Personal documents (description):	Status	Possession (who has them)
Birth certificate	<input type="checkbox"/> Have <input type="checkbox"/> Applied for <input type="checkbox"/> Do not have	
State-issued picture identification	<input type="checkbox"/> Have <input type="checkbox"/> Applied for <input type="checkbox"/> Do not have	
Social Security Card	<input type="checkbox"/> Have <input type="checkbox"/> Applied for <input type="checkbox"/> Do not have	
Citizen / immigration documents (if applicable)	<input type="checkbox"/> Have <input type="checkbox"/> Applied for <input type="checkbox"/> Do not have	
Other:	<input type="checkbox"/> Have <input type="checkbox"/> Applied for <input type="checkbox"/> Do not have	

Safe personal filing system in place

I know I may request a copy of my foster care case file

RESOURCES AVAILABLE TO ME Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan after I leave foster care:

Long term goals (five years from now, my housing goal is):

READINESS SCALE Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





Permanence is number one.

It's the top reason young people successfully transition to adulthood.

understand permanence

Learn about the various types of permanence (including adoption, reunification, guardianship and kinship care) and the differences between each. Understand how these types of permanence are different than permanent foster care, emancipation or aging out.

know your Permanency Plan

Many of the adults in your life may not be as available to you after you leave foster care, such as foster parents, case workers, judges and attorneys. It can be a good idea to develop less formal roles with adults who can act as support or mentors.

identify SUPPORTIVE ADULTS

The role of many of the adults in a foster youth's life may change, decrease, or even end after the youth leaves foster care. Make sure to make connections to supportive adults who will continue to support you into adulthood.

identify THE KINDS OF SUPPORTS NEEDED

What kinds of support from adults will be helpful as you move into adulthood — and for the rest of your life? Find a list of 45 different supports in FosterClub's Permanency Pact (www.fosterclub.org).

create permanency PACT

This tool may also be used to define, substantiate and verbalize a lifelong commitment an adult has made toward supporting you and your goals.

establish Permanence

Young people who have a permanent family connection fare better in their transitioning years. Talk to your caseworker, mentor, or Transition Support Team member about your desires for permanence.

SIBLING RELATIONSHIPS

A relationship with a brother or sister is often cited as the single most important relationship by young people in foster care. If you were separated from siblings while in foster care, ask for assistance in reconnecting before you leave the system.

BIO-FAMILY RELATIONSHIPS

Relationships with biological family members can run the range from wonderful to stressful to supportive to destructive. But in nearly all cases, relationships with family members are emotionally charged for most young people from foster care. Be prepared — before you leave the foster care system, you may want to seek help from a therapist to work through these relationships.



WHAT I HAVE

Looking for instructions? Download at www.fosterclub.org

My current permanency plan:

- Reunification
 Adoption
 Kinship (live with relative)
 Guardianship
 APPLA
 Not sure

If permanence has been achieved, who with? Name(s):

Phone:

Address:

City, State, Zip:

E-mail:

OTHER SUPPORTIVE ADULTS

Name(s):

Phone:

Address:

City, State, Zip:

E-mail:

Relationship & supports provided:

Permanency Pact completed

Name(s):

Phone:

Address:

City, State, Zip:

E-mail:

Relationship & supports provided:

Permanency Pact completed

Name(s):

Phone:

Address:

City, State, Zip:

E-mail:

Relationship & supports provided:

Permanency Pact completed





RELATIONSHIP WITH BIOLOGICAL RELATIVES

Biological relatives (including siblings):

Relationship (parent, aunt, etc.)

Status

Biological relatives (including siblings):	Relationship (parent, aunt, etc.)	Status

RESOURCES AVAILABLE TO ME

Find 'em at www.fosteringconnections.org

Assistance type

Eligibility (what I need to qualify)

Who I contact (and how to apply)

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN

Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals

Steps & services (and who will help me)

Progress

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan after I leave foster care:

Long term goals (five years from now, my housing goal is):

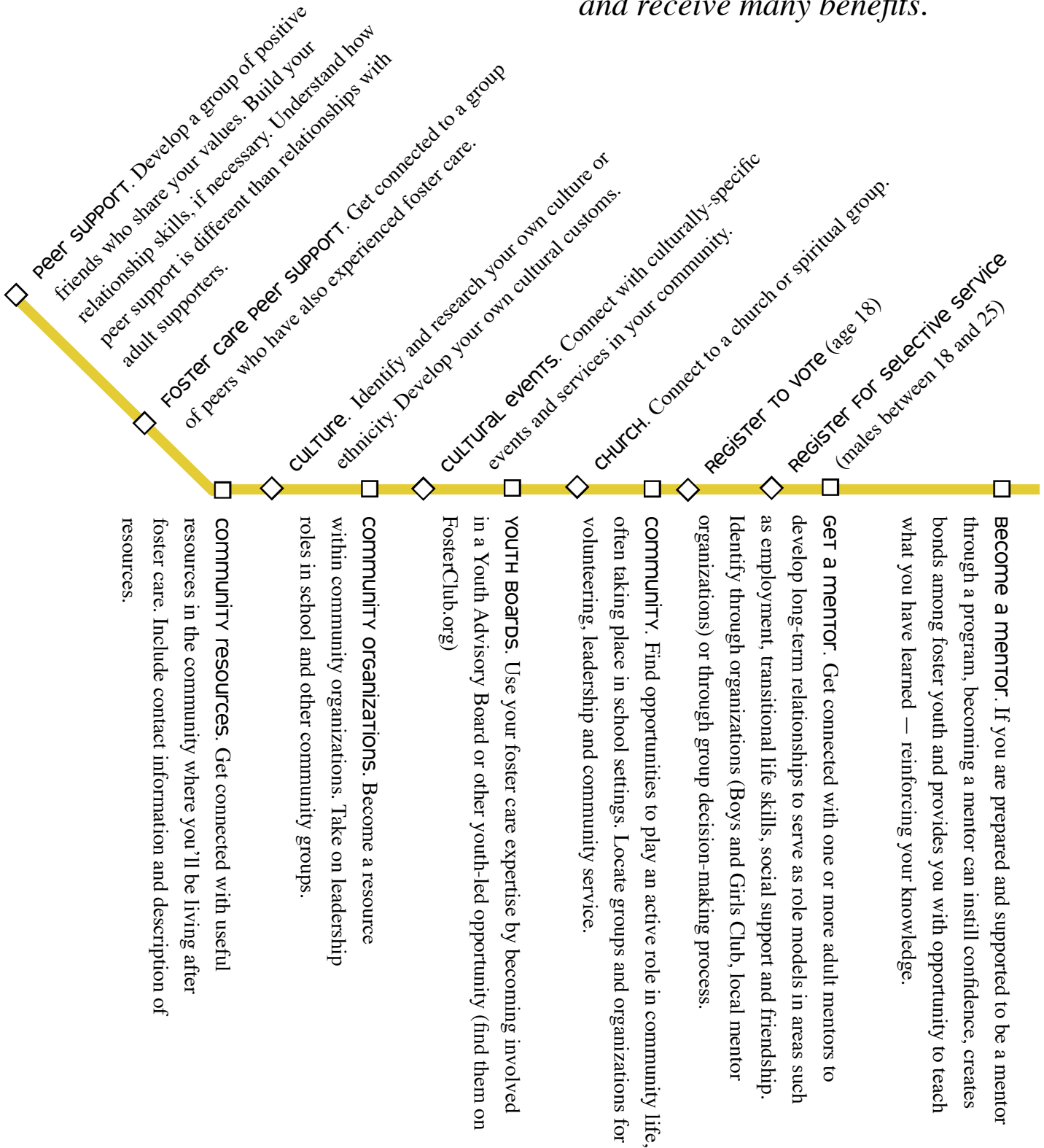
READINESS SCALE

Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





*As a member of your community,
you'll want to participate fully
and receive many benefits.*





WHAT I HAVE Looking for instructions? Download at www.fosterclub.org

Community Connections (social groups, activities, volunteerism)	Contact person	Phone
Spiritual support / church:	Contact person:	

Peer Circle (Names)	Length of time known	Phone
My ethnic heritage: <input type="checkbox"/> Not sure List:	<input type="checkbox"/> Registered to vote <input type="checkbox"/> Registered for draft (if male)	

RESOURCES AVAILABLE TO ME Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

THIS IS MY PLAN Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

Plan immediately after I leave foster care:

Long term goals (five years from now, my community, culture, and social life goal is):

READINESS SCALE Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





This important part of your life deserves special attention.

IDENTIFY EMPLOYMENT GOALS

What are your career interests? What are your desired occupations? What do you want to be doing three years from now? How do you see yourself when you are 30?

- IDENTIFY NATURAL SKILLS AND ABILITIES
Think about what you enjoy doing, where you excel and how your talents, skills and abilities can translate into employment opportunities

IDENTIFY LONG-TERM & SHORT-TERM EMPLOYMENT OPTIONS

Which jobs and/or programs are attainable at present and what employment opportunities should be available after taking strategic steps?

- IDENTIFY EDUCATIONAL AND TRAINING NEEDS TO ATTAIN GOALS
What steps do you need to take to achieve long-term employment goals? Do you need training? Do you need experience in the field? Research and compare training options through JobCorps, college, apprenticeship, job shadows, etc.

DEVELOP SKILLS FOR MAINTAINING AND ADVANCING IN JOB

Employer/employee relationships, continued education, assertiveness training, etc.

BUILD YOUR RESUMÉ

Add extra-curricular activities, volunteerism, and take classes to build skills that will be seen as an asset to future employers.

- DEVELOP JOB SEARCH SKILLS
Discuss where to look for employment: newspaper, internet, signs, boards, word-of-mouth. Practice doing a mock job interview.

KNOW YOUR RESOURCES
 Where can you go for: help getting a job?
 Assistance creating a resume? Advice when things aren't going well on the job?
 List resources and supportive adults you can turn to for assistance.

GET A JOB

There's no better way to learn about being employed than to... well... be employed.



EMPLOYMENT EXPERIENCE

Looking for instructions? Download at www.fosterclub.org

Current employment status: <input type="checkbox"/> Full time <input type="checkbox"/> Part time (Hours per week: _____)		Position:	Pay rate:
Employer:		Phone:	
Address:		City, State, Zip:	

PAST EMPLOYMENT

Resumé completed Sample employment application completed

Employer		Phone:	
Address:		City, State, Zip:	
Position:	Dates of employment: to	Reason for leaving:	
Employer		Phone:	
Address:		City, State, Zip:	
Position:	Dates of employment: to	Reason for leaving:	
Employer		Phone:	
Address:		City, State, Zip:	
Position:	Dates of employment: to	Reason for leaving:	

Employment Skills:

Special Certifications :

RESOURCES AVAILABLE TO ME

Find 'em at www.fosteringconnections.org

Assistance type	Eligibility (what I need to qualify)	Who I contact (and how to apply)

Visit www.fosteringconnections.org for more federal and state information regarding the Fostering Connections to Success and Increased Adoptions Act



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THIS IS MY PLAN

Get ideas about how to make a plan at www.fosterclub.org

Short term (1 year) goals	Steps & services (and who will help me)	Progress

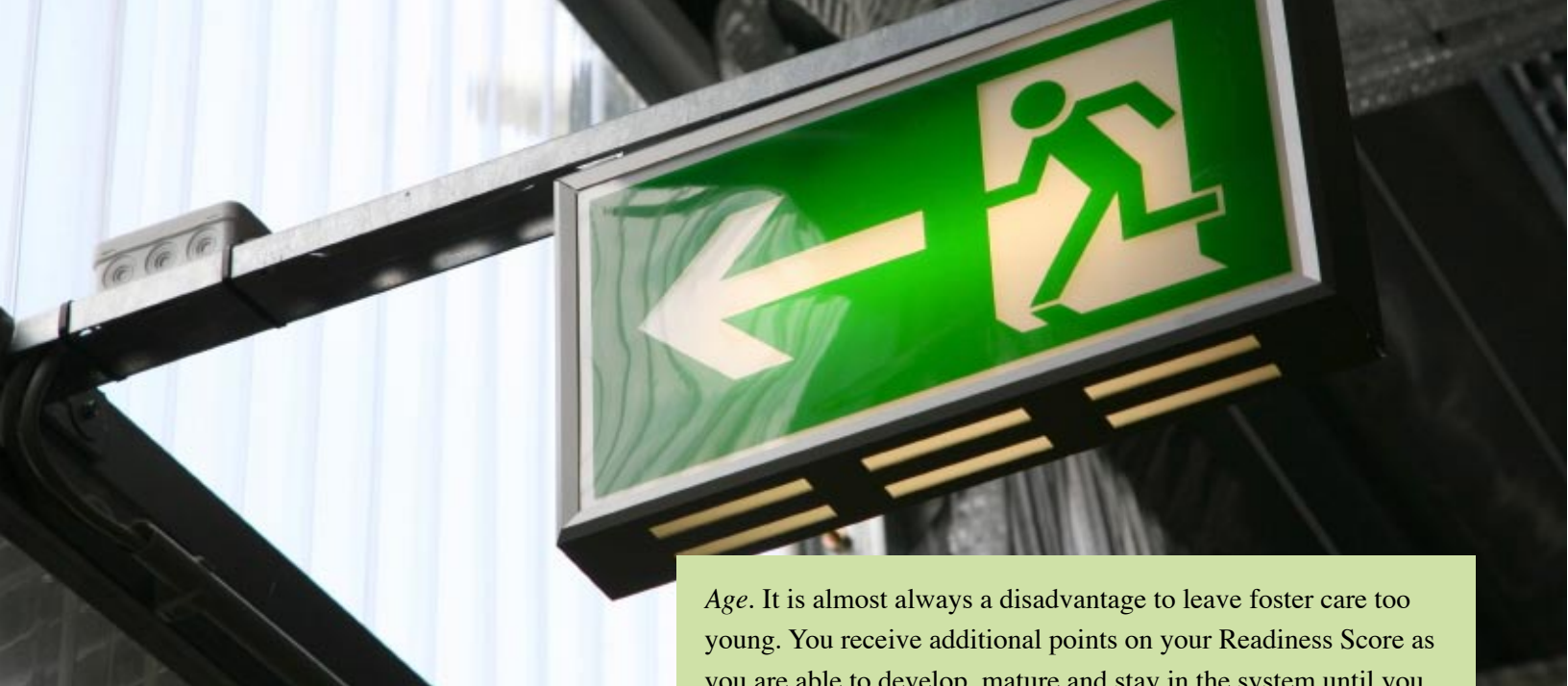
Plan immediately after I leave foster care:

Long term goals (five years from now, my job and career goal is):

READINESS SCALE

Needs work 1 2 3 4 5 6 7 8 9 10 Prepared





making THE exit From care even more DIFFICULT...

Listed here are just a selection of challenges that can make the journey to adulthood more difficult. If you have one or more of these challenges, it does not mean that you won't be successful as you transition out of foster care. But it does mean that you might need to do some additional planning to overcome the challenges.

Some of these challenges have to do with things you may have control over (like becoming a smoker or young parent), and others you may have no control over (like a physical disability).

Think about how you might be able to improve your odds — or your Readiness Score — by preparing even more in other areas (for example, increase your education or life skills training).

Age. It is almost always a disadvantage to leave foster care too young. You receive additional points on your Readiness Score as you are able to develop, mature and stay in the system until you “age out” with the support of caring adults.

Substance abuse and addiction. A high percentage of youth in care have parents with drug or alcohol dependency problems. Youth transitioning out of care should take conscious steps to avoid the dangerous pitfalls of alcohol and drug abuse.

Smoking. Smoking is a high-risk activity that can cause significant health problems.

Incarceration or criminal record. Youth who avoid illegal behavior are more likely to stay safe and succeed as adults. Felony crimes make it very difficult to rent an apartment or obtain employment, which may need to be taken into consideration when rating readiness.

Young parent. Teens and young adults who have become parents face huge challenges. You must understand that it is highly advantageous to establish yourself with education, housing, career, finances, etc. before becoming a parent. If you are a teen parent, it is very important to work to gain an advantage in other areas if possible.

Disability. Young people who have physical, developmental, learning, or mental health disabilities may have additional difficulties transitioning into adulthood. Look for additional resources that might be available to assist you if you have disabilities.

Warning!

BEFORE YOU Leave FOSTER care...

Most young people know that it's important to have a plan before leaving foster care. But each year, FosterClub hears from youth who have left foster care and lost out BIG... and regret that they didn't have the information the needed to make an informed decision. Don't let it happen to you. At the very least, make sure you've checked into the following four items and know what you're getting into by getting out of foster care...

1

Find out if you'll lose benefits — including money to help you succeed — if you leave foster care before turning 18, and fail to complete applications.

2

Check if you can come back to foster care if you want or need help. Ask your caseworker or judge.

BEFORE

3

Have at least one “go-to” person. It should be someone that is willing to mentor you through tough situations and will provide you with a way to contact them 24/7 in case of an emergency.

YOU GO

4

Check FosterClub's 21 THINGS checklist — things you should have *before* you leave foster care (at the very least, you'll know what you're missing!). http://www.fosterclub.com/files/21Poster_11x17.pdf

*If you are **Really serious** about making a successful transition to adulthood, you'll need a complete transition plan to prepare you for the journey... this Transition Toolkit can help you map a plan for your future.*



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