

Transitional Living Plan (Part A)

Ages 14-17

DSS-5096ains Instructions Help Sheet

Purpose: To ensure accurate, complete, and youth-centered documentation of the Transitional Living Plan (Part-A).

This plan is designed to support youth ages 14-17 in developing key foundational and independent living skills that help them work toward their long-term goals as they prepare for adulthood and the possibility of transitioning into extend foster care.

This plan must be completed within 30 days following the youth's 14th birthday, or within 30 days of entering foster care if the youth is age 14 or older. It must then be reviewed and updated every 90 days. (Youth should be actively engaged in every section)

Note: If a youth chooses to remain in foster care between the ages of 18 to 21, a Transition Plan must be completed. Additionally, the goals outlined in the Transitional Living Plan (Section I.B) must be updated to reflect how the youth plan to meet the eligibility requirements of the Extended Foster Care Program, such as participation in education, employment or approved programs.

PAGE 1-B. TRANSITIONAL LIVING PLAN CONTACT INFORMATION:

Purpose: Ensure clear, ongoing communication

Initial or Follow-Up:

Select whether this is the first plan (Initial) or a 90-day update (Follow-Up).

Youth Information:

Fill in the youth's full name, date of birth, phone number, and current placement address.

Caseworker Info:

Include your name, phone, email and agency

Other Participants:

List names and roles of others involved in the plan (e.g., mentors, therapist, IL coordinators)

PAGE 2-B. GOALS AND ACTIVITIES:

Purpose: Help the youth plan for education, work, life skills and future independence

Goals:

Work with the youth to write specific, realistic goals related to:

- School (e.g., graduate high school, attend GED class, vocational training)
- Employment or job skills
- Health, identity documents, transportation, etc.
- Personal support networks, independent living skills

- Safe and stable housing options after exiting foster care as well as any other specific needs related to the youth or young adult's transition to self-sufficiency.

Activities:

Identify steps or resources needed to achieve each goal (e.g., "Meet with school counselor, "Take driver's ed, "Apply for summer job"

Youth Strengthens:

List positive traits, hobbies, interests and activities the youth enjoys. This can include:

- Hobbies (art, sports, reading)
- Cultural or community involvement
- Leadership roles or achievements

PAGE 4 -C. ADDITIONAL SERVICES NEEDED:

Purpose: To identify any additional services the youth may need to support the development of independent living skills tailored to the youth's unique needs and goals including but not limited to:

- Medical treatment,
- Counseling,
- Educational support
- Employment preparation and placement,
- Development of personal and community support networks

PAGE 5 -D. SUPPORTIVE RELATIONSHIPS:

Identified Support:

Help youth name at least one adult they trust -could be a relative, teacher, coach, former caregiver, mentor, etc.

Community Ties:

Help the youth identify at least one natural support, such as a relative, current or former resource parent. Focus on fostering relationships with the youth community, keeping in mind that communities can be physical, cultural, religious, or based on other shared connections. Encourage

Reflection Question:

Ask: "Who can I turn to when I have a question about housing, school, or life?" Encourage the youth to think of multiple sources of support.

PAGE 5 -E. HOUSING:

Purpose: Prepare youth for safe and stable housing/placement situation.

Future Housing Options:

Talking about options the youth would consider when they turn 18 or exit care (e.g., supervised housing, living with a relative, transitional housing)

Planning Steps:

Include actions like “Visit potential housing, “Apply for transitional housing, “ “Create a budget: Support youth in learning about tenant rights, leases, or emergency housing resources if appropriate.

Child Welfare Social Workers should use this section to help youth explore and consider their living options.