

Young Adult Name: \_\_\_\_\_ DOB: \_\_\_\_\_

North Carolina Department of Health and Human Services | Division of Social Services

**PART D: TRANSITIONAL LIVING PLAN – HELPFUL RESOURCES FOR YOUNG ADULTS**

**NCWorks:** The WIOA program, through JobLinks, offers assistance with job placement, job coaching, apprenticeships, job training. One of the groups that receive preference is youth who were in foster care.  
Local contact number: \_\_\_\_\_  
Address: \_\_\_\_\_

**Credit Reports:** Once you turn 18 years old, you are entitled to a free credit report on a yearly basis from each of the three credit bureaus (Equifax, Transunion and Experian). For more information on obtaining a free credit report visit the Federal Trade Commission consumer fact website at <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm>. North Carolina Department of Health and Human Services.

**Vocational Rehabilitation:** If you have a disabling condition that interferes with your ability to work, you may be eligible for Vocational Rehabilitation services. Disabling conditions may be physical, mental/emotional, or learning disabilities, which are diagnosed by a certified person. If you think you may have such a condition but are not diagnosed, VR can evaluate you to see if you qualify. VR services include training, adaptive equipment, job development and placement, job coaching, supported employment, job retention, and community based assessments. Job related services are provided without regard to income. For individuals with limited income, services can also include mental or physical restoration, transportation, home or job modifications, and other services.  
Local contact number: \_\_\_\_\_  
Address: \_\_\_\_\_

**Housing:** If you need emergency housing, the closest homeless shelter is located at:  
Local contact number: \_\_\_\_\_  
Address: \_\_\_\_\_

(If you aged out of foster care, LINKS funds may be available to help you pay your deposits on an apartment, but you will need to have enough income to pay for monthly expenses).

**Education Training Vouchers (ETV) and NC Reach Scholarships:** You are likely to be eligible for scholarship assistance to help you attend postsecondary schools such as vocational schools (like beauty school, truck driving school, HVAC, bricklaying and other building trades) or college level courses. Applications are on-line at <http://www.ncreach.org/> and <http://www.statevoucher.org>. If you need help, contact the LINKS worker in your county.  
Local contact number: \_\_\_\_\_

**Medicaid:** If you were in foster care custody on your 18<sup>th</sup> birthday, you are automatically eligible for Extended Foster Care Medicaid Benefits. You do have to apply for the benefits, and must apply for all Medicaid programs before being approved for EFCP. Your LINKS worker can help you with the application process.  
Local contact number: \_\_\_\_\_

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**Public Health Services:** If you do not have a regular physician, much of your medical care can be secured through the public health agency in your community. Your Medicaid card will help pay for this. Many communities have physicians that will take Medicaid, which would assure treatment that is more consistent for you.

Local contact number: \_\_\_\_\_  
Address: \_\_\_\_\_

**Selective Service Registration:** If you are, a male ages 18 through 25 and living in the U.S., then you must register with Selective Service. It is the law. You can register at any U.S. Post Office and do not need a social security number. If you prefer, you can register online at <https://www.sss.gov/Home/Registration>

**Community Colleges:** North Carolina has a broad network of community colleges that provide training for employment, basic skills training, vocational, technical and academic courses to citizens who wish to improve their employability and earning capacity. There are community colleges and branches within 25 miles of every resident of North Carolina. For further information about community college programs near you, visit <http://www.nccommunitycolleges.edu>.

**Social community:** You are encouraged to seek out connections with other people who share your interests or beliefs, people who value you for *who you are*. Everyone needs a support community, and everyone finds that community in their own way. In addition to your family, friends and support people you have known while you are in foster care, you can build a strong social network by becoming involved in organizations or groups. For example, *faith communities* provide a way to connect with other people who share your spiritual beliefs. If you are not sure which one would “fit” you best, you can visit several faith communities and talk with others who attend or lead worship. Most churches, mosques, and temples are listed in the yellow pages of the telephone directory or you may do an internet search. Most communities have *volunteer organizations* who would welcome your help, such as Habitat for Humanity, Meals on Wheels, and your local LINKS program. You can help others through your volunteer work while meeting others who share your interests. An internet search or a search of the local newspaper is likely to help you find places to volunteer. City sponsored *recreational programs* often include sports leagues as well as clubs with activities as diverse as bird watching, art, sports, music, book clubs, and hobbies.

**Leadership Opportunities:** Youth who were in foster care are encouraged to become a member of SaySo (Strong Able Youth Speaking Out). This group works together to influence laws and policies that have impact on youth in foster care. The SaySo website is <http://www.saysoinc.org>.

**Other Referral Resources:** There is a state network of resources that you can learn about by dialing 2-1-1 on your local phone. The State also has a Customer Service Center at 1-800-662-7030 to help you learn about other resources.

**Signatures:**

I have received and reviewed this document with my social worker:

\_\_\_\_\_  
Signature of Youth

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Social Worker

\_\_\_\_\_  
Date