



Transition Planning Checklist for Young People Exiting Extended Foster Care in California

*This resource is intended to help young people who are “aging out” of foster care on **December 31, 2021**, get the support they need to develop a transition plan that addresses all of their needs.*

Areas of Need	Questions to Ask	Potential Resources
Food	Have you asked your social worker/juvenile probation officer to help you apply for CalFresh and/or find any local food banks?	<ul style="list-style-type: none"> -CalFresh Application https://www.getcalfresh.org/ -List of grocery stores, including Wal-Mart, Safeway, and Amazon, that will accept EBT cards online: https://www.cdss.ca.gov/ebt-online -California Food Banks: https://www.cafoodbanks.org/our-members/ -iFoster: Emergency funds and stipends, Call/Text Center (213) 320-1242 and support@ifoster.org -211: https://www.211ca.org/ -Think of Us and CDSS Virtual Support Portal for help finding resources and services: https://www.getvirtualsupport.org/app/
Health	<p>Do you have your Medi-Cal card/number and the contact information for your treatment providers?</p> <p>Do you know where to get your COVID-19 vaccine or vaccine booster if you have not already?</p> <p>If you take prescription medication, do you have sufficient supply for the next few months?</p> <p>Do you have contact information for urgent</p>	<ul style="list-style-type: none"> -Check your Medi-Cal status by calling the hotline at 800-541-5555. You will need your birthdate and Social Security Number or Medi-Cal ID. You can also learn more about continued Medi-Cal eligibility here: https://coveredtil26.org/ -Call/Text iFoster VAX Hotline (213) 441-0772 for COVID and VAX questions and to schedule your appointment including getting free Lyft/Uber rides. Hotline open M-F 9am to 8pm, Sat 9am to 4:30pm.¹

¹ By January 10th, 2022 many employers and schools will require proof of vaccination or weekly tests paid for by you. Keep up to date on deadlines and make sure you understand the consequences for school and work if you are not vaccinated.

	care if you need it?	<p>COVID-19 vaccines are free.</p> <p>-Family Urgent Response (FURS): 24/7 phone and in-person response to urgent mental health needs https://www.cal-furs.org/ 1-833-939-3877</p>
Housing	<p>If you have a place to live, but not enough money to pay for rent or utilities, have you asked your social worker or juvenile probation officer to help you apply for emergency rental assistance and utility assistance?</p> <p>If you do not have a plan for housing:</p> <p>-Have you asked your social worker or juvenile probation officer to help you reach out to family and friends who may be able to help with housing?</p> <p>-Have you asked your social worker or juvenile probation officer to help you apply for the following housing programs:</p> <ol style="list-style-type: none"> 1. THP-Plus Housing 2. Fostering Youth to Independence (FYI) or Family Unification Program (FUP) 3. Emergency Housing Voucher through your local housing authority 4. Rapid Rehousing Program through the county’s homeless services system 	<p>-THP-Plus Program Contact List: https://docs.google.com/spreadsheets/d/1v7Ef7Yt2uLhRPjOgWLNCLeavUWPseE7-IWDKYcnCPIW4/edit#gid=1217215374</p> <p>-COVID-19 Rent Relief: https://housing.ca.gov/covid_rr/</p> <p>-iFoster: Help w/accessing Rapid Rehousing and similar programs Call/Text Center (213) 320-1242 and support@ifoster.org</p> <p>-Utility Assistance Information: https://housing.ca.gov/covid_rr/index.html</p> <p>-NORCAL https://www.pge.com/en_US/about-pge/company-information/protective-protocols/financial-support-awareness.page</p> <p>-SOCAL https://swgassistance.com/?utm_source=google&utm_medium=cpc&utm_campaign=search&gclid=CjwKCAiAksyNBhAPEiwAIDBeLEmGCIKMWm-fdaIW-6i3UW-13ODNGYCzHoLGB9qLbW5wvktI3iRI4xCw-MQAvD_BwE</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services: https://www.getvirtualsupport.org/app/</p>
Legal Issues (Civil and Criminal)	<p>Have you had an opportunity to discuss any legal issues with your assigned dependency or a legal aid attorney?</p> <p>If you have any juvenile or criminal justice issues, have you talked with your defense attorney to make sure you understand any ongoing probation requirements?</p>	<p>Search for legal assistance in your county at YLC’s legal aid directory or https://www.lawhelpca.org/.</p> <p>You can find out more about Juvenile Record Sealing here: http://sealitca.org/</p>

	Have you checked with your defense attorney to ensure that you have taken advantage of any opportunities to expunge or seal your juvenile record if applicable?	
Postsecondary Education Programs	<p>Have you asked your social worker or juvenile probation officer to help make sure all of your financial aid is in place?</p> <p>Have you asked the college campus foster youth liaison for help in making sure your financial aid is in place and that you can access any additional supports?</p>	<p>-Foster Youth Liaison list for community colleges: https://docs.google.com/spreadsheets/d/1xK6QY77wTkrNY0U8ACVyy1h5WWE1FolZAJ3CLaBTyNs/edit#gid=210481048</p> <p>-Foster Youth Campus Support Programs List: https://cacollegepathways.org/search-foster-youth-programs/</p> <p>-iFoster: help with applying for financial aid and other support programs, Call/Text Center (213) 320-1242 and support@ifoster.org</p> <p>-Financial Aid Completion Resources for California Foster Youth</p> <p>-Together We Rise resource bank for youth in college: https://www.togetherwerise.org/rapid-response/resources/</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services: https://www.getvirtualsupport.org/app/</p>
Employment	Have you asked your social worker or juvenile probation officer to connect you with a program that can help with getting a job or job training?	<p>-iFoster Jobs Program: Call/Text Center (213) 320-1242 and support@ifoster.org</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services: https://www.getvirtualsupport.org/app/</p>
Cash Assistance	<p>Have you asked your social worker or juvenile probation officer to help you apply for General Assistance/General Relief?</p> <p>Have you asked your social worker or juvenile probation officer whether you currently</p>	<p>-Where to apply for General Assistance/General Relief: https://www.cdss.ca.gov/county-offices</p> <p>-How to Become Your Own Payee (fact sheet by the Law Foundation of</p>

	<p>receive Supplemental Security Income (SSI) or other Social Security Benefits and if so, about the process to become your own payee? If not, have you asked your social worker or juvenile probation officer to help you apply?</p> <p>If you have not applied for a Chafee Cash Card, have you asked your social worker or probation officer to help you apply?</p>	<p>Silicon Valley): available here</p> <p>-Find your local Social Security Office: https://secure.ssa.gov/ICON/main.jsp</p> <p>-Apply for Supplemental Security Income (SSI): https://secure.ssa.gov/iClaim/rib</p> <p>-If you have not received a Chafee Cash Card and are ages 21 and 22, apply by emailing your full legal name while in care, date of birth, county of jurisdiction, and phone number to FYverify@dss.ca.gov.</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services: https://www.getvirtualsupport.org/app/</p>
<p>Parenting Needs</p>	<p>Have you asked your social worker or juvenile probation officer to help you apply for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); CalWORKs (cash assistance); and CalWORKs child care?</p> <p>Have you asked for assistance making sure you have your child’s health insurance information related to their care (child care providers, pediatricians, home visiting programs)?</p>	<p>-WIC: https://myfamily.wic.ca.gov/</p> <p>-CalWORKs: https://benefitscal.com/</p> <p>-iFoster: help applying for benefits and providing emergency assistance Call/Text Center (213) 320-1242 and support@ifoster.org</p> <p>-CalWORKs Child Care: apply through your county, which you can find here: https://www.cdss.ca.gov/county-offices</p> <p>-Additional information on child care: https://rrnetwork.org/family-services/find-child-care</p> <p>-Diaper bank directory: https://nationaldiaperbanknetwork.org/member-directory/</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services: https://www.getvirtualsupport.org/app/</p>
<p>Vital Documents</p>	<p>Have you asked your social worker for your vital documents (birth certificate, social security card, state ID or driver’s licenses, Medi-Cal card, immigration documents if applicable) if you do not have them? If you have recently changed your name, have your vital documents been updated to contain your</p>	<p>-iFoster Portal to store vital documents: https://portal.ifoster.org/iFosterForYou.ashx</p> <p>-You can obtain a foster care verification letter from the Office of the Foster Care Ombudsperson:</p>

	<p>legal name?</p> <p>Have you asked your social worker or juvenile probation officer for proof of your former foster care status so you have it to show eligibility for benefits and other programs?</p> <p>Have you asked your social worker or juvenile probation officer to provide you your credit report?</p>	<p>fosteryouthhelp@dss.ca.gov, (877) 846-1602</p> <p>-You can obtain a copy of your credit report from your social worker or juvenile probation officer, and by going to https://www.annualcreditreport.com/</p> <p>-You can report any identify theft (credit, tax, EDD, public benefits) issues to IdentityTheft.gov</p>
Immigration Needs	<p>Have you asked your social worker or probation for your immigration documents if applicable?</p> <p>If you do not have immigration status or are in the middle of immigration proceedings, have you talked to your dependency attorney or defender to make sure you know your next steps and are connected with an immigration attorney?</p>	<p>Immigration legal aid providers by county:</p> <p>https://www.calbar.ca.gov/Public/Free-Legal-Information/For-Immigrants/Immigration-Legal-Services-Providers</p>
Technology	<p>Have you asked your social worker or juvenile probation officer to help you apply for a free smartphone?</p> <p>If you do not have a computer, have you asked for assistance to get one for school, work, and keeping in contact?</p>	<p>-iFoster Technology: provides free smartphone with unlimited voice, text, high speed data and hotspot; free laptop</p> <p>https://www.tfaforms.com/4935215</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services:</p> <p>https://www.getvirtualsupport.org/app/</p>
Family and Kin	<p>Do you need help from your social worker or juvenile probation officer to create a contact list of your family, relatives, and friends?</p> <p>If you are interested in mentorship programs, do you need help getting connected to a mentor?</p>	<p>-Find a local mentoring program here: https://www.mentoring.org/take-action/find-a-mentor/</p> <p>-Think of Us and CDSS Virtual Support Portal for help finding resources and services:</p> <p>https://www.getvirtualsupport.org/app/</p>

For more resources and information, see YLC's resource: [Emergency Planning with Transition-Age Youth in California's Foster Care System: A Checklist for Dependency Attorneys, Youth Providers, and Advocates](#)

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