

YOUTH'S NAME _____

MONTH & YEAR _____

603 E Washington St.

Indianapolis, IN 46204

**OLDER YOUTH FOSTER CARE
SUCCESSFUL ADULTHOOD SERVICES**
***Must be completed monthly for youth 14+*

SKILLS & ABILITIES	DATE COMPLETED	TIME SPENT (15 min. increments)	EXPERIENTIAL LEARNING
<p align="center"><u>Daily Living Skills</u></p> <p align="center"><u>14+</u></p>			
Learn the importance of hand washing			
Teach the youth how to cook simple meals			
Learn to evaluate fast food menus			
Identify and choose healthy snacks			
Teach the youth how to make a phone call			
Teach the youth how to write a letter			
Teach the youth how to address an envelope			
Locate and teach the youth to utilize the local post office			

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Teach the youth how to carry on a face-to-face conversation			
Teach how to do laundry			
Understand the importance of personal hygiene			
Learn basic first aid			
Understanding how to navigate public transportation			
OTHER:			
<p><u>Housing Support</u></p> <p><u>Beginning at age 14</u></p> <p><u>(will need completed for youth older than 14 if not done previously)</u></p>			
Teach to use a fire extinguisher and how to stop a grease fire			
Understand fire safety			
Learn to pack belongings and moving into a new home			

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Teach homelessness prevention			
Learn appropriate contacts in a crisis			
Understand when to call 911			
Identify where to seek shelter in a tornado			
Other:			
<p><u>Educational Support, Career Exploration & Vocational Training</u></p> <p><u>Beginning at 14</u></p> <p><u>(will need completed for youth older than 14 if not done previously)</u></p>			
Understand the importance of having good study habits			
Learn to track and complete homework			
Learn the difference between the High School Diplomas			

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Learn resources to seek help with tutoring for if/when youth struggles			
Identify the local libraries and obtain a library card			
Learn how to use the library and understand the rental process			
Understand the 21 st Century Scholars program and complete application online			
Assist youth to identify potential career or vocational paths			
Identify Colleges that meet youth's interests and potential career paths			
Assist youth with determining which College/s might be the right fit			
Arrange and attend Vocational program and site tours			
OTHER:			
<u>Job Placement & Support</u>			

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<p><u>Beginning at 14</u> <u>(will need completed for youth older than 14 if not done previously)</u></p>			
<p>Identify employment opportunities that are in line with youth's skills and abilities</p>			
<p>Learn the traits that employers are looking for in employees</p>			
<p>Learn what resources to use to search for employment</p>			
<p>Teach how to be organized when searching for employment</p>			
<p>Understand the importance of attending job fairs</p>			
<p>Learn how to complete paper and online applications</p>			
<p>Assist youth in building interview skills</p>			
<p>Learn how to follow up after a job interview</p>			

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Teach youth how to obtain a birth certificate, State ID, Social Security card			
Learn how to handle and navigate conflict in the workplace			
<p><u>Budgeting & Financial Management Skills</u></p> <p><u>Beginning at 14</u></p> <p><u>(will need completed for youth older than 14 if not done previously)</u></p>			
Learn how to make a deposit and withdraw at a bank			
Learn how to report a lost or stolen debit or credit card			
Understand the risks of using debit/ATM cards			
Understand how to be protected from identity theft			

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Learn how to report fraudulent account activity			
Understand the importance of having a savings account			
Develop a savings plan			
Understand the dangers of using credit cards and how interest rates works			
Understand sales tax			
Understand the difference between a need (necessity) and a want			
Understanding how to compare prices and avoid buying for name brands			
Understand how to avoid scams			
Understand the importance of monitoring the youth's credit report annually (per DCS policy)			
OTHER:			

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<p><u>Substance Abuse Prevention</u></p> <p><u>14 (will need completed for youth older than 14 if not done previously)</u></p>			
<p>Teach the risks of drinking and driving</p>			
<p>Learn of the dangers of substance use and abuse, including recreational use</p>			
<p>Identify local resources that help those suffering from substance abuse issues</p>			
<p>Teach the dangers of first and secondhand smoke</p>			
<p>Identify the triggers of substance use</p>			
<p>OTHERS:</p>			
<p><u>Preventative Health Activities</u></p> <p><u>Beginning at 14</u></p> <p><u>(will need completed for youth older than 14 if not done previously)</u></p>			
<p>Understand the importance of exercise</p>			

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Teach to incorporate exercise into daily/weekly routine			
Understand and teach healthy nutrition Learn how to properly store and take medications as prescribed			
Learn about STIs and the dangers of unprotected sexual engagement			
Learn about the importance of birth control and what the different options are			
Identify and locate local resources to get tested for STIs and pregnancy			
Understand the consequences of teen pregnancy and resources to help have a healthy pregnancy			
Understanding what a healthy relationship is			
Identify and locate local resources for domestic partner abuse			
OTHER:			

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<p align="center"><u>Mental Health</u></p> <p align="center"><i><u>14 (will need completed for youth older than 14 if not done previously)</u></i></p>			
<p>Help youth identify triggers and manage stress</p>			
<p>Learn about emotional issues and how they impact functioning</p>			
<p>Identify and locate local community Mental Health centers for future use</p>			
<p>OTHER:</p>			
<p align="center"><u>Youth Engagement</u></p> <p align="center"><i><u>14 (will need completed for youth older than 14 if not done previously)</u></i></p>			
<p>Teach youth appropriate leadership skills</p>			
<p>Research/Identify Leadership opportunities for youth to become involved in</p>			

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Teach youth about Civic Engagement (i.e. volunteering, being concerned about the community, environment, and others)			
Assist youth to identify opportunities to participate in Civic Engagement			
Teaching the youth to self advocate			
Assist the youth in identifying appropriate role models			
Teach the youth the importance of being aware of their surroundings			
Learn how to avoid negative peer pressure			
OTHER:			
<u>Technology & Social Media</u> <u>14 (will need completed for youth older than 14 if not done previously)</u>			
Teach the risks of Cyberbullying and what to do about it if it happens			

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Teach basic internet and social media safety			
Understand that sharing personal information online is a safety risk			
Learn that sending sexualized or naked pictures is never appropriate			
Understand that once information exists on the internet it is free domain			
OTHER:			
		TOTAL TIME:	

****Total Time spent must be at or over 12 hours per month**

<u>Housing Support</u> <u>Beginning at age 16+</u>			
Learn to locate appropriate and maintainable housing			
Teach the process by which a home is purchased			

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Understanding home ownership and the maintenance of a home			
Learn to fill out housing applications			
Learn how to read a lease and inspecting a home prior to moving in			
Understand lease rules and renter's responsibilities			
Learn the importance of renter's insurance			
Learn how to set up and manage utilities			
Understand the benefits of having a roommate and how to locate a trustworthy roommate			
Learn to appropriately communicate with the landlord/leasing office			
OTHER:			
<u>Educational Support, Career Exploration & Vocational Training</u>			

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<u>Beginning at 16</u>			
Arrange and attend College tours			
Explore military service by speaking to local recruiters			
Learn to complete College applications and understand the deadlines for each school			
Identify and apply for appropriate College scholarships			
Understand the importance of completing the FAFSA (Federal Application for Student Aid) by the due date each year			
Identify and locate local vocational centers and explore what they offer			
Learn about the trade or vocation that the youth is interested			
Learn to complete the vocational school application and research any scholarships opportunities			

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Understand what financial assistance that DCS/Chafee may be able to offer towards higher education			
OTHER:			
<u>Job Placement & Support</u> <u>Beginning at 16</u>			
Understand job benefits such as PTO			
Learn how to create a resume			
Understand a paycheck			
Learn to apply for childcare assistance through Title XX (CCDF)			
Understand how to leave a job on good terms and the importance of giving 2-week notice.			
OTHER:			
<u>Budgeting & Financial Management Skills</u>			

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<u>Beginning at 16</u>			
Learn and understand how to create a budget based on the finances incoming			
Review the household budget			
Understand why developing and maintaining a budget is important			
Research and identify a banking institution to open a checking and/or savings account			
Visit a bank and open an account			
Learn to use online or application-based banking			
Learn how to read and pay bills			
Learn to write a check			
Learn how to locate and use an ATM			
Understand service charges and overdraft fees			

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Learn about how to make sound financial investments			
Learn how to file state and federal income taxes			
Understand payroll taxes			
Learn how to plan for large purchases			
Learn to use money orders			
OTHER:			
<u>Preventative Health Activities</u>			
<u>Beginning at 16</u>			
Learn to re/certify for Medicaid benefits			
Locate and identify local Department of Family Resources			
Understand medical insurance and how co-pays work			
Understand the cost of medical care			

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Learn to identify local doctors, dentists, and ophthalmologists			
Identify and learn when to use a minute clinic vs. PCP vs. ER			
Learn to complete forms at a medical appointment			
Teach the importance of preventative and timely health care			
Learn how to make medical appointments and the consequences of missing scheduled appointments			
Learn to keep and maintain medical records			
Identify and locate a local pharmacy to get medications filled			
Teach how to get medications refilled			
OTHER:			
		TOTAL TIME:	

****Total Time spent must be at or over 12 hours per month**

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KEY: 15 minutes= 0.25

30 minutes= 0.50

45 minutes= 0.75

60 minutes= 1.00

Signature of Foster Parent: _____

Date Signed: _____

Signature of Youth: _____

Date Signed: _____