



Transition to Self-Sufficiency



What is a Transition Plan?



A Transition Plan is a youth-driven document. It's a place where you and your caseworker can work together to document important milestones and decisions regarding your future. The plan covers important topics that need to be addressed to help you make a successful transition from foster care. This plan is required by federal and New York State law for youth planning to leave foster care at ages 18, 19, and 20 years old. Even if you choose to stay in care until your 21st birthday, a transition plan is required to begin at age 17 and a half and be updated at least every 6 months.

You have the right to include supportive adults of your choice to be on your team as you plan your transition.

If you are turning 18, your caseworker should already be talking to you about this. If they have not, be sure to bring it up the next time you talk to them.

“Being discharged shouldn’t feel like you are graduating into the unknown. The earlier you begin your transition plan, the more success you’ll have with being able to adapt to adulthood.”

—Youth in Care



NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 1

[What do I need to know about trial discharge/final discharge and re-entry into foster care?](#)

Trial discharge allows you to remain in the county's custody while living outside of a foster care setting if you consent to this arrangement. Ask your caseworker to explain how this allows you to re-enter care if you are struggling. After final discharge, youth 18-21 may apply to re-enter care under certain circumstances.

Section 2

[What do I need to know about housing?](#)

Getting your own safe and affordable housing is one of the most important things you will do as you transition out of foster care. When completing the transition plan, be sure to discuss options that are safe, appropriate, affordable, and stable with your caseworker. Also discuss emergency plans and resources in case you lose your housing.

Section 3

[What do I need to know about health insurance, health care proxy, pregnancy, and parenting?](#)

Be sure to discuss your Medicaid coverage with your worker as this may be available to you until the age of 26. Please make sure you understand your role in being able to maintain your insurance. You and your caseworker should have an in-depth discussion about health insurance, health care proxy decisions, and any pregnancy or parenting needs you may have, if applicable.

Section 4

[What do I need to know about education and vocational training?](#)

Set goals and make a plan for your continued education or vocational training. Financial resources in addition to the New York State Tuition Assistance Program (TAP) and Federal Pell Grants are available to you. These include the Foster Youth College Success Initiative (FYCSI) and the Education and Training Voucher (ETV) program.





NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 5

[What are some opportunities to connect with supportive adults?](#)

An adult permanency resource is a caring adult who provides you with emotional support, advice, and guidance. This adult can assist you in your transition out of foster care and offers ongoing support.

Section 6

[What do I need to know about continuing support services?](#)

You may need to access a variety of services once you leave care, such as mental health, physical health, transportation, and housing. Your caseworker can assist you with connecting to services you may need.

Section 7

[What do I need to know about important documents/ access to care record?](#)

There are many essential documents that you must leave care with: U.S. Birth Certificate, Social Security Card, Driver's License/Non-Driver's ID, Medical Records, Health Insurance Information, and more. Learning how to use these documents and replace them will be critical.

Section 8

[What are some workforce supports and employment services?](#)

Think about the activities that you like to do and consider your skills and talents. Then, set goals toward a career, education and/or training, and a job. These goals will help you become self-sufficient. There are services that can help you plan for a career and get a job.

