

## TRANSITION PLANNING

The new Extended Foster Care law requires young adults to meaningfully participate in developing their transition plans. This means case managers and caregivers need to ask young adults about their goals and desires and then work collaboratively with them to teach them **how** to set goals, **how** to create achievable plans, **how** to solve problems and overcome obstacles, **how** to make decisions, and **how** to positively and productively advocate for themselves.

The transition plan is different from the case plan in that it is more youth friendly and flexible. The transition plan forms the basis for the young adult's case plan, specifying the young adult's short-term and long-term goals, the steps to achieve those goals, the young adult's obligations, and the obligations of the caregiver, the case manager, and other service providers. The transition plan must build on the young adult's strengths, needs and interests and be coordinated with the case plan.

The Transition Plan must address at least the following.

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| <b>Housing</b>         | EFC placements must meet health and safety standards and must be approved by the youth case manager. Youth in these placement types shall remain court dependents under the supervision of DCF. These placements do not need to be licensed.   |
| <b>Budget / Living</b> | The young adult, with the assistance of the case manager and anyone else the young adult wishes to include, must prepare a budget including the amount of any allowance. This budget must address all required 'living expenses' such as rent, utilities, food, transportation, clothing, as well as any other reasonable expenses related to a living arrangement for moving in, such as security deposits.                             |
| <b>Health Services</b> | In addition to providing for basic healthcare needs, federal law also requires that the Transition Plan include information on the importance of the young adult acquiring health insurance, designating someone to make health care treatment decisions on his or her behalf, and executing a health care power of attorney, health care proxy, or other similar document recognized under State law, should the young adult so choose. |
| <b>Education</b>       | Employment or workforce support including services/activities that remove barriers to employment   |
| <b>Relationships</b>   | The Transition Plan should include strategies the young adult can employ to establish and maintain family relationships as well as naturally occurring mentor relationships and other personal support services.   |