

ADULT & CHILD CENTER
TRANSITIONAL LIVING PROGRAM
FOSTER PARENT/YOUTH SKILLS DEVELOPMENT FORM
(INFORMATION SHEET)

Independent living (IL) consists of a series of developmental activities that provide opportunities for young people to gain the skills required to live healthy, productive, and responsible lives as self-sufficient adults.

Youth should receive a minimum of three (3) hours per week of IL instruction (should not include time spent on Activities of Daily Living). Seventy-five percent (75%) of the allotted IL instruction time per month must be one on one with the youth. In addition, a portion of the IL instruction time must be in the community (i.e. the bank, grocery store, library, laundromat).

Foster parents are responsible to assist young people by *advocating, teaching, training, demonstrating, monitoring and/or role modeling* new, appropriate skills in order to enhance self-sufficiency. These activities should be appropriate to each individual youth's developmental needs and should seek to prepare the youth for an independent adulthood. Foster parents will be helping each youth placed in their homes to become more independent. Foster parents should do this by helping teens learn the skills they will need to be successful and independent in life. Foster parents can help youth do this in many ways (see skills development sheet for specific tasks). Most parents probably already do these skills with the teens in their home; however, it now must be tracked on the attached form.

Each youth must have a weekly log of skills development kept by foster parents. These forms should be turned into the youth's Adult and Child case manager on a weekly basis.