<table>
<thead>
<tr>
<th>SKILLS &amp; ABILITIES</th>
<th>DATE COMPLETED</th>
<th>TIME SPENT (15 min. increments)</th>
<th>EXPERIENTIAL LEARNING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily Living Skills</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>14+</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Learn the importance of hand washing</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Teach the youth how to cook simple meals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to evaluate fast food menus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify and choose healthy snacks</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Teach the youth how to make a phone call</td>
<td></td>
<td></td>
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<tr>
<td>Teach the youth how to write a letter</td>
<td></td>
<td></td>
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<tr>
<td>Teach the youth how to address an envelope</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Locate and teach the youth to utilize the local post office</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
YOUTH’S NAME______________________________

MONTH & YEAR___________________________

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

<table>
<thead>
<tr>
<th>Teach the youth how to carry on a face-to-face conversation</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Teach how to do laundry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the importance of personal hygiene</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn basic first aid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understanding how to navigate public transportation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Housing Support**

**Beginning at age 14**

*(will need completed for youth older than 14 if not done previously)*

<table>
<thead>
<tr>
<th>Teach to use a fire extinguisher and how to stop a grease fire</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand fire safety</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to pack belongings and moving into a new home</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**OLDER YOUTH FOSTER CARE**
**SUCCESSFUL ADULTHOOD SERVICES**
**Must be completed monthly for youth 14+**

<table>
<thead>
<tr>
<th>Teach homelessness prevention</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn appropriate contacts in a crisis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand when to call 911</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify where to seek shelter in a tornado</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Other:**

<table>
<thead>
<tr>
<th><strong>Educational Support, Career Exploration &amp; Vocational Training</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beginning at 14</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>(will need completed for youth older than 14 if not done previously)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the importance of having good study habits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to track and complete homework</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn the difference between the High School Diplomas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Older Youth Foster Care

## Successful Adulthood Services

**Must be completed monthly for youth 14+**

<table>
<thead>
<tr>
<th>Task</th>
<th>Completion</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn resources to seek help with tutoring for if/when youth struggles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify the local libraries and obtain a library card</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to use the library and understand the rental process</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the 21st Century Scholars program and complete application online</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assist youth to identify potential career or vocational paths</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify Colleges that meet youth’s interests and potential career paths</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assist youth with determining which College/s might be the right fit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arrange and attend Vocational program and site tours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Job Placement &amp; Support</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Beginning at 14**
*(will need completed for youth older than 14 if not done previously)*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Completion</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify employment opportunities that are in line with youth’s skills and abilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn the traits that employers are looking for in employees</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn what resources to use to search for employment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teach how to be organized when searching for employment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the importance of attending job fairs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to complete paper and online applications</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assist youth in building interview skills</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to follow up after a job interview</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
YOUTH’S NAME______________________________
MONTH & YEAR____________________________

OLDER YOUTH FOSTER CARE
SUCCESSFUL ADULTHOOD SERVICES

**Must be completed monthly for youth 14+**

| Teach youth how to obtain a birth certificate, State ID, Social Security card |
| Learn how to handle and navigate conflict in the workplace |
| **Budgeting & Financial Management Skills** |
| **Beginning at 14** |
| *(will need completed for youth older than 14 if not done previously)* |
| 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 |

603 E Washington St.
Indianapolis, IN 46204
**OLDER YOUTH FOSTER CARE SUCCESSFUL ADULTHOOD SERVICES**

**Must be completed monthly for youth 14+**

<table>
<thead>
<tr>
<th>Task</th>
<th>Completed</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn how to report fraudulent account activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the importance of having a savings account</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Develop a savings plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the dangers of using credit cards and how interest rates works</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand sales tax</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the difference between a need (necessity) and a want</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understanding how to compare prices and avoid buying for name brands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand how to avoid scams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the importance of monitoring the youth’s credit report annually (per DCS policy)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Substance Abuse Prevention**

**Must be completed monthly for youth 14+**

<table>
<thead>
<tr>
<th>14 (will need completed for youth older than 14 if not done previously)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teach the risks of drinking and driving</td>
</tr>
<tr>
<td>Learn of the dangers of substance use and abuse, including recreational use</td>
</tr>
<tr>
<td>Identify local resources that help those suffering from substance abuse issues</td>
</tr>
<tr>
<td>Teach the dangers of first and secondhand smoke</td>
</tr>
<tr>
<td>Identify the triggers of substance use</td>
</tr>
<tr>
<td>OTHERS:</td>
</tr>
</tbody>
</table>

**Preventative Health Activities**

**Beginning at 14**

*(will need completed for youth older than 14 if not done previously)*

| Understand the importance of exercise |
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:
YOUTH’S NAME ______________________________

MONTH & YEAR __________________________

OLDER YOUTH FOSTER CARE
SUCCESSFUL ADULTHOOD SERVICES

**Must be completed monthly for youth 14+

<table>
<thead>
<tr>
<th>Mental Health</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>14 (will need completed for youth older than 14 if not done previously)</td>
<td></td>
</tr>
<tr>
<td>Help youth identify triggers and manage stress</td>
<td></td>
</tr>
<tr>
<td>Learn about emotional issues and how they impact functioning</td>
<td></td>
</tr>
<tr>
<td>Identify and locate local community Mental Health centers for future use</td>
<td></td>
</tr>
</tbody>
</table>

OTHER:

<table>
<thead>
<tr>
<th>Youth Engagement</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>14 (will need completed for youth older than 14 if not done previously)</td>
<td></td>
</tr>
<tr>
<td>Teach youth appropriate leadership skills</td>
<td></td>
</tr>
<tr>
<td>Research/Identify Leadership opportunities for youth to become involved in</td>
<td></td>
</tr>
</tbody>
</table>
## OLDER YOUTH FOSTER CARE SUCCESSFUL ADULTHOOD SERVICES

**Must be completed monthly for youth 14+**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Completion Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teach youth about Civic Engagement (i.e. volunteering, being concerned about the community, environment, and others)</td>
<td></td>
</tr>
<tr>
<td>Assist youth to identify opportunities to participate in Civic Engagement</td>
<td></td>
</tr>
<tr>
<td>Teaching the youth to self advocate</td>
<td></td>
</tr>
<tr>
<td>Assist the youth in identifying appropriate role models</td>
<td></td>
</tr>
<tr>
<td>Teach the youth the importance of being aware of their surroundings</td>
<td></td>
</tr>
<tr>
<td>Learn how to avoid negative peer pressure</td>
<td></td>
</tr>
<tr>
<td><strong>Technology &amp; Social Media</strong></td>
<td></td>
</tr>
<tr>
<td>14 (will need completed for youth older than 14 if not done previously)</td>
<td></td>
</tr>
<tr>
<td>Teach the risks of Cyberbullying and what to do about it if it happens</td>
<td></td>
</tr>
</tbody>
</table>
OLDER YOUTH FOSTER CARE
SUCCESSFUL ADULTHOOD SERVICES
**Must be completed monthly for youth 14+

<table>
<thead>
<tr>
<th>Teach basic internet and social media safety</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand that sharing personal information online is a safety risk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn that sending sexualized or naked pictures is never appropriate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand that once information exists on the internet it is free domain</td>
<td></td>
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<tr>
<td>OTHER:</td>
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<tr>
<td></td>
<td>TOTAL TIME:</td>
<td></td>
</tr>
</tbody>
</table>

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

### Housing Support

**Beginning at age 16+

<table>
<thead>
<tr>
<th>Learn to locate appropriate and maintainable housing</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Teach the process by which a home is purchased</td>
<td></td>
<td></td>
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<tr>
<td>Understanding home ownership and the maintenance of a home</td>
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<td></td>
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<tr>
<td>-------------------------------------------------------------</td>
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</tr>
<tr>
<td>Learn to fill out housing applications</td>
<td></td>
<td></td>
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<tr>
<td>Learn how to read a lease and inspecting a home prior to moving in</td>
<td></td>
<td></td>
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<tr>
<td>Understand lease rules and renter’s responsibilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn the importance of renter’s insurance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to set up and manage utilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand the benefits of having a roommate and how to locate a trustworthy roommate</td>
<td></td>
<td></td>
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<tr>
<td>Learn to appropriately communicate with the landlord/leasing office</td>
<td></td>
<td></td>
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<tr>
<td>OTHER:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Educational Support, Career Exploration &amp; Vocational Training</strong></td>
<td></td>
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</tbody>
</table>
### OLDER YOUTH FOSTER CARE
SUCCESSFUL ADULTHOOD SERVICES
**Must be completed monthly for youth 14+**

<table>
<thead>
<tr>
<th><strong>Beginning at 16</strong></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Arrange and attend College tours</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Explore military service by speaking to local recruiters</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to complete College applications and understand the deadlines for each school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify and apply for appropriate College scholarships</td>
<td></td>
<td></td>
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<tr>
<td>Understand the importance of completing the FAFSA (Federal Application for Student Aid) by the due date each year</td>
<td></td>
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<tr>
<td>Identify and locate local vocational centers and explore what they offer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn about the trade or vocation that the youth is interested</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to complete the vocational school application and research any scholarships opportunities</td>
<td></td>
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<tr>
<td>Understand what financial assistance that DCS/Chafee may be able to offer towards higher education</td>
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<tr>
<td>OTHER:</td>
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<td></td>
</tr>
<tr>
<td><strong>Job Placement &amp; Support</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Beginning at 16</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand job benefits such as PTO</td>
<td></td>
<td></td>
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<tr>
<td>Learn how to create a resume</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand a paycheck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to apply for childcare assistance through Title XX (CCDF)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand how to leave a job on good terms and the importance of giving 2-week notice.</td>
<td></td>
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<tr>
<td>OTHER:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Budgeting &amp; Financial Management Skills</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Beginning at 16</strong></td>
<td></td>
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<tr>
<td>--------------------</td>
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</tr>
<tr>
<td>Learn and understand how to create a budget based on the finances incoming</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Review the household budget</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand why developing and maintaining a budget is important</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Research and identify a banking institution to open a checking and/or savings account</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visit a bank and open an account</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to use online or application-based banking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to read and pay bills</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to write a check</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to locate and use an ATM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Understand service charges and overdraft fees</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>OLDER YOUTH FOSTER CARE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SUCCESSFUL ADULTHOOD SERVICES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Must be completed monthly for youth 14+</strong></td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Learn about how to make sound financial investments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn how to file state and federal income taxes</td>
</tr>
<tr>
<td>Understand payroll taxes</td>
</tr>
<tr>
<td>Learn how to plan for large purchases</td>
</tr>
<tr>
<td>Learn to use money orders</td>
</tr>
<tr>
<td><strong>OTHER:</strong></td>
</tr>
</tbody>
</table>

**Preventative Health Activities**

**Beginning at 16**

<table>
<thead>
<tr>
<th>Learn to re/certify for Medicaid benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Locate and identify local Department of Family Resources</td>
</tr>
<tr>
<td>Understand medical insurance and how co-pays work</td>
</tr>
<tr>
<td>Understand the cost of medical care</td>
</tr>
</tbody>
</table>
YOUTH’S NAME________________________________________

MONTH & YEAR______________________________________

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

<table>
<thead>
<tr>
<th>Task</th>
<th>Completed</th>
<th>Time Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to identify local doctors, dentists, and ophthalmologists</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify and learn when to use a minute clinic vs. PCP vs. ER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to complete forms at a medical appointment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teach the importance of preventative and timely health care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn how to make medical appointments and the consequences of missing scheduled appointments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn to keep and maintain medical records</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify and locate a local pharmacy to get medications filled</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teach how to get medications refilled</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL TIME:

**Total Time spent must be at or over 12 hours per month**
YOUTH’S NAME______________________________
MONTH & YEAR__________________________

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

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:____________