

Transition Planning Resource Sheet

From www.HealthyTransitionsLA.org

Develop a Transitional Independent Living Plan.

When you're 16 or older, you should start thinking about transitioning to life after foster care. Careful transition planning can help you to "age out" smoothly and live a healthy, independent life. The sooner you can start to develop a transition plan that is individual to your needs, the sooner you can take charge and make your dreams of independence come true. Talk to a trusted adult and take advantage of the wide range of services that can help you to transition to an independent life.

CONTACTS/LINKS

[Emancipation Program or Independent Living Program](#)

This Department of Children and Family Services (DCFS) program can assist you to transition successfully to a life after foster care. You can get help for life skills training, education, employment, and housing.

You are eligible for ILP services up to your 21st birthday if you were/are:

- In foster care at any time between ages 16-19
- Between the ages of 16-18 and receiving Kinship Guardianship Assistance Program Payments
- In a Dependency Court granted non-related guardianship with court jurisdiction terminated after the age of 8

Toll Free Phone: (877) 694-5741 (MY ILP 411)

Email: youthds@dcfs.lacounty.gov

Youth Development ILP Headquarters

Transition Resource Centers (TRC) are local drop-in and resource centers to help anyone who is in foster care or has been in foster care as a dependent youth (DCFS) or ward of the court (probation). Contact any transition coordinator at any TRC.

Phone: (213) 351-0100

[Foster Club Transition Toolkit](#)

These worksheets that might be helpful to you while you're working on your own transition plan.

Get Medi-Cal Coverage.

Department of Public Social Services (DPSS) Former Foster Care Unit (FFCC)

The Program provides no cost Medi-Cal for youths living in California, who have transitioned from foster care. If you were in foster care on your 18th birthday in any state, you may be eligible for free Medi-Cal benefits until your 26th birthday, regardless of your income

Phone: (626) 927-2690 or (626) 927-2647

Receive a Helping Hand for Food, Housing, and Medical Care.

Los Angeles County offers a wide variety of programs to help you. You can get food assistance, help with housing, medical care, and many other services. You can privately and confidentially check your eligibility via the internet to find out what services you have access to, based on your needs.

CONTACTS/LINKS

[LA County Helps](#)

Call 211 for information and referrals to many programs. It's a free, confidential service available 24 hours a day, 7 days a week, in English, Spanish and more than 140 other languages.

Phone: Dial 2-1-1

Website: <https://211youth.211la.org/>

Learn to Handle Life's Legal Nuts and Bolts.

The Alliance for Children's Rights created the Next Step Program to help transition aged foster and probation youths to achieve self-sufficiency. The organization provides:

- Free legal services and consultation
- Resolution of identity theft
- Assists with credit/collections issues
- Reviews contracts/leases
- Clears juvenile tickets, seal juvenile records
- Appeals SSI denials

They also offer support and access to resources, workshops on important issues, and mentors.

CONTACTS/LINKS

[Alliance for Children's Rights](#)

Phone: (213) 368-6010

Email: NextStep@kids-alliance.org

Know and Understand Your Rights.

An ombudsman is a person who investigates and attempts to resolve complaints and problems. The Los Angeles Youth Development Services Ombudsman's Office can help you with any problems you might have with Independent Living Program services. You can also contact the California State Foster Care Ombudsman and non-profit organizations for help.

CONTACTS/LINKS

Youth Ombudsman

You can contact the Youth Ombudsman for any questions about what services you are eligible to receive and how to receive them, problems getting what you need, general concerns about the ILP services or programs, problems with your Transitional Housing Program, and feelings of overwhelm and no one seems to understand you.

Address: 425 Shatto Place, 6th Floor, Los Angeles, CA 90020

Phone: (213) 351-5720 (collect calls are accepted)

Know and Understand Your Rights. (continued)

CONTACTS/LINKS (continued)

Los Angeles County Department of Children and Family Services (DCFS) Ombudsman Office

If you have been in foster care anytime after the day of your 16th birthday, you are eligible for assistance in the areas of housing, employment, life skills training and educational assistance.

Phone: (626) 938-1763 or (626) 229-3849 (age 16 and older)

California State Foster Care Ombudsman

The Office of the Foster Care Ombudsman can provide you with information about what services are available in your county such as transitional housing programs, employment programs, scholarships, or independent living programs.

Phone: (877) 846-1602

Email: fosteryouthhelp@dss.ca.gov

Public Counsel

Public Counsel is a non-profit organization that helps transitioning youths know and understand their rights. They can help you learn about your legal rights, housing rights, what to do when you get a ticket, and what to do when your case closes.

Phone: (213) 385-2977 (extension 500)

Extending or Re-Entering Foster Care Might Be an Option for You.

Extended foster care can give you more time to work on your Transitional Independent Living Plan so you are ready to live on your own. Even if your case is already closed because you turned 18, you may still have the option to re-open your case. A new law called AB 12 extends foster care up to age 21. If you are 18 or over, keeping your case open is an option for you, unless you are still on probation.

If you decide to stay in foster care or re-enter foster care, you will need to meet at least one of the following requirements:

- Go to high school or enroll in a GED program;
- Enroll part time in a college or trade school;
- Work at least 80 hours per month;
- Participate in a program that helps you find a job; or,
- Have a medical condition that would make it impossible to meet one of the first four.

Talk to your social worker, DPO, or LA County Youth Ombudsman.

CONTACTS/LINKS

For questions about dependency or DCFS

(800) 540-4000

For questions about probation

(213) 639-4500

For questions about the new law

AB12@dss.ca.gov

Be Proud to Be LGBTQ.

You have a right to live openly and be respected like any other person. It is illegal to harass or discriminate against people because they are lesbian, gay, bisexual, transgender, or because someone thinks they are. If you believe that you are not receiving services because of discrimination, look at the resources below and talk to a trusted adult or contact the ombudsman for help.

CONTACTS/LINKS

[California Foster Care Outreach LGBTQ Resources](#)

Information for LGBTQ youths in the foster care system.

[National Center for Lesbian Rights \(NCLR\)](#)

NCLR can help with legal questions whether you are lesbian, gay, bi, transgender or questioning. They serve more than 5,000 LGBT people and their families throughout the United States each year, including LGBT parents, seniors, immigrants, athletes, and youth.

Phone: (800) 528-6257 (NCLR)

Email: info@nclrights.org

[LGBTQ Youth in the California Foster Care System: a Question and Answer Guide](#)

This guide provides information about protecting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth in the California foster care system from harassment and discrimination.

[Queer & Trans Youth in California Foster Care Have Rights: A Know Your Rights Guide](#)

NCLR, in collaboration with the Out of Home Youth Advocacy Council and California Youth Connection, produced this guide to help queer and transgender youth in the California foster care system navigate their rights.

LGBT National Help Center/Peer Counseling

The Gay, Lesbian, Bisexual and Transgender (GLBT) National Hotline provides telephone, online private one-to-one chat and email peer-support. All services are free and confidential. Hotline operators speak with callers of all ages about coming-out issues, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety and safer-sex information, and other topics.

Phone: (888) 843-4564

Email: help@GLBThotline.org

[LGBT National Help Center Resource Database](#)

The database contains over 15,000 listings of social and support groups, as well as gay-friendly religious organizations, sports leagues, student groups and more.
