



MY FUTURE PLAN FOR ARKANSAS YOUTH

AGES
14 & UP

I've got goals. I've got support. I've got this!

1 MY IMPORTANT DOCUMENTS

- ☐ I have a State ID
- ☐ I have my Birth Certificate
- ☐ I have my Social Security Card

Notes: _____

1A SELECTIVE SERVICE (For Males)

- ☐ I understand what Selective Service is
- ☐ I will register if I am 18 or turning 18
- ☐ I know how to register

More info: sss.gov

Notes: _____

2 SCHOOL & MY FUTURE

- ☐ I completed my Life Skills Assessment
- ☐ I completed my Dream, Plan, Do worksheet (every year)
- ☐ I talked to my school counselor about my:
 - Graduation
 - College or job plans
- ☐ I have:
 - ☐ Looked at colleges or training programs
 - ☐ Gone on (or plan to go on) college tours
- ☐ I have started or talked about:
 - ☐ FAFSA (money for school)
 - ☐ Scholarships
- ☐ I know about the ETV Program (money for school after foster care)

Notes: _____

3 MY LIFE AFTER 18

- ☐ I helped create my transition plan
- ☐ I've learned important life skills (cooking, budgeting, etc.)
- ☐ I have at least 3 trusted adults I can count on
- ☐ I have participated in TYS Life Skills classes or Life Skills by CASA videos
- ☐ I know who I can call for help
- ☐ I know how to register to vote
- ☐ I have discussed military enlistment as an option, if I don't want to stay in care or go to college

Notes: _____

ABOUT ME



Name: _____

Date: _____

DCFS Worker: _____

TYS Specialist: _____

CASA Advocate: _____

I CAN REACH OUT TO:

 **DCFS Worker**
Phone: _____

 **TYS Specialist**
Phone: _____

 **CASA Advocate**
Phone: _____

 **Other Trusted Adult**
Phone: _____

4 HOUSING OPTIONS

- ☐ I understand:
 - ☐ Extended Foster Care (18-21)
 - ☐ Independent Living
- ☐ If I don't stay in care, I know about:
 - ☐ Housing help programs
 - ☐ Financial support options
- ☐ I have a plan for where I will live

Notes: _____

5 HEALTH & IMPORTANT DECISIONS

- ☐ I understand my health insurance after 18
- ☐ I learned about:
 - ☐ Power of Attorney
 - ☐ Health Care decisions
- ☐ I know where to go for medical care

Notes: _____

6 JOBS & MONEY

- ☐ I've talked about jobs I'm interested in
- ☐ I've gotten help finding a job or work experience
- ☐ I understand how to budget and manage money
- ☐ I have a bank account
- ☐ DCFS has checked my credit (annually) and has fixed any issues

Notes: _____

7 TRANSPORTATION

- ☐ I've talked about getting my driver's license
- ☐ I understand what I need to get one
- ☐ I know other ways to get where I need to go

Notes: _____

8 SPECIAL SUPPORT & BENEFITS

- ☐ If needed, I've applied for disability benefits
- ☐ If it applies to me:
 - ☐ Survivor benefits have been explained
 - ☐ I understand what happens with benefits after high school

Notes: _____

9 MY VOICE MATTERS

- ☐ I can go to court (if I want)
- ☐ I can go to meetings about my life
- ☐ I feel like my opinions are heard
- ☐ I know I can speak up if I have a problem

Notes: _____

NOTES / QUESTIONS



Write down questions or things you want to talk about.



10 ADVOCATE SUPPORT

My CASA advocate has talked with me about the things that apply to my life.

- ☐ I feel supported by my advocate.

Notes: _____

IMPORTANT TO KNOW

DCFS makes decisions for youth in foster care.
Your advocate is here to support YOU!
If something doesn't make sense or you need help,

- talk to your:
- TYS Specialist
- CASA Advocate



REMEMBER...



-  **YOU ARE IMPORTANT.**
-  **YOU ARE CAPABLE.**
-  **YOUR FUTURE MATTERS.**

YOU'VE GOT THIS! TAKE IT ONE STEP AT A TIME.

