

### **Checklist for Supporting Youth Transitioning Out of Care**

The following is a non-exhaustive list of things to consider when supporting a youth aging out of care. These categories are meant to prompt us to consider information or resources we can link our youth to which we may not have considered.

#### **Housing:**

- Help finding affordable/safe housing
- Furnishings/a bed/a couch/dishes/small appliances
- Setting up a Hydro/ Water tank account if needed. Linking it to their bank account for easy bill payments
- Information about tenant rights, emergency numbers, etc.

#### **Immigration:**

- Immigration assistance for youth/young adults and their families
- Getting a hold of documents while the youth is a minor as the process is significantly easier
- Permanent Resident Applications
- Canadian Citizenship Applications
- Passport Application help

#### **Transportation:**

- G1, G2 and G driver's license help (Other licenses if needed for Trades)
- Drivers Education Training
- Ontario Photo Card if a Driver's License isn't an option
- Help purchasing the right vehicle (Do's and Don'ts)
- Help getting proper car insurance/Registration/ Plates
- PRESTO Card help for Public Transit (City buses /Go buses/ Trains)

#### **Criminal Justice:**

- Probation help (Regular follow ups)
- Sealing Youth records (They have to complete their probation before their 18<sup>th</sup> birthday for the file to become sealed)
- DNA on file
- Diversion Programs
- Conditions Youth / Young Adults must abide to
- Youth/Young Adults with Family members who have criminal records/Conditions
- Non-Contact orders/ removing non-contact orders if youth choose to pull them

#### **Education:**

- Graduating High school supports and options for education/adult learning

- GED Test and Prep
- Distance learning
- Registering as a student with a permanent disability in both High school and Post-Secondary
- Tutors
- Grade 10 Literacy test prep
- Career aptitude testing
- Guidance counsellor support
- Applying to Colleges/Trade school and Universities
- Free tuition portion through OSAP at all Colleges and Universities in the Province
- Applying for bursaries and scholarships

#### **Employment:**

- Resume / Cover letter help
- Job Search Assistance
- Extra training
- Student Placements / Internships available to Children's Aid Youth/young adults through OACAS
- Interview help/ Prep
- References
- Training (First Aid, Smart Serve, WHMIS, Food handling, Security License, UMAB)

#### **Young Parents:**

- Regular checkups pre and post pregnancy
- Medications
- All things breast feeding vs bottle feeding
- Parenting classes/ Books
- Setting up baby's room/living space
- Baby and Toddler classes (Mommy and Me)
- Registering baby 's birth and identification
- Postpartum Depression help
- Paternal support
- Child Support (FRO)

#### **Religion and Culture:**

- Ensuring the youth maintain a connection to their culture/religion
- While in care we should seek out programs/groups they can attend in order to maintain the relationship
- Reach out to the parents if possible to ask what the youth is accustomed to and what workers can do to mimic this
- Having more of a presence of staff from all backgrounds so youth have role models that look like they do
- Ensuring group homes and foster homes try to incorporate cultural foods when youth from background are living in the placement. Teach them how to cook their nationalities dishes