

Attachment B

Definitions of Independent Living Services

Independent living (IL) services received by youth must be reported every six months in the “Service Needs Section” of the Family Assessment Service Plan (FASP) or Plan Amendment.

(Agency refers to a local department of social services or a voluntary agency.)

1. IL-Needs Assessment

- A needs assessment is a systematic procedure to identify a youth’s basic skills, emotional and social capabilities, and strengths and needs to match the youth with appropriate independent living services. It may assess the youth’s knowledge of basic living skills, job readiness, money management abilities, decision-making skills, goal setting, task completion, and transitional living needs. The assessment is a required first step in matching the youth to appropriate services and determining the youth’s strengths and needs in transitioning into self-sufficiency.

2. IL-Academic Support

- Academic supports are services designed to help a youth complete high school or complete classes for the Test Assessing Secondary Completion (TASC). It includes activities such as academic counseling, preparation for TASC, tutoring, help with homework, literacy training, study skills training, and help accessing educational resources. Academic support does not include tuition for a public or private high school, transportation to and from school, or post-secondary supports. Post-secondary supports are covered under #3.

3. IL-Post-Secondary Educational Support

- Services designed to help a youth enter or complete a two- or four-year college or vocational program. Services may include but are not limited to classes for test preparation (i.e., SAT/ACT), college counseling, assistance applying for college, help with loan applications, securing financial aid, tutoring, and college tours.
- General Chafee funding is available to provide education support to current or former foster care recipients who are between 18 and 21 years of age who experienced foster care at age 14 years or older.

4. IL-Career Preparation

- Services that develop a youth’s ability to find, apply for, and retain appropriate employment. Career preparation refers to general skills that help a youth obtain and retain employment and may include the following types of instruction and support services:
 - Vocational and career assessment
 - Career exploration and planning

- Guidance in setting and assessing vocational and career interests and skills
- Help matching interests and abilities with vocational goals
- Job seeking/placement support
- Identifying potential employers
- Writing resumes
- Completing job applications
- Developing interview skills
- Job shadowing
- Receiving job referrals
- Using career resource libraries
- Understanding employee benefits coverage
- Securing work permits
- Retention support, including job coaching, how to work with employers and other employees
 - Understanding workplace values such as timeliness and appearance
 - Understanding authority and customer relationships
- May also include obtaining driver's permits or licenses, driving lessons, and auto insurance.

5. IL-Employment Programs or Vocational Training

- Programs and trainings intended to build youth's skills for a specific trade, vocation, or career through classes or on-site training. Employment programs/vocational training refers to programs and training that help youth gain expertise and skills in a specific field or profession.
- Employment programs include but are not limited to:
 - youth participation in apprenticeship, internship, or summer employment programs. This does not include any jobs secured by the youth alone.
- Vocational training includes but is not limited to:
 - youth's participation in vocational or trade programs; and
 - training in occupational classes for such skills as cosmetology, auto mechanics, building trades, nursing, computer science, and other current or emerging employment sectors.

6. IL-Budget and Financial Management

- Budget and financial management assistance includes but is not limited to the following types of training and practice:
 - Living within a budget
 - Opening and using a checking and savings account
 - Balancing a bank account
 - Developing consumer awareness (security and privacy)
 - Developing smart shopping skills
 - Accessing information about credit, loans, and taxes
 - Filling out and filing tax forms

7. IL-Housing Education and Home Management Training

- Housing education includes but is not limited to assistance or training in the following:
 - Locating and maintaining housing
 - Filling out rental applications and acquiring a lease
 - Handling security deposits and utilities
 - Understanding practices for keeping a healthy and safe home
 - Understanding tenants' rights and responsibilities
 - Handling landlord complaints
- Home management includes but is not limited to instructions in the following:
 - Food preparation
 - Laundry
 - Housekeeping
 - Living cooperatively with others
 - Meal planning
 - Grocery shopping
 - Basic maintenance and repairs

8. IL-Health Education and Risk Prevention

- Providing information to youth about the following:
 - Hygiene
 - Nutrition
 - Fitness and exercise
 - First aid
 - Medical and dental care benefits
 - Health care resources and insurance
 - Prenatal care and maintaining personal medical records
 - Sex education, abstinence education, HIV, and sexually transmitted disease prevention
 - Education and information about sexual development and sexuality
 - Pregnancy prevention and family planning
 - Substance abuse prevention and intervention, including education and information about the effects and consequences of substance use (alcohol, drugs, tobacco) and avoidance and intervention.
- It **does not** include a youth's actual receipt of direct medical care, substance abuse treatment, mental health services, or dental care.

9. IL-Family Support and Healthy Marriage Education

- Services include education and information about safe and stable families, healthy marriages, spousal communication, parenting, responsible fatherhood, child care skills, teen parenting, domestic and family violence prevention.

10. IL-Mentoring

- Programs or services in which a youth is matched with a screened trained adult for a one-on-one relationship that involves the two meeting on a regular basis. Mentoring can be short-term, but it may also support the development of a long-term relationship. While youth often are connected to adult role models through school, work or family, this service category only includes a mentor relationship that has been facilitated, paid for or provided by the agency. It only captures established mentoring programs, not informal interactions between a youth and an adult.

11. IL-Supervised Independent Living

- Situation where the youth is living independently under a supervised arrangement that is paid for or provided by the agency. A youth in supervised independent living is under the supervision of an adult, although not 24 hours a day, and often is provided with increased responsibilities, such as paying bills, assuming leases, and working with a landlord.

12. IL-Room and Board Financial Assistance

- Room and board financial assistance is a payment that is paid for or provided by the agency and includes rent, deposits, utilities, and other household start-up expenses.
- Counties can spend up to 30% of their Chafee allocation on room and board for youth who have aged out of foster care and have not attained 21 years of age.

13. IL-Education Financial Assistance

- Financial assistance the youth received for education. This includes but is not limited to the following:
 - Financial assistance for textbooks, uniforms, computers, and other educational supplies and materials
 - Tuition assistance and scholarships
 - Payment for educational preparation and support services (i.e., tutoring), and payment for TASC and other educational tests and application fees
 - Educational training vouchers (ETV) for college tuition or vocational education or tuition waiver programs.

14. IL-Other Financial Assistance

- Any other type of financial assistance to a youth to help the transition from foster care to self-sufficiency. Such assistance may include but is not limited to stipends, payments for household expenses, subsidized transportation, or payments for business attire for job or college interviews.