



TRANSITION TO ADULthood CHECKLIST

We are the Lived Experts Action Panel (LEAP), sponsored by the Office of the Child's Representative (OCR). LEAP is a group of young adults who participate in OCR's efforts to create and improve laws, policies, and practice in ways that serve the best interests of Colorado's youth.

We created this checklist to help you prepare for adulthood – it was created by young people, for young people!

*You may want to review it with someone like a family member, attorney, or caseworker—they might be able to explain things and/or connect you to helpful resources. **Page 4** also includes links to related resources.*

My Name: _____

My Telephone Number: _____

My Email Address: _____

My supports (people I can call when I need help) are:

Name	Telephone number

My health care providers are:

	Name	Telephone Number
Medical doctor		
Mental health provider		
Dentist		
Another health care provider (like an orthodontist or an OB/GYN)		
Closest urgent care or emergency room to where I live		
My insurance provider		

I have these documents (check all that apply):

- ☐ birth certificate,
- ☐ social security card,
- ☐ citizenship papers or other immigration documents,
- ☐ document that says I lived in foster care,
- ☐ medical insurance card,
- ☐ proof of address like a bill addressed to me or a check with my address on it,
- ☐ driver's license or another state-issued identification card,
- ☐ proof of car insurance,
- ☐ proof of renter's insurance,
- ☐ document with my bank account number,
- ☐ pay stubs,
- ☐ health records like shot records, prescriptions, and doctor names and contact information,
- ☐ school records like transcripts and/or a special education plan,
- ☐ juvenile or criminal records,
- ☐ tribal enrollment card,
- ☐ recent credit check,
- ☐ proof of the benefits I receive and info about what I need to do to keep them (*Examples of benefits are Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Survivor's, Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC)*),
- ☐ proof of any inheritance and/or
- ☐ parent(s) death certificate(s).

Finances (check all that apply):

- ☐ I have a bank account.
- ☐ I have a debit card for my bank account.
- ☐ I know how to make sure I do not overdraft my bank account.
- ☐ I have a budget that includes food, housing, clothing, cleaning supplies, and hygiene products.
- ☐ I know how to file taxes.

I have safe, affordable, and stable housing (check all that apply):

- ☐ through the Foster Youth in Transition Program.
- ☐ through state or federal housing vouchers.
- ☐ through a housing stipend.
- ☐ by living with family or a friend.
- ☐ by paying for housing on my own. I know how much my rent is, when it is due, and who I must give it to. I have a copy of my lease and I have read it.

Food (check all that apply):

- ☐ I know how to use coupons.
- ☐ I know local food banks or other food resources.
- ☐ I know how to safely cook and store food.

Cleaning (check all that apply):

- ☐ I know how to run a washer and dryer.
- ☐ I know how to wash dishes and/or run a dishwasher.
- ☐ I know how to clean a kitchen and a bathroom.

I have transportation through (check all that apply):

- ☐ my bike.
- ☐ the bus.
- ☐ rides from family/friends.
- ☐ my own car. I have a driver's license and will carry it whenever I drive. I have proof of insurance and registration in my car.

Education (check all that apply):

- ☐ I have a high school diploma or a GED.
- ☐ I want to go to college or a vocational school. I have researched schools and thought about location, cost, refund policies, majors, and housing. I have completed the Free Application for Federal Student Aid (FAFSA). I have spoken with the financial aid counselor at the school I want to attend. I am going to pay for school by...
 - ☐ the Foster Education Program.
 - ☐ a Chafee Education Training Voucher (ETV).
 - ☐ federal assistance.
 - ☐ scholarships and grants.
 - ☐ a loan. I will have a support person review loan documents with me before I sign them.

I am going to apply for (check all that apply):

- ☐ JobCorps.
- ☐ AmeriCorps.
- ☐ the military.
- ☐ another job. I know how to look, apply, and interview for a job.

Fun and community:

- ☐ I like doing the following for fun: _____.
- ☐ I am involved with my community through _____.

RESOURCES

Medicaid:

- Medical: <https://www.healthfirstcolorado.com/>
- Dental: <https://hcpf.colorado.gov/dental-benefits>

Social security benefits (like Supplemental Security Income [SSI], Social Security Disability Insurance (SSDI), and Survivor's benefits):

- <https://www.ssa.gov/>

Housing/other services and supports:

- Legal help related to housing: <https://www.copovertylawproject.org/>
- Foster Youth in Transition Program: <https://coloradochildrep.org/youth/>
- Chafee services: <https://cdhs.colorado.gov/colorado-chafee-program>

Food:

- Preparation and storage: <https://www.fsis.usda.gov/food-safety>
- Nutrition: <https://www.fda.gov/food/resources-you-food>
- Recipes: <https://www.allrecipes.com/>

Cleaning checklists:

- <https://www.bhg.com/homekeeping/house-cleaning/house-cleaning-checklists/>

Education:

- Preparing for and attending college (including choosing a college, scholarships, vouchers, and financial aid): <https://cdhe.colorado.gov/students>
- Free Application for Federal Student Aid (FAFSA): <https://studentaid.gov/h/apply-for-aid/fafsa>

Employment:

- Finding work: <https://www.adworks.org/>, <https://www.governmentjobs.com/careers/colorado>, <https://dvr.colorado.gov/>, https://www.cde.state.co.us/cdesped/ta_swap, <https://www.jobcorps.gov/>, <https://americorps.gov/>, and <https://www.defense.gov/About/our-forces/>.
- Applications, resumes, and interviews: <https://www.indeed.com/career-advice/finding-a-job>

Finances

- Budgeting, credit cards, loans, scams, and identity theft: <https://consumer.gov/>
- Taxes: <https://www.irs.gov/>

Youth boards

- <https://coloradochildrep.org/about/leap/>
- <https://elevatingconnections.org/>
- <https://childlawcenter.org/project-foster-power/>
- <https://denverchafee.org/get-involved/metro-youth-alliance>

Colorado events, festivals, and more:

- <https://www.colorado.com/>