



Inspirational Ideas for **YOUR** Plan for My Future

Great job completing your life skills assessment! Now it's time to start developing your *Plan for My Future*.

Here are some suggestions to consider when creating your OKSA *Plan for My Future* or tribal plan. Don't forget to ask some adults who care about you to help with the process of developing your goals. Remember, your plan should include the things that are most important to **you**! Add things that you think will be most helpful to you as you transition to adulthood. While the adults who help you will offer good advice and opinions, don't be afraid to speak up for what you want. Just keep in mind that many times we'll have to do things whether or not we want to. The supportive adults you involve in the planning process are there to remind you of the things that might have to be done in order for you to reach your goals.



Health includes everything that affects your body and mind. Nutrition, medication, medical care/insurance, sexual behavior, emotional/behavioral issues, and exercise are just some of the areas that impact your health. Of course, for every healthy behavior, there is an unhealthy behavior. Knowing about health is knowing (and doing) what is best for you!

- Make my own appointment or have someone help me set up a general physical if I haven't had one in the last year.
- Make my own appointment or have someone help me set up a dental check-up if I haven't had one in the last year.
- Learn about what medications I am currently taking, and why I am taking them.
- Talk to my doctor about regular checkups needed for my age, and why it is important.
- Visit my doctor to better understand any diagnosis I have and the medications I am taking.
- Ask to see a counselor/therapist if I feel it would help me.
- Talk with a supportive adult about the risks of alcohol and drug use.
- Talk with a supportive adult about the risks associated with a sexual relationship and how to prevent sexually transmitted infections.
- Explore and practice self-care relaxation techniques, such as meditation, prayer, and/or yoga.
- Learn the difference between healthy and unhealthy food choices.
- Learn how to read and interpret the nutritional information on food labels.
- Learn how to select appropriate over-the-counter medications for a variety of common issues, such as pain, diarrhea, cold, allergies, etc.
- Learn how to treat minor injuries such as cuts, burns, insect bites and splinters.
- Create a habit of exercise in a variety of ways that are fun for me.
- Talk with my doctor about my birth control options.
- Nurture my spiritual life, such as church, prayer, meditation, explore my beliefs, read things that are inspiring and maybe have a discussion about it.
- Find out what kind of insurance I'm eligible for when I turn 18, and how to apply for it.
- Find a doctor and dentist that will take my insurance when I age out of care.
- Talk with a supportive adult about creating an Advance Directive for Health Care.
- Find a pharmacy where I can refill my medications.
- Get a copy of my medical records prior to leaving care.
- Get a copy of my family's medical history.
- Get a copy of my prescriptions prior to leaving care.



Stable housing is a place that is both safe and affordable, meaning you won't have to move on short notice unless it's your choice. People have many different ideas about what makes a home perfect, consider what is important to you and what will meet your needs and help you feel safe and comfortable.

- Talk to your worker about what your placement preferences are.
- Learn about the application process and documents needed to rent a house or apartment.
- Talk with a supportive adult about how to find a safe, inexpensive place to live.
- Think about how to clean and maintain my home and what I need to learn more about for when I move out on my own. Talk with a few supportive adults to get some ideas on where to start.
- Learn how to fill out an application for an apartment/rent house.
- Learn about community resources in the area I live, for example 211, housing assistance, transitional living programs, food pantries, etc.
- Ask a supportive adult what I should know before signing a lease.
- Google "Oklahoma Landlord and Tenant Act" to get more information about my rights and responsibilities before I sign a lease.
- Make a list of what I want and don't want in a potential roommate. Talk with a few people who have had roommates and get their advice.
- Create a list of what I need in my neighborhood that fits with my transportation options: grocery store, places to work, church, friends/family, etc.
- Create an agreement of expectations between me and the person(s) I expect to live with when I exit care. Get the other person's input on the agreement, and have everyone sign it. (Examples: I will pay \$__ rent on the first of each month; I'm allowed to have friends over; I'm responsible for keeping my room clean; I will buy my own groceries; I'll clean up after myself, etc.)
- Understand what utilities (gas, electric, water) are included or not included in the rental agreement for the place I am considering living.
- Learn about what type of renter's insurance I need for my personal belongings and how to get it.
- Find out what startup costs and deposits are needed in order to move in to my home.
- Explore safe and affordable places where I would like to live. Ask a supportive adult to help me look online or tour some possibilities.
- If I plan to stay in the dorms at college, explore options where I plan to stay when the dorm closes during school breaks.
- Learn about the application process for the Housing Authority or Section 8 vouchers.
- Find a supportive adult who is willing to be a cosigner for an apartment when I leave custody.
- Find out about my voluntary custody options for after I turn 18.



Learning is life-long and happens everywhere! Skills, knowledge, and experiences gained in school can enhance your life, and be an important step to a satisfying job and an increase in pay.

- Find out what the requirements are to be eligible for Oklahoma's Promise program.
- Find out if I have been enrolled in Oklahoma's Promise program.
- Find out how many credits I need to graduate high school.
- Get an updated copy of my IEP, if I have one.
- Ask for a tutor if I want to improve my grades.
- Participate in class and turn in my homework regularly.
- Get a copy of my transcripts at the end of every school year, or any time I move schools.
- Find out the requirements to earn a GED.
- Find out where I can take free GED preparation classes.
- Sign up for an extracurricular activity that interests me.
- Talk to my school counselor, worker, etc. about my options for credit recovery if I am not on track to graduate on time.
- Find out how to take the ACT, and take the ACT several times if I want to go to college.
- Check with my school counselor to see if I am taking all required classes for Oklahoma's Promise college tuition scholarship.
- Talk to my school counselor about concurrent enrollment or tech opportunities available in my area.
- Find out the requirements to apply for the type of school I want to go to: college, technical school, community college, etc.
- Go on college/tech school tours to see what programs I might be interested in.
- Talk to a military recruiter about taking the ASFAB test if I plan to join the military after I turn 18.
- Take GED classes or the pre-test.
- Research what scholarships or education assistance may be available.
- Contact my tribe or the Bureau of Indian Affairs Higher Education Department about scholarships
- Find out about Education Training Vouchers (ETV) and tuition waivers to see if I am eligible.
- Apply for ETV and the Tuition Waiver.
- Complete scholarship applications for all scholarships that I qualify for.
- Fill out the Free Application for Federal Student Aid (FAFSA).
- Schedule a time to take my GED test.



Employment is another word for a job that pays. There are many things to consider when accepting a job. Sometimes you get paid to do something you love, the pay covers all your needs, and you feel appreciated. At other times, you might need to take a job that you don't necessarily love, but the job is stable and enables you to pay your bills. Navigating the working world successfully takes some effort, but getting that dream job is worth it!

- Daydream about what I'd enjoy doing all day to earn a living. Talk with people who are doing jobs I think I would like. Ask them what they actually do each day.
- Volunteer at a place that is interesting to me to gain some experience for my resume.
- Ask a person whose job looks interesting to me to job shadow for a day.
- Take a career assessment to find out what I might like to do.
- Get a work permit from my school if I'm under 16 years old.
- Explore the types of jobs available in my area and how much those jobs pay.
- Talk with someone who has a job about how to be a good employee and how to leave a job appropriately.
- Find out what my rights are as an employee.
- Find out how I should dress for a job interview.
- Practice interviewing for a job. Ask some supportive adults to help me role play different interview styles.
- Make a list of information needed for filling out job applications.
- Practice filling out job applications and have a supportive adult give me feedback on how I could improve my chances of getting hired.
- Get some job applications of places where I would like to apply and fill them out.
- Talk to a military recruiter to see if I might like to join the military as a career.
- Request Youth Development Funds to purchase clothes for an interview. Make sure I have at least one suitable outfit.
- Check out available employment programs through Workforce Oklahoma, including Job Corps.
- Contact my tribe or Workforce to learn about any available summer work programs.
- Contact OKSA about joining the Oklahoma Foster Youth Advocates (OKFYA) group and earning some money as a youth panelist.
- Create a resume, including skills and volunteer experience.
- Find 2 supportive adults who are willing to be references for me when I apply for a job.
- Find out how to read a pay stub and what taxes and deductibles are taken out of each paycheck.
- Maintain the job I currently have.
- Find out how to apply/re-apply for Social Security benefits.



There are three main essential documents which are critical for transitioning to adulthood: social security card, birth certificate, and a photo ID. These are needed to complete important tasks like buying a car, renting an apartment, and getting a job. Other essential documents may include: Certificate of Degree of Indian Blood (CDIB) card, health care proxy, insurance card, passport, etc.

- Get a copy of the “Rights of Oklahoma Foster Youth.”
- Get a library card.
- Get a photo ID/state ID.
- Get a CDIB or tribal citizenship card.
- Get a copy of my 8th grade reading test.
- Learn what is required to obtain my essential documents.
- Get a driver’s permit.
- Get a photo copy of my birth certificate, social security card, and medical card/Indian Health Services (HIS) card.
- Figure out a way to store important documents in a safe place that I can access easily.
- Get a driver’s license.
- Ensure all essential documents are in the same name and have the correct spelling.
- Learn how to replace essential documents if one is lost.
- Get a certified copy of my birth certificate before I turn 18.
- Get an original copy of my social security card before I turn 18.
- Get an original copy of my Certificate of Degree of Indian Blood (CDIB) card, and tribal enrollment/citizenship card.
- Get a copy of my citizenship/naturalization papers.
- Get a passport.
- Decide who will be my health proxy and how to put that in place.
- Know how to replace essential documents if one is lost.
- Register to vote when I turn 18.
- Register for the selective service when I turn 18 if I am male.
- Get a copy of the death certificates for my parents if they are deceased.
- Get a copy of my trust fund information if I have Social Security Income (SSI), or Social Security Administration (SSA) benefits, or any other trust.



Life skills include anything that is needed to support your transition to adulthood. We frequently focus on transportation and money management when discussing life skills, but they can be just about any skill that will assist you in meeting your day-to-day needs.

- Talk to my worker about my credit check, and why it is important to check it yearly.
- Learn some “new” ways to have fun: go to the library, join a local recreation center, etc.
- Talk to supportive adults that I trust about how to keep myself safe when using the internet and social media.
- Learn the best way to care for my clothes and practice doing my laundry.
- Learn how to clean my kitchen, bathroom, floors and surfaces to create a home that is comfortable and healthy for me.
- Practice good telephone communication skills with several supportive adults and get tips on how I can improve.
- Explore how to comparison shop and how to use coupons to save money, and learn what the tax rate in my area is and how it affects the total price of what I buy.
- Learn how to order food at a restaurant, and how to figure out the appropriate tip and tax.
- Partner with a friend to plan a meal, buy the ingredients at the store, prepare the meal, enjoy the meal together, and clean up after the meal.
- Find out where Driver’s Education classes are offered in my area, and enroll in a class.
- Learn how to use alternate transportation in my area (the city bus, Uber, ride share, taxi, etc.).
- Learn how to budget my money so I can pay for the things that are important to me.
- Explore how to build credit and why my credit score is important.
- Learn how to open and maintain a checking and savings account, including how to use a debit/ and or credit card, and how to write and cash a check.
- Learn how to shop for car insurance and what type of coverage I need.
- Learn how to buy my first car, including how OKSA can help me with part of my down payment.
- Learn how to read a map, and find my way around the area I live in.
- Learn about state programs that I could be eligible for when I turn 18 and how to apply (TANF, SNAP, WIC, etc.).
- Learn how to find and hire a lawyer, and when I should consider getting one.
- Learn how to complete, or how to get help completing my yearly tax return.
- Learn where the best places are to shop for food, clothing, furniture, etc. in the area I plan to live when I move out on my own.
- Learn about OKSA events I am eligible to attend both before and after I turn 18.



Permanent connections are the supportive people who are there when you need them. Whether you're broken down on the side of the highway at 2 a.m., need to know how to complete your taxes, or just want someone to hang out with, permanent connections are there to provide you with assistance and support.

- Talk with several supportive adults about my transition from foster care: what I am looking forward to, what scares me, areas where I need help.
- Talk to my worker about helping me create a genogram.
- Learn about how to practice healthy boundaries and why they are important.
- Keep a list of names and numbers of the people I can call when I need help.
- Invite supportive people to attend my important life events.
- Talk to someone about connecting with a group of mentors that will support me, encourage me, and help me prepare for adulthood.
- Develop a new friendship.
- Renew/strengthen healthy relationships with my bio family where possible.
- Spend time with people I care about and who care about me.
- Offer to help others when I can and when it comes genuinely from my heart.
- Put together a "scrapbook" or "life book" with pictures of people and events that are important to me.
- Look for opportunities in my community to build new relationships, maybe at a local church or community center.
- Connect with the people of my culture and participate in the cultural activities and practices of my heritage.
- Let the important people in my life know I am exiting care *before* I exit care. Let them know what help I will need from them.
- Identify at least 5 supportive people who will provide help and guidance for me after I turn 18.
- Talk to supportive adults about creating a Permanency Pact with me.