

If you are 15 or older, read this page!

If you are 15 years old or older...

You can get the help of the Youth Transition Worker in your area. Talk to your caseworker about meeting this person who specializes in supporting older youth in care.

Here are some things you may want to talk with your caseworker about doing:

- Get ready to use the youth transition planning tool with your caseworker to look at what you may need and how your strengths can help you achieve your goals.
- Know about your rights as a youth in foster care by receiving a copy of the Youth in Care Bill of Rights.
- Find out the schedule for your area meetings of the Youth Leadership Advisory Team (YLAT). Visit their website: www.ylat.org
- Ask about having a Lifebook so you can keep information about your life, family and events that are important to you.
- Review the “[Making a Choice](#)” document so you can understand how you can be involved in your medication management.
- Get a State of Maine identification card (“A State ID”).
- Explore driver’s education with your caseworker and in your family team meeting.
- Learn about resources and opportunities in your community.
- Talk with your caseworker about the V9 Agreement.

