



Contacts & Resources

Develop a solid list of contacts and resources, and you'll find a full circle of support when you need help! Here are some of the people to include in this section:

- Caseworker
- Independent Living Provider
- Attorney
- CASA or GAL
- Foster Parents
- Counselors or Therapists
- Friends & Relatives
- Teachers and Coaches

You might also want to list other resources:

- Public Health Office
- Social Security Administration
- Welfare Agencies
- Schools

Fill up the pages and download more at
www.fyi3.com

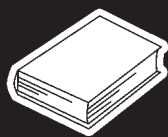


Calendar

Keep track of important dates on the following calendar pages. Try to fill in dates for all of the following:

- Birthdays
- Dates you change homes/move
- Court dates
- Citizen Review Board hearing
- Medical appointments
- Counseling appointments
- Caseworker meetings
- ILP meetings
- School events

You can ask your Caseworker, Foster Parents, and Independent Living Providers to help you fill in your calendar. Keep the calendar pages even after you're done with the appointments— it makes a good record-book of things that have happened in the past.



Log Book

Use the following pages as a log book to write about events in your life. You can write as much or as little as you want — it's up to you! Be sure to write the date in the left-hand column, then use the space on the left to describe events, feelings, and thoughts.

If you have family visits, you might want to take this logbook with you to help you remember all the stuff that's gone on since your last visit. Ask your family visitors to keep their own "log book" to share with you at your next visit!

If you run out of pages, download more at www.fosterclub.com. Or ask your caseworker or foster parent to make you more copies.



FYI Forms

FYI stands for Foster Youth Involved, Informed and Independent. The forms on the following pages will help you voice your opinions!

When you send an FYI form, make sure you keep a copy for yourself and file it in this section. That way, you can keep track of who you have sent forms to (and be sure to follow up if you don't get a response).

If you run out of forms, ask your caseworker or foster parent to get you more copies — or log onto www.fosterclub.com and print out more yourself.



Personal Documents

One of the responsibilities of being independent is keeping track of your own stuff.

Personal documents can be required for employment, travel, continuing education, and for medical, legal, and financial needs. Ask your caseworker and/or foster parent to help you collect copies of the following documents to store here:

- Birth Certificate
- Social Security Card
- Medical Card
- Passport/VISA
- Medical Records
- Immunization Records
- Pay Stubs/Employment History
- Resume/Job Application
- Family History



Education

A good education can be the way to a successful life. Take control of your future by becoming involved in YOUR educational planning. You WILL enjoy the rewards.

- IEP Documents
- Report Cards
- High School Diploma
- Extracurricular Activity Record
- Awards & Special Recognition
- School Work that you are especially proud of
- College Applications
- Financial Aid Applications
- College Correspondences
- Scholarship Information



Court/Legal

When you enter foster care, you automatically have to deal with three courts. The decisions regarding your foster care plan is governed by agreements made by attorneys, caseworkers, mediation and through decisions handed down by a judge.

Keeping track of court and legal matters can be a difficult job, even for an experienced adult, so don't worry if you don't understand everything that is going on — you are not expected to. Asking for explanations and keeping copies of documents is key in gaining a grasp on what's going on.

Here are some documents you might want to file to get started:

- Citizen Review Board Docs
- Court Documents
- Contracts & Agreements
- CASA Correspondence
- Special Court Notices



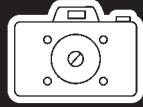
Independent Living

Getting ready for life on your own can be tough. Getting help preparing for independence is a smart idea.

If you are involved in an Independent Living Program, congratulations! If you're not, ask your caseworker or foster parent about getting involved.

The Independent Living Program (ILP) will help you with career training, educational opportunities, personal finance, job hunting skills, apartment finding, transportation and more.

Use this section of your FYI planner to store important information you have gathered about living on your own. You can also visit fyi3.com and download articles and worksheets to store here.



Photos

Photographs are an important tool in documenting your personal history. Here are some ideas to help you get your collection started:

If you have family visits, ask your caseworker if they can take pictures at your next meeting.

Ask family and foster family for copies of pictures. Remember to ask grandparents, uncles & aunts, cousins, or siblings for copies of photographs too.

Save copies of your school photos. Collect copies of school photos from friends.

Save up some money, get a camera, and become a photographer on your own. If you have access to a computer, you can get a digital camera and avoid developing costs altogether. Or, for under \$10, you can buy a disposable camera.



Quick Resource Guide

When you enter foster care, there is a whole bunch of new words you're likely to hear. Don't worry you're not expected to remember them all or what they mean. But sometimes it can help give you a sense of control when you understand exactly what is going on.

In this section, you will find a list of foster care terminology, as well as other important information pertaining to foster care. There are blank spaces you can fill up with terms and definitions when someone uses a word you do not know — ask them what it means and write it down.

After you understand the info in this section, you just might be able to help other youth understand the foster care system.