



Youth in Foster Care in Virginia: The Road to Living Independently



As you move toward living on your own, here are some programs and resources that may help you with school, work, and finding a place to live.

Virginia's Independent Living Program

If you're in foster care (or aged out), Virginia's [Independent Living \(IL\) Program](#) can help you get ready for life on your own. Starting at age 14 and continuing through age 21, you can get services and financial support to help with school, work, and everyday life. You get to help plan your own goals and make choices about where you live—whether that's a foster home, dorm, apartment, or with family.

The IL Program is for you, whether or not you decide to stay in extended foster care. If you were adopted or left care through KinGap after turning 16, you might still be able to get some services.

Here's how IL can support you:

- **Education Help:** Get support finishing high school, earning your GED, or applying to college or training programs. They can help cover tuition, books, supplies, tutoring, and more.
- **Career Help:** Explore careers, get job training, and learn how to find and keep a job.
- **Counseling:** Talk one-on-one or in a group about things that matter to you.
- **Support from Other Agencies:** IL can connect you with other services and supports to help you stay on track.
- **Workshops and Events:** Learn real-life skills like decision-making, communication, and problem-solving through conferences, retreats, and other activities.

Ready to start?

Talk to your foster care caseworker to learn what IL services are available for you and how to get started.



Fostering Futures Extended Foster Care Program

When you turn 18, you can choose to stay involved with [Fostering Futures \(FF\)](#) until your 21st birthday. This program helps cover important living costs like **food, housing, clothing, school supplies, and personal items**. You get to decide who receives the money—it could be you, your foster parent (if you're still living in a foster home), or someone else like a landlord.

You can live where you want, as long as you:

- Stay in school, work, or a job training program, or
- If you can't do those things because of a medical condition, let your worker know.
- Keep working with your foster care caseworker.

Fostering Futures gives you more freedom while still providing support as you work toward your goals.



Additional Opportunities You Should Know About



- [Project LIFE](#) can help you build the skills you need to move from foster care into adult life with confidence.
- Check out these [Postsecondary College and Career](#) Programs that can support your next steps.
- [Family Unification Program \(FUP\)](#) and [Foster Youth to Independence \(FYI\)](#) offer housing support to help you find and keep a stable place to live.
- Independent Living Apartment Programs like [L.I.F.T.](#), [YouthQuest](#), and [Impact Living Services](#) can give you a chance to try living on your own with extra support..
- FFF's Resource Directory includes [Transition Services and Resources for Young Adults](#).
- The [Foster My Future](#) website is full of helpful information about programs, services, and opportunities for young people who are or were in foster care.



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