



*Permanence is often cited as the most important factor for ensuring a young person's successful transition to adulthood.*

**understand permanence**

Learn about the various types of permanence (including adoption, reunification, guardianship and kinship care) and the differences between each. Understand how these types of permanence are different than permanent foster care, emancipation or aging out.

**KNOW YOUR PERMANENCY PLAN**

Every young person in foster care should have a permanency plan. Ask your caseworker or Judge to tell you what your permanency plan is.

**IDENTIFY SUPPORTIVE ADULTS**

Adult as their role usually decreases after the youth has emancipated from care.

**IDENTIFY THE KINDS OF SUPPORTS NEEDED**

What kinds of support from adults will be helpful as you move into adulthood — and for the rest of your life? Find a list of 45 different supports in FosterClub's Permanency Pact ([www.fosterclub.org](http://www.fosterclub.org)).

**create permanency pact**

This tool may also be used to define, substantiate and verbalize a lifelong commitment an adult has made toward supporting a young person.

**establish permanence**

Young people who have a permanent family connection generally fare better in their transitioning years. Find out how you can make your voice heard about your own wishes for permanence.

**SIBLING RELATIONSHIPS**

A relationship with a brother or sister is often cited as the single most important relationship by young people in foster care. If you were separated from siblings while in foster care, ask for assistance in reconnecting before you leave the system.

**BIO-FAMILY RELATIONSHIPS**

Relationships with biological family members can run the range from wonderful to stressful to supportive to destructive. But in nearly all cases, relationships with family members is emotional charged for most young people from foster care. Be prepared — you may want to seek help from a therapist to work through these relationships.