

## May I receive money directly to pay my rent and personal expenses?

If you reside in a foster care placement, the caregiver will receive the money to pay for your foster care. If you are approved to reside in a SIL setting, you will receive the money directly to help pay for your living expenses.

## If I choose not to remain in care can I change my mind later?

YES! You are able to enter and exit the program as needed until you are 21 years old.

## How do I re-enter?

Call 1-866-363-4276 and let us know that you want to be part of the program.

## Resources

[www.independence.wa.gov](http://www.independence.wa.gov)  
[www.washingtonconnection.org](http://www.washingtonconnection.org)

If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, [ConstRelations@dcyf.wa.gov](mailto:ConstRelations@dcyf.wa.gov)).



## Frequently asked questions

- 1 Can I live with my birth parents and receive extended foster care services?**  
*On a case-by-case basis, it may be possible to live with your birth parents. Your caseworker or the court must approve this SIL setting prior to placement.*
- 2 Can I live in a different county or state and still get these services?**  
*Yes. You may be able to move out of the state or county and still receive services. Talk with your assigned case worker to create a plan.*
- 3 Can I receive EFC services if I am pregnant or have a child?**  
*Yes. If you are eligible for EFC you may participate. Your child may also receive additional supports.*
- 4 Do I need to stay in EFC to continue working with my Independent Living Skills (ILS) case manager?**  
*No. Your ILS eligibility is not affected by your participation in the EFC program. Please continue to work with your case manager or seek out the services of your local ILS office. They are a GREAT resource and will assist you in planning for your future.*
- 5 Will I still have medical insurance?**  
*Yes. Your Apple Health insurance will continue through your 26th birthday. For more information, contact the Foster Care Medical Team (FCMT) at the Health Care Authority by calling 1-800-562-3022 ext. 15480 or by emailing [FCMT@hca.wa.gov](mailto:FCMT@hca.wa.gov).*



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

To be a part of this program,  
talk to your case worker or call  
1-866-363-4276

# Interested in Extended Foster Care?



**You  
may be  
eligible!**

# What is Extended Foster Care?

Extended Foster Care (EFC) is a voluntary program that offers dependent youth the option of remaining in care until age 21 to support a successful transition to independence.

## What will Extended Foster Care do for me?

EFC provides continued support with placement options and services while you continue to develop the skills needed to be independent. You will be able to finish high school, go to college, learn a trade, find a job, and work on your transition goals. Services may include assistance with:

- Transition planning support
- Identifying a placement
- Accessing community resources such as food stamps
- Referrals to medical and mental health providers

## You are eligible if you were:

- Dependent on your 18th birthday, and
- Meet at least one of the five participation requirements.

## What are the participation requirements?

You must be actively working on at least one of these categories:

- Enrolled in high school or GED program;
- Applied for or enrolled in college or a vocational program;
- Participating in a program or activity designed to promote or remove barriers to employment;
- Working 80 hours or more a month; or
- Unable to engage in any of the above activities due to a documented medical condition. Written documentation must be provided to case worker and be certified by a licensed health care provider.

## What are my responsibilities?

- Engage in one of the participation requirements
- Meet with your case worker at least once a month
- Work with your case worker toward achieving the plans developed in your transition plan
- Work toward independence and self-sufficiency

## What are my placement options?

Placement options are case by case, based on your transition plan, must be approved by your assigned worker or the court, and may include:

- licensed foster home;
- group home;
- Behavior Rehabilitation Services setting;
- Supervised Independent Living (SIL) setting that includes but is not limited to:
  - *Apartments*
  - *Room-and-board arrangements*
  - *College or university residence hall/dormitories*
  - *AmeriCorps or Job Corps*
  - *Shared roommate settings*
  - *Renting a room*
  - *Parents/Guardians*
  - *Relative/Other Adults*
  - *A licensed foster home with a room-and-board arrangement*

Continue to work on your goals with the support of those around you.

