





Resources for Adult Sibling Caregivers

This tip sheet provides resources for state child welfare agencies and kinship navigator programs, offering guidance on assistance for adult sibling caregivers taking care of their younger siblings either in foster care or informal kinship care. States are encouraged to use this as a foundation to create their own guides for adult sibling caregivers. It includes questions to aid state agencies in exploring each category of support, promoting a tailored approach to addressing the diverse needs of caregivers in states, Tribes, and jurisdictions.

SUPPORT CATEGORY	FEDERAL RESOURCES	DEVELOPING YOUR OWN STATE GUIDE
 <p>Resources for Young People Leaving Foster Care</p>	<p>Resource fact sheet: Provides additional links for young people aging out of care (ages 18–21).</p> <p>Youth Engaged for Change: A platform for youth-focused resources, engagement strategies, and community building.</p> <p>Transitioning to Adulthood: Provides resources for young people transitioning from foster care to independence.</p>	<p><i>What resources may be available to those who have aged out of foster care in your state?</i></p> <p>FosterClub: Serves as a national network offering support and resources for young people in foster care.</p> <p>Directory: Lists contacts for state-level youth advocacy, advisory boards, and foster care alumni associations.</p>
 <p>Chafee Independent Living Services</p>	<p>John H. Chafee Foster Care Program for Successful Transition to Adulthood: Chafee funds are available for those receiving independent living services to help cover the costs of living.</p>	<p><i>What independent living services are available in your state?</i></p> <p>Directory of Coordinators: Lists contacts for independent living (IL) and Education and Training Voucher (ETV) coordinators.</p>
 <p>Higher Education</p>	<p>Title IV Federal Student Aid, FAFSA: Look for grants, loans, and work-study programs to help pay for education.</p> <p>Education Training Vouchers: Information on financial aid in select states for young people ages 21 and older to receive funding for higher education expenses.</p>	<p><i>What campus support programs are available for young people in or formerly in foster care?</i></p> <p>Foster Care and Higher Education Tuition Waivers: Details for tuition waivers for foster care students by state.</p>
 <p>Employment</p>	<p>Job Corps: Helps low-income young people ages 16–24 complete education and find employment.</p> <p>Department of Labor: Offers youth apprenticeships and various training programs to young adults entering careers.</p> <p>CareerOneStop: Provides connections for career guidance, training programs, and job opportunities.</p>	<p><i>What local organizations are available for those seeking employment?</i></p> <p>Workforce Development Boards: Locate state-specific workforce boards for job and training opportunities.</p>

SUPPORT CATEGORY

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Housing

Foster Youth to Independence (FYI)

Vouchers: FYI enables public housing authorities to request vouchers for youth under age 25 with a child welfare history.

What other housing supports are available in your state?

HUD State Resources: Find state-specific housing information and services from HUD.



Mental Health and Well-Being

Call 1-800-RUNAWAY (1-800-786-2929) or 1800runaway.org: A runaway and homeless youth crisis center hotline.

What local mental health and well-being services are available for children, young people, and families in your state?

Call 988: An immediate support hotline number (suicide and crisis lifeline).

Youth Thrive Survey Tip Sheet: Support young people with this tool that assesses youth strengths and well-being, aiding in the improvement of youth-serving systems.

Substance Abuse Treatment: Locate a treatment center and other resources for mental health and substance abuse.

Mental Health Assistance: Offers crisis resources, warmlines, mental health tests, and treatment information.



Financial Literacy

Financial Empowerment Toolkit: A toolkit to enhance financial literacy among foster youth and caregivers.

Are there programs teaching financial literacy in your state?

Consumer Resources: Provides educational tools for financial decisions.

Financial Literacy for All: Resources from organizations that care about building financial literacy.

My Money Five: Features five principles for managing and growing your money.



Community Resources

Call 311: A non-emergency helpline for city services and community support.

United Way State Directory: Programs that focus on community-driven solutions for education, income, and health.

Community Based Child Abuse Prevention Programs, CBCAP: A directory of FRIENDS TA Coordinators and CBCAP contacts for each state.

YMCA: Locate centers and programs based on your location and needs.

Big Brothers/Big Sisters: A program where adult volunteers mentor children through personalized outings and activities.



Cultural and Identity

Grandfamilies Toolkit and Tip Sheet:

Resources for supporting African American grandfamilies.

What resources adequately support and respect the cultural identities and traditions of the diverse populations in your state?

Latino Grandfamilies Toolkit: Resources for practitioners aiding Latino grandfamilies in cultural connections in English and Spanish.

National Urban League: A directory of local affiliates advocating for economic empowerment and equality.

Tribal Best Practices: An engagement toolkit to support American Indian and Alaska Native families.

Refugee Assistance Locator: Find state-specific resources and contacts through the Office of Refugee Resettlement.

Tips for How States Can Engage With Lived Experience Experts





When developing support for your community, states are encouraged to engage and collaborate with those who formerly experienced the child welfare system or kinship care. This personal experience is nationally referred to with terms such as “lived experience experts” or “lived expertise.” Examples of questions, when made specific to your state or jurisdiction, that could be asked of lived experience experts include:

- How can kinship caregivers be better supported?
- What Chafee Independent Living Services or resources did you use?
- What higher education or job training resources would be most helpful?
- Do you have access to the medical services that you need?

Learn more about how states can engage with lived experience experts:

[Engaging People With Lived Experience To Improve Federal Research, Policy, And Practice | ASPE](#)

Resources for All Kinship Caregivers

CATEGORY	FEDERAL RESOURCES	DEVELOPING YOUR OWN STATE GUIDE
 Child Care	<p><u>ACF Office of Child Care:</u> Supports low-income families with child care financial aid and quality programs.</p> <p><u>Office of Head Start:</u> Provides early education and support services for low-income families.</p> <p><u>Help Paying for Child Care:</u> Explore ways to afford quality child care through financial assistance and discounts.</p>	<p><i>What child care options and subsidies are available for families in your state?</i></p>
 Kinship Navigator Programs	<p><u>Kinship Navigator Programs:</u> Connects kinship caregivers with support groups and community-based agencies and provides brief legal services.</p> <p><u>National Model Foster Family:</u> A guide for foster home licensing standards.</p>	<p><i>What community resources are available to support kinship caregivers in your state?</i></p> <p><i>How are kinship caregivers supported in meeting the state’s foster parent licensing requirements?</i></p>
 Nutrition	<p><u>Supplemental Nutrition Assistance Program (SNAP):</u> Provides aid for eligible individuals to buy healthy food for themselves and their families.</p>	<p><i>Does your state have a list of food pantries available?</i></p>
 Health Insurance	<p><u>Medicaid:</u> Learn about Medicaid eligibility. Young people formerly in foster care qualify until age 26, regardless of the state they live in.</p> <p><u>Children’s Health Insurance Program (CHIP):</u> Take a quick screening about eligibility for CHIP or other health insurance options for low-income children under 18 years old.</p>	<p><i>How can people in your state learn more about how to find and use health insurance?</i></p>

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Family Support and Parenting Resources

Protective Factors Framework: A guide with strategies for building parental resilience and social connections.

National Family Support Network: Overview and videos about how Family Resource Centers provide supports to families.

Federal Funding Guide: Support for the provision of services for LGBTQIA2S+ children and families.

What parent support groups and adoptive families services are available in your state?

SOGIE Center: A central hub for LGBTQ+ youth and family resources, including caregiving and mental health.

Family Equality: Provides resources, advocacy, and support to ensure equality and justice for LGBTQ+ families.



Legal Support

National CASA/GAL: An advocacy network for child welfare through court-appointed volunteers.

Center for Courts: A resource hub for Court Improvement Programs to enhance child welfare practices.

Grandfamilies State Fact Sheets: Find state-specific resources, including legal organizations, when available.

Are there any pro bono lawyers or free and reduced-cost legal aid services in your state that are accessible?

COMPREHENSIVE RESOURCES

Benefits.gov: A comprehensive list of U.S. government benefit programs sorted by category

Find Help: A directory for free or reduced-cost social and financial support services by location

Call 211: Directs callers to appropriate agencies and community organizations

For more information, please contact: NYTDinfo@acf.hhs.gov

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