



adulthood

Aging Out of Foster Care? You Have Help

Getting older can be an exciting time. But preparing for adulthood and leaving foster care can come with some extra responsibility.

You're not alone. We're here to help make your transition a little easier. We work with the Department of Children's Services (DCS) to help meet your needs before and after you turn 18.



HERE FOR YOU

DCS 1-844-887-7277
tn.gov/dcs

TennCare Connect 1-855-259-0701

tenncareconnect.tn.gov

SelectKids 1-888-422-2963
TRS: Dial 711, ask for 888-418-0008
bluecare.bcbst.com

Your TennCare Benefits

One of the first things to think about is your health plan. Once you age out of foster care, you may be able to stay on a TennCareSM plan until you're 26.

If you still live in Tennessee after you turn 18, you'll be automatically approved for TennCare until age 26. TennCare may contact you if they need more information from you.

You'll need to apply for TennCare if you:

- › Were in foster care at age 18 or older and getting Medicaid in another state after Jan. 1, 2023.
- › Moved to another state and then moved back to Tennessee.

You can apply for TennCare benefits online at tenncareconnect.tn.gov. Or you can call TennCare Connect. If you've aged out of foster care or are receiving Extension of Foster Care Services, please contact your DCS representative for help. Have questions or want to check your status? You can call your DCS representative or TennCare Connect.

Source: www.tn.gov/dcs/program-areas/youth-in-transition/youth-resources/tenncare.html



Questions about your benefits?

Call TennCare Connect for free.

1-855-259-0701

Monday–Friday
7 a.m. to 7 p.m. CT

Independent Living Plan

The Tennessee Department of Children's Services Independent Living division will work with you to create an Independent Living Plan if you're 14 to 16 years old. When you're 17 and older, they'll create a Transition Plan for you. This can include help applying for Social Security (SSI) benefits.

Wherever you're living and no matter what your goals are, they can help you with:

- › Life skills
- › Education – high school and beyond
- › Driver's education and license
- › Housing
- › Employment
- › Medical and mental health care

Help With Special Needs

If you've been diagnosed with an intellectual and/or developmental disability, you can get extra support from DCS.

DCS will refer you to the Employment and Community First CHOICES program. This program will help you live more independently. You can live with family or in the community. You can also get help finding a job or volunteer program.

If your DCS representative thinks Employment and Community First CHOICES could be right for you, they'll send a referral to TennCare 90 days before you turn 18. Your foster family or DCS representative may request a case manager who'll work with you to review your health care needs and benefits.



There are a few ways to apply or get more information about Employment and Community First CHOICES:

Call your DCS representative

Call the DCS Office of Independent Living **1-844-887-7277**

Call the Long-Term Services & Supports (LTSS) Help Desk **1-877-224-0219**

Apply online perlss.tenncare.tn.gov/externalreferral



QUESTIONS?

Call your DCS representative.

Or call the DCS Office of Independent Living at **1-844-887-7277**.





More Resources

Info for foster parents

We have a webpage just for foster parents. Visit bluecare.bcbst.com/foster or scan the QR code below to learn more about how we support foster parents and children. You can find benefit info, frequently asked questions and links to other helpful resources.

Scan to visit our foster parents page.



Help planning for college

If you're planning to attend college, DCS can help you get there. You can find info about applying to and paying for college on their webpage. Just scan the QR code below. Or go to tn.gov/dcs/program-areas/youth-in-transition.html.

Scan for more info on getting to college.



Transportation

Foster children's rides are usually set up by DCS. Need help? Give us a call. You can find our Customer Service number on the back of your Member ID card. For emergencies, call **911**.



We'll Help You Find Support

We're more than insurance. We're here to help with your day-to-day needs, too.

We can help you find things like:

- › Housing
- › Utilities, like electricity and water
- › Food
- › Transportation
- › Dental care
- › Mental health and substance use support

Get started online. Just go to bluecare.bcbst.com. Look for the **Need Some Extra Support** box at the bottom of the page, and click **Learn More**. Or give us a call. You can find our Customer Service number on the back of your ID card.

Need help with internet access or your phone bill?

You can get up to \$9.25 a month for your phone bill through a program called Lifeline. TennCare members are eligible to apply.

To join this program:

1. Go to lifelinesupport.org.
2. Click **Apply Now** at the top of the page.
3. Choose **TN** (or your current state) from the list.
4. Click **Get Started**.

Name a representative

Do you have someone who helps you manage your health care? Do you want them to still have access to some of your health information? You may need to fill out a form naming them as your authorized representative. You can find this form online at bluecare.bcbst.com/forms/hipaa-BCT_Authorization_Disclosure_of_Health_Information.pdf.

Documents to Keep

It's important to have the right documents on hand. You'll need them to get a driver's license, apply for a health plan, apply for jobs, enroll in school and more.

You can use this list to gather documents you may need a copy of. Some items may not apply to your situation. If you have questions about what documents you need, contact your DCS representative.

- › State ID card or driver's license
- › Social Security card
- › Medical records, including immunizations
- › TennCare card and healthcare.gov information
- › Birth certificate
- › Religious documents
- › Documentation of immigration or naturalization
- › Work permit
- › Death certificates of any deceased parents or guardians
- › Lifebook
- › List of adult relatives and other supportive adults
- › Conservatorship or legal guardian documents
- › Previous placement information
- › Education records
- › Green card
- › Voter registration card
- › Bank account info
- › Psychological evaluations

If you're having trouble finding any of your documents, don't worry. Just call DCS at **1-844-887-7277** for help.





Do you need help with your health care, talking with us, or reading what we send you? If so, call us for free at:

TennCare*Select* **1-800-263-5479**
(TRS: **711** ask for **888-418-0008**)



TennCare*Select*

1 Cameron Hill Circle | Chattanooga, TN 37402 | bluecare.bcbst.com

BlueCare Tennessee is an Independent Licensee of the Blue Cross Blue Shield Association. We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call TennCare*Select* **1-800-263-5479**, (TRS: **711** ask for **888-418-0008**).

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al TennCare*Select* **1-800-263-5479**, (TRS: **711: 1-888-418-0008**).

ی‌دروک :Kurdish

ئەگەر بە کوردی سۆرانی قسە دەکەن، خزمەتگوزارییەکانی وەرگیران بەخۆراییی دەخرێتە بەر دەستتان. پەیوەندی بکەن بە ژمارە
(TRS: **711: 1-888-418-0008**) **1-800-263-5479** TennCare*Select*