



Texas Department of Family and Protective Services

Commissioner
H. L. Whitman, Jr.

February 5, 2019

To Kinship caregivers of youth age 14 or older:

DFPS provides programs and services for youth through the Transitional Living Services Program. This program within CPS, works to prepare youth for their successful transition to adulthood. Transitional Living Services includes the Preparation for Adult Living (PAL) program. The PAL program provides services such as an independent living skills assessment, life skills training, case management, and other services, resources, and supports to help youth become healthy, productive adults. CPS PAL staff work closely with your caseworker to coordinate PAL services for the youth in your care.

Recent state law changed the timeframes for completion of an independent living skills assessment for youth in DFPS conservatorship. The assessment is required for youth at:

- Age 14 in the Permanent Managing Conservatorship (PMC) of DFPS; or
- Age 16 or older in the Conservatorship of DFPS.

DFPS needs your help to make sure youth get a life skills assessment completed. The assessment may be required if you have a youth 14 or older placed with you. Caregivers play a vital role in helping to assess the youth's strengths and challenges. When it is required, the Preparation for Adult Living (PAL) Contractor or CPS PAL staff will give you instructions to complete the assessment and caregiver portion.

What is an independent living skills assessment?

DFPS uses the assessment to evaluate a youth's general readiness to transition to a successful adulthood. It is generally done before a youth participates in PAL life skills training.

DFPS uses the Casey Life Skills Assessment (CLSA) to perform the independent living skills assessment. The CLSA allows youth and their caregivers to determine the youth's strengths and needs. Areas covered in the CLSA include:

- Daily living
- Self-care
- Work and study
- Relationships and communication
- Housing and money management
- Career and education planning
- Looking forward and permanency

What do you need to do?

- Ensure the youth in your care take the assessment and you complete the caregiver portion once the Preparation for Adult Living (PAL) Contractor or a DFPS PAL staff contact you.
- Attend a meeting when invited by the PAL contract staff to discuss the:
 - a. Youth's developmental needs.
 - b. Comparison of the youth and caregiver scores, strengths, and areas for improvement.

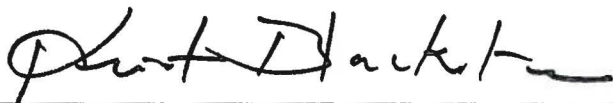
- Use assessment results to plan activities for real life learning experience so the youth can learn from practicing these skills. Examples include, but not limited to grocery shopping, cooking, etc.
- Participate in an annual review of life skills learned through the youth's plan of service. The original assessment will be reviewed along with youth's progress and continued needs.
- Ensure youth participate in PAL life skills training and other services.

If you have questions, please contact:

1) CPS PAL Program Specialist Alma Aranda at (512) 438-2350 or by email at alma.aranda2@dfps.state.tx.us or

2) Regional PAL staff

https://www.dfps.state.tx.us/Child_Protection/Youth_and_Young_Adults/Preparation_For_Adult_Living/PAL_coordinators.asp



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