



If you're not sure what to do when you age out ...

# CHECK OUT Aftercare

## Don't do this alone.

Aftercare services are completely voluntary and designed to help you reach your goals for the future – a safe place to live, getting a job, or going to college.

**You tell us.**



ON YOUR OWN BUT NOT ALONE

**Through Aftercare, you gain:** access to a supportive adult, life skills training, financial assistance, and connections to countless resources.

Monthly financial support is also available to youth who qualify.

## Pre-Aftercare

Start meeting with Aftercare at **age 17** while you are still in care. This is the perfect time to explore options and make plans for the future.

## Core Aftercare

Apply for Core services when you age out at 18. Aftercare helps you develop goals and provides resources and guidance to help you achieve them.

## Extended Aftercare

Aftercare can continue to support you through our Extended services up to age 23. Stay in touch through periodic check-ins.

If you're interested in the Aftercare program, talk to your worker or **reach out!**



**800.447.1985**  
**iowaaftercare.org**

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