



# Transition Planning Resource for Youth

Version 2

**Transportation**

2020

## Transition Planning Resource for Youth



The development of the Transition Planning for Youth Aging Out: A Guide for First Nations Child/Youth Workers 2015 document was coordinated and facilitated by the Saskatchewan First Nations Family and Community Institute Inc.

This is the 2<sup>nd</sup> Version of the document. A very similar version of information has been translated to a free app, It's my Life, available on:



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A final thank you to the SFNFCI summer students. Since 2017, SFNFCI First Nations summer students are tasked with reviewing and updating the web links and information to ensure it is current.

## **Introduction**

The Saskatchewan First Nations Family and Community Institute conducts research, delivers training, and develops policies and best practices to support First Nations Child Welfare in the province of Saskatchewan based on First Nations culture, traditions, and knowledge.

We began this project with the intention of providing useful information to front-line service providers when working with youth who are aging out of care. A group of subject matter experts provided information for the development of this resource based on their knowledge and experiences. Since its beginning in 2015 the document has been used in many ways in the children welfare and education field. SFNFCI has presented to workers in First Nations Child Welfare agencies, youth in high schools, and conferences targeted at practitioners who are supporting youth in their transition to adulthood. Our research has indicated the resource supports youth and those working with youth the knowledge and tools to assist youth to make educated and informed decisions regarding their future.

The resource has been adapted into two more mediums: an app 'it's My Life', available free on Google and Apple Store and available for free download [www.sfnfci.ca](http://www.sfnfci.ca). The binder resource is the 2<sup>nd</sup> version of the document with updated links, information and feedback from both youth and users. The intent of Version 2 has remained the same; to continually support documentation, conversations, and youth to make informed decisions. The FREE downloadable version is located: <http://www.sfnfci.ca/pages/transition-planning.html>

Our hope is for youth to use the resource and begin to recognize the abundance of community supports available to them, and opportunities to build and maintain relationships and partnerships with local organizations in their community or region that helps them transition to adulthood.

## Assessment – Transportation

**Background:** Assessing a youth on their readiness to transition to adulthood starts with looking at various skills or abilities that they may have gathered knowledge on and then building on that knowledge.

This will help you, the worker, to focus on skills or abilities the youth needs to move towards a successful transition. The following assessment guide shows where the youth is at currently and will lead you to topics that will help them with their goal setting and planning.

**NOTE: The following assessment guide is a conversational tool.**

**Assessment:** The Assessment column is for you to record the level of information (based on codes below) the youth seems to have on that objective.

**Objectives:** The Objectives column describes the subject knowledge the youth is assessed on in the first column.

**Meeting Objectives:** This column has suggestions for conversations and useful activities that will help the youth reach their objectives.

**References:** This column shows you where to find more information of the objective in the manual.

**Notes:** This space is for notes and the dates you worked with the youth on the objective. You may want to write down specific information or activities the youth may need to move forward.

Please use the following codes below to support your assessment of specific skills or abilities the youth has knowledge on.

- |                        |   |
|------------------------|---|
| <b>E = Exceptional</b> | Youth has <b>e</b> xceptional knowledge on this specific skill.   |
| <b>G = Good</b>        | Youth has a <b>g</b> ood understanding of the skill but still needs additional assistance to build up confidence to master the knowledge. |
| <b>A = Assistance</b>  | Youth has little to no knowledge of this skill and needs <b>a</b> ssistance before transitioning out of care.                             |

## TRANSPORTATION ASSESSMENT GUIDE

Assessment	Objectives	Meeting Objectives	Section in Manual	Notes
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth indicates that they have thought about transportation.	You can have a conversation about the youth's transportation goals.	2.	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can discuss choices and thoughts about vehicles.	You can have a conversation with the youth about vehicles, what kinds they like, what they can see themselves driving.	2.1	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can summarize steps they could need to take to get a driver's license.	Chat with the youth about whether they have thought about getting a driver's license, and where they might be in the process of getting one.	3.	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify one or more steps of taking a bus.	It could be useful to show the youth a bus map from a community they are thinking of living in and give them a quick overview of how to use it.	4	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can identify one or more steps of taking a taxi.	You can discuss ways of contacting a taxi as you have a discussion about using one.	5.	
<input type="checkbox"/> E <input type="checkbox"/> A	Youth is aware of	With the youth, have a conversation about whether they have	6.	

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<input type="checkbox"/> G	medical taxis	used a medical taxi and discuss the process of using one.		
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can recognize the positives and negatives of carpooling and sharing rides.	Discussing the positives and negatives of carpooling and sharing rides. This can include the negatives of hanging out on the side of the road hoping for a ride.	7.	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give examples of realities facing vehicle owners.	Brainstorm with the youth the potential realities of owning a vehicle. These can include costs, who could fix a vehicle and so much more.	8.	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can give examples of difficulties on the road and suggestions for dealing with them.	You can discuss a story or two of people who have had difficulties on the roads. Most people have had or have heard of such stories and are willing to share	8.4	
<input type="checkbox"/> E <input type="checkbox"/> A <input type="checkbox"/> G	Youth can list one or more benefits of having roadside assistance.	Using a phone book, smart phone or internet you and they youth can check out the roadside assistance packages that are listed.	8.5	

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# 1 YOUTH TRANSPORTATION INFORMATION AND ACTIVITIES

The kind of transportation you have could be a factor in deciding where you want to live and how you will get to work or to school.

Options for transportation usually include:

- owning a vehicle
- buses
- getting a ride or carpooling
- walking
- riding a bicycle
- Depending on where you live, car shares may be available



## 2 GOALS



**You can have a conversation about the youth's transportation goals.**

A goal for transportation could mean different things to different people. Some people might want to own a minivan, others might want to own a motorcycle. What is right for you now might not be what works best for you in the future.

### 2.1 VEHICLE CHOICES



**You can have a conversation with the youth about vehicles, what kinds they like, what they can see themselves driving.**

Vehicles can be bought from someone you know, from Kijiji, bulletin boards, word of mouth, newspapers, and car dealerships. You can buy one with cash or make payments on one.

There are many choices in vehicles:

- SUV
- Minivan
- Full-size van
- 4 door sedan
- 2 door coupe
- Truck
- Motorcycle
- Hatchback
- Station wagon

## 2.2 WHICH VEHICLE IS RIGHT FOR ME?

Would I like to have a flashy vehicle?

- Would I like to have high-performance vehicle?
- What feature is most important to me (eg. Legroom, cheap to fill)?
- Would I like my vehicle to be environmentally friendly?
- Do I want a sporty vehicle?
- Do I want a family vehicle?
- Would a small vehicle work for me?
- Would I like to have a classic vehicle?

These two websites have fun quizzes that can help you see which vehicle could be the best one for you.

<https://www.usatoday.com/story/money/cars/2014/09/24/car-drive-quiz/16159051/>

<http://www.bankrate.com/auto/quiz-which-car-matches-your-personality/>

## 3 DRIVER'S LICENSE



**Chat with the youth about whether they have thought about getting a driver's license, and where they might be in the process of getting one.**

It can be a good idea to get a driver's license. It is useful as identification, and it could help you get a job. Some employers want you to have a driver's license before they will hire you.

Having a driver's license shows that you have taken and passed several tests, you understand traffic signs and you know what the rules of the road are.

SGI has three tests to pass to get a driver's license:

- a written driver's test
- a driving test
- a vision test

You can get a paper handbook or an online handbook that tells you what you will need to know for the exam.



[www.sgi.sk.ca/individuals/licensing/studyguides/driverhandbook.html](http://www.sgi.sk.ca/individuals/licensing/studyguides/driverhandbook.html)

### 3.1 GETTING READY FOR YOUR LICENSE

Usually people take a driver's education course before they take a driver's test. You can find information on driver's education courses from your school, your social worker or the SGI website.

<https://www.sgi.sk.ca/learn>

You can take a driver's test in many cities and towns across Saskatchewan. There is a cost to take the exam. Often you can take the exam many times if you need to. There is a 14 day waiting period before you can take the exam again. Sometimes it could be useful to take some additional driving training before you sign up to take the exam again. A good way to pass it is to study the Driver's Handbook and practice driving.

It can be easiest if you bring your identification and proof that you have taken a driver's education course when you go to write the exam.

## 4 USING A BUS



**It could be useful to show the youth a bus map from a community they are thinking of living in and give them a quick overview of how to use it.**

- a) Bus route maps can help you find where the bus stops are and when the bus will be there. You can find them at the bus depot or on the internet. Some cities have apps you can download on your phone.
- b) The bus stop closest to your address will be shown on the map. Each bus stop has its own number. This number can help you find the time that it will be there. It is good to be at the bus stop at least 5 minutes early.
- c) The buses have a slot at the front of the bus that you can put money in when you get on. You will likely want to have the right amount of money because bus drivers are not able to give you any change.
- d) Another option for paying is a bus pass. Sometimes you can buy them at a lower price. More information on this is in the Money Counts section.
- e) Sometimes you could need to take more than one bus to get to where you want to go. If you want to save money you can ask the bus driver for a transfer pass which can let you ride the next bus for free.
- f) If there is no empty seat you can stand. The poles or overhead straps can be used to help keep your balance.



- g) When you are close to where you want to get off, pulling the hanging cord or pressing the red stop button tells the driver to stop.
- h) If you ride a bike, buses have a bike rack in front if you decide you would like to take the bus

#### 4.1 BUS COURTESY

- It is often more convenient for everyone if people who are getting off the bus get off before everyone else gets on.
- Often seats in the front are saved for people with special needs, elders or people pushing strollers.
- It can be nice to thank the driver as you get off.
- If you see elderly people/pregnant woman standing, it could be nice to offer them your seat

### 5 USING A TAXI



**You can show the youth ways of contacting a taxi as you have a discussion about using one.**

- a) You can call for a taxi when you want to leave or you can call and book a ride in advance. There are apps available for your phone for booking rides.
- b) If you find that you do not need the taxi, it can be a good idea to call them and cancel.
- a) When you get in the taxi, tell them where you want to go and give them the address. You can ask what the approximate fare will be.
- b) Most taxis will accept cash, debit, or credit card.
- c) Many taxis have minimum fees. Many people like to add a tip to the fee.

### 6 MEDICAL TAXIS



**With the youth, have a conversation about whether they have used one and discuss the process of using one.**

For people who live on reserves and need to go to a medical appointment in another community, medical taxis are often available. Each reserve could have their own way of booking the taxi, you can ask at the medical clinic what your reserve's process is.



## 7 CARPOOLING/SHARING RIDES



**Discussing the positives and negatives of carpooling and sharing rides. This can include the negatives of hanging out on the side of the road hoping for a ride.**

Getting a ride with someone can be a good way to get to work and back, and it's also good for the environment. Often the person driving the vehicle will want everyone to chip in for gas.

It is common courtesy to be ready and waiting when they arrive.

## 8 OWNING A VEHICLE



**Brainstorm with the youth the potential realities of owning a vehicle. These can include costs, who could fix a vehicle and so much more.**

A lot of people in Saskatchewan need a vehicle and many do not. Having a vehicle can be more convenient but a lot more expensive.

### 8.1 SOME VEHICLE OWNER COSTS INCLUDE:

- Gas
- Repairs
- Tires
- Oil changes
- Towing
- Plates
- Insurance
- The vehicle itself



### 8.2 BASIC VEHICLE MAINTENANCE

Vehicles need basic maintenance to keep them running well.

Basic maintenance can include:

- Adding windshield washer fluid
- Checking the oil
- Changing the oil

### 8.3 HELPFUL TO KNOW IF YOU DRIVE A VEHICLE

- How to change a tire
- Where to put windshield washer fluid
- How to check the oil

- How to open your vehicle's hood
- How to check tire pressure
- How to use booster cables
- How to add oil

## 8.4 SAFETY ON THE HIGHWAY



**You can discuss a story or two of people who have had difficulties on the roads. Most people have had or have heard of such stories and are willing to share.**

Sometimes the weather can interfere with safe driving. It can be helpful to know what the road conditions are like before you start to drive. A good site that shows these conditions can be: <http://hotline.gov.sk.ca/map.html>. The Highway Hotline is also available as an app. It's also safe to keep an emergency kit somewhere in your car, you can buy prepackaged emergency roadside kits or make one yourself.

## 8.5 HELP ON THE ROAD



**Using a phone book, smart phone or internet you and the youth can check out the roadside assistance packages that are listed.**

Often if something happens to your vehicle friends or family are willing to help out. Sometimes they are not available to help though. Roadside assistance can help in this case. It is a service that you pay for when you buy your vehicle, or you can sign up for the service away from a dealership.

Roadside assistance can help with:

- Battery Boosts
- Flat tire changed and replaced with spare
- Emergency delivery of gas, diesel, oil or water
- Lockout service
- Towing to nearest roadside assistance contractor

Three Canadian places that offer roadside assistance packages include:

- Canadian Tire: <http://roadsideassistance.canadiantire.ca/en.html>
- CAA: <https://caask.ca/>
- OnStar: <https://www.onstar.com/>





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