

Good morning,

Please see below/attached information and resources related wot your work with older youth.

- Medical Marijuana and State Licensure of Facilities and Agencies (attached)
- Self-Sufficiency July 2026 - Managing a Home
- The Aging Out Podcast

Self-Sufficiency July 2026 - Managing a Home



Copyright © 2026 LYFT Learning, All rights reserved.

Were you forwarded this newsletter?

[Subscribe Now](#)

[Subscribe Now](#)

Why It Matters

Why It Matters:

It's been a long journey to get here—and independence is within reach. But getting a place to live is only part of the equation. For many individuals, especially those who have spent long periods in survival mode, the day-to-day skills needed to successfully manage a home may not have been modeled or taught. They may also be navigating environments where others don't fully understand their experiences, and patience or support may be limited.

That's why it's so important to intentionally build the skills needed for independent living. This includes not only understanding how to care for a home, but also how to be a respectful neighbor and responsible member of a community. These everyday habits play a big role in long-term stability.

For those who are already living on their own, there may still be gaps in knowledge—such as how to be a good tenant, evaluate housing options, or manage the process of moving. Learning how to maintain housing is just as critical as securing it in the first place. With the right guidance and support, individuals can build the confidence and skills needed to create a safe, stable place to call home.



Life Skills Reimagined Content





Activity Ideas by Age*

All Age Groups

1. Learning to be a good neighbor can begin at any age.

As you walk through neighborhoods or explore potential apartments, use what you see as a conversation starter. Point out examples of what *does* and *does not* reflect being a responsible tenant and considerate neighbor. Are the spaces clean and well-kept, or is there trash and clutter? Do people appear respectful of shared spaces, or is there loitering or excessive noise?

2. Encourage individuals to think critically by asking them—or having them write down—the qualities they *want* and *don't want* in a neighbor.

This helps them better understand their own expectations and how their behavior impacts others in a community.

3. Don't forget to use technology to support learning and independence.

There are many helpful apps available for apartment and home searches (such as Trulia, Section 8, and Affordable Rental apps), as well as tools for managing chores and routines (like Sweeply or Tasks: to-do list and task managers). These can make staying organized and maintaining a home more manageable.

**Ages are approximate. Please use your best judgment when selecting activities, especially for individuals with severe trauma, autism, developmental disabilities, or other factors that may impact physical or cognitive abilities.*

***Any apps or products mentioned in this newsletter are provided as examples and are not specifically endorsed by LYFT Learning. We aim to highlight options that are widely accessible*

and well-reviewed—typically those with ratings of 4.0 or higher, at least 100,000 downloads, and availability on both Android and iOS platforms.

What improves outcomes?

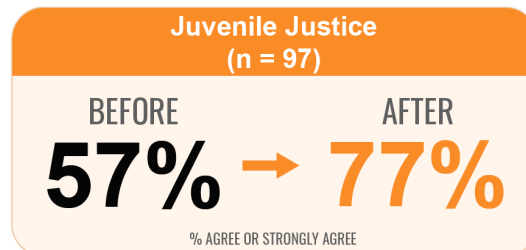
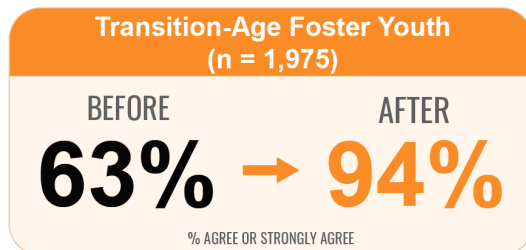
Believing you can succeed!

SELF-EFFICACY is a key predictor of success linked to better education, employment, independent living, healthier decision-making, and reduced recidivism.

Life Skills Reimagined improves life skills knowledge, confidence and self-efficacy.

Self-Efficacy Results

% who Agree or Strongly Agree across 8 questions in a validated self-efficacy assessment



Exploration

Ages 11–14

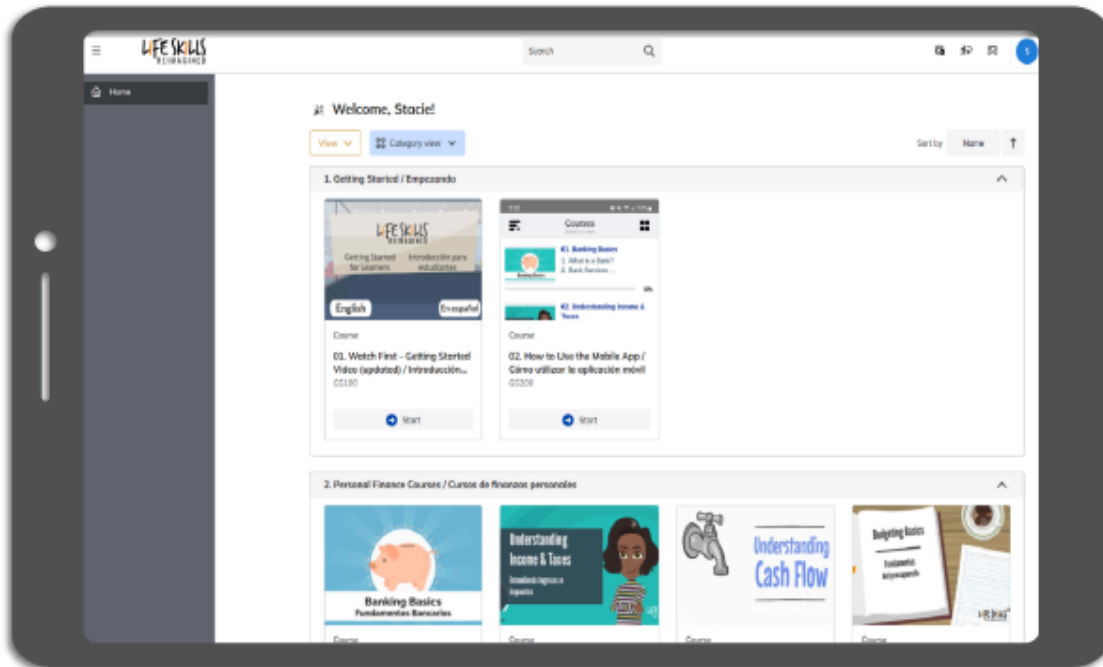
1. This is an ideal age to start building practical home maintenance skills and understanding why they matter.

Involve youth in simple tasks like changing furnace filters, replacing smoke alarm batteries, vacuuming refrigerator coils, flushing sediment from a water heater, maintaining a lawnmower (when appropriate), and preparing outdoor water spigots for winter. Use these moments to explain what can happen if these tasks are ignored—such as safety risks or costly repairs. Hands-on activities, like safely testing a fire extinguisher outdoors, can make learning both memorable and engaging. Be sure to model safe practices at all times.

2. It's also important to introduce the concept of different housing options and their costs.

At this stage, youth often begin comparing their living situations with others, making it a great opportunity to explore the pros and cons of various housing types—such as houses, apartments, and townhomes. Make it interactive by playing a “would you rather” game to highlight trade-offs (e.g., “*Would you rather mow a lawn every week or climb stairs to reach your apartment?*”). Encourage them to think about what each option might cost and what factors influence those costs, helping them build awareness of real-world housing decisions.



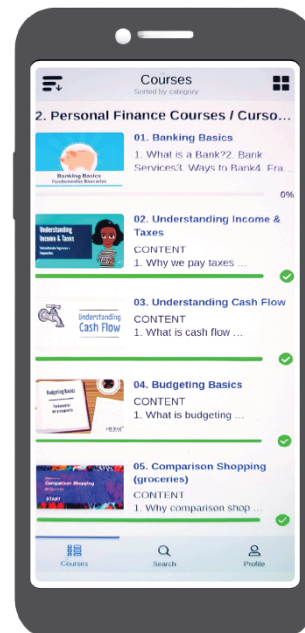


Life Skills Reimagined Curriculum Content

Online, Blended Learning Curriculum

Foster Care, Juvenile Justice, Homeless
Workforce Development

1. **Personal Finance**
2. **Getting & Keeping a Job**
3. **Communication Skills**
4. **Independent Living**
5. **Resiliency**



Life Skills Reimagined - How it Works



Ages 15-17

1. This is a key stage for building independence and real-world readiness.

If a move is coming up, involve teens in the planning process. Have them create a checklist of tasks and timelines to stay organized. For family moves, include shared responsibilities. For youth who experience frequent transitions, consider helping them create a laminated checklist of essential items and steps. This can provide a sense of control and help ensure nothing important is forgotten.

2. Use everyday situations to teach awareness and responsibility.

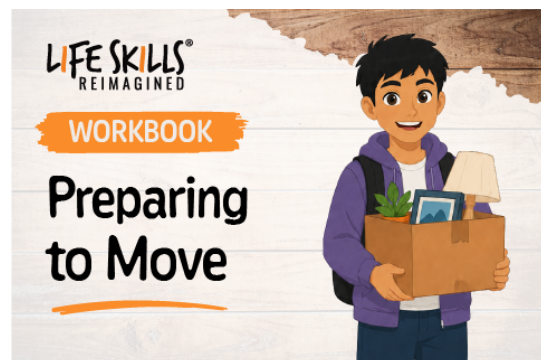
For example, experiment with sound levels—have teens guess how loud music can be played before it's heard outside their room or even outside the home. You can also role-play scenarios like arguments to explore how noise carries. These activities help reinforce the importance of being considerate of others, especially in shared living environments.

3. Grocery shopping is another valuable learning opportunity.

Talk through the different types of stores—such as traditional grocery stores, discount stores, and convenience stores—and how prices can vary significantly. Use simple comparisons, like the cost of soda in different settings, to highlight value differences. Introduce the concept of name-brand versus store-brand products and teach them how to read shelf tags or calculate unit prices to make informed purchasing decisions.



Life Skills Reimagined Content





Transition

Ages 18+

1. Understanding what a lease *really* means is critical for maintaining stable housing.

Walk through an example lease together and take time to read and explain each section. Go beyond just reading—apply it to real-life situations. For each part, present scenarios and ask whether the action would be allowed based on the lease. For example: if only listed occupants are permitted, is it okay for a friend to stay for several months? If there's a no-pet policy, can you temporarily watch someone else's pet? These discussions help build confidence in interpreting agreements and avoiding costly mistakes.

2. It's also important to practice handling challenging situations that come with independent living.

Roleplay common scenarios, such as asking a neighbor to lower their noise or requesting that a landlord address repeated maintenance issues. Discuss how to communicate clearly and respectfully, while also exploring next steps if the issue isn't resolved. Knowing how to advocate for yourself—and when to escalate a concern—can make a significant difference in maintaining a safe and stable home.



Life Skills Reimagined Content



Tips for Success

Individuals who have experienced chronic emotional trauma—as well as youth navigating adolescence—may face challenges with memory, focus, and following multi-step instructions. Being intentional in how we teach and support them can make a meaningful difference.

- **Write it down.** Provide clear, written lists of tasks, or have them create their own. This gives them a reliable reference they can return to as needed.
- **Encourage self-checking.** When a task is complete, ask them to review their work against the list before you step in. This builds independence and attention to detail.
- **Break tasks into steps.** Help them plan out smaller, manageable actions that lead to completing a larger goal. Identify any “critical path” steps—those that must happen in a certain order or at a specific time—to ensure success.

Consistency, structure, and repetition are key to helping new skills take root and grow.



Using AI to: Keep a Job

- **Stay organized** – Use AI to track tasks, set reminders, and manage your workload so you consistently meet deadlines.
 - **Improve your work quality** – Let AI help you proofread, edit, and strengthen your ideas before submitting work.
 - **Learn on the job** – Use AI to quickly understand new tasks, tools, or concepts so you can keep up with expectations.
 - **Solve problems faster** – Ask AI for guidance when you're stuck to find solutions and keep work moving forward.
 - **Show growth and adaptability** – Using AI wisely shows you're willing to improve, learn, and stay relevant in a changing workplace.
- 



You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)



LIFE SKILLS
REIMAGINED

LYFT
LEARNING

The Aging Out Podcast:



Penn
Social Policy & Practice
UNIVERSITY of PENNSYLVANIA

The Field Center for
Children's Policy,
Practice & Research

THE AGING OUT PODCAST

Policy. Practice. Possibility.
A Podcast on Aging Out of Foster Care



The Field Center's July Podcast is Here!

Episode 15: Interview with Romi Lassally and Julia Reitsma of Ready to Succeed (Los Angeles, CA)

[Listen Now](#)

Dear Friends and Colleagues,

We are pleased to announce the release of our **July podcast** episode featuring the **Ready to Succeed** organization based in Los Angeles, California.

Our intern, Jasleen Virk, sat down with **Co-Founder Romi Lassally** and **Grants & Partnership Manager** Julia Reitsma to discuss their journeys into advocacy and partnership for older youth aging out of care. From personal experiences to career-defining pivots, the team expands more on what inspires their commitment to the cause.

Throughout the conversation, we touch on their passion for improving the foster care system, the life-changing impact of a caring adult, and the importance of creating meaningful, pathways to long-term success.

Listeners will also learn about the **Ready to Succeed** model and how it is designed to equip youth aging out of foster care with the tools, support, and relationships they need to build prosperous, independent futures.



Other Platforms:

Ready to Succeeds episode is available on all podcast platforms, including [Spotify](#) and [Apple Podcasts](#).

Happy listening!

The Field Center



The Field Center | 3815 Walnut Street | Philadelphia, PA 19104 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)

Have a great weekend.

Thank you,