

Leaving-care checklist

One sheet per young person, opened at sixteen and not at eighteen. A young person who leaves care without their documents starts adult life unable to open an account, sign a contract, enroll in study or be hired formally. **Start at 16.** Replacing a document takes weeks or months. Two years of margin turns paperwork into an errand; two weeks turns it into a crisis.

YOUNG PERSON'S NAME

DATE OF BIRTH

TURNS 18 ON

PERSON RESPONSIBLE

WHAT IS NEEDED	DO THEY HAVE IT?	WHERE THE ORIGINAL IS	DATE
IDENTITY			
Birth certificate or civil registration			
Valid identity document			
Personal identification number (CURP, cédula or equivalent)			
Digital copies backed up outside the home			
HEALTH			
Current enrollment in the health system			
Vaccination card or history			
Medical summary: allergies, conditions, medications			
Name and contact of the health center that sees them			
EDUCATION			
Certificates for every year completed			
Proof of the last grade finished			
Documents needed to enroll at the next level			
WORK			
Document that allows formal employment			
A written CV, even a short one			
Proof of any course, placement or workshop			
MONEY			
A bank account in their own name			
Knows how to receive a payment and how to save			
HOUSING AND PEOPLE			
Where they will live, written down and confirmed			
Three adults they can call			
Someone from the home who stays in contact after they leave			

WHAT GETS FORGOTTEN MOST

- **The digital copies.** A physical document gets lost, gets wet, or stays behind in a move. A copy held outside the home saves months.
- **The third contact.** Almost every young person names two adults. The third is the one who holds when the other two do not answer.
- **Requirements change.** Confirm each one with the local authority before acting on it; this list is a tracking tool, not a legal source.