

# Information You Need as a Young Adult Formerly in Foster Care

## Medicaid

- Medicaid is a type of Health Insurance.
- Health insurance helps you pay for healthcare like doctor's visits, dental care, eye care, prescription medications, and more.
- Some young adults who were in foster care and aged out qualify for Medicaid health insurance.
- If all of the following are true, you are likely eligible for Medicaid now:
  - **Must be between the ages of 18 and 26**
  - **Must have been in foster care and aged out at age 18**
  - **Must have had Medicaid health insurance**
- It's important that you communicate with the local Department of Social Services if you receive a request for information. You will likely receive things in the mail.
- Make sure to keep your contact information up to date with the Medicaid office. If you move or change your phone number, make sure to reach out and let them know.
- Make sure to tell the caseworker at the Medicaid office that you aged out of foster care. This may or may not be in their system and it's important that they have this information.

### Who could you contact to get help with this?

- Your LINKS or FC 18 to 21 Social Worker
- Your former Social Worker from DSS if you are still in contact
- The Medicaid office at your county Department of Social Services
- The NC Medicaid Contact Center at 888-245-0179

## Care Management

- You might also be eligible to receive a service called Care Management.
- Care Management is a free service through your Medicaid.
- Community Care of North Carolina (CCNC) provides care management to people with Medicaid, including youth in foster care and young adults who aged out.
- Contact CCNC to learn more and to get help.

### Care Management Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### A Care Manager can:

- Help you understand how to access to health care services
- Assist you in getting linked to a primary care doctor, other providers, dental care, and community resources such as food, transportation, and more.
- Provide education about any health condition(s) you have
- Provide education on any medications you've been prescribed
- Help you understand how your Medicaid insurance works

For more information, visit our website <https://www.communitycarenc.org> or scan the QR code

