



Resource Navigation Checklist

A clean fillable worksheet to help youth, young adults, families, and ACCESS Support Guides organize resource needs and next steps.

Important: ACCESS can help organize options, referrals, and follow-up. This form does not replace emergency services, legal advice, medical care, or official agency decisions.

What Kind of Resource Support Is Needed?

☐	Food or basic needs Food pantries, CalFresh information, hygiene items, clothing, or household basics.
☐	Housing or shelter Rental help, shelter navigation, tenant support, temporary housing, or housing search support.
☐	Transportation Bus passes, ride support, appointment transportation, school/work transportation, or mobility support.
☐	School or education School support, tutoring, enrollment, college/career programs, accommodations, or re-entry support.
☐	Work or income Job search, resume help, youth employment, benefits, financial support, or income changes.
☐	Health or wellness Clinic referrals, mental wellness support, health coverage, support groups, or care navigation.

Start with the most urgent need. It is okay if the first step is only finding the right place to call.

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Contact and Situation Notes

Use this page to collect basic information and describe what is happening right now.

Name / preferred name	
Appointment date/time	
ACCESS Support Guide	
Best contact method	
City / neighborhood	
Preferred language	

What is the main thing you need help finding?

What have you already tried?

Any barriers or concerns?

Resource Category Checklist

Choose any areas where a referral, information, or next-step support may help.

☐	Food and nutrition Food pantries, CalFresh, hot meals, school meals, grocery support, or emergency food.
☐	Housing and shelter Shelter, rental assistance, housing search, tenant support, or transitional housing.
☐	Health coverage Medi-Cal, Covered California, renewal help, plan questions, or confusing notices.
☐	Mental wellness Non-crisis support, counseling referrals, support groups, grief, stress, or burnout support.
☐	Crisis and urgent support 988, local crisis lines, emergency shelters, domestic violence support, or safety planning.
☐	Education and youth programs School support, college access, tutoring, youth leadership, arts, media, or mentoring.
☐	Employment and career Job search, resume support, interview prep, work permits, training, or internships.
☐	Legal or benefits support Legal aid, public benefits, immigration referrals, documents, or consumer issues.
☐	Digital access Devices, internet, digital skills, online safety, privacy, or tech-life balance.
☐	Family or caregiver support Parent/caregiver resources, family navigation, support for a youth or young adult.

Possible Referrals To Explore

Use this table to compare resource options before deciding what to contact first.

Resource / agency	Phone or link	Who it helps	Notes

Referral questions or things to verify

Follow-Up Plan

Use this page to keep the resource navigation work from getting scattered.

Next step	Who will do it?	By when?	Notes

Follow-up reminder or appointment

Anything to bring next time

Helpful reminder: Resource navigation can take more than one step. ACCESS can help organize follow-up so nothing gets lost.

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