

“From little things big things grow” . . . Paul Kelly and Kev Carmody

Cover by WAIFS and John Butler

# Fostering Services Respite Program

Department for Child Protection



# Respite Program Team

Jane Martin, Melissa Teo, Kristina Sarris, Maree Smith, Alex Hughes, Brenda Yelland, Ron Cox

# Aim "To plant some seeds"

- ◆ To introduce the Fostering Services Respite Program
- ◆ Our learning journey over the last 3 years
- ◆ Look at benefits of a centralised programme
- ◆ Plant some seeds for respite in your state

# What Is Respite?

- Turn to your neighbour and share what the best form of respite would be for you as a Carer, Parent, Staff member, any role.....
- What would respite look like for you?

# Definition

- Interval
- Break
- Breather
- Breathing space
- Lull
- Relief
- Let-up

Encarta

Dictionary (UK):  
*A brief period of rest and recovery between periods of exertion or after something disagreeable*

# Respite Program Options.....(so far)

- Respite Carer Placements
- Camps - weekends or school holiday
- Day Programs – weekends or school holidays

# WA Respite Policy

- Prior to Ford Review
  - ◆ Carers entitled to 4 days per calendar month without subsidy being reduced
- 2006/2007 Ford recommended an extra 10 days per year – max 60 days per year
  - ◆ Can accumulate days

# In the Beginning... when we were small

- ◆ 2007 Ford Review recommendations
  - ◆ To provide “responsive and planned” respite support
  - ◆ Provide a range of respite options to ensure acceptability to different foster carers’ needs

# In the Beginning... when we were small

- 2007/08 Pilot Project budget allocation
  - ◆ 5 camps Perth metro area Nov 2007 to May 2008
  - ◆ 1 camp was held in the South West District.
  - ◆ Pilot day program has commenced - 4
  - ◆ June 2008 - 9 active Respite Carers
  - ◆ Tender process began - camps

# Our Growth

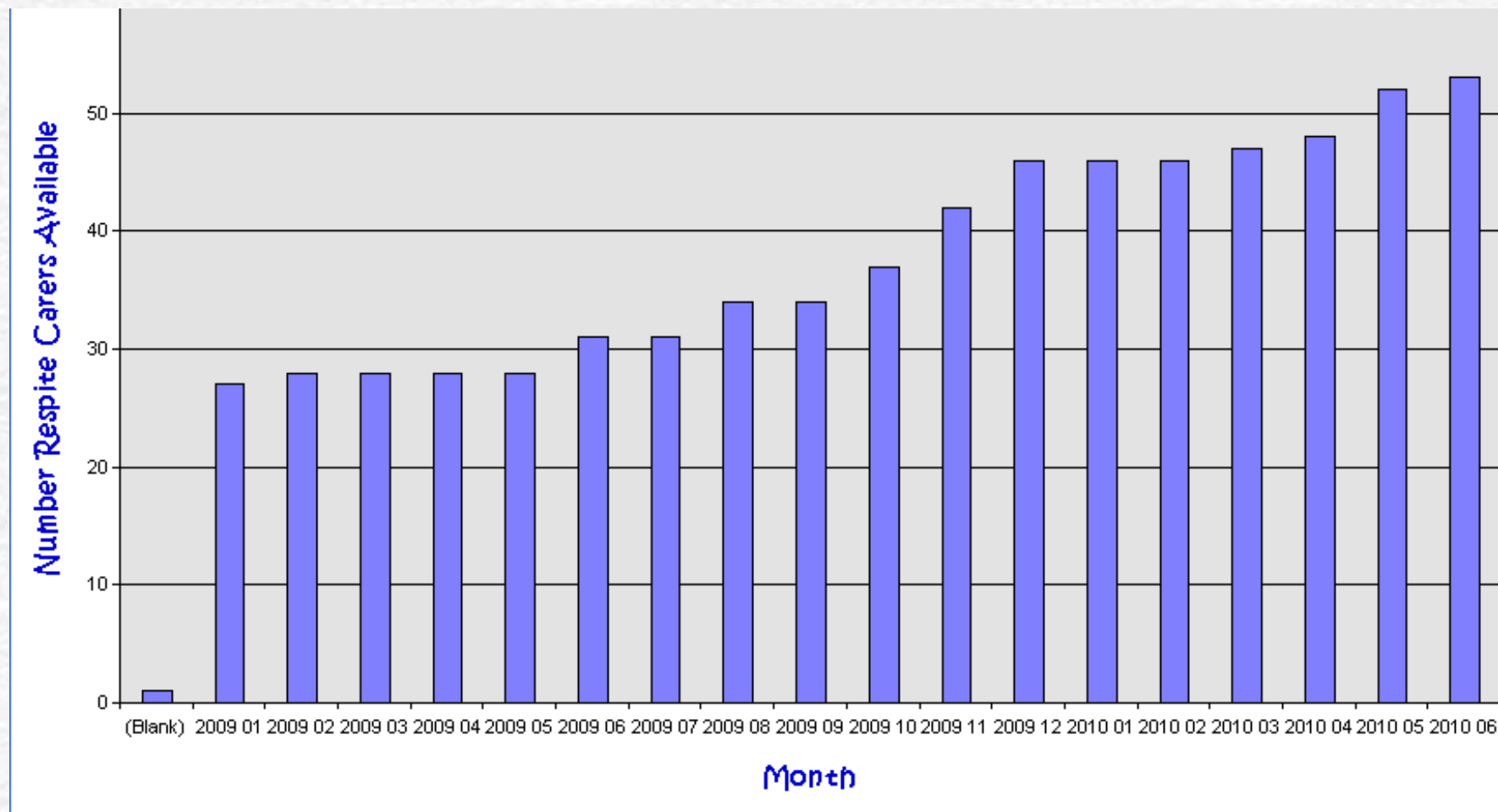
## ● 2008/09

- 30 June 09 - 31 Carers
- Day Programs - 8
- 16 Camps
  - 3 Regional Camps (1 cancelled)
  - 13 Metro Camps

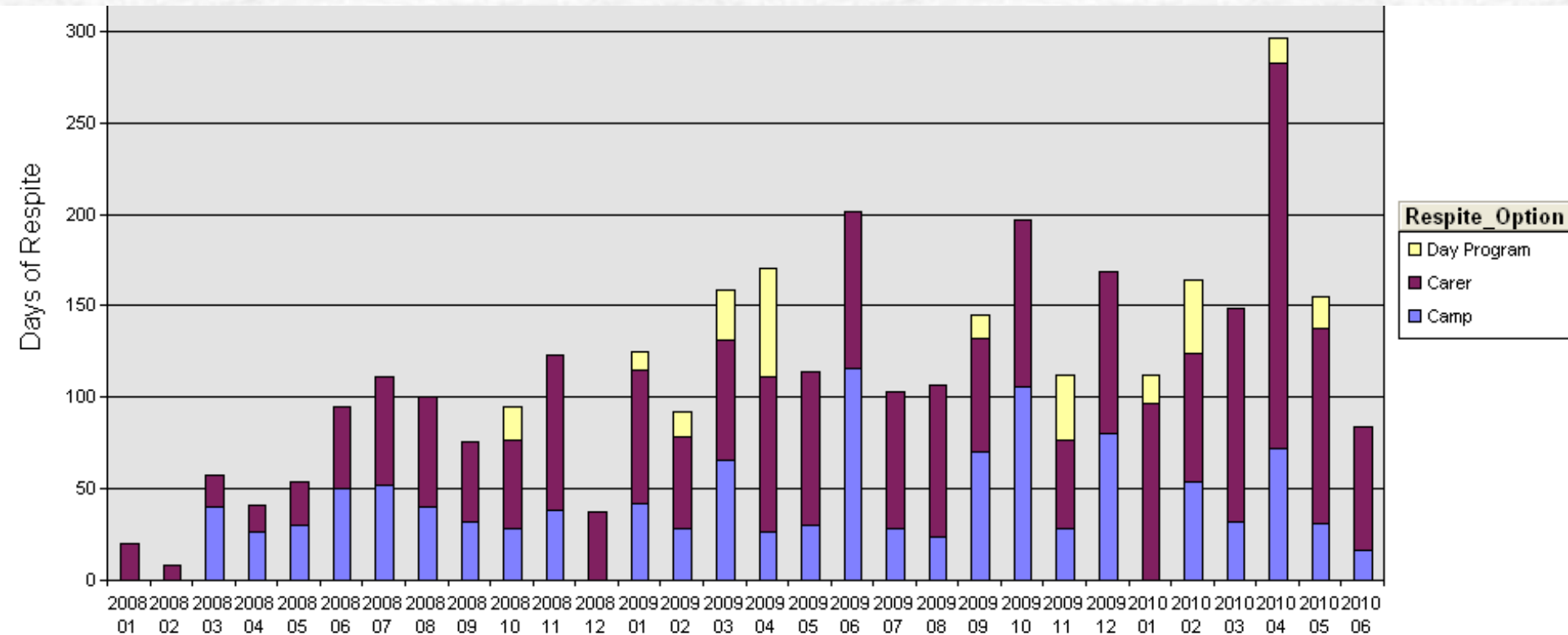
## ● 2009/10

- Currently have 58 Carers
  - Providing regular placements for 65 children
- Day Programs - 8
- 22 camps
  - Averaging 18 children per camp
  - 4 Cultural Camps
  - 7 Regional Camps
  - 11 Metro Camps

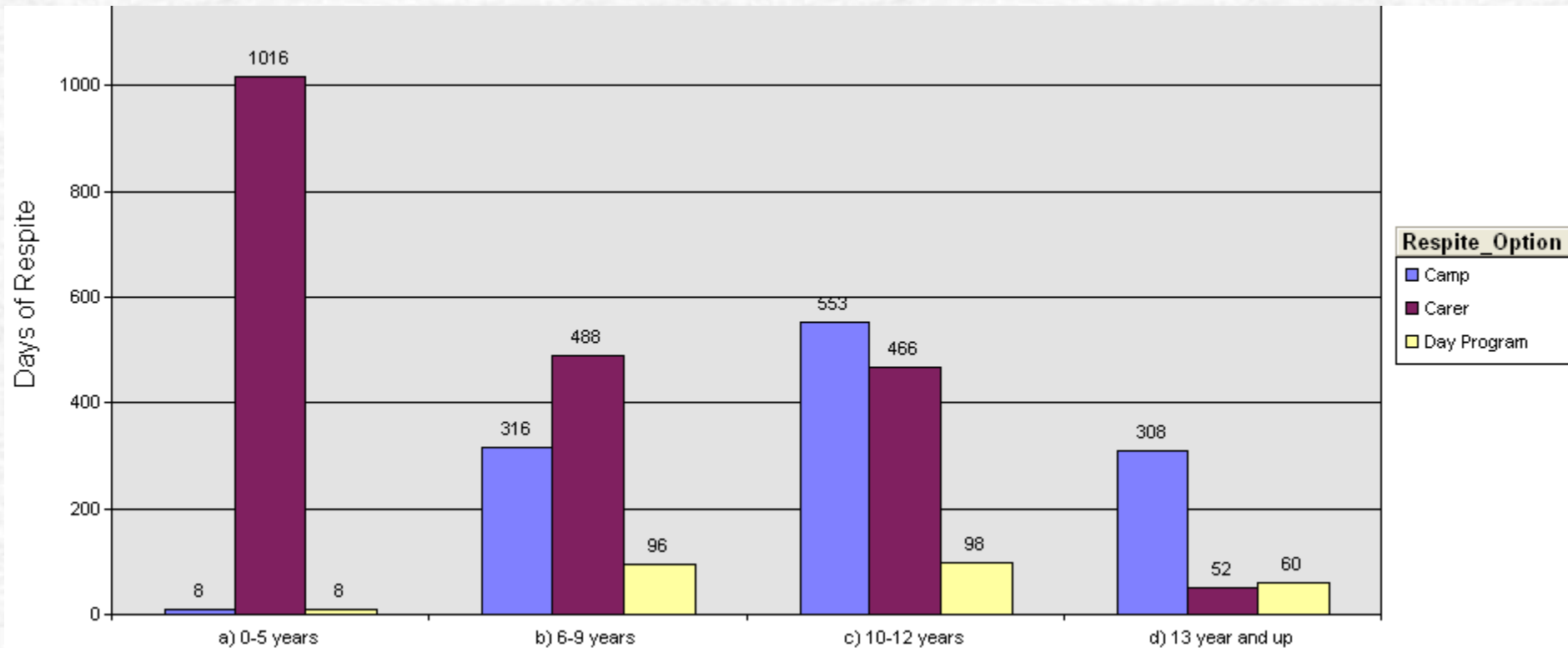
# Carers Available Jan 2009 – June 2010



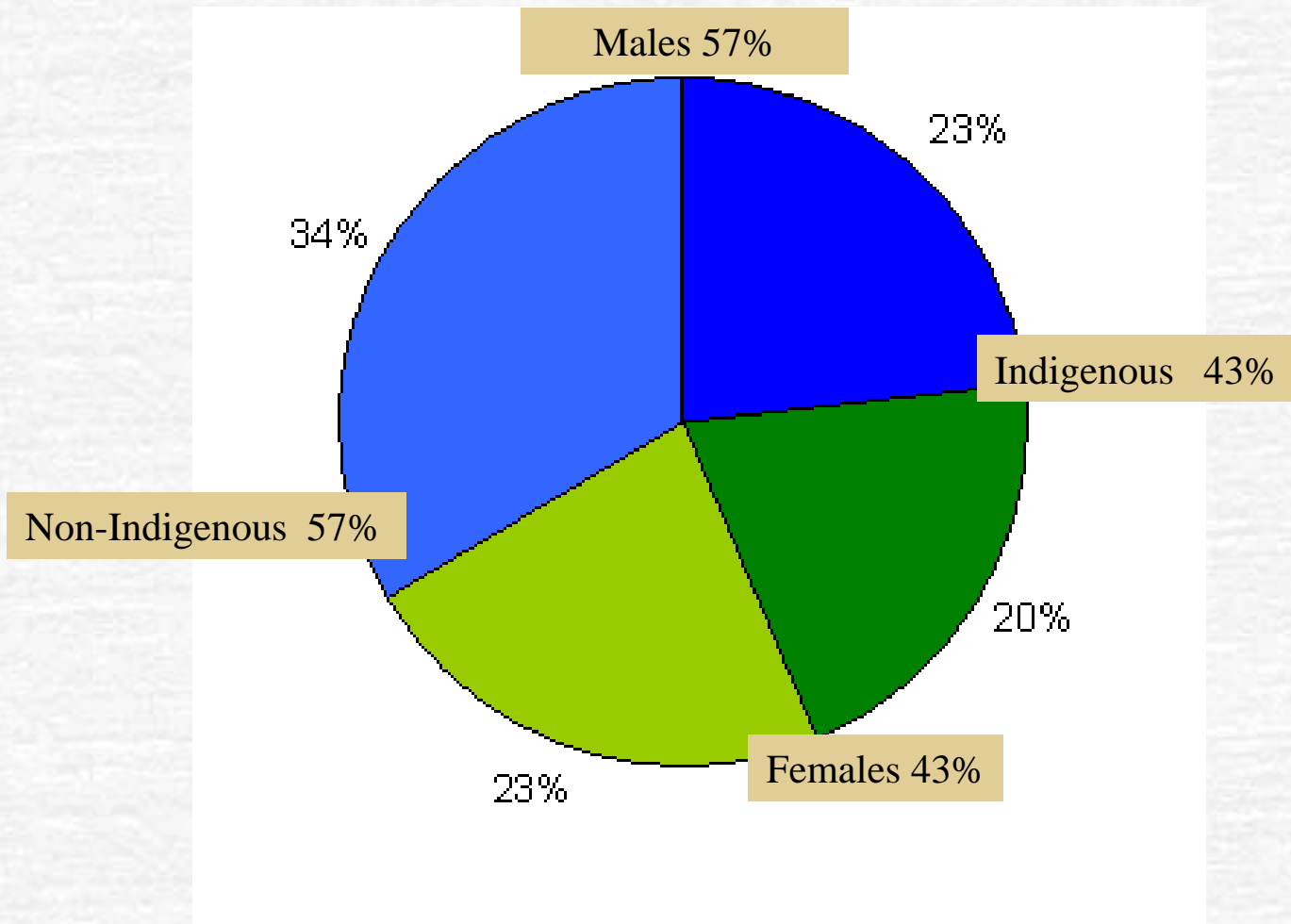
# Type of Respite Provided Jan 2008 – June 2010



# Respite by Age Group Jan 2008 – June 2010



# Gender & Culture of Children



# Placements

- All Carers assessed and trained in line with general foster carer procedures
- Aim to provide planned regular respite
  - Will look at emergencies as well.
- Careful matching process
  - keep within Carers preferred range
  - include camp and day options
- Transition meetings
  - Involving both Carers and child/ren
- Carer Profiles
- Placement Contracts

# Placement Contracts

## Respite Contract Fostering Services Respite Program

Respite Carer	Child	ID	Age	District	Period of time	Significant Info
Linda Wilson 461290 Daniel White 461291 260 HIGH STREET FREMANTLE PH 93357594 M 0414 322 325	Hanna Smith  George Smith	342512  423299	10yrs  Turning 8yrs	ARMA	Weekends from Friday after school until Monday morning when the children go to visit their Mum. 4 weekly pattern unless otherwise arranged eg: <b>6-8 August 2010</b> <b>3-5 September 2010 etc</b>	Hanna and George have been attending regular Respite with these Carers since Dec 2009
Cassie Martin 187490 Ronald Hughes Chegwidden 490825 Ph 2 Varna St Coolbellup PH 93144831 M 0412265975	As above	As Above	As Above	As Above	Weekends from Friday after school until Monday morning when the children go to visit their Mum. 4 weekly pattern unless otherwise arranged eg: <b>23 - 25 July 2010</b> <b>20-22 August 2010 etc</b>	Hanna and George have been attending regular Respite with these Carers since Oct 2009

**CIF Referral has been provided to the Respite Program and a copy provided to the Respite Carer.**

**Drop-off & Pick-up details & any Contact arrangements** (time location, name of drivers & contact details if available)

Danielle, FRE Coordinator from Armadale organises regular transport by Family Resource Employees with the children generally arriving after 5pm on Fridays and being collected 9:30am on the Sundays.

### Pre Placement discussion for Carers

Meeting was held on 13 Jul 2010 with all the Carers. Debbie & Donald Delaney, Kelmscott: 96586339. Dawn: 0465 895 7515

Subsidy to be organised by Respite Program. Mileage to be covered by District. Any ATSI/CaLD consult is the responsibility of the District.

Signed by: District officer:.....Alex Hughes..... Date:....14/07/10  
Respite Program Officer:.....Jane Martin ..... Date:....14/07/10

# Working Together



# Carer Support

- Carers given all relevant information about child to consider placement
- Equipment required is supplied prior to placement
- Connect Primary and Respite Carers
  - Share information and develop support network
- Post placement follow up
  - Discuss any issues between Carers
  - Feedback to Case Managers



# Carer Support

- Social Worker : Carer Ratio = 1:20
  - Relationship key to success
  - Communication, trust, transparency
  - Fostering Partnership
- Monthly “On the Couch Sessions” — Specialised Fostering
- Periodic Respite Gatherings
- Training Calender — Fostering Services
- Quarterly Newsletters
  - Training Opportunities, Cultural Learning, Activity update, staffing changes

# Camps

- Tendered to private organisation (Scripture Union WA)
- Initially two age groups
  - 8 – 12 yrs
  - 13 – 16 yrs
- Now open age groups monthly
- Various locations
  - DCP owned Keith Maine
  - Dept Sport and Rec - Point Walter, Woodman Point
  - Regional sites – Busselton, Albany & Geraldton.

# Special Camps

- ◆ Camps for our large foster groups

- ◆ Some carers with more than 5 children in their care

- ◆ Created contact opportunities

- ◆ Large sibling groups placed with 3 different carers
- ◆ Some siblings in residential care or with NGO

- ◆ Residential Camps

- ◆ Trialled – has progressed to day programs

# Feedback from the Kids

- "Make camp longer"
- "I love everything"
- "Only want to go on DCP camps"
- "Want to come back to see my new friends and the camp leaders are hell cool."
  
- Worst things about camp;
  - "not being allowed in the pool for longer " (August).
  - "Bed time"
  - "Leaving camp"
  - "Food was yuk"

*Footnote: we have got better at this!*

# Some Feedback

- Samantha thoroughly enjoyed the T2Q (*Teen to Queen*) activities :)  
Case Manager
- “Just some quick feed back on teen to queen day Julie really enjoyed herself found it to be fun and cant wait to try the tips she learnt. Hope you can repeat this for the girls who missed out I’m sure they would enjoy it. A positive experience. Thanks”  
Foster Carer

# Cultural Days/Camps

## ◆ Day Programs


- ◆ Spectacles
- ◆ Mundaring – CALM
- ◆ Lets Make A Song and Dance
- ◆ Graffiti Rock
- ◆ Deadly Drama day



## ◆ Camps

- ◆ New Norcia
- ◆ Lake Leschenaultia
- ◆ Muresk





Some Fun Learning

"SERENDIPITY"

# Serendipity

- ◆ Encarta Dictionary (UK)

- ◆ "A natural gift for making useful discoveries quite by accident."

OR

- ◆ "The accidental discovery of something pleasant, valuable, or useful."

# Karda Dance Group

(Noongar for children)

- Grew out of Spectacles Day
- 9 week programme
- Phil Walley-Stack – international artist
- Identified 6 keen dancers

# Karda Dance Group

# More Serendipity

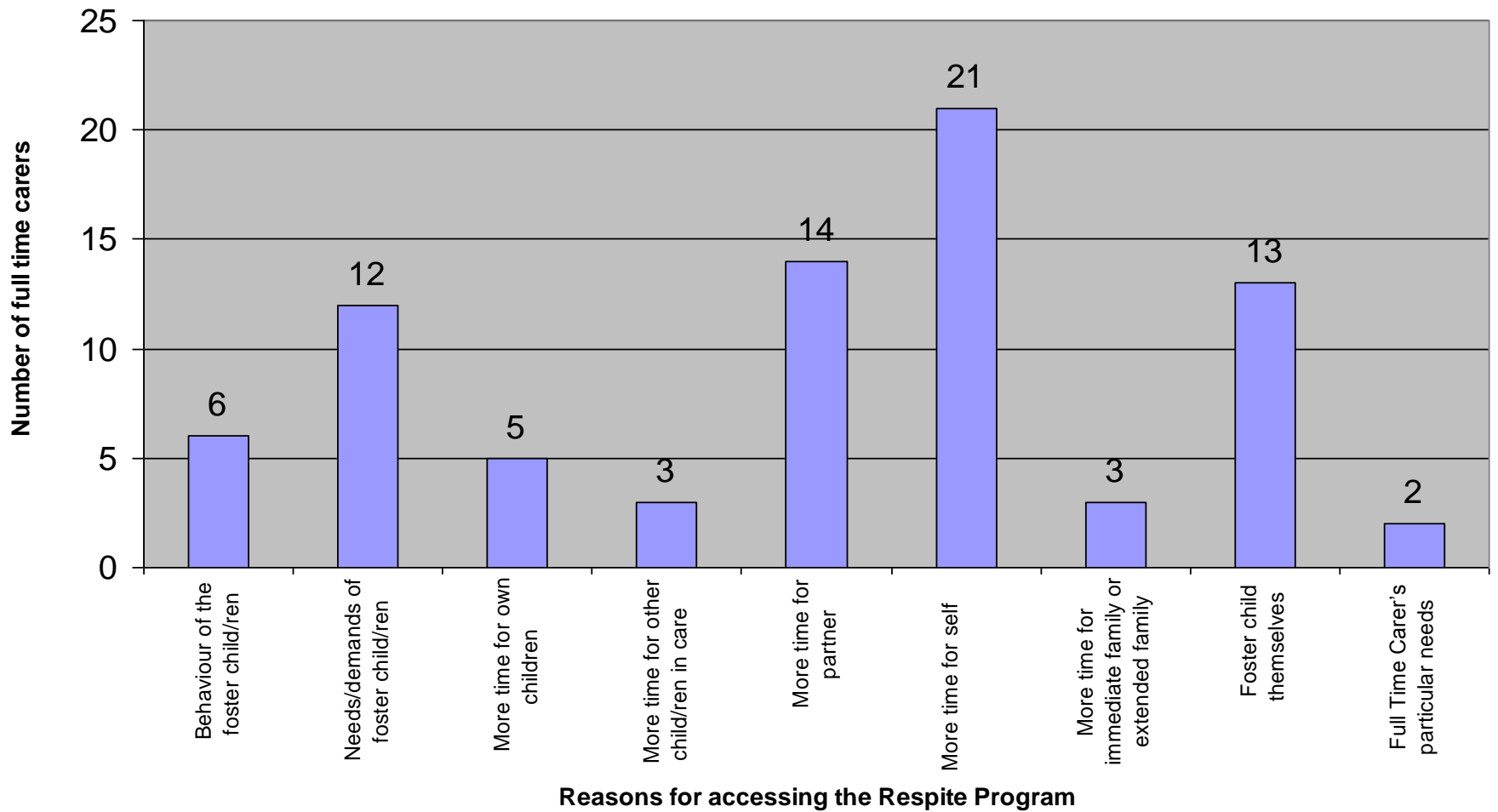
- ◆ Respite Program great entry point for Carers
- ◆ Training ground
  - ◆ DCP systems
  - ◆ Relationship with primary carer
  - ◆ Skills with children
- ◆ Some Kinship Carers uncomfortable with children having respite with 'strangers'

# Respite Program Survey 2010

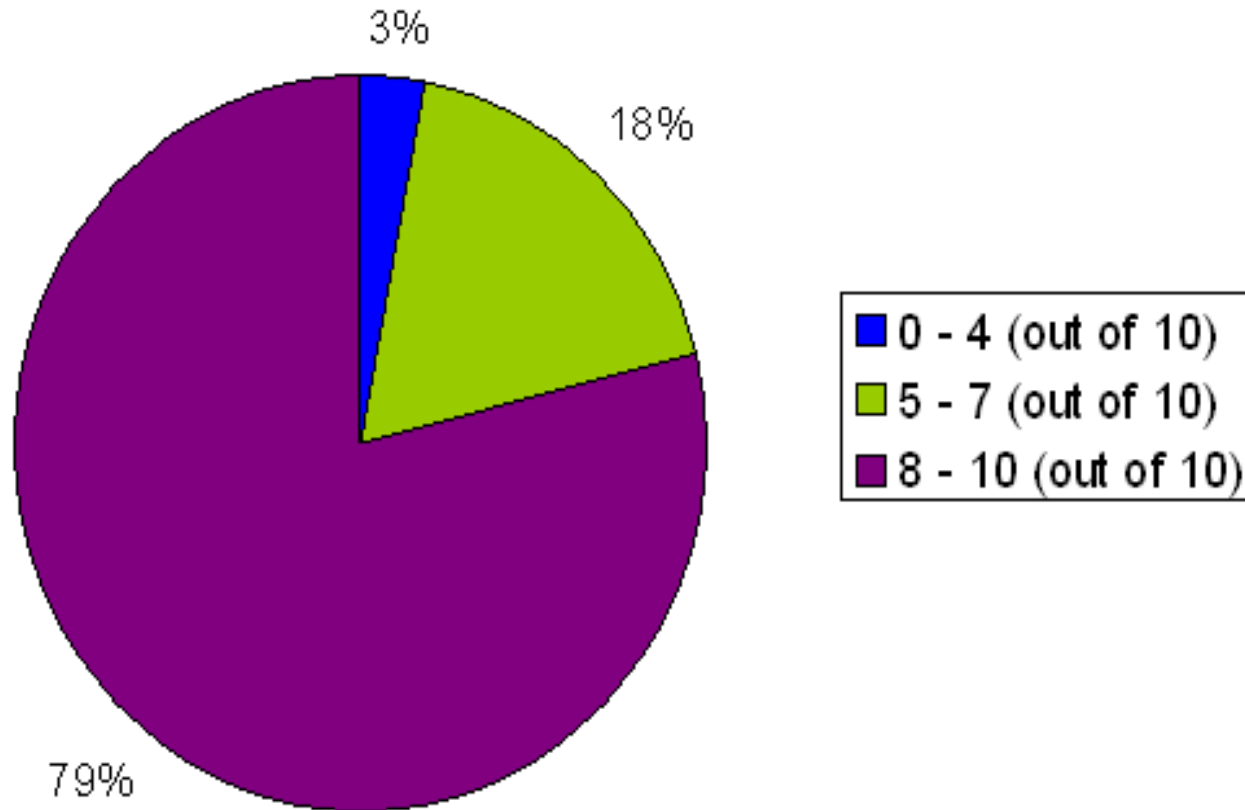
INFORMATION FROM **YESTERDAY**  
COLLECTED **TODAY**  
TO PLAN **TOMORROW**

- ◆ All Carers part of the Program in 2009
- ◆ 50 Full Time Carers randomly selected - 33 respondents
- ◆ 30 Respite Carers randomly selected - 26 respondents

# Carer's Reasons for Accessing Respite



# Primary Carers Rating of Helpfulness



# Respite Program Survey 2010

## **Some reasons why Carers thought Respite positive for the child themselves**

- Respite is for the child in their care to have time with their siblings.
- Camps give children an opportunity to realise they are not alone in being fostered and helps their self-esteem
- Respite gives the children a break from their Carers
- Children get a lot out of the locally run Camps as they are very quiet. It has helped with their self-esteem.
- Gives their child the opportunity to socialize with children of their own age on camps.
- It is good for children (siblings in their care) to have a break from each other and go to separate respite placements.

'KAIZEN'

# KAIZEN

A gentle and graceful approach to correction and change.

Small, seemingly insignificant, continuous, on-going and never ending improvements

# Our Survey Learning

- Mentoring for boys whose Carer is a single woman
- Cultural mentoring for children of Aboriginal descent with non-Aboriginal Carers
- Offer more camps in Districts outside the Perth Metropolitan Area.

# Placement Support

- Developed tip sheets for Carers
  - Making the most of your respite (for Primary Carer)
  - Preparing your child for Respite (for Primary Carer)
  - Getting ready for your first placement (for Respite Carer)
- Trauma informed sensitivity
- Family Profiles careful use of photographs
- Planning transitions – work in progress



## Camps Learning

- Integrating more sensory activities
- Connection to nature – less adventure based
- Modified our behaviour management
  - increased therapeutic approach
- Developed DVD for new campers



# Growing Respite in your State

What are you going to take away from this mornings presentation?

# What we have covered

- ◆ Introduction to WA Respite Program and our growth.
- ◆ Benefits of a central service
- ◆ Planted some seeds for respite in your state?

# My Contact details



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