“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**

<table>
<thead>
<tr>
<th>• Interval</th>
<th>Encarta Dictionary (UK):</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Break</td>
<td>*A brief period of</td>
</tr>
<tr>
<td>• Breather</td>
<td>*rest and recovery</td>
</tr>
<tr>
<td>• Breathing space</td>
<td>*between periods</td>
</tr>
<tr>
<td>• Lull</td>
<td>*of exertion or</td>
</tr>
<tr>
<td>• Relief</td>
<td>*after something</td>
</tr>
<tr>
<td>• Let-up</td>
<td>*disagreeable</td>
</tr>
</tbody>
</table>
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

Days of Respite

- a) 0-5 years
  - Camp: 8
  - Carer: 1016
  - Day Program: 8

- b) 6-9 years
  - Camp: 316
  - Carer: 486
  - Day Program: 96

- c) 10-12 years
  - Camp: 553
  - Carer: 466
  - Day Program: 98

- d) 13 years and up
  - Camp: 308
  - Carer: 52
  - Day Program: 60
Gender & Culture of Children

- Males: 57%
- Indigenous: 43%
- Non-Indigenous: 57%
- Females: 43%

- Total: 100%
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**

<table>
<thead>
<tr>
<th>Respite Carer</th>
<th>Child</th>
<th>ID</th>
<th>Age</th>
<th>District</th>
<th>Period of Time</th>
<th>Significant Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linda Wilson 461290</td>
<td>Hanna Smith</td>
<td>342512</td>
<td>10 yrs</td>
<td>ARMA</td>
<td>Weekends from Friday after school until Monday morning when the children go to visit their Mum. 4 weekly pattern unless otherwise arranged eg: 6-8 August 2010 3-5 September 2010 etc</td>
<td>Hanna and George have been attending regular Respite with these Carers since Dec 2009</td>
</tr>
<tr>
<td>Daniel White 461291</td>
<td>George Smith</td>
<td>423299</td>
<td>Turning 8 yrs</td>
<td>ARMA</td>
<td>Weekends from Friday after school until Monday morning when the children go to visit their Mum. 4 weekly pattern unless otherwise arranged eg: 23 – 25 July 2010 20-22 August 2010 etc</td>
<td>Hanna and George have been attending regular Respite with these Carers since Oct 2009</td>
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<tr>
<td>260 HIGH STREET</td>
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<tr>
<td>FREMANTLE</td>
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<td></td>
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<tr>
<td>PH 93357594</td>
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<tr>
<td>M 0414 322 325</td>
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<td></td>
</tr>
<tr>
<td>Cassie Martin 187490</td>
<td>As above</td>
<td>As Above</td>
<td>As Above</td>
<td>As Above</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ronald Hughes</td>
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<tr>
<td>Chegwidden 490825</td>
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<td>Ph 2 Varna St Coolbellup</td>
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<td>PH 93144831</td>
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<tr>
<td>M 041226 5975</td>
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</tbody>
</table>

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: 96386339. 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

THE FOSTER CARE PARTNERSHIP

Foster Family

DCP Care Team
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 Calendar — 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

<table>
<thead>
<tr>
<th>Reason for Accessing Respite</th>
<th>Number of Full Time Carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behaviour of the foster child/ren</td>
<td>6</td>
</tr>
<tr>
<td>Needs/demands of foster child/ren</td>
<td>12</td>
</tr>
<tr>
<td>More time for own children</td>
<td>5</td>
</tr>
<tr>
<td>More time for other child/ren in care</td>
<td>3</td>
</tr>
<tr>
<td>More time for partner</td>
<td>14</td>
</tr>
<tr>
<td>More time for self</td>
<td>21</td>
</tr>
<tr>
<td>More time for immediate family or extended family</td>
<td>3</td>
</tr>
<tr>
<td>Foster child themselves</td>
<td>13</td>
</tr>
<tr>
<td>Full Time Carer’s particular needs</td>
<td>2</td>
</tr>
</tbody>
</table>
Primary Carers Rating of Helpfulness

- 79% rated 8-10 (out of 10)
- 18% rated 5-7 (out of 10)
- 3% rated 0-4 (out of 10)
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
• 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

Brenda Yelland
Team Leader
Respite Program – Fostering Services
Department for Child Protection

08 92865200

brenda.yelland@dcp.wa.gov.au