

IMPORTANT STATE AND LOCAL INFORMATION

Local Office Details

Burnie

2 Spring Street,
Burnie, TAS 7320
03 6432 5903

Hobart

Level 2, 175 Collins Street
Hobart, TAS 7000
03 6232 8750

Launceston

3 Archer Street,
Rocherlea, TAS 7248
03 6327 5000

After Hours Support

Crisis/Emergency on Call

0437 592 048

- Available 5pm-9am Monday-Friday
- Available all-day Saturday, Sunday and Public Holidays

Please call in emergencies only

Foster Carer:

“Well, the Honeymoon period is over. They are starting to really act out. This is so hard.”

Child in Foster Care:

“Well, the Horrible period is over. I’m starting to feel a bit safer and trust these strangers who call themselves my ‘Foster Carers’. I think I can start letting them see how I really feel. This is so hard.”

Adapted from www.afosteredlife.com



OUR TEAM

Regional Director



Paul Cairns

Program Manager



Anna Wild

Administration Officer



Josine Van Leeuwen

Senior Child and Family Practitioner



Angela Morrison

Community Engagement Officer



Kylie Gibbs

Child and Family Practitioners



Anne Epstein (South)

Carer Assessors



Kathryn Wynn (North)



Jenna Hamilton (South)



Lori McFarlane (North West)



Matthew Dobson (South)



Megan Bourne (South)



Precious Idahosa (North)



Róisín Tanzey (South)



Priscilla Best (North West)



Sharlaine Peart (North West)



Tegan Stevens (South)

TRAINING

[myLearning](#) is an online platform for carers to access training and resources any time, which is easy to use and allows you to learn at your own pace. The training is based on carer feedback - training that is flexible, timely and tailored to individual circumstances.

Soon you will receive an email with your username to log into myLearning.

You will be pre-enrolled into ten (10) Introductory and Preparation modules and It Is recommended that you complete these as soon as possible upon receiving your login details or within four (4) weeks of becoming a Foster Carer. The modules include introductions to Life Without Barriers and Out of Home Care as well as training on how to navigate myLearning.

Ongoing training is essential for Foster Carers, and it is expected that you will undertake four (4) learning activities each year. This can consist of either face-to-face training, online training or a combination of both. The [course catalogue](#) allows you to view the available online myLearning modules; some examples of the [myLearning](#) modules include:

- Resources about the safe use of technology for children and young people
- Supporting children and young people who have experienced trauma
- Training about supporting children and young people reuniting with their families
- Details about supporting children to remain connected with their culture
- Information to undertake Life Story Work

THERAPEUTIC MODEL

At Life Without Barriers we use two therapeutic models that expand upon the Shared Lives training you have completed. These models are CARE (Children and Residential Experiences) and Therapeutic Crisis Intervention for Families (TCI-F).

CARE

CARE is an evidence based, trauma-informed, model developed by the Bronfenbrenner Translational Research Centre at Cornell University. The CARE model is research based and the evidence supports that CARE creates the conditions for positive change in children's lives.

CARE is designed to influence the way we think, and it focuses on our relationships to help children and young people in care build new competencies. CARE is organised around six principles related to attachment, trauma recovery and ecological theory. The six CARE principles which underpin the model are:

RELATIONSHIP BASED	Nurturing care experiences and basic attachments are necessary for children to grown into healthy adulthood.
DEVELOPMENTALLY FOCUSED	Strategies for change are more effective when they match the child's 'zone of proximal development', presenting a challenge but not overwhelming.
FAMILY INVOLVED	A child's identity is tied to their family and involving parents or other significant family members is a vital component is achieving safety, wellbeing and permanency.
COMPETENCY CENTERED	Competency is the combination of skill, knowledge and attitude that each child needs to negotiate effectively in everyday life.
TRAUMA INFORMED	All expectations and interactions are to take into account the impact of trauma, such as neglect and abuse on a child's development.
ECOLOGICALLY ORIENTED	Caring and supportive environments provide children with a model of home to care for themselves and other.

Therapeutic Crisis Intervention for Families (TCI-F)

TCI-F is a crisis prevention and intervention model developed by the Residential Child Care Project at Cornell University. TCI-F covers three key stages in supporting a child during a challenging time, there are:



BEFORE YOUR FIRST PLACEMENT

Each child has their own unique needs, so it is vital we carefully match them with carers who can meet their specific needs. You will be able to speak with your Life Without Barriers Child and Family Practitioner and Child Safety Services about any child that might be a good match for you and your family. Remember, if you're asked about taking care of a child and feel you're not able to meet their needs it is OK to say 'no'.

A collection of [resources](#) are available to help you to prepare for the matching process and your first placement. These include suggestions on what to ask during matching conversations, how to prepare your home and how to help a child feel welcome.

FINANCIAL CONTRIBUTION

Payment into your designated bank account occurs every Wednesday/Thursday on a fortnightly basis starting on the 14th of January 2021. The current contributing rates as of July 2021 are outlined below.

Table 1: General Primary Care

Fortnightly rates
\$504.65

Table 2: Intensive Primary Care
(Includes General rate)

Fortnightly Rates Intensive 1	Fortnightly Rates Intensive 2
\$775.45	\$1,135.05

Respite Care

Respite	Rate per night
Day 1	\$61.00
Day 2 onwards	\$34.00

Bonus Contribution Rates

Contribution	Rate
Christmas Gift	\$88.00
Birthday Gift	\$88.00

You can contact your Life Without Barriers Child and Family Practitioner if you have any questions about your Carer Contribution.

Centrelink

If eligible, Primary Carers are able to access additional financial support through Centrelink with the support of their Child and Family Practitioner. You may be eligible for assistance such as the [Child Care Subsidy](#) or [Family Tax Benefit](#).

CONFIDENTIAL SUPPORT

[Employee Assistance Program](#)

Independent and qualified counsellors are available 24/7 to assist you or a family member (all anonymously) in a time of crisis or when you just need to talk to someone. This might include personal or carer related stress. Counselling support is free to carers and their immediate families.

LOCAL CARER COMMUNITY ORGANISATIONS

[Foster and Kinship Carers Association Tasmania](#)

Support and assistance for carers including hosting carer morning teas, training, support and advocacy.

[Commissioner for Children and Young People](#)

An independent statutory officer responsible to the Parliament of Tasmania who works to ensure the rights and wellbeing of children and young people are considered and promoted by adults when they are making decisions that may affect them.

[Child Advocate](#)

The Child Advocate undertakes both individual and systemic advocacy, connecting directly with children and young people and advocating on their behalf individually and through youth groups.

[Child and Family Centres \(Department of Education\)](#)

Child and Family Centres are places for families with children birth to 5 to access a range of services.

[CREATE](#)

CREATE Foundation is the national peak consumer body representing the voices of all children and young people with an out-of-home care experience. CREATE provide opportunities to connect and empower children and young people through camps, youth groups, events and more.

Department of Communities, Tasmania

The State Government department that oversees children in Out of Home Care in Tasmania is [Child Safety Services](#) within the Department of Communities, Tasmania. Child Safety Services, or in some cases biological family, are the legal guardian of children in care making them the only ones who are able to make final guardianship decisions and sign forms related to the child. Additionally, Child Safety Services are responsible for making assessments, working with the families and managing the court processes.

Tasmanian Legislation

[Children, Young Persons and Their Families Act 1997](#)

This act provides the framework and mandate for government and non-government services, community members and families to respond to situations where children may have experienced abuse or neglect or where it is considered they may be at risk of suffering harm within their family.

FURTHER RESOURCES

For access to other valuable information, policies and resources you can check out our [Tasmanian Resources](#) page. This page can be found at lwb.org.au/foster-care/carer-resources/tas/ or by using the QR code. We recommend bookmarking this site.



An outline of the available resources is included below.

General Resources

- Welcome to Life Without Barriers
- LWB Tasmania Local and State Information
- eSafety Parents Site
- Foster and Kinship Carers Association Tasmania (FKAT)
- What is a Case Plan?
- Establishing Good Relationships with Care Teams

Forms

- Respite placement form
- Primary placement report
- Medication Record - for Doctor visits
- Medication Administration Record Template
- Home Safety Check
- Volunteer Personal Details

Policies

- Caring for children in Out of Home Care
 - National Water Safety Policy Factsheet
 - Water Safety Policy
 - Charter of Rights for Tasmanian Children In Out of Home Care
 - United Nations Charter of Rights
 - Overnight Stays Guidelines
 - Medication Guidelines
 - Babysitters

- Your Role as a Foster Carer
 - Social Media Guidelines
 - LWB Privacy and Confidentiality
 - Confidentiality Agreement
 - Carer Code of Conduct
 - Carer Rights and Responsibilities
 - Safety Handbook
 - Mandatory Reporting

Training

- myLearning link
- Getting started on myLearning
- eModule Training Catalogue

Financial

- Carer Benefits
- Children in Care and Inheritance Rights
- Tasmanian Expenditure for Children in Out of Home Care
- Centrelink support for non-parent carers

Carer Support

- The Caring Space
- Employee Assistance Program Counselling Guide

Therapeutic Care

- CARE
 - Introduction to CARE
 - Calm, Cool and Collected
 - Empathy, Reflection and a Curious Stance
 - Trauma and Stress
 - CARE glossary and terms
 - CARE electronic book and audiobook

- Therapeutic Crisis Intervention for Families
 - Willing and Able Tool
 - TCI Stress Model of Crisis
 - Power Struggles
 - Iceberg Tool
 - Helping Children do well with Learning Time
 - The Importance of Caring
- PACE and Repair Parenting
 - PACE
 - Repair Parenting
 - Connection before Correction
- Fight, Flight, Freeze
 - Trauma-Informed Support for Children
 - Behind Anger
 - 7 Ways to Calm a Young Brain in Trauma
 - Shame vs Guilt
 - What Survival Looks Like at Home
- Sexual Development
 - Sexualised Behaviours - Traffic Lights
 - Harmful Sexual Behaviour
 - Consent
 - Teaching personal safety advice

Foster Care Phases

- Placement Matching and Welcoming a child
 - Before a placement
 - What to ask when children are placed
 - Way too serious language
 - Messages and advice from kids in care
 - How to help children feel welcome
- Family and cultural Relationships
 - Keeping up cultural connections
 - Relationships with family
 - Aboriginal Organisations in Tasmania

- Disclosures and Allegations
 - Responding to disclosures
 - Allegations
- Leaving Care and Ending Placements
 - When children are leaving care
 - Planning for Independence

Safety

- Home safety
 - Button Batteries
 - Guide to Kidsafe homes
 - Keeping Baby Safe
 - SIDS and Safe Sleeping
 - Bunk Bed Safety
 - Poisoning
- Fire safety
 - Home Fire Safety
 - Bushfire Safety
- Water safety
 - Water Safety Procedure
 - Safe Water Activity Guide
 - Backward Swimming Pool Factsheet
- Car seats and safety
 - Vehicle Restraints
 - How to Choose and Fit the Right Car Seat
- Online safety
 - Online Safety Tips and Websites
 - Keeping Kids Safe Online
 - Keeping Children Safe Online

LIFE WITHOUT BARRIERS