





#### Who we are

We are a leading social purpose organisation working in more than 440 communities across Australia. Through our services we support over 20,000 people living in their own homes or in residential settings that we manage. This includes children, young people and families, people with disability, older people, people with mental illness, people who are homeless, refugees and asylum seekers.

Today, we are one of the largest providers of social services in Australia working in partnership with the community, elders, government and the private sector to improve the lives of the people we support.

#### **Our Values**

- We are responsive We respond to the needs of people and we are determined to get things done the right way, quickly, every time.
- We are imaginative We are open to new ideas and to finding new and better ways to work with people – ways that make lives better.
- We are courageous We stand by our convictions and encourage open and transparent reviews of everything we do.
- We are respectful We value the diversity, opinion and privacy of all people, and seek to reflect this in everything we do and say.
- We build relationships This means working with individuals to build open, confident and trusting relationships.

## Reconciliation

We acknowledge Aboriginal and Torres Strait Islander peoples as the original custodians of the land and strongly believe in recognising, respecting and advancing the inherent rights, cultures and traditions of Aboriginal and Torres Strait Islander peoples and communities. We acknowledge the importance of family, and cultural and community ties for Aboriginal and Torres Strait Islander peoples.

Our commitment to raising awareness of Aboriginal and Torres Strait Islander peoples by hearing their voices and recognising their achievements and shared histories in our communities is ongoing, as we work towards making sure Aboriginal and Torres Strait Islander peoples have access to the same opportunities as all Australians.

We believe that reconciliation must live in the hearts and minds of all



'Empowered Voices' cultural artwork created by Keisha Leon, Lisa Sorbie Martin and Gilimbaa.

# How we support children in care

When caring for children, young people and their families we work in ways that evidence tells us makes a difference for them.

#### We Put Children First

Every day, Life Without Barriers offers support and care to children. We want every one of those children to feel as safe and respected as they should. We all have a responsibility to make sure their safety comes first – and that they are well cared for, protected from abuse and given the respect they deserve.

#### **CARE (Creating Conditions for Change)**

To create conditions for positive change, we use this evidence-informed, principle-based approach in our work with children, families and each other. We support our Carers to apply this model in the way they look after, teach, guide and support children.

#### **Therapeutic Crisis Intervention for Families**

This crisis prevention and intervention model teaches carers how to help children learn constructive ways to handle crises. How we respond to these crises is critical in helping children and young people learn constructive ways to deal with frustration, failure, anger, rejection and depression.

#### MOCKINGBIRD FAMILY™

MOCKINGBIRD FAMILY ™ improves the sense of connection and wellbeing of children, young people and their carers. It connects foster and kinship care homes in a local community with an experienced carer, who becomes the Hub Home provider. The Hub Home provides short-break care for children and supports carers with practical and emotional support through regular activities, training, and meetings. We hope to see these supportive communities in our Tasmanian program soon.

#### **Trauma Informed**

Being removed from their families is traumatic for children and causes profound grief and loss. Our support of children, young people and their families will reflect this understanding and focus on nurturing care where children feel safe.

#### **Children's Rights**

Children have a right to care that is consistent with the United Nations Convention on the Rights of the Child. Children should have meaningful opportunities to participate in decisions that affect their lives – in ways that respect their developmental age and needs. We give children information about their rights and access to organisations and individuals who will advocate on their behalf.

### **Support for carers**

Our carers are never alone in their caring journey. It can be challenging to comprehend the experiences children bring with them, so it is essential that carers feel supported and confident in their role. We have offices across Tasmania, in Hobart, Launceston and Burnie, to support you with a friendly face wherever you are.

#### **Training**

We provide carers with a range of learning opportunities suited to their level of experience and the needs of children in their care. This includes access to a large range of eLearning options on topics such as child development, understanding trauma and stress and healthy living. Training may be available in groups or individually with supporting Practitioners.

#### 24/7 on-call support

Our carers have access to on-call support at any time of the day or night for advice, support and direction in stressful situations.

#### **Financial support**

Carers receive a tax-free allowance to support the individual needs of children placed in their care.

#### **Specialist support**

Our specialist staff work with children and alongside carers where additional support is needed. Where permanency options are being considered, we will help you understand what this means for you as carers and the children in your care, including the support available throughout the process.

#### Respite

For a night or a weekend, children in care may spend time with a respite carer, an opportunity to strengthen social and family networks while their carer takes a short break. This type of care is only offered when it is in children's best interests.

#### **Carer networking**

Talking with other carers is sometimes the best form of support. Through regular carer events we create opportunities for carers to share their concerns, celebrate successes and provide feedback to the Life Without Barriers team.

## **Caring with CARE**

Our Carers receive training and support in using the CARE Model principles to help shape the way we care for children and young people, using relationships to help build new skills and create conditions for positive change. The core principles of CARE are:

#### Trauma informed

All expectations and interactions are to take into account the impact of trauma, such as neglect, abuse and violence, on a child's development.

#### Family involved

A child's identity is tied to their family and involving parents or other significant adults is a vital component in achieving safety, well-being and permanency.

#### **Competence centred**

Competence is the combination of skills, knowledge and attitude that each child needs to negotiate effectively in everyday life.

#### **Ecologically orientated**

Caring and supportive environments provide children with a model of how to care for themselves and others.

#### **Relationship based**

Nurturing care experiences and basic attachments are necessary for children to grow into healthy adults.

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## Types of care at Life Without Barriers

You might be curious as to the types of care we provide for children and young people at Life Without Barriers. We know that each child and young person's time in care will be different, and we provide all types of care to ensure we are able to meet their needs. This ranges from care for short periods and support to return home, through to more permanent care types.

# Respite and short break care (duration of care – a few nights a month or other short periods)

Respite care gives children an opportunity to extend their network of support while their primary carer takes a short break. It is regular or occasional time spent with carers who are not the child's primary Carers. It is usually planned in advance, and only takes place where in the child's best interests.

# Emergency or crisis care (duration of care – days or weeks)

For their own safety, children may need somewhere to stay immediately, for a night or even a few weeks. The call for emergency care can happen at any hour of the day or night.

## Short to medium term foster care (duration of care – 2 weeks to 2 years)

While difficult situations at home are resolved or until plans for longer-term care are made, children need a safe, stable, caring environment where they can strengthen their family relationships, so they can return home safely.

# KINSHIP CARE (duration – may be short or long term depending on circumstances)

Living with a relative or close family friend can help protect the important connections a child has to their family, culture and community. It can also help children avoid the added trauma of living in an unfamiliar environment.

# LONG-TERM FOSTER CARE (duration of care – more than 2 years, potentially until the child reaches adulthood and beyond)

Some children in long-term care are not expected to return to live with their family on a full-time basis. Foster Carers who provide long term care commit to parenting children toward adulthood and provide them with stability and permanency. They experience all the challenges and rewards of guiding a child as they grow and develop.

### **Carer transfer process**

If you're thinking about transferring agencies, then chances are you have plenty of questions and it's important you take the time to find all the answers. We partner with you in making sure we are the right agency for you, and making the transition as successful as we can.

#### Chat with your current Agency/ Department of Education, Children and Young People

If you're thinking of transferring agencies, it's really important to chat with your current agency or foster care provider around any thoughts of moving. This is particularly important if you have a child or young person in your care that would be transferring with you. It also helps to make the process as smooth as possible.

#### 2. Chat with our Team

If you've decided that you'd like to consider moving agencies, we'd love to chat with you about any questions you might have, about how Life Without Barriers could best support you as a Carer, and any children or young people in your care. We'd love to find out why it is you're considering transferring, and the types of care you currently provide or hope to provide in the future. We'll let you know what the next steps will be, which may be different depending on whether you have children in your care or not.

#### 3. Information Exchange Consent

If you're looking to move to our agency, we'll ask you to complete a consent to have information about your current experience as a foster carer shared with Life Without Barriers. We'll ask you to provide this permission for any caring experience you've had with your current or past agencies/department. Sharing details of your past carer assessment and caring experience is an important step in informing the transfer review or assessment.

#### 4. Home Visit

The next step involves lining up a time to visit you in your home where you can ask questions and meet the local LWB Care Team. At this visit our team we'll talk more about your decision to transfer agencies, and do a quick home safety check. We'll also ask all carers and household members to complete a new set of background checks to kick off the process.

#### 5. Transfer Assessment or Review

Once your previous caring experience information has been reviewed, background checks and any other steps or consultations are complete we will complete a transfer assessment or review, depending on how long since your original carer assessment and your reasons for transfer. This process will be much like your original carer assessment, with interviews with yourself as carers and household members, but often much shorter as you have valuable caring experience to draw evidence from. There are some further steps below that explain why this step is important, and what you might need to prepare.

#### 6. Approval

Once complete, the transfer report will be submitted to the Department for approval. If they support your capacity to continue caring, you will become an approved Life Without Barriers Carer and receive ongoing support and training from the LWB Carer Team.

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## A little more about the carer transfer requirements

For currently authorised Carers who look to transfer to Life without Barriers, an important step is taking part in a transfer review or assessment.

This is necessary and forms part of the ongoing process of information exchange and is key to making sure it is suitable for you to becoming a Carer with Life Without Barriers. Life Without Barriers will help you right throughout this process.

During the process, there are some documents we will ask you to share, and some background checks you'll need to complete. Some of these documents might already be available with your current NGO or Agency, and we'll ask for your permission for them to share this information with us to help make the process that little bit easier. This would involve completing and signing a consent to exchange information, allowing your previous agency/ies to share information about your caring experience.

You may be familiar with some of the personal and safety checks, which may include a Home Safety Check, including compliance documentation if your home has a swimming pool, Health and Medical Checklists and background checks like Working With Vulnerable Person Checks, National Police Check and Child Safety Check.

We will help you understand how we support the caring relationship at Life Without Barriers, including discussing the Code of Conduct for Authorised Foster, Relative and Kinship Carers, sharing the Life Without Barriers Carer Rights and Responsibilities Information Sheet, and explaining our Life Without Barriers - We Put Children First policy.

Make sure that you have the following personal documents handy for when we visit:

- 100 points of identity documentation
- Your current Driver's License
- A copy of your current Motor Vehicle Registration
- A copy of your current Motor Vehicle Insurance
- A copy of your current Home &/or Contents Insurance
- 100 points of identity documentation
- Your current Driver's License
- A copy of your current Motor Vehicle Registration
- A copy of your current Motor Vehicle Insurance.

# Share your world

Become a foster carer

#### Where to from here?

Whether you're looking to start the transfer process or just want more info, our team of specialists can help. You can contact us via social channels, email and telephone. Our team will come back to you as soon as possible.

1300 592 227 or locally on 0472 869 969

carers@lwb.org.au





# LIFE WITHOUT BARRIERS

#### Contact us

For more information on any of the services provided by Life Without Barriers, please contact us on:

1300 592 227



lwbaustralia



LWBAustralia



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