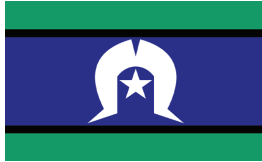


AN ONLINE GUIDE TO FAMILY RELATIONSHIPS & CHILD DEVELOPMENT RESOURCES FOR KINSHIP CARERS ON THE KCV WEBSITE

**Many of these resources are also of
interest to permanent, foster and
informal carers**

2024
August





GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Ph: 0499 969 234

Email: admin@kinshipcarersvictoria.org

www.grandparentsvictoria.org.au

www.kinshipcarersvictoria.org

Kinship Carers Victoria
acknowledges the support of the
Victorian government.



Families,
Fairness
and Housing

How to use this guide

There are easy ways to access these resources:

1. View the contents presented in this guide, and much more, on the KCV website at

- <https://kinshipcarersvictoria.org/resource-booklets/>
- <https://kinshipcarersvictoria.org/podcasts-videos>
- <https://kinshipcarersvictoria.org/fact-sheets/>

or by doing a web search for Kinship Carers Victoria

- <https://kinshipcarersvictoria.org/>

2. Use the QR codes below to access the Resource Booklets, Podcasts/Videos and Factsheets pages on the KCV website





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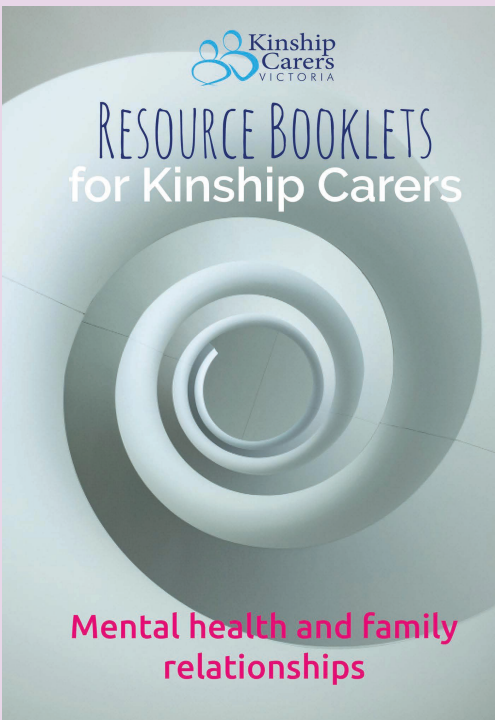
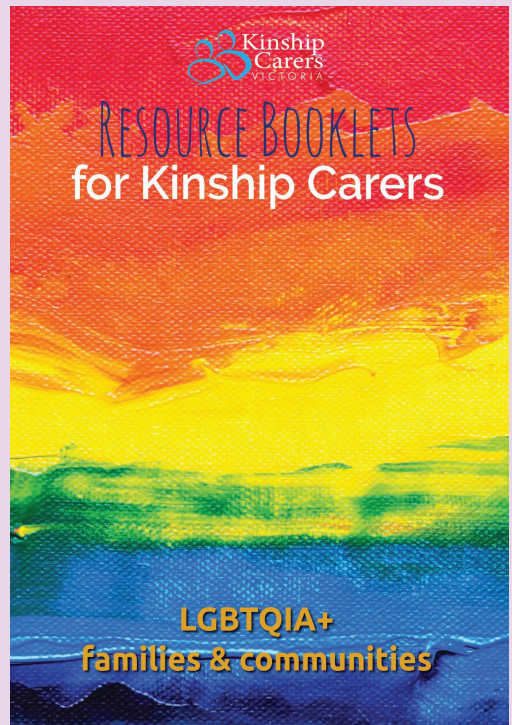
Resource Booklets



LGBTQIA+ families & communities

A comprehensive listing of agencies and organisations offering online, telephone and face-to-face counselling, support, services, referrals, seminars, professional development, workshops and social events for all members of the LGBTQIA+ community.

Includes organisations such as QLife, Queerspace, Zoe Belle Gender Collective, Wire, Rainbow Families, the Victorian Pride Centre, Transgender Victoria, Parents of Gender Diverse Children and many more.



Mental health and family relationships

Extensive list of government, not-for-profit and other organisations and agencies providing crisis support, online, telephone, video and face-to-face counselling, information, services, community forums, legal advice, referrals and financial advice on issues relating to mental health and families.

Includes Lifeline, Kids Helpline, QLife, MensLine Australia, 1800 RESPECT, the Butterfly Foundation, Yarning Safe and Strong, the National Alcohol and Other Drug Hotline, Griefline, MINUS18 and many others.



Planning for more effective access visits (from podcast)

Based on an adapted transcript of KCV's podcast on access visits. Access or contact visits with biological family can be challenging and may produce a range of emotions in children in kinship care families.

In this podcast, we spoke with Adam Lyons, Managing Director of Lancaster Consulting, who addresses some of the more common issues carers face in preparing the children in their care for access visits and outlines strategies for debriefing children afterwards.

For children & young people with an emotional/physical disability

This booklet contains a comprehensive list of bodies offering support for families of children with disability, injuries, illness, a neurological condition or additional needs.

Includes organisations offering playgroups, online, telephone and face-to-face counselling, inclusion programs, mindfulness resources, equipment and therapies programs, assessments, peer support, advocacy and more.

RESOURCE BOOKLETS for Kinship Carers

For children & young people with an emotional/physical disability



Podcasts



Podcast #30 – Diet and nutrition for neurodiverse children and young people (Mar 2024)



What is neurodiversity? This is a term describing the idea that people experience and interact with the world in many varied ways, but there is no one 'right' way of thinking, learning, or behaving, with these differences not viewed as deficits.

Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition, joined Kinship Carers

Victoria to speak in depth about the effect of diet/nutrition on children with autism, ADHD, OCD and other types of neurodiversity.

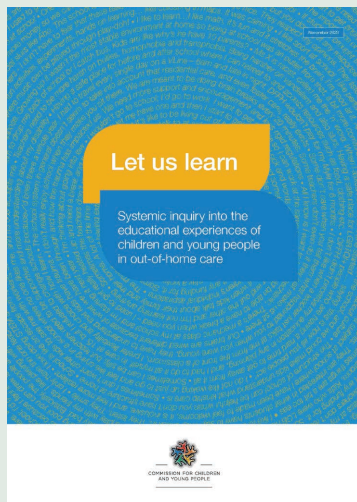
Funded by **carer.KAFÉ**

Podcast #29 – Issues with education for children and young people in out-of-home care (Jan 2024)

In this podcast we speak with Victoria's Commissioner for Children and Young People, Liana Buchanan, about the Commission's *Let Us Learn* inquiry report, tabled in the Victorian parliament in November 2023.

The report shows that the education engagement and outcomes for children and young people in out-of-home care trail significantly behind those of their peers.

Liana explains why the Commission conducted the report and outlines its reaction to the findings. She also discusses some of the Commission's most pressing recommendations resulting from the inquiry.



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Podcast #27 – Preparing for Access Visits (Nov 2023)

Access or contact visits with biological family can be challenging and may produce a range of emotions in children in kinship care families.

The visits can be formal or informal, and sometimes they are supervised by a professional, such as a child protection worker or agency worker, or even by the kinship carer themselves.

In this podcast, we speak with Adam Lyons, Managing Director of Lancaster Consulting, who addresses some of the more common issues carers face in preparing the children in their care for access visits and outlines strategies for debriefing children afterwards.

A resource booklet on this issue is available online via the KCV website or by calling the office.



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Podcast #26 – The Benefits of Play (Oct 2023)



What does the latest research tell us about the benefits of play for the wellbeing of children and young people? The February 2023 edition of the Royal Children's Hospital National Child Health Poll – *Australian Families: How we play* has some findings of great interest to kinship carers.

In this podcast we speak with paediatrician, researcher and child health advocate Dr Anthea Rhodes, the founding director of the poll. Anthea has clinical interests in the health needs of the vulnerable child, with expertise in child behaviour and development.

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Podcast #10 – The health of children in kinship care (May 2019)

The health of children in kinship care is of primary concern. Resources must continually be put into finding ways to improve health care outcomes for children in out of home care.

In this podcast KCV speaks with Dr Karen McLean, paediatrician with the Pathway to Good Health Clinic, the Sleep Disorders Clinic, the Royal Children's Hospital, the Murdoch Children's Research Institute and the Department of Paediatrics with the University of Melbourne.



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Fact Sheets

Engagement of Aboriginal Children with Child

carer is extremely valuable and the government is committed to providing you with training and resources to deliver the best care for the children you look after.

Children in out-of-home care, this means and the child have the opportunity to connect to their community and culture. This is important research shows that Aboriginal children who are culturally safe and connected cultural support improved outcomes including greater health and well-being.

With this, the Victorian Government has implemented the Transitioning Aboriginal Children

What is an Aboriginal Community Organisation (ACCO)?

An Aboriginal Community Controlled Organisation (ACCO) is an Aboriginal community to deliver holistic, comprehensive, and culturally safe care for Aboriginal children and young people in all regions of Victoria.

Why is the case management of Aboriginal children being reviewed?

Aboriginal children represent 20 per cent of all children in state care. Despite Aboriginal people representing only 1.2% of the total population in Victoria. At present most care and case management for Aboriginal children is provided by non-Aboriginal agencies. It is important that these children have access to culturally safe services and maintain a strong connection to culture. By transferring responsibility for the care management and care of Aboriginal children to ACCOs, we can ensure

Home Stretch

Children and young people in care services (formerly known as out-of-home care) are supported through a continuum of care response that provides ongoing placement support from entry into the child protection system to their formal exit from care. The introduced Home Stretch has expanded this response. It provides eligible young people with access to continued out-of-home care to secure and maintain stable accommodation up to 16 to 21 years of age.

From 1 July 2021, Home Stretch was also extended to young people on permanent care orders, providing Home Stretch supports from 18 to 21 years of age. Home Stretch is delivered via the Better Futures program and includes three service components:

- accommodation allowance, either via the following approved accommodation types:
 - home-based care; or
 - independent living;
- case work support provided by a Better Futures worker

Purpose

This practice advice has been developed for care services who may be eligible for Home Stretch. This document should be read in conjunction with the providers website.

TYPES OF OUT-OF-HOME CARE

Kinship Care

Kinship care is the care provided by relatives, family friends) or a member of the child's community. Kinship care is the explicitly preferred placement type for children who cannot live with their parents, where Aboriginal family and community and Aboriginal culture are valued for stability and development. Aboriginal kinship services are operating in every region of Victoria.

Statutory kinship placements occur when a child protection intervention has been made to place a child with relatives or a significant friend, and may also include placement with a friend.

Private, informal or non-statutory kinship care are terms which may refer to children are cared for by relatives or significant friends without any Court involvement.

Foster Care

Foster care is temporary care of children by accredited foster carers. Foster care is temporary care of children in foster care for a period of time with their birth family.

Children and young people are placed in foster care for a period of time, through a voluntary arrangement, by court order, or through a voluntary arrangement, between 14 days and 12 months. The care could be overnight, for a month or longer – it depends on the circumstances.

Permanent Care

Permanent care placements are made under a permanent care order. Permanent care placements are made under a permanent care order in a safe and supportive family environment for a period of time.

Children placed in permanent care come from a placement. The department makes decisions about placement. Children and young people are unable to return home to their birth family.

This comes about when a permanent care order is made to the permanent family. Legally the child is placed into the permanent care of the child and also long-term placement. The child's parents into the permanent family.

As a permanent carer you have a legal responsibility for the child with some expenses. The permanent carer is responsible for the child's care and expenses. The permanent carer is responsible for the child's care and expenses. The permanent carer is responsible for the child's care and expenses.

The information contained in this document is for information only. It is not intended to constitute an offer of any financial product or service. For more information, please contact the former Department of Human Services.

Age-appropriate sexual behaviours



**CENTRE AGAINST
SEXUAL ASSAULT
CENTRAL VICTORIA**

Sex play and sexual behaviour is normal in children and young people. Age-appropriate behaviours do not require intervention by carers and professionals.

But some behaviours signal the need to watch for the frequency and persistence of these behaviours. If a child or young person exhibits several of these behaviours, or they continue despite clear requests to stop, seek advice from Child Protection or your agency.

Still other behaviours are indicative of very concerning sexual behaviour. Most of these behaviours require immediate professional advice, particularly if they are accompanied by secrecy, anxiety, tension, coercion, force, compulsion and threats.

This factsheet includes listings of Sexually Abusive Behaviour Treatment Services (SABTS) and Centres Against Sexual Assault (CASAs) across the state.

Aboriginal culture



VACCA

Connected by culture

This factsheet provides a snapshot of information to help carers enhance their knowledge about Aboriginal culture in Victoria, and the cultural needs of the child or young person they are caring for. Further information about caring for Aboriginal children in out-of-home care can be found in the Caring for Aboriginal and Torres Strait Islander children in out-of-home care resource developed by the Victorian Aboriginal Child Care Agency (VACCA).

Culture plays a key role in an Aboriginal child or young person's development, identity and self-esteem, and in determining their overall wellbeing. As a relative carer of an Aboriginal child or young person, carers have a significant role in fostering their Aboriginal identity and connection to culture. If carers prioritise and understand the importance of Aboriginal culture to a child or young person's wellbeing and positive development, and bring this into the home, they are more likely to raise Aboriginal children and young people who experience better life outcomes.

Changes to the case management of Aboriginal children involved with Child Protection

Your role as a carer is extremely valuable and the Victorian Government is committed to providing you with the support, training and resources to deliver the best quality of care for the children you look after.

For Aboriginal children in out-of-home care, this means both you and the child have the opportunity to connect with their community and culture. This is important as all research shows that Aboriginal children who have culturally safe and connected cultural support have improved outcomes including greater health and wellbeing.

In line with this, the Victorian Government has implemented the Transitioning Aboriginal Children to

What is an Aboriginal Community Controlled Organisation (ACCO)?

An Aboriginal Community Controlled Organisation (ACCO) is an Aboriginal community to deliver holistic, comprehensive, and self-determining services. An ACCO is an organisation that is controlled through an elected Aboriginal Board of members from the community.

Why is the case management of Aboriginal children being changed?

Aboriginal children represent 20 per cent of all children in out-of-home care, despite Aboriginal people representing only 3.2% of the total population in Victoria. At present most case management for Aboriginal children is provided by non-Aboriginal agencies. It is important that these children have access to culturally safe services and maintain a strong connection to culture.

By transferring responsibility for the case management and care of Aboriginal children to ACCOs, we can ensure

Home Stretch Eligibility and referral

Home Stretch

Children and young people in care services (formerly known as out-of-home care) are supported through a continuum of care response that provides ongoing placement support from entry into the child protection system to their formal exit from care. The introduction of Home Stretch has expanded this response. It now includes eligible young people with access to continued support to secure and maintain stable accommodation as well as care from 16 to 21 years of age.

From 1 July 2021, Home Stretch was also extended to young people on permanent care orders, providing support to Home Stretch supports from 18 to 21 years of age. Home Stretch is delivered via the Better Futures program and includes three service components:

- accommodation allowance, either via the following approved accommodation types:
 - home-based care; or
 - independent living
- case work support provided by a Better Futures worker

Purpose

This practice advice has been developed for kinship carers who provide care services who may be involved with Child Protection.

This document should be read in conjunction with the relevant legislation and can be found on the Kinship Carers Victoria website.

TYPES OF KINSHIP CARE

Kinship Care

Kinship care is the care of children by family members or other people known to the child's family.

Aboriginal kinship care is provided by Aboriginal parents, whānau, community members, stability and cultural connection.

Statutory kinship care is provided to children made to the court.

Private kinship care is provided to children by family members or other people known to the child's family.



RESOURCE
for Kinship



Resource
Courts
The Role of
and

LGBT
Families & C



Kinship Care's

Source Booklet
Kinship Care

Grief and Loss



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