



**My Forever  
Family NSW**

Nurture Belonging

# CARER COACHING PROGRAM

MY FOREVER FAMILY NSW

FEB 2023

# 01. WHAT IS CARER COACHING?



The Carer Coaching Program assist carers in creating a stable home for and relationship with the child or children in their care by offering intensive 1:1 support sessions with our qualified team.

These sessions will be goal-focused, motivational, and encouraging to support you on your carer journey.

The carer will self-evaluate before the first session and after the last session as a means of measuring success of the Carer Coaching Program.

## 02. ELIGIBILITY CRITERIA



- Open-minded to new strategies and a willingness to commit to change
- Carer's who have been in their caring role for over 12 months and/or
- Carer's wanting to build resilience and confidence in their caring role
- Carer's that have expressed interest in Guardianship or Adoption
- Suitable scenarios include:
  - Considering relinquishing care
  - Feelings of isolation and hopelessness, frustration, lack of support
  - Loss of placement (grief and loss)
  - Allegations
  - Requires cultural support

### 03. WHAT CAN THE CARER EXPECT?



- 1:1 sessions via phone or video conference
- Individualised content with a goal-focus
- Self-reflection, increased awareness, a shift into a growth-mindset
- Post-program support, personalised resources from coach

## 04. WHAT IS REQUIRED OF THE CARER?



- The carer is required to participate in up to 3 Carer Coaching sessions
- Carer to reflect and complete a pre and post self-evaluation to measure any improvement
- Carer Coaching evaluation survey

# SESSION BREAKDOWN



## INITIAL SESSION

1:1 - 30mins - 1 hour

Introduction & discuss:

- Get to know each other
- Discuss carer's main concerns
- Reflection
- Carer to set realistic goals

## SECOND SESSION

1:1 - 30mins - 1 hour

Explore:

- Current circumstances
- Available supports
- Coping mechanisms
- Key challenges
- Areas of confidence
- Where would the carer like to see themselves
- Goal measures

## THIRD / FINAL SESSION

1:1 - 30mins - 1 hour

Reflect:

- Feelings about how they've progressed since first session (also measured in self evaluations)
- Coach acknowledges positive progression
- Recommended resources
- Discuss where to seek help moving forward

# WHAT DOES POST-CARER COACHING PROGRAM SUPPORT LOOK LIKE?

## Each carer will received an email outlining:

- Goals created
- Resources
- Recognition of dedication to child or young person
- Copy of both self evaluation forms

Invited back  
for future support

External referrals &  
mental health  
supports

Internal Referrals:  
Training, Carer  
Support Groups, Carer  
Reference Groups,  
Carer Support

# WHAT IS THE DIFFERENCE BETWEEN CARER SUPPORT AND CARER COACHING?



CARER SUPPORT TEAM	CARER COACHING PROGRAM
Working with carer and NGO's to negotiate a greater outcome for carer and child or young person	Emphasis on permanency and placement stability through education and awareness, but not limited to discussions on trauma-informed care, therapeutic parenting, blocked caring, escalating behaviours, impacts of allegations
Support with understanding OOHC system	Address importance of self-care and increase confidence to stabilise carer retention
Provide solution-focused and process-based support and information	Adopt motivational interviewing techniques to empower carer to recognize and reflect on their inherent skills to self advocate and provide improved care for child or young person
Provide resources and training to carers around carer-related issues	Increase and simplify carer understanding of the guardianship and adoption process to alleviate feelings of overwhelm
Provide insight into particular area's such as guardianship, adoption, carer payments, family time, casework, eligibility for and access to services	Carer-led and goal-focused
Encourage and support positive relationship with DCJ / NGO's	Identify carer's support network; internal or external and how to utilize these supports
Understanding and recognising the needs of the children and young people in the OOHC system	Overall, a focus on the carer and the child or young person's inner world and help find ways to improve these relationships





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THANK  
YOU

