

Caregiver Competencies

Alberta Competency	Expectations	Training
Supporting children, youth and families with historical trauma, loss & grief	Caregiver will be able to recognize the impact of trauma, grief and loss, including historical trauma and its impact on culture, and support a child, youth and their family through these challenges. They will have strategies to manage behavioural responses that occur as a result of issues concerning values, loyalty, bonding, separation and transitions. <u>Examples:</u> - Understand, recognize and manage trauma triggers as they relate to behavioral responses of child/youth. - Understand the importance of resiliency and know how to create opportunities through ceremony and the child/youth's connections, to nurture resiliency in the child/youth.	- AB: Foundations of Caregiver Support for Caregivers (Part 1 & Part 2) - AB: Understanding Sexual Abuse and Managing Disclosures - AB: Suicide Awareness - AB: Understanding Self Harm Behaviour - AB: Substance Use Awareness - AB: Weathering the Storm: Tools for Positive Emotional Regulation - AB: Preserving Memories
Maintain a child and youth's culture	Caregiver acknowledges and enhances a child/youth's cultural connections, assists them to understand/maintain/develop a cultural identity, their language and pride by supporting involvement with the child/youth's family and/or cultural community and events. <u>Examples:</u> - Understand the value of practicing the child/youth's culture every day and is willing to integrate the cultural heritage of the child/youth into their daily living. - Collaborate with family, Band Designate and community to access resources available to maintain a child/youth's cultural identity.	- PRIDE: Promoting Children's Cultural Identity - AB: Caring for Indigenous Children and Youth - AB: Walking Together: Supporting Indigenous Cultural Connections
Collaborating for successful transitions	Caregiver is aware of their role in planning and the programs involved with transitioning a child/youth. They prepare the child/youth for the next steps in the plan as directed by the child/youth's team. Understand the importance of lifelong connections and maintain those, while supporting the permanency and reunification plans for child/youth. <u>Examples:</u> Caregiver recognizes of the importance of a child/youth's life story including their cultural identity and life long connections. Take an active role in keeping, maintaining and developing a way to record memories through memory boxes or memory books.	- AB: Navigating Transitions - Attachment, Regulation and Competency Reflections Training (ARC) - Session 7: Endings and Beginnings - AB: Preserving Memories

	Caregiver attends and participates in collaborative planning meetings, assessments/medical/long-term supports/school (e.g. AISH/Alberta Works/PDD). Caregiver supports and instructs youth to learn life skills, including but not limited to cooking/laundry/hygiene/shopping/bills/budget/banking/personal finance. Support youth in obtaining ID (AHC, bank accounts, SIN, passport, status card).	
Respond to the demands of the caregiving experience	Caregiver is knowledgeable about the difference between raising biological children and children/youth in care and recognizes the impact of a child/youth's experience and behavioral responses on all family members. Caregiver recognizes the importance of family boundaries and knows how to balance the needs of the child/youth and their own family's needs. They have a support network that they utilize to support themselves when managing challenges. <u>Examples:</u> - Identify own strengths and limitations, and ask for help when required. Maintain a support network (immediate family, extended family, friends) that assists the primary caregiver with supervision and basic care of the child/youth i.e., AFKA Mentorship Program, AFKA helpline, Caregiver Advisory Groups, Caregiver Support Group. - Understand the importance of advocating for oneself, accessing self-care and respite. Is aware of the supports available and how they can be accessed.	- PRIDE: Managing the Caregiving Experience - AB: Your Role on the Child's Case Team - Attachment, Regulation and Competency Reflections Training (ARC) - Session 2: Put on Your Own Oxygen Mask
Working in collaboration with Children's Services	Caregiver works with the child/youth's team and understand their roles, responsibilities and rights within the Child Intervention Framework. Maintain a positive working relationship with the Ministry and community. Maintain a daily log that contains observations, significant daily events, positive memories, and areas of concern. Immediately records and reports in detail any critical incidents, significant events/behavioral responses of the child/youth and their family to the caseworker. <u>Examples:</u> - Accompany child/youth to medical, dental, and/or optical appointments. Know when to seek medical intervention or treatment. Is able to follow health care plans as outlined by health care professionals. Supervise the administration of all medications as per medical instructions. - Carry out specific duties assigned in the child/youth's plan, with direction from the child/youth's caseworker. Represent	- AB: Child Intervention in Alberta: What Caregivers Need to Know - AB: Understanding Care Concerns and Allegations - AB: Your Role on the Child's Case Team - AB: How to Observe, Record and Report - AB: Medication Administration - PRIDE: Working in Collaboration with the Case Team

	the child/youth's needs/view point accurately and advocate on behalf of the child/youth, by preparing for and actively participating in meetings/activities pertaining to the child/youth.	
Build relationships with the child/youth's family	Caregiver works toward strengthening the child/youth's relationship with their family, with a focus on reunification, whenever supported by the child/youth's plan. Caregiver promotes and facilitates consistent sibling engagement, focusing on building strong, healthy sibling relationships (visits, respite, gatherings). Caregiver is respectful, non-judgmental, and supportive in their relationship with the child/youth's family. <u>Examples:</u> • Work with the child or youth's team to assist them with navigating and maintaining relationships with their family (ie-therapists, school counselors, family therapy). • Involve the child/youth's family where appropriate in their daily living, making use of opportunities and events to encourage contact and connection.	• PRIDE: Supporting Relationships Between Children, Youth and Their Families • AB: Foundations of Caregiver Support for Caregivers (Part 1 & Part 2) • Nurturing Child and Youth's Connections • AB: Life Long Connections
Identify and promote the child/youth's development	Caregiver provides a physically and emotionally safe and nurturing home environment. They are accepting and supportive of all cultural backgrounds and all areas of diversity, including sexually and gender diverse children and youth. They create an environment of inclusivity where the child/youth reports feeling accepted, a sense of belonging and are valued as part of the family. <u>Examples:</u> • Caregiver understands child development as a progression through ages and stages. They recognize that a child/youth's physical, cognitive, social, and emotional development are interconnected. • They will support the child/youth to participate in activities that are of interest and helpful to them, regardless of whether these activities are stereotypically male or female. • They have the ability to utilize parenting strategies that will support the child/youth's unique needs and meet identified cognitive, physical and/or emotional challenges.	• AB: Safe Babies • Foundations of Caregiver Support for Caregivers (Part 1 & Part 2) • PRIDE: The Foundation for Meeting The Developmental Needs of Children and Youth • AB: FASD: A Caregiver's Learning Series • PRIDE Sexuality through the Ages and Stages of Development • AB: Supporting Sexual and Gender Diverse Children and Youth • AB: Play The Building Blocks of Development and Connection • PRIDE: Positive Discipline Strategies to Protect, Nurture and Meet Developmental Needs • Attachment, Regulation and Competency Reflections Training (ARC) • AB: Weathering the Storm: Tools for Positive Emotional Regulation