

# Caregiver Training Understanding Care Concerns and Allegations

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## Participant Material

Alberta Children and Family Services  
2024



Alberta

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# Success in Caregiving

Self-Care

Know the  
Expectations

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Document

Routines,  
Structure, and  
Supervision

Support Network



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# Positive Discipline Tips

- **Stay calm** – Check in with yourself before you check in with the child or youth.
- **Be patient** – Provide gentle reminders. Children and youth with past trauma may forget or be unable to follow the guidelines at times.
- **Be clear** – Be simple and specific. Clearly communicate routines, structure, and supervision with everyone in the home. Check in often.
- **Give choices** – Whenever possible, give children and youth choices within the structure and routines, like choosing between two tasks.
- **Be consistent** – Follow the routines and structure. This helps children and youth understand what to expect.
- **Be a role model** – Demonstrate the positive behaviour responses you want to see.

“What is Positive Discipline?” video:

[www.youtube.com/watch?v=oTFuGgr\\_KMQ](https://www.youtube.com/watch?v=oTFuGgr_KMQ)



# Care Concerns Process

Referral / Report



Intake Phase – Consultation



Intake Phase – Open to Assessment or Close



Assessment



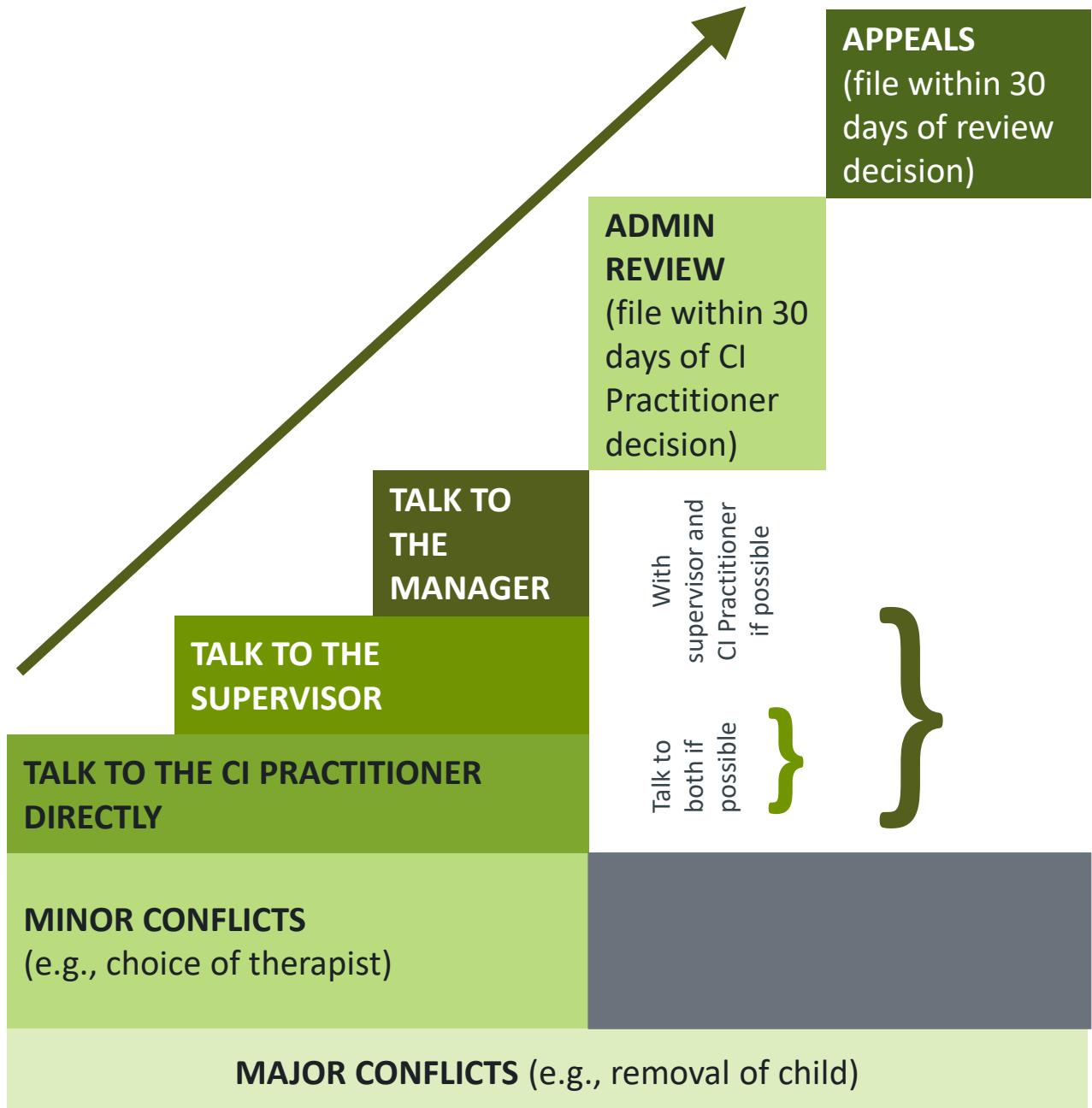
Next Steps and Follow Up

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# Dispute Resolution



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# Supervision Tips

Supervision can take various forms depending on the child's needs and the situation:

- **Within arm's length:** Staying physically close to the child, particularly when they are engaging in potentially challenging activities or when they are feeling vulnerable. This level of supervision is often necessary during tasks that require direct assistance or when a child is in distress. For example, "I'll be right next to you while we do this puzzle together."
- **Within eye view:** Keeping the child in sight, which is essential during playtime or when they are exploring new environments. This ensures that the child feels secure while allowing for some independence. For example, "I'll be in the kitchen where I can see you playing in the living room."
- **In the same room:** Being present in the same space, providing a comforting presence while giving the child a bit more freedom. This level of supervision is ideal for activities that are safe but still require a watchful eye. For example, "I'll be sitting here on the couch while you play with your toys on the floor."



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# Supervision Tips (Continued)

- **Proximity supervision:** Staying within a certain distance, such as within earshot, where you can quickly intervene if necessary. This type of supervision allows for more independence while still ensuring the child's safety. For example, "I'll be just down the hall if you need me, and I'll check in every few minutes."
- **Remote supervision:** Monitoring the child from a distance, such as using a baby monitor or checking in periodically if they are in a safe and secure environment. This might be appropriate for older children who need less direct supervision but still require oversight. For example, "You can play in your room, and I'll listen in with the baby monitor to make sure everything is okay."
- **Shadow supervision:** Staying close enough to intervene immediately if needed, especially during high-risk activities or transitions. This type of supervision is important for children who might act impulsively or have a history of running away. For example, "I'll walk with you to the bus stop and stay close by until you're safely on board."



# My Success in Caregiving

|                                      | Things I can do: |
|--------------------------------------|------------------|
| Self-Care                            |                  |
| Know the Expectations                |                  |
| Communicate and Document             |                  |
| Routines, Structure, and Supervision |                  |
| Support Network                      |                  |



# Course Resources

| Name  | Link  | Description  |
|---|---|--|
| Alberta Foster and Kinship Association (AFKA) | <a href="https://afkaonline.ca/">https://afkaonline.ca/</a>   | <p>Equipping foster and kinship caregivers with knowledge, tools, and a support system.</p> <p><b>Contact:</b></p> <p>Telephone: (780) 429-9923<br/>Toll Free (within Alberta): 800-667-2372<br/>Email: <a href="mailto:info@afkaonline.ca">info@afkaonline.ca</a></p>         |
| Caregiver Support Program                     | <a href="https://afkaonline.ca/programs/caregiver-support-program/">https://afkaonline.ca/programs/caregiver-support-program/</a> | <p>The Caregiver Support Program provides:</p> <ul style="list-style-type: none"><li>• Community Building</li><li>• Systemic Navigation Assistance</li><li>• Guidance During Complex Times</li></ul> <p><b>Contact:</b></p> <p>The Caregiver Support Program through AFKA.</p> |

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# Caregiver Expectations

| Name and Link  | Description  |
|--|--|
| <a href="#"><u>Child, Youth and Family Enhancement Act (CYFEA)</u></a>         | Provides authority for Child and Youth Services to provide services in support of children who are abused, neglected or otherwise in need of intervention.   |
| <a href="#"><u>Enhancement Policy Manual</u></a>                               | Contains policies and procedures that direct casework staff when delivering services under the Child, Youth and Family Enhancement Act. The policies provide direction and procedures for most common situations.                  |
| <a href="#"><u>Residential Facilities Licensing Regulation</u></a>             | Provides directions on conditions for licensing a foster home or child and youth facilities and provides information regarding ratios for children in a home, emergency procedures, and records.                                   |
| <a href="#"><u>Kinship Care Handbook: A Toolkit for Kinship Caregivers</u></a> | Provides information on practical everyday issues related to kinship care. The handbook covers information on kinship care support, explain policy, and provide facts and material on other program areas.                         |
| <a href="#"><u>The Foster Care Handbook: A Guide for Caregivers</u></a>        | Provides an overview of foster care, highlighting the responsibilities of the foster family, advice on foster care support, policy, and other program areas. It is an extensive information resource on practical everyday issues. |



# My Local Resources

| Name | Location | Phone # | Description |
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