# Reflective questionnaire for foster carers

**Under review please use in the interim**

**To be completed by the foster carer(s) prior to the review interview**

Foster carer name/s:      \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:      \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COMPETENCY A:**

**Attitudes and connections**

**Question 1**

What motivates you to continue being a foster carer?

**Question 2**

How well do you feel supported in your role as a foster carer? (eg by your support worker, DCP, family, friends etc)

 1[ ] …2[ ] …3[ ] …4[ ] …5[ ] …6[ ] …7[ ] …8[ ] …9[ ] …10[ ]

very little quite well very well

Are there people in your life who have not supported you in your role as a foster carer?

**Question 3**

Tell me about the people who have supported you in your caring role?

**Question 4**

What impact has fostering had on your own children (if applicable)?

If applicable, how have you managed this impact (e.g. what did you do, what worked/didn’t work, what would you do differently)?

**Question 5**

What have you done to make sure you have information about the foster child/ren in your care? Who has provided you with this information?

**Question 6**

Are there other supports you / your family require? If yes, what are they?

**COMPETENCY B:**

**Personal resilience**

**Question 7 (a)**

Do you think that foster caring has had an impact on your relationship with your family and if so, how?

If applicable, how have you managed this impact (e.g. what did you do, what worked/didn’t work, what would you do differently)?

**Question 7 (b)**

Have there been any recent major events (e.g. grief and loss, a care concern, fertility, financial or other event that may have caused stress) that have impacted on your care for your foster child/ren? If yes, can you describe the impact?

**COMPETENCY C:**

**Teamwork**

**Question 8**

What has been your experience of participating in the Case Planning process? Please list examples (eg have you been encouraged to contribute to the child’s plan? Have your views been taken into consideration? Do you feel consulted, informed or “told”?

Is there anything you could suggest that might improve the case planning process?

**Question 9**

What has your experience been regarding birth family contact?

If you have had a negative experience, did you receive the support you required? If not, what supports would have assisted you?

**Question 10**

What is your understanding of importance of birth family contact?

Describe how you have supported a child in your care strengthen their relationship with their birth parents?

**Question 11**

Has your service provider provided you with information on how to advocate on behalf of a child/ren in your care?

Yes [ ]  No [ ]

If yes, what did you do and what was the result?

If no, what information would be useful?

**Question 12**

What do you understand of the importance of memorabilia and the continuation of a child’s / young person’s life story?

How do you support the child / young person to maintain memories and their life story?

**If you are an Aboriginal or non-Aboriginal carer for an Aboriginal or Torres Strait Islander young person, please answer questions 13 and 14.**

**Question 13**

In what ways do you ensure the child / young person maintains a connection with their birth family, their Community and their culture?

**Question 14**

Have you participated in activities with Aboriginal organisations and Communities over the last year?

Yes [ ]  No [ ]

If yes, describe the activities, events or Communities you have you participated in?

If no, please explain why

**Question 15**

Describe a significant Aboriginal person within your foster child’s / young person’s life and describe how you have nurtured this relationship.

**Question 16**

Describe your understanding of the significance of your foster child’s / young persons Life Story Book Work and describe a time you have contributed to the Life Story Work of a child / young person in your care.

**COMPETENCY D**

**Child focussed care**

**Question 17**

Describe the emotional needs of the child in your care? How have you been able to meet these needs?

What other supports would be useful?

**Question 18**

How have you promoted the social psychological and intellectual needs of the child/ren in care? Please consider (if applicable):

How do you promote educational achievements for school aged children?

What is your understanding of the developmental needs of the child in your care who is pre-school age?

How do you encourage their pride and involvement in their cultural identity?

If the child came to you with significant problems (emotional, behavioural, developmental etc) how have you managed this and what is your ongoing plan to deal with this?

How have you encouraged the child/young person to develop his or her own social relationships?

How have you encouraged the child or young person to develop life skills?

**Question 19**

What strategies have you used to encourage positive behaviour?

Have you had assistance from any service/agency in developing these strategies? If yes, which services/agencies?

**Question 20**

How do you involve the child/young person in decisions that affect them?

Describe a time that you have you assisted the child/young person in your care to develop the skills to find a solution to a problem (eg a conflict with a school friend, separation from a birth parent or other significant person etc)

**COMPETENCY E**

**Provide a safe environment**

**Question 21**

Please describe any safety risks you’ve identified in your home and how you have managed those risks.

What additional household guidelines have you put in place to ensure the safety of the child or young person in your care?

**Question 22**

What have been some of the challenges for you in maintaining confidentiality?

What strategies have you used to overcome these challenges?

**Question 23**

Please list the training you attended since the last full review. Did you find the training useful? If not, why?

|  |  |  |
| --- | --- | --- |
| Training attended | Useful? | Why not? |
|       | Yes [ ]  No [ ]  |       |
|       | Yes [ ]  No [ ]  |       |
|       | Yes [ ]  No [ ]  |       |
|       | Yes [ ]  No [ ]  |       |
|       | Yes [ ]  No [ ]  |       |

If you haven’t attended any training since the last full review, why?

**Question 24**

What other training do you require? (List if any)

**Question 25**

Would you like to make any other comments in regard to your experiences as a foster carer?

**Signature Carer 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:       \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature Carer 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date:       \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**