



## Therapeutic Home Based Care (THBC)

This factsheet has been developed for use by service providers recruiting carers for the Therapeutic Home Based Care (THBC) Model. It is intended as a guide only to understand the distinguishing qualities of a THBC carer that supports placement stability.

### *Carer's goal statement:*

I undertake my role within a realistic and appropriately supported environment. I play a central role in caring for a child who is also supported by professionals with appropriate skills.

I am supported to undertake my role and can access specialist advice and assistance where needed so that I can provide proper and appropriate care.

The resources available to me are aligned with the level of care required and are adjusted as care needs change. The resources and support I receive will help me to assist children to reach their full potential and realise positive outcomes.

### **Acceptance of the child**

Children and young people placed in THBC have complex support needs and require ongoing clinical or external support from practitioners (for disability, behavioural and/or complex needs).

Carers:

- support the strengths, interests, and support needs of children and young people,
- accept the needs of children and young people and access clinical and therapeutic supports

### **Caring capability**

THBC carers should have the requisite holistic skill set that can meet the ongoing care needs of children and young people with high and complex needs.

Carers:

- have the capacity to consistently meet the needs of children and young people with high and complex needs
- participate in ITC Foundations Training provided by the Centre for Excellence in Therapeutic Care - the Australian Childhood Foundation, and any other training provided by the service provider as a minimum requirement, such as therapeutic care

### **Preparedness to work in a team and take therapeutic direction**

THBC carers possess a willingness to participate in Care Team Meetings (as per the Ten Essential Elements) under the supervision of a Therapeutic Specialist.

Carers:

- will receive support, mentoring and guidance from the therapeutic specialist on how to
  - consistently respond to identified needs

- respond to critical incidents
- understand vicarious trauma and practice self-care
- evaluate their observations using a collaborative and participatory approach
- facilitate positive behavioural change
- will help implement recommended actions from the case plan, cultural plan, health management plan, behaviour support plan, futures plan, and participate in life story work
- will participate in reflective practice with the child or young person's Care Team and develop:
  - skills and practice by becoming aware of their actions and responses and their impact on the child or young person they are caring for
  - the ability to reflect on the child or young person's actions, interactions and triggers within a framework that attributes meaning to their behaviour.

### **Meet higher agency expectations**

Although a THBC carer is a volunteer and not a paid employee they will enter in to a voluntary agreement to participate in care team meetings.

Carers:

- will participate in a higher level of communication with the child or young person's care team
- will be provided with regular updates from the Therapeutic Specialist
- will provide regular updates to the care team
- will have a primary role of looking after the child or young person in their care and be available to provide direct care at any time
- will be supported as part of the care team to formulate and implement therapeutic aspects of the case plan and facilitate access to specialist services
- will be supported by the Therapeutic Specialist to develop a thorough understanding and commitment to guiding philosophy of therapeutic care and the ten essential elements.

### **Increased intrusiveness in the home**

THBC carers will be subject to an increased level of intrusiveness in their home as a result of caring for a child with high and complex needs.

Carers:

- will have more frequent contact and support provided within the home to support therapeutic case planning.

### **Participation in reflective learning and ongoing training**

THBC carers are part of a child or young person's care team and are required to participate in reflective learning and training as per the ten essential elements.

Carers:

- will participate in free accredited training by the Centre for Excellence in Therapeutic Care and their service provider
- will develop their knowledge and skills as part of reflective practice and works collaboratively with the care team