



Our Promises to You

Foster Care Solutions' Role



Foster Care Solutions promises to provide stable placements with experienced foster carers for children and young people who are **VALUED**, **SUPPORTED** and **ENCOURAGED** to grow and develop as **INDIVIDUALS**.

Foster Care Solutions' role is to match foster carers who can successfully meet the individual needs to the children and young people they care for.

At Foster Care Solutions, we recruit, train, and support foster carers to enable them to give children and young people a positive experience of family life, and to support them to build on their abilities, strengths, and skills.

Foster Care Solutions recognises that many of the children and young people we care for will have experienced some trauma in their lives.

Foster care Solutions will work with children/young people's Social Workers to ensure their care plan is achieved whether this be a return home, a move to a permanent placement, preparation for adoption or achieve independent living.



Aims of Care

We believe that children and young people in our care have the right to expect the following regardless of their gender, colour, ethnicity, religious beliefs, sexual orientation, or disability:

- ✓ A safe family environment.
- ✓ To be listened to.
- ✓ To be involved in decisions made about them.
- ✓ To be supported to maintain a good education.
- ✓ To be supported in maintaining contact with family and/or significant others.
- ✓ To be offered the same level of protection and care as foster carers would give to their own child.



- ✓ To be respected and have help to promote your religious, linguistic, and cultural heritage.
- ✓ To have your concerns, complaints, or an allegation investigated through the appropriate process.

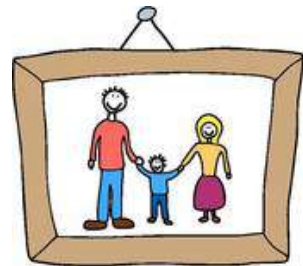


EVERY CHILD MATTERS AND YOU HAVE THE ABSOLUTE RIGHT TO A STABLE PLACEMENT AND TO BE GIVEN OPPORTUNITIES TO HELP YOU GROW, AND DEVELOP YOUR SKILLS AND TALENTS, LEADING TO A SUCCESSFUL ADULT LIFE.

TO ENSURE YOU CAN ACHIEVE THIS WE PROMISE...

Family & Friends

- ✓ To help you keep in touch with your family and friends by phone or letter.
- ✓ To support you to make new friends.
- ✓ To transport to and from contact with your family.
- ✓ To help you visit or meet your friends.
- ✓ Allow your friends to visit your home.
- ✓ Allow you to have 'sleep overs' at your friend's house if appropriate.
- ✓ To work together with your birth family, extended family, or other people who are important to you if appropriate.
- ✓ Allow you to display photographs of your family in the house.
- ✓ Help you send cards/gifts to family when appropriate.



About You



- ✓ To provide you with a loving environment that will meet your development needs.
- ✓ To listen and hear your views.
- ✓ To help you share your views/wishes to other professionals during meetings about you.
- ✓ To keep you safe.
- ✓ We will provide you with a secure base in which you can develop your trust.

- ✓ We will ensure you have opportunity to make decisions regarding your own life which are appropriate to your age and understanding.
- ✓ To value you as an individual and give you personal support in line with your needs.
- ✓ To share information with you.
- ✓ To be honest.
- ✓ To explain to you why decisions have been made.
- ✓ To allow you to read what your foster carer has written about you.
- ✓ To ensure you are invited to meetings about you.
- ✓ To allow you to spend time alone with your social worker.
- ✓ To share your views/wishes during meetings if you do not want to attend.
- ✓ To ensure you have opportunities to make choices.
- ✓ To help you negotiate alternative outcomes/decisions.
- ✓ To help you keep a memory box.
- ✓ To ensure you can complete your 'life story'.
- ✓ To explain to you who you can contact if you believe your 'rights' have been ignored.
- ✓ We will praise you for your achievements and help you with things that you struggle with.
- ✓ We will offer you a nurturing home with firm but fair boundaries and rules.
- ✓ We will negotiate with you what you consider are effective sanctions for mis-behaviour.
- ✓ We will negotiate with you what you consider are positive rewards for your achievements.
- ✓ To help and support you with any problems so that an agreed solution can be identified.
- ✓ We will accept that you do not have to be perfect and will recognise your strengths.



Health

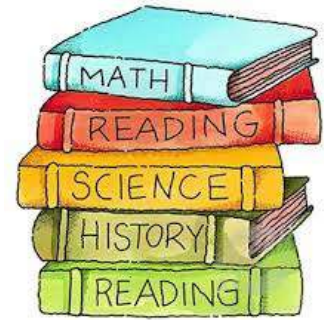
- ✓ To help you to maintain a healthy lifestyle and to support you to make informed decisions about your own health.
- ✓ To help you maintain all health appointments.
- ✓ To ensure you have regular visits to the dentist and opticians.
- ✓ To give you opportunities to take part in physical activities.
- ✓ To allow you to self-medicate when appropriate.



- ✓ To encourage you to maintain a healthy diet with choice of foods.
- ✓ To ensure you have the appropriate food relevant to your beliefs, illness, or diet options.
- ✓ To encourage you to maintain a good sleep pattern.
- ✓ To transport you and accompany you to appointments with therapeutic resources.

Education

- ✓ To attend all school events.
- ✓ To help you with your homework.
- ✓ To give you access to a computer to research school/college projects.
- ✓ To liaise with your school on a regular basis.
- ✓ To provide educational resources to support your learning.
- ✓ To encourage you attend after school activities.
- ✓ To advocate on your behalf if you are having difficulties in your educational setting.
- ✓ To encourage you to attend school/college to achieve 100% attendance.
- ✓ To help you research/visit appropriate colleges to complete further education courses, and to apply.
- ✓ To help you identify appropriate apprenticeships in your choice of career.



Social, Emotional, & Physical Development



- ✓ To help you be whoever you want to be regardless of your age, gender, sexuality, race, or religion.
- ✓ To advise you with social relationships (girlfriend/boyfriend) when appropriate.
- ✓ To support you and give permission for you to attend age appropriate peer activities appropriate to your placement plan.
- ✓ We will help you to pursue your individual interests and hobbies.
- ✓ We will provide opportunities for you to visit your friends and for them to visit you.
- ✓ To help you find activities you are interested in, in the local community.
- ✓ To be there for you and give you time when you need to talk about concerns/worries.
- ✓ Provide you with opportunities to develop your identity, self-worth, and self-confidence.
- ✓ To help and support you to manage your feelings and behaviours so you can become resilient (strong).

- ✓ To give you opportunities to take part in physical activities.
- ✓ To provide you with opportunities so you can achieve your ambitions (self-realisation).



Independence

- ✓ We will help you maintain your Pathway Plan.
- ✓ We will work in partnership with your personal advisor.
- ✓ To help you develop practical skills including shopping, budgeting, cooking, laundry, and personal, self, and health care.
- ✓ Help you to know what financial benefits you will be entitled to after you leave care.
- ✓ Help you to prepare for the world of work or further/higher education.
- ✓ Help you to consider suitable independent accommodation and purchase items you will need.
- ✓ Consider whether it is appropriate to allow you time in the house on your own.
- ✓ We will help you to save.
- ✓ We will help you move into your own accommodation including giving practical help.



