



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 carers 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