

ENVISAGE FOR FOSTER AND KINSHIP CARERS



Program overview

ENVISAGE Families for Foster and Kinship Carers is a free, supportive peer program for foster and kinship carers raising young children with developmental concerns, disability or who are neurodivergent. It uses the same ENVISAGE Families content, with discussions tailored to the experiences and added complexities of raising children in out-of-home care. Across five weekly, 90-minute workshops, carers explore practical, evidence-based ideas and tools through guided discussion, interactive activities and opportunities to connect with and learn from other foster and kinship carers with similar experiences. The program aims to help carers feel more confident and equipped to understand the development of the children in their care, make informed decisions, advocate for their needs and work collaboratively with services.

Program details

Location: This program is delivered online - Invitation link supplied after sign up.

Day and Time: Thursday, 1:00 pm – 2:30 pm (WA time)

Dates: 15 October, 22 October, 29 October, 5 November and 12 November

Session-by-session overview

Session One:

Health and wellbeing in early child and family development – introduces a holistic, strengths-based way of thinking about health, wellbeing, development and disability, including a focus on what children can do and what is important to the child and their carers.

Session Two:

Child and family development – explores development through the ideas of being, becoming and belonging, recognising development in the context of the child, their relationships and everyday life.

Session Three:

Parenting as a ‘dance’ led by children – considers responsive caregiving, values and noticing and responding to children’s cues and signals.

Session Four:

Looking after myself – focuses on carer wellbeing and why looking after ourselves matters for our own wellbeing, the child’s wellbeing and those around us.

Session Five:

Communicating, collaborating and connecting – explores family-centred services and practical ways for carers to communicate, advocate, collaborate with service providers and build supportive connections.



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What you'll gain from the program

By the end of the program, foster and kinship carers should have a stronger foundation for thinking about their child's health, wellbeing and development. The program is designed to support carers to feel:

- more confident and empowered in making decisions for the children in their care
- better able to recognise and build on their child's strengths
- equipped with practical ideas and tools they can use in everyday life
- more confident communicating and advocating for the children in their care
- better able to collaborate with service providers using a family-centred approach
- more connected with other foster and kinship carers who may share similar experiences

Frequently Asked Questions

Does the child in my care need a diagnosis or NDIS plan?

No. A diagnosis or NDIS plan is not required.

Is there a cost?

No. ENVISAGE Families is currently Australian Government funded and free for foster and kinship carers.

How long is the program?

It is a series of five weekly workshops, with each workshop running for up to 90 minutes.

Can I register for just one workshop?

No. Carers register for the full five-workshop program, as the themes build on and connect with one another.

Is it therapy for the child in my care?

No. It is a carer program focused on building knowledge, confidence, connection and practical skills that can complement other supports.

Do I have to share personal experiences in the group?

Participation and discussion are encouraged, but carers can share as much or as little as they feel comfortable with.

Who facilitates the program?

ENVISAGE Families programs are co-facilitated by a health professional/service provider and a parent peer.

