

YOUR WELLBEING MATTERS

CARER ASSISTANCE PROGRAM

fcav.org.au



WHAT IS THE CARER ASSISTANCE PROGRAM?

The Carer Assistance Program at the Foster Care Association of Victoria (FCAV) is a unique program focused on providing therapeutic support to both Victorian Foster Carers and Permanent Carers and Adoptive Families (PCAF).

It is well recognised that carers in the Out of Home Care System often report increased stress on their mental health and wellbeing. It is also acknowledged that there is little targeted therapeutic support focused on carer wellbeing, that also holds sector specific knowledge and expertise.

The CAP has been developed to deliver this support to carers who recognise many diverse issues impacting their wellbeing, both related and often unrelated to their caring role. Some of the concerns identified by both foster carers and PCAF carers as requiring therapeutic support include:

- Anxiety, depression and suicidal ideation
- Parental stress
- Grief and loss
- Emotional support during a CIMS investigative process
- Thoughts of exiting the system
- System stress where placements are in jeopardy of breaking down
- Relationship issues requiring joint/couple sessions

SCAN FOR CAP REFERRAL FORM



FOR MORE INFORMATION PLEASE CONTACT FCAV OR PCAF

FCAV fcav.org.au
(03) 9416 4292

PCAF pcafamilies.org.au
(03) 9020 1833

IS THE CAP CONFIDENTIAL?

The CAP offers a confidential therapeutic service to carers. Limits to confidentiality may apply however, if you or another person are identified as being at risk of harm. In this circumstance, you can expect full transparency should the CAP counsellors need to discuss your situation with an external person.

WHO CAN ACCESS THE CAP?

The CAP is available to all Victorian Foster Carers and PCAF Carers across the state. PCAF carers include Permanent Carers, Adoptive Parents, and Family Court Ordered Kinship Carers.

HOW MUCH SUPPORT DOES THE CAP DELIVER?

The CAP's therapeutic model is that of short-term brief intervention. For issues requiring long term specialist support, referrals to other providers may be facilitated.

HOW DO I ACCESS THE CAP?

An online referral submission is required to access the CAP. The referral form is quick and will ask some basic questions outlining your concerns. A referral can either be self-referred, made by your agency case worker, or, by an FCAV support worker/PCAF advisor.

Once a referral is received you will receive a confirmation email with a scheduled appointment, with the option of a phone session or zoom link. In some circumstances your referral may be redirected for other FCAV/PCAF support in the first instance.



The FCAV acknowledges the unceded sovereignty of the Wurundjeri people of the Kulin Nation. We acknowledge the continued connection to Country - including lands, cultural knowledges and their peoples - and pay our respect to Elders past and present.



We celebrate the diversity of the FCAV carer membership, board and staff. We are committed to a workplace, policies and services that are safe and inclusive for LGBTQ+ communities and their families.