

 **FOSTER CAREGIVER INCLUSIVE FOSTER CARE SELF-ASSESSMENT**

The goal of this self-assessment is to help you talk to your Resource Worker about areas of Inclusive Foster Care where you are particularly strong and areas where you would like help.

Please rate the extent to which you feel you have been able to demonstrate the listed activities over the last year in relation to the family of one of the children in your home. *Remember that there are no right and wrong answers.* Some activities may not be possible for the child in your home, some are.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Think of one child in your home: NAME of child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Thinking of this child, rate the extent to which you have been able to do the following this year: | **Never/Not at all** | **Rarely/Hardly** | **Sometimes/Somewhat** | **Often/Mostly** | **Always/A great deal** |
| Demonstrate acceptance, respect and empathy for the child’s parent(s)/family |  |  |  |  |  |
| Encourage and promote the child’s culture |  |  |  |  |  |
| Share with the child’s parents/family all the news, pictures, and information about the child that is within your power to share |  |  |  |  |  |
| Ask the child’s parent(s) for information and advice regarding the child |  |  |  |  |  |
| Listen to the child and, in a developmentally appropriate way, involve the child in decisions |  |  |  |  |  |
| Would check with the child’s parent(s) before changing the child’s appearance (eg. cutting hair) |  |  |  |  |  |
| Support the child to talk openly about their parent(s)/family |  |  |  |  |  |
| Support the child to display family pictures and/or to access these pictures in the foster home |  |  |  |  |  |
| Ask the child’s parent(s) about important child care practices, traditions and events |  |  |  |  |  |
| Integrate the child’s cultural practices and traditions into the foster home environment/routines |  |  |  |  |  |
| Seek knowledge about the child’s Nation/Band |  |  |  |  |  |
| Take the child to and from family visits |  |  |  |  |  |
| Encourage the child’s parent(s)/family to attend the child’s appointments or events |  |  |  |  |  |
| Support the relationship between the child and the child’s siblings \*\*\*leave blank if no siblings |  |  |  |  |  |
| Teach parenting skills to the child’s parent(s) |  |  |  |  |  |
| Would offer ongoing support to the child’s parent(s) after the child has returned home |  |  |  |  |  |
| Facilitate the child’s involvement in Indigenous cultural activities and events |  |  |  |  |  |
| Facilitate the child’s involvement in Indigenous cultural activities and events *that are specific to the child’s unique culture*/community |  |  |  |  |  |
| Attend and *participate with* the child in Indigenous cultural activities and events |  |  |  |  |  |
| Pursue all appropriate opportunities to visit the child’s Indigenous community members, Elders and territory |  |  |  |  |  |
| Rate the extent to which you have been able to: | **Never/Not at all** | **Rarely/Hardly** | **Sometimes/Somewhat** | **Often/Mostly** | **Always/A great deal** |
| Facilitate between the child and the child’s parent(s)… | Phone calls |  |  |  |  |  |
| Visits in the community |  |  |  |  |  |
| Visits in the foster home |  |  |  |  |  |
| Visits in the parent(s)’ home |  |  |  |  |  |
|  |
| Facilitate between the child and other members of the child’s family… | Phone calls |  |  |  |  |  |
| Visits in the community |  |  |  |  |  |
| Visits in the foster home |  |  |  |  |  |
| Visits in the family member(s)’ home |  |  |  |  |  |

Which TWO activities would you like to try or do more of in the following year? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For each of these two activities, what steps will you take to make this happen and what support will you need?

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