

Care  Visions

Fostering Scotland

# Becoming a Foster Carer

Everything you need to know about starting your fostering journey and what to expect along the way



Changing the face of fostering

# Contents

Ready >>  
to foster

1. About Care Visions Fostering
2. What is fostering?
3. Types of foster care
4. Who can foster?
5. Your fostering journey with us
6. The fostering journey explained
7. Personal Support
8. Fees and Allowances
9. Foster care training
10. Hear from our Foster Carers and families
11. Find out more about our Foster Carers
12. Are you ready to foster?



# About Care Visions Fostering Scotland

Since being registered by the Care Commission in 2006, Care Visions Fostering Scotland has been supporting young people in need to improve their daily lives, development and opportunities after care.



At Care Visions Fostering Scotland, we believe that the family is never just one thing. There are as many ways 'to family' as there are 'to live' and every family we meet has the potential to inspire a young life.

We're interested in progressive care that helps children and young people move forward by creating positive environments for them to thrive in.



As a Scottish-owned service, we make decisions close to home. And that means responsive, innovative, trauma-informed support and therapeutic relationships that build confidence, resilience and trust. In recognition of extraordinary children and extraordinary carers. Like you.



# What is fostering?

For those who haven't had any experience of fostering, it can be difficult to wrap your head around. Information that isn't full of sector jargon can be hard to come by, so we thought we'd try to explain what fostering is and why it's important.

The majority of children who are placed into foster care are looked after by Foster Carers on care and protection grounds. But what does this mean?

No two circumstances are the same for our young people, but the most common reason children are looked after is because their parents or guardians have become unable to care for them. Due to this, a decision is made for the child to be placed into care, often with the hope that they will be able to return home in the future.

This is where you come in, as once a child enters care, Foster Carers become very important! Our aim is to provide the young people in our care with a safe and nurturing environment, to ensure that they can continue to grow and flourish despite living away from home.

Our Foster Carers have the commitment and skills to care for and guide our young people through a potentially strange and difficult time in their lives.

Did you know that 33% of children who were 'looked after' in 2019 were living with Foster Carers?



# Types of foster care

## Interim Care

Life is full of challenges and this type of placement offers much needed relief from daily stresses for both children and their families until such times as they are able to return home or move to a longer-term placement.

## Long-term Care

When a child cannot return to their family, a long-term placement needs to be arranged. This can last for several years, and even become permanent if the circumstances are suitable.

## Permanence

When a child cannot return home, the next best thing is to find them a family who they can remain with for the duration of their childhood and where they feel they belong.

## Short Break

Some Foster Carers offer short break placements for children who might come and stay for a few days on a regular basis, or it may be a few weeks to help support the child or another Foster Carer.

## Emergency

Sometimes, children require foster care at short notice. Emergency care ranges from one night to a few weeks, providing immediate reassurance and support.



# Who can foster?

Are you...

Over 25?

Do you...

Have a spare room?

These are often the 'minimum requirements' mentioned to potential Foster Carers. However, we know our carers are so much more than these minimum requirements.

## Successful Foster Carers are people who have these essential qualities...

Energy, enthusiasm and commitment to children/young people

A stable home to share and a resilient personality

The ability to practically support young people in all aspects of their life

The ability to nurture and promote the young person's wellbeing

The ability to manage behaviours which can be difficult at times

A willingness to engage in the relevant training

# Your fostering journey with us

Every fostering journey is different.

Step 1:  
Exploring



Step 2: Initial  
Call and Visit



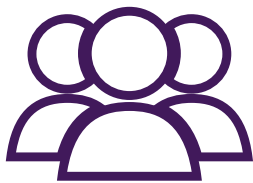
Step 4:  
Preparation  
Training



Step 3:  
Application  
Form



Step 5:  
Checks and  
References



Step 7:  
Fostering Panel



Step 6:  
Assessment



Either party can withdraw at any time during the process.

# The fostering journey explained

## Step 1: Exploring

Every journey into the unknown starts with a little exploration, and your journey to becoming a Foster Carer is no different. Research as much as possible to help inform yourself about what lies ahead.



## Step 2: Initial Call and Visit

After making your enquiry to Care Visions Fostering Scotland, a member of our team will get in touch to arrange a home visit or a safe alternative.



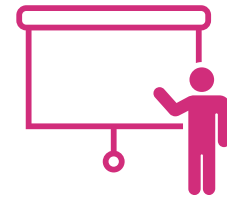
## Step 3: Application Form

Following your initial visit, should you be a good match to Care Visions Fostering Scotland and wish to continue, we would ask that you complete our application form.



## Step 4: Preparation Training

Once we receive your application, we will invite you to attend our 'Skills to Foster' training preparation session.



## Step 5: Checks and References

As you would expect, many precautions are taken to ensure the safety of the children we care for. By law, this includes various statutory checks and obtaining personal and professional references.



## Step 6: Assessment

During the next stage, a qualified social worker will carry out an assessment based on national guidelines. This is to get to know you and your family, in order to work out how a foster child will fit into your lives.



## Step 7: Fostering Panel

Finally, you will be invited to attend a Fostering Panel. During this session, you will be interviewed by independent panel members, who will then make a formal recommendation on your fostering application.





# Personal Support

When you become a Foster Carer, we're here with you every step of the way. Care Visions Fostering Scotland offer a package of professional support to ensure you're given all the tools you need to inspire a young life.

Our supervising social workers are experienced practitioners, and we have Therapeutic Family Workers who can provide additional help. We invest heavily in training, development and support for our carers to ensure that they are fully equipped to provide safe and supportive foster homes for every child placed in their care.

## Our Foster Carers are provided with:

An allocated Supervising  
Social Worker

Out-of-office hours  
professional support

Access to regular local Fostering  
Support Groups

Continual development and  
accredited training programmes

Membership of  
The Fostering Network

# Fees and Allowances

At Care Visions Fostering Scotland, we know that the financial aspect of fostering can be hard to grasp. We're here to lend a hand and give you an idea of how fees and allowances work in fostering.

Foster Carers receive a payment for each child they foster, based on nationally recognised rates. The payment is made up of a fee for the Foster Carer and an allowance for the child.

Although no two fostering agencies are the same in terms of the personal support they provide, it's likely that the financial support available to you will be similar across most organisations.

These rates consider that in many situations at least one foster parent will need to be at home full-time to be available for the foster child, depending on the needs of the child.

The rates are also based on several factors including the age of the child and whether they have any specific needs.

It's natural to give thought to whether fostering will be an affordable option for you. We're committed to working with you to discover whether fostering is the right choice for your family.

[More detail on this is available on our website](#)



# Foster Carer training

When you begin your fostering journey, it's normal to feel apprehensive about what's to come.

At Care Visions Fostering Scotland, we want to help you feel prepared and ready at each turn of your fostering journey. This begins with our 'Skills To Foster' workshop, which gives you a better idea of the 'ins and outs' of fostering and what that could mean for you and your family.

Once approved, we provide comprehensive training for all our Foster Carers.

Before a child is placed we provide you with a 2-day course to help you understand the impact of Trauma and strategies in working with children. Within your first year, you will complete your Induction training consisting of modules in Attachment, Safer Caring, Introduction to Child Protection, Recording and First Aid.

We are proud to be child-centred in everything that we do, and use recognised therapeutic approaches - Theraplay and Therapeutic Crisis Intervention for Families - to help you build your relationships with children and support them in all aspects of their lives. These training courses are just some of the many options we offer as part of your ongoing learning and development.



# Hear from our Foster Carers

The best people to tell you more about fostering are our own Foster Carers and families. Click each picture to watch a video telling you more about their fostering journey.

## The Howie's Story



## Carol-Ann's Story



# Find out more about our Foster Carers and their stories

Click the pictures below to find out more about our Foster Carers' journeys with Care Visions.

## Nicola's Story - Fostering Brings Rewards



## Steven & Kristin's Story



# Are you ready to foster?

Why not ask yourself the following questions? If you'd like any further information regarding any of these questions, you can contact us or have a look at our Readiness Quiz [here!](#)

Have you done much research into fostering?

Do you understand the different types of fostering you can do?

Have you discussed your desire to foster with your family and/or support network?

Will you and your family have the support you need?

How can you balance your commitments to fostering with other demands on your time like family, work and friends?

Have you thought about what training you might need?

What makes 'now' the right time to foster?

## How to contact us

You can call us on 01786 477 810

Or via our online enquiry form [here](#)

[www.carevisionsfostering.co.uk](http://www.carevisionsfostering.co.uk)

Find us on social media too by clicking the buttons below!

