



In Home Care

SUPPORT AGENCY TASMANIA



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Newsletter

December 2021

Dear In Home Care Families,

Welcome to our December newsletter! It is hard to believe that Christmas is almost upon us and that 2021 is coming to a close!

This edition of the newsletter will focus on some important information regarding our Christmas closure period, as well as some information on Challenging Behaviours.

Christmas Closure dates and Emergency Contact number

The In Home Support Agency will be closed from 5pm on Thursday 23rd of December and will reopen on Tuesday the 4th of January 2022. Should you require additional IHC shifts, or in the case of an emergency our office can be contacted on 0427 796 233 during this period.

Challenging Behaviours



According to a guide produced by Developmental Disability WA, when a child exhibits challenging behaviours, they may be trying to express one or more of the following:

- Frustration—they can't do something or can't tell you what they want.
- Fear—they are frightened of something.
- Strong feelings—they are unhappy or angry about something or a situation.
- Anxiety—they are feeling confused, worried, stressed, unable to think well.
- Hyperactivity—they have excess energy and cannot seem to burn it off.
- Discomfort—they are in pain and can't tell you.
- Attention—they are making attempts to meet their need for attention, attachment, and interaction by behaving in a certain way and they are wanting engagement with you.
- Difficulty with understanding - if a child has difficulties with understanding, they may not know what is expected. They may need time to work out what you mean and so don't respond to an instruction when you expect them to. They might not know what is happening around them or retain information that you have given them.
- Difficulty processing or making sense of sensory experiences in the environment—for example, certain

- touch, noise, and lights may stress the child. Some children may have hyper or hypo-sensitivities to certain stimuli in an environment.
- Seeking sensory input and/or experiences

Strategies to support children

Predictability and structure.

Most people respond to any given situation better if they are armed with the right information, know what to expect and feel a sense of control over what is about to transpire. Using visual information like pictures and symbols can help children process what is happening now and what will happen in the future. If the child has a clear understanding of what is happening, this will help them feel in control, safe and secure.

Building 2-way communication

All children have a need for strong attachments and relationships and will sometimes use behaviour to engage and interact with you, even if it is in a not so positive way. It is important for you to find a way to communicate to the child, enable them to communicate with you and give them information about your daily routines that will help them understand what is happening and their ability to have some choice and control. When you are looking to establish clear communication channels with a child, you could try.

- Using simple language, one step instructions or key words.

- Giving your child time to understand and process what you've said or signed and repeat key instructions.
- remembering the power of your own nonverbal language. Your tone of voice, warmth, posture, stance, positioning, eye contact and facial expression all speak volumes about your own feelings and will affect how a child responds to you.

Jump it out

Exercise is a great way to relieve stress and get rid of frustrations. This is the same for children. Introducing breaks that involve physical exercise like jumping on a trampoline or even just a walk in the fresh air can help a child clear their mind and come back to a task with a renewed approach.

Recognising and responding

Recognising and understanding why a child might be acting a certain way will help you to navigate the best solution. To help you recognise the trigger, you could consider asking yourself the following questions:

- Does the child understand what is being asked?
- Do they understand the task, and have I explained the steps clearly?
- Are they hungry, thirsty, tired or in pain?
- Do they know the person that is interacting with them and is the interaction positive?

- Is the situation too noisy, too crowded?
- Are they struggling with change?

TIME- IN versus TIME - OUT

A positive parenting tool called TIME-IN, is when a child that is having a difficult moment, is invited to sit somewhere, near by a care giver and then supported to express their feelings and eventually calm down.

During the time in, caregivers are encouraged to empathize with the child and support them to label their feelings. Often just quiet connection with a caregiver is all that is needed to support the child until the storm (big emotion) has passed. Time-in gives you the opportunity to really connect and discuss other options or choices the child could make next time they feel overwhelmed by big emotions.



If you have any questions or would like further information in relation to 'Challenging Behaviours' article within this newsletter, please do not hesitate to contact the In Home Care Support Agency.

Service Provider Information

We now have a second active IHC Service Provider with educators working within the South and North West Regions of Tasmania.

If your family are currently on a waitlist (awaiting an available educator), you may wish to contact Placement Solutions to gather information regarding the availability of educators in your area, the Service Providers current fee structure, service policies etc to identify if Placement Solutions are able to meet your IHC needs (become your preferred IHC Service Provider).

Should you decide Placement solutions are a 'good fit' for your IHC needs, please ensure you **contact IHC Support Agency to advise us you would like to enrol with Placement Solutions**. We will then email a copy of your current approved IHC Family Management Plan to Placement Solutions so your family can begin the enrolment process.

Placement Solutions

Phone: 03 1300 854624

Email: info@placementsolutions.com.au

Web: www.placementsolutions.com.au

We wish all families a safe and happy Christmas and New Year. We look forward to continuing to support your family's IHC requirements throughout 2021.

Roxanne, and Natalie.

In Home Care Support Agency Tasmania

