



In Home Care

SUPPORT AGENCY TASMANIA



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Newsletter

June 2022

Dear In Home Care Educators,

Welcome to our June newsletter. This edition of the newsletter we have included information on Childhood Trauma.

Childhood Trauma

The National Institute of Mental Health (USA) defines childhood trauma as:

“The experience of an event by a child that is emotionally painful or distressful, which often results in lasting mental and physical effects.”

Childhood trauma can occur when a child witnesses or experiences overwhelming events during their childhood. These can occur in relationships such as abuse, assault, neglect, violence, exploitation, or bullying. This is called Interpersonal Trauma and happens between people. Children can also experience or witness traumatic events including accidents or natural disasters.

Trauma experienced by a child, or any person, can affect the way the brain develops. Many children with experiences of repeated childhood trauma, stay on high alert. They often live in fear and are constantly on guard, anticipating the next danger. This can cause these children to behave in ways that can be extremely challenging.

How can childhood trauma effect emotional and mental health?

Children learn how to regulate their emotions and manage big feelings when they live in safe environments with caregivers who are attuned to their needs. Many children, and adults, who

have experienced trauma, struggle to regulate their emotions.

Trauma Informed Practice

A trauma informed approach to early learning includes developing a thorough understanding of the ways trauma impacts developmentally on children and recognising the symptoms of trauma. Relationships are at the heart of trauma informed practice. Trauma informed practice is about supporting children to feel safe, to build trust and to overcome any sense of fear or betrayal. Children who have experienced trauma often lack a sense of safety. This can affect the way these children approach potentially positive relationships. Creating a safe and supportive environment, committed to trust, choice and collaboration is the main component of trauma informed practise for early childhood educators.



We have included some links below to further support you in this area :

Australian Childhood Foundation - <https://professionals.childhood.org.au/app/uploads/2020/10/National-Trauma-Aware->

[Guidelines-web-version-Folder_National-Trauma-Aware-Guidelines_Web_26102020.pdf](#)

and

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3877861/> (link to information about Trust Based Relational Intervention) or this YouTube link <https://www.youtube.com/watch?v=T43zJDgTNPA> (Trust Based Relational Intervention).

Covid 19

It can be a worrying time for educators, families and children in relation to the current Covid 19 situation within Tasmania. Accessing the website below ensures that you are up to date with current information.

<https://www.coronavirus.tas.gov.au/>

Please ensure you inform Wanslea In Home Care of any positive COVID cases within the families you work with, or if you yourself test positive for Covid 19.

Many IHC families have shared with us how much they value their educators during this difficult time, and the peace of mind it brings them knowing that their children are being cared for at home by caring and responsive educators during such difficult times. Please make sure that you are looking after yourselves as well, especially as we are heading into winter.

Changes to IHC Support Agency Tasmania Procedures

As we have communicated with you previously, The Australian Government has developed a detailed 'IHC Eligibility

Assessment' process, which IHC Support Agency Tasmania has begun to embed within our processes and practices for assessing family's eligibility for IHC. Families may have shared some of these changes with you and expressed surprise or reservations about the updated process, so we feel it's important to provide IHC educators with the following information about the changes in 'IHC Eligibility Assessment' process.

Under the updated IHC Eligibility Assessment process, IHC Support Agency Tasmania is required to formally assess each family's eligibility to receive IHC quarterly.

Three (3) weeks before each individual family's FMP quarterly review is due, IHCSA Tasmania will email the family to let them know their FMP is due for review and will also request documentation to support the family's eligibility for IHC (if required). Supporting documentation may include

- A copy of work roster which clearly shows non-standard hours of work shifts. Rosters must also include employer name and contact details (Letterhead etc).
- A letter from employer confirming non-standard hours of work on company letterhead.
- Copy of Child Care Subsidy (CCS) approval letter available from MyGov inbox. Screenshots are no longer acceptable unless they show parent CRN and activity hours.
- Letters from medical professionals.
- Evidence that no other forms of childcare are available or suitable.

Whilst eligibility will be reviewed quarterly, supporting documentation only needs updating every 6mths. If

required documentation is not provided when requested, IHC Support Agency Tasmania will not be able to complete a formal assessment of family's eligibility and IHC will be ceased until such time as the documentation is provided and 'Assessment of IHC Eligibility' is complete. Family's will be advised of the decision regarding their eligibility for IHC in writing.

This is a change from the way this process has occurred in the past but rest assured, all families have been given plenty of notice of this change in processes and will be given ample notice when they are required to provide updated documentation to support their eligibility for IHC.

We ask for your help in communicating with the families you work with about the importance of ensuring the supporting documentation is sent to us in a timely manner.

IHC Support Agency Staffing

During 2022, IHC Support Agency Tasmania will continue to be staffed by Roxanne and Nat. Roxanne works a 9 day fortnight (every second Friday off) and Nat works 4 days a week (Thursday off). Generally, there will be one of us in the office to answer the phone and respond to enquiries. On the rare occasion, that we are both out of the office, please leave a message with a staff member who answers your call, and we will return your call as soon as possible.

IHC Educator Community of Practice

We will continue to hold our bi-monthly Community of Practice online calls throughout 2022. Unfortunately, our scheduled call for May has had to be

postponed – we will email all educators with a new date for this call as soon as we can.

We need more IHC Educators

To be able to grow IHC across Tasmania and support more families, we require more registered IHC educators in each region. We have an ever-growing waitlist of families who require IHC to be able to meet their work commitments (non-standard hours). If you think you may be able to assist any of these families or know of anyone in the community who might be interested in registering as an IHC educator (either with Cert III or willing to undertake study for Cert III), please let us or Wanslea know. Many of our families on the waiting list would be extremely grateful to even have just some of their education and care needs covered, so we encourage all educators to have another look at the waiting list and make contact with families even if you are only able to cover some of the shifts the family requires.



Join our team!

Thank you all for the work you do with IHC families and children. Please don't hesitate to reach out to us if we can support you in any way.

Roxanne and Natalie

**In Home Care Support Agency
Tasmania.**