



# In Home Care

SUPPORT AGENCY TASMANIA



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# Newsletter

June 2022

Dear In Home Care Families,

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.



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](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/>

We understand that the pandemic is impacting on many families work commitments. Please keep us informed if your work or care requirements change.

## **Changes to Support Agency Procedures**

We would like to remind all families about the recent changes to Support Agency procedures as outlined below.

The Australian Government has introduced new processes IHC Support Agency Tasmania needs to put in place when assessing family's eligibility to receive In Home Care.

The Support Agency is required to formally assess each family's eligibility to receive IHC every 3 months and families will now be required to provide current documentation that supports their eligibility every 6 months.

If supporting documentation is not provided when requested, In Home Care sessions will cease until such time as the relevant documentation is provided and a formal assessment of your family's eligibility for IHC has been completed.

Examples of documentation required may include:

- current work rosters or letters from employers on official workplace letter heads
- Current medical letters for families who fall under the 'Complex and Challenging' eligibility criteria. These letters need to clearly state why other forms of childcare are not recommended.
- Evidence that no other forms of childcare are available within a 56km radius of the family home if families wish to apply for IHC under geographically isolated from childcare criteria.

When the IHC Support Agency Tasmania receives the required supporting documentation as part of the quarterly Family Management Plan review process, your family's ongoing eligibility for IHC will be formally assessed and you will be notified of the decision in writing.

We acknowledge that this is a change from the way this process has occurred in the past, but rest assured that all families we be given ample notice when they are required to provide relevant supporting documentation. Please don't hesitate to get in touch with us if you have any questions or concerns regarding these changes.

### **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. Please also ensure you gather relevant information regarding current fee structure together with service policies 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](mailto:info@placementsolutions.com.au)

We value the connections that we have made with all In Home Care families, and thank you for keeping us up to date with changes to your circumstances and care needs.

Please remember to email or call and let us know if you require any additional or extended IHC session times to enable you to meet your work commitments, as we are very aware that many employers are experiencing staffing difficulties and that employees are often being asked to work either additional shifts or extended work hours.

It is important that you inform IHC Support Agency Tasmania of any changes to your IHC shift times so we can approve the changes and advise Wanslea IHC, to ensure your educator is paid correctly.

Keep safe and warm!

Roxanne and Natalie

**IHC Support Agency Tasmania**