

ac.care

ever thought about foster caring?

Many people think about foster caring and would like to look into what's involved but the thought of full-time care seems too big of a commitment.

Respite care is a great way to experience foster caring. ac.care respite carers provide full-time carers with a short break and help to expand the number of people children in care trust and rely on in their world. Respite care can happen

over selected weekends, long weekends, school holidays, once a month, fortnightly, overnight, or after school respite for full-time carers that work, whatever suits the respite carer's schedule.

Tanya is 35, works full time, lives in Mount Gambier has been fostering with ac.care for just over 12 months. Tanya says that, "I have always wanted to be a foster carer; however my busy life seemed to prevent me from looking into it until I heard about respite care. I now offer fortnightly weekends, over night and school holiday respite, all which I have been easily able to fit into my busy life. I've come to know some wonderful children that have made an inspirational impact on my life. Sure I had concerns about whether I would be good at caring for children but being a respite carer has given me the confidence to consider short term and long term care in the future."

Jodie is Lauren's regular respite foster carer. Jodie says, "Lauren is 15 and a great young person. Our weekends together start when Lauren is dropped off on Friday night after school. We catch up on what she's been doing at

school and with sports since we last met. Friday night is usually take-away night; so we decide together what to have for tea. Afterwards we usually test our skills at Sing Star and have a good laugh.

Saturday morning we head off to sport, either to participate or to watch friends. We may head to the shops for some 'retail therapy.' We often meet friends at the park for a picnic or stay home and do

some craft if the weather is bad. In the evening we usually watch a DVD or play board games. Sundays are usually spent

around the house, outside in the garden or we walk to the park with the dog and watch a movie in the afternoon before Lauren goes home.

Lauren is in long term care and will be there until she is 18. I guess I am more than a respite carer to Lauren; I am a big sister, aunty and friend. I'm able to offer friendship, support and a comfortable environment where Lauren can discuss everyday teenage issues."

Contact ac.care on 8724 9211 or visit www.accare.org.au to find out more about foster caring in the South East.

Disclaimer: Names and other details have been changed to protect the identity of individuals included in this story.



local kids need local carers

ac.care

opportunities for life ... for rural people

Mount Gambier | 08 8724 9211

e | acc@accinc.org.au

w | www.accare.org.au

