

CONNECTING TO CULTURE, FAMILY AND FRIENDS

At Life Without Barriers, family-based care is all about providing a safe and supportive home for children who are not able to live with their families.

Carers are an essential part of our team. We are dedicated to supporting our carer community, committed to providing quality care and delivering positive outcomes for children and young people.

As a carer you can acquire and strengthen your knowledge through ongoing learning and development to provide care in the best interests of children, inclusive of their families and friends.

All children need to develop a strong sense of identity – to know who they are in themselves and in the world. Important themes that can help young people build this sense of self include a connection to family, and for Aboriginal and Torres Strait Islander children, a connection to culture

Aboriginal and Torres Strait Islander Cultural Awareness

Aboriginal and Torres Strait Islander Cultural Awareness Introduction is for all LWB staff and carers. Learn the key elements of Aboriginal and Torres Strait Islander cultures, information on cultural respect and how reconciliation aligns with LWB's Values.

The module also explores the disadvantages still experienced by many Aboriginal and Torres Strait Islander people in areas such as education, employment, health and housing; and how government policy and legislation can impact intergenerational trauma.

Time: 25 minutes

Aboriginal and Torres Strait Islander Children in Out-Of-Home Care

Aboriginal and Torres Strait Islander children and families are overrepresented in out-of-home care. It is important that we ensure connections to culture - this is essential to preserve a child's sense of identity.

Australian government and non-government organisations, like LWB, must meet requirements to ensure Aboriginal and Torres Strait Islander children are not separated from their families, their language, their country and culture if they are placed in care.

Time: 24 minutes



Brothers and Sisters Together

This module explains the significance of brother and sister relationships to a child's development and well-being, and the importance of keeping siblings together and connected – even when living separately.

Learn strategies for maintaining and strengthening sibling relationships and ideas for caring for a sibling group.

Time: 20 minutes

Family Involvement

Families are children's first and most enduring relationship.

Over time and space, attachments to family endure, and they are always important. If children do lose contact with family, this is a loss that causes great pain and trauma and can disrupt a child's development.

LWB is committed to meaningful and ongoing family involvement so children get every opportunity to heal, learn and grow. Learn how, as carers, you can involve families in children's interests.

Time: 25 minutes

Life Story Work

Despite their trauma experiences, children in care long to make sense of themselves and their world, and in doing so, develop capabilities to overcome previous adverse experiences.

Life Story Work is more than recording memories through words, photos and videos. It is a therapeutic and family-involved informed process that assists children to build memories in order to form positive self-identities.

This module is about how you can, in your day-to-day care of children, help to document their life and build memories.

Time: 22 minutes

Going Home - Reuniting Children and their Families

Understand the importance of reunifying children and their families. Learn how reunification occurs and the decision-making processes with a particular emphasis on roles and responsibilities.

Discover the crucial role you have in assisting children to maintain and strengthen family relationships so they can go home to their families.

Time: 25 minutes

For more information about the LWB commitment to supporting carer learning, including how to access the carer myLearning online platform visit the [LWB Carer Guide](#)

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