



# COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

Permanent Care and Adoptive Families



### EVENTS

Click & Connect  
Wed 24/5/23

Share & Connect  
Thurs 1/6/23

**Flexi-Funding**

ADDITIONAL COSTS OF CARE

**Better Futures**

INDEPENDENCE, EDUCATION, EMPLOYMENT

**Helpine**

REFERRALS, ADVOCACY

**CAP**

CARER ASSISTANCE



## News - NDIS Review Invite

You are invited to an online session on Tuesday 20 June at 10am to share your experiences of what is working, what is not working and what can be done to make the NDIS work better. Facilitators are parents of children with a disability and this session is strictly for foster, kinship, permanent and adoptive parents and carers of children with a disability. Your contact details will not be shared but the feedback experiences and ideas will be shared with the NDIS review. The NDIS review is looking at the design, operation and sustainability of the NDIS and is independent of the NDIS.

Receive a \$100 voucher for your time after attending the session! Register [here](#).

Association for Children with a Disability

Receive a \$100 voucher

Help make the NDIS better for children in out-of-home care

SOURCE: Association for Children with a Disability

## News - Carer Assistance

The Carer Assistance Program continues to explore a range of situations and experiences had by carers. When things are challenging or don't go well, getting support can have wonderful outcomes for you and your child. Some of those common situations and experiences may include mediating with birth families, navigating feelings of anxiety, depression, grief, loss or disappointments, compassion fatigue or attachment challenges. Avoid feelings of frustration, rejection and disappointment and get support. More information [here](#).

**Carer Assistance Program**  
 fcav foster care association of victoria  
 Permanent Care and Adoptive Families

**Free and Confidential Therapeutic Support**

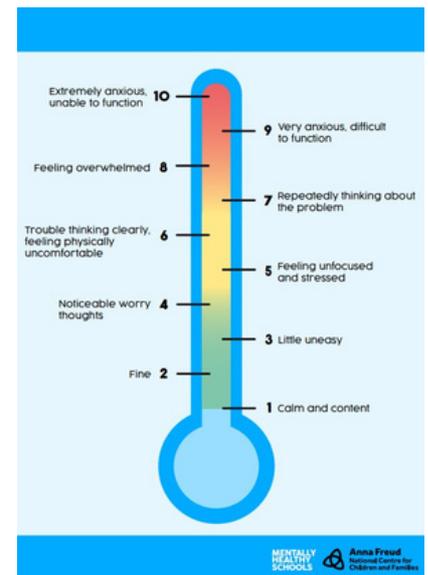
9416 4292

Feeling overwhelmed? Let's Talk.

fcav.org.au/cap

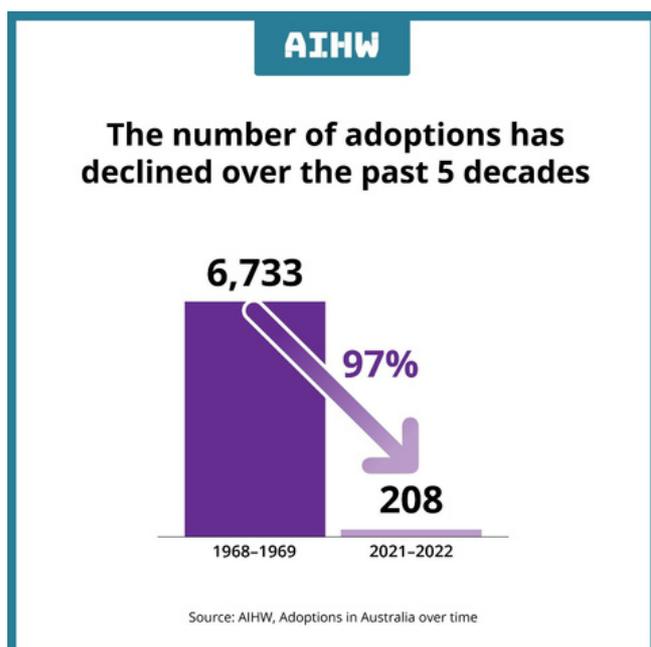
## News - Feelings Thermometer

A feelings thermometer can be a great tool to help children recognise what feelings they might be experiencing in a given moment. It can be helpful to plan in advance how they may respond to certain situations that make them more worried. More information [here](#).



SOURCE: Mentally Healthy Schools

## News - Adoptions in Australia Over Time



SOURCE: AIHW, Adoptions in Australia Over Time

Trend analysis from the Australian Institute of Health and Welfare confirms that adoptions in Australia have declined. In 2020-21 208 adoptions were finalised as compared with 9,798 in 1971-72. Their latest report identifies the rise and fall of intercountry adoptions and the impacts of alternative pathways to family formation. When looking at the 208 adoptions in 2020-21 it is also interesting to note that the majority (192) were local and 161 of those were "known child adoptions" because the parties already knew each other, with step parents accounting for 31% and carers for 49%. Find out more [here](#) and [here](#).

## News - Celebrate the Big 100!

# 100

Today we celebrate the 100th edition of our weekly communication. When we look around the world we see how other organisations have celebrated milestones; we see the NBA, for example, shared stories from their deep dive into the greatest players. While we know so many parents and carers that are "greatest players" worthy, it would be impossible to single out a few! We also like what Southwest Airlines did to celebrate 50 years, where they asked communities to invest in kindness. Its so easy once you make kindness your priority. Children are great at it - they can make someone else's bed, put away the groceries or read someone a story. Never too young for kindness! Find more ideas [here](#).

## Events - Click & Connect Peer Support

**TOPIC: EXERCISE PHYSIOLOGY**

**DATE: Wednesday 24 May 12.00 to 1.00pm**

**TOPIC:** Robyn Papworth is a paediatric exercise physiologist, developmental educator and trainer who is passionate about helping children's body and brain to be ready for kindergarten and school through movement and play strategies. In her YouTube recording with PCA Families, Robyn shares exercises we can do to help with visual tracking, core strength, crossing the midline, spatial awareness and shoulder stabilisation, all key elements to sit in a classroom and learn. She reminds us to connect feelings and visuals with letters, not to teach the ABCs. We need to meet the child with where they are at.

In preparation for this please watch or read the transcript of the YouTube Recording with Robyn Papworth, exercise physiologist [here](#).

**REGISTER:** [here](#) via Zoom Link

Join Us



## Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

## DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

## Helpline - Information, support and referrals

Further information available [here](#).

## Better Futures and Home Stretch - Support to 21

Find out more [here](#).

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



PCA Families, Level 1, Suite 6, 69-71 Rosstown Road, Carnegie 3163  
[info@pcfamilies.org.au](mailto:info@pcfamilies.org.au) [www.pcfamilies.org.au](http://www.pcfamilies.org.au) 03 9020 1833

Want to change how you receive these emails?  
 You can update your preferences or unsubscribe from this list.