

# COMMUNICATIONS UPDATE

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## QUICK LINKS

**Journal Club -  
Relationships  
Australia 5/8/21**

**Click & Connect -  
Sharing History  
with Others  
11/8/21**



## Journal Club - Relationships Australia

**Topic: Relationships Australia Post Adoption Services**

**Please join us at 8pm on Thursday 5 August by registering [here](#)**

Relationships Australia is now responsible for Post Adoption Support Services (PASS) nationwide. Join our speakers, Nikki Hartmann, Program Manager of Post Adoption Programs and Jackie Blake, Assistant Manager for Relationships Australia Victoria.

LIVED  
EXPERIENCE  
PARENTING  
CHANNEL

KINSHIP, PERMANENT CARE AND  
ADOPTIVE PARENTS AND CARERS

## New Video - Youtube Podcast 13

**Lets get physical with neuro therapy  
and "fix" trauma & developmental delays.**



There is often an element of a child's unknown history and underlying trauma which can impact relationships and development. You may be doing all you can but nothing seems to work because the children's brains haven't yet been primed for development. This may be because the brain is stuck in fight, flight, freeze or because milestones have been missed. Yvette Knights offers neuro development therapy, a physical therapy, that helps with rewiring the brain and meeting missed milestones. The science behind it is based on polyvagal theory. This therapy can help with emotional regulation, speech and language, motor development, organisational skills, problem solving skills, learning and balance. Diagnoses like ADHD or autism and situations like food intolerances, anger and tantrums, self harming and more can be helped. Yvette also advises carers and parents to also be aware of their own fight, flight and freeze response triggers that can get activated when a child, who you are doing everything for, is simply not responding and moving forward as you might expect. **Listen to the podcast by clicking [here](#)**

## News - Carer Strategy and Census Report

The Carer Strategy Action Plan 2021-22 and the Victorian Home-based Carers Census Report are now available on the Victorian Government website [here](#). With plans to meaningfully advance and improve the experiences and outcomes of carers and children, it lays the foundations for subsequent action plans over the years to come. Carer infographics are shared [here](#) and highlight that for both kinship and permanent carers the top challenges are history of trauma and behavioural challenges. The infographics also highlight that the average age is 54 and over 90% are female.



## News - Strategic Plan

PCA Families advocates for and delivers peer support and other trauma informed services so that every child who cannot live permanently with their birth parents thrives in a strong, stable and permanent family. To achieve this vision, the PCA Families Board has updated the Strategic Plan, which we share on our website [here](#)

If you have comments or suggestions on how we can achieve these aims, please contact us at [info@pcafamilies.org.au](mailto:info@pcafamilies.org.au)

## News - Holidays

Edmund Rice week long holiday camps are currently open for enrolment for the September holiday break. These camps offer opportunities for children to rise above their challenges. Further information is [here](#).

## News - Home Stretch and Better Futures

The link to information on Home Stretch and Better Futures for permanent carers on our website is [here](#). The Department of Families, Fairness and Housing has begun mailing for children turning 18 between July to September 2021 as these will be the first group progressed. Only young people in permanent care turning 18 years of age from 1 July 2021 will be eligible. Referral to Home Stretch will be gradually progressed when we have the appropriate processes in place and information available. No eligible young people will miss out on support. At this stage we are asking that you wait for further information to be made available before getting in touch with PCA Families, DFFH or Better Futures providers. PCA Families is currently not processing applications.

If you do receive a letter from DFFH regarding Better Futures, please call the number of the Better Futures provider not PCA Families. We thank everyone for their patience.

"Improving  
the lived  
experience  
of young  
people"



## Click and Connect - Sharing Your Child's Back Story with Others

### Topic: Sharing the Child's Back Story

Please join us at midday on Wednesday 11 August by registering [here](#)

See our website for future topics and links [here](#).

Often other people can come with misconceptions and questions about your child's history and in particular their birth family history. So how do you and your child share information with others in the best way for the benefit of your child? What do you share with teachers or other children's parents? How do you field pesky questions, challenge myths and get others to embrace what your child needs from a trauma informed lens?

Shared learnings and knowledge to share with each other for the benefit of all!

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together. We welcome any new parents or carers that would like to join us for one or more meetings.

## Journal Club - Relationships Australia



### Topic: Relationships Australia Post Adoption Services

Please join us at 8pm on Thursday 5 August by registering [here](#)

Relationships Australia is now responsible for Post Adoption Support Services (PASS) nationwide. PASS provide support to intercountry adoptees, adoptive parents and families, birth parents and families, as well as providing training to allied health professionals about adoption. Join our speakers, **Nikki Hartmann, Program Manager of Post Adoption Programs** and **Jackie Blake, Assistant Manager for Relationships Australia Victoria**. To view the website visit [here](#)

## Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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