

Shared Lives

A training course for new
and prospective foster carers



WHAT'S IT ALL ABOUT?

All prospective foster carers are invited to attend Shared Lives training to learn more about what it means to be a foster carer. The information provided is designed to help you make an informed decision about foster care and whether it is right for you and your family.

SHARED LIVES TRAINING COURSE

- ▲ The course is delivered by our qualified trainers and attended by Key Assets Social Workers and existing foster carers.
- ▲ It is compulsory for everyone to complete two and a half days of training before they can be assessed to become an approved foster carer. If you are applying as a couple, both partners must attend, even though one of you may not be the main care.
- ▲ It's a great opportunity to meet Key Assets staff and to get to know other prospective foster carers, as well as a chance to ask our current carers any questions you might have, both within the sessions and informally during breaks.
- ▲ You may also bring another family or household member with you, if it is appropriate and convenient for them to attend. Some of the issues discussed are very sensitive and the training is not recommended for children. Any adult children in the household are strongly encouraged to attend.



Management of Actual or Potential Training



Gain a basic understanding of de-escalation skills, behaviour management and crisis intervention methods.

MANAGEMENT OF ACTUAL OR POTENTIAL

In this training, the emphasis is on early intervention and non-physical methods for preventing or managing aggressive or disruptive verbal and physical behaviour. CPI's *Personal Safety TechniquesSM* are also demonstrated and practised in this seminar to prepare staff to safely remove themselves and others from dangerous situations.

You'll learn:

- ▲ How to identify behaviours that could lead to a crisis.
- ▲ How to most effectively respond to each behaviour to prevent the situation from escalating.
- ▲ How to use verbal and non-verbal techniques to defuse hostile behaviour and resolve a crisis before it becomes violent.
- ▲ How to cope with your own fear and anxiety.
- ▲ How to use CPI's Principles of Personal Safety to avoid injury if behaviour becomes physical.

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WHAT OTHERS HAVE SAID ABOUT THE MAPA COURSE

- ▲ I can more effectively and safely manage challenging behaviours.
- ▲ I feel confident in my ability to use the strategies and techniques in real world situations.
- ▲ I really enjoyed today's course and I know that this will help me with any future incident that may occur.
- ▲ I have learnt how to stay safe and keep young people safe and feel supported at all times.
- ▲ I will set limits that are workable to both myself and young people
- ▲ I feel more confident to approach a situation with a positive outcome

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Virtual Reality

VR technology to give insight into real scenarios



VR training programme offers accelerated learning and understanding of the needs of children in or from the care system.

VIRTUAL REALITY TRAINING COURSE

VR training provides the opportunity to gain “real” scenarios through VR content to gain a deeper understanding of childhood trauma, children’s emotions and potential triggers, as well as potential carer triggers that may impact your relationship with a child in your care.

The content shown through the headset includes:

- ▲ Start to life - with a babies first feelings and sounds whilst in utero.
- ▲ As a baby experiencing interaction with parents abuse and neglect.
- ▲ The child at school and at home with carers and how they deal with different responses - examples of bad, okay, good including the use of PACE.
- ▲ Adolescent videos with issues of sexual abuse/ exploitation and drugs/gangs

