



Frequently Asked Questions about Relief

What is relief?

Relief is a short break away from care giving duties. It usually means overnight care of a foster child, but it can be any arrangement that gives a foster family a break.

Who gets relief?

Level 2 & 3 foster homes have 3 days per month relief built into their service contract. In exceptional circumstances restricted, regular, and level 1 foster parents may also get relief moneys.

The cost of relief is based on the following per day:

- Restricted or Regular (for a child aged 0 to 11 years) \$36.70
- Restricted or Regular (for a child aged 12 to 19 years) \$40.33
- Level 1 (all ages) \$55.60
- Level 2 (all ages) \$68.35
- Level 3 (all ages) \$90.89

What are my responsibilities when sending a child to overnight relief?

If your relief caregiver is a foster parent:

- Inform the child's social worker of when the child is going and who will be caring for them.
- Talk to the child or youth about the relief plans and the relief caregiver
- Complete a *CIC Info Sheet for Relief Caregiver* to give to the relief caregiver, and send a copy to your Resources Social Worker.
- Ensure that the person who provides relief care:
 - is capable of ensuring the safety and well-being of the child
 - has the maturity, knowledge, skill and ability to meet the child's needs and follow through with the responsibilities in their Care Plan
 - uses positive behavior management techniques and appropriate discipline techniques
 - will be present and in charge for the period of relief care
 - knows what to do in an emergency and knows how to contact you and the child's social worker
 - agrees to write a daily log and document any medications

If your Relief caregiver is NOT a foster parent:

You will need to do all of the above PLUS

- You will need to assess them using the assessment guide & checklist, pages 72-78, in the Foster Family Handbook, 5th Edition -May 2013. See the *FAQ on Assessing Relief* for details

How do I find someone to do relief?

- You may wish to use someone you and the child already know.
- Your resources social worker may recommend another foster parent
- Ask other foster parents who they recommend.
- Your Foster Parent Coordinator may be able to assist

How much do I pay a relief caregiver?

The amount you pay is a private arrangement between you and the relief caregiver.

Important: Make sure you agree ahead of time, and put in writing, the amount you will pay and whether you will pay by the day or for a 24 hour period. Also, agree ahead of time what time the child will be dropped off and when he will be picked up. Be sure to obtain a receipt for money paid.

What if I trade relief with another foster parent?

If you trade relief you should still get a receipt for your records for the amount you would pay if money were exchanged.

What if extra relief is needed per month?

In exceptional situations, if you need more relief than the three days provided, talk to your Resource Worker. You will need pre-approval for any extra paid relief, and must ensure you provide your Worker with copies of your receipts.

Is my relief caregiver covered by the BCFFPA insurance rider?

No. If their insurance carrier is unwilling to cover damage, your relief caregiver would have to sue you, in which case you might be covered by the insurance rider.