



Worcestershire Children First Fostering

# Promoting the Health and Wellbeing of Looked after Children

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### 1. Introduction and Legal Framework

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The health (both physical and emotional) of Looked After Children

- Ø the child is referred where necessary to an optician.
- Ø that children are provided

on their behalf. Foster Carers should encourage children to participate in a range of positive activities that contribute to their physical and emotional health.

For children receiving short break care with foster carers, responsibility for health care remains with their parents, but foster carers will be responsible for maintaining a child's ongoing health treatment during a short break, and for emergency treatment.

When a need is identified by the child, the foster carer or the supervising social worker in between scheduled health assessments or Looked After Child (LAC) Reviews, the carer and social worker must be proactive in ensuring that the need is met appropriately and in a timely way.

This policy sets out how WCFF along with its foster carers meets the requirements of the Children's Act 1989 and promotes and protects the health and well-being of children in its care.

Foster carers should regularly share the information recorded with the child or young person and discuss it with the child's social worker and their supervising social worker at each supervision visit.

The Health and Wellbeing passport should therefore accompany the child or young person and should be passed on to the new carer, or if age appropriate, to the young person when they move placements.

### 3. Placement Planning Meetings

#### 3.1 Pre Placement

When foster carers are being asked to consider offering a placement to a child all the information available on the child's health needs should normally be shared (please see section below on young people considered competent). Where a child is known to have additional health needs these should be discussed with the foster carer prior to the child's placement to ensure that the foster carer has the required skills and knowledge to meet these. At the point of placement foster carers should have signed consent to authorise them to seek medical help in a planned or emergency basis for a child placed with them. This should include consent to the administration of over the counter medications.

#### 3.2 Placement Meeting

At the Placement Planning Meeting the child's health needs will need be discussed and the following areas should be covered:

Ø







The Health and Wellbeing team also offer support to foster carers and including direct work with children in placement and will liaise with the local Child and Adolescence Mental Health (CAMHS) service.

## 7. Medicines

Foster Carers should ensure medicines kept in their home are stored safely and not accessible to children.

Proper care should be taken to ensure prescribed medicines are only administered to the individual for whom they are prescribed.

Foster carers are expected to keep a written record and date of all medication, treatment and first aid given to children during their placement in the Child's Health Record, and if appropriate in their recording on the child. (Please see WCFF's Foster Carers Recording below). The administration of any kind of medication, whether purchased over the counter or on prescription, should be discussed with the supervising social worker on a monthly basis. Medication e-learning is a mandatory training for all foster carers.

## 8. Training for Foster Carers

WCFF offers a range of training with regard to the physical and emotional wellbeing of looked after children. Emergency First Aid is a mandatory course and should be complete by one carer within 6 months of approval and where it is a 2-carer household, the second carer should complete within 12 months. It should then be updated every 3 years.

There are also a number of development courses which include:

- Ø Course on attachment the impact of poor Attachment and the importance of therapeutic parenting
- Ø Foetal Alcohol Spectrum Disorder (FASD)
- Ø Autism
- Ø Attention Deficit/Hyperactivity Disorder (ADHD) awareness
- Ø Drug and Psychoactive Substances awareness
- Ø Self-harm Awareness
- Ø Talking to your child about sex and relationships

The full range of courses available to foster carers is available [here](#), the online training courses are available on the Foster Carer Training Hub.

If a child or young person in placement has specialist health care needs, appropriate training will be provided to enable the carer to undertake these tasks. In these situations, if substitute care is being arranged for the child or young person, the substitute carers also need to have been appropriately trained by suitable medical specialists.

#### Foster Carer Recording

All foster carers are expected to record any medication that they administer to a child. It is the responsibility of the supervising social worker to ensure that carers do know how to do this and that accurate records are kept, and they are up to date. The supervising social worker will collect completed medication administration forms monthly. Foster carers should also record if the child or young person is unwell. Any serious illness or hospitalisation should be recorded, and the social worker informed as soon as possible, if this happens outside of normal office hours, please notify the Emergency Duty Team (EDT) on 01905 768020.