

Family Support Team

The Family Support Team has been in existence for over 30 years and has developed a great deal of skill in working with families in their own homes.

We believe that:

- Families bring their own strengths to the work we do together.
- All people are worthy of respect and courtesy.
- People are their own experts.
- Everyone is doing the best job they can.
- It is better to look at solutions than to analyse problems.
- Everyone can change.
- Everyone should be treated equally and fairly with regard to age, gender and race.

It is our aim to help families identify their strengths and work towards improving situations that are causing stress in their lives.

We usually visit the family in their home for a couple of hours each week for up to six months. We set goals with the family and review progress at three months.

Each family has a Service Folder which they own so that notes written during visits, resources and information collected can be referred to at any time.

If a Family Support Worker is still involved at five months, a more formal review is held with the Co-ordinator, the worker who supported the request for service, the Family Support Worker and the client, to review the achievements made and to determine new goals if appropriate.

The Family Support Worker and families work together to:

- Identify family strengths.
- Increase confidence in parenting abilities.
- Enhance understanding of children's physical and emotional development.
- Increase knowledge of local services and personal supports.
- Believe that change is possible
- Develop skills:
 - to manage children's behaviour in non-punitive ways.
 - to improve family relations.
 - to make decisions and solve problems.
 - to provide a safe environment for the family.
 - to plan household tasks such as budgeting, meals and shopping so needs of all the family members are met.

Family Support Workers do not do housework, baby-sit or provide a taxi service.

Anglicare SA phone number :- 8305 9200