

## Preparation for Care Teams or Care Planning for Caregivers

\*The following is a guide to help you prepare for a Care Team or planning meeting related to a child or youth you are providing care for. It is not an exhaustive list but does highlight some of the key areas that are identified in the new Care Plan and are important in ongoing planning for children and youth in care.

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### General information

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- Strengths, needs and hopes - what have you noticed in relation to these in each domain as they relate to this child/youth?
- Transitions – Are there transitions anticipated in any area of the child/youth’s life? What do you think he/she needs to support him/her through this transition?
- Care Plan goals - In relation to the goals that you committed to from the last Care Plan, what strategies were completed? What goals were achieved? Do strategies or goals need to change to meet the needs of the child/youth? Are there any barriers that need to be addressed?

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### Identity Domain – includes the child or youth’s identity (who am I); Family and Social Relationships and Culture and Religion

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- The child/youth’s photo will be updated in the Care Plan at least once annually.
- Strengths and Personality – what changes have you noticed in the past 6 months?
- Family contact and visitation – who, how often, method (visits, phone, Skype etc.)? What do you notice about the child/youth when they have/don’t have contact?
- Who are the important people to this child/youth including peer friendships?
- Cultural connections – what cultural celebrations, events or activities has the child/youth attended in the last 6 months?
- Spirituality/religion – what opportunities has the child/youth had to participate in or practice his/her spirituality or religion?

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### Health Domain – Physical and Emotion/Behavioural

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- Bring the child/youth’s Health Care Passport (copied for the child/youth’s file at least once per year).
- Health professionals names and contact information (includes Infant or Child Development Centre staff).
- Medical appointments – purpose, outcomes (fillings, glasses...), professional recommendations.
- Medication - changes, dosage, last review, side effects, how is it affecting the child/youth?
- Hospitalizations
- Recent or upcoming assessment appointments
- Significant experiences (traumas/losses/successes)
- Mood, sleeping and/or eating patterns
- Coping strategies - What does the child/youth do when s/he is worried, angry or sad?

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**Education/Social Recreational Activities Domain**

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- Bring report cards/IEPs etc. to be copied for the child/youth's file
- School professionals names and contact information
- Current school progress and attendance – What's going well? What are you concerned about?
- Social/recreational activities – What activities is the child/youth involved in? What activities is the child/youth interested in?
- Who is the child/youth connected to at school? In his/her activities?

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**Placement/Living Arrangement Domain**

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- Description of the child/youth's relationship with you and others living in your home.
- Significant changes in the home or in child/youth's routines

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**Self Care and Independence Skills Domain**

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- What skills are you supporting the child/youth to develop? What new skills has s/he gained?

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**Legal**

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- Does the child/youth need legal representation (e.g., youth justice, immigration, accident)?
- Updates on court proceedings, youth justice involvement.

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**Permanency Plan**

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Things to consider in relation to the permanency plan will vary depending on the plan. For example, planning would look different for reunification with birth family than it would for adoption. Some things to pay attention to include:

- Honoring important routines from the child/youth's birth family wherever possible
- Identifying important routines for the child/youth that should be shared with birth family/adoptive family to support successful visits and transitions
- Noticing what adults the child/youth is particularly connected to and what characteristics the child/youth is drawn to.

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**MCFD documents you may find helpful to have prior to the care plan meeting**

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- Guide to Conversations specific for the child/youth whose Care Plan is being worked on
- Developmental Milestones Chart
- Skills Guide for Self Care and Independence Skills
- Health Care Passport