

TimeWise Fostering

Your time, their future

Do You Have Time For Me?



The TimeWise Fostering Programme was established in 2008 as a partnership approach between The Daughters of Charity Child and Family Service and the Health Service Executive, Local Health Office, North Dublin.



What is TimeWise Fostering?

TimeWise Fostering is a treatment model of foster care that focuses on making positive changes in young peoples lives. This is achieved by foster carers working in collaboration with the TimeWise team. Together they work with the young person for a defined period of time to achieve better outcomes for the young person so they can return home when possible.

The treatment programme is individualised for each young person. It adopts a behaviourist approach and is underpinned by social learning theory. The programme is focused on the young person in various settings; home, school and their local community.



The model is called 'Multidimensional Treatment Foster Care' (MTFC) and was originally developed by the Oregon Social Learning Centre in the United States.



What are the Aims of TimeWise:

- To assist the young person develop appropriate social skills so that they can achieve success at home, in school and in their community.
- To help the young person to decrease/ eliminate difficult behaviour.
- To promote the young person's return to live with their parent/s, relative or other long term committed carer.
- Modelling good social skills to help the young person develop appropriate behaviour, promote new ways of behaving and discourage problem behaviour.
- Applying fair and consistent limits and predictable consequences for the young person
- Providing close supervision of the young person, minimising their exposure to negative peer influences.

The Programme succeeds by;

- Providing a safe, secure and welcoming home for the young person for a defined period of time (6-9 months approximately).
- Providing high levels of support through individually designed programmes with emphasis on encouraging and rewarding positive behaviour.
- Actively supporting the young person's school attendance and attainment.
- Providing the young person with a supportive relationship with at least one mentoring adult.
- Recognising and valuing the unique potential of each young person and working with them to reach it.

Who benefits from TimeWise Fostering?

The young people who access TimeWise are from North Dublin, aged between 11 and 18 and for various reasons cannot live with their family. It is agreed by those who care for them that they can make positive changes in their lives with the right help and support.

The TimeWise Programme provides a wraparound service for the young person, foster carers and their birth family. Young people are supported to enter and engage fully with it so that they can achieve successful outcomes.

Who are our Foster Carers?

Our Foster Carers come from a wide variety of backgrounds and personal circumstances and have had diverse life experiences that make them well placed to be part of the TimeWise Team. They all share a positive approach towards young people and their families. They live in North Dublin, Meath and Louth.

There is always at least one adult at home on a fulltime basis committed to being fully available for the young person and working with all involved in the young persons life.

We are always interested in hearing from anybody who would like to become one of our full time carers or alternatively one of our respite carers who could provide short term planned breaks for the young people.



Interested in becoming a TimeWise Foster Carer?

If you would like to join our team and become a TimeWise Foster Carer please give us a call on **01 842 45 25** or email us at **info@timewisefostering.ie**.

A member of our team will talk with you about the work we do, the model we use and the steps to becoming an approved TimeWise foster carer. We will arrange a visit to your home so that you can meet us and together we will explore if fostering with the TimeWise Programme is right for you and your family and if you wish to proceed through the next steps to becoming a TimeWise foster carer.

From this point the process includes completing an application form, attending comprehensive informative training and a 3-4 month assessment process.

This process ensures that you can make an informed choice that TimeWise fostering is for you!



Support for Our Foster Carers

- All TimeWise foster carers receive comprehensive training prior to the placement of a young person in their home and on-going training with us throughout their time as a TimeWise foster carer.
- Only one young person is placed with a foster carer at any one time and careful consideration is made to matching the young person with the foster carers.
- Ongoing advice, support, training and guidance will be provided by the Clinical Team Manager.
- 24 hour, 7 day a week support is provided by the TimeWise Programme Team.
- Foster carers attend weekly group meetings with the clinical management team and other foster carers.
- All placements are supported by planned respite.
- Support will be provided for foster carer's birth children to support them with any adjustments.
- Foster carers will be paid a generous allowance per week per child for the duration that a young person is placed with them.



What has been said about MTFC?

- “I love the back-up when we have problems.”
- “The support we’ve received has been great. We’ve been able to see positive changes in the foster children who come into our home. Thank you and your staff for the opportunity to change the lives of kids in a very positive way.”
- “It takes the pressure off, the program does the work.”
- “I consider the MTFC work with families, including foster families, one of the most effective programmes we can offer a family. They work as a team and provide incredible support for parents.”



Contact Details:

TimeWise Fostering,
Daughters of Charity Child and Family Service,
Lisdeel House,
Swords Road,
Santry, Dublin 9

Tel: 01 842 45 25

E-mail: info@timewisefostering.ie



The TimeWise Programme is funded by the HSE