



Family Support Plan

The purpose of the Family Support Plan is a tool to assist in developing the skills of families providing care to enable them to meet the needs of children in the Arizona foster care system. The plan should be considered a living document, being reviewed at each home visit, and revised as often as deemed necessary. Some of the information within the document may not change while other information will change frequently.

This document should be completed by the specialist in conjunction with the family, it is not intended to be given to the family for completion. Please use this as a guide to have a conversation to assess and help the family self-assess their strengths and needs. Much of this information is initially gathered for the initial home study and can be completed in parallel.



Family Support Plan

*i*nitial family support plan

To start, who is currently in the home. Be sure to add children as they move in or take them off as they depart. Please consider their roles and responsibilities within the home. Please do not forget ages and birth month.

name(s)	role	age and birth month	household contributions



Family Support Plan

development of family through foster care

When workers have conversations with families throughout their care journey, documenting those conversations may assist to further develop skills and document growth as caregivers. This 'evergreen' document and the supplemental sections are one tool to serve as continued motivation during challenging times, celebration of positive times and as a starting point to develop goals.

This portion of the FSP is to guide conversation through strengths and needs of communication, relationships, boundaries and other important aspects of family. As the family evolves the answers on FSP Supplementals will aim to capture that growth.

1 How do you believe the family will function with a new child(ren) or departure of a child(ren) from your home? Consider potential interactions and relationships that may occur within the family, particularly in the areas of conflict, cohesion, adaptability, organization and communication.

2 How does your family show affection, love, praise and appreciation, etc.?



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development of family through foster care ~continued

3 How does your family system encourage one another?

4 How does your family communicate (consider what forms of non-verbal communication your family has developed)?

5 How is your family connected with community (e.g. groups, activities, sports, church, hobbies)? Which communities do you/adults belong to? Which communities do your children belong to?



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development of family through foster care ~continued

6 Does your family system have clear boundaries and/or rules? If so, what areas do these cover?

This section of the FSP should be used to elicit what types of outside supports the family may be seeking. During this discussion take the opportunity to discuss what respite may be needed and when the family calls the specialist. When and how would it be helpful for the specialist to respond (i.e. in an emergency, possibly assist with phone calls).

7 Who are the family's emotional supports? (How does these people (family, friends, groups, etc.) provide support in times of need?)

8 What emergency financial supports might the family seek in times of need? (assistance with clothing, school supplies, education, medication, formula and/or etc.?)



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9 Who does the family believe would be a support for resources? (licensing agency, DCS, non-profits, attorney, etc.)

comments



Family Support Plan

Successful goal planning

What goal(s) and or success plan do you have for this period? This may include areas such as: education, training, self-care, time management, etc. How will we know the goal has been met? (Please include the dates for this period):

goal	Steps to Achieve	person responsible	target date	date completed
1.				
2.				
3.				
4.				
5.				
6.				
7.				



Family Support Plan

Signatures

Caregiver Signature

Date

Caregiver Signature

Date

Agency Specialist

Date