



Creating a Pre-Placement Survival Plan

A. Drawing on Strengths in Your Family

Draw a picture of your family as it is now. Once you have drawn this picture, identify all members of the family as individuals. (Include as many individuals as you consider part of your family, regardless of where they live and if they are blood family/in-laws or friends, neighbors, teachers, etc.) On the left side of each figure, identify the strengths of the person; to the right side, identify the areas of stress each person will likely encounter as your family begins to provide foster care or adoption. Near each person write a sentence describing how you will help each person use their strengths to help deal with the stresses.

Example:

John's strengths include his participation in sports and his good sense of humor. He will likely have difficulty sharing his possessions and giving up his position as only child.



John

I will be sure I go to John's games and will take time to help him see the humor in situations that will occur as a result of fostering siblings.

Now draw lines between the family members to illustrate relationships. Use solid lines to illustrate relationships that are close and well connected. Use dotted lines to illustrate relationships that are less important on a day-to-day basis. Put slashes through the line of any relationship that is currently under stress or is problematic.

At the bottom of the page or on the back, write a sentence about the relationship and how it may contribute to reduced or increased stress due to fostering.

For example, Mary, my adult daughter, lives nearby. She will be an excellent, supportive respite person for our foster child. However, my stress will increase because I will wonder about the safety of my three-year-old grandchild.





When your family drawing is complete, place it in the homework box or give it to your home coordinator. Finally, if you are unable to complete the drawing in the class session, please complete it at home and give it to your agency worker.

B. Creating a Pre-placement Survival Plan

The greatest strength my family brings to fostering, adopting, or kinship caregiving is...

In the past, my family experienced a great deal of stress when...

Fostering, adopting, or providing kinship care will increase the stress described above because...

C. Getting Serious About a Survival Plan

I will attend the next support group meeting on _____

I will conduct the first family meeting on _____

I will contact my worker about respite plans by _____

Something I will do for myself before getting my first placement is...

I will take the opportunity to receive additional training by signing up for the training entitled _____ that is to occur on _____

Other considerations that I want included in my survival plan: _____

Please make a copy of this completed form to give to your agency worker.

