



FAMILY CARE PROGRAM (FCP)
Providing Services of Excellence in the Community
Fact Sheet For Family Service Workers & Community Service Workers

WHAT IS THE FAMILY CARE PROGRAM (FCP)?

The Family Care Program (FCP) is a short term, intensive community based service for families, individuals or care providers who support/care for those with developmental or intellectual disabilities.

The goal of the program is to enable the family or care providers in complex situations to continue to care and support the individual in a way which enhances the quality of life and family functioning, plans for optimal transitions, and prevents unplanned or emergency out-of-home placements.

WHO PROVIDES THE SERVICE?

Social workers who are skilled and able to provide service using the family centered model of practice, and who are registered to practice in Manitoba.

WHO SHOULD BE REFERRED?

The program is available to those involved with Children's Special Services or the Supported Living Program. Signs suggesting risk and reason to refer may include any combination of the following:

- Multiple and complex issues that need to be addressed.
- Failing health of any family member that may affect the home situation.
- A sense of isolation
- Lack of resources or supports, both formal or informal
- Parents with a cognitive delay or mental health issues
- Difficulty coordinating resources
- Transitions (preschool, graduation, locating suitable day program, moving out of home).
- Inefficient support, even though multiple resources are involved.
- Residential or day program placements are at risk.
- Conflict in the home or among systems where mediation is needed.
- Aging issues of the individual or parents are a concern.
- Mediation between care providers and the individual or family is needed.
- Suspected or known domestic violence, past abuses or addictions



Ultimately, there must be a level of readiness to work towards change and stability and to follow through with agreed upon action plans. (See Readiness Checklist)



WHAT WE OFFER?

Working in partnership with families and support networks to identify strengths and needs, the FCP will assist in structuring a system of support that moves toward greater independence, informed choices, increased coping capacities, strengthened relationships and a sense of well being.

An in depth family assessment is the basis to understanding the strengths and underlying issues that affect family functioning. We consider the social, physical, cultural and economic factors that influence the family within the community are considered. This results in documented goals, and action plans that are purposeful and reviewed regularly to ensure progress and positive outcomes.

WHAT DO WE MEAN BY “STRENGTHENING FAMILIES”?

Strengthening families includes:

- Increasing knowledge and providing information on available supports and services
- Promoting problem-solving and developing coping skills
- Learning how to communicate with and benefit from the service systems
- Fostering independence, enabling choice making and decision making
- Structuring or restructuring supports to align these with actual needs
- Assisting the family to identify each member’s roles, strengths and needs



WHAT DO WE MEAN BY “FORMAL SUPPORTS”?

Formal supports include:

- Counselling
- Enhancing in-home and out-of-home respite options
- Supporting educational options
- Facilitating transition to Day Programs and/or work options
- Planning, transition strategies and supports
- Assisting families to access transportation services
- Facilitating access to clinical services including:
 - Behavioural Specialists
 - Counselling
 - Occupational Therapy
 - Physiotherapy
 - Psychiatry
 - Speech Language Therapy
 - Nutrition
 - Others, as needed

WHAT DO WE MEAN BY “INFORMAL SUPPORTS”?

Informal supports include:

- Building friendships and support networks
- Participating in support groups
- Linking families with neighbourhood and community
- Advocating
- Utilizing cultural, religious and spiritual supports
- Promoting and participating in recreation and leisure activities
- Organizing “Support Circles”

HOW LONG IS FCP INVOLVED?

The service is designed to be limited in time, but intensive. The length of involvement depends greatly on the number of goals, priorities and complexities involved. The service is available for approximately 18 months or less.

HOW IS A REFERRAL MADE?

All referrals to the FCP must be made through the case manager with Children’s Special Services or the Supported Living Program. There is no cost to the participants. Applications are available through the Community Support Program (CSP) at <http://stamant.mb.ca/main/files/CSPApplicationForm.pdf>. For more information on the program, please contact the:

