

# Fostering Peer Support



In Tusla we know that becoming a foster carer is a very exciting event filled with new experiences from looking after your foster child to dealing with a large organization. We recognize that it is very important to have contact with other people who have been on your journey. With that in mind Tusla has set up a peer support project to provide new and less experienced carers with access to an experienced foster carer. The Peer support is a non-directive; non problem-solving role. We have walked in your shoes, and we understand some of the experiences you will have.

Peer support is intended to be a safe and supportive space for foster carers to discuss your foster care journey. The personal experience of foster care provides peer support that is different to but compliments the support you get from your social worker.

Peer support involves:

- Listening
- Building connections
- Learning together
- Signposting Support
- One to one support and/or groups supports.
- Online or in person

You can access Peer Support through Your local fostering Team.

The peer support role aligns with Tusla values of Respect, Empowerment, Kindness and Trust. The peer support is subject to Tusla's data protection and confidentiality guidelines and policies and Children's first.

