Relief

What is Relief?

Relief is a short break away from caregiving duties. It usually means overnight care of a foster child, but it can also be any arrangement that gives a foster family a break for a few hours during the day or evening.

Who gets Relief?

Level 2 & 3 foster homes receive three days per month of Relief, which is built into their service contract. In exceptional circumstances, Restricted, Regular, and Level 1 Foster Parents may also receive money for Relief.

The cost of Relief is based on the following per day:

Restricted/Regular home (for a child aged 0 to 11 years)	$58.86
Restricted/Regular home (for a child aged 12 to 19 years)	$65.20
Level 1 (all ages)	$84.93
Level 2 (all ages)	$104.32
Level 3 (all ages)	$133.45

What are my responsibilities when sending a child to Relief?

- Inform the child's Social Worker when your child is going for relief and who will be caring for them.
- Talk to the child or youth about your Relief plans and the Relief Caregiver.
- Ensure that the person who provides Relief:
    - Will be present and in charge during the period of care.
    - Can ensure the safety and well-being of the child. Knows what to do in an emergency and how to contact you and the child's Social Worker.
    - Has the maturity, knowledge, skill, and ability to meet the child's needs and follow through with the responsibilities in their Care Plan.
    - Agrees to maintain a daily log and document any medications.

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If your Relief Caregiver is a Foster Caregiver:

- Complete **CF2610 Relief Care Provider Information Sheet** to give to the Relief Caregiver and send a copy to your Resources Social Worker.
- Foster Parents must let their Resource Worker know they're providing relief.

If your Relief Caregiver is NOT a Foster Caregiver:

- Assess them using **Appendix F: Foster Caregiver's Guide for Assessing Relief Care Providers, pg. 134 – 141 Resource Work Policies** (July 2020).
- Prospective applicants must provide three references, including information on their parenting/caregiving experience and capacity.
- Make sure they understand the obligations and responsibilities outlined in your contract with MCFD: **Standards for Foster Homes, The Foster Family Handbook, and the Rights of Children and Youth in Care.**
- See the **FAQ on Assessing Relief** for more details.

How do I find someone to provide Relief?

- You may wish to use someone you and the child already know.
- Ask other Foster Parents for a recommendation.
- Your Resource Social Worker may recommend another Foster Parent.
- Your Foster Parent Coordinator may be able to assist.

How much do I pay a Relief Caregiver?

If you are paying for Relief from your service fee:

- The amount you pay is a private arrangement between you and the Relief Caregiver.

If MCFD is paying for the Relief:

- Foster Parents doing relief are paid at their level for each calendar day.
- Ask your Resource Worker what the rate will be if the Relief Caregiver is not a foster parent.

Can I trade Relief with another Foster Parent?

Yes. Even if you trade Relief services, obtaining a receipt for the amount you normally pay if money were exchanged is still a good idea.

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What if extra Relief is needed per month?

In exceptional situations, if you need more Relief than the three days provided, talk to your Resource Worker. Any extra paid Relief will need to be pre-approved. And be sure you provide your Resource Worker with copies of your receipts.

Does the BCFPA Insurance Rider cover my Relief Caregiver?

If your Relief Caregiver maintains a current MCFD Family Care Home Agreement, the Relief parent will be covered by the Master Insurance Program (MIP).

If the Relief Caregiver is **NOT** an open and approved Foster Caregiver, they will not be covered by MIP. If their insurance carrier is unwilling to cover damage, your Relief Caregiver would have to sue you, in which case the Insurance Rider might cover you.

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