

Module 6: Carer support, advocacy, and self-care (Assessment)

**Module 6: Carer support, advocacy and self-care Assessment**

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| **Participant's name:** |  |
| **Date of training:** |  |

**Worksheet Questions**

Please complete these questions in your own time and bring to the next session.

1. Why is it important for foster carers to be aware of seeking support when feeling fatigued?
2. Name the places where you can get support.
3. What does advocacy mean?
4. Who can assist you advocate for yourself or the child or young person in your care?
5. What are some practical ways you can practice good self-care?

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