

# Confidence in Care

## STUDY RESULTS

**The Confidence in Care (referred to here as CiC) study tested whether the Fostering Changes training course for foster carers and kinship carers produces better outcomes than if they had only continued to receive usually provided support and advice.**

The Fostering Changes training course is delivered to foster and kinship carers in Wales, including those from Local Authorities and independent fostering teams. It runs for 12 weeks and aims to improve the relationship between carer and child and how well carers can cope with challenging behaviour.

### Methods we used

- Foster carers either received the Fostering Changes course straight away (called the intervention group) or after 12 months (called the control group). Foster carers were chosen at random who would be in the intervention or control group; like tossing a coin.
  - Before the intervention group received the training we measured how all foster carers (including those in the control group) felt they were able to care for their foster child(ren).
  - The main measure we were interested in was how able they felt to deal with various situations.
  - We also asked them about other things.
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- We then measured the same things again at the end of the training course.
  - We took a final measurement after 12 months.
  - We did this to find out whether going on the Fostering Changes training course had a positive effect for foster carers.
  - We also looked at whether the Fostering Changes training course was delivered as planned and asked various people about their experiences of receiving and delivering the training.



# Results of the study

- The CiC study was very large and included carers from all over Wales- 312 foster carers took part (204 received Fostering Changes immediately, and 108 could receive it after a year if they wanted to) from 16 local authorities and three independent fostering providers in Wales. This was only possible due to the foster carers who took part and the service providers who helped us – so a very big thank you!



- Overall, on the measures we used, we found that foster carers didn't benefit from attending the Fostering Changes course over the usual services they would receive.
  - At the end of the training course, we found that attending the Fostering Changes course did improve child behaviour and carer coping skills. But these improvements were not seen after 12 months.
  - After 12 months, we found that attending the Fostering Changes course didn't improve how able carers felt that they could deal with various situations.
  - There were no other differences between the intervention and control groups.
- In many ways foster carers felt quite positively about the Fostering Changes training course.

## Our conclusions

- A very large number of foster and kinship carers from all over Wales took part and we found that running large scale training programmes is possible.
- We now know about the longer term effects of the Fostering Changes course.
- We did not find a difference between intervention and control groups on our measures after 12 months, but many carers felt positive about the course and enjoyed being part of a group, which is a contrast.



## What next?

It may be that the different needs of foster carers, for example, in terms of the age of the children they look after or the challenges they face are not taken into account in the Fostering Changes programme, or the course may be more suitable for caring for some groups of children. Perhaps making Fostering Changes (or a future similar training course) more targeted might be a way for foster carers to benefit from the course.



### For more information please see:

CiC Protocol Publication: <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-017-2424-3>

CiC Main Results publication: <https://doi.org/10.1016/j.chiabu.2020.104646>

CiC Process Evaluation publication: [https://authors.elsevier.com/sd/article/S0145-2134\(20\)30423-3](https://authors.elsevier.com/sd/article/S0145-2134(20)30423-3)