

I'm Wondering...



What is Long term Care?

You might be wondering what “long-term care” means and why adults are using those words about your life.

Long-term care means that adults have decided a child needs a safe and stable place to grow up for a long time.

It does not mean:

- You have done something wrong
- Your family doesn't matter
- Nothing can ever change

It means adults are trying to make sure you have stability and support.

Long-term care might mean:

- Living in the same home for a long time
- Staying at the same school
- Having the same carers or adults around you
- Plans being made with the future in mind
- Different children have different long-term plans.

Not all plans look the same.

Here's one way to think about it:

Long-term care is about reducing uncertainty.

When life has had lots of changes, adults sometimes decide that fewer moves and more predictability will help a child feel safer over time.

One thing to remember:

Long-term care is about stability and safety, not about giving up on you or your story.

You are not in trouble for wondering about your future.

How some children might feel?

- Relieving
- Sad
- Confusing
- Unfair
- Like things have been decided without you
- Different at different times
- All of these feelings are allowed.

For adults supporting this child

- Avoid using “forever” language unless it is carefully explained.
- Name grief and relief together.
- Reassure continuity without erasing family connections.

This is about stability and identity, not finality.

If you want to...

- If you want to know what long-term care means for you, you can ask.
- If you want to talk about hopes, worries, or questions about the future, you can do that.
- If you feel mixed up about family or belonging, that makes sense.
- If you don't want to talk right now, that's okay.
- You don't have to feel one way about this.