

I'm Wondering...



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What is a case worker?

You might be wondering who a case worker is and why they are part of your life.

A case worker is an adult whose job is to help make sure you are safe and your needs for school, health, family and friends are met.

You might be wondering... what a case worker does?

They work with other grown-ups to help make plans about where you live, go to school, and who looks after you. They don't live with you, but they help make decisions about your care.

Some things case workers might do are...

- Keeping information about you on a computer
- Go to meetings
- Talk to your family, teachers and doctors
- Write letters and reports
- Visit you at home
- Attend court hearings

If you want to...

- If you want to ask your case worker questions
- If you don't feel like talking, that's okay too.
- You can ask for things to be explained again or in a different way.
- You can email or write your thoughts and feelings down if its hard to talk
- You can tell a trusted adult how you feel, even if you're not sure how to put it into words.

One thing to remember

You are not in trouble for wondering about these things. There is no such thing as a silly question. You have the right to ask questions, at your own pace.

How some children might feel about having a case worker?

- Confused
- Annoying
- Worrying
- Okay and safe
- Different at different times
- Embarrassed

All of these feelings are allowed.

Some children wonder when or where they might see their case worker:

- In your home for visits
- At school for meetings
- Drs appointments
- Family visits
- other important times

Some things children sometimes wonder about or talk about:

- Your family history
- The reason your in care
- Thoughts and feelings
- School and home
- Worries or concerns
- Things you might need

For adults supporting this child

- Read together if the child invites you to.
- Pause often and notice what the child responds to.

This is about understanding and connection, not fixing.