

Specialist Foster Carer Pilot guidance sheet

This guidance supports applicants completing the Expression of Interest (EOI) for the Specialist Foster Carer Pilot. It explains the role, expectations, and how to prepare your application.

About the Specialist Role

This model supports children with complex life experiences who require therapeutic, relational, and highly consistent care. Carers work as part of a multi-agency team to provide stability, healing and long-term connection.

Key Expectations

Carers must be available full-time and work therapeutically. They commit to providing stability, emotional availability, resilience, and reflective practice.

Planned Endings and Collaborative Stability

Children supported within the model have often lived through repeated endings, instability and unexpected changes. To help protect them from further emotional disruption, carers commit to working closely with the multi-agency team to understand difficulties and plan any changes carefully. Endings are never made at short notice or in isolation. Instead, we explore therapeutic support options together and ensure the child experiences adults who stay connected, present and curious during challenging moments.

Resilience, Reflection and Staying the Course

This role asks for emotional resilience, patience and the capacity to stay alongside a young person through difficult moments. Carers are supported through reflective supervision, therapeutic consultation, 24-hour advice and ongoing training, ensuring you feel held and equipped to offer steadiness and hope. Rather than focusing on coping with behaviour, the emphasis is on understanding what the young person is communicating, co-regulating with them and rebuilding safety at their pace.

Trauma-Informed Practice

Children may show distress, mistrust, or challenges in communication. Therapeutic care focuses on connection, curiosity, co-regulation and predictable routines that help them feel safe.

Support Provided

Carers receive reflective supervision, specialist training, 24-hour support, therapeutic input and multi-agency collaboration throughout their time supporting a young person.

Completing the EOI

Provide honest reflections on your motivation, experience, support networks and readiness. Use examples from any relevant personal or professional background.

Next Steps

After submitting your EOI, you will be contacted to discuss your application and guided through assessment and approval.