

Doulas for Aboriginal Families Grant Program Q&A Webinar



Facilitated by the BC Association of Aboriginal Friendship Centres

April 17, 2020



Welcome!

Agenda:

1. DAFGP Overview
2. Background
3. Doula Registration
4. Family Applications
5. Travel Grant
6. COVID-19
7. Q&A



DAFGP Overview

- The Doulas for Aboriginal Families Grant Program (DAFGP) is offered by the BC Association of Aboriginal Friendship Centres, First Nations Health Authority, and the BC Ministry of Health. The goal of the program is to increase healthy birth outcomes for Indigenous families by removing the cost barrier to accessing doula services.
- **The grant program provides Indigenous families living in BC up to \$1,000.00 (maximum) of coverage for doula support with each pregnancy.**
- Since 2013, the DAFGP has funded **+1,300** pregnancies, and currently has **+200** registered doulas.



Background

- Indigenous families have long-standing health care systems and traditions that support pregnancy and birth.
- While Indigenous ways of birthing have survived colonization, Indigenous people **still face disproportionate health inequities.**
- BCAAFC designed and launched the first Doula Grant Program for Indigenous families **in 2013.**
 - DAFGP was relaunched in September 2015 with BCAAFC and FNHA working in partnership.
- Doulas contribute to **empowering birthing parents** to feel more in **control and secure** about their birth experience.



DOULAS



Doula Registration Process

- Recently changed doula requirements, where more Indigenous birth workers will have access to the DAFGP under its new eligibility requirements.
- The program's previous doula eligibility requirements included certification through non-Indigenous western-oriented organizations, creating a barrier to accessing the program for many Indigenous birth workers.
- The new changes recognize that eligibility to the program must consider Indigenous peoples' longstanding and enduring traditions of birth work.



Doula Registration Process

- In order to support Indigenous families through the DAFGP, doulas must submit a completed **Doula Registration Form** and provide the following:
 - Completion of formal training or a community reference letter
 - Current and clear Criminal Records Check – Vulnerable Sector Check
 - Signed agreement to uphold the Statement of Practice of the program



Doula Registration Process

Statement of Practice

As a doula working with the Doulas for Aboriginal Families Grant Program, I commit to:

- Supporting the overall objectives of the program to provide high quality, culturally safe and trauma-informed doula services, as determined in collaboration with the Indigenous childbearing persons and families I am supporting, and outlined in the application form;
- Respecting the privacy of families and holding in confidence all information obtained in the course of services;
- Not performing medical tasks such as taking blood pressure, checking fetal heart tones, providing vaginal exams, catching babies or providing postpartum clinical care. Further, I will not give medical advice or diagnosis, perform clinical procedures or administer medications, with the exception of extraordinary circumstances where I may be required to follow the directions of a medically trained professional.

By signing below, I _____ (name) hereby commit to upholding the DAFGP Statement of Practice above.

Signature

Date



Doula Registration Process

Range of Services Provided		
I can provide the following services:		
<input type="checkbox"/> Prenatal	<input type="checkbox"/> Birth	<input type="checkbox"/> Postpartum
Description: (i.e. birth planning, education, etc.)	Description: (i.e. pain management, comforts, etc.)	Description: (i.e. lactation support, meal prep etc.)
Approximate # of visits: (i.e. ~2-4 visits, ~2 hr/visit)	Maximum time for labour:	Approximate # of visits:
	Strategies if birth exceeds time:	
Standard fees:	Standard fees:	Standard fees:



FAMILIES



Family Application Process

- To qualify for the grant, you must:
 - Be of Indigenous descent (First Nation (status or non-status), Métis, and/or Inuit). Either the birthing person or their partner (if applicable).
 - Reside in BC (both on or off reserve).
- To apply, complete a form:
 - www.bcaafc.com/dafgp

The screenshot shows the BCAFC website interface. At the top, the logo and name 'BCAAFC' are visible. A navigation bar includes 'Home', 'How Can We Help?' (with a dropdown arrow), and 'Blog'. The main heading is 'Resources'. A dropdown menu is open, listing 'Families', 'Doulas', 'Doula Finder', 'Resources' (highlighted), and 'Contact + FAQ'. A secondary dropdown menu is also open, listing 'COVID-19 Support Resources', 'Doulas for Aboriginal Families' (highlighted), 'Family', 'Health & Wellness', 'Education' (with a dropdown arrow), 'Elders', 'Ending Violence', 'Youth', and 'Employment & Training'. Below the navigation, a banner reads 'We're here to help' with decorative leaf graphics. Underneath, a section titled '- Forms' lists several links: 'Family Application Form', 'Doula Registration Form', 'Doula Invoice', and 'Travel Form'.



Family Application Process

- **STEP 1:** Find a doula registered with the DAFGP through our Doula Finder; or ask your doula to register with the DAFGP.
- Doulas must be registered before the Family Registration Form can be processed.

Doula Finder

Families
Doulas
Doula Finder
Resources
Contact + FAQ

Doulas for Aboriginal Families ▾
Family
Health & Wellness
Education ▾
Elders
Ending Violence
Youth
Employment & Training

[Home](#) / [Doulas for Aboriginal Families](#) / [Doula Finder](#)

Find the right doula for your family

Use the 'Search Agency Doulas' feature to find doulas in your area who are already registered with the Aboriginal Families Grant Program*

Doulas for Aboriginal Families Grant Program
Britannia Beach, BC • Service range 100 miles
250-388-5522
<https://bcaafc.com/dafgp/>

CONTACT **SEARCH AGENCY DOULAS**



Family Application Process

- STEP 2: With your doula, fill out the Family Application Form.

Application Date:	Due Date:
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Applicant Information		
Surname:	First name:	
Preferred name:	Preferred pronoun:	
Birth parent (mother) identity:		
<input type="checkbox"/> First Nation	<input type="checkbox"/> Métis	<input type="checkbox"/> Inuit <input type="checkbox"/> Non-Indigenous <input type="checkbox"/> Other:
Birth parent (mother) age range:		
<input type="checkbox"/> 19 or under	<input type="checkbox"/> 20-24	<input type="checkbox"/> 25-29 <input type="checkbox"/> 30-34 <input type="checkbox"/> 35-39 <input type="checkbox"/> 40 or over
Co-parent (father) identity:		
<input type="checkbox"/> First Nation	<input type="checkbox"/> Métis	<input type="checkbox"/> Inuit <input type="checkbox"/> Non-Indigenous <input type="checkbox"/> Other:
Contact Information (Please inform us of any changes to the information given.)		
Address: <i>(home or support organization)</i>		
City/community:	Province: BC	Postal code:
Phone:	Alternate:	Email:
Support Organization/ Program (i.e. midwife, social worker, other organization, hospital resources)		
Name of contact person:	Organization:	
Phone:	Email:	



Family Application Process

Please work with your doula to complete the table below. This table is an estimation to help you plan your doula care and gain clarity on the services you are interested in.

Estimated Financial Information for Doula Services			
Service(s)	Description of Proposed Services	Hours/Duration	Fees
Prenatal visit(s)			
Labour and birth support			
Post-partum visit(s)			
Other (please identify)			
Estimated Total:			

Survey
How did you hear about this program?
Have you received doula services before?
Have you accessed this program for a previous pregnancy?
Why are you seeking the support of a doula?
Did you have trouble finding a doula in your area? If yes, please specify.
<p>What support are you looking for in your doula? (check all that apply)</p> <p><input type="checkbox"/> Emotional support (i.e. listening, affirming, encouraging)</p> <p><input type="checkbox"/> Cultural support (i.e. incorporating Indigenous worldviews into the birth experience)</p> <p><input type="checkbox"/> Physical comforts (i.e. hot water bottle, massage, acupressure)</p> <p><input type="checkbox"/> Health information (i.e. about physical activity, infant feeding, coping skills)</p> <p><input type="checkbox"/> Traditional medicine (i.e. foods, herbs, teas, ointments)</p> <p><input type="checkbox"/> Referrals to other programs, resources, and services for support</p> <p><input type="checkbox"/> Encouragement of partner/ family during pregnancy/postpartum</p> <p><input type="checkbox"/> Birth planning and assistance with implementing birth plan</p>
<p>Anticipated location of birth: (check all that apply)</p> <p><input type="checkbox"/> Home birth</p> <p><input type="checkbox"/> Hospital birth</p> <p><input type="checkbox"/> Other, please specify</p> <p><input type="checkbox"/> Will travel less than one hour to give birth</p> <p><input type="checkbox"/> Will travel more than one hour to give birth</p> <p><input type="checkbox"/> Will have to leave community ahead of time to give birth</p>



Travel Grant

- The DAFGP provides travel grants in order to increase access to doula services to Indigenous families. Funding for travel is based on a first come, first served policy until program dollars are fully disbursed. Travel grants are available for doulas to:
 - Accompany a client giving birth in a hospital or home birth accompanied by a Midwife
 - Provide prenatal and postpartum visits to a client (coverage for ground travel only)
 - Attend doula trainings



Travel Grant

DAFGP Travel Form

Doula name: <input style="width: 90%;" type="text"/> Payable to (if different): <input style="width: 90%;" type="text"/> Client: <input style="width: 90%;" type="text"/> Departure Address: <input style="width: 90%;" type="text"/> Arrival Address: <input style="width: 90%;" type="text"/> Dates: <input style="width: 90%;" type="text"/>	<input type="checkbox"/> Travel Estimate <input type="checkbox"/> Travel Claim Mailing Address: <input style="width: 90%;" type="text"/> City, Postal Code: <input style="width: 90%;" type="text"/> Phone: <input style="width: 90%;" type="text"/> Email: <input style="width: 90%;" type="text"/>
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1) Private Transportation		Rate (per km)	
TOTAL DISTANCE in km (return)		\$ 0.50	0
2) Public Transportation (air, taxi, ferry, parking, etc.)			
Method	From	To	Total \$
(receipts required) 2) TOTAL			0
3) Accommodation			
Hotel			(receipt required) 3) TOTAL
4) Meal Allowance (Per Diem)			
Breakfast @ \$ 15 /day x		days =	0
Lunch @ \$ 16 /day x		days =	0
Dinner @ \$ 33 /day x		days =	0



Doula Support During COVID-19

- Doulas should discuss plans with families as they prepare for birth and postpartum by relying on the recommendations of public health officials. Here are some measures doulas are taking to ensure families are at low risk of exposure of COVID-19:
 - Provide remote, virtual support via online platforms, such as Zoom, Skype and FaceTime
 - Consider alternative birth place options, and if families plan to give birth in a hospital or birth centre, learn about the policies in place
 - Practise social distancing, and paying utmost attention to hand washing and hygiene
 - Offer additional postpartum support in lieu of birth support
 - Share resources and tools with families



Q&A



Q&A

Doula Finder

- **Q: How many doulas are in the doula finder?**

- A: There is a total of approximately 200 doulas registered with the program, however, when you search by postal code you will only see doulas available in your area. Note: Doulas are responsible for updating their doula finder profile, and not all doulas registered with the DAFGP have a doula finder profile.

Invoice

- **Q: What is the invoice number for?**

- A: We are required to have an invoice number for our finance department, we ask that you create your own invoice numbers to track the clients you serve through the program. Invoice numbers can be any combination of digits (example: 001, 002, 003, etc.).

- **Q: What is required for the dates of services breakdown on the invoice?**

- A: The dates of services breakdown on the invoice provides a general understanding of the volume of support that the family received. The total duration of time for each visit on the date care was provided is sufficient.

- **Q: Why do you need a birth story? Who provides it?**

- A: We appreciate doulas taking the time to fill in the birth story for each client. Birth stories are kept anonymous and help demonstrate the importance of the program when we do our reporting.



Q&A

Travel Grant

- **Q: What if doulas can't pay travel costs upfront?**
 - A: The DAFGP can make travel purchases on your behalf, especially for big-cost items such as flights. If you have any concerns, please inquire and we will see how we can help.
- **Q: Is the travel grant part of the \$1,000 grant or in addition to?**
 - A: The travel grant is in addition to the \$1,000 grant meant for doula services specifically. There is no maximum on travel grants but travel grants are dependent on the funds available.

Family Application Form

- **Q: Are grants available to families on and off reserve?**
 - A: Yes
- **Q: Can you apply for the doula grant if you are related to the family?**
 - A: Yes, there is no reason why we wouldn't accept a doula who is related to the family so long as the doula is pre-registered to the program.
- **Q: Are doulas or families meant to fill out the family application form?**
 - A: We ask that doulas and families fill out the family application form together, especially the second page of the form. This is to encourage conversations about preferred services and expectations. Every family is unique and the services they are looking for are unique.



Q&A

Doula Registration Form

- **Q: Is there a requirement to attend a certain number of births to register as a doula with the program?**
 - A: No, there is no requirement for the number of births attended. We do ask about the number of births attended to help gain some understanding of each doula's experience and skills. It's important for us to respect the self-determination of families who are selecting the doulas they want to work with. We may recommend that a family consider working with two doulas so that a doula who has not yet attended a birth could gain experience by working with another doula who has. The goal is to support the decisions families are making for their own health and wellness.
- **Q: Do I need to submit a Criminal Record Check?**
 - A: At this time, due to COVID-19, a Criminal Record Check is not a requirement. If you have a CRC on file we are happy to accept it, if not we will follow up when circumstances around obtaining a CRC have changed.
- **Q: I attended a doula training course sponsored by the BCAAFC? Do I still need to complete a registration form?**
 - A: Yes, you still need to complete a registration form.
- **Q: Do I need cultural safety training?**
 - A: At this time, a cultural safety training certificate is not a requirement to register with the program but we highly recommend doulas seek opportunities to increase competencies and skills when possible.



Q&A

COVID-19

- **Q: Do you recommend doulas go into their clients homes during COVID-19?**
 - A: DAFGP administrators recommend following guidelines provided by health authorities. At this time, part of those recommendations are to stay within your own home and to maintain physical distancing with others (minimum two metres apart). Please consider recommendations provided by health authorities day-to-day and look at alternate ways of providing support when necessary (video calls, etc.).
- **Q: I wasn't allowed to attend the birth, do I still submit my invoice?**
 - A: We are being very flexible during the COVID-19 crisis. If attending the birth was part of the proposal in your family application and you were not allowed to enter due to hospital policies, please make note of this on your invoice.
- **Q: I can't see the family for postpartum support, what do I do?**
 - A: We do not have a strict timeline for providing postpartum support. We recommend staying in-touch with the family and offering post-partum support when it is most comfortable to do so. If your postpartum services are delayed due to COVID-19, we can accept an invoice to compensate for completed services, and accept a second invoice when post-partum services are delivered (keeping within the \$1,000 grant total).
- **Q: Each hospital seems to have a different doula and COVID-19 policy, do you have one overarching set of guidelines?**
 - A: We recommend connecting with your regional health authority for the guidelines best applicable to you. At this time, guidelines vary between regional health authorities and there is no one set of guidelines for all hospitals in the province.



Q&A

Communication

- **Q: Is DAFGP information available through the Friendship Centres?**
 - A: Posters and pamphlets have been distributed to all Friendship Centres, if your Friendship Centre needs more information resources, please let us know and we would be happy to provide them. Newly added to the program is a newsletter distributed to doulas quarterly.
- **Q: How is this information getting out to communities?**
 - A: We are working on distributing information to communities that reflects the new program changes. Please reach out to us if you are interested in communication resources (posters, pamphlets, etc.) for your community. We will be sending information to hospitals, organizations, etc. As well as attending events to promote the program.
- **Q: Will the webinar recording be posted on the website?**
 - A: We will look at posting the webinar recording on the DAFGP webpage of the BCAAFC website. A youth podcasting group at the Wachiay Friendship Centre is interested in producing a podcast on Indigenous birth work and the DAFGP. We are excited about the opportunity and we will share the podcast episode when it becomes available.



THANK YOU!

For joining the Doulas for Aboriginal Families Grant Program **Q&A Webinar**