



HUMANE ANIMAL RESCUE

DOG FOSTER CAREER HANDBOOK



**Thank you for joining Humane Animal Rescue.
We are so thankful you are here!**

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Why Are We Called



Why We Started

Humane Animal Rescue was started by Grace who worked and fostered with several rescues & shelters in Naarm and was fed up with the treatment of animals and volunteers.

What We Do Differently

We staunchly believe in force free training of animals in and out of care and won't settle for less. We treat our volunteers like the heroes they are - providing everything and giving support. We are always transparent with financials & figures, are accountable & always appreciate feedback.

What is Force Free Training?

Force-free training is the most up-to-date, science-based training approach. Simply put, it is the method of training dogs without using force, coercion, threats, intimidation or inflicting pain on the animal. This involves avoiding punishments or anything that will invoke fear, panic, cause pain or harm the dog in any way.

What is Balanced Training?

Balanced Dog Training refers to any approach to dog training or behaviour modification which involves the use of both reward based techniques and aversive consequences. As well as reward based training, balanced training uses harm, fear, panic, and pain in dogs.

Why use Force-Free Dog Training?

You may see trainers achieving quick results with intimidation and the use of force as they invoke fear, panic, and punish the animal. So, if we get results with balanced training, why change? Not only is balanced training inhumane and an outdated method, but it has also been proven that we see short term results that do not last.

Force-free training also involves teaching dogs manners without pain, threats, intimidation, force or coercion. It's accomplished without the use of choke chains, pinch, prong and shock collars, physical manipulation to change their position, pushing or pulling them by the leash or collar, and kicking or hitting them with an object, a foot, or a hand in a misguided effort to win their compliance.



WHAT IS * **FORCE FREE TRAINING?**

FORCE FREE DOG TRAINING DOES NOT USE

- Fear to overwhelm and bully a dog
- Pain to cause a dog to shut down emotionally
- Anger to break your dog's trust
- Bribery (only) to make working with a dog easier
- Allowing a dog to run wild and do what it wants because 'it is having fun.'
- Quick fix methods that does not correct the behaviour



FORCE FREE DOG TRAINING IS

- You and the dog learn together
- You are both accountable for your actions and reactions
- Training is a lifestyle
- The dog is allowed to say 'no please'
- It is based on respect, humane expectations, and relationship building
- Based on repetition until the dog learns.

Meet our team

Grace Gibson Cain
President & Founder



James Douglas
Director



Cornelia Adolffson
Vet Support



Jez Winters
Director & Treasurer



Humane Animal Rescue has a board or directors that consists of Caitlin, Kim, Cornelia, Jez, James & Grace.



OUR VISION

Humane Animal Rescue aims to be a leading animal welfare organisation that is known for treating animals humanely, empowering volunteers and has a positive impact on the community.

OUR MISSION

Put simply, Humane Animal Rescue's mission is to rescue animals & treat them humanely.

We foster an inclusive community of likeminded individuals that are dedicated to rescuing animals from the pound system and placing them in their forever homes.

We aim to educate and provide support to others in the community to help break the cycle of animal surrenders.



OUR VALUES

- **Integrity** - we do what we say, say what we do, and be ethical and transparent in our treatment of both humans and animals.
- **Passion** - we are committed to, and work tirelessly for animal welfare.
- **Empowerment** - we work to empower our volunteers to speak up, have a voice, and to always be innovative and pushing the envelope.
- **Sustainability** - we are focussed on sustainability for the organisation to ensure that we can continue to benefit and aid animals and the community



How it works

Its estimated that 100,000+ healthy, adoptable cats & dogs are euthanised in Australian pounds due to over crowding

Animal Welfare in Australia is largely unregulated, therefore most pounds and shelters are not mandated to report how many animals they euthanise.

Some do (RSPCA & Lost dogs Home) which gives us an indication about how many animals are euthanised in Australia.



Rescue from pounds



Place directly with a foster carer



Do any vet work required



Rehabilitate the animal if required



List for adoption on Pet Rescue



Find happy forever homes

How it works

We rescue from pounds across Victoria and NSW, including: Wat Djerring, Melton, Baw Baw, Mornington, Lost Dogs Home, RSPCA, Ballarat, La Trobe, Tamworth & Wagga Wagga

← Dogs in pounds



Cats in pounds →



The pounds are government funded by that local area. They play an important role in taking in stray, seized and surrendered animals and conduct animal control for that council or LGA.

The pounds are often under funded so animals are left alone at night, they are not closely monitored and dogs may be lucky to get out of their kennel once per day.

When the pounds get close to full - as they need to have capacity to take in animals - they will email rescues a list of animals needing rescue.

What do we know about the animals

We don't know much about the animals prior to coming into care. We know their age, we may have a photo, we may get a paragraph of information about their health or behaviour depending on the pound.

Breed & age is often an assumption from a vet based on how they look and their teeth.

We will know how they got to the pound, e.g. stray, surrendered or seized and how long they have been there.

How it works

Things to consider before fostering

- Our goal is to save these animals lives, we will share all the information we have on the animal with you
- We don't know about the animals energy levels or temperament
- We don't have a facility and rescue from pounds with a time-limit to save their lives so we must decide quickly to rescue animals and we can't meet the animals before taking them into care.
- We don't get information to what the animal was being fed prior to being saved, so may have upset stomachs with a diet change can have upset stomachs with a diet change.
- Animals will be stressed when moving from a pound, this can display in behavioural issues
- We isolate cats from other cats for two weeks in a separate room
- We often see cat flu in stray and pound animals
- We mostly don't know if cats are good with other cats or dogs
- We won't know if the cat is litter box trained
- Cats are strictly indoors only, including no balconies or harnesses

Beginning to Foster



An animal needs a foster carer

You will be contacted about an animal we think is suited to you or we will post about needing a foster carer on our volunteers group Facebook page and you can comment that you would like to foster that animal.



You decide if you should foster this animal

When you are ready to foster we will give you as much information on that animal as we have. Sometimes the animal may already be in care and we have lots of information, on other occasions we will have very little information and even no photos from a pound. It is crucial that you consider any resident animals you have before accepting a foster animal into your home and make the best decision for you.



Please note, it's never our intention to rush a foster carer in these decisions. Sometimes we need to act very quickly to find foster carers as pounds can often only hold animals for 8 days.



Transport the animal

When you are confirmed to foster the animal you will work out with the coordinators where to get the animal, if needed we can organise volunteer transport.



Animal essentials

All animals will come with everything they need paid for by us, food, beds, collars, etc. We will confirm with you what you need prior to the animal coming into care and organise this with the animal transport.



**HUMANE
ANIMAL RESCUE**

Your Role



As a foster carer it will be your role to lead our animals on their journey to their forever home. Being hands-on carers, foster families play a vital role in the success stories of our animals. We rely on their love, compassion, and hard work to help abandoned and abused dogs and rehabilitate them.

Having new animals come into your home can be difficult at first, but our foster carers express time and time again how incredibly rewarding it is to see the boundless potential their foster has and the amazing bond created between the animal and the foster family.

We expect that while in care, the foster family treats their Humane Animal Rescue animal like a member of their family. Because although they remain the property of HAR; the day to day-to-day love, health, care, and training of your foster is your responsibility.

HAR will provide all basic resources that you require for your foster, including food, flea & worming tablets, bedding, leads and all vet expenses. If at any time the foster carer would like to use their own belongings or donate for food or expenses, this is always extremely appreciated but never expected.



During the animals first time in care, there will be instances where they need to be transported. Either to your home, to meet and greets or even to the vet; your case manager will discuss the options with you prior to any transport requirements.

Your foster must also be provided with daily interaction such as enrichment, exercise, stimulation and play.

For an animal to be adopted, HAR needs information about them for a strong social media presence. As the foster carer, you are responsible for providing this content. Updates should be made to the group chat with yourself and the case manager. This includes weekly updated information about health, wellbeing, training progress, as well as photos and/or videos. While a dog is in care we can help provide support for behaviours so please never keep things from us, as it can hinder the adoption process.

Foster carer Elaine & Nugget



Canines in Care

A Ruff Timeline



The animal is in your care

Take care of the animal as if it is your own! We will check in after the first night, first couple of days and then weekly or as needed to support you and your foster animal.



Vet appointments

It is likely you will have a vet appointment within the first 2 weeks with your animal. We will organise this with you when the animal is in your care.



Getting ready for adopting

When the animal has completed all its vet work, we will work with you to list this animal for adoption. You will write a bio about the animal and take photos for its profile!



Adopting the animal

When we have applicants applying for the animal we will send these to you to see if you think it's the right fit. If you do, we will organise a meet and greet with the applicant and you at your home - roughly 30 minutes with the person as you tell them about the animal and learn more about them.

After the meet and greet you will tell us if you think the animal should be adopted and choose the applicant as you know the animal better than anyone.



Nugget





Meet & Greet

A meet & greet is the opportunity for the potential adopter to meet the animal, learn about their routine, behaviours, challenges, diet, and for us to see if they are a suitable adopter based on the interaction & questions.

1

Foster carer & the case manager both approve an applicant.

2

The case manager organises a time suitable with the foster carer with the applicant for a meet & greet.

3

The applicant will be advised the meet & greet address, foster carer name, and an explanation of what to expect for a meet & greet.

4

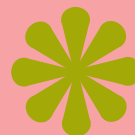
The meet & greet:

During the meet & greet it's important we give as much information as possible and paint an honest picture of the animal. Tell the adopter their routine, what & when they eat, toys they like, where & how they play, any medical information and even how long they took to come out of their shell so they have a realistic expectation of what adopting will look like.

5

After the meet & greet, the applicant and the foster carer will advise the case manager if they want the adoption to proceed. If the foster carer wants to decline the applicant, it's important we give a reasonable reason. E.g. the dog is scared of children and the applicant has a 3 year old.

Communication



We believe communication is the most important thing to a healthy relationship, without our foster carers informing us of an animal's behaviour, medical needs, well-being updates or general information we are unable to meet their needs and adopt them out.

When your first animal comes into care you will be added to a group chat with a case manager and foster coordinator. This is where you communicate all weekly updates, raise any questions or concerns, and send photos and videos of your animal.

We expect you reply to all messages within 24 hours and any application consideration within 48. We require weekly updates and regular photos of the animal with information on their behaviour.

We also have a secret Facebook group, this is where we will post animals that need foster carers or transport requests.

Emergencies

In case of emergency reach out to your case manager, if they're unavailable call any of our emergency contacts, they will be able to triage and reach out to a vet nurse or veterinary clinic to resolve the emergency.

Primary Emergency Contact: Grace (Founder) - 0404 613 680

Secondary Emergency Contact: Jez (Director) - 0432 078 128

Bella

Petal



Bringing your Pooch home

The first few days & weeks the new dog will be decompressing. It's important to understand as they feel more comfortable and safe their behaviour will change. Even though they may appear confident, follow the 3-3-3 rule to see how they decompress with the change.

3-3-3 RULE RESCUE CATS & DOGS

Stage	Animals will feel:
FIRST 3 DAYS	<ul style="list-style-type: none">• Overwhelmed• Scared & unsure of whats going on• Not comfortable to be themselves• May not want to eat or drink• Shut down and want to curl up and hide• Testing the boundaries
FIRST 3 WEEKS	<ul style="list-style-type: none">• starting to settle in• Realising this could possible be a forever home• Figured out the environment• Getting into a routine• Let the guard down and start showing true personality• behaviour issues appearing
FIRST 3 MONTHS	<ul style="list-style-type: none">• Finally completely comfortable in their home• building trust and a true bond• gained a complete sense of security with their new family• set in a routine

@HumaneAnimalRescue_Aus

Top Tips for new dogs in a house:

- Don't go for any walks in the first 48 hours. The new environment is overwhelming enough so take it slow
- Lots of treats and things they can lick like yogurt or peanut butter in a kong or lick mat is proven to be calming for dogs
- Give the dog space, the dog should come up to you for cuddles & pats when they feel comfortable



Jeff!

The best way to understand your pooch is to be empathetic!

If you are left alone all day with nothing to do except a ball and no one to throw it, it would make anyone bored, confused, destructive, sad, and more.

If you haven't already heard of canine enrichment, it's a great way to get your pooches brain & body moving.

DOG BODY LANGUAGE

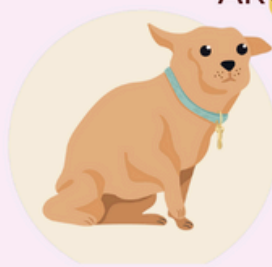
What your pooches body language is trying to tell you



AROUSSED



ANXIOUS



FEARFUL



AGGRESSIVE



RELAXED

Dog enrichment should be enjoyed by every dog, but it is especially useful for those who are showing behavioural issues such as separation anxiety, destructive behaviour or excessive barking. There are many types of enrichment that can be used to improve your dog's health and happiness; Sensory, Social, Nutritional, and Behavioural. You will find that some activities fall into more than one category.

Dog enrichment articles we recommend:

<https://outwardhound.com/furtropolis/health-wellness/5-types-of-dog-enrichment>

<https://www.dogtrust.org.uk/dog-advice/life-with-your-dog/enrichment/enrichment-activities-for-dogs>

<https://www.asPCA.org/pet-care/dog-care/canine-diy-enrichment>

Important things

Never take off the dogs collar or ID tag.

It is too much of a risk for the pooch if the collar & tag has been removed if they escaped.

Accidents happen and dogs are smart, dogs getting out happens often and can be very hard to get back and put people & the pooch in danger.

Never let your pooch off leash

No dogs can be let off leash outside the house as we don't know the dogs true behaviour for at least 3 months in care and learning recall is a hard skill that can take years for dogs to learn. We can't ever risk the dogs running away.

Never let your dog go to a dog park

Dog parks can be very overcrowded, overwhelming and over stimulating for dogs. They are a huge cause in common dog fights and are simply a liability issue with foster dogs. Foster dogs will not show their true behaviors for up to 3 months in care, so we may not know how they will react.

We also don't want any dogs off lead as recall takes months to learn with their new names and to not risk any animals running off.

Never give the dog raw bones

Anything that you can't easily snap yourself can cause damage to the dogs teeth. In addition bones can dry out and snap, causing small shards to get caught in the stomach and cause great damage.

Always consult with your case manager before giving any medication, new food or a vet visit.

These key points are crucial for foster carers to follow as they remove potentially liabilities for the animal & the rescue. We appreciate your support.



What is dog enrichment?

Behaviours like sniffing, chewing, fetching, digging & licking are incredibly satisfying for your dog. This is what we mean by enrichment. Dogs need exercise to stay physically healthy, they also need mental stimulation to avoid boredom.

Social enrichment



Sensory enrichment



Physical enrichment



Occupational enrichment



Socialisation is one of the most important practices you must do with new puppies. It includes contact with not just dogs but other animals & humans! It exposes dogs to new people, places, and situations where they can learn and grow.



Social enrichment activities can include:

- Supervised playgroups
- Daily walks
- A visit to a dog-friendly brewery, bar, pub, or cafe
- A trip to the pet shop
- Going to the park or beach
- Taking a jog/going on a run



Any activity that exposes your dog to other dogs, individuals, and groups of people in different environments qualifies as social enrichment.

Top Tip for the reactive doggos: Exposure doesn't need to be full contact, it can be watching another animal from afar!

Sight, sound — and especially smell — play a large part in canine enrichment. Stimulating your dog's senses can be very beneficial for anxious or stressed dogs.

Sensory dog enrichment includes:

- People watching
- Playing soothing music
- Calming scents
- Nosework/scent games with dog treats
- Food puzzles
- Hide and seek
- Chew toys



A dog's sense of smell is powerful. Scents like ginger, coconut, valerian, and vanilla were found to have a calming effect on shelter dogs in one study. Researchers Dr. Tamara Montrose and John Binks exposed dogs to cloths scented with ginger, coconut, vanilla, and valerian. The dogs exposed to these cloths became less anxious, barked less, and slept more.

Occupational enrichment gives dogs a “job” to do, which is especially important for working breeds like herding dogs. Researchers at Purdue University explain that occupational enrichment “... helps keep dogs mentally stimulated, which combats boredom while also allowing them to release excess energy.”

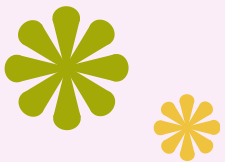
Occupational enrichment activities include:

- Dog sports and agility
- Puzzle toys that make them work for food
- Dog training
- Playing fetch
- An outdoor dig pit



Job-related enrichment makes your pup use cognitive thinking and problem-solving skills in order to accomplish a task.

Last but not least: play! Playing fetch, a game of tug of war, and having a consistent rotation of interesting dog toys will provide your doggy with the physical stimulation it needs.



Combining mental with physical exercise your dog loves each day provides a positive way to reduce destructive behaviour or stress.



Take your dog on a hiking trail, toss a ball on the beach, or just snuggle up on the couch with a soft blanket.

Feeding your pooch

It is important that the dogs diet is a complete and balanced diet.

Food provided are donations, they are not always gold standard diets. However, please do not feed the dog any other foods without consulting with your case manager first.

Many human foods are toxic to dogs. Always check with your case manager before giving human food. Garlic, onion, coffee, leak, grapes, tomato, mushrooms, chocolate and more are all dangerous to dogs.

How much to feed my dog

It depends on the age, breed, activity & the type/brand of food it is eating.

See the back of the food packets to determine how much to give. If you are unsure, please ask your case manager.

Feed twice a day, dogs have stomachs like humans and will get hungry after 8-9 hours.

How to feed

Ditch the food bowl! Use enrichment feeding and spread your meals out throughout the day.

Ways to feed

- In a puzzle feeder or in a snuffle mat
- Kong Wobbler - our top recommendation
- Kibble & water in a kong and frozen makes a great popsicle!
- Recycled rubbish like; In folded over toilet rolls, egg cartons, old milk carton
- In an old tea towel rolled over
- Food scattered throughout the home for them to find
- Throwing it for them to chase
- Throw in the grass for them to sniff out

We recommend half their allowed food in the morning and then leaving some in kongs, puzzles or toys throughout the day to keep them busy & enriched.

Joe



Sleeping

Animals need to sleep indoors and beds with crates are the recommendation where possible. However we support our foster carers choosing where the animal sleeps indoors that is best for you & your home.

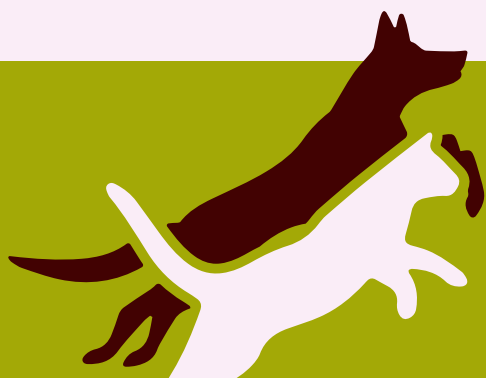
We support that if you allow the animal on beds, couches, that the animal can go where comfortable. Our only rule is that if the dog is allowed on a couch/bed/place, they are either always allowed or never, animals will not understand the 'sometimes'.

Socialising

It's a myth that dogs need to have socialisation from other dogs. Dogs can get socialisation from other dogs, but they can also get this from playing with humans, watching other humans or dogs, or other animals. It's important to play and socialise with your dogs in your home.

Dog proofing the home

- Similar to puppy-proofing, pick up any sharp objects and choking hazards like paper clips, bottle caps, staples, nails, pins, needles, yarn and rubber bands. Then get down on the floor at a dog's level, and look again.
- Put cleaning products and medications on high shelves or in cabinets with child-proof locks.
- Store human food in closed pantries and cabinets.
- Cover cords and wires or move them out of reach.
- Look for and block any small spaces that your foster dog might try to hide in.
- Either secure or put away any breakable objects that are valuable.
- Move houseplants out of reach.
- Keep washing machines and dryers closed, and block access to the space behind.
- If you're getting a small breed or puppy, make sure that the toilet lid is always down.
- Keep foster dogs out of the garage; there are too many toxic chemicals and tools.



HUMANE ANIMAL RESCUE

Thank you for choosing fostering & saving a lifes



If at anytime you need support please reach out.

If you are ever considering surrendering your pooch please reach out.



Plants Toxic to Dogs



Philodendron



Oleander



Japanese Yew



Lily of the Valley



Autumn Crocus



Cyclamen



Sago Palm



Dieffenbachia



Please note plants toxic to dogs and check your home to ensure they can't reach or ingest any of these plants that can cause harm.

