



CARER INCLUSIVE PRACTICE IN LEARNING DISABILITY SERVICES

Bina Sharma, Clinical Psychologist
Mary Simpson, Positive Partnerships Team



Aims of the project

Develop an operational model for working more effectively with carers and support networks

Improve the service and support we offer to service-users, carers & families

Support the network to hold central the service-users perspective

Provide interventions that help to create and maintain psychologically informed environments

Sustain positive practices and reduce re-referrals



Why are we doing this in learning disability services?

Carers, including family members, often have expert knowledge of the service-users life and their day to day support needs.

Working together can help carers to feel supported and valued, reducing carer isolation, stress and burnout.

In line with Trust Values, HPFT Carers Strategy and Carers Action Plan.



Our values informed by systemic theory

- ✓ Recognise carers and families hold expertise in helping us to understand people's lives
- ✓ Work with people to understand their context and to offer support with this in mind
- ✓ We see systems of care as resourceful and resilient – want them to be able to generate their own solutions to difficulties that arise

How are we improving our work with carers?





Measuring Changes in our Inclusive Practice

- Delivering Care Inclusive Practice Training to healthcare professionals in our team.
- Pre and post training interviews are being conducted to capture changes in : 1) professionals understanding of and confidence in using systemic ideas, and 2) use of specific skills.
- Ongoing consideration around how to involve families and carers in the project. We have attended family forums and a Carers Rights Event to capture carers experience of services working inclusively with them.



QUESTIONS

- What are the difficulties / barriers that you face in your relationships with services (specifically LD services)?
- Do you have any suggestions about how to overcome these barriers / difficulties?



Consultation

- We want carers to be part of this project
- Would you be prepared to give us feedback as and when we need it? Join our meetings?





Any Questions?

