



LEEDS BECKETT UNIVERSITY
SCHOOL OF HEALTH

ABEL Group

Lived Experience Involvement at Leeds Beckett University

Why Are We Here?

ABEL = Advice By Experience Leeds

Involvement of a wide range of people (and carers) with lived experience of physical or mental health issues, disabilities, or social injustice is of great value to your education.

Our input gives you a better understanding of what it's really like to be on the receiving end of health and social care.

About Us

ABEL originally formed in 2004 to work alongside University Social Work lecturers in its development and delivery of social work education and training.

Our group members come from a range of backgrounds and diverse experiences of health and social care experiences. They have stories to tell that help to provoke our thinking about the best ways to work with people using services.

We now support a range of courses across the School of Health in the planning and delivery of teaching on key subjects.

What are our Aims?

- ✓ To help students:
 - ✓ develop the right values, knowledge and attitudes to support their current and future practice
 - ✓ apply and relate theory and research to practice.
 - ✓ learn from real-world examples of experiences of health and social care engagement.
 - ✓ enhance their understanding of social care practice through experiential learning.
- ✓ To contribute to the continuous improvement of service provision as students understand our needs more (and how to seek them when they don't).

Remember our Cs for Success...

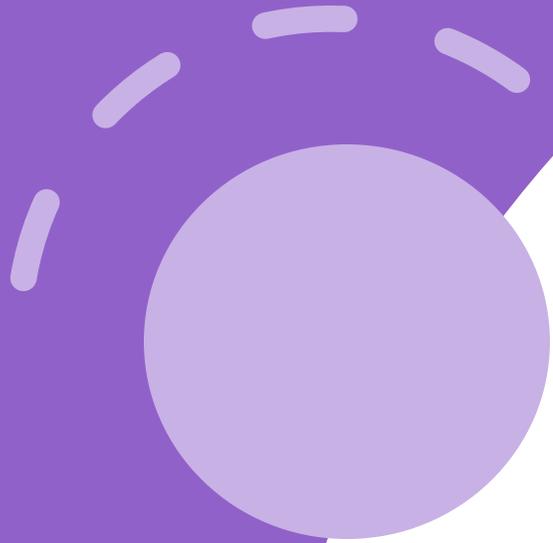
- ✓ **Communicate:** ask us questions! We know it feels daunting - we're here to help, not scare!
- ✓ **Cooperate:** This is a two-way relationship, treat us with respect and we will reciprocate.
- ✓ **Collaborate:** We are here to help you develop skills you will need in future in a learning environment.
- ✓ **Courage:** do the right thing for the people you care for, express concerns, innovate and embrace new ways of working.
- ✓ **Care and Commit:** Caring defines you, your community and your work - continually seek to improve it.
- ✓ **Confide:** Our stories and experiences are to help you, not to be shared with all and sundry.



What's in a label?

- Service user?
- Carer?
- Client?
- Patient?
- Wheelchair user?
- Disabled person?
- Physically impaired?
- Person with a disability?
- Person with lived experience?
- Businessman?
- Entrepreneur?
- Innovator?
- Campaigner?
- Advocate?
- Consultant?
- Rob?





**Please allow us
to introduce
ourselves**



Discussion (1)

ABEL members will sit with you in small groups to discuss a fictional case study explore the importance of person-centered practice



Discussion (2)

Why is listening to the voice of lived experience important in the ongoing development of health and social care professionals?



Discussion (3)

Imagine a health or social care professional is visiting you at your home.

What are the qualities you would most value in the person coming to offer you support?

Sum up

- Restorative approach
- Person-centred
- Holistic view- whole person
- Attentively listening
- Being open and honest
- Open versus closed question
- Bringing in the family and community
- Connection before content
- Relationship building
- Advocate
- Sense check: "have I heard that right?"



**Any
Questions?**





**Thank you for
listening!**

And good luck with your course!