

## Values and principles – Family/carer lived experience workforce

On 15 November 2018, members of the Carer Lived Experience Workforce (CLEW) participated in a workshop to articulate the values and principles of their discipline. The workshop was facilitated by Heather Pickard from the Self Help Addiction Resource Centre (SHARC).



*Photo: CLEW members after the completion of the workshop activities*

### Values and Principles

Value	Principle
RESPECT	We model respect for ourselves and others including people from different disciplines and lived experience perspectives. We are open to different worldviews and we encourage others to do the same.
ACCOUNTABILITY	We are clear about and promote family/carer lived experience roles. We develop and maintain the skills and knowledge we need to do our job and we drive the creation of structures and evidence necessary for our discipline.
ADVOCACY	We are informed about services and issues impacting family and support networks. We use our knowledge and expertise to understand, educate and advocate for families within the mental health sector and the community.
COLLABORATION	We promote collaborative practices that are inclusive of all perspectives.
RELATIONSHIPS, CONNECTION, COMMUNITY, MUTUALITY	We explore our lived experiences together for stronger relationships to cultivate/foster belonging and hope, and build connections between individuals, colleagues/teams, and communities.
COMPASSION	Our work is founded on a meaningful, empathetic and mutual connection that is supportive, safe and accessible, and nurtured by wisdom gained by sharing experiences.
DIVERSITY	We acknowledge, value and respond to the unique needs of people from all backgrounds and perspectives.

FLEXIBILITY	We aim to include a consistent framework to guide our practice. We remain open to new ideas, experiences, and new ways of doing things.
CURIOSITY	We embrace a culture of curiosity and mutual learning for the wellbeing and opportunity for all.

## Definitions

Agreed by CLEW members at February 2019 meeting.

**Family:** Family includes the consumer and those with a significant personal relationship with the consumer. This includes biological relatives and non-biological relatives, intimate partners, ex-partners, people in co-habitation, friends, those with kinship responsibilities, and others who play a significant role in the consumer’s life. Some family members may identify themselves as a ‘carer’ in a consumer’s life, others will identify more so with the characteristic of their relationship (for example, parent, child, partner, sibling).

**Carer:** A carer is someone who is actively supporting, assisting or providing unpaid care to a consumer. A carer may or may not live with the consumer. A carer may be a family member, friend or other person, including someone under the age of 18 years, who has a significant role in the life of the consumer.

*Department of Health and Human Services – Working Together with Families and Carers – Chief Psychiatrist Guidelines Aug 2018*