

Family Carer Workforce Wisdoms

·
*Reflective
Practice Cards*

Instructions card – how to use the deck

Family carer workforce wisdoms – reflective practice is a resource for mental health family carer lived experience workers.

The primary aim of these cards is to empower family carer lived experience workers to engage in curious and generative reflective practices. These cards can be used as a solo practitioner, or together in group reflective practice settings.

This incredible 28 card resource provides opportunities to learn from family carer wisdoms, to think deeply, imagine, reimagine and build on existing capacity and expertise.

*This resource was codesigned by family carer lived experience workers and family carer perspective researchers.
Created by FaCRAN, RMIT and funded by the Victorian Department of Health.*



*"Listening... that's what this job
is to me"*



**What are the ways in which I
listen to families and carers?**

"It's like it goes to another deeper level when you end up having a connection with someone who has a similar caring experience to you"



Sometimes we can struggle to connect with others whose experiences differ greatly from our own. What helps you find that connection?

*“How do we get people
connected to the
community again rather than
kind of sitting in a room with
the door closed opposite each
other on a chair”*



What does this quote evoke
for you?



What makes an interaction
or situation with family carers
feel hopeful for you?

"It comes from my heart, which is connected down to my stomach, so the feeling I get when I'm speaking to the Carer and every carer's different"



What does leading with heart look like in your work?
Can you think of a recent example of when you led with heart?

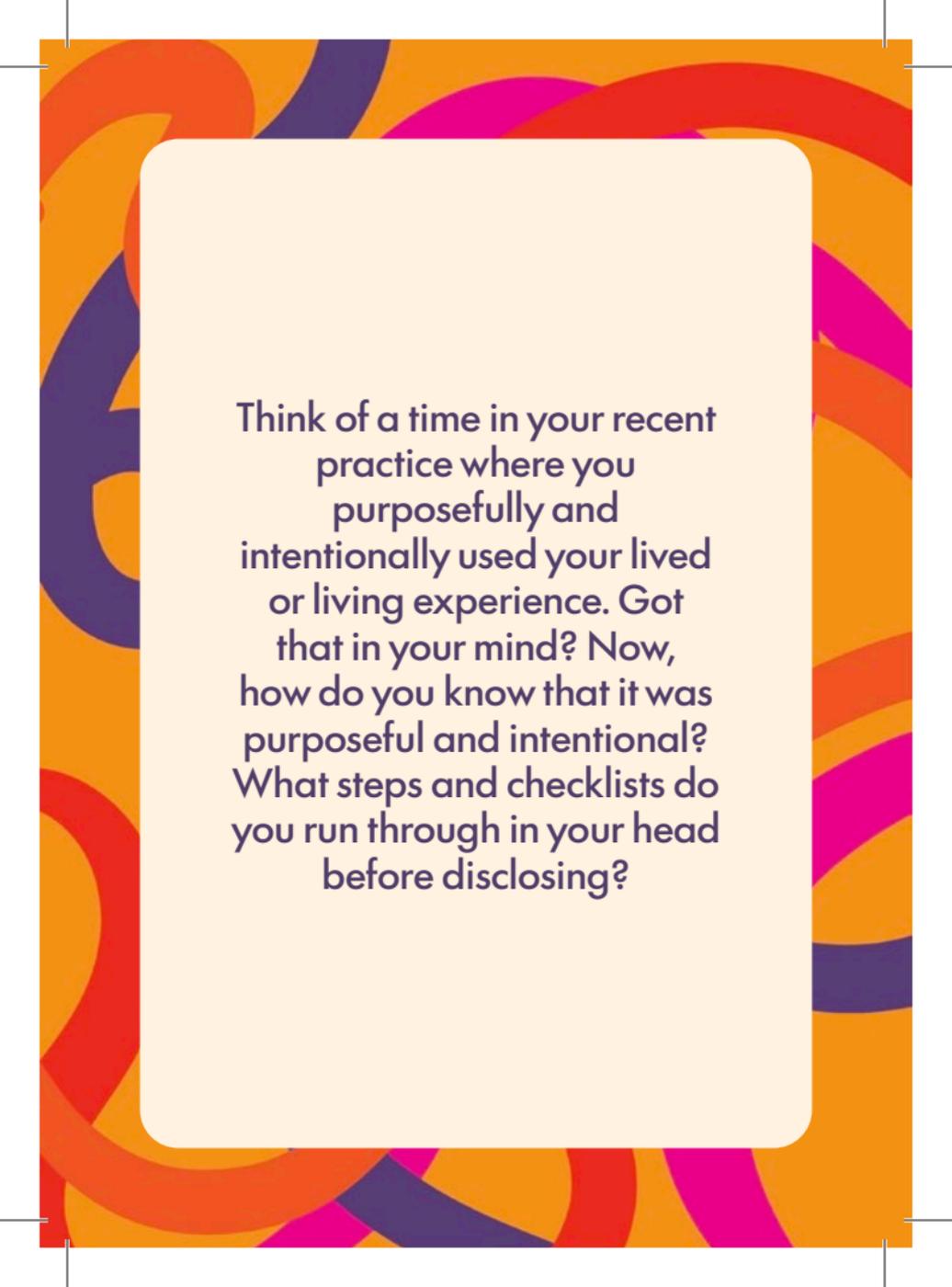
"I believe kindness is the key as well, being kind to yourself and others..."



What happens when
someone is kind to you?



In the last week or so, what
or who has prevented you
from being as trustworthy or
transparent as you wish to
be?



Think of a time in your recent practice where you purposefully and intentionally used your lived or living experience. Got that in your mind? Now, how do you know that it was purposeful and intentional? What steps and checklists do you run through in your head before disclosing?

*"Being as much of yourself as
you can..."*



When you work with
authenticity, describe what
that feels like for you.

"I usually pick her up, go get a coffee and then we sit by the beach and just sit in the car talking..."



What does this quote evoke for you?



*“Knowing what someone’s
gone through and using that
experience and advocating so
other people don’t have to go
through that”*

Reflect on a time when you
enabled change for a carer.
What were you advocating
for? How were you
advocating in that moment?



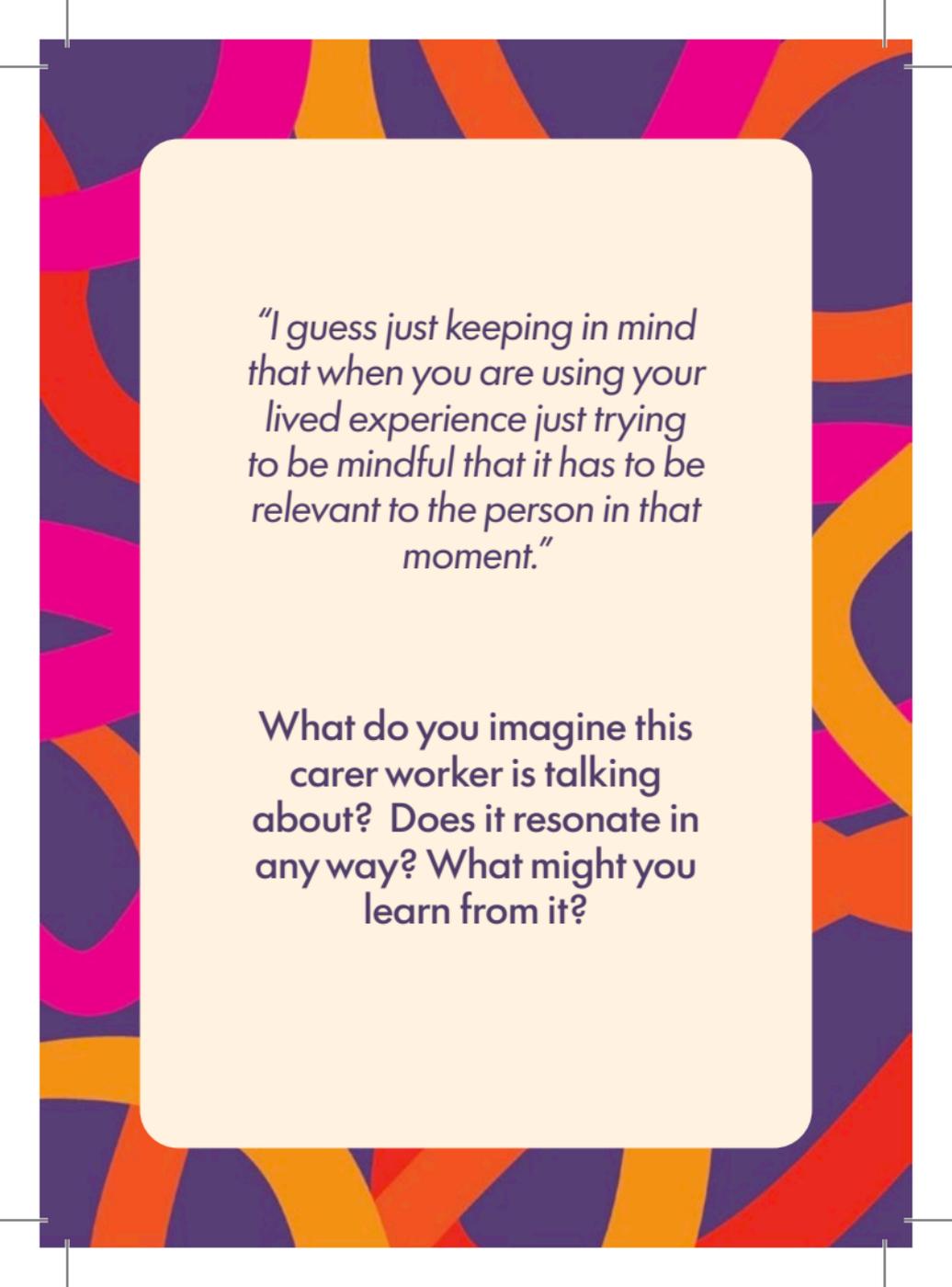
Thinking of a time when your interaction with a carer was characterised by complexity and chaos. What worked well? What would you have done differently?



How has your identity as a
family carer worker
developed over time?

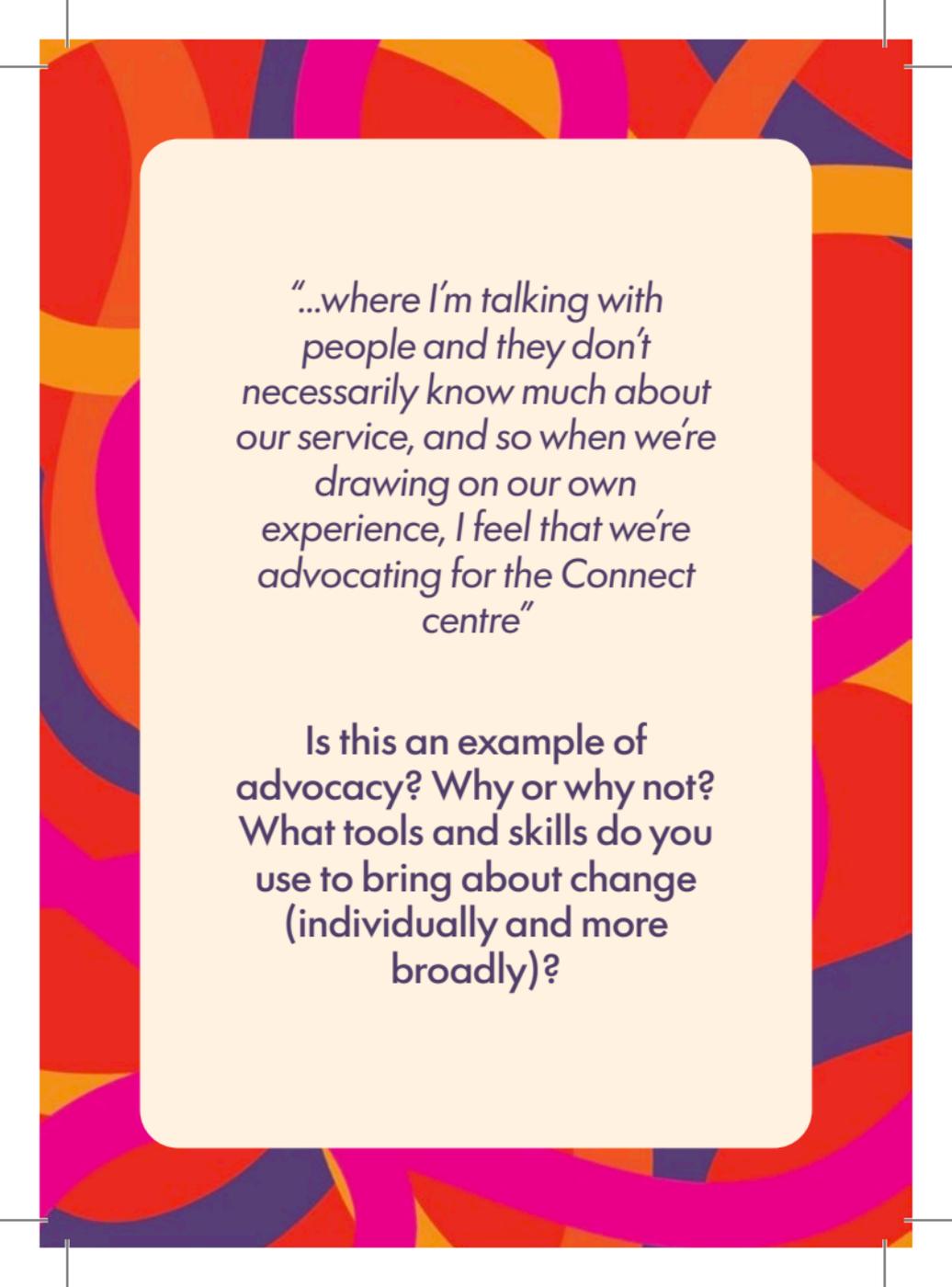


Describe what your organisation does to support and emotionally sustain you in your work.



"I guess just keeping in mind that when you are using your lived experience just trying to be mindful that it has to be relevant to the person in that moment."

What do you imagine this carer worker is talking about? Does it resonate in any way? What might you learn from it?

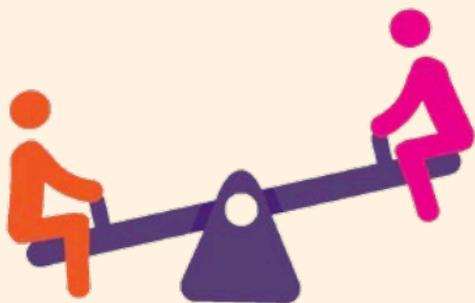


"...where I'm talking with people and they don't necessarily know much about our service, and so when we're drawing on our own experience, I feel that we're advocating for the Connect centre"

Is this an example of advocacy? Why or why not? What tools and skills do you use to bring about change (individually and more broadly)?



How does this image relate
to your current work?



What do you think of when
you see this image?



What does this image evoke for you? Why might that be?



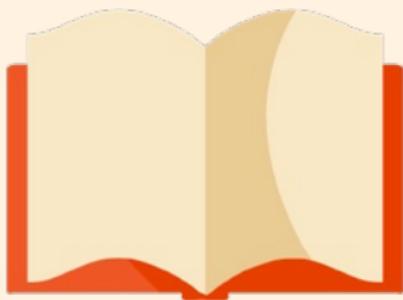
What does safety feel like
in your work? How do you
know when safety is absent?

"We grow as a person and we build up a lot of resilience and face lots of challenges..."



Share some of the assumptions you hold about the idea of resilience. How might they be helpful or unhelpful to families and carers seeking support?

*"I'm very conscious of not
making my story, everybody's
story..."*

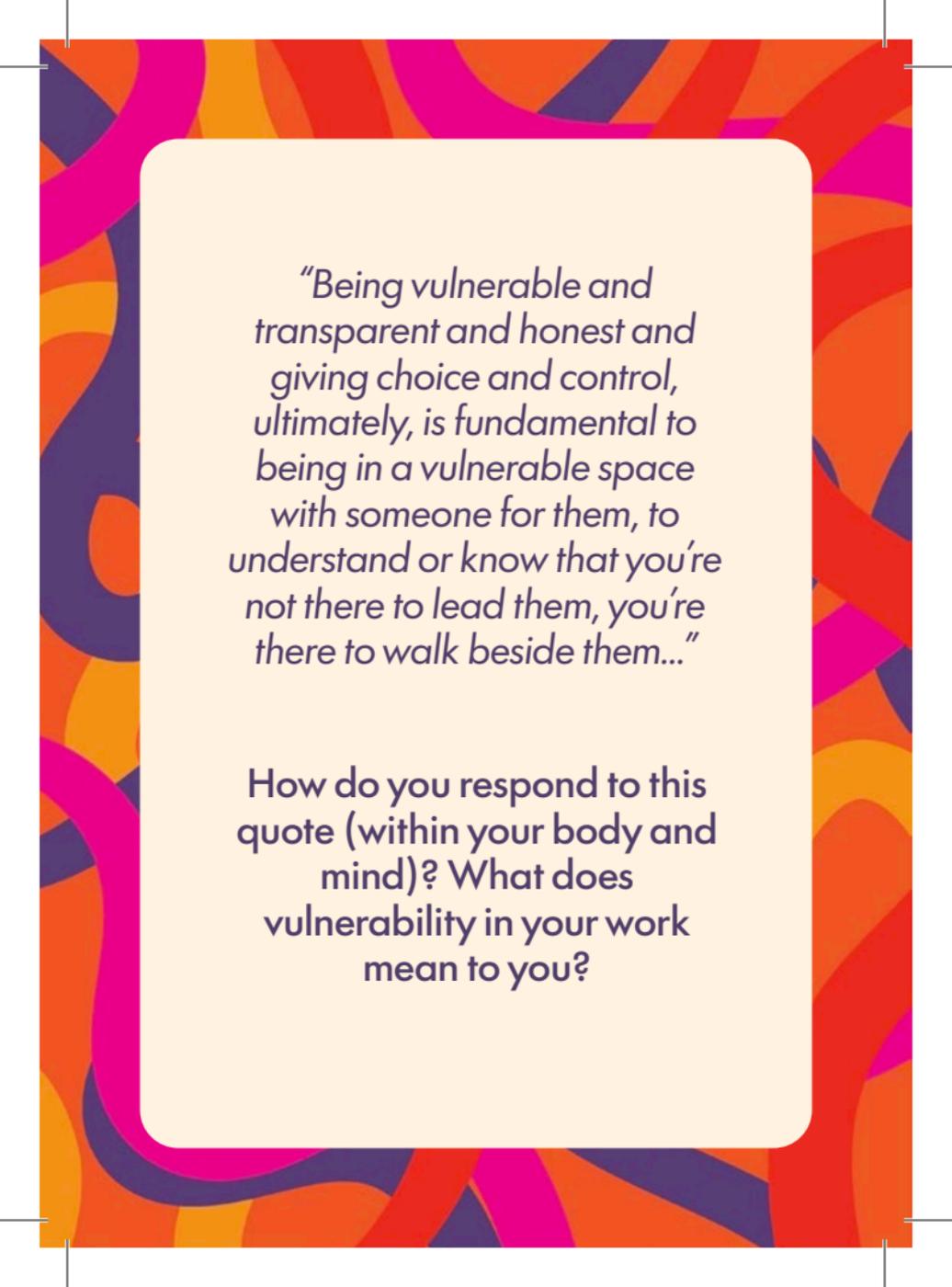


What do you take from this
quote?

"I feel like as humans, we have innate understandings of others, especially when we're in closer relationships..."



What facilitates a deeper understanding of the family carer that you are working alongside?



“Being vulnerable and transparent and honest and giving choice and control, ultimately, is fundamental to being in a vulnerable space with someone for them, to understand or know that you’re not there to lead them, you’re there to walk beside them...”

How do you respond to this quote (within your body and mind)? What does vulnerability in your work mean to you?

“Not trying to come up with your own ideas about what’s going on for this person but just trying to actually be present with them.”



How does curiosity show up
in the work you do?



"Carer perspective supervision training was just fantastic in terms of developing my lived expertise..."

What do you think characterises Lived and Living Expertise?

*"Being able to lead with love,
and lead with compassion."*



What place does love have
in our collective work?