People First NZ
Ngā Tāngata Tuatahi

DONALD BEASLEY INSTITUTE

University of Otago
ŌTĀKOU WHAKAIHU WAKA

The power of ‘we’: Co-creating education sessions about health and wellbeing

Ko wai mātou? Who are we?





Things we will talk about:

- our research project
- how we worked together as co-designers
- what we have co-designed
- how we are making sure that the tools are useful.



Taunakitanga Takitini

3 projects about supported self-management of health:

- Māori
- Pasifika
- People with a learning disability



In part 1 we explored:

- what health and wellbeing means to people with learning disability
- what would help people with learning disability to manage and make their own decisions about their health and wellbeing.



In part 2 we:

Co-designed courses for:

- people with learning disability
- close supporters (family, whānau, and supporter workers)
- health professionals

For people with learning disability

1. Health and wellbeing, and rights
2. Supported decision making
3. Getting the most out of health and wellbeing appointments
4. Managing health and wellbeing in daily life
5. (optional) Health passports

For supporters and professionals

a. Introduction to learning disability
1. Health and wellbeing, and rights
2. Supported decision making
3. Providing great support with health and wellbeing appointments and daily life

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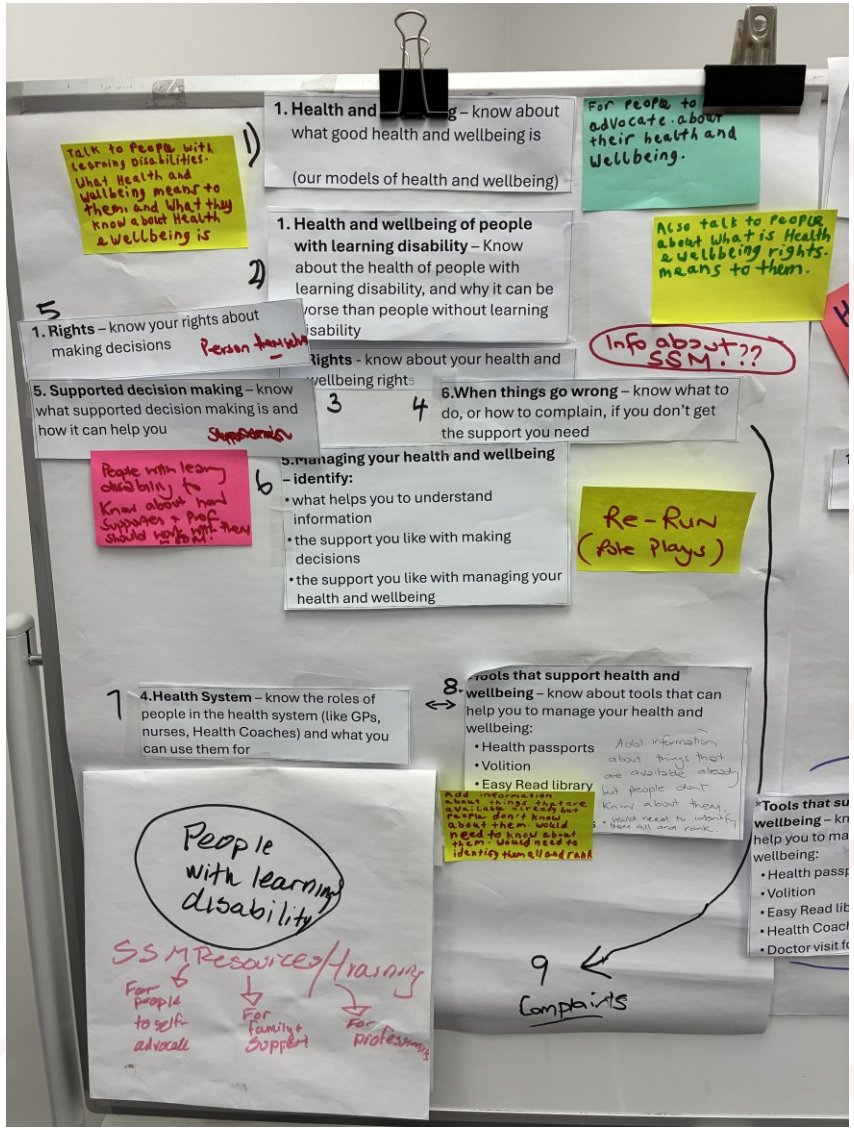
How we worked together to design the education courses

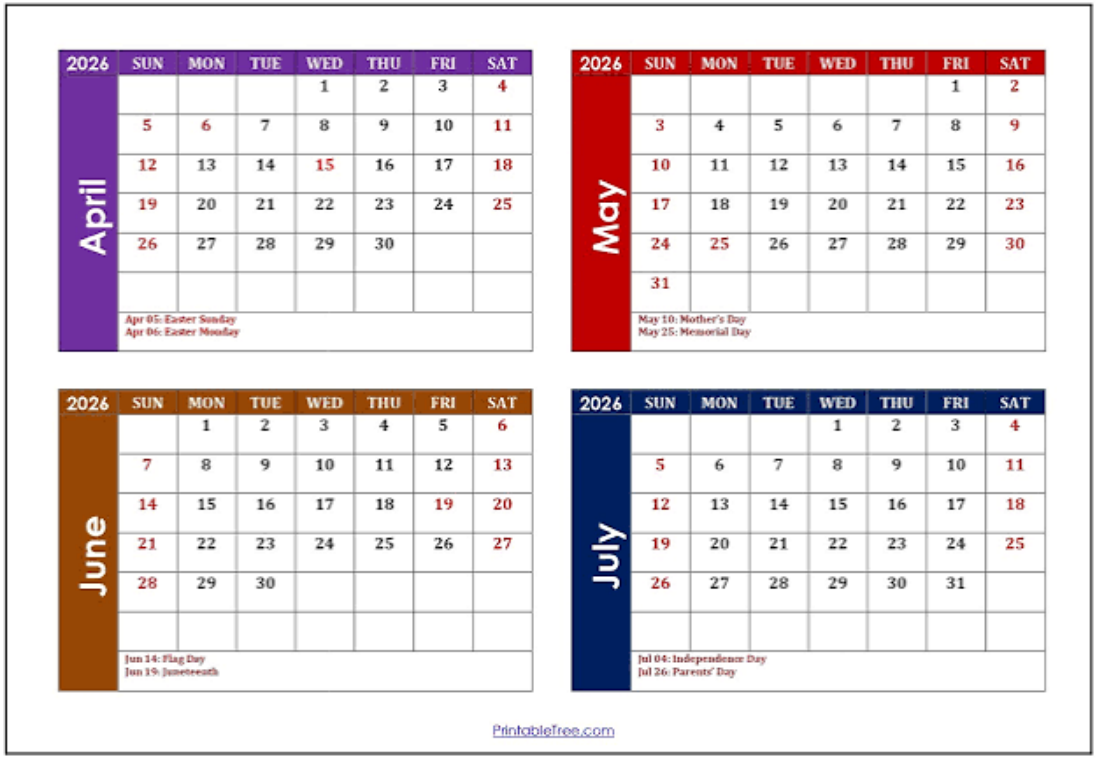


Planning the courses

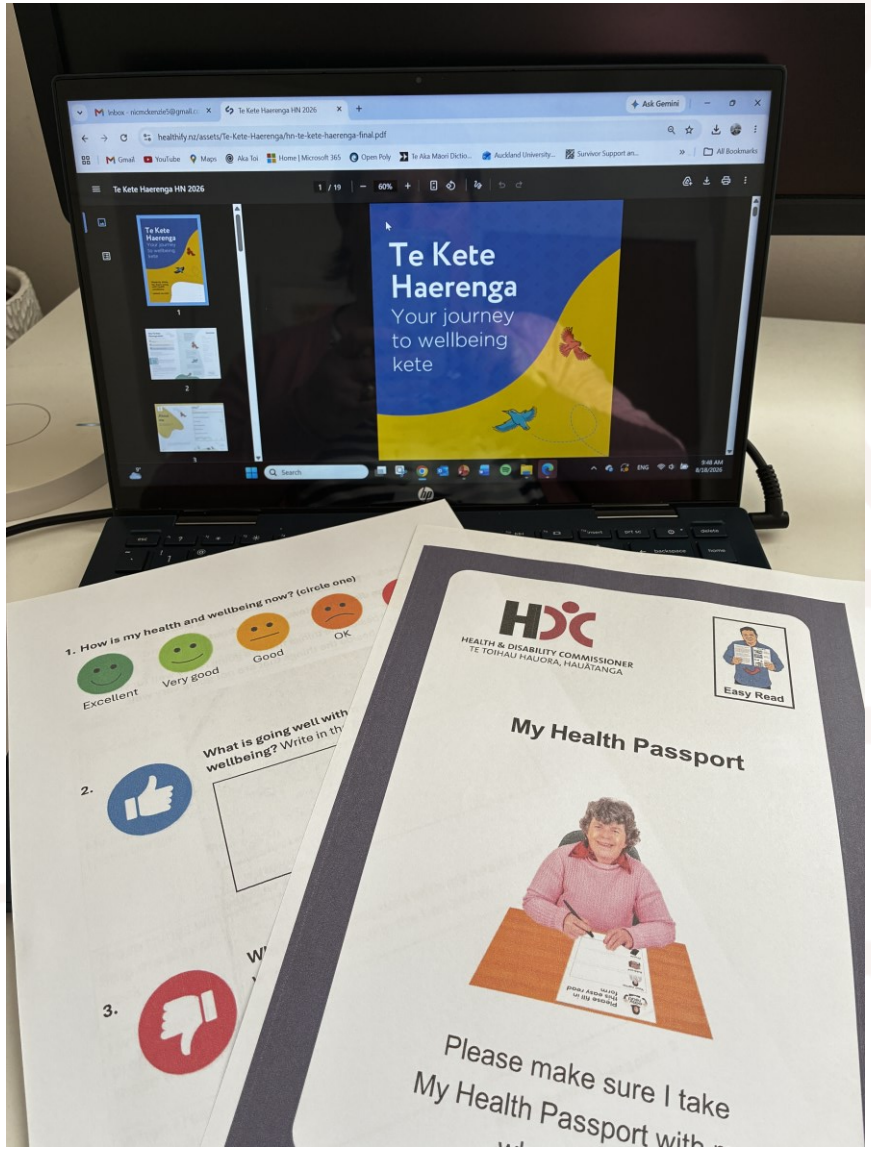
We identified:

- who the courses would be for
- course aims
- how we would develop content
- who to go to for expert advice

Key information



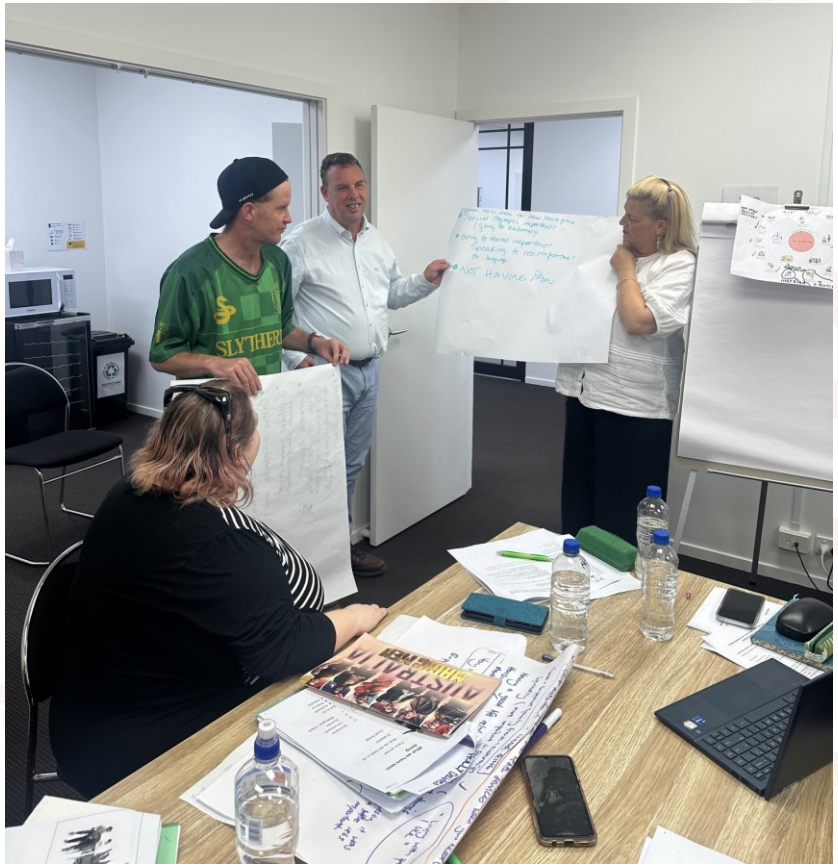
- we worked on-line
- the researchers and advisory group worked together
- we split into 2 groups – the learning disability group started first
- each group met 5 times
- it took 4 months in total



The research team's role:

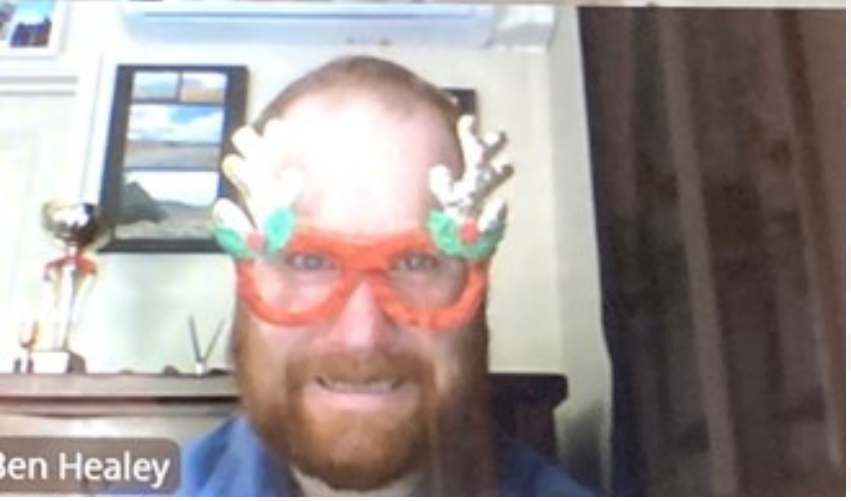
- organise things
- prepare content and activity options
- guide discussion
- get expert advice when needed
- follow the group's decisions
- develop the course materials.

Advisory group members:



- chose resources
- confirmed content
- chose activities
- asked questions / advocated
- provided feedback
- reviewed accessibility







Our way of working

- connection – interactive, fun, supportive
- consistent routines
- regular meetings
- everyone gets paid
- learning together first
- easy read materials
- taking enough time.



‘DBI end of the meeting songs’ playlist on Spotify

Challenges



- working on-line
- short time-frame
- budget
- everyone’s availability

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What we are doing next



We are going to:

- try out the courses
- evaluate the courses:
  - check what people think of the materials
  - see what improves because of the courses.

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Summary

Kā mihi | thank you

