

Are you interested in being a Peer Expert?

A Peer Expert is someone who:

- has lived experience of accessing and using health and/or social care services either as an individual or as a carer and
- is prepared and able to support other people going through the system

This will include sharing your expertise and lived experience with other people, carers and families who may want to know more about:

- ✓ finding a Personal Assistant (PA)
- ✓ finding their way through the different systems for health and care
- ✓ having a direct payment or personal health budget
- ✓ moving into supported living or extra care
- ✓ receiving care and support
- ✓ understanding their rights and responsibilities
- ✓ understanding transition

You may use your specialist knowledge to provide advice and buddying to help people to find their way through the systems,

You may share your experiences one-to-one e.g. face-to-face, on the phone, by email or other methods such as skype or text

You may also use your expertise and lived experiences to:

- take part in consultations or listening exercises
- contribute to more detailed focus groups
- contribute towards strategic meetings – including commenting on draft papers and proposals
- make an active contribution to the direction and co-ordination of meetings
- be involved in coproduction activities in health and social care

You can undertake the role voluntarily, or be paid in line with the social care 'Service User/Carer Involvement - Reward and Recognition Structure'

You may need to travel to meet with the person you are supporting or to attend meetings, so access to transport may be useful

If you are interested, please complete the application form and return it to admin@carerstgether.org.uk or info@hampshireadvocacy.org.uk as appropriate

For more information contact Peer Experts on one of above emails or call Carers Together 01794 519495 or Hampshire Advocacy 023 8077 6657