## Nothing About Us Without Us









My confidence has grown and I just want to do more and more.



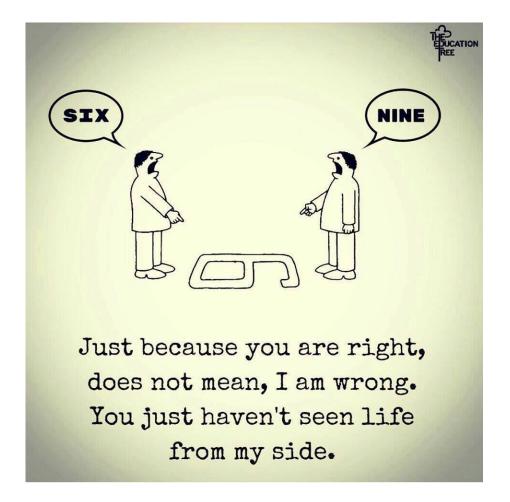




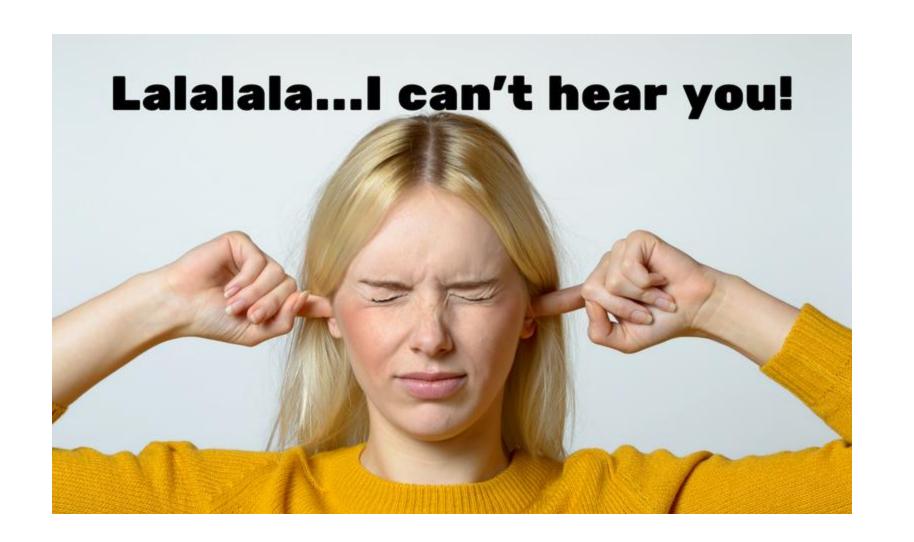


You might think you have the best service but until you look at it from the patient's view you can't know





Listening to your patients helps you to walk in their shoes and see things from their view





One patient's voice is powerful many together is even stronger.





You need to support and training to speak up

- speaking up in a meeting
- sharing ideas with others about how things could be done
- meeting new people at an event
- presenting





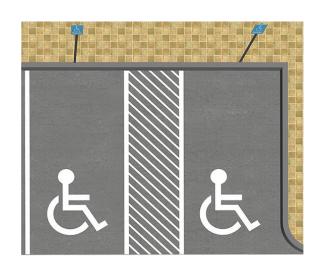






## **Practical arrangements**







## **Practical arrangements**







## **Practical arrangements**







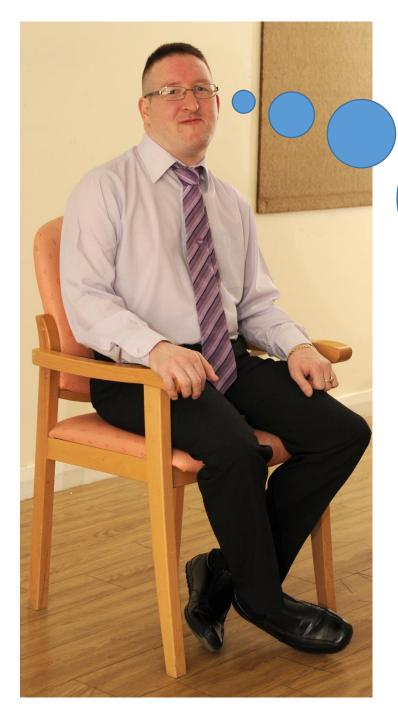
I have the privilege of working with John on a stream of the Regional swallowing group.

John is charismatic and informative in illustrating what it is to live with a disability, more importantly he holds us the 'professionals' to account by constantly asking Why, How and by When.

In my opinion he is not a service user but a service shaper. John epitomises the benefit and power of Service User Involvement and recently presented 'living with dysphagia' at the Hospital Caterers Association, NI Branch Seminar to an audience including food providers, procurement, speech and Language and dieticians.



Tony O'Hara
Senior Manager Patient
Experience
South Eastern Health and
Social Care Trust





Thank you for listening
You can all help make my dream come true that
co-production is done all the time and not just
sometimes