



My Home, My Care, My Way

Rich Amos

Durham, May 23

*“more often than not the unwritten rules of the world we live in **supress people** to conform in a very structured way, none least then making us behave in a way that **separates our ‘professional’ and ‘personal’ selves** as being two completely different versions”*

*“I refer to coproduction as a **behaviour**, because as much as we think of coproduction being a way to work collaboratively as **equals partners**, it’s nothing if we don’t **believe** it, **absorb** it, **feel** it, are able to be reflective of our own practices by it and **celebrate** what it stands for”*

My home, my care, my way is the theme of today's conference but before I delve deeper I would like to put out a question of **what does home mean to you?**

*“I **cannot** just walk into an estate agent and **choose** properties based on what suits my budget and I like the **look of**. I have also got to think about **accessibility** and the **support and services** I need”*

*“My need for support and ultimately alternative housing was **against the tidal wave** of the pandemic and war breakout in Ukraine where I was told to not **have much hope**.....*

*..... the presenting situation I was in brought out my **dependent vulnerabilities**”*





People at the Heart of Care

Adult Social Care Reform White Paper

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CP 560

Better health & wellbeing for all

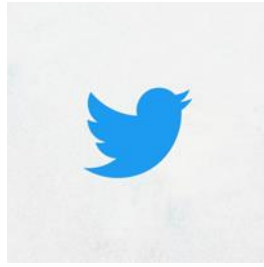
A plan to improve health and care
in the North East and North Cumbria



*“We can’t speak about **housing** without talking about **communities** and we can’t speak about communities without talking about **people** of whom the Integrated Care Partnership has a population of over 3 million”*

*“...how can we **utilise** the untapped resource of such a large population, how can we **build confidence** in people who sadly experience the rough end of the scale to know they can become **active citizens** again and how do we **empower** people to be part of the **solution?**”*

*“Coproduction is the process of **nurturing** or even building **relationships** with it’s beneficiaries and those who have lived experiences to invite people to be equal partners from **grassroot** to **strategic** ways of **giving views**, **co-creating** and **influencing** – very simply involving **people**”*



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Thank you for listening