

Self care workshop DRIVE Hui 12 June 2015

Insight: The UNDERSTANDING of a specific cause and effect in a concept

(definition Wikipedia)

Insight is different from both hindsight (seeing things through looking back), or foresight (being able to make reasonable predictions about future situations)

Family/Whaanau

What questions might we ask?

- Giving family permission to speak about your life.
- Not taking things personally.
- Having brave conversations, and asking things gently.
- Ground rules around how you talk to family and communicate.
- Allowing space for yourself and setting boundaries.

Clinicians

What questions might we ask?

- What are my early warning signs?
- What should I avoid?
- What are the options?
- What has worked for others?
- What is the medication doing for me?
- How long will I be on the medication?

What knowledge might we share?

- What triggers us to become unwell.
- Strategies, tools, self care, what I need to do.
- How it affects the rest of my family.
- My patterns.. eg. Eating, sleeping.
- I am a whole person: strengths, skills (focus on this).
- What I don't want/what hasn't worked for me.
- I expect to have input into my own care.

Peers

What questions might we ask?

- Is it possible for you to approach me indirectly at times you notice I'm out of balance?
- Are you able to keep the focus on me to help me feel supported?
- Can you explore with me what services may be out there to help?

What knowledge might we share?

- Knowledge of new medication and keeping aware of how the side effects are affecting me.
- What our baseline would normally be and watch for signs.
- Any discomfort we may be experiencing.

"I have no desire to suffer twice, in reality and then in retrospect."

