

# Co-production What is it?

Suffolk Family Carers

# What is Co-production?

Co-production is a relationship where professionals and citizens share power to plan and deliver support together, recognising that both partners have vital contributions to make in order to improve quality of life for people and communities.

## Elements of Co-production

**Seeing people as assets:** working with people's expertise by experience

**Building on our capabilities:** supporting people to put their skills to use

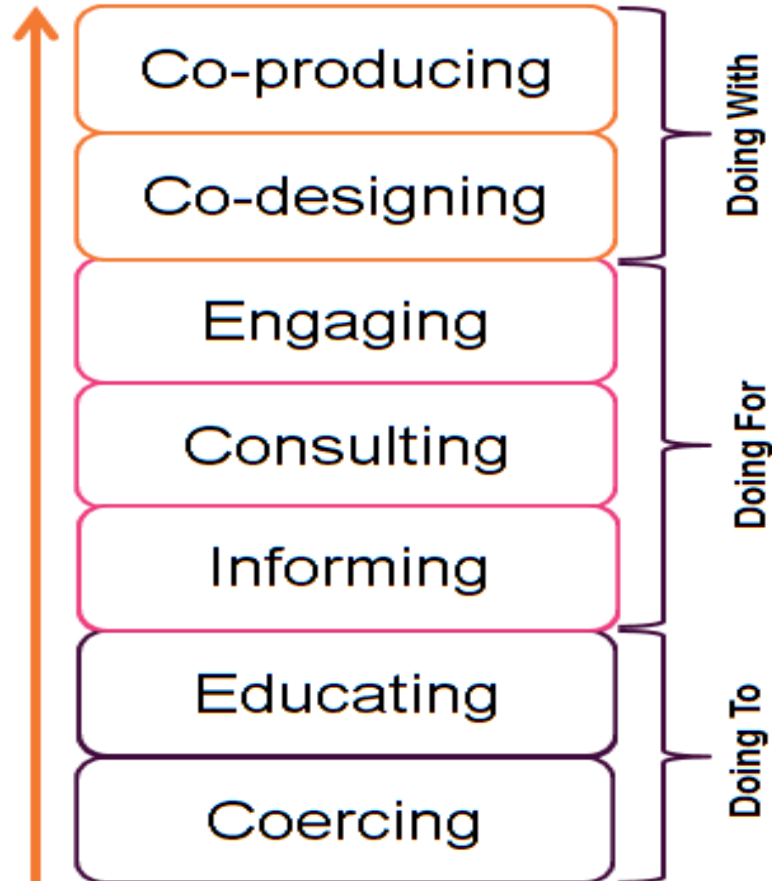
**Developing two way relationships:** mutual responsibilities and expectations

**Growing peer support:** supporting networks

**Blurring distinctions:** reconfiguring how services are designed and delivered

**Facilitating not delivering:** enabling people to achieve their own personal goals

# Co-production – ladder



**Doing With:** Outcomes cannot be done to or for people, they are achieved with people, through equal and reciprocal relationships. People’s voices are heard, valued, debated and then – most importantly – acted upon.

**Doing For:** Participation invites people to be heard but they are not given the power to make sure that their ideas or opinions shape decision making.

**Doing To:** People are expected to agree that the service will do them good and let it ‘happen to them’.

# How is co-production is different?

		Who designs?		
		Professionals design services	People & professionals together	People design services
Who delivers?	Professionals deliver services	Traditional service model	Co-designed services	
	Professionals & people together	Co-delivered services	<b>Co-produced services</b>	
	People deliver services	People trained to deliver services		Self-organised community provision

# Co-production recommendations

- Changing our conversations – “from you said, we did to ‘we said, we did”
- Asset mapping – knowing what’s available in the community
- Appreciative inquiry – appreciate what works
- Network mapping – how do services link?
- Peer research – using peoples experience
- Open space – giving people a space to be heard
- a, b, c, d – Asset Based Community Development

## How SFC are responding to recommendations:

- Health coaching
- Social Prescribing
- Hospital and Pharmacy awards development
- We know how our services link with Suffolk H&SC systems
- Attending multi-agency development groups, offering knowledge. Partnership working
- Feeding back impact to the health and social care system locally and nationally
- Giving carers the space to have a voice (facebook, groups, evaluations, website, one to ones)
- ABCD – Linking carers with local community support networks; social prescribing, health coaching, Carers Assessments, Talk and Support.

# Co-production and the core economy

- **The core economy =**
- countless under-valued and priceless human and social assets that make it possible for society to flourish.
- Co-production enables agencies to value and grow the core economy.



## In a nut-shell

- Sharing of power
- Respecting and using all perspectives and skills
- Respecting and valuing the knowledge of all those working together
- Reciprocity
- Building and maintaining relationships