

Empowering Families and Carers Reinforcement

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Types of power – to aid in planning empowerment

Power over (pouvoir sur): this power involves a mutually exclusive relationship of domination or subordination. This power is exerted over someone or, less negatively, allows “someone to be guided”. It triggers either passive or active resistance;

Power to (pouvoir de): a power which includes the ability to make decisions, have authority, and find solutions to problems, and which can be creative and enabling.

Power with (pouvoir avec): social or political power which highlights the notion of common purpose or understanding, as well as the ability to get together to negotiate and defend a common goal (individual and collective rights, political ideas such as lobbying, etc.). Collectively, people feel they have power when they can get together and unite in search of a common objective, or when they share the same vision;

Power within (pouvoir intérieur): this notion of power refers to self-awareness, self-esteem, identity and assertiveness (knowing how to be). It refers to how individuals, through self-analysis and internal power, can influence their lives and make changes.

Empowerment programmes



ASSETS – AVOIR (power to)

This concept refers to greater economic power in terms of material assets such as income, land, tools or technology. This being said, such economic power is not restricted to the possession of resources and wealth, but also includes better health, more time, access to certain services such as loans, information and training, health centres and markets etc.

KNOWLEDGE AND KNOW-HOW - SAVOIR et SAVOIR FAIRE (power to)

This means having more practical and intellectual knowledge or skills, enabling a person or a community to make the most of the opportunities that arise. It refers to management of people (leadership), techniques or procedures, training (literacy) as well as the development of thought and reason as critical analysis skills. Know-how highlights the importance of applying knowledge or the ability to translate one's knowledge into action or resources.

WILL – VOULOIR (internal power)

This refers to power within, psychological strength or spiritual power: one's values and fears, self-confidence and self-perception. It is the ability and will to make one's own choices for the future, the awareness of one's own life plans as well as the challenges facing one's community.

CAPACITY - POUVOIR (internal power and power with)

This means having the opportunity to make decisions, take on responsibility, be free to act as one pleases and use one's resources (assets, knowledge, will). Decision-making encompasses several aspects: the ability to make one's own decisions; the ability to take part in decision-making; the ability to influence decision-making and control those who make decisions on one's behalf; the ability to make decisions for others, and to show authority (in situations where someone has to make the final decision).

What is Prospect?



- Training and education programme for individuals with **direct experience** of mental illness
- Prospect contains four programmes for different target groups:
 - People with Self Experience,
 - Families and Friends,
 - Health and Social Care Professionals,
 - The Common Ground Module

What is Prospect - Aims



- To develop and promote vocational training and education to support new perspectives for social integration and employment.
- To sensitise social and health professionals to new approaches of working with People with Self Experience and their Family and Friends.
- Improve Communication
- Promote Remission and Recovery for both people with self experience and their families.

KNOWLEDGE AND KNOW-HOW - SAVOIR

- Participants will know more about illness, coping, sources of support

WILL - VOULOIR (internal power)

- Participants will have more Self confidence, coping ability, ability

ASSETS - AVOIR (power to)

- health benefits, potential to earn money

CAPACITY - POUVOIR (internal power and power with)

- increased ability to make choices and decisions, Common Ground Module provides common goal

What should professionals do to empower families?

KNOWLEDGE AND KNOW-HOW – SAVOIR

Share knowledge through workshops, lectures, information leaflets

WILL – VOULOIR (internal power)

Acknowledge equality, share decision making, involve carers in research and service evaluation

ASSETS – AVOIR (power to)

Provide training, pay families for caring, pay families for involvement in service planning, research and evaluation.

CAPACITY – POUVOIR (internal power and power with)

Share decision making, involve families in service planning, use everyday language/avoid jargon