



CB-NSG 8th November 2019

Workshop- families and individual

Website summary

Facilitators

Simon Jones, Nurse Consultant at Oxford Health NHS Foundation Trust

Steve Noone, Senior Lecturer at Northumbria University

Objectives

- Share examples of work supporting families to maintain resilience
- Consider what is needed to support families to maintain resilience
- Consider how services (including NHS Learning Disability teams) can be responsive to the needs of individuals and their families and help them build/maintain their resilience.
- Agree actions to support families to maintain resilience

Definition of Resilience

The capacity to recover quickly from difficulties. Resilience **does not** mean putting up with bad practice, rather **it is** strengthening the ability to manage unexpected changes or challenges that arise.

Discussion

Workshop attendees discussed the importance of resilience for individuals with learning disabilities and challenging behaviour and their families.

From the discussions at the workshop, the group agreed that a family carer role was needed within health and social care to facilitate resilience for other families of children, young people and adults with learning disabilities and challenging behaviour. Workshop attendees agreed that a pilot would be needed to test the effectiveness of the proposal.

Action table

What	How	Who	When
Create a family carer role within Health and Social Care to facilitate resilience for other families, possibly through support groups	Put together email group of workshop attendees to help co-ordinate future actions. Collect emails of interested participants for pilot in Oxfordshire Research and consider a politician/influential individual who could endorse the pilot	Simon Jones Simon Jones All	To update by next CB-NSG (update paper/poster)
Explore Possibility of FabPos mindfulness training for family carers	Steve Noone to provide training to family carers	Steve Noone and Coral Gassama to explore	Steve Noone and Coral in contact and booking in a call for January 2020.