

* Co-produced
by Family
carers

Nothing Without Us

A guide to co-production at the CBF: Meaningful, Collaborative, Focused & Personal

The Challenging Behaviour Foundation and family carers have developed the resource Nothing Without Us to highlight how to co-produce in ways that are inclusive of all voices, and not simply a tokenistic approach.

The resource is co-produced by family carers, building on years of experience of supporting people with a learning disability and provides top tips for how professionals can ensure that when working in co-production with family carers it is meaningful, truly collaborative and worthwhile.

The resource contains:

- **What is co-production?**
- **Co-production in practice:**
 - **Culture** – the beliefs & values that define the CBF and the way we work
 - **Structure** – the way the CBF is arranged and the systems we have set up to conduct our work
 - **Practice** – how the CBF and the people who work there conduct our work
 - **Review** – monitoring how the work is conducted and the outcomes or impacts that result from the work
- **Why is co-production important?**
 - A family carer shares the importance of co-production and the impact it can have
- **How to do co-production the CBF way!**
 - Top tips from family carers on how to successfully work in genuine co-production, using four key principles:

Equality
Accessibility
Diversity
Reciprocity

“Co-production as an approach can only succeed when all parties involved feel valued, and most importantly, that the person with the disability is truly at the centre and heart of designing outcomes.”

– CBF Family Carer



CO-PRODUCTION

IS NOT ❌



HEARING WHAT YOU
WANT TO HEAR



INCLUDING FAMILIES AS
A TICK BOX EXERCISE

CO-PRODUCTION

IS ✅



CONSIDER ALL CONTRIBUTIONS,
EVEN IF THEY ARE DIFFERENT
FROM WHAT YOU EXPECTED



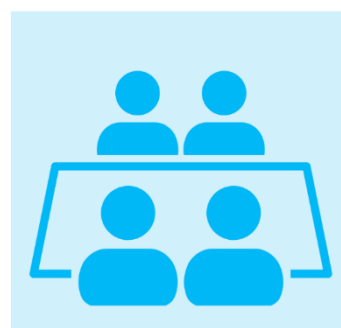
EVERYBODY CONTRIBUTING
IN AN EQUAL WAY

How does the CBF do co-production?

Co-designing



Co-delivering



Co-evaluating

Co-decision making

CULTURE

- Embedding co-production throughout the organisation
- Risk-aware, not risk-averse
- Co-production is made accessible to all

STRUCTURE

- Providing support, training and tools for everyone to develop co-production values and practices

PRACTICE

- Prioritising sufficient resources to make co-production meaningful
- Having a robust strategy and supporting policies that underpin co-production

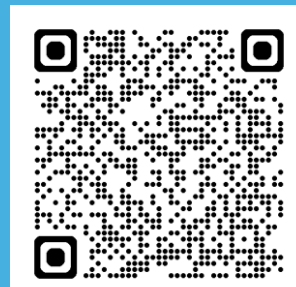
REVIEW

- Reviewing our practice regularly and in a co-productive way, ensuring that the processes are meaningful and effective
- Recording and measuring the impact of co-production

“Co-production is not just a way of working, it’s a way of being. Working on this project has been a journey of recognition that as a professional I am not always the expert in the room, this was not my story to tell. It has taught me that empathy, humility and openness are the foundational building blocks of co-production.”



– Linda Hume
Registered Learning Disability Nurse



Follow the link to access Nothing Without Us and associated resources including a co-production case study and CBF guidance on payment for family carers