

Carers as Peer Leaders

East of England Carers Event

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Peer Leadership Development Programme

What is the Peer Leadership Development Programme?

- ▶ The programme has **three main aims**:
- ▶ To tell people what personalised care is and how it can help them to self-manage their health condition
- ▶ To enable people to develop the knowledge, skills and confidence to support others e.g. through offering peer support
- ▶ To develop Peer Leaders and achieve an ambition of developing **500 Peer Leaders by 2024**

What is a Peer Leader?

A person with lived experience who is committed to working collaboratively with the health and care system to provide leadership and empowerment for strategic coproduction, peer support and self-management education.



‘What mattered to me was having carers I felt comfortable around’

Who is it for?

The Peer Leadership Development Programme is mainly aimed at people who could benefit from personalised care, for example:

- ▶ Disabled people
- ▶ People who have a long-term health condition and/or
- ▶ Their family carer
- ▶ People who could benefit from personalised care at a particular time in their life, for example, when having a baby

The programme is rooted in the perspective of people with relevant lived experience of personalised care, so their voices and reflections are woven throughout.

Peer Leadership Framework



Learner experience

- ▶ The Peer Leadership Development Programme is a personal development programme, rather than a training programme
- ▶ It's delivered in partnership with an accessible learning platform called FutureLearn
- ▶ It runs continuously so people can join at any time
- ▶ It's fun, flexible and interactive with opportunities to 'like', 'comment', take quizzes and hear personal stories
- ▶ And, it's free!

What difference can the PLDP make...to people with lived experience



Learn about personalised care



Learn about how the health and care system works



Develop more knowledge, skills and confidence to manage a long-term health condition



Make new connections and be invited to join the Peer Leadership Network



Have the knowledge to support others and give back to the community



Understand how to shape and influence decision-making and make change happen

To find out more

For enquiries or a course booklet, please e-mail england.pldp@nhs.net

To join the Step One course, follow this link:

[Peer Leadership Development Programme](#)

