

The Developing Evidence-Enriched Practice (DEEP) project

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A first thought from Paulo Freire

- ‘We cannot do anything, if we don’t respect the people. We cannot educate if we don’t start – and I said *start* and not *stay* – from the levels in which the people perceive themselves, their relationships with others and with reality, because this is precisely what makes their knowledge... one of the tasks of the educator is to provoke the discovering of need for knowing and never to impose the knowledge, whose need was not yet perceived’ (Horton and Freire, 1990 p66)

The Developing Evidence-Enriched Practice (DEEP) project

- An appreciative action research project;
- in health and social care services for older people;
- across six sites – five in Wales and one in Scotland;
- exploring research and other contextual evidence and using it in service and workforce development;
- To promote **well-being** and address the Seven Challenges of the JRF programme A Better Life.



The Seven Challenges of A Better Life

- Promote a more positive image of old age
- See the person behind the label or diagnosis
- Recognise that all support is founded in meaningful and rewarding relationships
- Enable the opportunity for older people to give as well as receive
- Share responsibility with older people (e.g. in decision making and working together to promote collective well-being)
- Strengthen the individual and collective voice of older people
- Recognise that big innovative changes can be good but also that 'little things' can make big difference

Areas chosen by participants for development

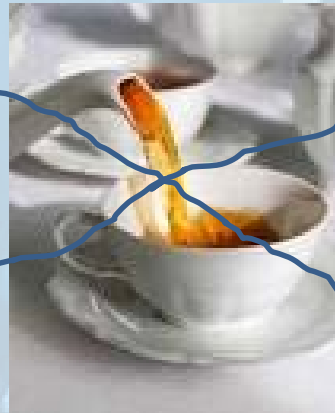
- *Relationship*-centred practice
- Positive and rights based approaches to risk management with people with dementia
- Meaningful activities in care homes and day services
- Supporting caring relationships through the development of meaningful short breaks
- Addressing loneliness and making an integrated resource centre *a part* of the community not *apart* from the community
- Personal outcome focused assessment support planning and review

So what did the project look like?



- <https://vimeo.com/126374148>

Did anyone spot the before and after?

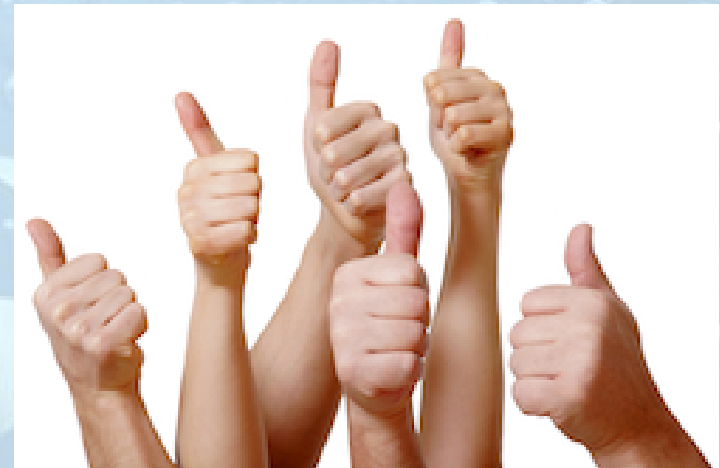


The five elements of the DEEP approach



1. Securing senior management buy-in and valuing and empowering project participants

- Appreciation and respect
- Honesty – saying it as it is
- Permission
- Mutual trust
- Celebration



'To alienate human beings from their own decision-making is to change them into objects'

Paulo Freire

2. Valuing and including a range of evidence

- Research findings, including 'A Better Life'
- Practitioner knowledge
- The voice of service users and carers
- Organisational knowledge, including policy



3. Capturing and presenting relevant evidence in accessible and engaging formats

- Short research summaries
- Stories and quotes
- Good practice examples
- Normative frameworks
- Provocative statements



Once upon a time...

4. Facilitating the exploration and use of evidence

Meaningful conversations:

- Create relationships and contexts
- Facilitates learning
- Supports collaborative decision making, e.g. regarding risk



Facilitated serendipity:

- Allows for emergence rather than implementation
- Requires reflective and responsive facilitation not endless meetings



5. Recognising and addressing national and local organisational circumstances and obstacles

- Recognising the impact of budget cuts
- Challenging narrow views of 'independence'
- Challenging simplistic rules and regulations, e.g. regarding professional boundaries and risk
- Challenging the burden of poorly designed paperwork
- Challenging tick-box approaches to quality assurance



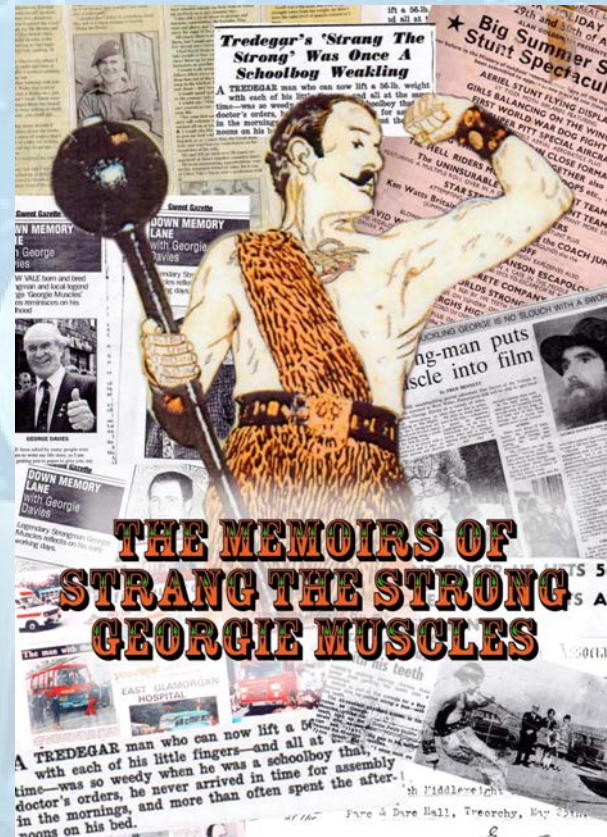
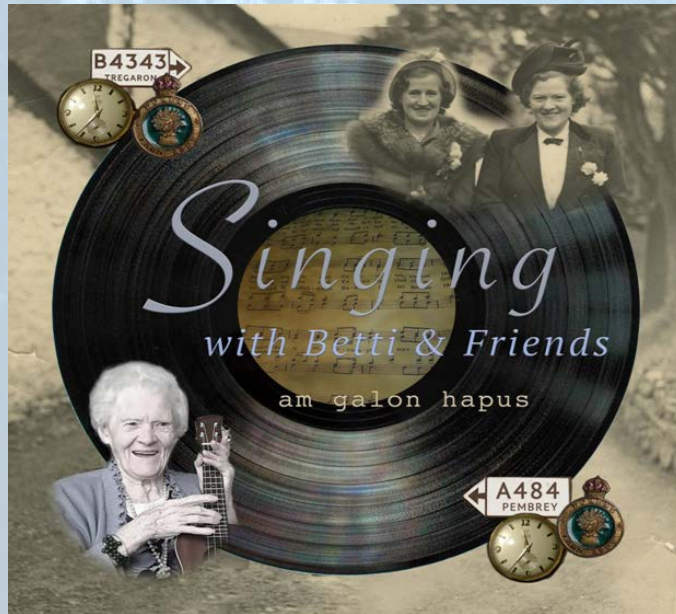
An example of evidence compared – an example from Gwalia who addressed the third challenge of ABL



Professional Boundaries Policy replaced with a Sharing Lives and Professional Boundaries Policy

- Recognise that all support is founded in meaningful and rewarding relationships

Some other project outputs



- 'See me not my shell' poem

Further information

Full report and 4-page summary:

<http://www.jrf.org.uk/publications/developing-evidence-enriched-practice-health-and-social-care-older-people>

DEEP project on-line resource:

<http://deep-resources.chrismog.co.uk>