

LifeMoves

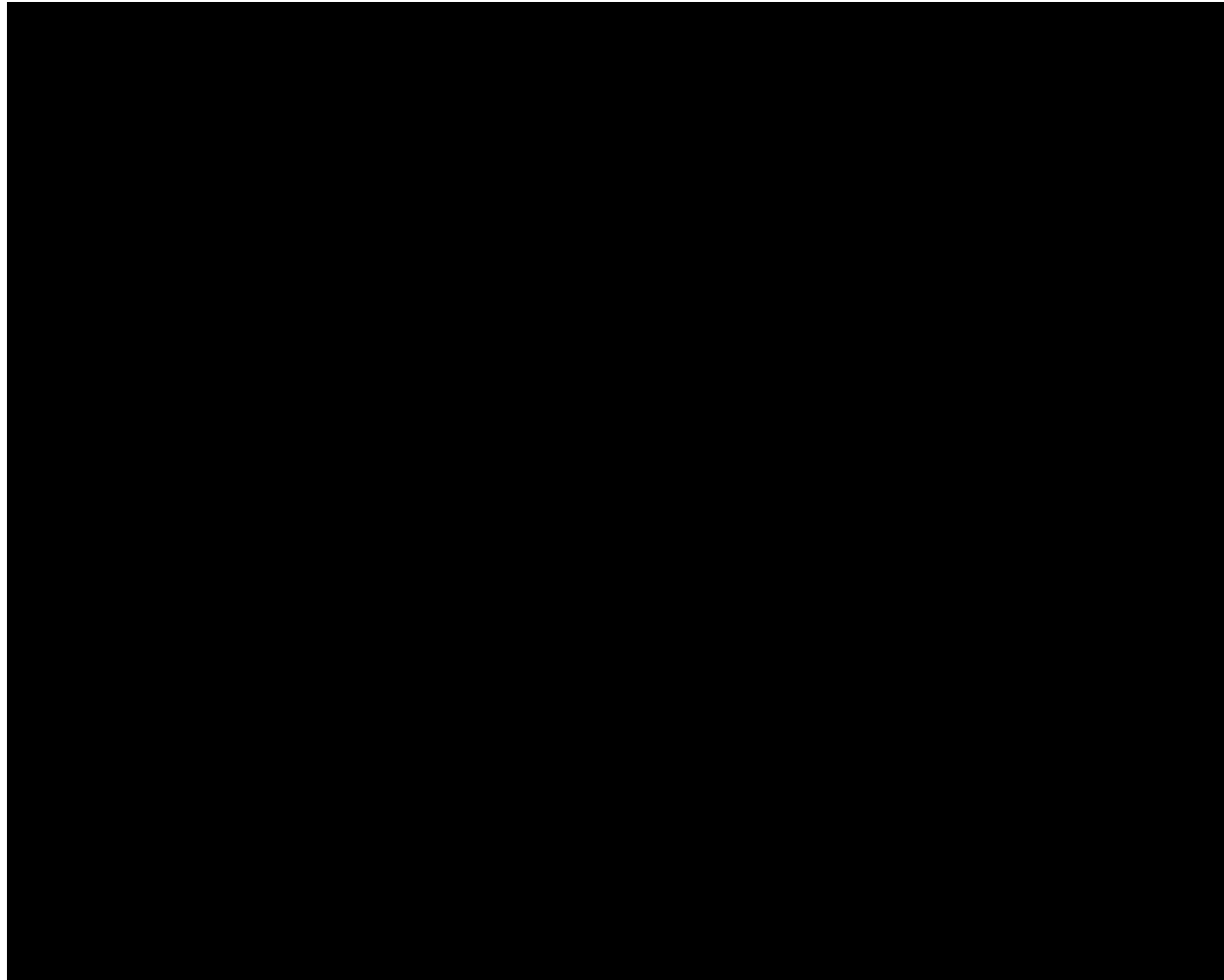
**An interdisciplinary and client-centred
approach to psychosocial adjustment**

Jane Hepenstall

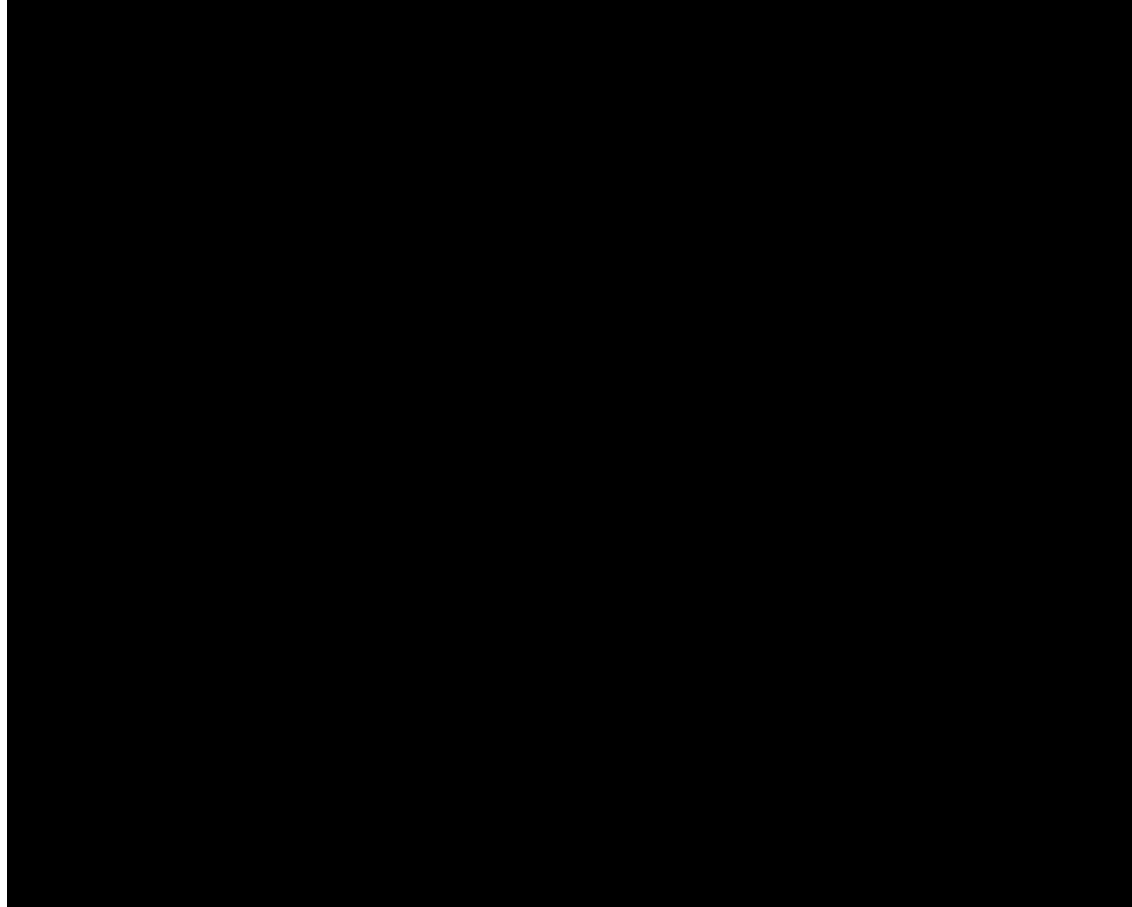
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Diane



Paul



Outline

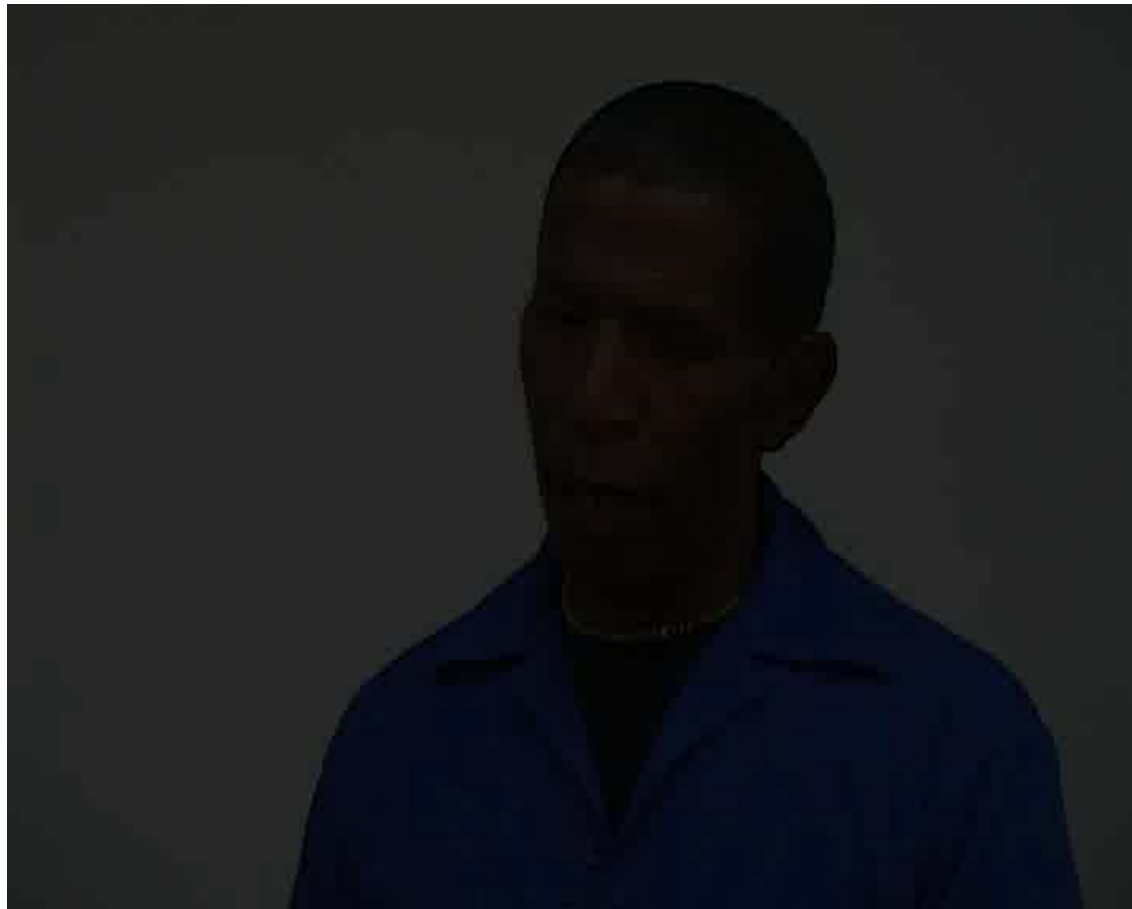
- **Rationale and evidence**
- **Aims and structure**
- **Outcomes to date**
- **Challenges and benefits of approach**

Rationale

Prevalence of psychosocial impacts including:

- **altered identity**
- **changes in relationships**
- **reduction in self esteem**
- **diminished sense of autonomy**

Paul



Evidence

Benefits of:

- **peer interaction**
- **client empowerment**
- **community-based programs**

Objectives of *LifeMoves*

- Enhance personal development and quality of life
- Improve self-confidence, self-esteem and self-worth
- Reduce length and frequency of readmission to community rehabilitation

What is *LifeMoves*?

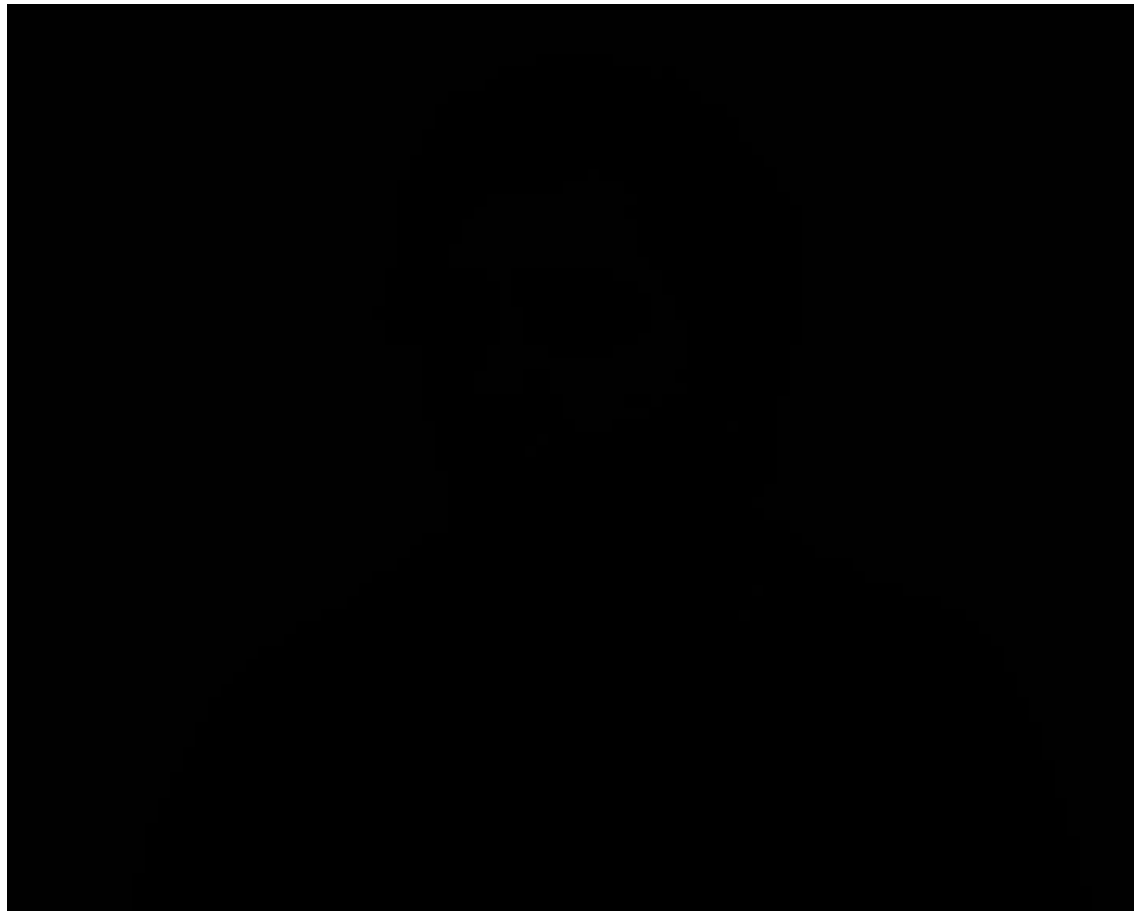
- 8 week group program
- 2 facilitators
 - Health professional
 - Peer support worker
- 10-15 participants
- Program content client generated

Evaluation and impacts

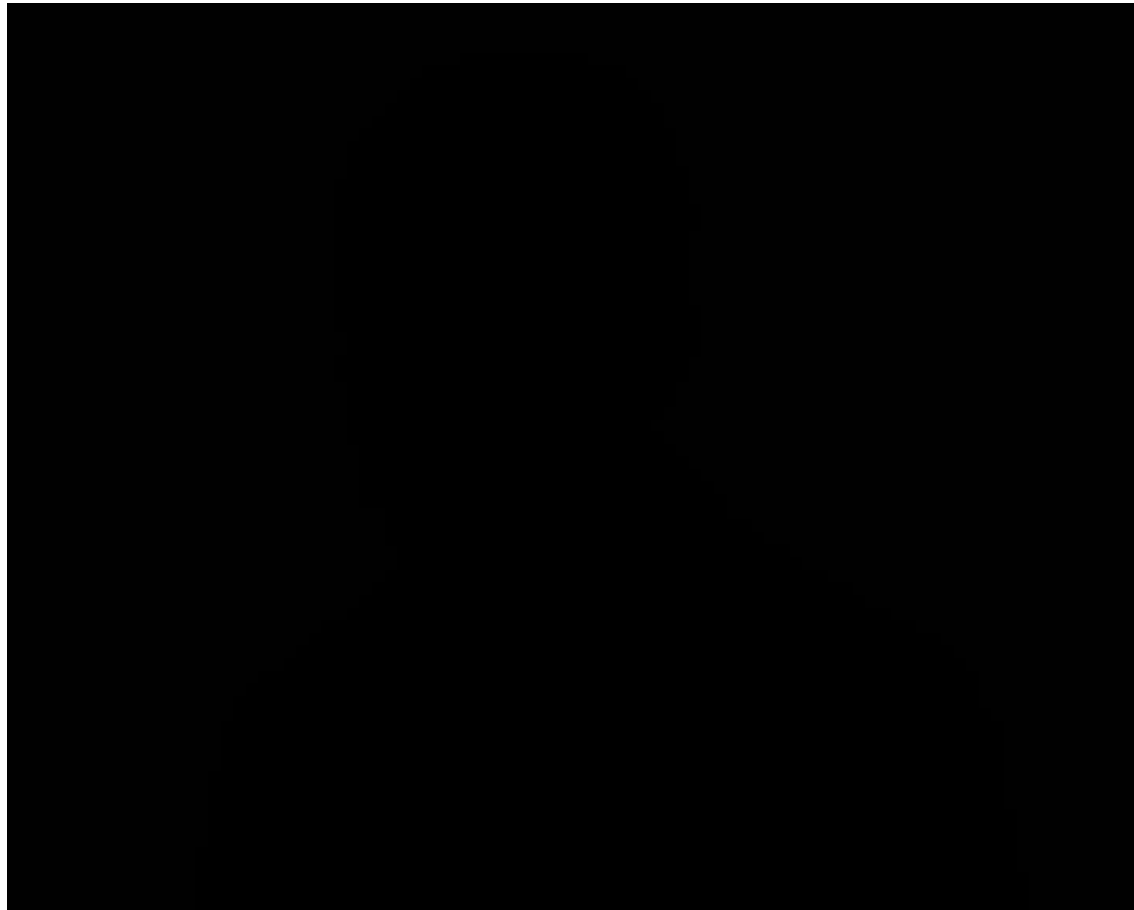
Routine pre- and post-program interviews

- gains in self worth and confidence
- improved capacity for self reflection
- increased empathy

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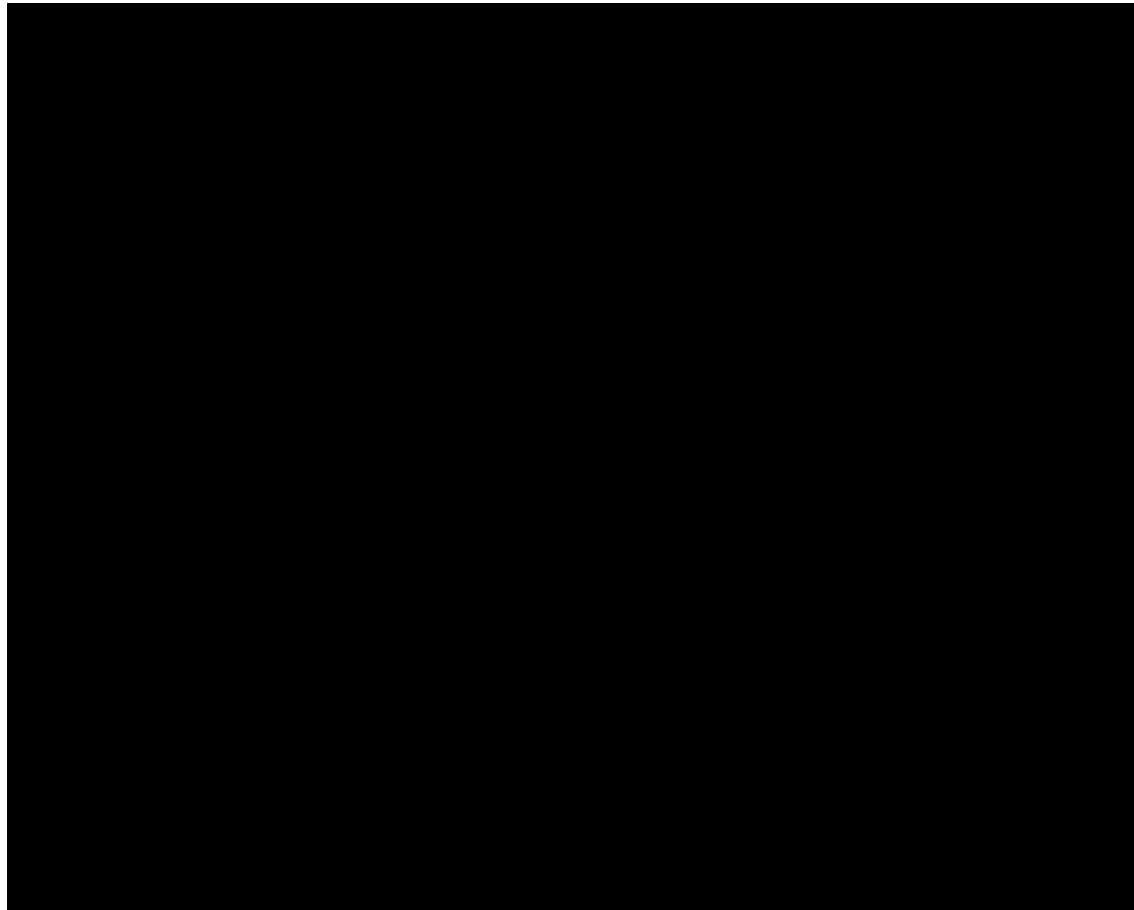
Qualitative review

- **Undertaken in 2006**
- **Multiple interview approach**
- **10 subjects**

Themes

- **strong sense of support**
- **sense of empowerment**
- **desire to assist others**

Paul



Benefits of approach

- **expansion of roles**
- **learning and development opportunity**
- **translating theory of client-centred approaches into practice**

Challenges of approach

- **Variability in understanding client-driven approach**
- **Resisting the impulse to “be the expert”**
- **Taking off discipline-specific hat**
- **Sustainability**

Future steps

- **Sustainability of Peer Support Program**
- **Increasing the pool of trained facilitators**
- **Efficacy study**