



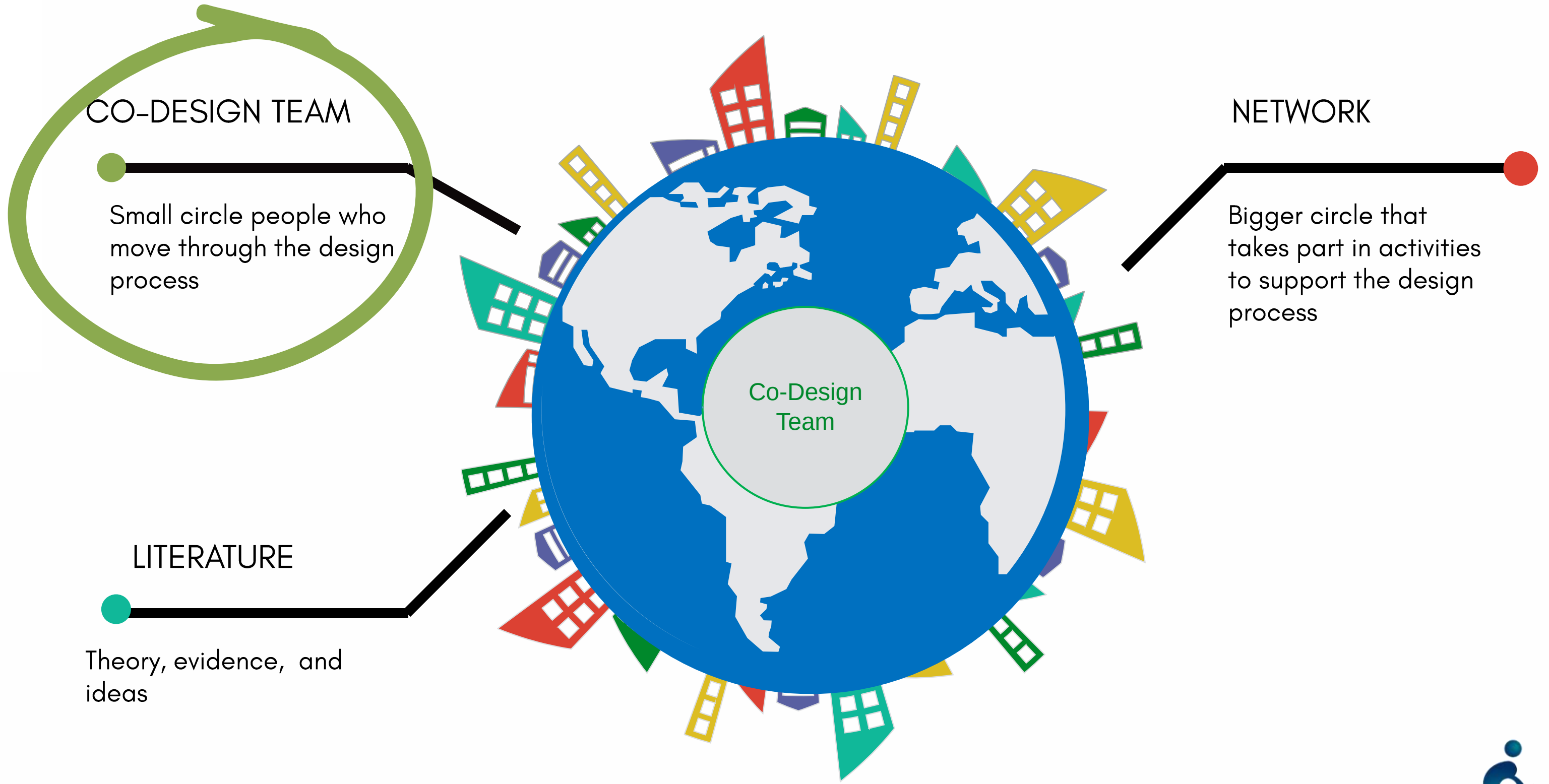
Co-Design and Pilot of a Peer Support Group Programme for People with Inflammatory Arthritis:

THRIVE | WHAKAPUĀWAI

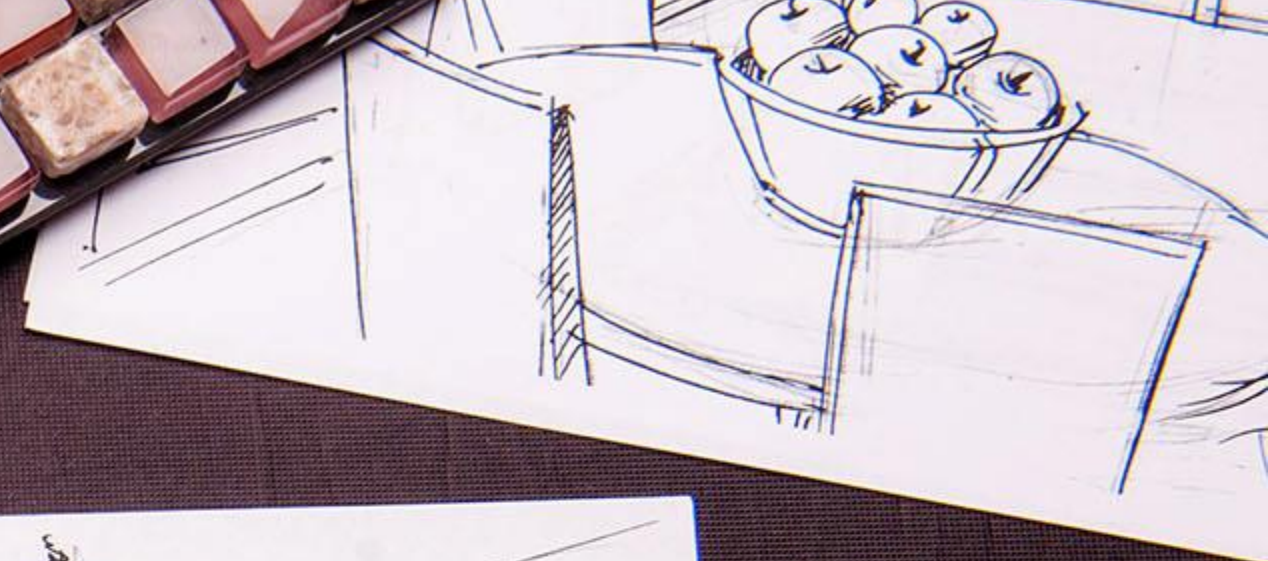
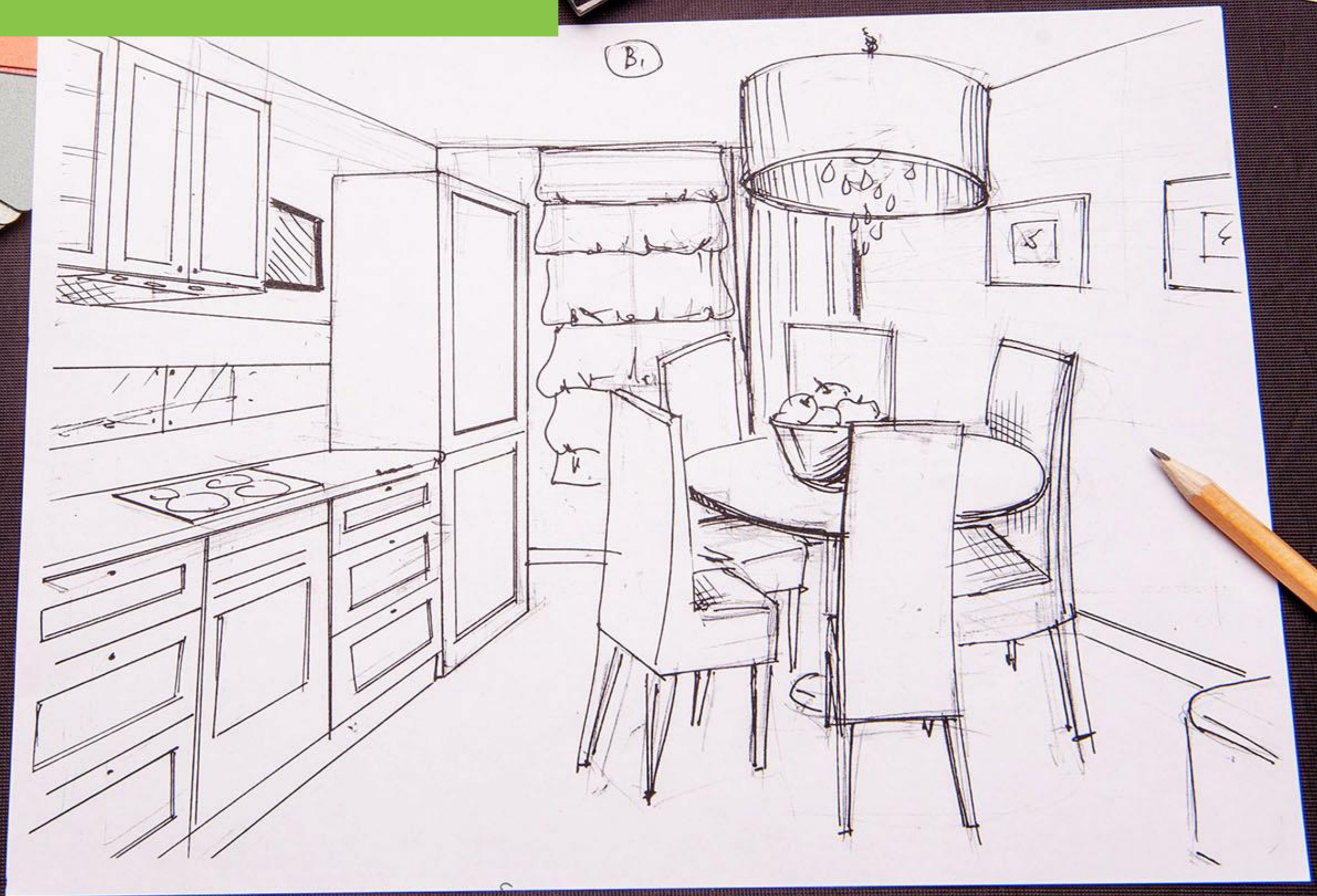
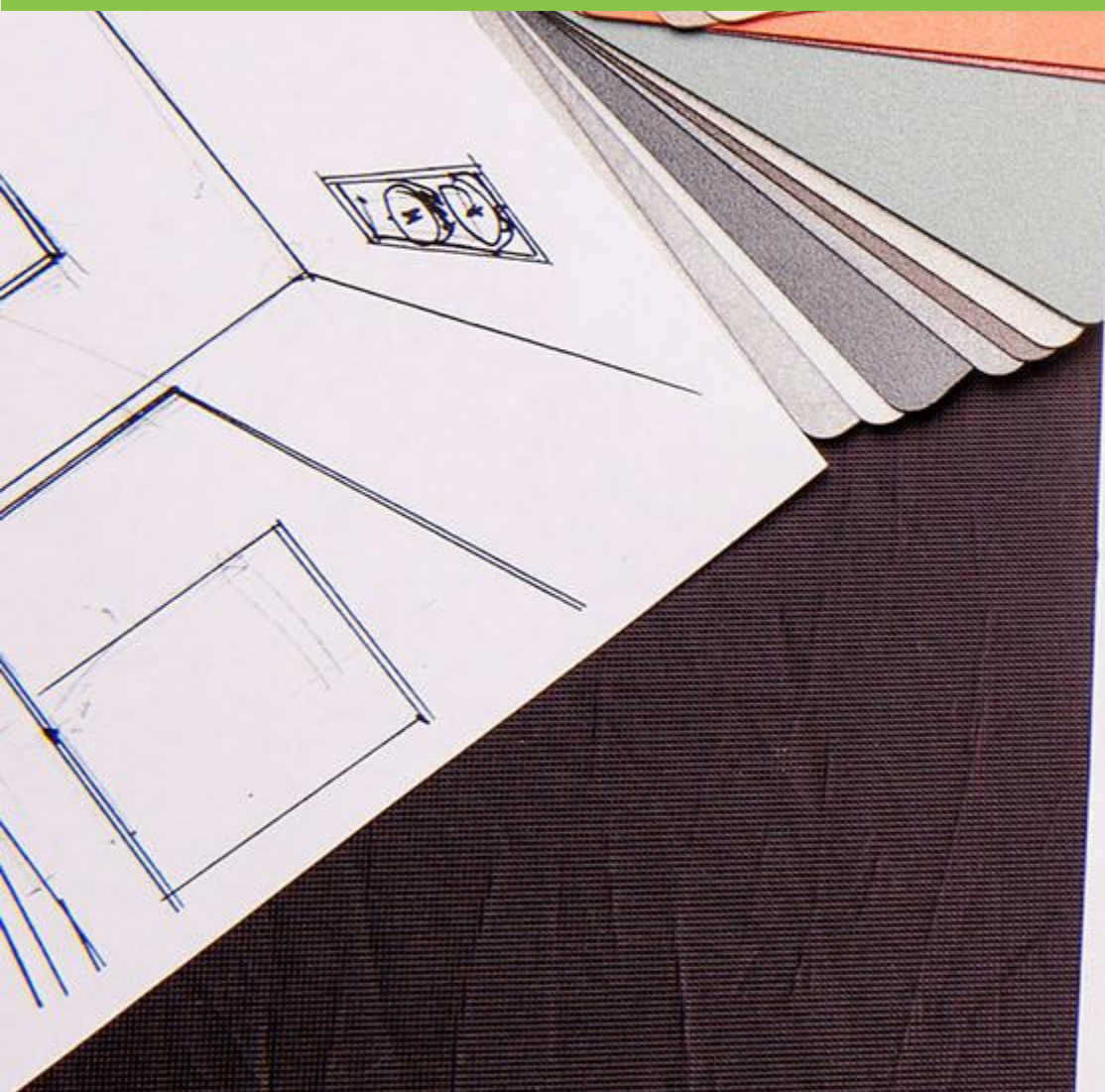
Kalie Evans, PhD



Thanks to
the Canterbury Arthritis Support Trust (CAST)
and our co-design groups



What are our goals and the experience we want to create?

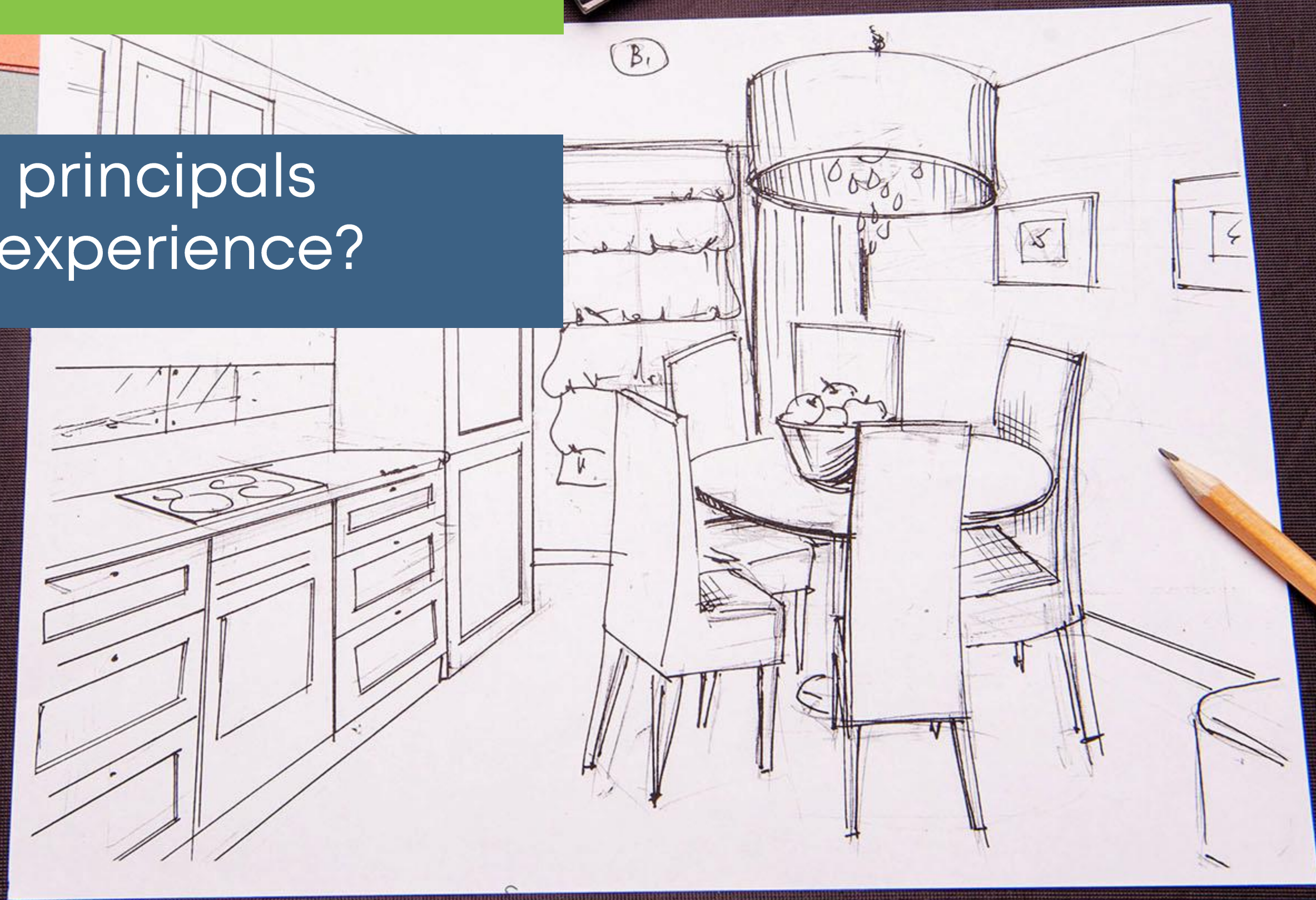







What are our goals and the experience we want to create?

What are our principals to deliver that experience?





AFFORDABLE 


AVAILABLE 

ACCESSIBLE 

FLEXIBLE 



 CULTURALLY INFORMED OR RESPONSIVE

 TRUSTED

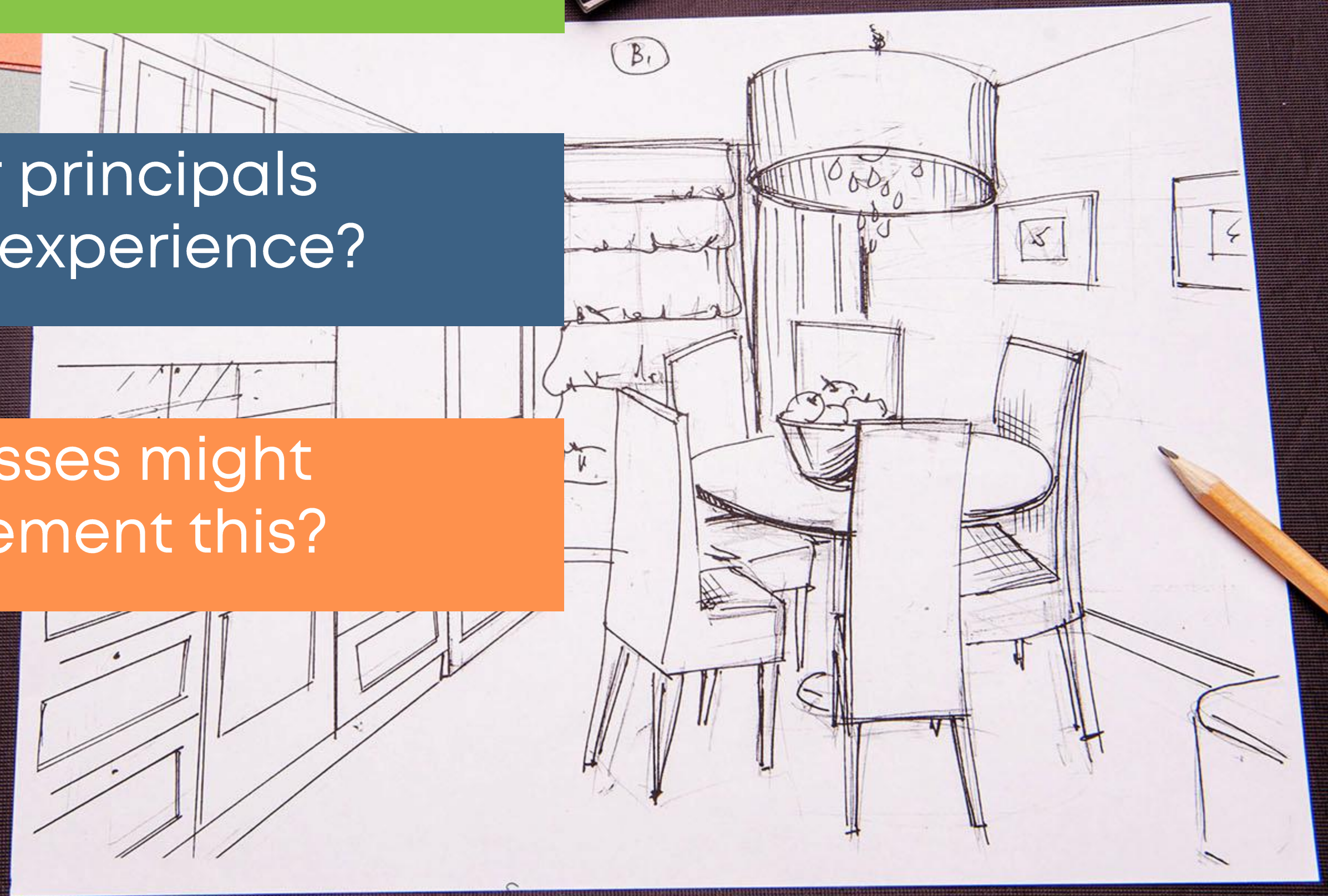
 APPROPRIATE FOR THE STAGE

 **PERSON CENTRED**

What are our goals and the experience we want to create?

What are our principals to deliver that experience?

What processes might help us implement this?

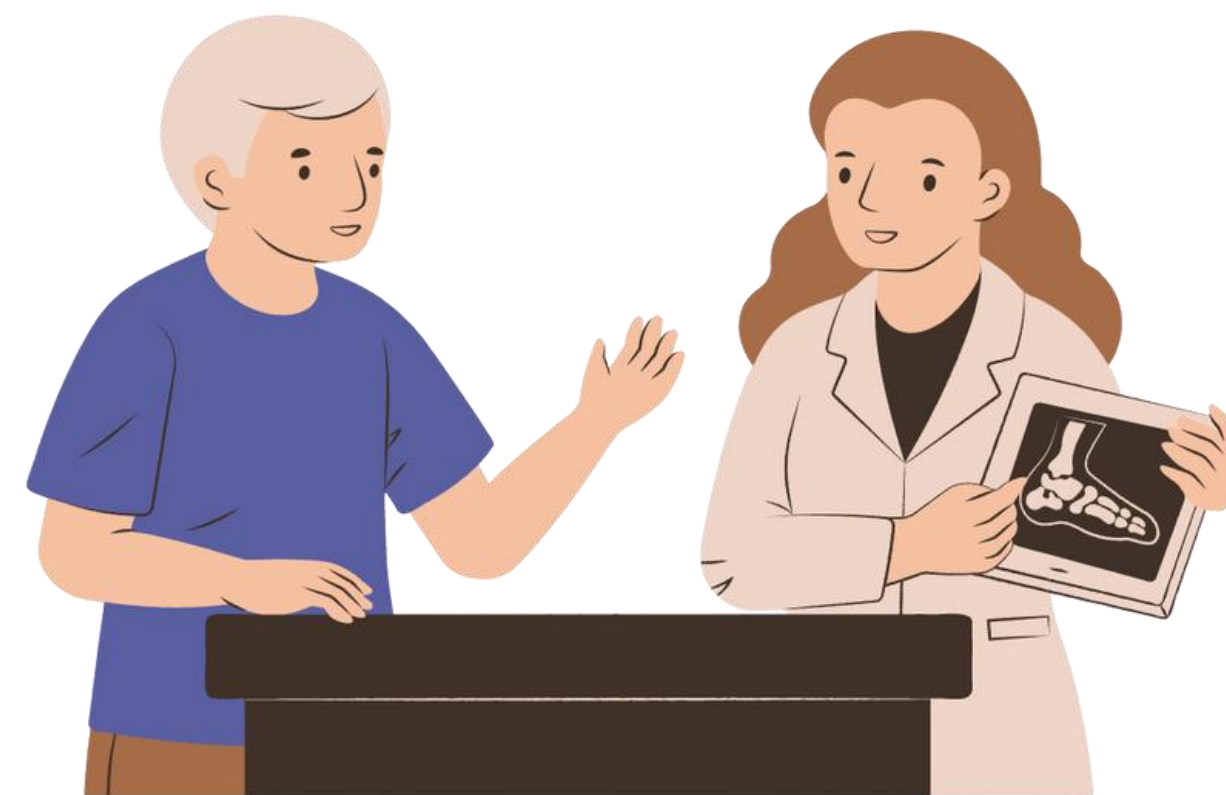




Discussion Based



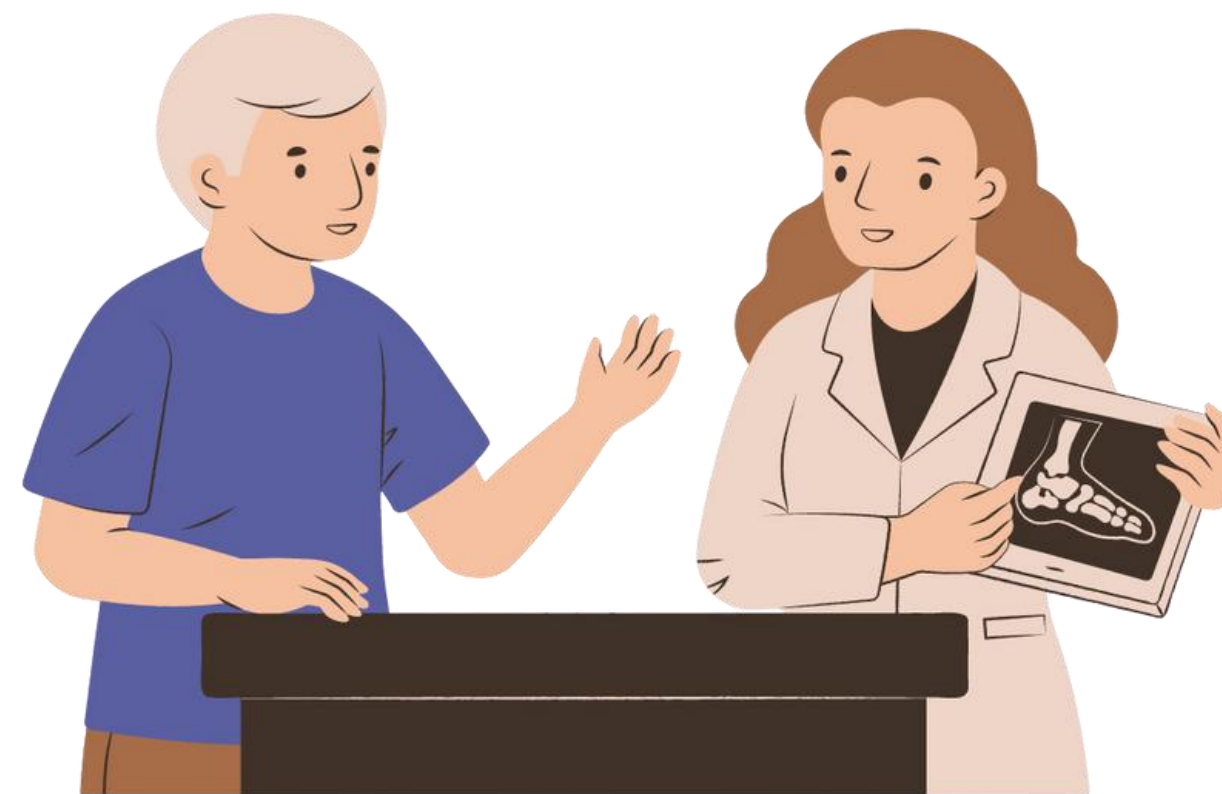
**Discussion
Based**



Co-Facilitated



Discussion Based



Co-Facilitated



Hybrid

The THRIVE Whakapuāwai inflammatory arthritis support series

*real people
real experience
real support
real talk*



**ARTHRITIS
SUCKS BUT**
you can THRIVE





**CONNECT
SHARE
LEARN**

- T** Tools and tips
- H** Healthy habits
- R** Resources
- I** Impacts
- V** Voice
- E** Enjoyment

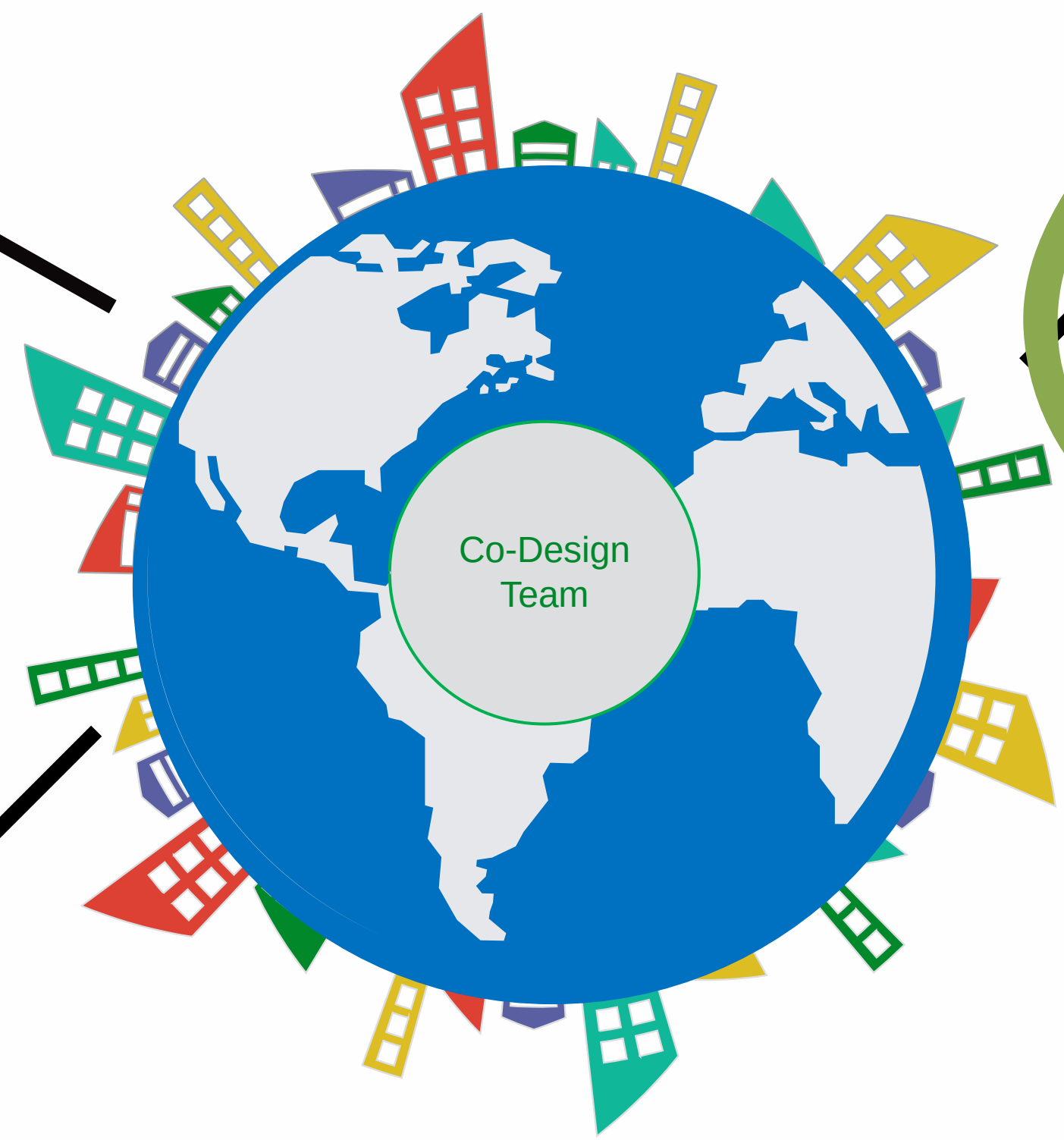


CO-DESIGN TEAM

Small circle people who move through the design process

LITERATURE

Theory, evidence, and ideas



NETWORK

Bigger circle that takes part in activities to support the design process

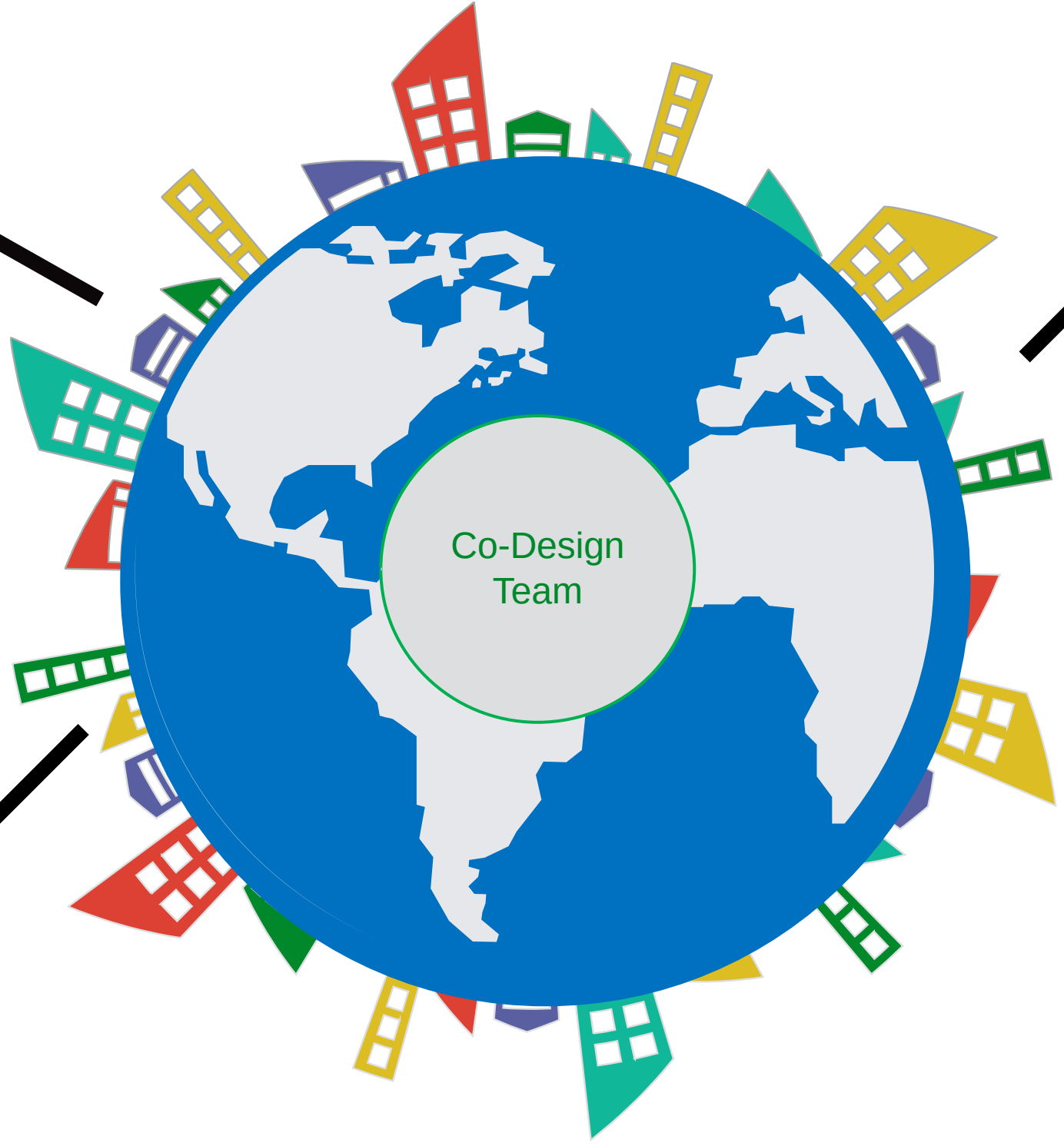
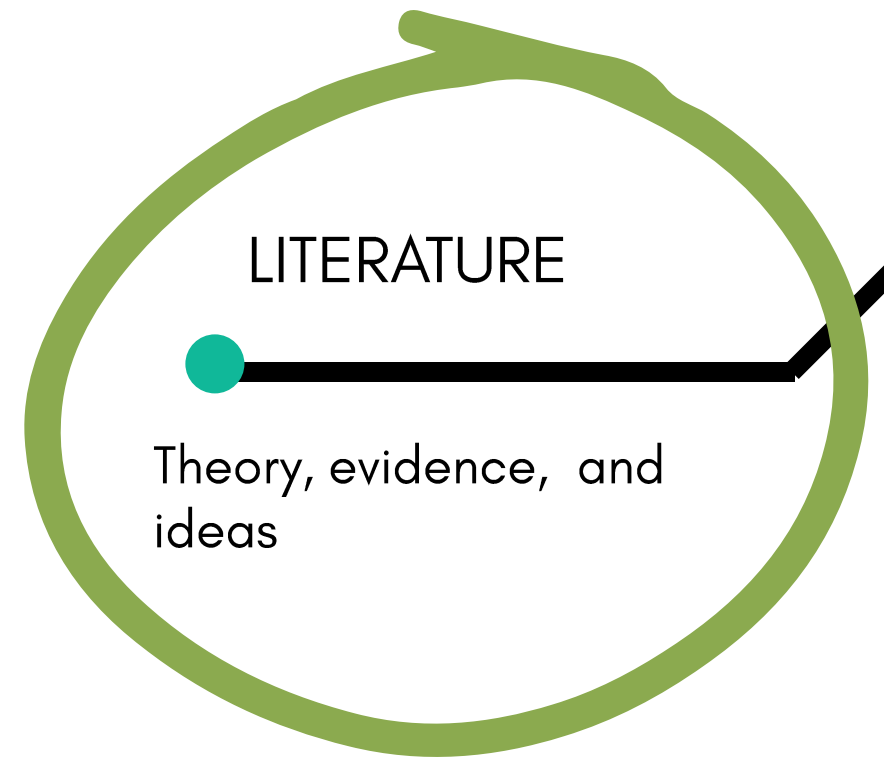


CO-DESIGN TEAM

Small circle people who move through the design process

NETWORK

Bigger circle that takes part in activities to support the design process







Experiential Knowledge

- “Share knowledge”
- “People who have been there”
- “Practical tips and strategies”



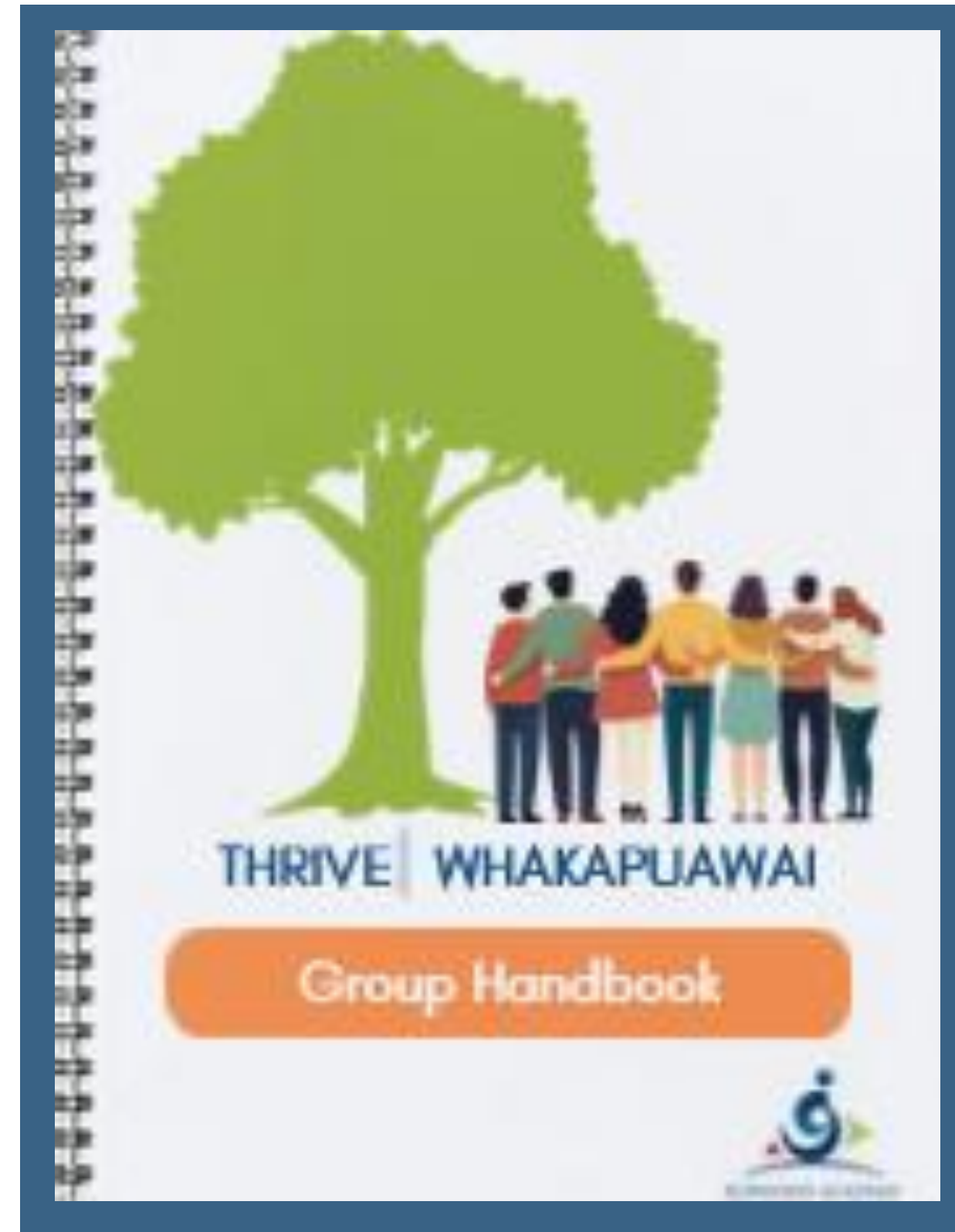
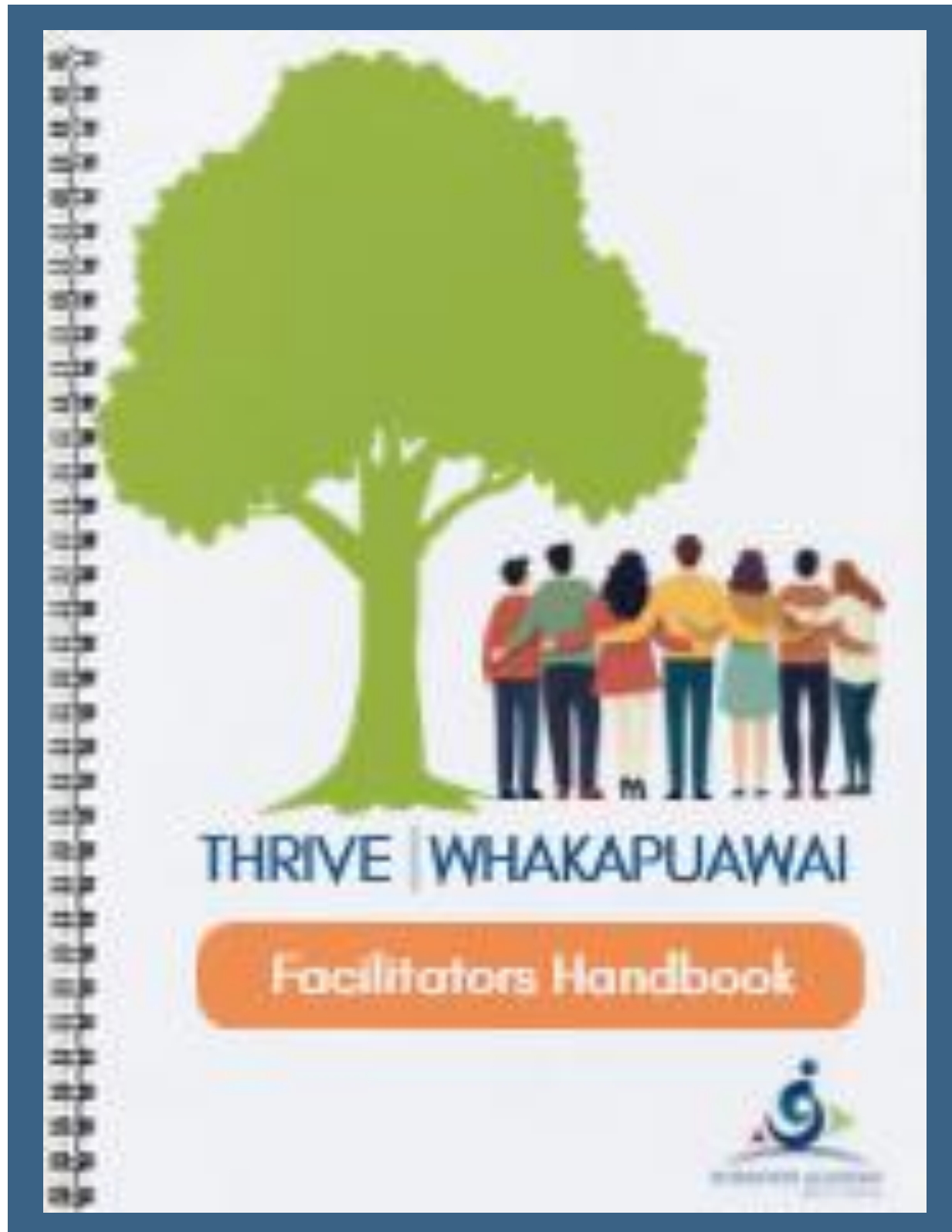
Self-Determination Theory

- Motivation engage in self-management behaviours for chronic condition rooted in need for:
 - **Autonomy**
 - **Competence**
 - **Relatedness**

Training Facilitators



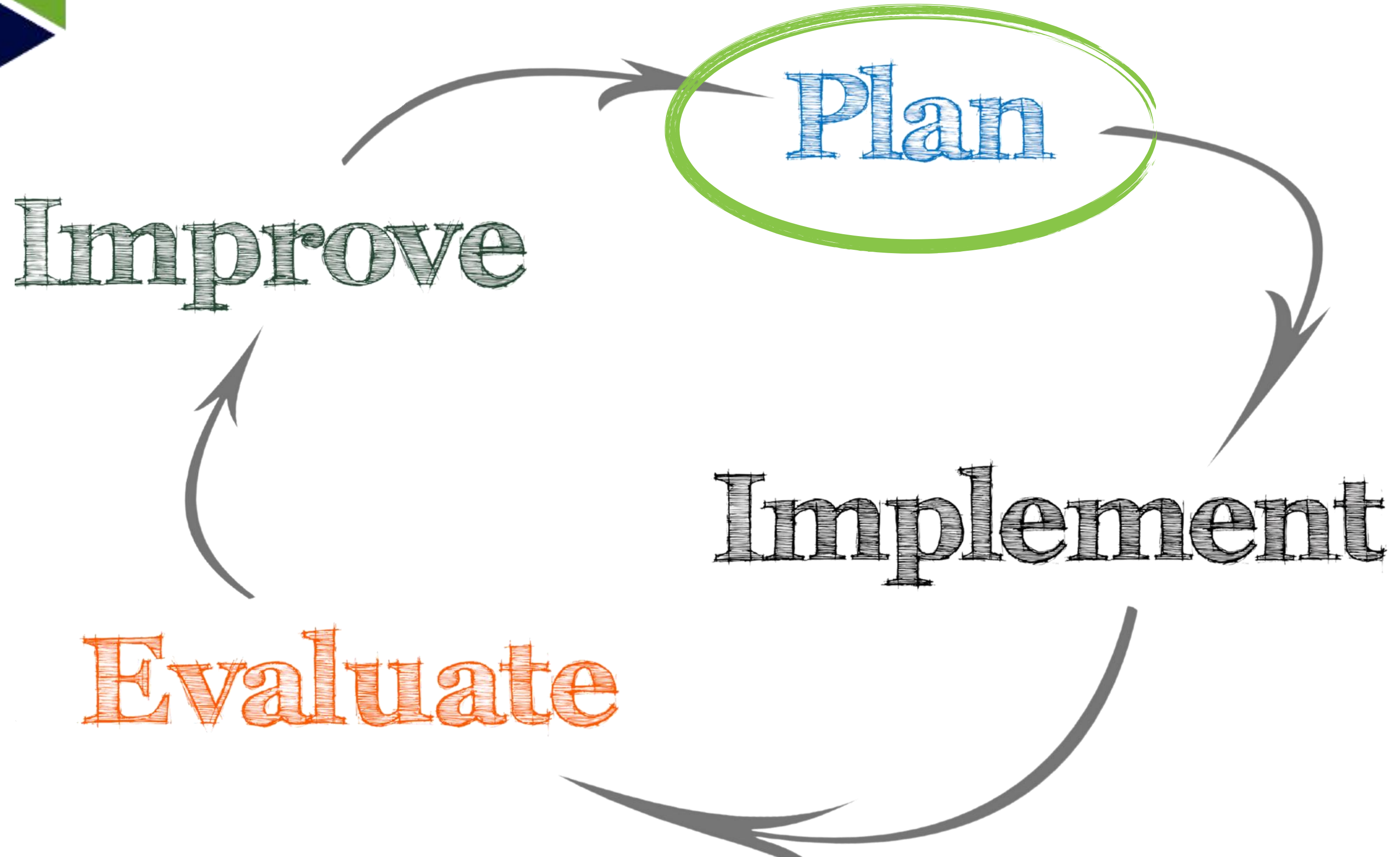
Development of Guides



Running THRIVE | Whakapuāwai



Adaptive Pilot

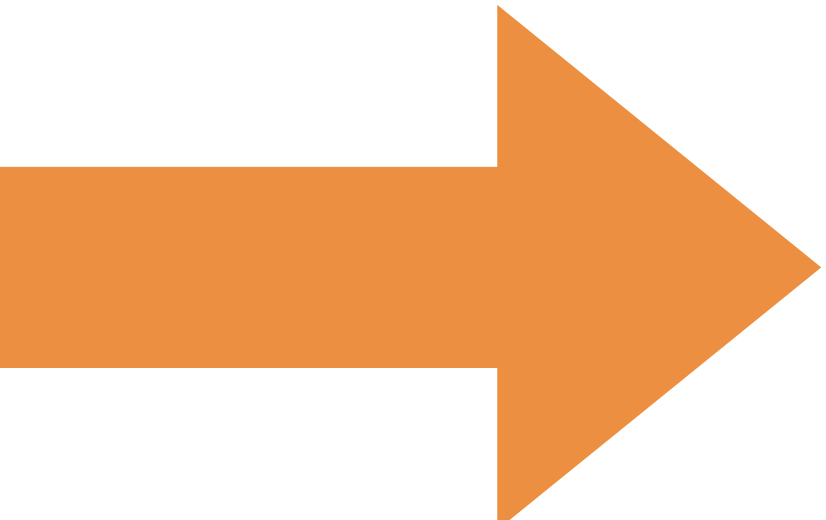




If you see this speech bubble, it contains a prompt that you may find helpful for starting discussions.

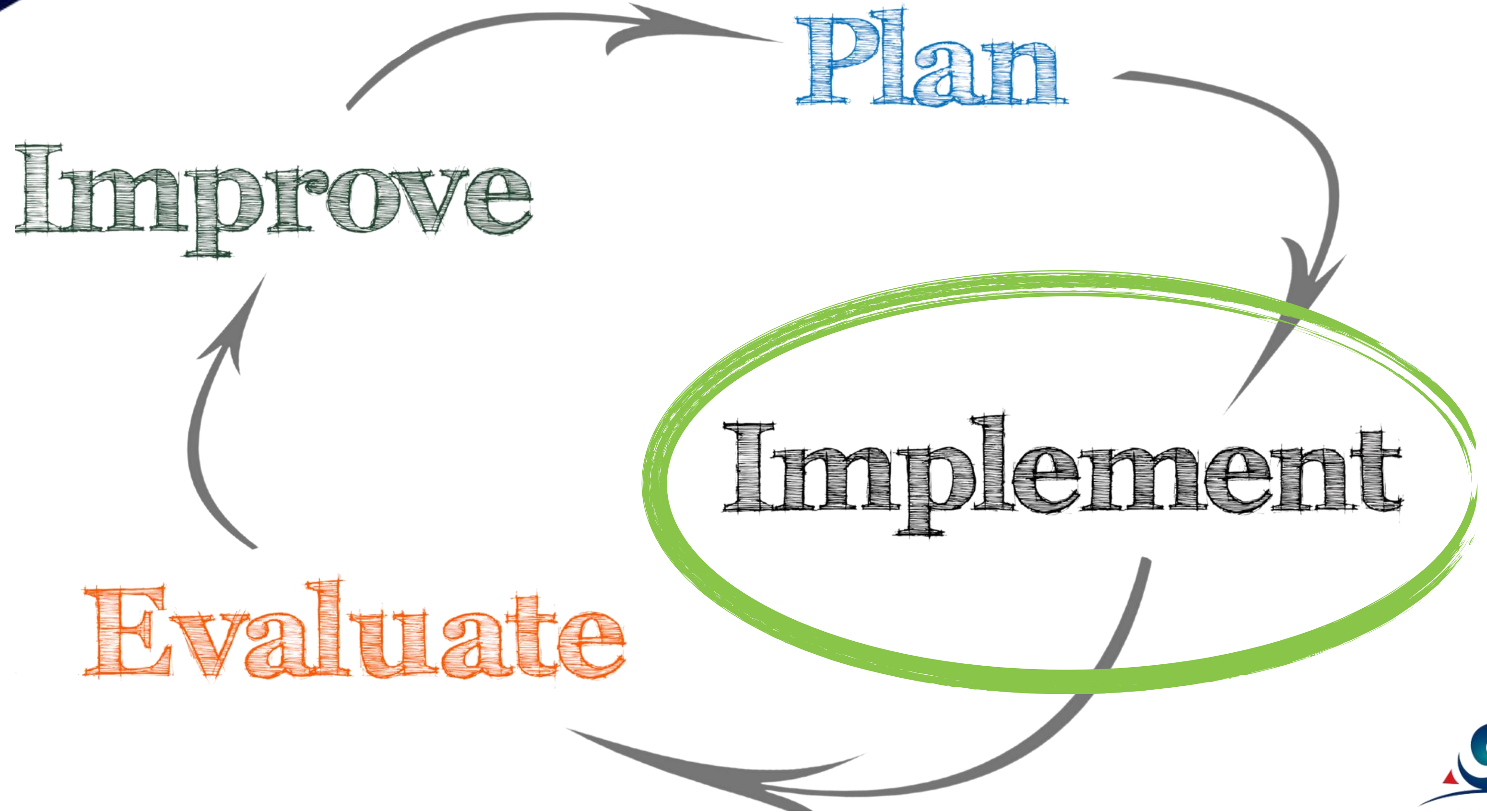
If you see this speech bubble, it contains follow-up prompts that you can use to help continue discussions.

If you see this box, it has examples related to each of the discussion topics *if needed*. It's okay if the group doesn't mention any of the examples, as the focus is on the group finding their own answers.



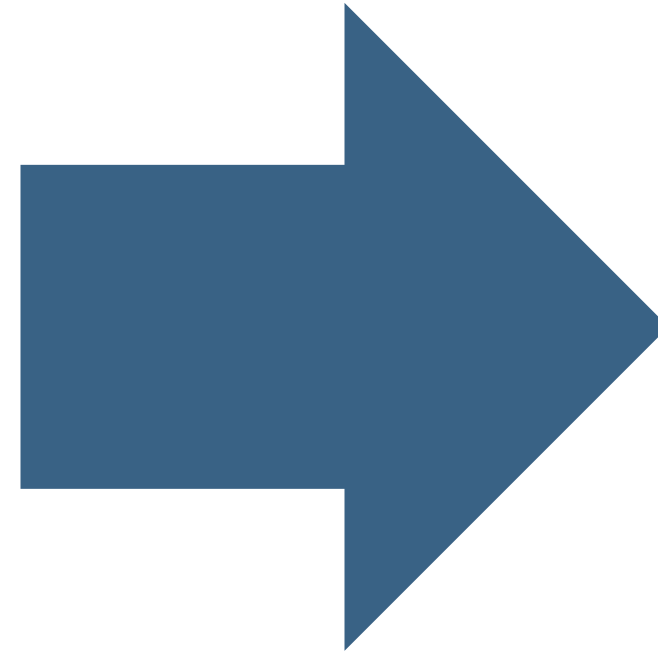
Following each set of *suggested* prompts, examples, and follow-up questions, are *optional* activities relevant to the THRIVE | Whakapuāwai weekly topic.

Adaptive Pilot





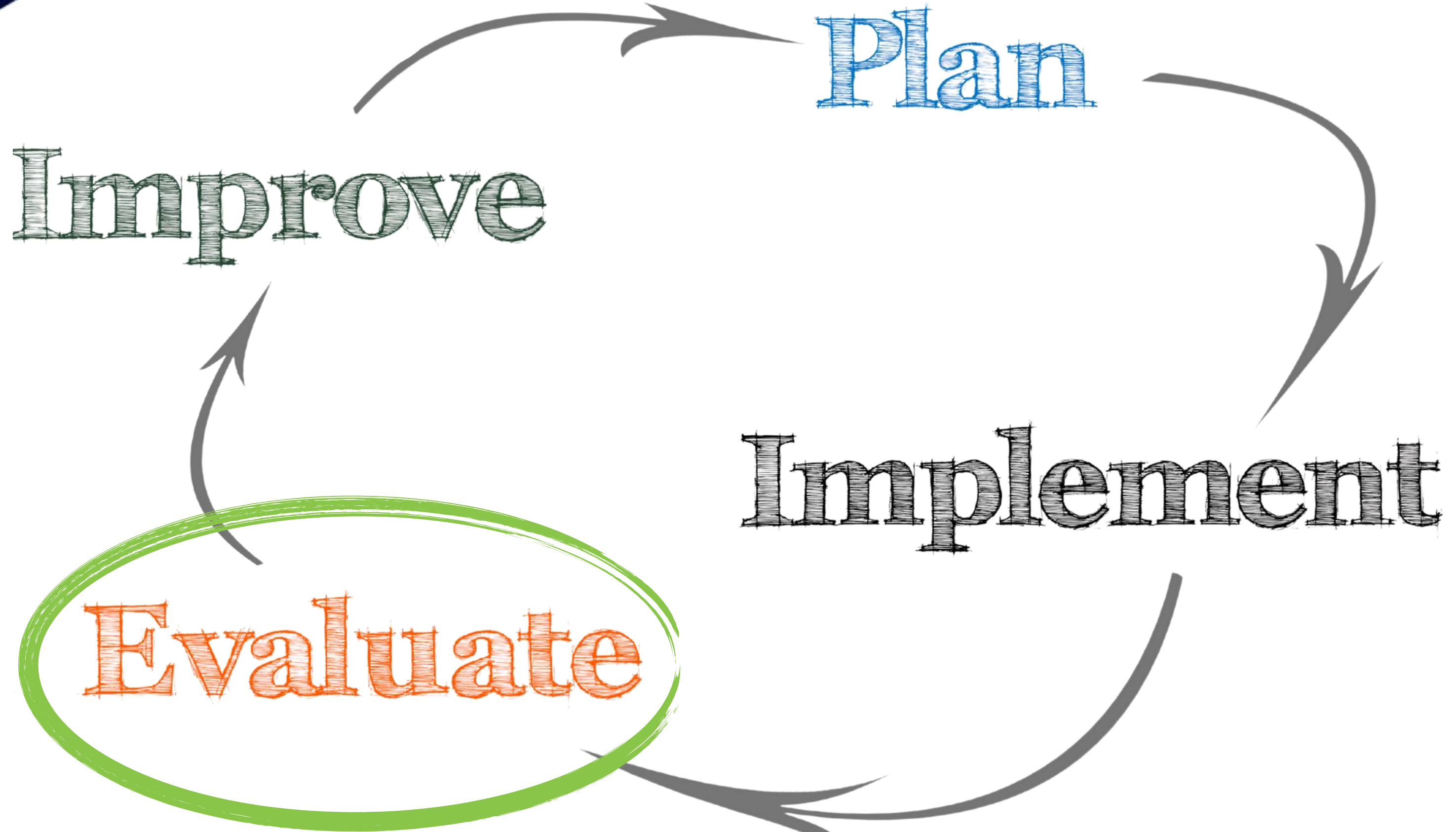
1



2

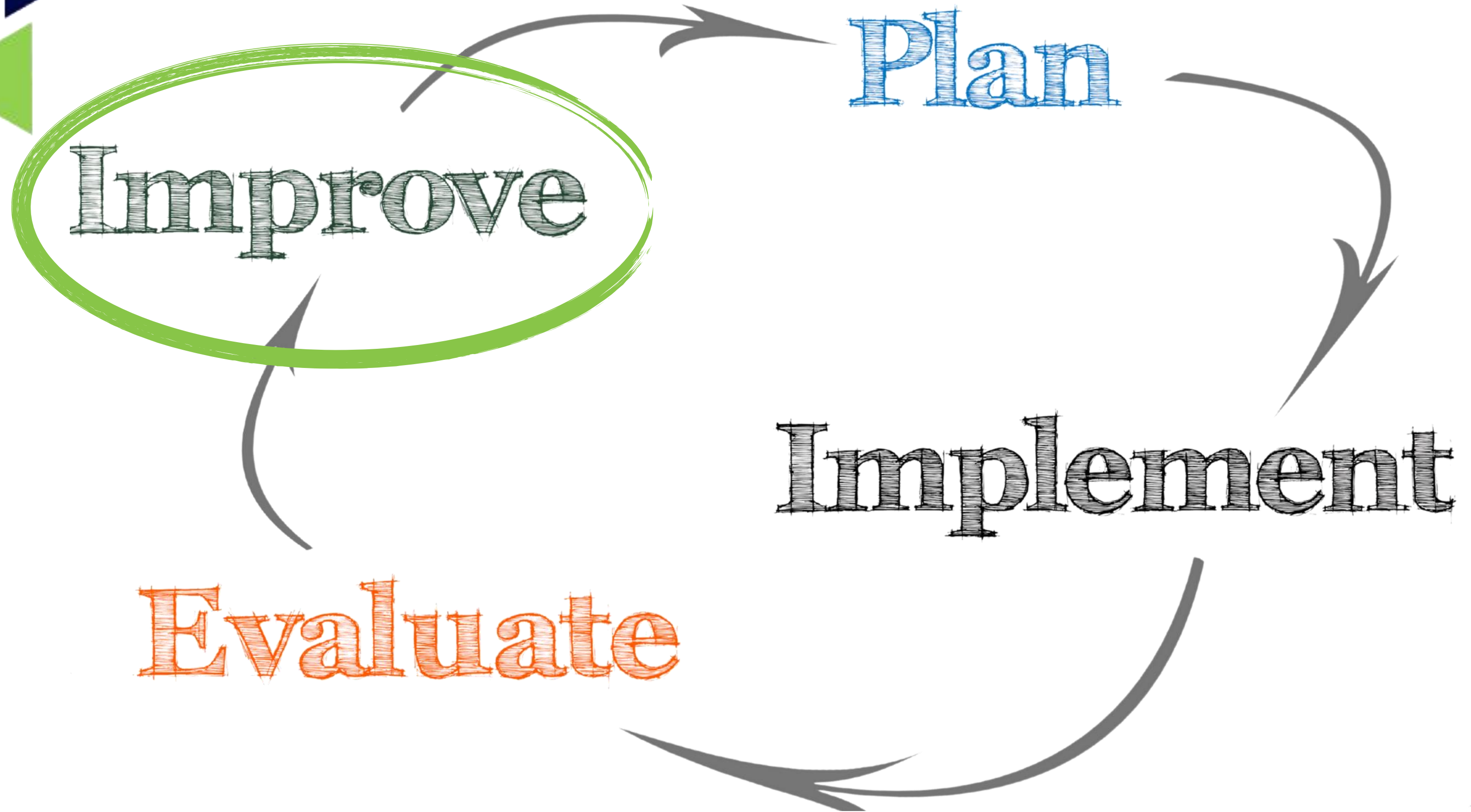


Adaptive Pilot



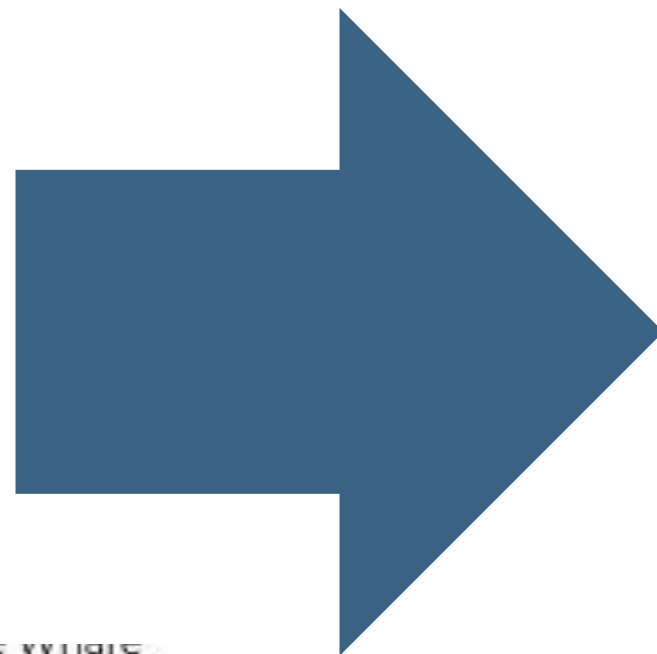


Adaptive Pilot





1



2

Write your resources for each aspect of wellbeing as indicated by the white Tapa Whā copy of the kete (basket) below, that way, you'll have them when you need them.

My Living Well Resource Kete (basket)

Taha wairua | Spiritual

Taha hinengaro | Mental & Emotional

Taha tinana | Physical

Taha whānau | Family & Social

Wheuna | Land, roots



Summary

- People with lived experience co-designed a self-management programme for living well with inflammatory arthritis
- Resulted in THRIVE | Whakapuāwai – a time limited, co-facilitated discussion-based group peer support programme
- Session topics identified by the co-design team
- Theoretical foundation articulated, based on co-design and literature review
- Adaptive pilot
- Next steps: follow-up with participants 3-4 months after