

How to provide good peer support



Peer Support Practice Review Easy Read Report

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with help from Council for Intellectual Disability

SPRC
Social Policy Research Centre



More information:

<https://www.sprc.unsw.edu.au/research/projects/peer-support-practice-review/>

About the report



This report is about a project on peer support.

Peer support is people with similar experiences supporting each other.



The project was about how people and organisations do good peer support.



It was also about what resources they have to help with peer support.

Resources are guides, training or information.



This report can help organisations provide good peer support and support people better.

Project participants



Researchers from the Social Policy Research Centre did the project.



The researchers talked to staff from organisations that run peer support programs in Australia.



The organisations were led by people with disability or their family members or carers.



The researchers talked to some peer support leaders.

Peer support leaders are people who organise peer support.

Giving good peer support

Good peer support involves:



- People with disability and families learning from each other



- A mix of information and fun activities.

Giving good peer support



Good peer support also involves:

- Training for peer support leaders



- Community organisations that support peer support leaders and members



- Linking people with disability and families to other people and places in the community



- Listening to what peer support leaders and members want their peer support to be like.

Benefits of peer support

Peer support can help people:

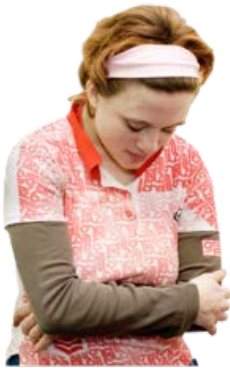


- Make friends
- Talk about their lives
- Learn new things
- Have more confidence
- Be a part of their community
- See other people doing well in their lives and know things can be better for them too.



Barriers to providing peer support

Sometimes it is hard to:



- Get enough money and staff to provide peer support
- Find peer support leaders
- Include people who do not normally come to groups
- Make peer support groups accessible to everyone
- Some of the peer support groups learned about the National Disability Insurance Scheme (NDIS)
- Sometimes it was hard to learn about the NDIS because the information is confusing.

Including more people in peer support

Some organisations want to include more people in peer support.

They are working on ways to include:



- Aboriginal and Torres Strait Islander people
- People from different cultures
- People who live in boarding houses and group homes
- People who are in jail.



Organisations are working on ways to include:



- People who live in the country



- People who need help when they want to talk with others



- Young people



- Older people



- Men who are carers and family members.

Sometimes it takes more time and money to provide peer support to these groups.

Resources for organisations

www.peerconnect.org.au



This is a website that:

- Shares stories about good things in peer support groups
- Has workshops for staff who provide peer support.



Organisations need resources on:

- Online and phone peer support
- How to get feedback about their peer support
- How to include people who do not normally go to groups.



It is good to work with others when making new resources.