

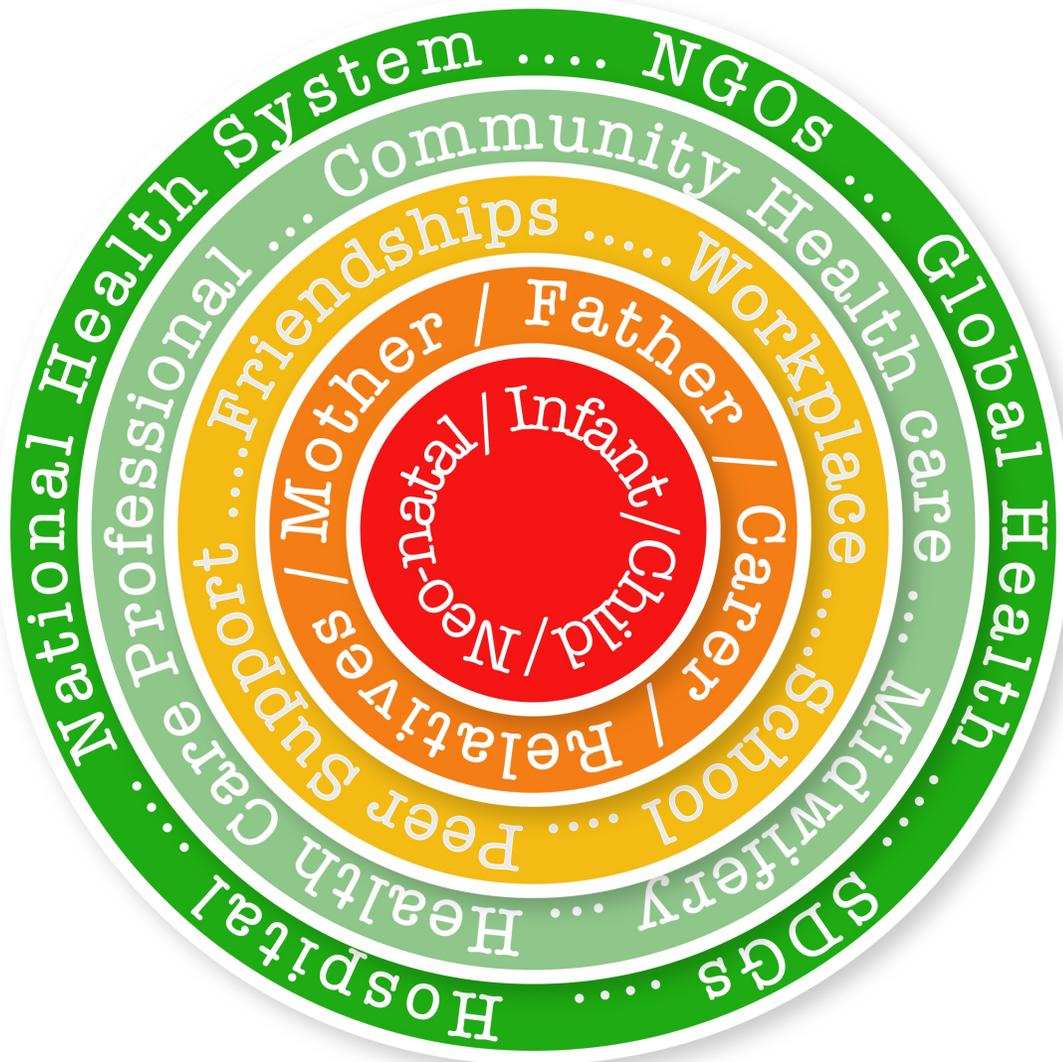


# Global Community-Centred Health and Care Planning for Children & Families

**Soni Cox and Deidre Munro**



# Global Health Care and Wellbeing Tool



Person-centred, self-assessment of children and families with healthcare professional including ongoing peer support for identified needs and goals.

Peer support circles supervised by same HCP's in the community setting.

HCP supervised by health care system, peers and or colleagues.

Governed and safeguarded by the Country specific National or Regional Health System.



## Family Self Assessment Tool - My Way Code

My Way Code is a program that offers a format for each person to gain insight and **evaluate their own physical and mental health**.

Used in conjunction with others such as family or support services it can **help someone communicate** their needs so that person-centred and family-centred care can be easily initiated.

Using the same format as a review tool, the individual and their contact(s) can **assess progress** and/or identify where extra care/intervention/supports are needed.

Using the mapping within the bowl each family member can see where they sit in relation to each other and who is most vulnerable, as well as where to choose to **go to for assistance**.



# Mapping out family and support systems



Using My Way Code shapes or coins, buttons, stones .... to symbolise **each person involved with the family** in each of the circles including; supporters, extended family, HCP's, peer support groups, community leaders etc...

**Once they've mapped this out, the circle (and/or bowl) stays with the family** until the next review with HCP. They can use the tokens to hold family meetings, negotiate, remind them of who's on their team etc...





## Assess, review, respond, repeat ...

Once the Health Care Professional has helped the family members with their self-assessments each individual will choose goals and small steps they can make towards reaching further up a **scale of 0-10**. (Examples on next slide)

The HCP can see how this matches Health goals and advise what may also help the individual. They can **take notice of the dynamics** mapped out (taking a picture if possible or drawing in notes).

This can be used across their interaction with other professionals and in peer support network. It gives a **shorthand language** people to communicate how they are feeling with others 'how are you feeling about .....?' 'I'm about 3 today' 'what can you do to get to 4?' 'how can I help you get to 4?' – without divulging personal, confidential information in a less secure or discreet gathering.



# Awareness Raising Tasks for individuals - Examples



## Warning Signs

This sign is all about YOU. Discover how, where and why your feelings, beliefs and behaviours drive your life

How do you know you're stressed?

-----  
 Where do you feel stress in your body?  
 -----

-----  
 What signs would help you to respond to these feelings sooner?  
 -----



## Order Signs

This sign is about what and who surrounds YOU and the roles you have in different settings.

**Who do you have in your life?**

-----  
 -----  
 With you in the middle, who would you plot nearest to you?



## Direction Sign

This sign is about what direction YOU want to move in and how you can plan to get there.

**What would you like to change in your life?**

-----  
 Pick one, how would you feel when you reach that goal?  
 -----

Scoring 0 to 10 where are you now towards that goal?  
 0\_\_1\_\_2\_\_3\_\_4\_\_5\_\_6\_\_7\_\_8\_\_9\_\_10

**Enter 3 things you could do each day towards your goal?**

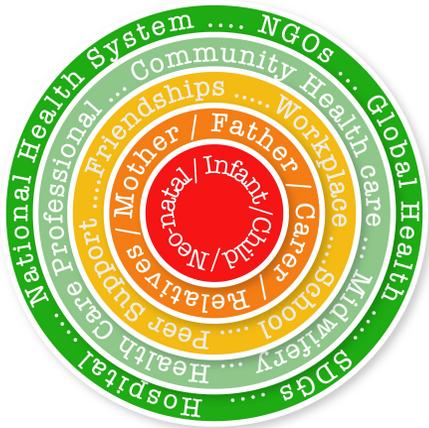


Focus on the feeling, keep tracking your progress up the scale to feeling what you want to.

Each individual is assessed. (Infants by parents/carers & HCPs)



# Interconnected systems



The circles interconnect and layer up into a bowl shape symbolising **support and inclusion**. Also the national and organisational agencies are often on the Edge; reaching and connecting with families. This places them in touch and **underlying core support**.



The human in the middle circled with: neonate, child, adult. Equally seniors, elderly people and other populations could be placed here. This places importance on they fit into the family and change all the dynamics outwards and what **support is available from healthcare and in the community through the peer support groups**.



# Interconnected systems



The family's perceptions of each other and understanding of the children or more vulnerable family members are shared through the tasks. **Celebrate what works, advise with what may need to change.**



Peer support groups offer different activities for all levels. Using Circle, non-hierarchical system each member is important and intrinsic. Gain **insight through commonalities and shared experience.** Facilitated by community members **trained and supported by HCP's** in same circle format.



# Interconnected systems



This brings an understanding of how the family is **part of the wider community** and any gaps in support. It also looks at how they act to support others too and opportunities for them to connect.

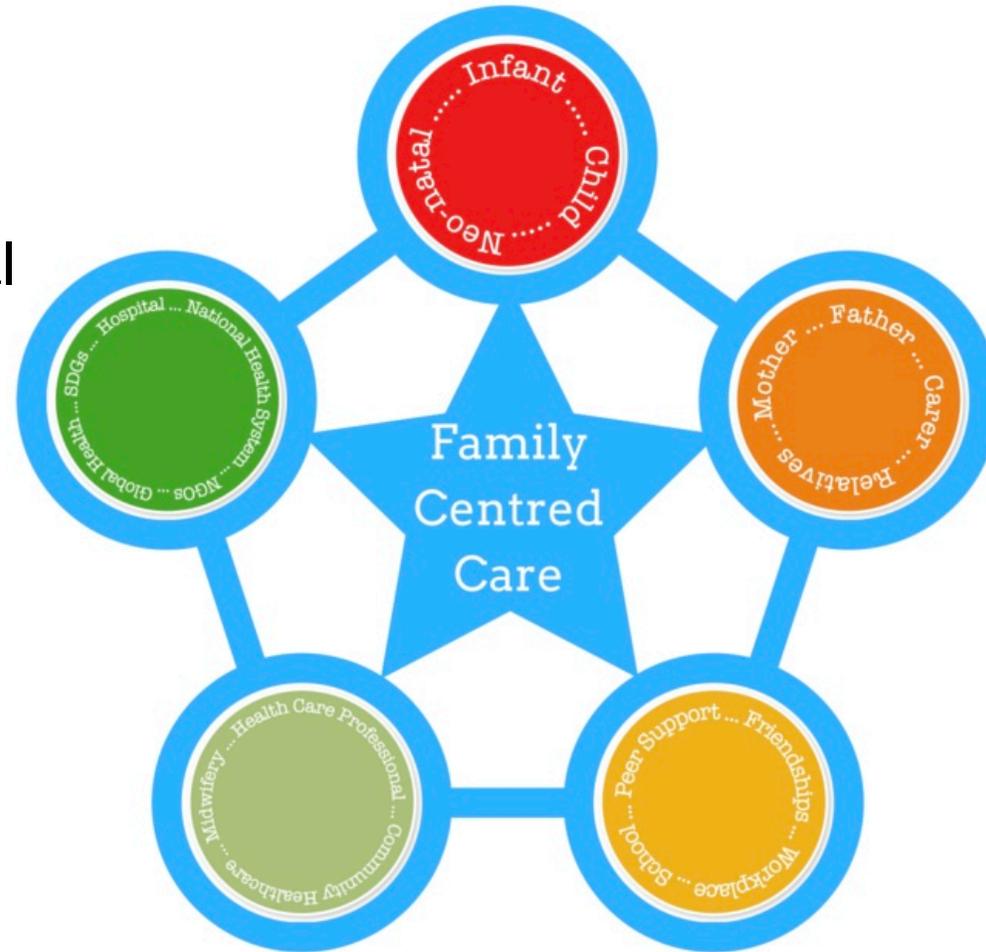


The HCP can see how the community and national organisations' programs impact each family and what SDG's are being met or missing and **feedback what has helped most** in family and community life



# Family Centred Care

- Person centred
- Applied to every setting: personal and professional
- Assess, review, respond, repeat
- Inclusive, simple, accessible
- Empower, exchange knowledge

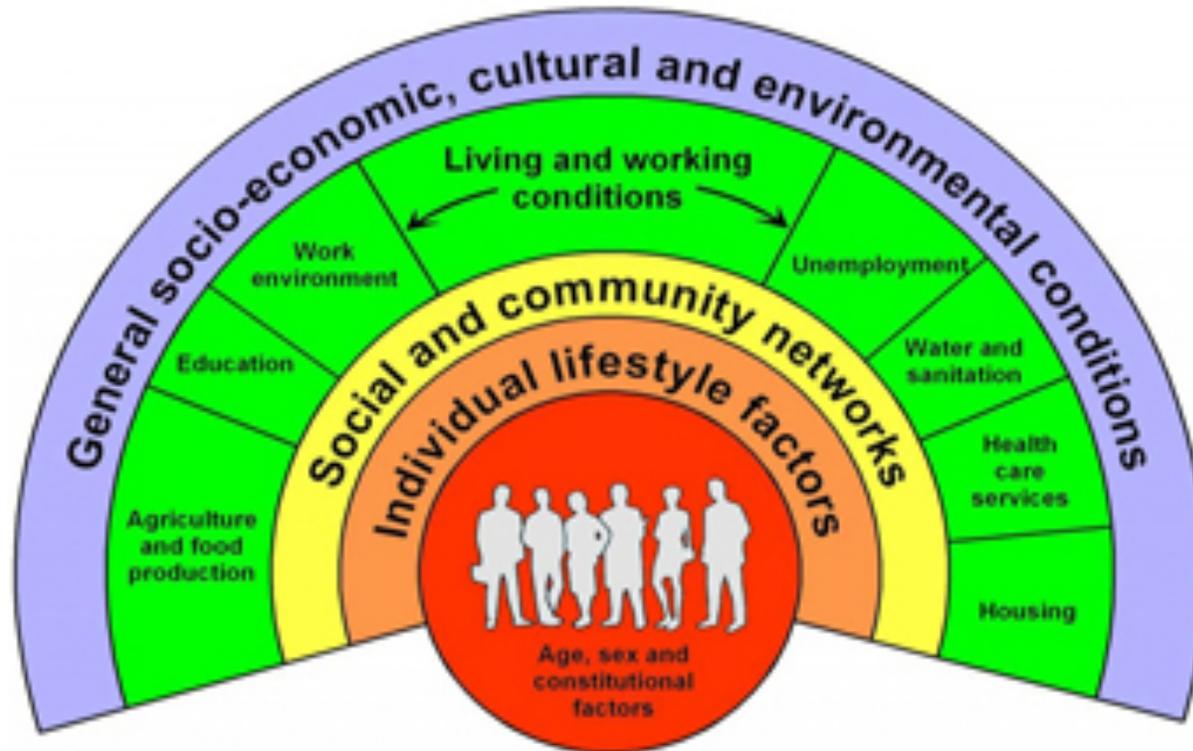


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# Connecting with other models

This simple idea and structure means that other models and goals can be easily communicated and measured.



Dahlgren-Whitehead Wider Health Determinants 1991



# Meeting Global Sustainable Development Goals

Here we focus on SDG 3 but this model can work with others:



# Maternal, newborn, and child health cluster of post-2015 Sustainable Development Goal TARGETS



- 2.2 by 2030 end all forms of malnutrition, including achieving by 2025 the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant, and lactating women, and older persons
- 3.1 by 2030 reduce the global maternal mortality ratio to less than 70 per 100 000 livebirths
- 3.2 by 2030 end preventable deaths of newborns and under-5 children
- 3.3 by 2030 end the epidemics of AIDS, tuberculosis, malaria, and neglected tropical diseases, and combat hepatitis, waterborne diseases, and other communicable diseases
- 3.7 by 2030 ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes
- 3.8 achieve universal health coverage, including financial risk protection; access to quality essential health-care services; and access to safe, effective, quality, and affordable essential medicines and vaccines for all
- 4.2 by 2030 ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education
- 5.1 end all forms of discrimination against all women and girls everywhere
- 5.2 eliminate all forms of violence against all women and girls in public and private spheres, including trafficking and sexual and other types of exploitation
- 5.3 eliminate all harmful practices, such as child, early, and forced marriage and female genital mutilations
- 6.2 by 2030 achieve access to adequate and equitable sanitation and hygiene, and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations
- 16.2 end abuse, exploitation, trafficking, and all forms of violence and torture against children
- 16.9 by 2030 provide legal identity for all, including birth registration



## Inexpensive, accessible resource kits

My Way Code offers many ways to access its innovation. Where connectivity is limited then lines could be drawn on paper, in sand and different small objects used to map out and communicate a family's dynamics. **Resources and ideas for creative and connecting activities for the Peer Support Circles will be provided.**

It can adapt to different cultural icons for travelling and road safety.

Otherwise, it exists online in videos and downloadable worksheets and in eWorkshop format with resources for facilitators.

An App is in development as a tool for anyone's personal use either after a workshop or on its own (where tech available).

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