




Family Group Decision Making and Strengths based practice

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*How do you promote
relationship based work
when we have created
systems that isolate ?*





History of Health and Social Care in Edinburgh

Increased demand, budget restrictions,
limited resources, limited time.

Created systems where we screen, triage,
build expectation and are service led in
meeting peoples outcomes.

Services work in isolation , lack of joined up
working, limited communication.

See people as individuals and not part of
families, networks, neighbourhoods and
communities.

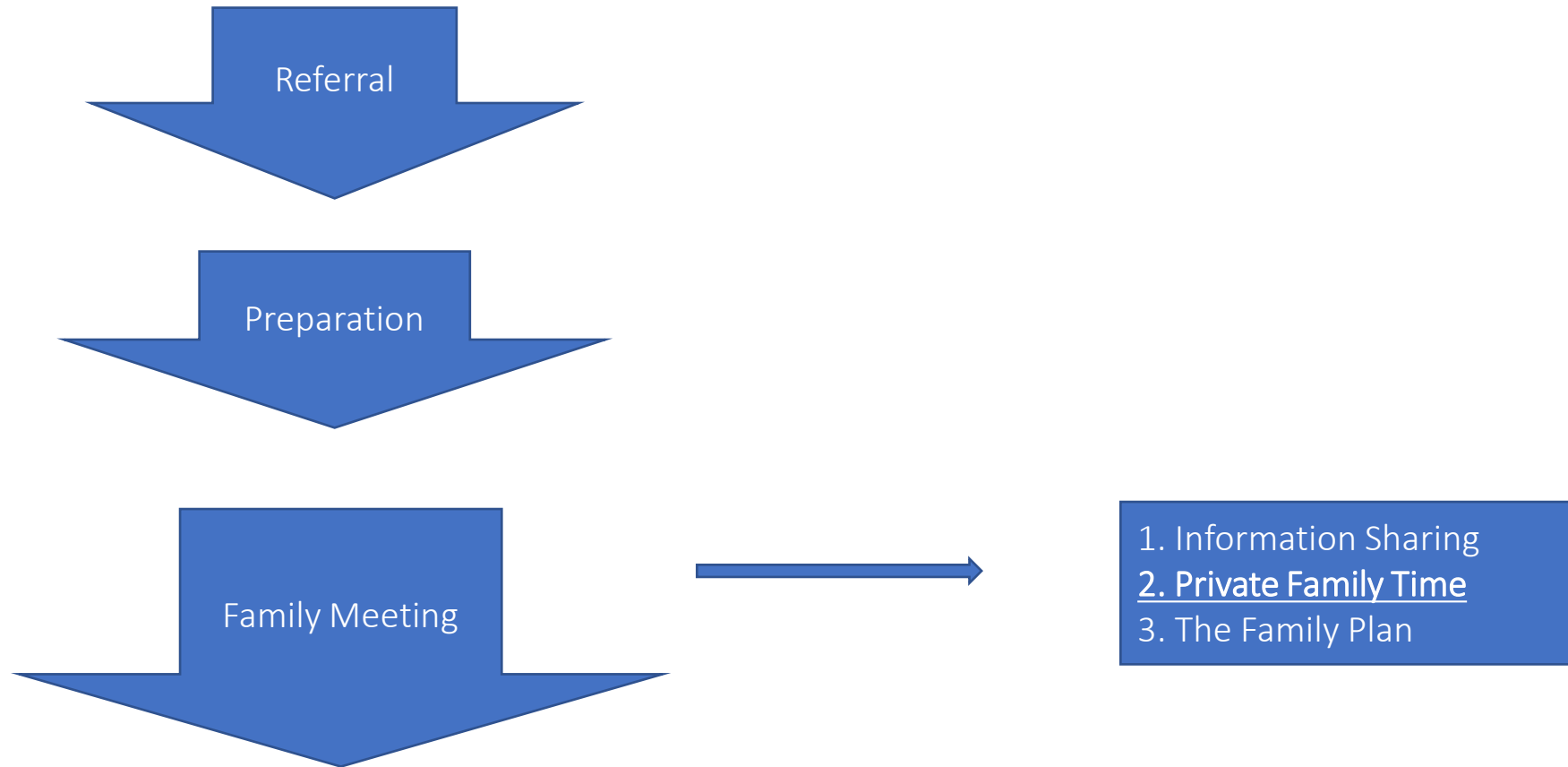


Family Group Decision Making is about you and your right to be involved in planning and decision making for the people you love and care about





THE MODEL (IN PRACTICE)





The model (history)

- Origins in New Zealand in 1980s government response to lobbying by Maori people
- Introduced into the UK in children's services in the early 1990s
- Evidence of use in adult services in England and Wales from around 1990s in mental health services in Essex's





Core values

- It's about what best for the person
- Looking forward to the future
- It's about solutions
- Blame free



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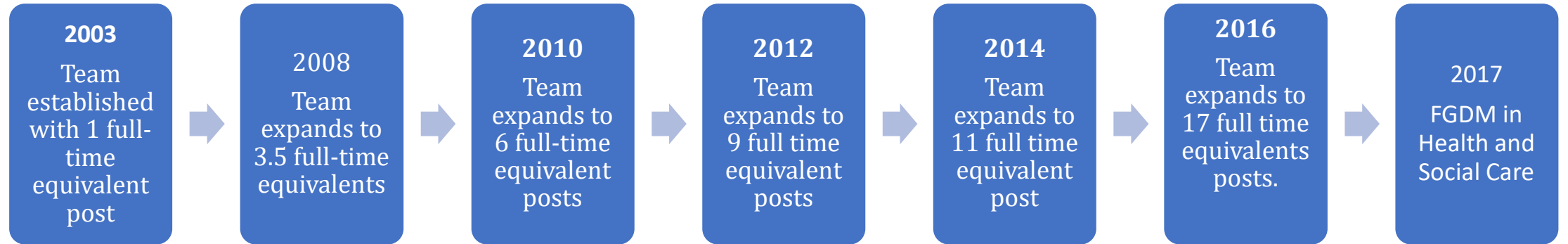


CORE BELIEFS

- Everyone has a network
- Families have a right and responsibility to be active decision makers.
- Families are the experts on themselves and their situations
- Partnership planning and decision making results in better care planning
- Co-ordinator must be independent



Edinburgh's FGC Journey



Edinburgh's Family Group Decision Making Journey

- Funding secured for 18months – ends March 2019
- 3 Coordinators / 1 Team Leader
- Referrals from Health professionals and Social Care professionals
- No set criteria
- Target of 82 referral – currently received 86.



Case examples

- Socially isolated adult with Mental Health difficulties is supported by network to access community
- Adult with dementia supported to remain at home for longer
- 70 year old male with dementia and partner use friend's to help tackle isolation and agree a plan to support career
- Mother uses a family meeting to agree supports for her and start planning for adult son with learning disability.





Initial family feedback

"I don't think that my family realised how much hard work Xxxx was and everything was left to me . Now its spread about. It let us talk together and put everyone view across."

"I would just like to say its a really good initiative ,I feel very lucky we were the first ones to be able to be able to be part of this ,me especially. I don't think we would have got there if it hadn't been for the meeting."

"We all have our own lives, its useful to have a set time and location and to talk in a safe and comfortable environment. We were able to bounce ideas off each other. J is getting a lot more help both from services and from family. 'We have also planned for the future when my mum isn't here' J knows what's going to happen."

"The service was much needed for us and has improved focus on the person requiring the help and reduced some of the tension points which were blocking care plans and family communication."





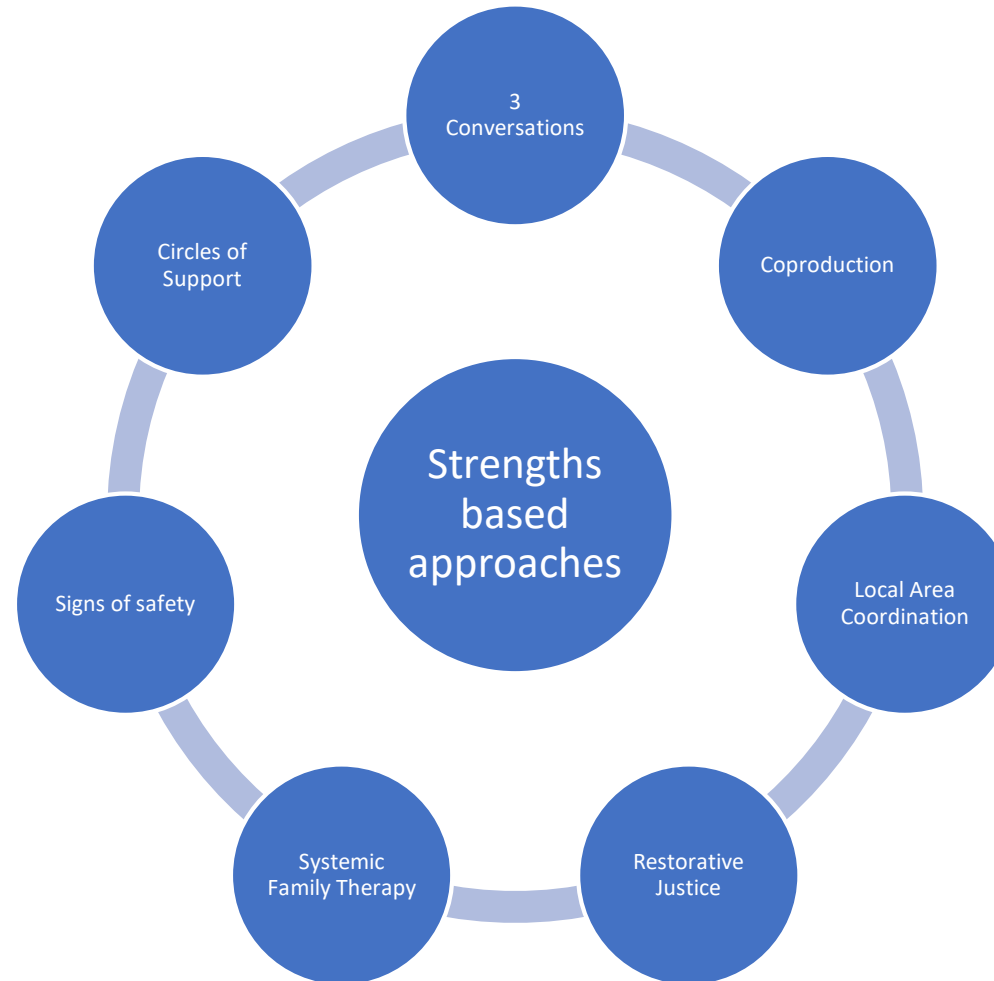
Professional Feedback

“At point of the FGDM team becoming involved I was looking for a fortnightly respite and day care. The carer was not happy with the respite offered. The outcome of the meeting was that the family took on the respite and the day care. Therefore, the outcome of the meeting not only brought a family together but saved the ‘council loads and loads of money but importantly for me it brought a family together.”

“Gave the family time to come together with the carer and Xxxx. The FGDM process is less directive we are not telling families what to do but taking a step back and allowing the family to be in control.”

“This would appear to be an essential part of the process in allowing the family to make truly independent but more informed decisions about their role in care/support planning. As a practitioner, some concerns remained about the potential for things to go wrong without 'professional guidance'. However, the process appeared to be a positive one again for the family in this instance...feeling empowered and respected by the process and responsibility delegated to them.”

Other examples of strengths based practice



Alice







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Presentation links

- [Kent FGC Development Project](#)
- [Alice a picture portrait - family group conference in a Camden neighbourhood](#)
- [Midlothian FGC Pilot Evaluation](#)
- [Partner4change](#)
- [Daybreak FGC with adults report](#)
- [How can family group conferencing improve outcomes in adult social care. Community care article](#)