



Centre for Empowering Patients and Communities (CEmPaC)

Promoting and developing the empowerment of patients/citizens, communities and health professionals.

We are a virtual network and community and are funded by Robert Bosch Stiftung and supported by European Health Futures Forum. We are non-political and a not for profit network



www.cempac.org



On average-what % of health outcomes are due to clinical interventions?

- 10%
- 20%
- 30%
- 40%
- 50%
- 60%
- 70%
- 80
- 90%
- 100%



bio-psychosocial model of Health

- Environment- housing, green space, air quality
- Ability to manage our health/health literacy
- Access to services
- Genetics
- Diet, exercise
- Cultural influences
- Beliefs about health

- Citizens are enabled to develop health literacy, thus the confidence, knowledge and skills to manage their health and wellbeing in line with what matters most to them.
- The health and care workforce have the competencies to work in partnership with people to help them achieve the biopsychosocial outcomes that are important and matter to them.
- That health and care systems and policy is designed in partnership with citizens based on principles of co-production to enable person centred care
- That barriers to citizens access to universal health care are proactively reduced.



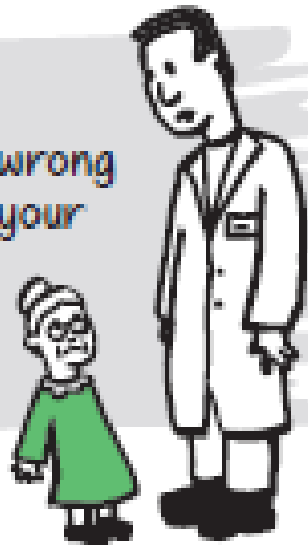
Feeling **powerless** against a complex health and care system.

SHIFTS TO...



Working in partnership with health and care professionals and **sharing power**.

Being **told** what is wrong with you and how your health needs will be met.



SHIFTS TO...



Being valued as an **active partner** in conversations and decisions about your health and wellbeing.

The impact of power

- There is an imbalance of power when people with lived experience are working with a system on which they are reliant.
- The organisation holds the decision making power.
- It can be very scary to challenge the system.
- People can be fearful of negative consequences of speaking up.
- Not everyone has the same information e.g. commissioning budgets.
- Willingness to share power takes time because it relies on building, trusting and reciprocal relationships.

