

Lived experience expertise

A thick orange line that starts horizontally from the left edge of the slide and then curves downwards and to the right, ending at the bottom right corner.

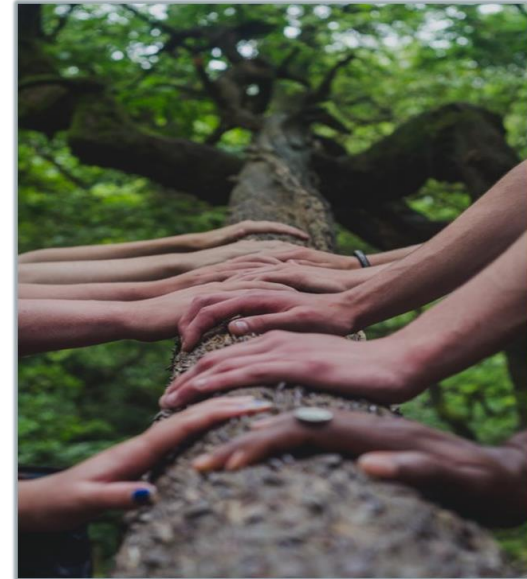
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WA

Lived Experience Of Legal Assistance Change Project (LELA)



What is lived experience?

- What is lived experience?
- lived experience vs
Lived Experience expertise
- Why is it important?



What do people with Lived Experience expertise do?

- Peer roles
- Contract work
- Advisory positions
- Systemic advocacy

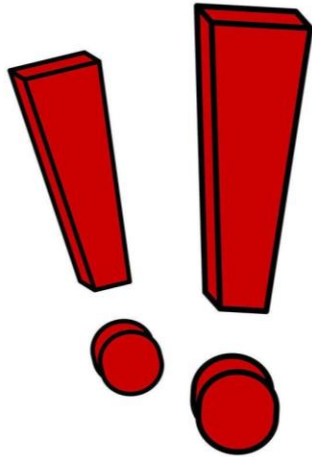
Discipline is still emerging – *“Lived Experience work is about how experiences are understood and applied to benefit others.”*

How do we work?

- Relational (vs transactional)
- Collaborative – collective movement
- Address “power over”
- Professionals with same expectations of other employees/contractors
 - Avoid tokenism!!
 - Pay contributors fairly



What if.....



I cause more trauma?

I say something wrong?

I “trigger” the person?

Something else?

Is it really important?



First Steps

- Lived Experience networks are connected – start asking questions
- Be transparent
 - Don't over promise
 - Close the loop
- Be curious
- Don't wait until it will be perfect
- Be brave!

Thank you

Questions?

