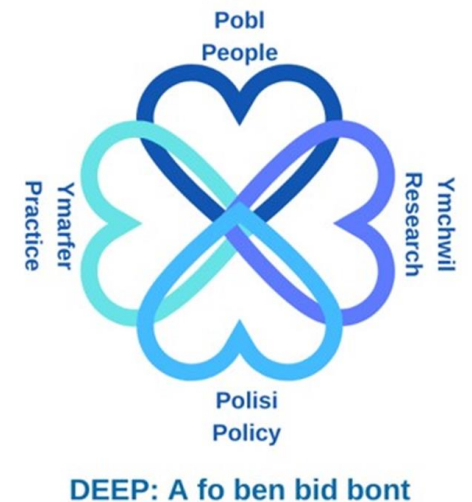
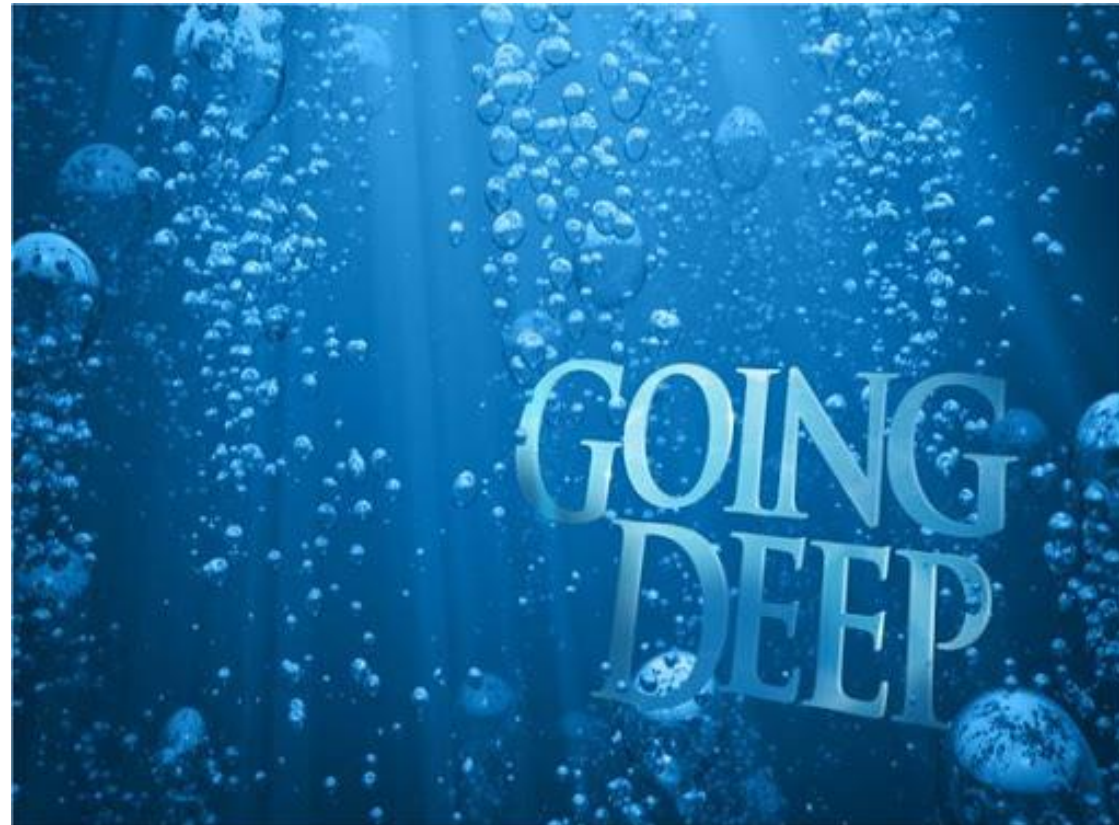


Using the DEEP approach to support learning and development around unpaid carers and short breaks

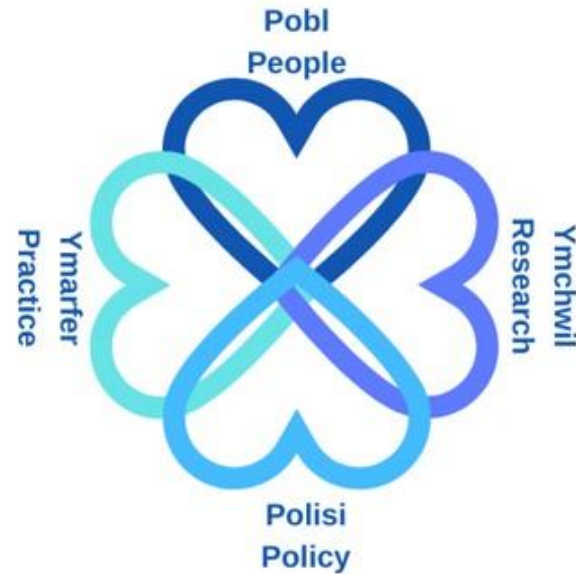


Nick Andrews, Swansea University n.d.andrews@swansea.ac.uk

A definition of DEEP

DEEP is a co-production approach to gathering, exploring and using diverse types of evidence in learning and development using story and dialogue methods.

“A fo ben bid bont” (from Mabinogion – a 12th/13th Century Welsh story)



DEEP: A fo ben bid bont



The three stages of DEEP

- Stage 1: Prepare the ground (create the right environment for learning and development)
- Stage 2: Gather and prepare the seeds (gather and present diverse types of evidence)
- Stage 3: Sow and grow the seeds (explore and apply evidence in context)



DEEP starts by focusing on in interdependent well-being and the Senses Framework (Nolan et al 2006)

Service users, family carers and practitioners within care services must **ALL** experience a SENSE of:

- Security
- Continuity
- Belonging
- Purpose
- Achievement
- Significance



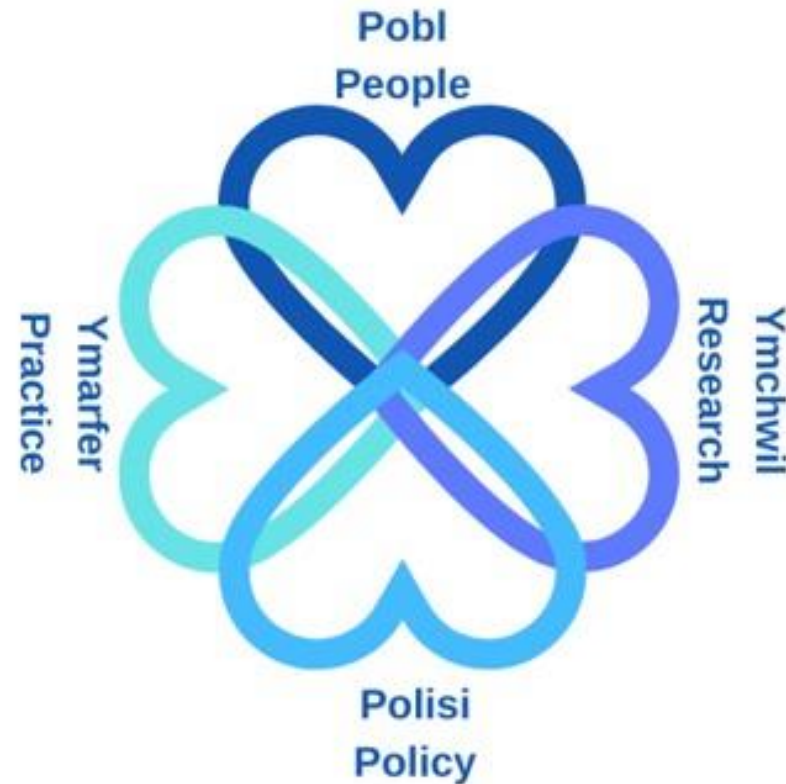
LIVES

i.e. *interdependent* well-being

DEEP values diverse types of knowledge, collectively termed as 'evidence'

Evidence includes:

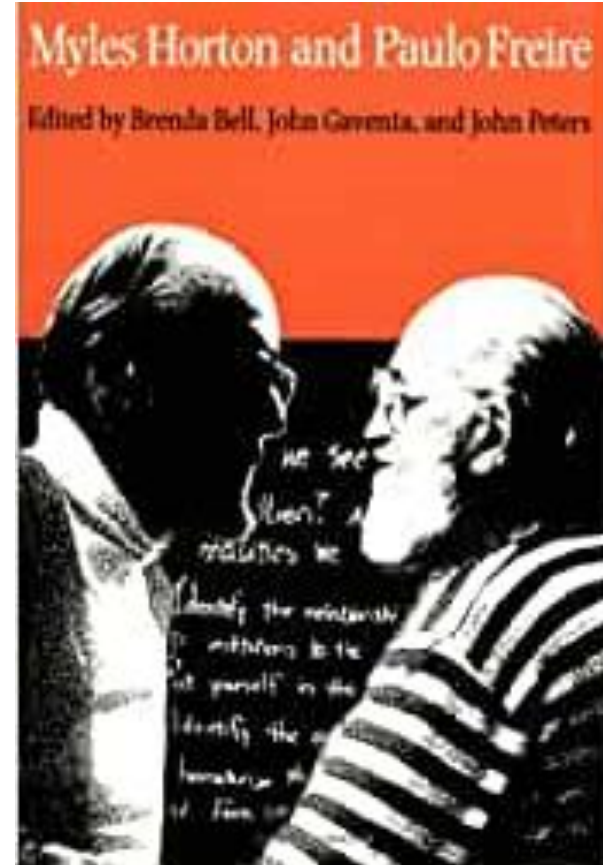
- Research findings
- Lived experience of people supported by services
- Practitioner knowledge
- Organisational knowledge



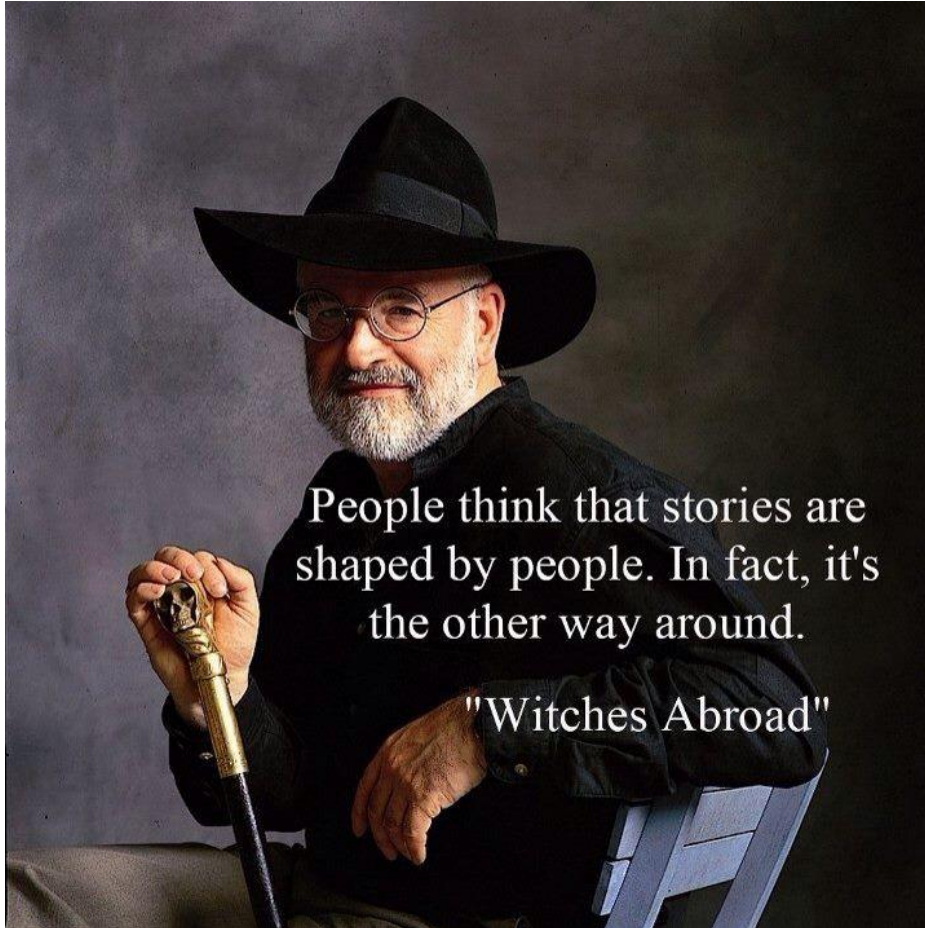
DEEP: A fo ben bid bont

DEEP does not impose evidence on people – it invites them to engage with it on their terms

'Now that use of expert knowledge is different from having the expert telling people what to do, and I think that's where I draw the line. I have no problem with using information that experts have as long as they don't say this is what you should do.' (Horton and Freire 1990 p130)



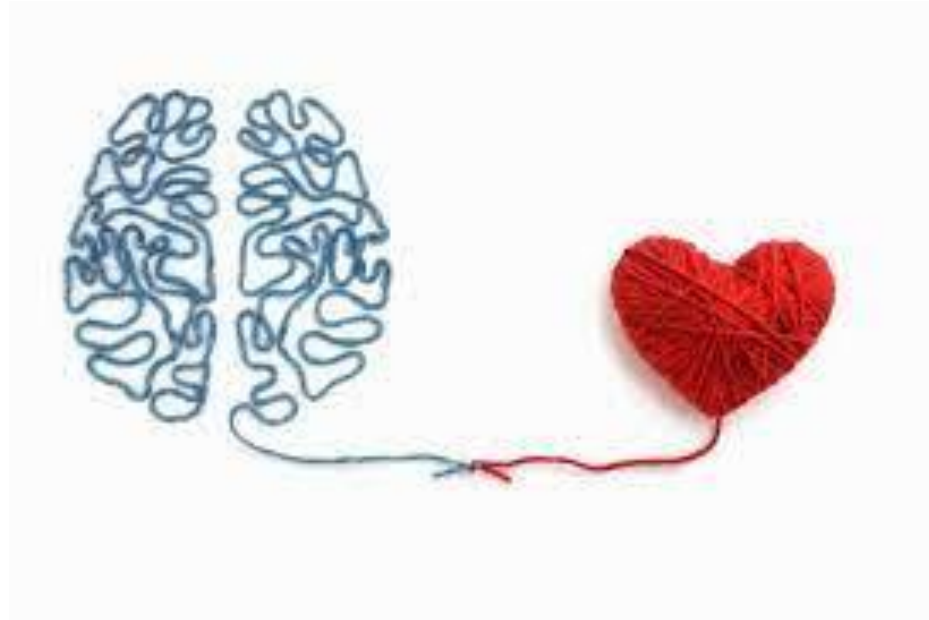
DEEP recognises the power of stories



Terry Pratchett

"We are, as a species, addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories." (Gotschall 2013)

If you want people to learn, then you need to create an *intellectual* and an *emotional* response



*“Educating the mind without educating the **heart** is no education at all.”*

DEEP focuses on talking and thinking well together

Three ways of talking together
(Mercer and Lyttleton 2007):

- Disputational Talk
- Cumulative Talk
- Exploratory Talk



Some DEEP methods and training workshops

We currently offer bite size (3 hour) workshops in:

- The DEEP principles
- Nurturing interdependent well-being
- Community of Enquiry
- Magic/Tragic Moments
- Most Significant Change



Going forward to support learning and development around carers and short breaks

- UK Short Breaks Research and Practice Group:
<https://www.sharedcarescotland.org.uk/resources/research/uk-short-breaks-research-practice-development-group/>
- Social Care Wales Evidence Community - Unpaid carers interest group?
- An event to support engagement with social care practitioners and managers about short breaks and other aspects of supporting unpaid carers?
- 'Place-based working' Community of Practice to include unpaid carers

