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2023 Symposium

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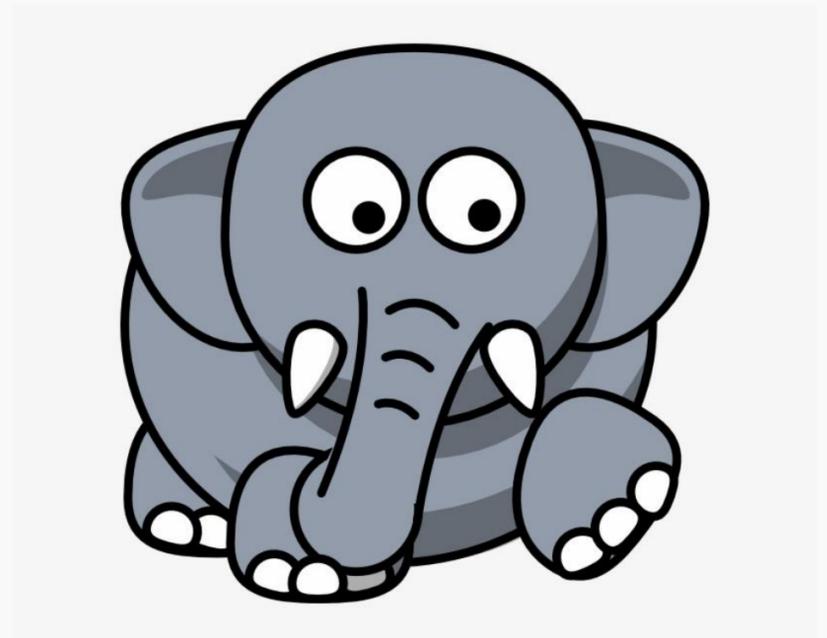
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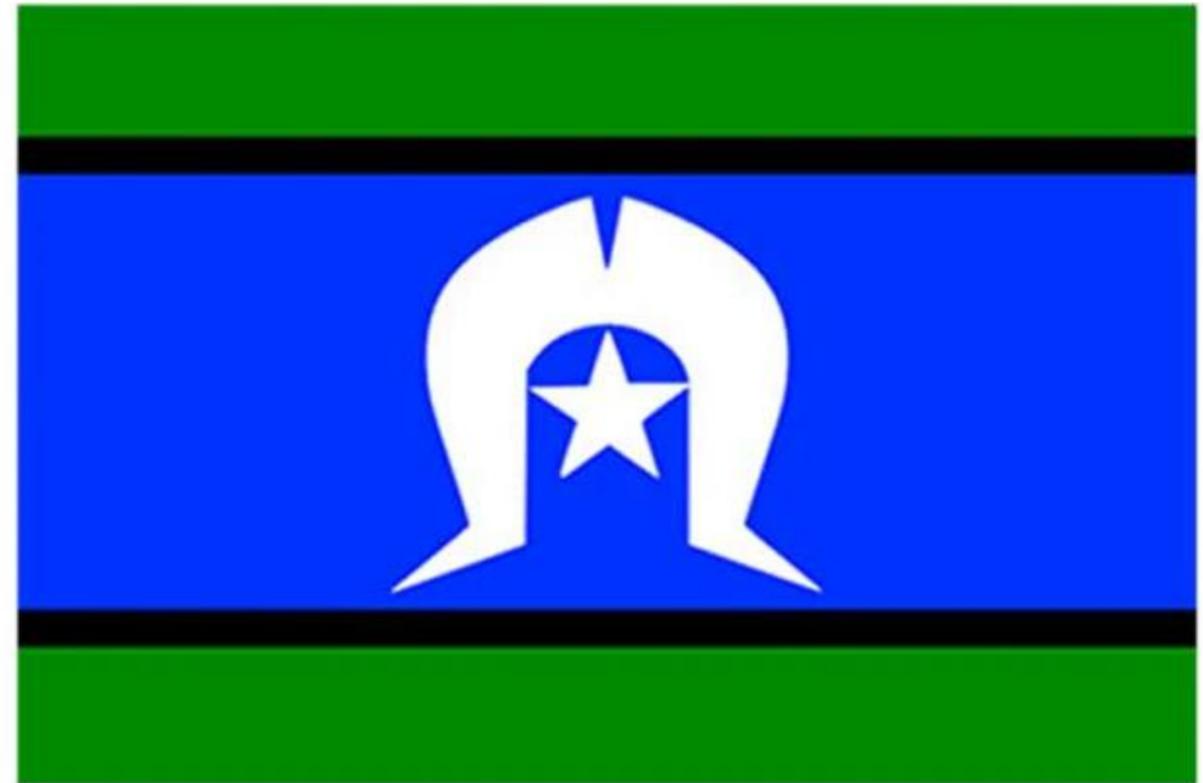
The elephant in the room

~~Let's talk about~~
Let's do something about



power imbalances in co-design
and co-production

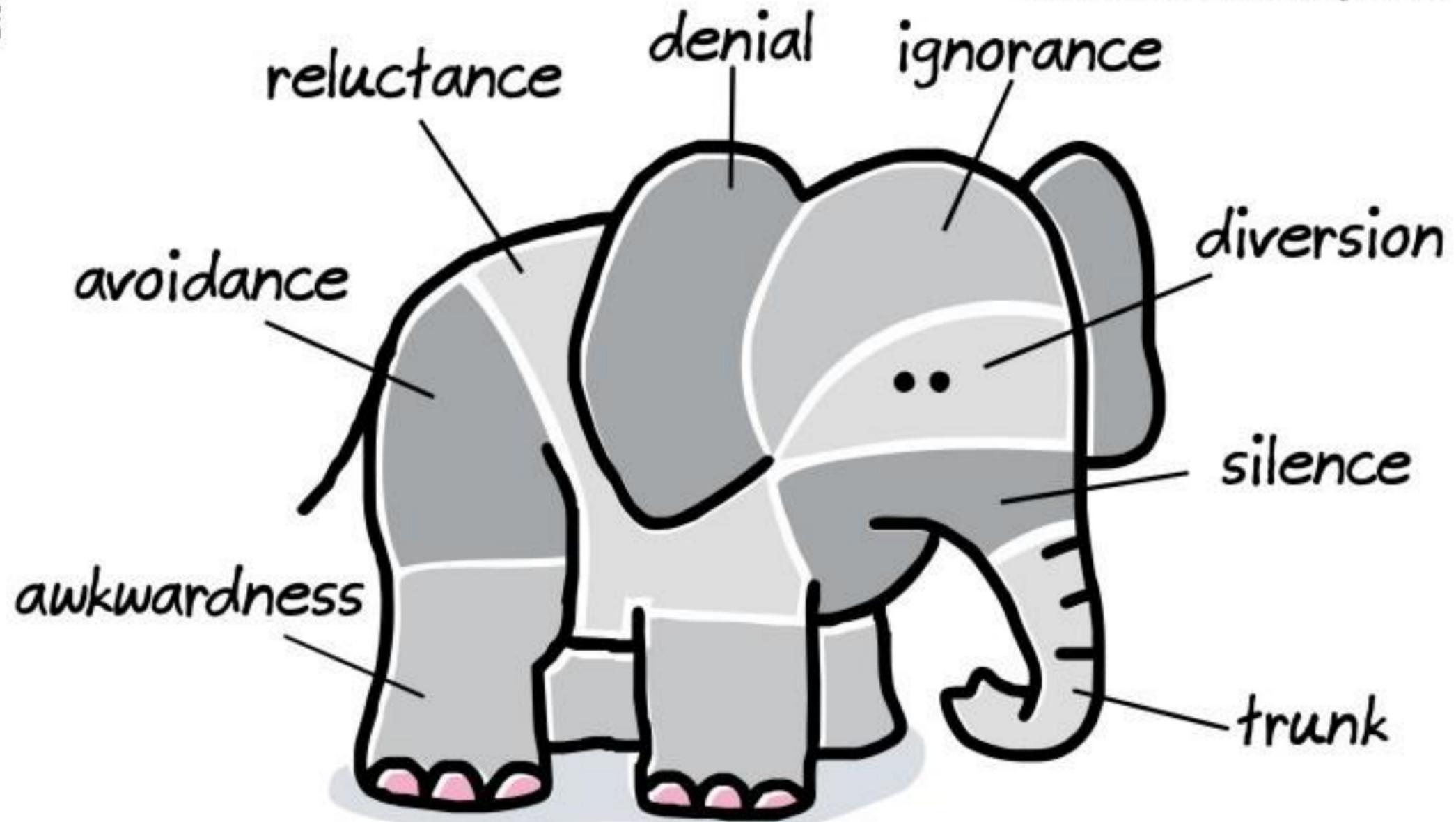
Shifra Waks & Kath Thorburn, Equally Well, 2023

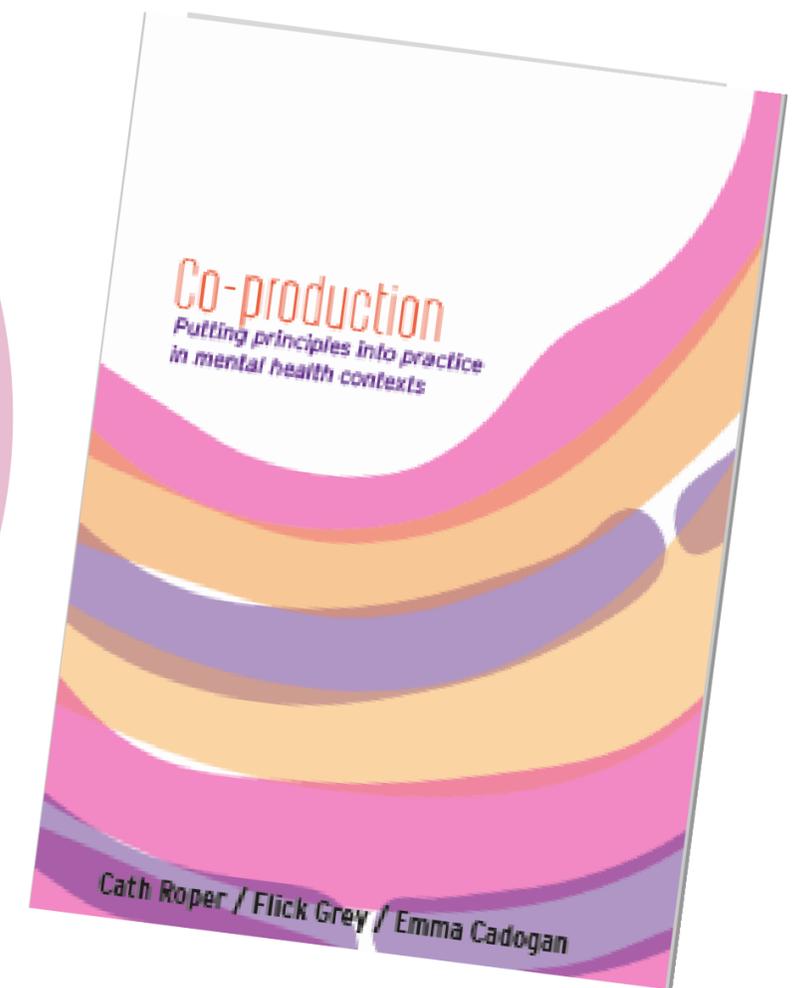
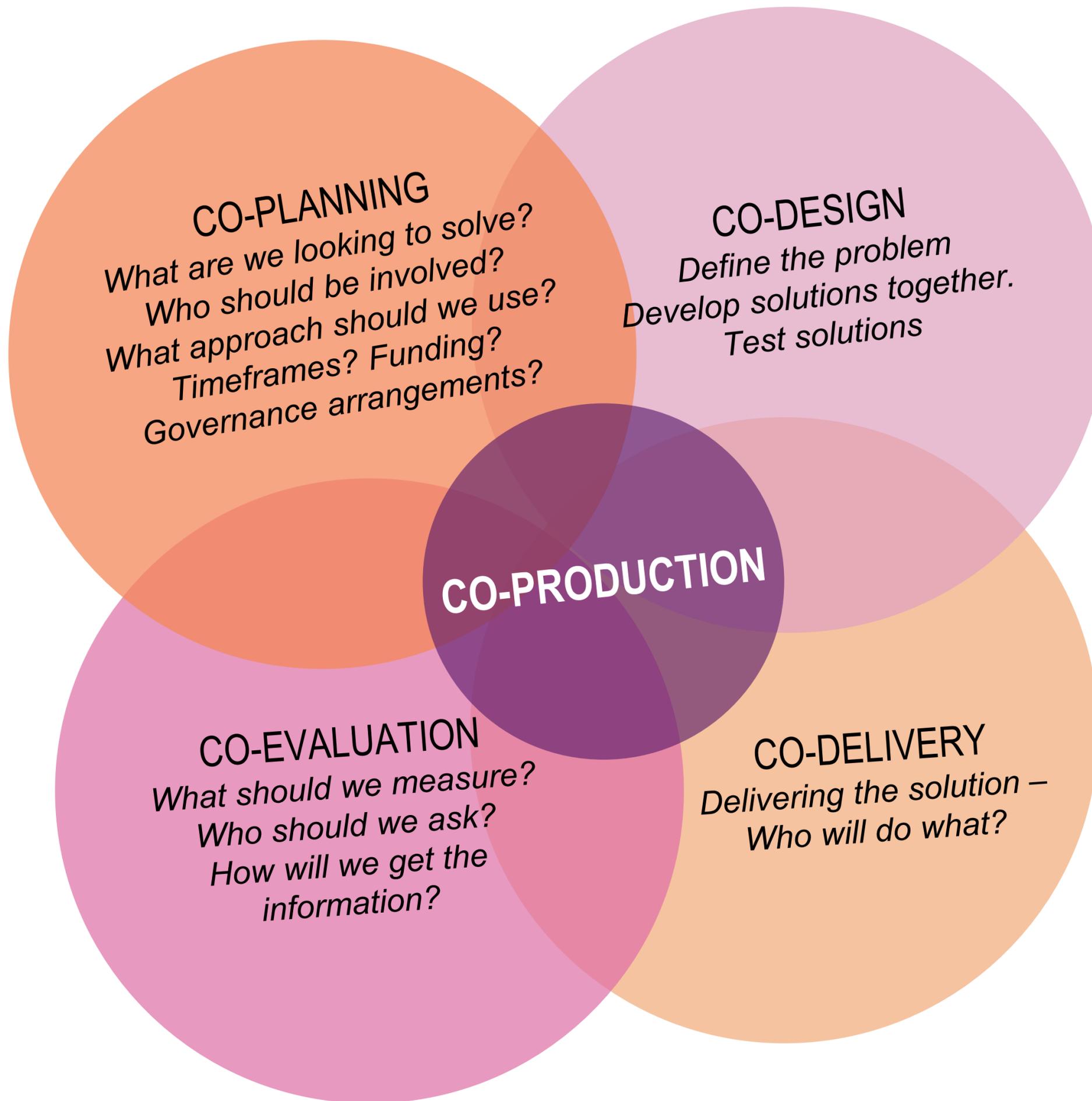


Acknowledgement of country

PARTS OF THE ELEPHANT IN THE ROOM

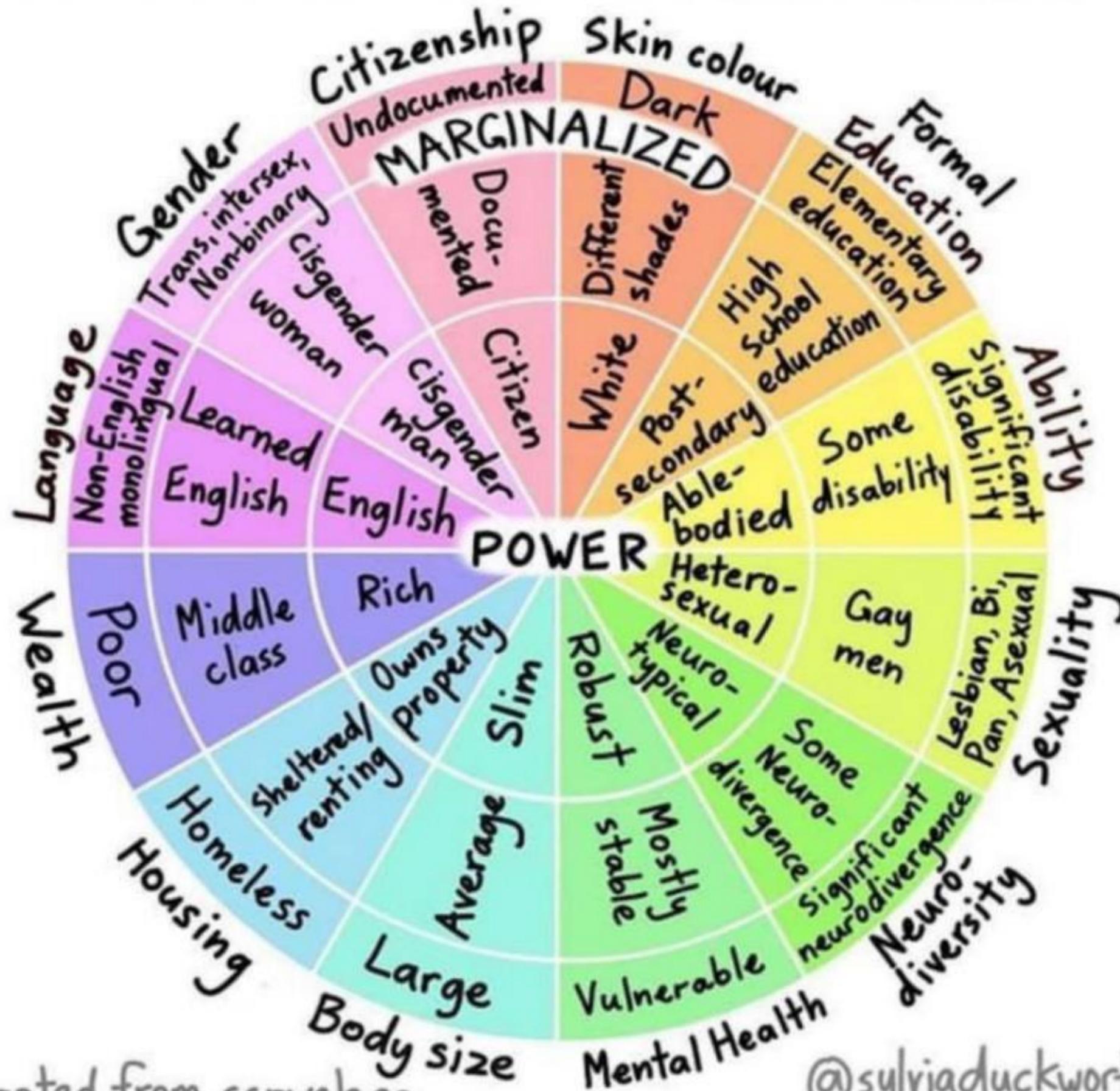
© John Atkinson, Wrong Hands





What does co-production involve? (Roper, Grey & Cadogan, 2018)

WHEEL OF POWER/PRIVILEGE



How helpful is this tool for thinking about power?

Adapted from ccrweb.ca

@sylviaduckworth

power over

power to

power with

power that works to benefit (authority)

power employed to disadvantage (domination)

decision-making power (visible)

non-decision-making power (hidden)

ideological power (invisible)

zero-sum power

positive-sum power

identity power

“... Power is an uneven and invisible resource, like oxygen. Often people only notice power when they don't have it. They are like people exiled to the mountain tops who gasp because they don't have enough oxygen, while the privileged people at sea level breathe so comfortably they never have to think about the supply of oxygen.”

Mary O'Hagen, 2014 (cited in Carr, 2016)

The diagram for the CO-DESIGN KICKSTARTER features a central orange banner with the text "CO-DESIGN KICKSTARTER". Surrounding the banner are six overlapping semi-circular segments in various colors (blue, teal, orange, green, yellow, light blue). Each segment contains a phase of the co-design process: CO-PLANNING (blue), CO-DEFINING (teal), CO-DESIGNING (orange), CO-CONDUCTING (green), CO-REFLECTING (yellow), and CO-EVALUATING (light blue). The text is oriented vertically within each segment.

CO-DESIGN KICKSTARTER

A short guide to get started, and become more familiar with **co-design research**

Logos at the bottom include: CMHDARN (Community Mental Health, Drug & Alcohol Research Network), UTS, Consumer Led Research Network, Black Dog Institute, UNSW SYDNEY, and inside out.

The diagram for the CO-PRODUCTION KICKSTARTER features a central teal banner with the text "CO-PRODUCTION KICKSTARTER". Surrounding the banner are six overlapping semi-circular segments in various colors (orange, grey, teal, blue, yellow, light blue). Each segment contains a phase of the co-production process: CO-PLANNING (orange), CO-DESIGNING (grey), CO-CONDUCTING (teal), CO-REFLECTING (blue), CO-EVALUATING (yellow), and CO-DEBRIEFING (light blue). The text is oriented vertically within each segment.

CO-PRODUCTION KICKSTARTER

A short guide to get started, and become more familiar with **co-production research**

Logos at the bottom include: CMHDARN (Community Mental Health, Drug & Alcohol Research Network), UTS, THE UNIVERSITY OF SYDNEY, and Consumer Led Research Network.

Available from CMHDARN: <https://cmhdaresearchnetwork.com.au>

Thank you

References

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ROPER, C., GREY, F. & CADOGAN, E. 2018. *Co-production: Putting Principles into Practice in Mental Health Contexts*. Melbourne.

Sylvia Duckworth – Wheel of power/privilege

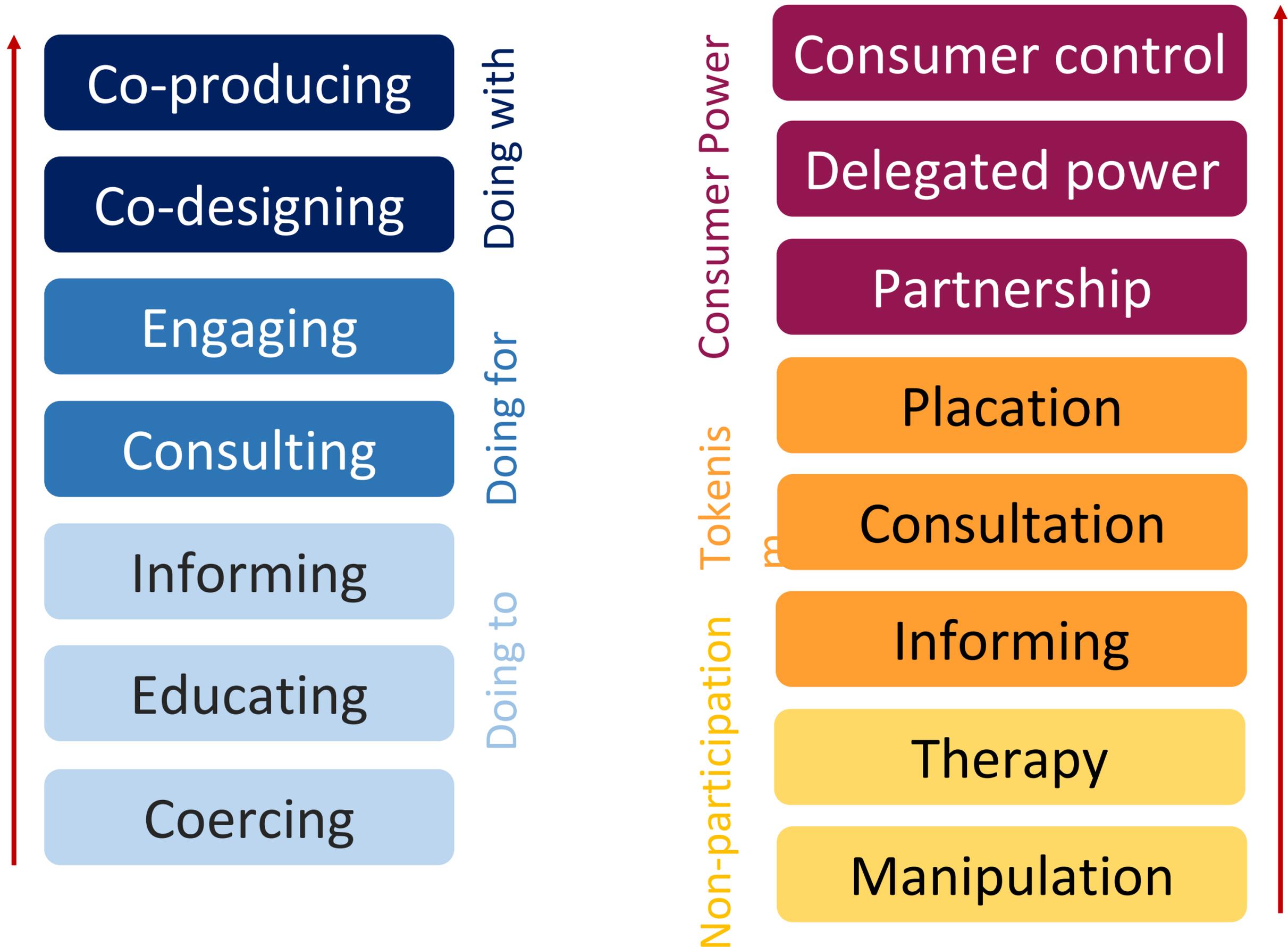
Roper, Grey and Cadogan – Power Exercise for co-design and co-production groups (Appendix E)

IMAGES:

Elephant in the room (slide #1): https://www.nicepng.com/ourpic/u2t4u2y3w7e6w7i1_cartoon-elephant-back/

Ladder of participation

Adapted from Arnstein 1969 by Slay & Stephens 2013 and Grey 2014



Working together for co-design

Curiosity
and a
desire to
discover

Elevating
lived
experience

Valuing
diverse
points of
view

Learning
by doing,
trying
things out

Being okay
with the
grey

Hospitality –
care and
connection

(McKercher,
2020)