

Benefits for experts by experience

- Equality and dignity, self-determination, value and respect, the right to participate in decisions that affect their lives, validity as a valued citizen within society.
- Having a voice; being valued, listened to and appreciated; not feeling that expressing concerns was a waste of time; understanding that their opinions hold value and matter to others.
- Having a sense of purpose, taking the value and benefits of supporting and helping others, creating change with wider benefit to others and communities.
- Developing, improving and/or enhancing professional skills and abilities through meaningful activities, independence and the resources and income to participate in society.
- Developing, improving and/or enhancing personal skills by building confidence, increasing self-confidence/respect/self-efficacy, enhancing self-esteem and self-worth, developing life skills, increasing personal expectations and being the focus of positive attention.
- Social inclusion, along with social support within communities, a sense of connection, shared identity, friendship, development of social networks and connections and the sharing of problems.
- Solutions emerging from group interactions between people who had previously been alienated from each other, bringing people and communities together to achieve mutually agreed and desirable goals and outcomes.
- Connection to community, inclusion in community life and civic society.
- Stability and safe spaces, improved trust in and understanding of services and community, greater hope and optimism.
- An increased role in information sharing, awareness raising, signposting and public education, allowing them to challenge stigma and discrimination.
- Improvements to health (including mental health) and wellbeing through inclusion.
- Movement from being uncertain of their identity and place towards knowing their own value.
- Taking control and separating the sense of self from external situations.