

SEE ME learning resource

November 2024

This learning resource has been coproduced by Skills for Care and MiXiT, who are an inclusive theatre company and care provider, to support person-centred care and create opportunities for learning.

This resource is to be used alongside the 'SEE ME' video resources and can be completed individually or used as part of a discussion.

Participants should watch the videos related to each part before taking some time to reflect on the following questions.



Part one: Introduction to MiXiT and 'See Me' song

Person-centred care is the foundation of social care practice. How do the values of this organisation align to a person-centred care approach?

Consider the reference to bringing health and social care issues together and the impact that 'labelling' might have on people who draw on your care and support.

Reflecting on this section explore the differences between what we might describe as 'needs' and where this is a 'human right'.

Part two: Understanding 'What's important to me' and 'Inclusion' poem

Exploring the video consider how the personal profiles might enable person-centred care and promote your understanding about what is important to each person.

How would you describe your experience of inclusion with people and places around you?

Reflect on what drives you to understand individual choice and control.

Part three: 'Working together' and 'Together we are better' song

Spend some time thinking about what the words and phrases like 'being good', 'opportunity' and 'allow' mean to you.

How has this learning resource influenced you and your practice? How might you change or adapt your practice in the future?

Respectfully explore the notion of families and relationships and how health and care professionals can work with existing supportive environments and comforts, perhaps reflecting on your own personal and professional experience.

Useful resource links:

- [Social Care Futures](#)
- [Think Local Act Personal](#)

Acknowledgment

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