

# THE ECT CAFE

Utilising Lived Experience

# My Role in the ECT Cafe

Volunteer role subject to enhanced DBS check, mandatory safeguarding and GDPR training, requirement to maintain confidentiality.

Co-facilitator

Sharing my ECT experience with patients and families/carers

Complete feedback form

# Benefits of Service User Involvement

You can tell someone what's going to happen but you can't tell them what it feels like

Can help break stigma and demystify the process

Neutral position, no perceived power imbalance

Share similar experiences e.g. side effects, signs of improvement

Comforting to know others have experienced similar things

Service user input necessary for services to improve

# Feedback

Limited but helpful

Highlighted need and desire for more information

Patients and their families/carers valued lived experience

Support needed throughout course of treatment

Professionals need to be more aware of the service and what it can offer

# Going Forward

Further promotion needed

Teaching/information sessions for all ward staff

Include CMHT in promotions

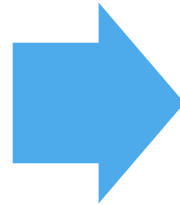
Attach information about café to ECT referral pack

Make informing patients about café part of checklist for pre-ECT work up

Ensure psychiatrists and nursing staff are aware of the benefits for their patients and families/carers

# Summary

On a recent ECTAS review comment from a service user suggested way to improve their service would be to be able to access a peer support worker or someone with lived experience of ECT



Services should look to ways of involving service users in their ECT units in the future as a way of improving their patients experience of ECT