

Lived Experiences

V 1.0.2

Why does it matter?

Lived experience matters

Lived experience matters because it provides authentic, first-hand insights that data and traditional expertise cannot capture, crucial for designing effective policies, services, and research.

It transforms systems by highlighting real-world needs over assumptions, fostering empathy, reducing isolation, and improving outcomes in fields like mental health.



Key reasons lived experience is vital include

- **Improving System Design:** Involving people with lived experience in, for example, mental health services or social work, ensures that care is recovery-focused, compassionate, and directly addresses the needs of the users.
- **Enhancing Research and Policy:** It provides critical, evidence-based perspectives that inform better policies, ensuring they are rooted in reality rather than assumptions.
- **Reducing Stigma and Fostering Connection:** Sharing personal stories (e.g., about mental health, disability, or trauma) breaks down barriers, reduces isolation, and encourages empathy by validating the struggles of others.



Key reasons lived experience is vital include

- Validating Real-World Challenges: It highlights that “one size does not fit all” and challenges the idea that everyone has the same capacity or opportunities, preventing judgmental and ineffective solutions.
- Providing Unique Expertise: Individuals with lived experience act as consultants or advisors, offering invaluable, nuanced insights that academic or clinical knowledge alone may miss.

In conclusion

Ultimately, incorporating lived experience is essential for creating more inclusive, effective, and humane systems.



Speaking engagements

Craig Hubbard is available for speaking engagements.

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- ✓ Older person abuse
- ✓ Workplace Abuse
- ✓ Lived experiences

