

Importance of Peer Support

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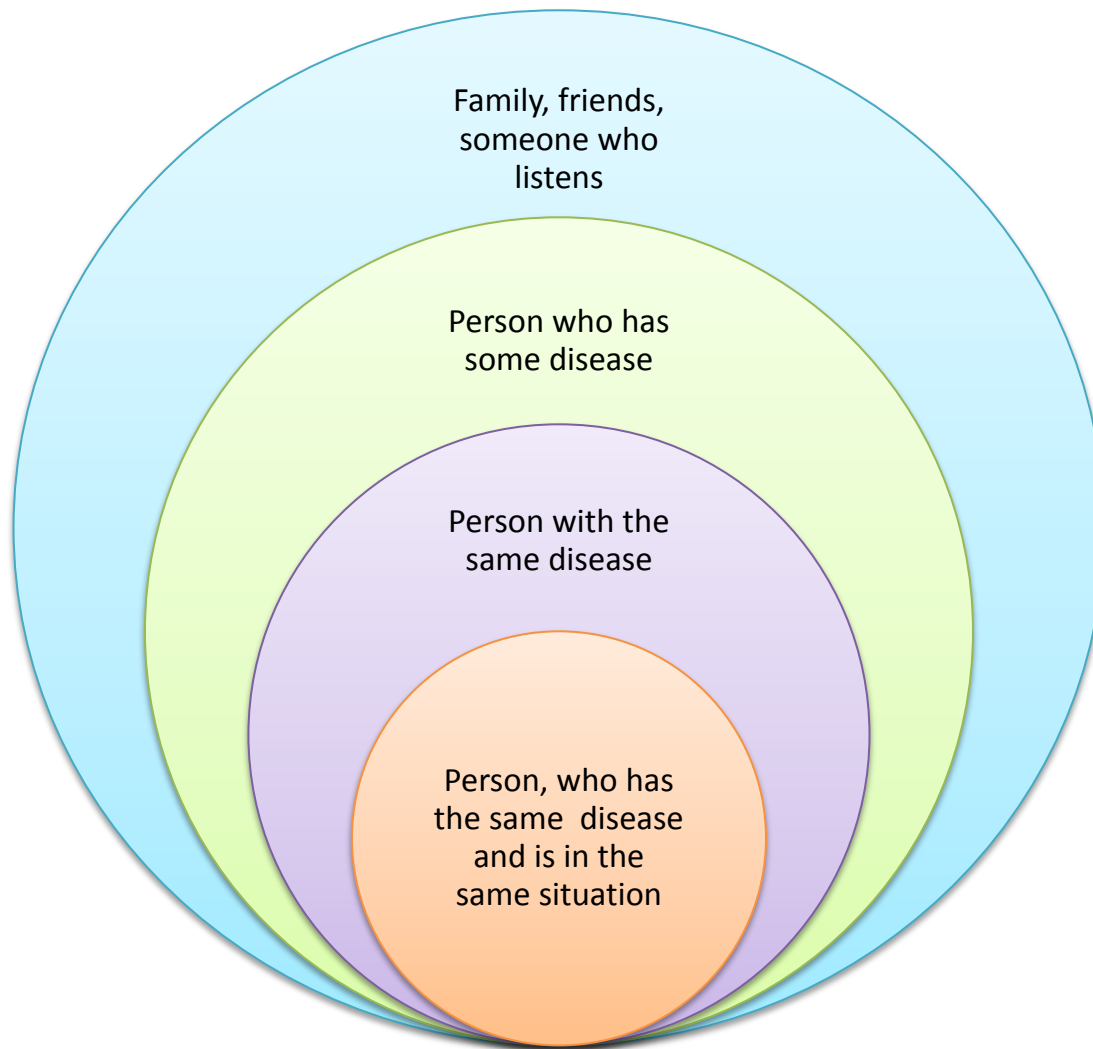
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Peer support
is sharing experiences
– telling and listening.
(Hyväri 2005)



The power of peer support

– experiences from peer support by the parents of a child with rare disease.

-Toija 2011

Three ways to help

- 1) coping with the situation
- 2) a shared experience
- 3) caring

1) Coping with the situation

knowledge
strength



2) A shared experience is made of reciprocity and collective experience.



Picture: Strangers 2014. Tommi Toija.

3) Caring

- awareness of the meaningful relationship
- genuine contact with others in the same situation.



Peer support decreases

- anxiety
- the feeling of isolation

Patients gain

- knowledge
- understanding of the experience of chronic / serious disease
- hope, trust and security

The difficulties of peer support

- Own thinking is important (quality of lay knowledge varies and situations are individual).
- One needs to be critical of the information gained through peer support .
- Finding peer support requires a lot of effort and activity.
- In the peer support group one has to be able to accept the experience of the other participants.

Vertaisresepti-project

The aim is to

- increase co-operation between communal health services and patient organizations.
- provide peer support for patients in the hospital environment.



Peer support – professional care

- Informal - formal
- Experiences - science
- Personal relationship - professional care

(Nylund 2000)



"I'm living my dream now."

The influences of peer support
on the life quality and the use of health
services of breast cancer patient.
(N=260)

Co-care

The aim is to study individuals' cooperation in care, from the particular viewpoint of meaning systems including religion.

www.blogs.helsinki.fi/co-care/

Co-operation in care

”I would have never thought that a person I didn’t know before would be able to give me such comfort and help....”

”When my situation will be better, I want to give peer support to others. I will remember this for the rest of my life.”



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Thank You!

Gone with the wind. 2014
Tommi Toija. Anu Toija