Peer Support Across Cultural, National and Organizational Settings: Common Functions and Setting-Specific Features

April 29, 2011

Society of Behavioral Medicine
14 Funded Projects of Peers for Progress
Four Presenters Today
1. Key functions are global
2. How they are addressed needs to be worked out within each setting
Key Functions of Peer Support

1. Assistance, consultation in applying management plan in daily life

2. Ongoing social and emotional support

3. Linkage to/assistance in gaining access to clinical care

4. Ongoing availability of support; proactive contact
Assistance in applying management plan in daily life

- Family, Community, Friends
- Doctor
- Educator
- Nurse
- Media
- Peer Supporter
- Action Implementation

Plan
Key Functions of Peer Support

1. Assistance, consultation in applying management plan in daily life

2. Ongoing social and emotional support

3. Linkage to/assistance in gaining access to clinical care

4. Ongoing availability of support; proactive contact
“Standardization by function, not content”

## Dimensions of Peer Support Programs and Their Implications on Acceptance and Sustainability

| Naturalistic, casual contact in existing groups | Trained peer supporters in programmed, planned contact |
| Community action and organization | Individual, direct services |
| Community-based | Clinic-based |
| Under resourced community and modest health system | Highly resourced community and extensive health system |
| Volunteer | Paid peer supporters |
| Shared specific health problem | Generalist peer supporters with communication and behavior change skills |

*Excerpted feedback from Peers for Progress Global Peer Support Research Meeting with 60+ participants from 20+ countries in Kuala Lumpur, Malaysia, October 2010*
Peer Support Begins????????????
Peer Support Begins!!!!!!!!!!!!!!!!!!
Need and Niche

Need:
Peer support is as old as humankind, but those who need it don’t always get the kind or the amount they need.

Niche:
Accelerate the availability of state-of-the-art in peer support to improve the health of people around the world.
Peers for Progress

EVALUATION GRANTS (N=8)

Original 14 Grantees

Additional Collaborations
Peer support around the world

People living with diabetes have a great deal to offer each other.

Diabetes encompasses all aspects of people’s lives, often for decades. Support from peers can offer emotional, social, and practical assistance that helps people do the things they need to do to stay healthy. Peer support complements and enhances other health care services.

Peers for Progress addresses the global diabetes epidemic by:
- Extending the evidence base for peer support
- Establishing peer support as a core component of diabetes care
- Building a network of peer

Our Mission
To accelerate best practices in peer support around the world.

www.peersforprogress.org
“Go to” Source on Peer Support

- Reliable, Up-to-Date Information on Peer Support
- Program Models, Materials for Program Development
- Tools for Program Monitoring, Quality Improvement
- Regional Networks for Collaboration, Advocacy
- Global Networking and Website for QI, Knowledge Sharing

Enhanced Quality and Availability of Peer Support Worldwide

www.peersforprogress.org
Peer Support Across Cultural, National and Organizational Settings:
Common Functions and Setting-Specific Features

Guadalupe X. Ayala, Ph.D., M.P.H., San Diego State University
Working to improve peer support for diabetes along the California-Mexico border: *Puentes Hacia Una Mejor Vida*

Linda Baumann, Ph.D., A.P.R.N., B.C., F.A.A.N., University of Wisconsin
Peer support for adults with diabetes in rural Uganda

Brian Oldenburg, Ph.D., Monash University
The Australasian Peers for Progress Diabetes Program: Important features and potential for transfer to other countries.

Mary Jane Rotheram-Borus, Ph.D., UCLA
Discussant