

Peer Mentoring Agreement

Agreement

Circle of Support Outline

Circle of Support offers free peer mentoring support for members who are newly diagnosed, want to improve their quality of life and better manage their symptoms or are experiencing challenges impacting on their health and wellbeing.

Circle of Support aims to provide social-emotional support and support you to achieve personal self-management goals, including self-advocacy.

Circle of Support offers support in a variety of area including; managing your treatment plan, working with health care providers, exploring treatment options like SCIg, mental wellbeing, social connection, fatigue, pain, sleep, nutrition, staying active and physical activity, managing work and study, carer support and options to manage treatment and medication costs.

You will be supported to identify your own goals and simple action steps you can take over 12 weeks. Flexible shorter or longer support periods can be negotiated with the Peer Mentor if needed. If the Peer Mentor is not available for the required longer period another Peer Mentor can be allocated.

Your Peer Mentor will provide an outline of *Circle of Support*, discuss this form with you and discuss support and days and times for regular contact.

Circle of Support is based on the following:

- connection
- member focus
- equal access to services and treatments
- self-advocacy
- health literacy
- inclusion in the IDFA community

PO Box 742, Wollongong, NSW 2520

Agreement *(continued)*

Peer Mentor Guidelines

- Provide unconditional socio-emotional support for mental wellbeing.
- Maintain respect, privacy, and confidentiality in all member communications. If the Peer Mentor is concerned for your wellbeing, they will encourage you to seek the advice of your GP or other relevant health professional. They will also advise IDFA that they have done so.
- No medical or treatment advice about personal circumstances is provided to members.
- Peer Mentors can request assistance from IDFA staff including the Health Advisory Panel from time-to-time to answer member questions. All IDFA staff and Health Professional Advisory Panel members are required to comply with IDFA Privacy and Confidentiality Policy and IDFA Code of Conduct.
- Engage members to identify personal goal and action areas relevant to their life stage and journey.
- Engage and empower members to identify suitable options for areas of support.
- Support members with *Circle of Support* action areas at any stage of their progress.
- Share personal lived experience and knowledge only as relevant to the member's needs and interests, and as personally comfortable to do so.
- Respect the member's available times and contact periods, and where possible maintain these requirements.

Member Guidelines

- Engage with the Peer Mentor in a respectful manner.
- Understand that the Peer Mentor will not provide advice or medical information related to treatment or medications. You will be required to consult with your health care team for medical information and advice related to your personal circumstances.
- Respect your Peer Mentor's available times and contact periods, and where possible maintain these requirements.
- Maintain confidentiality with all Peer Mentor personal information.
- Understand that Peer Mentors also have an immunodeficiency, as well as caring, work, study or other commitments. Flexibility is needed to ensure regular contacts can occur, and alternative arrangements specified in the *Circle of Support Plan*, as needed.

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- Comply with reasonable requests by the Peer Mentor to seek additional support by visiting your GP or other relevant health care professional to support your medical and mental wellbeing.
- Not undertake any media or other publicity related to your peer mentoring participation unless you have agreed to provide this as part of an IDFA campaign or other activities. In this case media or other consent will be sought.
- Participate in feedback as required to improve *Circle of Support*

Member Signature:

Date:

<Day> / <Month> / <Year>