



**LA TROBE**  
UNIVERSITY

Care Economy  
Research Institute

# KEY PRINCIPLES OF LIVED EXPERIENCE INVOLVEMENT - HOW TO GET STARTED

*featuring Lived Experience Experts Dr Ash Ng and Indigo Daya*



**Friday 23rd May**



**12pm -1pm**



**Online via Zoom**

The **Care Economy Research Institute** (CERI) invites you to join us for the first seminar in our series exploring meaningful **lived experience** (LE) involvement in **research and practice**.

This session will introduce **foundational concepts**, and guide participants through the early steps of engagement, including identifying the **level of engagement that is right** for your project and avoiding tokenism, forming group norms with lived experience panels, and preparing you for your first meeting with LE experts.

Whether you're just beginning or refining your approach, this session will provide **critical tools and perspectives** to support authentic and impactful LE collaboration.

## EXPERTS

### **Indigo Daya (she/her)**

Indigo is a PhD candidate (UNSW), mad/survivor artist, peer supporter and activist. Indigo held survivor/consumer roles across the mental health system for 18 years, including education, advocacy, policy and reform, consulting and peer-delivered programs. She has extensive experience in participatory approaches, as a past participant, leader, educator and senior advisor. She is completing a PhD that explores survivor-led approaches to peer support which are grounded in creative arts, epistemic justice and anti-carceral ethics. Indigo identifies as a psychiatric survivor and takes a critical position on systemic harms and misuse of power in service delivery and participatory practices.



### **Dr Ashley Ng (she/her)**

Dr Ng is a diabetes advocate and researcher. Her experience and career has stemmed from her lived experience advocacy journey within Australia and internationally. She is currently focused on the research of implementing consumer and community involvement within organisations at Monash Centre for Health Research and Implementation (MCHRI). As part of this work, she's supporting the development of a national resource to support the adoption of consumer and community involvement across healthcare improvement and health research.



**To register click [here](#)  
OR scan the QR code**



## FACILITATED BY

### **Tessa Zirnsak**

is a consumer researcher and Research Fellow with substantial experience involving people with lived experience in research. Tessa has experience working as a lived experience advisor and coordinating groups of lived experience experts as a part of large research projects.



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