

## A guide to Personal and Public Involvement (PPI)

### What do I need to consider when getting involved?

Getting involved in Health and Social Care (HSC) can have many rewarding benefits. This guide provides a few useful hints and tips for service users and carers to consider when getting involved.

#### Consider

- **What is your reason for getting involved?**  
e.g. tell your story, improve quality of services through experience etc.
- **How much time do I have to commit?**  
Time commitment will vary. At the beginning of the process ask HSC staff to outline the time commitment required. For example:
  - the length of meetings (also factor in your travel time);
  - reading required pre and post meetings;
  - length of involvement – a one-off session or activity or longer involvement which may be over a period of years.
- **What support requirements do I need?**
  - Do I need assistance to attend meetings?
  - Do I need information to be sent via electronic or hard copy via post?
- **Will I get reimbursed for my out of pocket expenses?**
  - All HSC organisations have in place a guide for the payment of out of pocket expenses.
- **What training do I need?**
  - If you are getting involved in a programme of work which will take place over a period of time, identify if it would help to know more about:
    - Health and Social Care structures;
    - the specific area of work;
    - speaking in public or giving presentations;
    - data protection and confidentiality arrangements.

Ask for support to access this information/training

Further information is available at <http://engage.hscni.net/>