Tracing Autonomy

A reflective approach in support of a person's autonomy in life. www.tracing autonomy.net





About

Often when faced with a life-limiting illness people become disconnected from their sense of self. Choices become limited and are made within challenging situations and environments. People can feel disempowered and no longer able to contribute. How can we ensure that a person with a life limiting illness still has the ability to have influence, to have a voice and for that voice to have an effect?

Tracing Autonomy expands an understanding of personcentred care, not as a person in isolation but as an individual in relation to others. It supports professionals to find ways to empower the people they work with in shaping their own experience of care and creativity, and authoring their lives in line with their own values.

Tracing Autonomy offers two educational resources for reflective practice – Tracing Autonomy Framework and Tracing Autonomy Workshop.

Holistic Terrain

This holistic overview highlights the concerns or issues that a person may have and how these factors might affect a person's autonomy.

Physical

Psychological

Social

Spiritual

Environment

Dialogue

Sensory Experience

Threats

What are the threats and ideals for a person when living with a life-limiting illness?

Ideals

Autonomy

The concept of autonomy can be simplified into four characteristics; choice, value, relationships and authorship. Considering these characteristics in relation to the holistic terrain can help us understand how a person's autonomy is being effected positively or negatively.

Choice

Consider the conditions under which choices or decisions are being made.

Value

What matters to you?

Relationships

When we act as connected to another person, as opposed to separate, does this mutuality support or undermine autonomy?

Authorship

By bringing together the elements of choice, value and relationships, an individual can benefit from being author of your own life. To be author of your own life is important at any stage, but particularly when so many other things are closing down through illness, disability or social circumstances. It is vital to find ways that people can still grow and achieve, in ways that are meaningful to them.

Outcomes

- Two educational resources for reflective practice available from www.tracingautonomy.net
 - 1. Tracing Autonomy Reflective Framework
 - 2. Tracing Autonomy Workshop
- Deeper understanding of autonomy in relation to practice.
- Greater understanding of person-centred care, not in isolation but in relation to others.
- An innovative collaboration bringing the humanities, theory and clinical practice together in a practical and useable form.

Background

Tracing Autonomy has been developed by Artists Jeni Pearson and Kirsty Stansfield in consultation with Professor Ben Colburn, specialist in Moral & Political Philosophy at the University of Glasgow.

The project has grown out of a wider investigation of how Colburn's academic research on the nature and value of individual autonomy might evaluate and enrich practice in end of life care, especially non-therapeutic elements like the Creative Arts Service delivered by Pearson and Stansfield at The Prince & Princess of Wales Hospice,

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