

Young Carer Peer Support Group

CHIME Framework

The following information on the CHIME Framework has been outlined in the Service Design and Guidelines, written in 2019 by Wellways Australia Services to support the Carer Gateway Service Providers.

This resource was developed to support Carer Gateway Services with guidelines to deliver effective In-Person Peer Support. This Young Carer Peer Support Program aims to provide an evidence based program, therefore are aligning the program to the Carer Gateway CHIME Framework.

The following materials are not developed or in ownership of the Young Carers Program at Carers WA and are copyrighted to the original owners. We would like to thank the original owners for their contribution of this resource.

Young Carer Peer Support Group

CHIME Framework

“The CHIME^[1] framework outlines five essential aspects for supporting wellbeing: Connection, Hope, Identity, Meaning and Empowerment. This conceptual framework is the result of research into aspects of life that support mental health recovery, however these five aspects are central to living ‘a good life’ for all individuals regardless of age, ability, race, gender, identity or sexual preference. The framework encourages individuals to consider the aspects that keep them well.”

C Connection

- contact with peers
- good relationships
- support from others
- being part of the community

H Hope

- optimism about the future
- believing in health
- feeling motivated
- positive thinking
- having dreams and aspirations

I Identity

- having a positive sense of yourself
- feeling able to be yourself
- dealing with stigma
- seeing the whole person

M Meaning

- making sense of your experiences
- knowing what’s important to you
- having purpose
- understanding your world
- feeling valued

E Empowering

- being responsible for your own wellbeing
- feeling capable
- being able to see your strengths
- learning by doing