

Lived Expertise

Credit where credit is due

Personal Experience

Lived expertise is the knowledge and understanding that comes from personal experience.



The experts

The concept of lived expertise is used particularly in relation to people with marginalized or stigmatized identities or experiences. Someone with lived expertise may be:

- Living with a chronic illness or disability
- A member of a marginalized community (e.g., LGBTQ+, BIPOC)
- Surviving trauma or abuse
- A caregiver for a loved one with a disability or chronic illness
- Unhoused or experiencing poverty

The context

Lived expertise is often undervalued in academic and professional settings, where more traditional forms of expertise, such as academic credentials or professional experience, are prioritized.



Where it is needed

Lived expertise is valuable to work in fields like healthcare, social work, and advocacy, where understanding the experiences of marginalized communities is crucial.

Irreplaceable

People with lived expertise have unique perspectives that cannot be replicated by those who have not lived through similar experiences.

