**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.