## SUGGESTIONS - Interview with Josè Mannu

**Josè Mannu**

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SISTEMA SANITARIO REGIONALE

**ASL ROMA 2**

In "Module 1. Unit 1b. EVALUATION PROCESS. Work with users in the case of future cohabitation and choice of residence" of the training Curriculum there is an Activity called *Autonomy and the "dependency tree"*.

Here is an interview with Josè Mannu to speak about the dependency tree.

Josè, could the *"dependency tree"* be a useful training tool when autonomy has to be developed or supported? The pandemic represented a challenge to autonomy for all of us …

Yes, for sure. The "dependency tree" can be used to work on autonomy and distributed dependency in order to improve them in a housing project.

First of all, how was the "dependency tree" born?

The "dependency tree" is a tool based on the idea that a widespread dependency is typical of the   personal autonomy process

Does the tree help us to understand how to develop autonomy?

Yes, it does. The tree is the graphical representation of the path from a non-differentiated dependency (that expresses non-autonomy) to a widespread dependency (that means autonomy)

An example could help us to be better get in tune with this concept.

Each baby usually builds his relations with the external environment with the mediation of his parents and their expertise in satisfying his wishes. Growing up, other people enter in his world: teachers, friends, loved ones, and later neighbours, shopkeepers, newsagents, etc. This process will lead him to build a widespread dependency in which the relation with his wishes is less and less   mediated by one single person but by many people.

Is widespread dependency a synonym of relationship building?

No, it isn't. It's important to consider them as two different items, although at the beginning they coincide. Later, they progressively take specific and different roads.  "Building relationships" concerns affective and social relationships, that constitute the social network supporting each person.  "Widespread dependency" concerns problem solving skills as well, but the competence of solving problems is dictated by finding the appropriate solution for that specific episode (for instance if you break a window, you call a glazier and the relation is limited to the object which must be replaced).

What are the branches for, in the dependency tree?

The branches represent each person's aspects of life (home, health, food, spare time, work, loved ones, self-care).

In the video on the dependency tree there is a man watering the tree.  The person represents the context that feeds the tree whenever necessary and for as long as necessary.

And the roots?

The roots stand for metacognition, perception, memory, emotions, self-esteem, hope, values, beliefs. They are the different aspects of human thinking that allow the movement toward widespread dependency

**What happened to the dependency tree during the pandemic, a phenomenon that challenged people's autonomy?**

A new balance was needed during the pandemic in the individual binomial "competence - functioning". The first intended as what people should be able to do, and the second as what the person actually does.

**Where did you see this shift? Could you give us an example?**

For instance, the competence of getting in touch with friends and other people has been maintained but the relational rules, the functioning, has changed: distance, masks, barriers, online meetings, etc.

**Then how can we consider the "dependency tree"?**

The "dependency tree" represents the person: the complexity of his thinking and dependency, and the potential transition from a leafless tree to a blossoming one. It is the metaphor we could use to highlight the work from disability and non-autonomy to personal autonomy and human complexity.