

# 35TH ANNUAL HOMEBIRTH AUSTRALIA CONFERENCE



DAY 2

Sunday 19th November 2023



## CATHERINE BELL

### *'The Radical and Responsible Transfer Pathway'*

Women choosing homebirth are generally well informed and aware, making a very conscious decision based on a priority for physiological birth and feelings of safety and involvement. Whilst the transfer rate for homebirths is low, being prepared for this possibility can reduce trauma or stress if this pathway is taken. Determining if or when to transfer, and why can provide clear and realistic understanding of what is important to the childbearing woman and help her to retain autonomy throughout her experience.

This presentation will share different experiences from women preparing for homebirth and how they used birth mapping to shape their journey. Birth mapping is an advanced decision-making process of preparing for different pathways. The actual decisions are made as the experience unfolds, with this preparation providing a foundation for the decision to be made with confidence rather than 'on the fly'. This responsive, rather than reactive, approach can help retain autonomy through the radical process of taking responsibility.

Using realist evaluation, we evaluated the Birth Map as a potential tool for birth preparation across different models. Several participants began their journey preparing for homebirth. They shared their pregnancy journey, and then the birth experience through a series of journal-style recordings. A final reflective interview took place approximately 3 months postpartum.

With great responsibility comes great power, for it is with being responsible that we can express the power within.

Catherine's presentation will take place at 11:20am on Sunday the 19th of November