Co-research:

A course to learn about research

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About the research course

Who took part?

What did it involve?

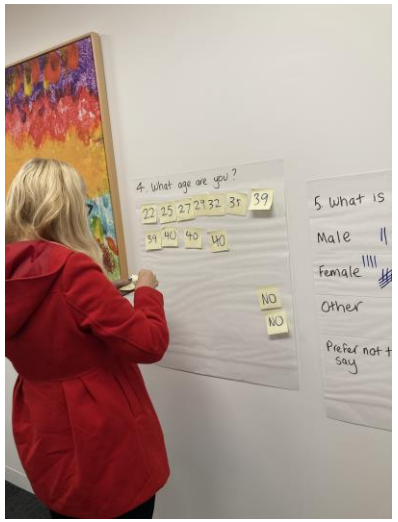
We learnt

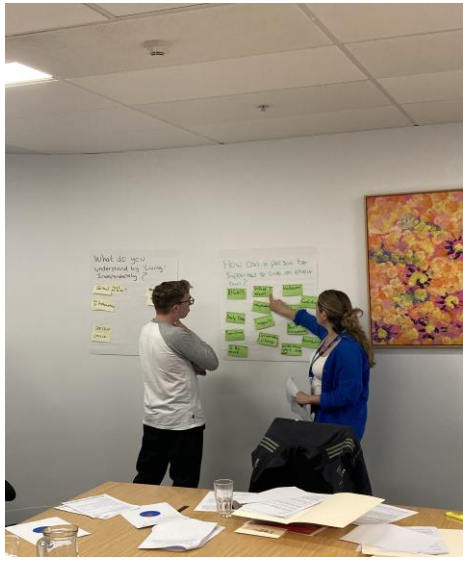
How important research is

How to do research

The research journey

- What is the research question?
- What do we already know about the topic?
- What is the best way to find out what we need?
- Will we use questionnaires focus groups or interviews?
- Is the research safe?
- What did we find?
- How will we share what you learnt?


4. What age are you?
22 25 27 29 32 35 39
39 40 40 40
NO
NO
5. What is
Male
Female
Other
Prefer not to say



What are the steps in research?

The impact of the course

Five participants took part in interviews about the impact of the course	
3 female	2 male

What was the impact of the course?

Positive experience	• *"It was very good… I loved doing it"*
Sense of purpose	• *"It was something different to go to than* [job] *all the time"* • *"It made me feel accomplished and quite proud of what I've done"*
Confidence	• "[I had] *more confidence to speak up and get my point across"*
New relationships	• *"It helped me gain a lot of friendships"*
New skills	• *"It helped me gain knowledge and skills on how to do research"*

What worked well?

Positive group dynamic

- *"The class was very lively and fun"*

Inclusive approach

- *"If someone was struggling, the trainers would go and help them, which was really good. It was very inclusive"*

What could be improved?

More Easy Read materials

More breaks

What did the course do for me?

Supporting older people with intellectual disability living in SIL homes

Thank you

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