

INCLUSIVE RESEARCH

A guide to doing research with people with disability



Easy Read



UNSW
SYDNEY

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Disability Innovation
Institute at UNSW

This guide was made by the Disability Innovation Institute at UNSW.

It was made with people with disability and their organisations.

UNSW believes inclusive research is a good way to work.

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This guide



This guide is a summary of **Doing Research Inclusively; Guidelines for Co-Producing Research with People with Disability.**



It is for researchers at UNSW and other universities.



It is for people with disability and their organisations.



This guide helps researchers work with people with disability.

Words we use

These are some words used in inclusive research.

Academic researcher – a person who works for the university and does research on problems or areas of life. Academic researchers are also called professional researchers.

Co-design or co-production – people with disability are included in the research process.

Co-researchers are people involved in the research who are not academic researchers.

Co-researchers are also called **Community Researchers, Participatory Researchers or Lived Experience Researchers.**

Easy Read – information that is easy to read and easy to understand. Pictures are used with words to explain things.



If you read or hear a word you do not understand it is OK to ask someone to explain it.

Inclusive research



Inclusive research is when people with disability are part of the research team.

It supports people to have a better life.



Researchers with and without disability work together.

People with disability are valued.



Inclusive research:

- Looks at issues that are important to us.
- Uses our life experience.
- Provides information we can read and understand.

Benefits



There are lots of good things about inclusive research.

We get better information about people with disability.



Working on research helps us speak up.

It gives us skills and jobs.

It helps us meet new people.



It helps organisations change how they work with people with disability.

Work together



Share the power

Everyone in the team helps make decisions about the research.



Diversity

Use people's different ideas and skills.

Listen to and respect everyone.



Access

Make sure:

- Buildings have good access.
- Information is easy to read.

Work together



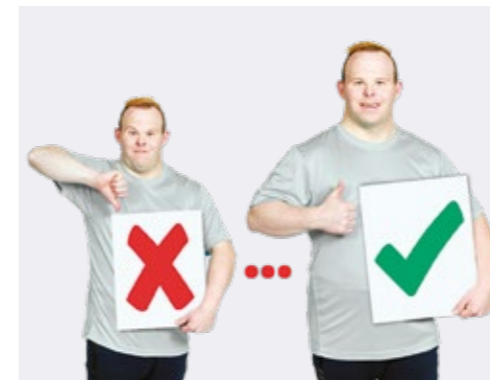
Benefit

Everyone must benefit from working on a project.



Be clear

We must all know what we are doing.



Be flexible

We might need to change the way we do things.

How to do inclusive research



Starting a research project

Inclusive research must begin at the start of the project.

The team sets out the focus and goals.

There is a leader of the project.

The leader can be one person or a small group.



Costs

Think about what people need so that they can be included:

- Extra time.
- Room.
- Travel needs.
- Payment.

How to do inclusive research



Recruiting

What lived experience do people need?

Recruit through disability organisations.



Payment

People with disability must be paid for their work.

If people with disability need support to do research, this must be paid for.



Evaluate

It is important to check if the research is going well.

Running a research project



Training

Training is good for all team members.

It can help the team work better.



Ethics

Ethics Boards review research projects to make sure they are done in the right way.

They are separate from the research team.

They may not believe people with disability can work on research.

Any risks are explained to the Ethics Board.



Ownership

Not everyone in the team makes every decision.

The team will help decide what people's roles are.

Project meetings



Meetings

Team meetings help keep everyone up to date.

People have their say and ask questions.



Think about:

- How many meetings to have.
- How often to have them.
- How long should they go on for.



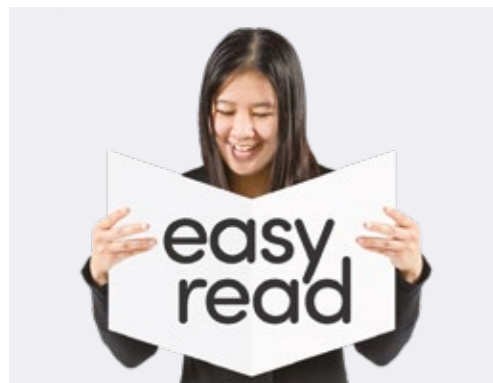
Meetings need to have:

- Breaks.
- Time to get to know team members.
- Snacks and drinks.



Meetings need to be in places that are easy to get to and have good access.

Project meetings



Information for meetings needs to be easy to read.

This includes emails, agendas, minutes and other information.



The Chairperson leads the meeting.

They make sure everyone has a say.

They must know how to include everyone.



Check in with team members after meetings.

Talk about what is working well and what could be better.

Support



Support can be:

- Emotional support to make sure we feel OK.
- Practical support like help with travel.
- Training to build skills.



Researchers with disability may need support to prepare for meetings.



Researchers with disability also support academic researchers.

Remember



Inclusive research takes extra time and money to do well.



Inclusive research helps:

- People with disability.
- Disability organisations.
- Universities.



Inclusive research is a good way to work.

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