

Appendix to Chapter 7 (Co-Research)



Co-researchers wanted

Do you have experience of receiving long-term care, previously worked in care services or are providing care to someone who is not able to care for them self?

Are you interested in the quality of life of residents in older adult care homes?

Brief background to the study

Research suggests that pain, anxiety and depression in residents of older adult care homes is under-recognised and consequently under-treated. Evidence points to large numbers of older adult care home residents experiencing pain, anxiety and/or depression. Pain, anxiety and depression are associated with poor physical health, sleep problems, increased hospitalisation, decreased functional ability and lower levels of activity and being sociable. PSSRU already have a way of looking at the quality of life of people who live in care homes, but we want to extend this to look at these more health related areas. One of the ways we plan to inform the development of our way of looking at resident pain, anxiety and depression is to draw on the experience and knowledge of care home staff. This will be done in a series of group interview or focus groups with staff from older adult care homes.

What would getting involved mean?

The Measuring Improvements in Care Home Quality (MiCareHQ research) team is looking for two research advisors to work with the team as co-researchers. Being a peer researcher on this project involves helping us plan, carry out and understand the findings from group interviews, or focus groups, with care home staff. We would also like the peer researchers to work with us in disseminating the findings from this stage of the study. The focus groups will be held in three to four care homes located in the south-east of England. These groups will explore how staff recognise and support resident's pain, anxiety and depression. They will also ask staff to reflect on our proposed measures of pain, anxiety and depression.

Time commitments

It is estimated that each co-researcher will spend approximately five days doing this work. Four of these days will be between October and December 2018 and a final day in February 2019.

Location

For each co-researcher, three of their five days will consist of meetings held in either Canterbury or Central London. The other two days will be in older adult care homes located in south east of England.

Attendance fee

An attendance fee of £150 is offered to members who are not working in the public sector and whose time would not otherwise be paid for in relation to preparation and participation in group meetings.

Please note: Income Tax at basic rate will be deducted. Individuals are responsible for informing HM Revenue and Customs if this income is taxable at a different rate or if they wish to reclaim the tax payment. Please be aware that people in receipt of state benefits and allowances are required to declare changes in their circumstances. If you are concerned about the possible impact of accepting payment on your benefits and allowances please let us know. More details about the process of claiming an attendance fee will be provided by PSSRU administration.

Expenses

All reasonable expenses that arise from involvement in meetings and research will be reimbursed. This includes: travel, food and drink, accommodation, childcare, carer costs, personal assistant costs, training and conference fees. More detailed information about the process of claiming expenses will be provided by PSSRU.

What support will I get?

The MiCareHQ team will support you to carry out the research, including helping you to organise your travel. We will offer training and arrange support meetings. All group interviews will also be attend by at least one researcher from the MiCareHQ team. The members of the MiCareHQ team can be contacted at any time during the project.

You will also receive a certificate to say that you have been part of a research project.

What kinds of skills does a co-researcher for this project need?

- Confident talking in group situations, especially with care staff
- Comfortable with asking people questions
- Be a good listener
- Be able to hear and discuss are range of different views in a non-judgemental manner
- Happy to work as part of a team
- Be reliable
- It would also be good if you are happy taking notes

As the research is based in the south east it would be beneficial if the co- researchers were based in, or happy to travel to, the south east of England.