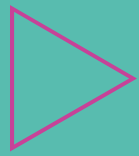


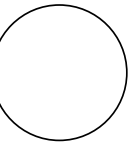
Co-Designing Research: A Framework for Inclusive Methodologies in Occupational Therapy

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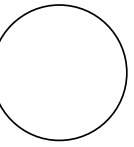
Background



This project aimed to gain insight into perceptions of inclusive research from the experiences of those involved.

- i. Understanding experiences of inclusive research
- ii. What helps (and hinders) meaningful inclusion
- iii. Building practical guidance for researchers

▶ What do we mean by inclusive research?



Lived Experience as expertise

- People with lived experience involved throughout

Collaboration and shared learning

- Shared power and co-production

Research designed *with* not for

- Research that is relevant and impactful

Inclusion also means attending to access, experience, and participation needs.

Our Team and Approach

Our team

- Six people with lived experience (LEAG)
- Five academics
- Three industry partners

Broad recruitment across diverse networks and communities

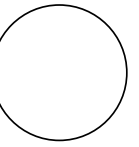
Our approach

- We learnt deeply from each other
- Co-design changed how we worked
- We wanted to capture *why* it worked

Commitment to co-design at every stage



Principles for Inclusive Research



Usefulness

Flexibility

Choice and Control

Consistency

Efficiency

Clear Communication

Accessibility

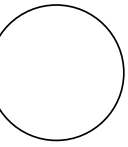
Respect

Resilience

Transformation

This project has transformed us as people; beyond the roles we brought at the start. We have grown personally and professionally and are passionate about sharing the value of this research approach.

Impact for Occupational Therapy



“Occupation is everything” - Kerry

“The insights of the LEAG shaped its impact in ways we could never have achieved without lived experience at the centre.” - Therese

In occupational therapy inclusive research enables meaningful and genuine inclusion and promotes the voices of all stakeholders in leading change for the better. We need to embrace inclusive research to genuinely reflect the values and practices we profess.

THANKYOU

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