

Co-production methodology to explore Quality of Life

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@QoLinLaterYears

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About the Project

Funded by the Life Changes Trust to enable older people to voice their opinions on quality of life

What is the essence of a good life in older age?

What do older people think is needed to achieve/maintain this?

How might that differ if an individual finds themselves developing a long-term condition (including dementia), or whether they become a carer?

Research **WITH** people not **ABOUT** people – methodology based on coproduction, which ideally sees equal partnerships at all stages of the process, from research design to dissemination



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SPECIFIC CHALLENGES TO COPRODUCED RESEARCH

Need to set out methodologies in funding bid and no community researchers in place ahead of bid submission

Overall timeframe of project would mean insufficient time to recruit, train, design and gain ethical approval before conducting research

THE SOLUTION

Specify three key methods that would be used: visual methods, focus groups and survey

Degree of flexibility and choice in those methods

Enabled single ethics application, which coincided with recruitment of community researchers



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Informed by ethics of coproduction and knowledge on what might for community researchers be attractive

Fosters a sense of belonging

Supports development of social networks

Opportunity to help others

Making a contribution

Allows skills to be used

Supports work ethics

Personal development

Mutual Respect

Equality and Inclusion

Democratic Participation

Active Learning

Making a Difference

Collective Action

Personal Integrity

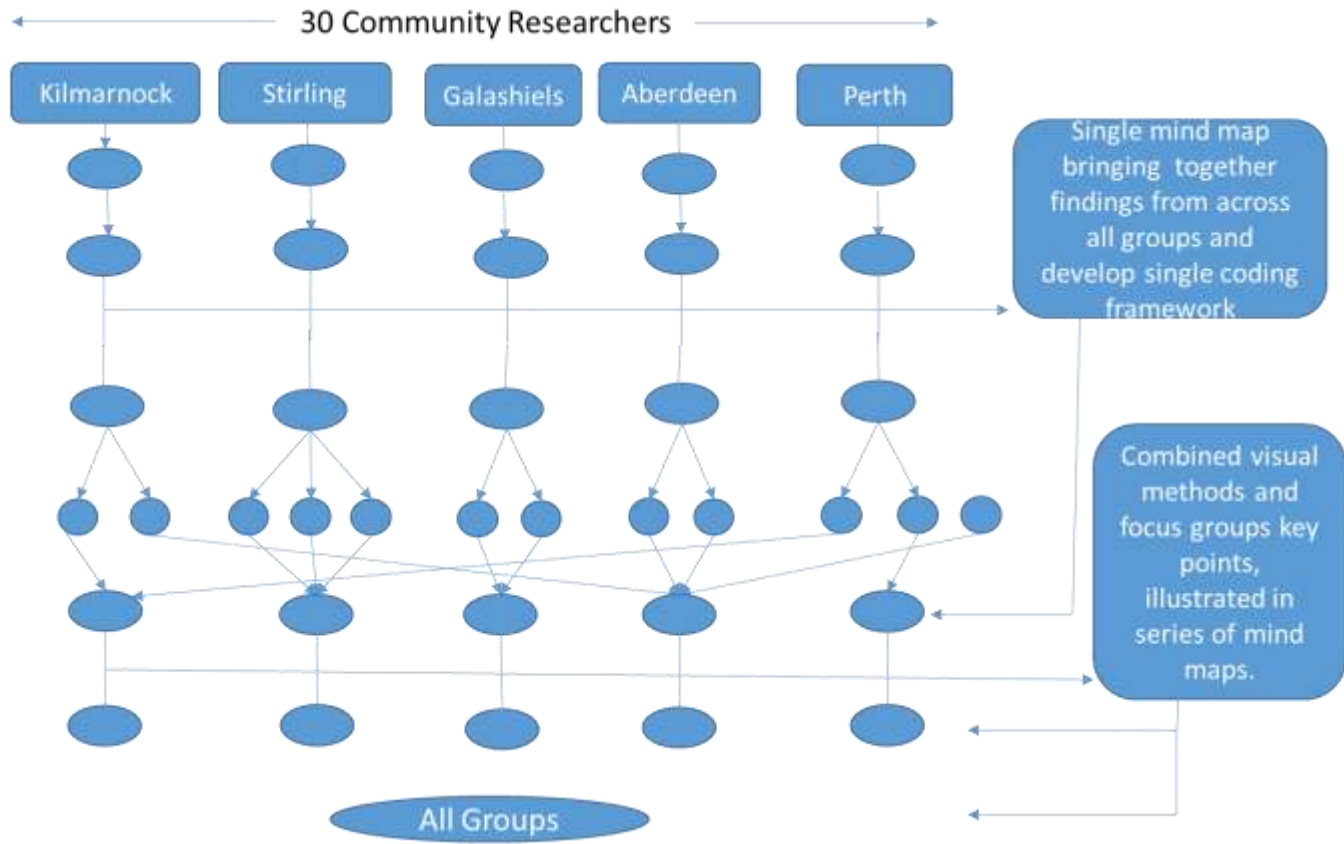


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An Overview

1. Visual methods training and collection
2. Analysis
3. Dementia awareness training, focus group training and development of topic guide
4. Run focus groups
5. Analyse focus groups
6. Survey training and development
7. Survey development



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Working in Partnership with Age Scotland



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Gathering visual images



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Visual methods analysis sessions

Visual images collected by each community research group printed out and discussed as a team:

- What does each image represent?
- How does this connect to quality of life?

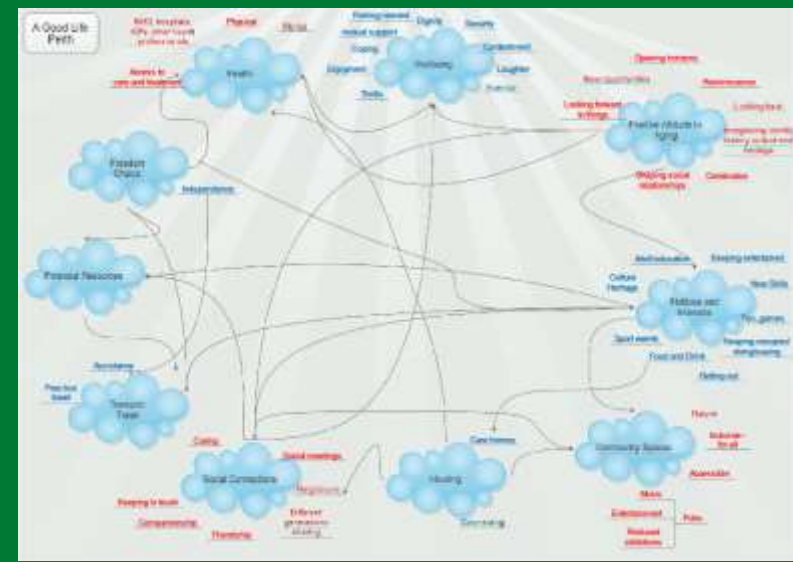


Visualising the connections

Visual images then grouped around relevant topics:

Mind map of important themes and connections about what contributes to a good life

Topic guides for focus groups developed



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Focus group discussions around Scotland

Participants recruited by community researchers, their networks *and* local news: e.g. community groups, multicultural groups, older people's organisations and a housing association

12 groups, including 2 that focused on living with dementia, and 1 that focused on views in the Chinese community

Aberdeen (x2)

Galashiels

Glasgow

Glenrothes

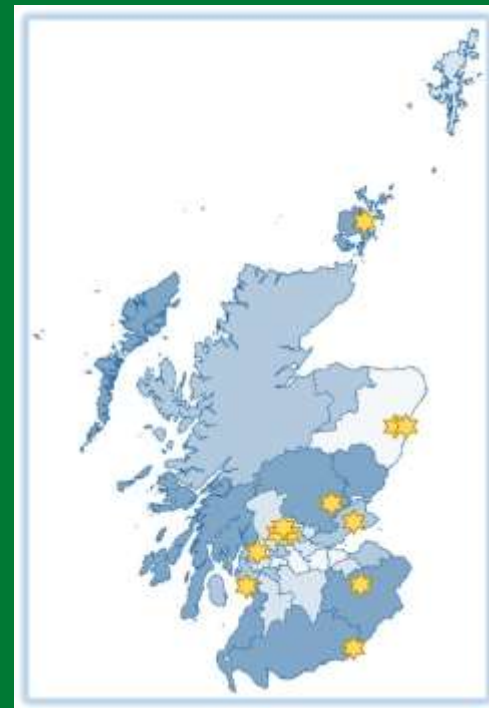
Irvine

Newcastleton

Orkney

Perth

Stirling (x3)



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Focus group analysis sessions

After transcription, each community research team analysed 1-4 focus groups

Key quotes were coded under themes identified from the visual data analysis sessions with the opportunity to code new themes if appropriate

Themes from this analysis then informed development of a national survey to capture wider views on quality of life



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Survey development

Individual survey development days with each community research team to develop questions around specific themes

Joint survey development day in Stirling to develop questions around remaining themes, network with other teams and reflect on the project so far

From decisions made at this day, shorter and longer versions of survey developed exploring 17 key topics

Survey piloted by community researchers



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Quality of life topics

- Communities
- Societal attitudes and values
- Relations, friendship and companionship
- Local area and environment
- Housing
- Services
- Technology and communication
- Health and wellbeing
- Money and financial resources
- Hobbies and pastimes
- Education and learning
- Work and retirement
- Volunteering and giving back
- Independence, choice and freedom
- Transport and travel
- A good end of life
- Belief systems, spirituality, religion and faith



Next steps

We want to include as many people as possible across Scotland in the survey. If you are over 50, or know somebody over 50, who would like to support us in our project by completing the questionnaire, please visit:

<https://stirling.onlinesurveys.ac.uk/agoodlife>

Or contact agoodlife@stir.ac.uk or Age Scotland's Policy Team 0333 32 32 400 to request a paper copy.

Full findings for the project will be available Autumn 2017.



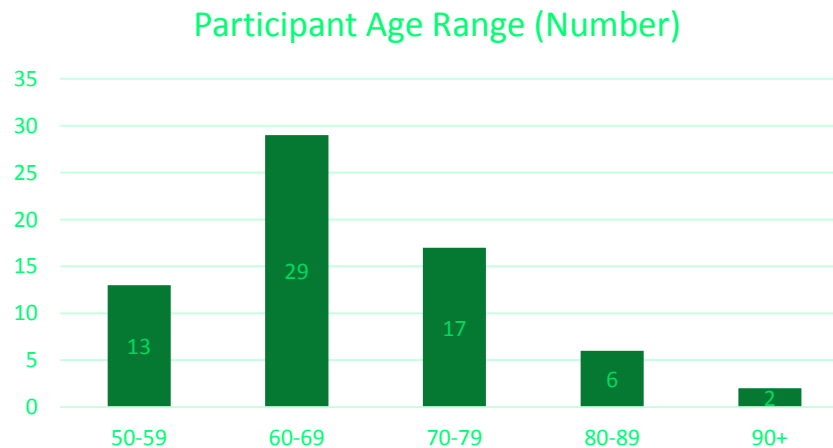
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Survey data

67 surveys gathered by community researchers

- **46 female, 21 male**
- **19 carers and 6 disclosed memory problems**
- **Age range:**



Focus group demographics

- 66 participants in 12 groups
- 41 female, 19 male, 6 unrecorded
- 17 people identified as carers
- 11 people disclosed memory problems

Age Focus Groups (number)

