

Will you be paid and acknowledged?

Absolutely! As a Patient and Public Research Partner, you will be paid for your time and travel costs. Your input will be acknowledged, as we value your insights.

What is your commitment?

You can decide with the research team what activities interest you most.

As a research partner, you can decide how much time you can commit.

You can decide when you want to start and stop taking part in the research.

To learn more, see our website achru.mcmaster.ca for the additional brochures in this series and related information.



Aging, Community
and Health
RESEARCH UNIT

LABARGE
Optimal Aging
INITIATIVE

What is the Aging, Community and Health Research Unit?

The Aging, Community and Health Research Unit is a group of researchers at McMaster University who are working together with Patient and Public Research Partners, health and social services providers, and policy makers to do research.

Our goal is to:

- To promote optimal aging at home for older adults with multiple chronic conditions, and
- To support their family and caregivers.

Visit our website at achru.mcmaster.ca

Developed together with Patient and Public Research Partners, and funded by the Labarge Optimal Aging Initiative.

To learn more about the Aging, Community and Health Research Unit or becoming a Patient and Public Research Partner: Call Joanne at **905.525.9140 ext. 20378**

Email: achru@mcmaster.ca



Aging, Community
and Health
RESEARCH UNIT

An overview of health and social care research

for Patient and Public Research Partners



McMaster
University 

What is health and social care research?

Health and social care research is about finding new knowledge that could lead to improvements in health and social care delivery.

Why is health and social care research important?

Health and social care research can help us to:

- Ensure health and social services are relevant to you and the public
- Address the needs of all in care delivery, especially those who face challenges
- Evaluate the impact of changes in care delivery
- Identify the best use of health and social care dollars.



What are the stages of research?

STAGE 1: Develop a Research Plan

A research study begins with a research question and a plan to answer that question.

- Helping researchers figure out the questions they should be asking and what outcomes are important
- Helping plan how to recruit participants

STAGE 2: Collect Relevant Data

Data collection involves gathering information to answer the research questions. Some sources include interviews, surveys, and focus groups.

- Recruiting participants on behalf of the team
- Giving feedback on the interview questions to ensure they are clear and relevant
- Assisting in collecting survey and interview data

STAGE 3: Analyze Data

Data analysis includes summarizing data, documenting results, and forming conclusions.

- Assisting researchers to analyze the data gathered in the study
- Helping to make sense of the findings

STAGE 4: Share Results

Sharing results involves communicating the most relevant messages to the right audiences.

- Helping researchers develop key messages
- Giving input into reports and publications
- Giving talks informally and at conferences