



‘You need to try and keep doing things for yourself’ – starting conversations with older people to shape health and social care research

Nadia Brookes

ALLIANCE Core Team

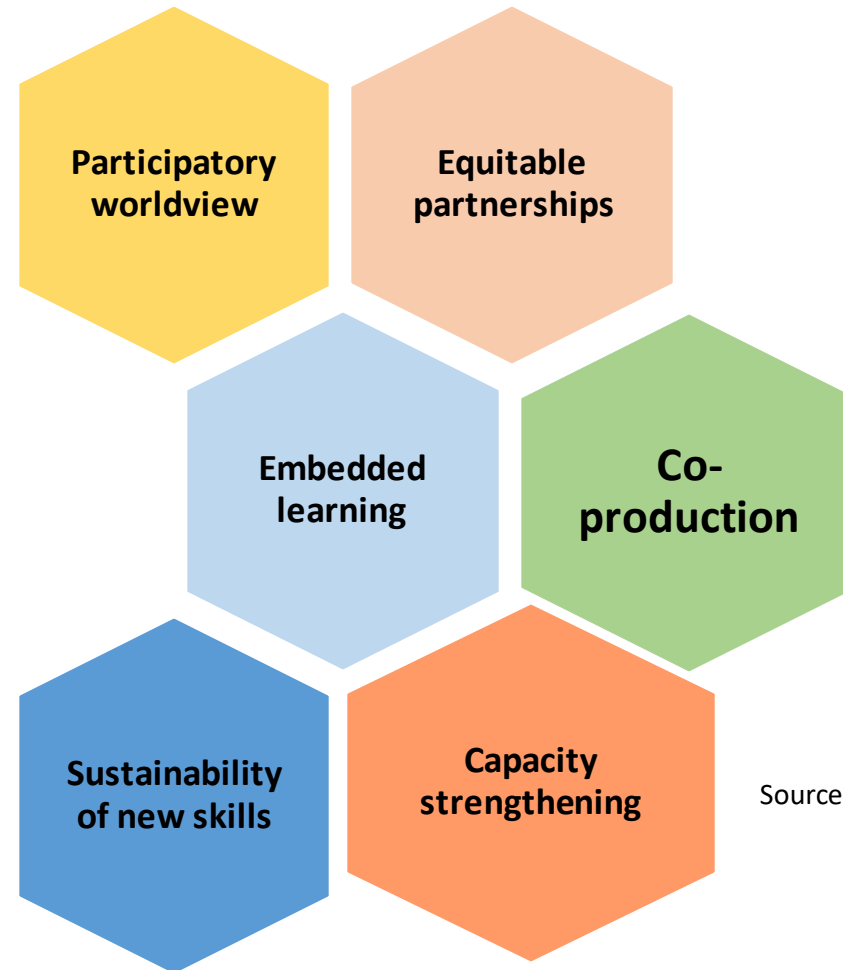
Co-production Theme Lead, ARC KSS



# Context

## BMJ series on Co-production

Co-production is a collaborative model of research that includes stakeholders such as patients, the public, donors, clinicians, service providers, and policy makers. It is a **sharing of power**, with stakeholders and researchers working together to **develop the agenda**, design and implement the research, and interpret, disseminate, and implement the findings (Redman et al, 2021).



Source: NCRM, 2022

# Setting the research agenda: a focus on older people

- Collectively identify the issues - why is this important?
- Three standpoints – ‘moral’, methodological, social justice
- A focus on addressing power
- Examples - visual methods and going to people where they are

# Photovoice – what is it?



Photovoice is a creative participatory approach where photos are taken to capture stories.

It involves people taking photos to document their experiences and realities.

It encourages people to think and reflect.

Photos are shared and discussed.

# Reflections on health and wellbeing

Nadia Brookes, Vanessa Abrahamson & Lisa Richardson

Aim: to engage older people in research & discussions about health & wellbeing.

An introductory session at a venue on the high street.

22 people received disposable cameras & information packs.

Asked to take photos (at least 6) of people, places and things that meant something to them about health and wellbeing.

Photos taken over a 2 week period & notes of why particular images chosen.

Some cameras were delivered to people who could not attend due to ill health or other reasons.

Grouped into themes and displayed.

## Photo Voices

### Are you aged 65+?

Do you want to take part in a short photography project about health and wellbeing?

**Discovery Planet and the University of Kent are looking for YOU!**

- There will be a short introductory session at our venue in Ramsgate
- You'll be given a disposable camera to take home
- We want you to photograph aspects of your day-to-day lives (no skills required!)
- Your photographs will provide researchers with insight into how people's health, happiness, comfort and security can be supported
- Find out more about health research at the University & how to get involved in other activities

The session will take place on Wednesday 13th July from 1-3pm

Discovery Planet HQ  
47 High Street, Ramsgate, CT11 9AG

**We'll provide refreshments and a 'thank-you' shopping voucher**

If you find it difficult to get here, we may be able to arrange transport

To sign up or find out more contact Nikki Hildesley  
Call - 07887614581 | Email - [nikkihildesley@discoveryplanet.co.uk](mailto:nikkihildesley@discoveryplanet.co.uk)

University of  
**Kent**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHI CHI (Elderly Support)</b> 10.30am - 11.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 4.30pm - 5.30pm 6.30pm - 7.30pm 8.30pm - 9.30pm	<b>CHI CHI (Elderly Support)</b> 10.30am - 11.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 4.30pm - 5.30pm 6.30pm - 7.30pm 8.30pm - 9.30pm	<b>CHI CHI (Elderly Support)</b> 10.30am - 11.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 4.30pm - 5.30pm 6.30pm - 7.30pm 8.30pm - 9.30pm	<b>CHI CHI (Elderly Support)</b> 10.30am - 11.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 4.30pm - 5.30pm 6.30pm - 7.30pm 8.30pm - 9.30pm	<b>CHI CHI (Elderly Support)</b> 10.30am - 11.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 4.30pm - 5.30pm 6.30pm - 7.30pm 8.30pm - 9.30pm	<b>CHI CHI (Elderly Support)</b> 10.30am - 11.30am 12.30pm - 1.30pm 2.30pm - 3.30pm 4.30pm - 5.30pm 6.30pm - 7.30pm 8.30pm - 9.30pm
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187 photos processed – a few examples



# Outreach in day centres

Nadia Brookes & Emily Mckean

Aim: to co-produce research priorities about living with changing needs in later life.

Involving people in joint online groups with professionals was not a suitable option.

Visits to two day centres – different local populations.

Talked to people individually (and more discussion in small groups).

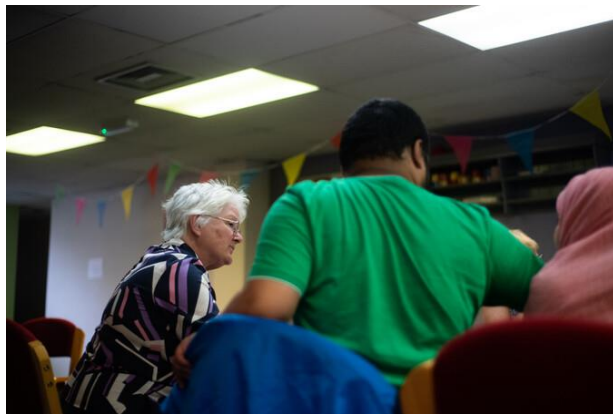
Age range 75 to 97 years old.



# Areas of importance

## Experiences and needs

- Trying to **do as much as possible** – the focus for them was **living independently**.
- **Mobility** was raised as a key concern as the single thing that would affect their ability to come to places like the day centre.
- Avoidance or fear of falls was also important.
- Came to the day centre to **get out of the house** and **socialise** - very important.
- Attending the day centre reduced general anxiety and fear of the future.



## Research areas

- **Little insight or concerns about moving between services.**
- **Deferred to daughters/sons** to find out information and help them make decisions and plans.
- **Happy with the staff and volunteers** they encountered.
- Not clear what carers could and could not do. Thought it was important to employ people who provided **'human help'** (the right values).
- **Uncertainty** was a key issue 'no one knowing what's around the corner'.
- Focus was on **what they could do**. 'If I give in, I've had it.' For some seen as a fight to stay independent.



# 3 key messages

Although co-production is about all stakeholders it may be necessary to elevate the voice of the patient and public.

Do meet people where they are and in the way that works best for them.

Do consider the use of creative methods and approaches.



<https://arc-kss.nihr.ac.uk/research-and-implementation/co-production>  
<https://ageing-better.org.uk/news/age-positive-image-library-launched>

