

## **Co-research: The development and delivery of a research course for people with disability**

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### **Aims/Objectives: What was the purpose what you did? Why is your topic important? What did you want to change? What difference did you want to make?**

People with disability often have little or no say in the research that is conducted about them. Although co-research is increasingly considered best practice, there are few resources that can be used to build skills and support people with disability to be involved in all aspects of research. There is also little information about outcomes for people with disability who learn about doing research.

### **Methods/Process: Who was involved? What did you do? (100 words)**

The research involved developing and delivering a 10-week research course to seven people with intellectual disability and one person with Acquired Brain Injury who accessed services from a large disability service provider. The course included sessions about what research is, how to conduct a literature review, choose a method, and carry out data collection and analysis. It also covered how to interpret results and share research findings. Interviews were conducted to obtain in-depth information about participants' experiences of the research course and outcomes achieved.

### **Results: What did you find? What changed? What difference did you make? What did you learn?**

We will present results about whether the course helped participants learn about research, the range and type of benefits, if any, attained (e.g., confidence, relationships, sense of purpose, motivated an interest in research), and how the course can be improved.

### **Conclusion: How could other people use what you found out? What would you recommend other people do based on what you did and what you found out?**

An outcome of the research is the creation of resources that can be used to build research capacity in people with disability. Recommendations for delivering the course will be made,

and learnings relating to supporting people, predominantly with intellectual disability, to participate in the course and achieve outcomes will be shared.

**Alignment with the Conference Theme: How does your proposal address the conference theme of ‘New Frontiers’? How does your proposal showcase something new we can do to make the world a better place for people with disability? (50 words)**

This proposal addresses the theme of ‘New Frontiers’ by showing how meaningful engagement with people with disability in co-research can ensure that their voices are heard and their right to be involved in activities that impact them is upheld.