

# OVERCOMING BARRIERS AND FACILITATORS TO INCLUDING CARE HOME RESIDENTS IN RESEARCH

## Recommendations for researchers



### RESEARCH METHODS

- Work with care home research organisations (e.g., ENRICH)
- Be flexible, understanding and supportive
- Use a collaborative working style to work with residents, their relatives and staff
- Include residents who lack capacity to consent via use of a consultee
- Embed public involvement at all stages of your project

### COMMUNICATION

- Discuss and identify realistic research targets with the care home manager at the start
- Provide accessible, tailored communication tools (e.g., using large font or images) to ensure potential participants are fully informed
- Provide active appreciation through feedback



### PREFERENCE-BASED DECISIONS



- Widen participation opportunities by utilising legal arrangements that enable staff to act as a nominated consultee
- Try to allay concerns about research motives faced by any of the stakeholders
- Work with care homes to raise residents' and their relatives' awareness of research opportunities

### CARE HOME AND STAFF

- Recognise that staff have an invaluable role and can act as a bridge for communication
- Be flexible and understand the differences in each care home's culture
- Provide training so that staff can better understand how to support research
- Make allowance for staffing pressures and the unique environment of care homes may impact research



### RELATIONSHIPS

- Demonstrate willingness to work with, and be guided by, staff
- Be respectful and supportive to residents, relatives and staff
- Develop good and trusting relationships with residents, relatives, and care home staff and consider making them research partners
- Consider spending time in the care home before research begins



### ELIGIBILITY CRITERIA

- Consider eligibility criteria carefully and avoid exclusion of potential participants because of age, multi-morbidity or frailty as these individuals are representative of the care home population

