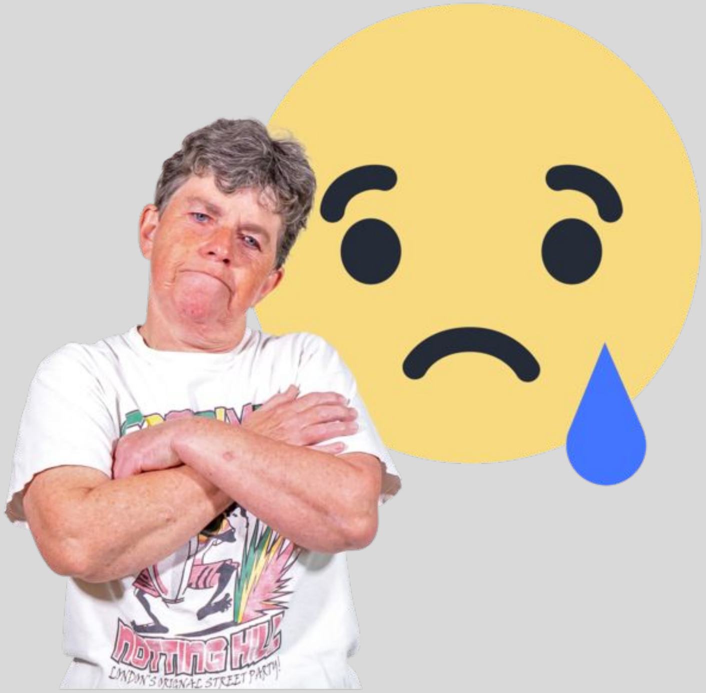
What are the health priorities of disabled people in Australia, Canada, India, Singapore and the United Kingdom?

Introduction

Here we will talk about the 2nd part

The second part
is helping to change how information on disability and health is made and used.



In olden times, there were set ways of who could do research; and disabled people were not included.

Some of these old ways still exist now.

We will change these old ways by:

- Helping disabled people make information and be researchers
- Using research that includes people
- Using all ways of learning new information

Our research is making sure that people who face challenges are included.

These types of people can be disabled people and minority groups.

We want to use types of research called Participatory Action Research (PAR) and creative storytelling.

This research helps people get involved.

This should help disabled people make information about health.

This part of the research will look at India and the ideas we get will help us think about:

- How the information can be helpful
- Travel across the other countries involved in this research.

Our Focus

We are working in India, Singapore, the UK, Australia and Canada.

This part thinks about how disabled people imagine, feel and think about health.

We will ask:

- What do disabled people think health means?

- What are the experiences of disabled people about health, care and wellbeing?

- What change is needed to make disabled people's experiences of health, care and wellbeing better?

- How can we create new ideas about health for disabled people?

- How can we do this while working with disabled people?

- Who decides what the most important parts of health are for disabled people?
- Which people are sometimes left out and need to be listened to?

- What do disabled people think are the goals for their health needs in the future?

How will we do this research:

This part uses a type of research called Participatory Action Research (PAR).

PAR means “no research on us without us”.

This means that people who the research is about should be included in making and doing the research.

- We will make sure people from minority backgrounds are listened to
- Lots of people will work together to make the research
- We will use lots of different types of information to make our research

Creative and Arts-Based ways of doing things

We will use storytelling and art to help people tell stories.

This might mean using communication where there is no speech, but we use other ways like a communication pad.

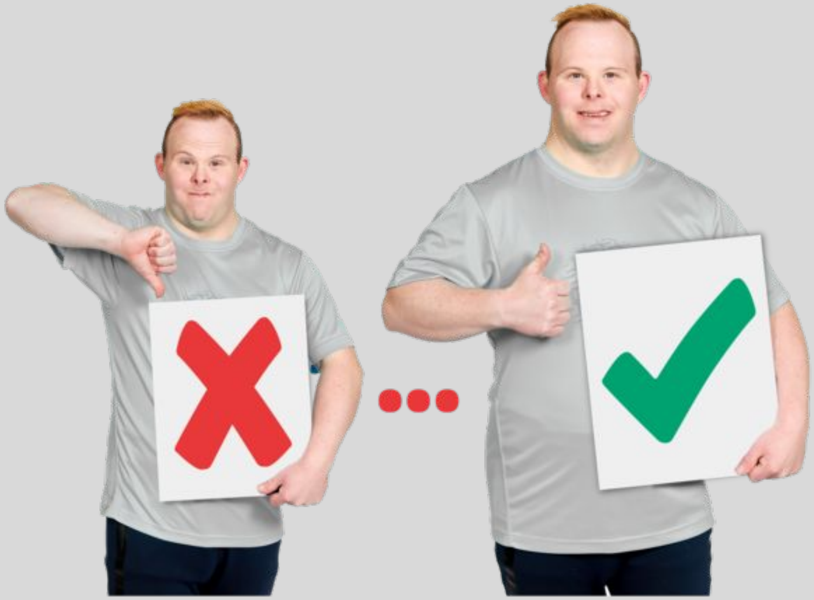
We will:

- Let people with different views and experiences be listened to

- Use poems, drawing, videos, art, photos, letters, subtitles and more

- Make happy, playful and caring areas for sharing ideas

- Find out disabled people’s thoughts and dreams about how healthcare should be done in the future
- Imagining a future where disability is included and celebrated



- Talk about how disabled people have not been listened to in the past and how we change that

Community Story Circles

- A space for disabled people to tell personal stories about their health and wellbeing

- Give time for people to think and feel about things they have heard together

Policy mapping workshops:

This means asking questions in lots of different ways to talk about how health policies can be changed for the better

We will:

- Ask questions safely and focus on different communities
- Work with Disabled People's Organisations (DPOs) for a long time and trust each other
- Care for everyone

- Accept that not everything will be perfect
- Use play and being creative to help gather information
- Respect different lifestyles and knowledge

- Tell the truth and keep what you tell us safe
- Have lots of people giving their ideas
- Listen to everyone and be respectful when working together

Our Promises

In this part of the research, we promise to let different people be listened to and give people the power.

We promise to think about what health means for disabled people.

Our Rules; these are called Ethics.

We think the way research has been done in the past has not let some people take part.

We want to change this by:

- Regular meetings where everyone is included and no one is left out

- Telling people that it is ok to leave if they feel that the research is not for them

- Having rules about how this research can be used.

- Giving lots of ways for people to think about what they have said and change this if they want to.

Listening to everyone involved

We want the rules to meet the needs of everyone and include everyone.

Changing these if necessary to meet the needs of the researchers.

So, the research can be the best it can be.

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