

Top Tips for Developing PPI (Patient & Public Involvement in Research) Groups in Care Homes

A small group of care home residents, staff, Local Authority managers, researchers and PPI leads have been meeting to develop a PPI Group to support health & social care research. These are their suggestions about accessing or becoming part of a group:

Researchers

- Vouchers are the easiest form of remuneration
- Activity is good (e.g. painting, glass making demo), as more relaxed if talking while doing something, and can be part of the remuneration.
- Going out of the care home environment is good
- Activities can be linked to the research you are doing.
- Use activity coordinator attached to the Care Homes you are working with, to come up with activities
- Face to face is always preferable

Residents

- Being part of public involvement activities can be fun and is a relaxed environment
- You can be yourself, there are no right or wrong answers, and you can give your opinion
- Draws people out and gives purpose to some residents
- Residents voices have often been missing from research
- Gives an opportunity for people to use their personal and professional experience – they are the experts of their own lives
- Seeing progress
- An outlet for people with curiosity and an interest in people

Staff

- Learn more about residents, more than what is in a care plan
- Ask residents if they want to take part, you may be surprised with who wants to get involved
- Gives a different perspective on what goes on before things land on you to implement
- Gives you a voice
- It provides something new and different
- Can just be a chat
- Allows you to meet new people and form new links with research networks, researchers and Higher Education Institutes

- Provides an opportunity to share learning and experience with other care homes
- Has lasting after effects and gives new topics of conversation with residents - still talking about it long after the event/activity
- Feel like you are contributing to something
- Highlight of the day
- Benefit to residents
- Gives you access to tools and training
- *CQC quality marker
- Starts new conversations
- Best for homes where stable staffing

[Dorothy's story - involving care home residents in research - ARC \(nihr.ac.uk\)](#)

For more information please contact:

Justine.smith@nihr.ac.uk - Senior Strategic Manager, Clinical Research Network North East and North Cumbria

OR

Felicity.shenton@cntw.nhs.uk – Public Involvement & Community Engagement Manager ARC (Applied Research Collaboration) NENC