

THE UNIVERSITY *of York*



# Life Stories in Dementia Care

## Taking part in research



Innovations  
in Dementia



# **We Are Doing Some Research About Life Story Work - Can You Help?**

## **Our invitation to you**

We would like to invite you to take part in a focus group discussion about life story work with other people with dementia. This is part of a larger research project that will run from July 2012 – December 2014.

## **This leaflet**

This leaflet contains information about the research. Please read it all before agreeing to take part.

## **The research**

The research is being conducted by the Social Policy Research Unit, in partnership with Innovations in Dementia, and is funded by the National Institute for Health Research.

## **More information**

If you have any questions please contact Nada Savitch at Innovations in Dementia on 07549 921901 or email [nada@myid.org.uk](mailto:nada@myid.org.uk)

## What is Life Story work?

Life story work involves recording aspects of people's:

- past life
- present interests
- future wishes, hopes and dreams



This could be in a book, box or in any other way that the person wants – for example, with music.

The life story is owned by the person with dementia and is a living document that can be added to as life goes on.



## What is the research about?

We want to see if doing life story work makes a difference for people with dementia, their families and other people who care for them.

We also want to learn when, how and with whom it is best to do life story work.

## Getting Involved

We want to hear what you and other people in your group think about life story work.



### The group discussion will take place on:

Date \_\_\_\_\_

Time \_\_\_\_\_

Venue \_\_\_\_\_

### Please bring:

An object or picture that you would be happy to discuss with the group or your life story book/record, if you have one.

We would like to give you a gift of £20 to say thank you for taking part in the focus group.

**Please note - you do not have to take part:** It is entirely up to you whether you take part in this study. Please discuss with Nada any questions or concerns you have about the study. If you agree to take part, we will then ask you to sign a consent form.

**Tape recording:** We will tape record the discussion so that we can remember exactly what everybody said. **The recording will be kept safe and confidential.**

## Changing your mind about taking part

You can change your mind about taking part at any time before or during the discussion. You do not have to give a reason.

If you change your mind once the discussion has started we will still keep a record of the things you said up till that point.

## Confidentiality

We will not tell anyone you have taken part in this study without your permission and we will not use your name in any reports we write.

We will keep everything you said in a safe place.



If you tell us that you or someone else is being hurt, we might have to tell someone, but we would try to talk to you first.

## Support to take part

If you would like someone, like a friend, support worker or family member, to be with you during the discussion, that's fine – please discuss this with Nada or the person who runs your group. If you need help to hear or speak, or any other support to take part, please let us know.

If you need help to travel to the discussion or home again we could help with this, please let us know.

## Expenses

We will reimburse your expenses for coming to the discussion. Please keep your travel tickets and receipts.



The tape recording of the discussion will be typed up and analysed by researchers. Once this is done, Nada and a researcher will come back to the group to discuss what they have learnt and ask you what you think.

## Deciding whether to take part

It might help to talk to someone at home, or a friend, when deciding whether to take part in this research.

Alternatively, you could speak to a member of staff at your group or someone else you trust.

If you would like to take part, please write your name in the space below (you can still change your mind later):

**I \_\_\_\_\_ have read and understood this leaflet and would like to take part in a focus group discussion about life story work.**

If you have discussed this leaflet with someone who has helped you to make a decision, please could they put their details below:

**Name of person you have discussed this with:**

\_\_\_\_\_ (a first name is fine)

**Relationship to you (spouse, friend, keyworker, etc):**

\_\_\_\_\_

**This study is being conducted by the Social Policy Research Unit (University of York) and Innovations in Dementia**

**It has been approved by the Social Care Research Ethics Committee for England**

### **Further information**

If you would like further information about the discussion group, please contact **Nada Savitch**:  
07549 921901 [nada@myid.org.uk](mailto:nada@myid.org.uk)

If you would like to speak to a researcher at the Social Policy Research Unit, please contact **Kate Gridley**: 01904 321988 [kate.gridley@york.ac.uk](mailto:kate.gridley@york.ac.uk)

If you are concerned or would like to complain about this study, please contact the director of the Social Policy Research Unit, **Gillian Parker** 01904 321957  
[spru-director@york.ac.uk](mailto:spru-director@york.ac.uk)