

# Five tips on how to embed co-production into research, properly!



Involving people with lived experience as co-researchers can make a real difference to academic research. Here are five things you need to consider:

## 1. FOUNDATIONS

- Encourage people with a range of backgrounds and experiences
- Be clear about how important their involvement is and make sure it is from the beginning
- Make sure you've got a clear plan in place

## 2. EXPECTATIONS

- Have clarity around time commitments
- Be specific about the type of input you're going to need and how you're going to use everyone's contributions
- Have a clear plan in place

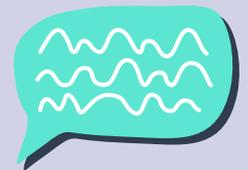


## 3. FLEXIBILITY

- Allow co-researchers to participate at their own pace, focusing on what matters to them
- Enable people to participate at home, or in other ways that suits them
- Know it's okay for people to change their minds about how they are involved at any stage

## 4. SUPPORT

- Avoid the academic jargon, it alienates people.
- Keep language plain and straightforward.
- If you're meeting in person, make sure that the setting is welcoming for people who aren't used to academia
- Make sure you are providing meaningful support, training where it is needed, and guidance
- If you are discussing sensitive topics, consider the emotional impact on participants



## 5. IMPACT

- Always acknowledge collaborators and let them know how their contributions have had an impact and what that means for the future
- Even after research is concluded, keep everyone up to date on any outcomes, regardless of when they were involved

