

Why you should use your lived experience of dementia and neuroprogressive disease and get involved with research.



Using your own lived experience in research offers a supported, flexible way to make a real difference for others - and yourself. Here is what you should know:



- You'll be an equal partner in the research process and not a subject for clinical trials. No guinea pigs!
- You don't need any special knowledge - you won't realise how much experience you have until you get involved
- You can participate flexibly, at your own pace, and choose your level of involvement
- Support and training are always provided. Even if the conversations you have are difficult, the research team will be looking out for you.
- Your lived experience provides a unique perspective
- Being involved from the start is important, because you can help shape what matters most
- You'll be helping to influence change as part of a wider community of people who care, which can feel incredibly rewarding
- You can encourage others and provide a legacy for those who are coming next, making a real difference to their future - and yours!

