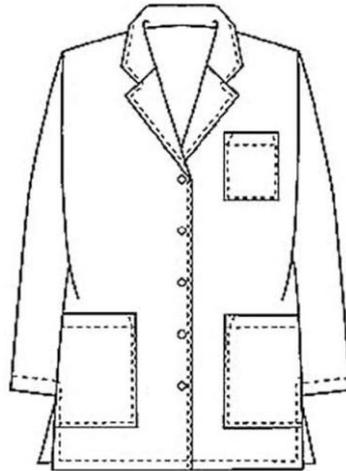
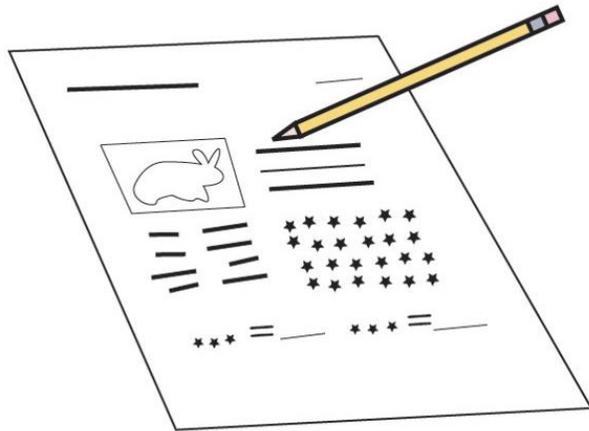
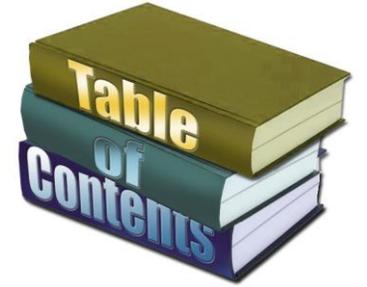


# READI: Research Engagement & Advocacy for Diverse Individuals

*A how-to guide to understand and get involved in research as a **participant**, **researcher**, and **consumer** for individuals with intellectual disabilities and their caregivers*



# Health curriculum



- Module 1.** What is health research?
- Module 2.** How can I create a Health story for Research and Care advocacy?
- Module 3.** What is the health research process?
- Module 4.** How can I think like a researcher?
- Bonus Module: Where can I find research in my community?***

This curriculum was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (EA #10029).



## **Bonus Module:**

---

**Where can I  
find research in  
my community?**



# The purpose of the bonus module

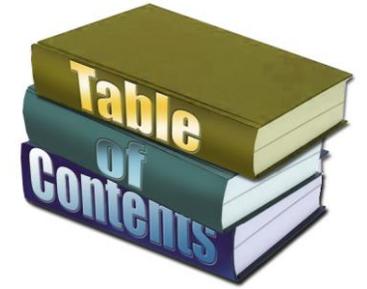


The purpose of this bonus module is to guide you to find research in your own community. If you are interested in participating in research or want to gain knowledge on health research, this module is for you! With this bonus module, you will gain **research knowledge**, develop your **research interests**, and **increase your confidence** in finding health research studies and information!

If you have any further questions about this bonus module or if you want to work with a Ausderau Lab team member to review the module information, please contact us to schedule a time to connect!

You can email us at this address [ausderaulab@education.wisc.edu](mailto:ausderaulab@education.wisc.edu)

# Table of contents



## Contents

- ❑ **Brainstorm:** What topics are you interested in researching? – Slide 6
- ❑ **Lesson 1:** How to find research near you ..... Slide 11
- ❑ **Lesson 2:** Finding research events in your community – – Slide 22
- ❑ **Lesson 3:** Research Tips ..... Slide 29

**Let's brainstorm:**  
What topics are you interested in  
researching?



# What is research?

**Research** is the process of asking meaningful questions to better understand what we are interested in learning about!



1. Ask a question



2. Find answers



3. Tell others

What about your health are YOU interested in learning about?

# Research interests

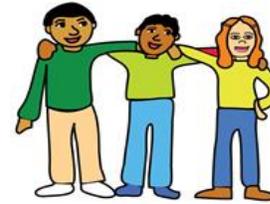
Different people may have different research interests



**Exercise**



**Hydration**



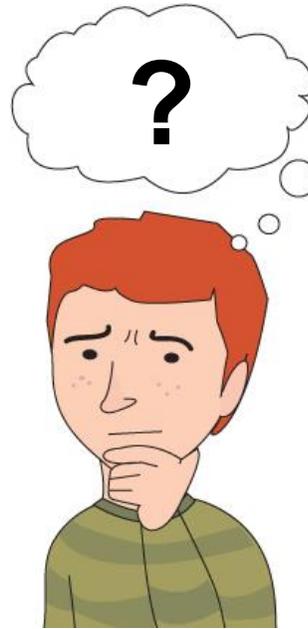
**Relationships**



**Rest & sleep**



**Healthy diet**



**Medical concerns**

# What are your research interests?

**My research interests are...**

**Use page 3 in the Bonus  
Module Workbook**

*Ask your friends and family  
what their research  
interests are!*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Their research interests are...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

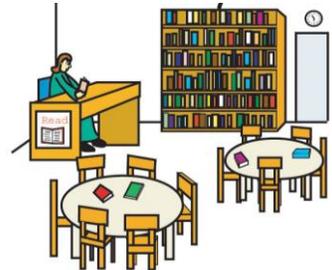
# Research interests

**Now that you have thought about your research interests, let's go through the three research lessons!**

Lesson 1: How to find research near you

Lesson 2: Finding research events in your community

Lesson 3: Research tips



# Lesson 1: How to find research near you



# How to find research near you

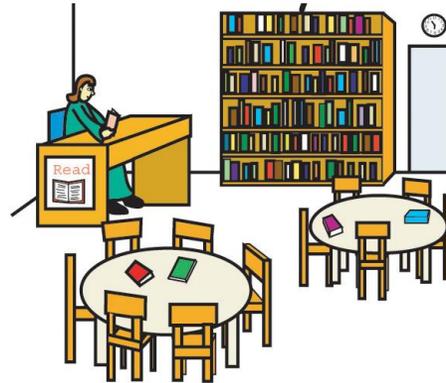


Use page 4 in the Bonus Module Workbook

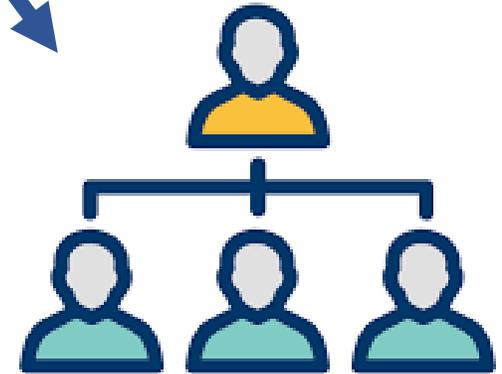
There are different ways to find research near you



Search the internet



Look at the library or ask a librarian for help



Learn from organizations

# Finding research in your community

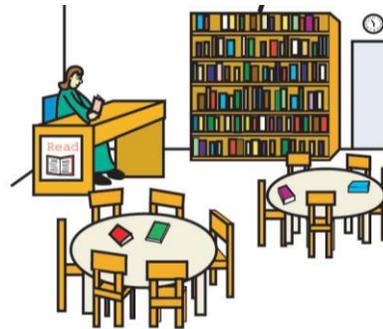


The internet can help you find out where research is happening in your city and state

You can access the internet through...



Personal computer



Local library



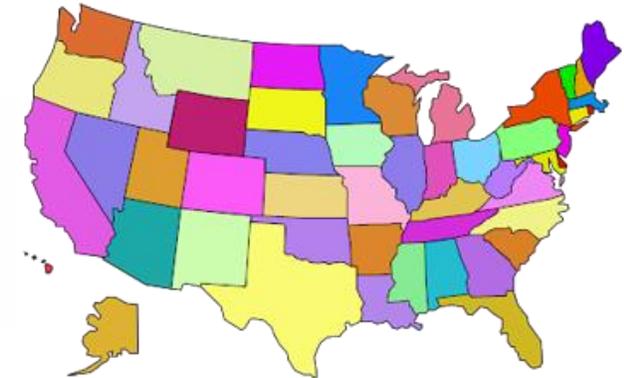
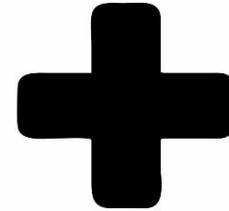
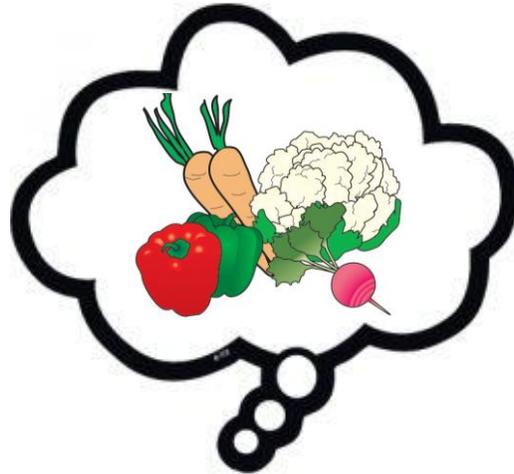
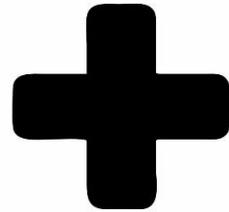
Smart phone or  
tablet

# Finding research in your community



Use page 4 in the Bonus Module Workbook

There are 3 important parts to searching for research opportunities near you



1. "Research opportunity"

2. Your research interest

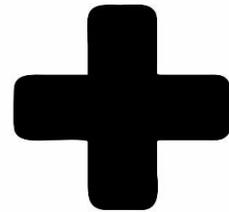
3. Your city and/or state

# Finding research in your community

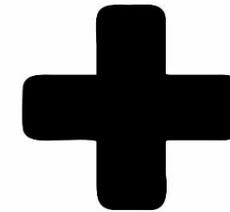


Example:

Research  
opportunity



Hydration



Chicago, IL

1. "Research  
opportunity"

2. Your research  
interest

3. Your city and/or  
state

Search:

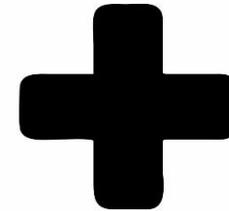
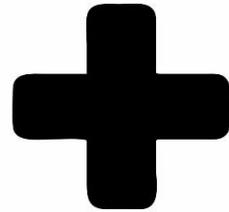
Research opportunity about hydration in Chicago, Illinois

# Finding research in your community



Your turn!

Use page 5 in the Bonus Module Workbook



---

1. "Research opportunity"

---

2. Your research interest

---

3. Your city and/or state

Search:

---

# Finding research in your community



Libraries may have information that can help you learn about the research happening in your community.

**You can find out about these lists in different ways:**



Use the internet



Call the library



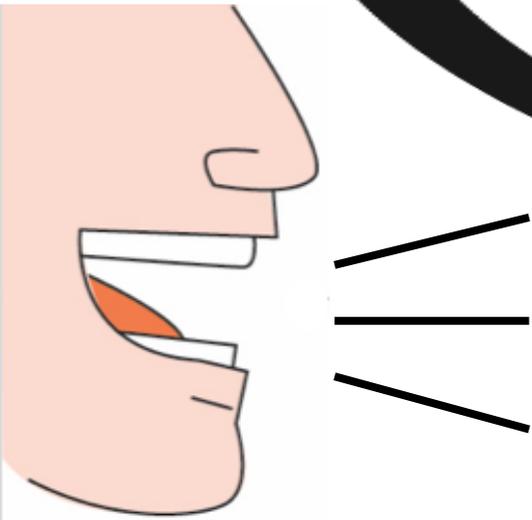
Go to the library

**Use page 5 in the Bonus Module Workbook**

Try using this script when asking the library



“Hello, my name is “Jane” and I am interested in learning research about “hydration” in “Chicago, Illinois.” Does this library have a mailing list that can tell me about the health research in area?”

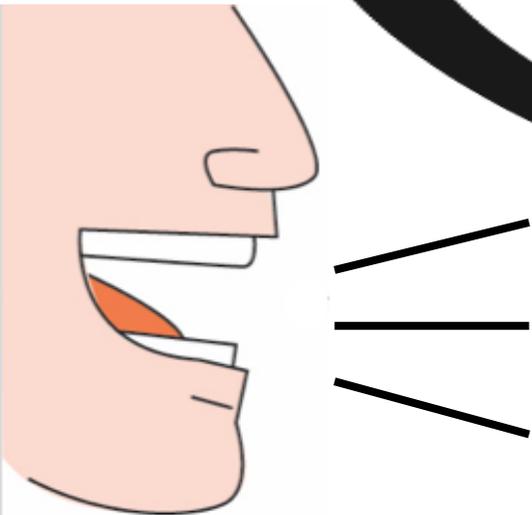


**Fill in the blank so you can ask!**



“Hello, my name is           [your name]           and I am  
interested in learning research about  
          [research interest]           in           [your city or state]          .”

Does this library have a mailing list that can tell  
me about the health research in area?”



**Use page 6 in the Bonus Module Workbook**

# Local organizations



Ask local organizations to tell you more about getting involved in research opportunities!

***Special  
Olympics***



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES  

---

RESEARCH, EDUCATION, SERVICE



# Finding research in your community

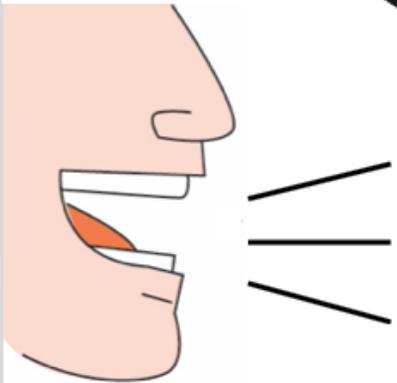


Ask local organizations to tell you more about getting involved in research opportunities!

*“Can I sign up for a newsletter about local events?”*

OR

*“Can I talk to someone about research opportunities?”*



# Lesson 2: Finding research *events* in your community



# Finding research events in your community



Why is it important to go to research events in your community?



**Learn something  
new**



**Ask questions**



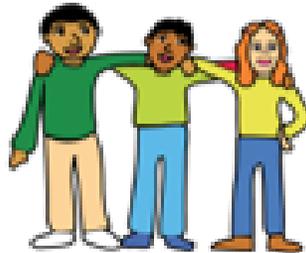
**Find answers**



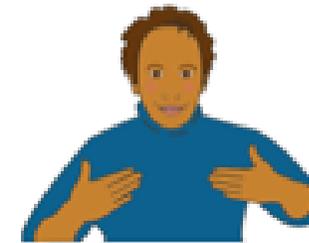
**Educate other  
people**



**Share your ideas**



**Meet new people**



**Have fun!**

# Finding research events in your community



You can learn from research that people have done already!

*Universities may offer research events to the public.*



**Lectures**



**Poster  
presentation**



**Discussion**

# Finding research events in your community



How do you find these research events?

Google

Search online:

*Your research interest + your state + **research key words***

---

Research key words can include...

- 1) Research poster session
- 2) Research symposium
- 3) Research seminar
- 4) Dissertation



# Finding research events in your community

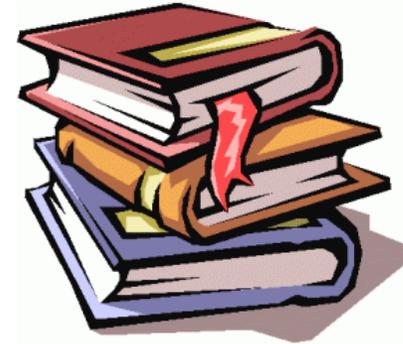


What do these research key words mean?



## Research Poster Session

An event where results of research studies are shared on posters



## Dissertation

A long-written essay on a specific research topic



## Research Symposium

A gathering where many researchers can share and discuss research topics with poster sessions and seminars



## Research Seminar

A talk presented where people can learn from a researcher and their topic of interest

# Finding research events in your community



Let's see an example:

Google

Search online:

Exercises and  
hydration

+

Illinois

+

Research  
Seminar

Your research  
interest

Your state or city

Research key  
word

Enter into search:

Research seminar about exercises and hydration in Illinois

# Finding research events in your community



Your turn!

Google

Search online:

+

+

Your research  
interest

Your state or city

Research key  
words

Search:

Use page 9 in the Bonus  
Module Workbook

# Lesson 3: Research tips



# Research tips



Databases and research registries can connect researchers to participants

## What does a research registries mean?

A collection of people who want to participate in research studies on a specific topic. The registry is a list of contact information, like name and phone number.

You can find research studies about your interests or health condition by searching a database!



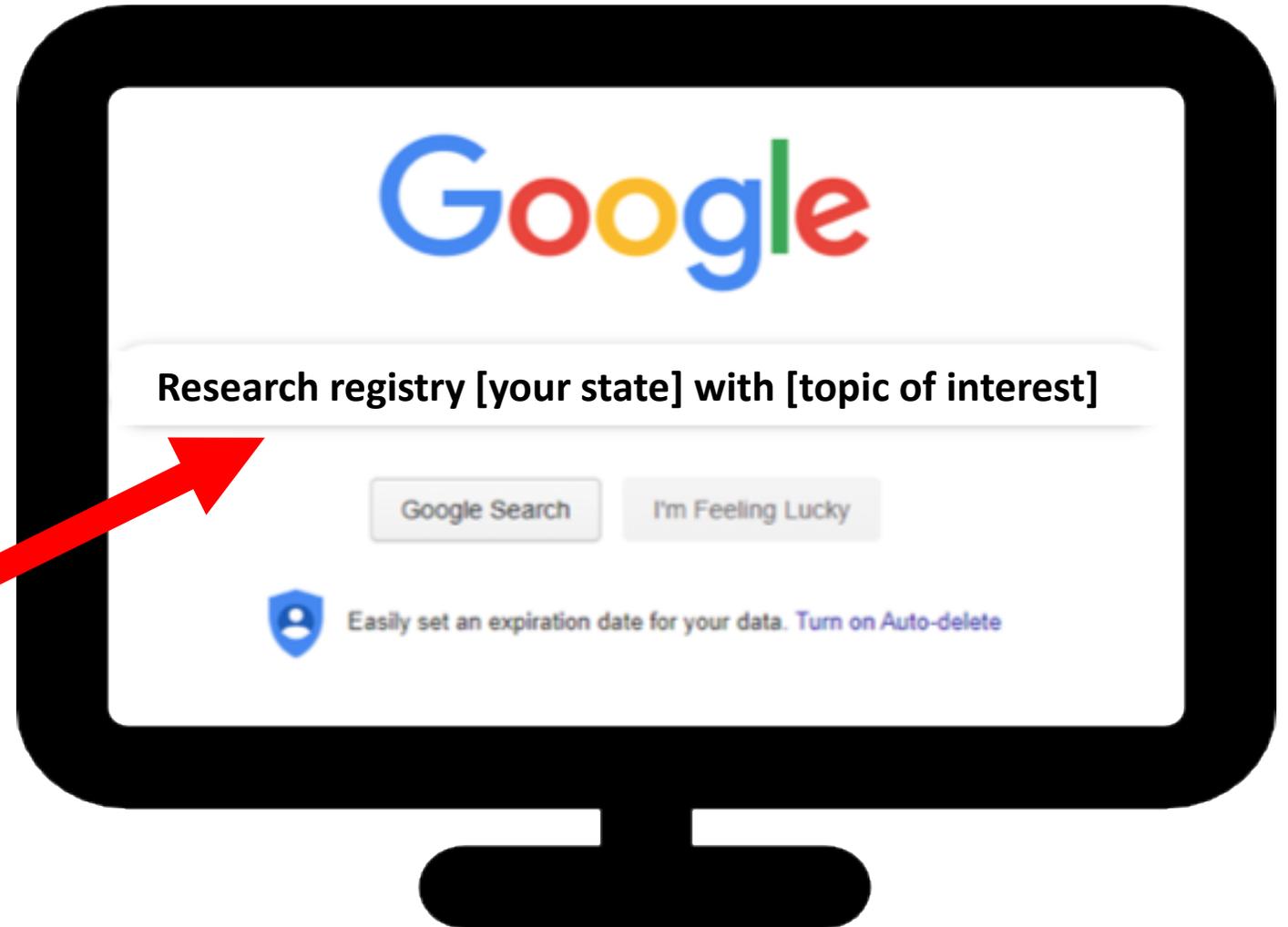
# Research tips



Databases and research registries can connect researchers to participants

Try this search to find a registry near you:

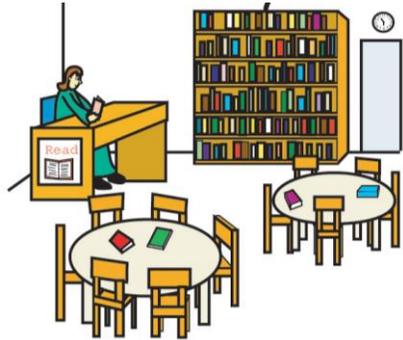
**Research registry  
[your state]  
with [topic of interest]**



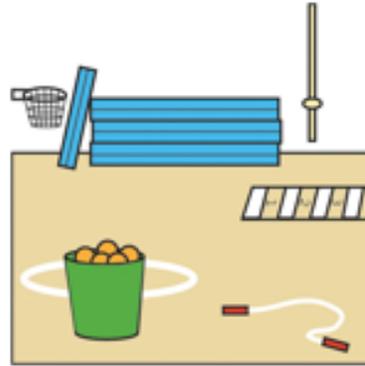
# Research tips



Ask places you often go if they post flyers for research studies, such as...



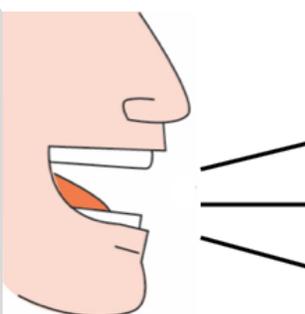
**Library**



**Community Center**



**Doctor's Office**



*“Hi, my name is            [your name] . I am interested in participating in research. Do you have flyers for research studies that I can have?”*

# Research tips



Research flyers may include:

- Title of the study 
- Date & time 
- Location 
- Compensation 
- How long it takes to participate 

There may be tabs at the bottom with more information.

What do research flyers include?



# Research tips



When you find research you want to participate in, contact the person that is listed on the research flyer.

“Hi, my name is           [your name]          . Could I please talk to           [person in charge]           to get more information about a research study that I am interested in participating in.”



Use page 11 in the Bonus  
Module Workbook

# Research tips



## Exercise & Hydration Research Study



**Principal Investigator:** Bob Johnson

**Contact Info:** (123) 456-7890

**Study Description:** How much water should you drink when exercising outside?



**Date & Time:** March 7<sup>th</sup> – March 25<sup>th</sup>  
(12:00pm – 4:00pm)



**Location:** Camp Randall in Madison, Wisconsin



**Compensation:** \$100 for participation



**Contact if interested!**

Let's try an activity so you can practice asking for more information about a research flyer!

*Use the flyer on the left to fill in the blanks below:*

“Hello, my name is \_\_\_\_\_, could  
[your name]

I please talk to \_\_\_\_\_?  
[person in charge/principal investigator]

I saw a research flyer about the

\_\_\_\_\_ from  
[Title of research study]

\_\_\_\_\_ in \_\_\_\_\_. I am  
[Location] [Date]

interested in participating and would like

to learn more about this research study!”

**Use page 12 in the Bonus Module Workbook**

# Research tips



## Exercise & Hydration Research Study



**Principal Investigator:** Bob Johnson

**Contact Info:** (123) 456-7890

**Study Description:** How much water should you drink when exercising outside?



**Date & Time:** March 7<sup>th</sup> – March 25<sup>th</sup>  
(12:00pm – 4:00pm)



**Location:** Camp Randall in Madison, Wisconsin



**Compensation:** \$100 for participation



**Contact if interested!**

How did you do?

“Hello, my name is [your name], could I please talk to **Bob Johnson** I saw a research flyer about the **Exercise and Hydration Research Study** from **March 7<sup>th</sup> to March 25<sup>th</sup>** at **Camp Randall in Madison, Wisconsin**. I am interested in participating and would like to learn more about this research study!”

# Research tips



You may expect one of the following responses when you contact a researcher:

- 1 The researcher may invite you to participate in the study
- 2 The researcher may not allow you to participate in the study
- 3 The researcher may ask you to be involved in another way



# Research tips



Here is what you can say to each response:

- 1 The researcher may invite you to participate in the study**
  - “Great! I accept this invitation. What are the next steps so then I can participate in this research study?”
- 2 The research may not allow you to participate in the study**
  - “Can I sign up for your mailing list?”
  - “Are there other ways to participate?”
  - “Can I request for accommodations?” (If necessary)
- 3 The researcher may ask you to be involved in another way**
  - “I am interested in learning how I can be involved in your study. Please tell me more”

# Research tips



As a participant, you have rights!

**1** You have the right to ask for compensation



**2** You have the right to stop participating in research without any negative consequences



**3** You have the right to ask questions at any time



# Bonus Module



**We hope you learned more about:**

- Different ways to find research near you
  - Searching the internet
  - Asking a librarian for help
  - Learning from local organizations (i.e. Special Olympics and Board for People with Developmental Disabilities)
- How to find research events in your community
- Research tips to use when finding research

**Good luck  
finding  
research in  
your  
community!**

You completed all  
3 lessons of the Bonus  
Module!

**CONGRATULATIONS!**

Thank you for participating in  
this bonus module, and happy  
researching!

