# **Shaping Our Lives - Social care workshop with the University of Hertfordshire**

## **Text only version of barriers and enablers infographic**

**Enablers**

Research staff:

* participants
* transparency
* realistic goals
* boundaries
* funding
* understanding of needs

Service Users:

* notice of activity/ event
* clear description of role
* communication
* check in and reflection
* adjustments and flexibility
* production of documents in good time
* time to arrange support needs
* accepting mistakes, learning from them

**Barriers**

Research staff:

* finding the right people
* time
* funding
* different priorities
* scope
* bias
* agendas (researcher / service user)

Service Users:

* time keeping
* funding for access needs (especially those with biggest needs)
* fear of failure
* not all service users can or want to participate in research