Shaping Our Lives

Inclusive Involvement Matters

Easy Read

Help us guide our research

How to get involved



Easy Read



This is an Easy Read version of some information.

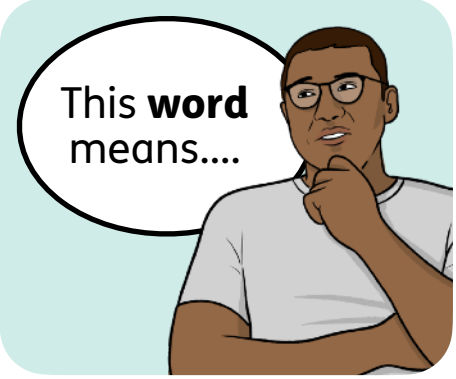
It uses easier words and pictures.



Some people may still want help to read it.



Some words are **bold** to show they are important.



We explain bold words if they are hard to understand.

What is in this booklet

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About this booklet

This booklet is from **Shaping Our Lives**.



We are working on a **research project** as part of the Applied Research Collaboration East of England.

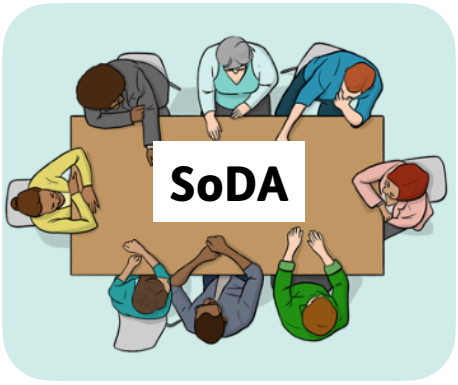


A **research project** is when a group of people collect information about something to find out more about it.



This booklet will explain what our research project is about, and how you can get involved.

About our project



This research project is about **Social Care**, **Dementia** and Ageing, called SoDA for short.



Social care is the extra support some people need to live their lives, like support with eating or washing.



Dementia is a disease in the brain. It affects your memory and behaviour.

Our Community Advisory Group



We will set up a group called a Community Advisory Group to help us with the research project.

We call the Community Advisory Group the CAG for short.

The CAG will:



- Help decide what the research project does and when it does it.



- Make sure we are doing research that will help people.



The CAG will meet online every 3 months, for up to 2 hours.

At the meetings the CAG will:



- Help researchers ask for money for more research.



- Check that our project reports are easy for everyone to understand.



- Make sure we include as many different groups of people as possible in our research project.

Getting involved



We are looking for people to join the Community Advisory Group.



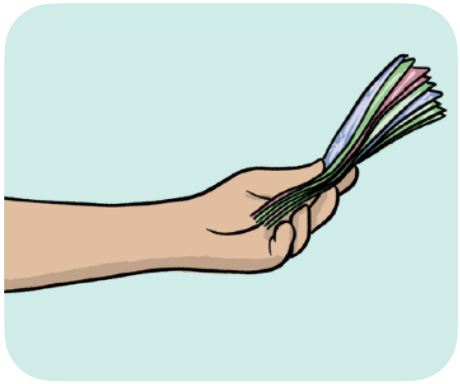
You would need to go to the online meetings.



You would need to spend about 1 hour getting ready for each meeting.



We will pay for any support you need to take part in the research project.



You might want to get paid for taking part.



You can get paid 27 pounds and 50 pence per hour.

Who can apply



We are looking for people who have **lived experience** of the areas the research project is looking into.

Lived experience is the knowledge and understanding of disabled people, people with a health condition or carers.

We are looking for people who have lived experience of:



- Social care, dementia and care homes.



- **Visual impairment**, which is when you have difficulty being able to see, or you cannot see at all.



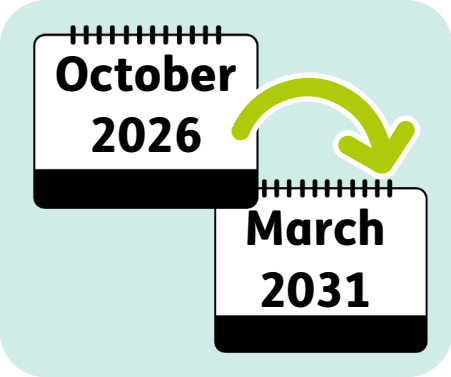
We are also looking for people who have different experiences and opinions about **technology** in social care.

Technology is gadgets and equipment that help people.

To join the group, you must be over 18 years old, and:



- Live in the East of England.



- Be able to take part in the whole research project, from October 2026 to March 2031.



- Be able to take part in the first meeting in early December 2026.

Support we can give you



We will support and train people to take part in the research project and meetings.



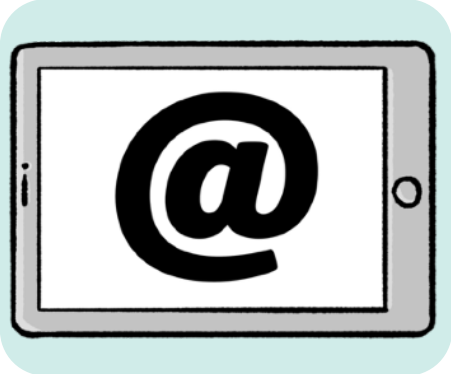
We will also make **reasonable adjustments** to help people take part.

Reasonable adjustments are changes that places and services can make so that disabled people can take part like everybody else.

How to apply



If you want to join the Community Advisory Group, please fill out the form in this booklet.



You should send it back by email, to Gill Benedikz, at:

g.benedikz@herts.ac.uk



You need to send the form back by 12.00 midday on Sunday 15 November 2026.



If you need any more information, or help filling in the form, please phone Gill on:

07708 992691

The form

About you

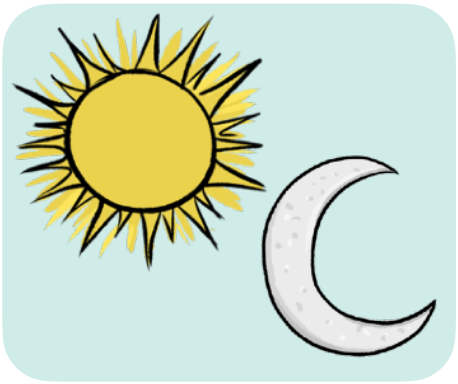


Question 1: What is your full name?

Question 2: How would you like us to contact you?

- [ ] Email
- [ ] Phone
- [ ] Text

Please write your email address or phone number here:



Question 3: When is the best time to contact you?

- [ ] Morning
- [ ] Afternoon
- [ ] Evening
- [ ] Another time - please write it here:



Question 4: Which area of the East of England do you live in?

- [ ] Cambridgeshire and Peterborough
- [ ] Essex
- [ ] Suffolk
- [ ] Norfolk and Waveney
- [ ] Hertfordshire
- [ ] Bedfordshire
- [ ] Somewhere else in the UK - please write it here:



Question 5: Please tell us if you are:

You can tick more than 1 box.

- [ ] Someone who gets social care, lives with a visual impairment or dementia, or lives in a care home
- [ ] A carer for a friend or family member
- [ ] Someone who gets paid to be a carer



Question 6: Please tell us how you heard about this research project:



Question 7: Can you join the first Community Advisory Group meeting, which will be online in early December 2026?

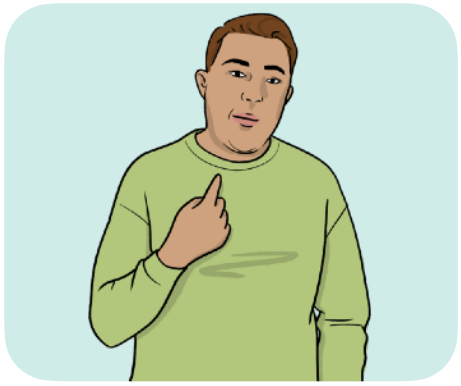
- [ ] Yes
- [ ] No

About your experience

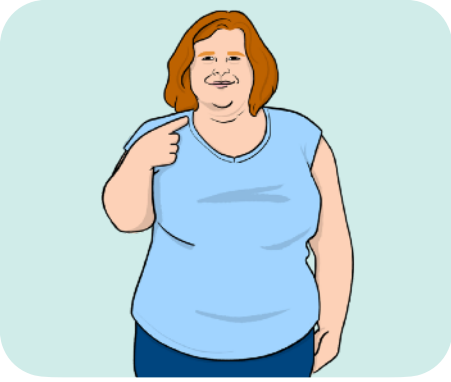
In this part, we will ask you to tell us about:



- Your experience in the areas of our research project.



- Anything that means we should include you in our research project.



Question 8a: Which areas of the research project do you have experience in?

You can tick more than one box.

- [ ] Social care
- [ ] Dementia
- [ ] Care homes
- [ ] Visual impairment
- [ ] Digital technology, like computers, phones and **AI.**

AI is short for **artificial intelligence**, which is computers and machines that can do things and make decisions like a human.



Question 8b: Please tell us more about your experience here:



Question 9: Please tell us why you want to be part of the Community Advisory Group:



Question 10a: Have you taken part in research like this before?

- [ ] I have lots of experience of taking part in research like this
- [ ] I have a bit of experience of taking part in research like this
- [ ] I have no experience of taking part in research like this



Question 10b: If you have experience of taking part in research like this, please tell us about it here:



Question 11a: What can we do to help you take part in this research project?

- [ ] Support to take part in meetings in person
- [ ] Support to take part in meetings online, on Teams or Zoom
- [ ] Support to read or understand documents



Question 11b: Please tell us more about the support you would need here:

More about you



Please answer these questions about you to help us make sure we are hearing from different groups of people.



Question 12: Please tell us the year you were born and your age.

You do not need to tell us your full date of birth.



Question 13: What is your **ethnic background**?

Your **ethnic background** is your race and the country that your family comes from,

You might be mixed race, white European, Black African, white British, or something else.



Question 14: How do you describe your gender?

Your **gender** is how you think of yourself.



Many people think of themselves as a man or woman, but some people use another word, like non-binary.



Question 15: How do you describe your **sexual orientation**, which is who you are attracted to?

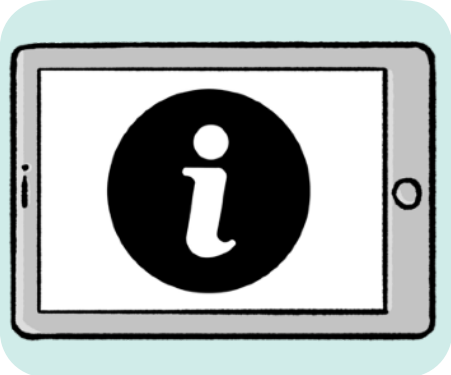
You might say you are gay, bi or something else.



Question 16: Do you have a long-term illness or disability that affects what you can do in your daily life?

- [ ] Yes
- [ ] No

Keeping your information safe



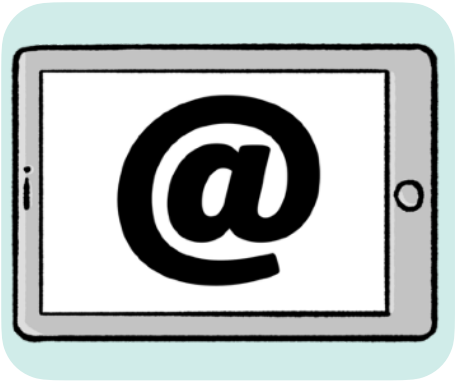
We collect information about you so we can contact you about joining the Community Advisory Group.



Only people who need to contact you will be able to see your information.



We will only keep your information for as long as the project is going on.



You can ask us to delete your information at any time by emailing Gill Benedikz, at:

g.benedikz@herts.ac.uk



Please tick to say if you agree to let us keep your information, and to contact you about taking part in the research project.

☐ Yes

☐ No

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