



✓ **Share your ideas with other researchers.**



✓ **Plan your own research.**



✓ **Have an 'expert research buddy'.**



✓ **Get the support you need.**

## OUR HOMES Co - Researcher Handbook

Handbook developed by  
Edurne Garcia Iriarte

National Institute for Intellectual Disability

With support from Nancy Salmon and Claudine Callaghan  
University of Limerick

In collaboration with The National Federation of Voluntary Bodies

\*To develop this handbook, we drew from the handbooks the IRN used for the study "Relationships and Supports" (see [Supporters and Co-researchers Handbook](#)) with feedback from the IRN Research Team, to whom we are very thankful. Many thanks also to Debbie Lutz and Carolina Puyalto for their help with the interview.

# IRN Research Team

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**NFVB** National Federation of Voluntary Bodies

**NUIG** National University of Ireland Galway

**UL** University of Limerick

**TCD** Trinity College Dublin

# STEPS TO DO THE RESEARCH



1. Get a person to support me



2. Talk to the organisation / advocacy group



3. Find a good place for the interview



4. Give out information forms and flyers



5. Do the interview



6. Send back recording, notes and all forms to Edurne (Trinity), Nancy (Limerick) or Mary (National Federation of Voluntary Bodies)



7. Forms



## **1. GET A PERSON TO SUPPORT ME**

### **SECTION 1 GET A PERSON TO SUPPORT ME**





# 1. GET A PERSON TO SUPPORT ME

## INCLUSIVE RESEARCH NETWORK



Give the **supporter handbook** to the person who is going to support me

☐

## SUPPORTER HANDBOOK



Ask the person supporting me to read about their role  
(I can find this information on the next page)

☐

Can you help me with the steps for this research?

Ask my support person to

- **Help me** go through the next steps

☐

- **Practice** with my support person

☐



## 1. GET A PERSON TO SUPPORT ME

This information is about your role as my supporter:

Thanks for agreeing to be my supporter when I do interviews that are part of the IRN project on Moving and Independent Living.

When you support me, you need to remember **I am the one doing the research.**

When supporting me, please remember that I am the person doing the research. **Do your best not to jump in and take over.**

During the interviews, please **follow my lead and support me if I ask for help** or if I need to get things back on track. If I forget a step remind me of what I skipped.

**Don't speak for me** and respect my expertise.

In the next page, you can see all the steps I will follow with your support.



## **1. GET A PERSON TO SUPPORT ME**

**As well as supporting me when I ask, you will:**

### **Step 1: Clarify your role with me**

- **Check that I understand that you are there to support me but not to do the interview yourself**
- **Practice the steps involved in running the interview with me before we meet with participants**

### **Step 2: On the day of the interview**

- **Make sure I give the information forms to interview participants and their supporters before the start of the interview**
- **Check that interview participants understand the information form.**
- **Help me check that participants understand what the study is about**
- **Make sure interview participants have a chance to ask questions**
- **Help me give out and collect signed consent forms**
- **During the interview, write down key ideas discussed in a notebook**
- **Look out for signs that the participant is uncomfortable or is getting upset during the interview**
- **We will take some time to talk about the interview when it is done – key things the participant said, what went well, anything that happened that wasn't planned.**

### **Step 3: Send by mail research materials**

- **Help me gather all the materials to send back to NIID or UL**





## 1. GET A PERSON TO SUPPORT ME

### NOTES

## **SECTION 2 TALK TO THE ORGANISATION/ ADVOCACY GROUP**





## 2. TALK TO THE ORGANISATION/ ADVOCACY GROUP



**Make a list** of people who:

- I am going to talk to about the study and
- Invite them to take part in the study.



**LIST**  
**PEOPLE I WILL TALK TO ABOUT THE STUDY**



## 2. TALK TO THE ORGANISATION/ ADVOCACY GROUP



### **Copy the flyer and information forms**

for people with intellectual  
disabilities, supporters, and  
organisations

(I can find the information forms in  
section 7)

☐

### **Go to the organization / advocacy group**

☐

### **Talk** to the organization / advocacy group

- check if they are  
interested in the study
- ask when would be a  
good time and day to run  
the interview

☐

Check with the managers of  
The organization that it's ok to  
run the interviews

(I can find the organisation's  
agreement in section 7)

☐



## 2. TALK TO THE ORGANISATION/ ADVOCACY GROUP



Talk to the social worker /  
key worker at the organization

☐

- Make sure she / he is  
available to talk to any focus  
group participant in case the  
interview discussion makes  
them feel upset



Ask if you can use one of their  
rooms

☐

Check the room

☐

### **SECTION 3**

## **FIND A GOOD PLACE FOR THE INTERVIEW**





### 3. FIND A GOOD PLACE FOR THE INTERVIEW



**Make sure that the room:**



is comfortable (not too hot, not too cold)

☐

is bright

☐

is easy to get to

☐

Is close to **bathrooms** that everyone can use

☐

**4**

has **enough space** for up to 4 people

☐



## 4. GIVE OUT INFORMATION FORMS AND FLYERS

### SECTION 4 GIVE OUT INFORMATION FORMS AND FLYERS







## 4. GIVE OUT INFORMATION FORMS AND FLYERS



Ask people for a good time / day they can come to the interview

☐

Organize the interview at least one week after you have talked to the organization / advocacy group

☐

**Book a room** to run the interview

☐

Add the **day, time and place** on the flyer

☐

Put up **flyer** with information

(You can find the flyer in section 7)

☐

Give people **information forms**

(I can find the information forms in section 7 of this handbook)

☐

**Talk** to people with intellectual disabilities and supporters about the study

☐

Answer any **questions** they have

☐



## 5. DO THE INTERVIEW

### SECTION 5. DO THE INTERVIEW





## 5. DO THE INTERVIEW

### BEFORE PEOPLE ARRIVE



**12:30**  
you arrive



**1:00**  
group starts

Arrive about 30 minutes before  
the interview starts


☐

**Check that you have**



Note paper

☐


Pens and paper for people  
taking part in the interview

☐


**Recorder and batteries**

(You can borrow one from Edurne or  
Nancy if you don't have one)

☐

RELATIONSHIPS AND SUPPORTS STUDY SUMMARY FORM TO BE COMPLETED BY CO-RESEARCHERS	
<p><b>Relationships and Supports Study</b> Participant Information Form</p> <p>Nothing more to do</p> <p>I am a member of the Relationships and Supports Study. I have read the information sheet and understand what the study is about. I agree to take part in the study and to be interviewed.</p> <p>I have been asked to do some research about relationships and supports and I agree to take part in the study and to be interviewed.</p> <p>Thank you for taking part in the study. I will be in touch with you again in the future.</p>	<p>How many people attended the focus groups?</p> <p>How many men attended the focus groups?</p> <p>How many women attended the focus groups?</p> <p>How many men came with a supporter?</p> <p>How many women came with a supporter?</p>

**Consent and information forms**




(You can find the consent forms in  
section 7)

(You can find the information forms  
in section 7)

☐



## 5. DO THE INTERVIEW

	What to do next	
	Put about 4 chairs around a table (leave spaces for wheelchair users)	<input type="checkbox"/>
	Put drinks and snacks on table to the side	<input type="checkbox"/>

When you have all ready, you must wait for the people to come.

- When the participant comes, greet him or her. There are some tips at the end on how you can do that.



- Once you read the information form to the interview participant you need to check that he or she understands the study \*



- If they agree to take part in the study, they can sign the consent form.

**Remember!**

\*You already gave the information form to them when you went to the organization.



## 5. DO THE INTERVIEW

### WHEN THE PARTICIPANT ARRIVES



**Meet the participant at the door**, chat to her or him and make them feel comfortable.

**You could say...**

Thanks for coming, how are you today?

**In your own words**



Show them where the **drinks and snacks** are.

**You could say...**

Here is the tea and coffee.  
Please help yourself.



Ask the participants to **sit down**.

**You could say...**

Please take a seat.



## 5. DO THE INTERVIEW



**Introduce** yourself and your supporter. Ask the participant to introduce themselves and their supporters.

**You could say...**

Hi, my name is \_\_\_\_\_. This is my supporter \_\_\_\_\_. Can you tell me your name and the name of your supporter?



**Explain** what the study is about.

**You could say...**

We are here today to talk about home and independence.

**NOW YOU ARE GOING TO GET CONSENT  
FROM THE INTERVIEW PARTICIPANT  
AND HIS OR HER SUPPORTER**





## 5. DO THE INTERVIEW

### GET CONSENT



**Read information form out loud** for the participant. Ask the participant if they have any questions.

**You could say...**

Please ask any questions you have about this.



Ask my supporter to check if everyone understands.

**You could say...**

\_\_\_ is going to ask you four questions to see if I explained everything well to you (these questions are on page 52-57)



Explain consent forms and ask if they want to sign them.

**You could say...**

If you are happy taking part in the interview, please sign the consent form.



## 5. DO THE INTERVIEW



Ask if the participant is OK with being recorded.

Remind him or her that their participation is voluntary and they can stop taking part in the interview if they want to.

**You could say...**

We want to record this so we don't forget what you say. Is this OK?





## 5. DO THE INTERVIEW

### RUN THE INTERVIEW



If everyone is ok with being recorded, put the recorder in front of you and **press record**. If somebody says “no”, ask my supporter to take notes.



Explain the **rules**.

You can also ask interview participant to add other rules.

1. Have mobile phones switched off
2. There are no right or wrong answers
3. It is OK if the person does not want to answer a question.
4. Any other rules?



## 5. DO THE INTERVIEW

### SOME TIPS TO RUN THE INTERVIEW



Ask the questions (the interview is at the end of this handbook, on page 61).



My supporter will **write down ideas** that you talk about **in a notebook**.



Give the interview participant time to talk about each question.

**You could say...**

Tell me more about...



## 5. DO THE INTERVIEW



Listen carefully to what the person you interview is saying.



Show the person you are listening. For example, nod your head and smile.



When you finish asking all the questions on the form, ask the participants if they would like to say something else.

**You could say...**

Is there anything else you would like to say about home or independence?



## 5. DO THE INTERVIEW

### BEFORE PEOPLE LEAVE



Ask the participants how they are feeling after the interview.

**You could say...**

How are you feeling now?



Thank them for coming to the interview.

**You could say...**

Thanks for coming today and telling me what you think.



## 5. DO THE INTERVIEW



Tell participants the **next steps**.

- We are going to send these recordings National Federation of Voluntary Bodies
- The findings of the study will be published as a report.
- We'll be happy to come and present the results of the study when we have the final report.



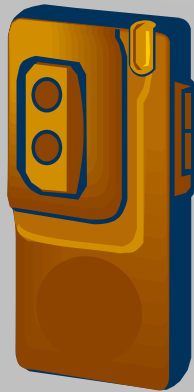
Make sure the room is tidy when you finish. Bring everything with you.



## 6. SENDING INFORMATION BACK

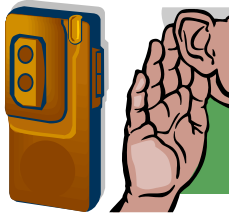
### SECTION 6.

**SEND BACK RECORDING, NOTES AND ALL  
FORMS BACK TO NATIONAL FEDERATION OF  
VOLUNTARY BODIES**





## 6. SENDING INFORMATION BACK



Play the recorder to make sure the sound is OK.  
If the recorder didn't work, try to summarize all the responses in a new recording


☐


Talk to your supporter about how the interview went:

☐

- What was good about the interview?
- What wasn't that good about the interview?
- How do you think participants felt?



Gather consent forms. Put notes in the envelope

☐


Put the forms in an envelope

☐

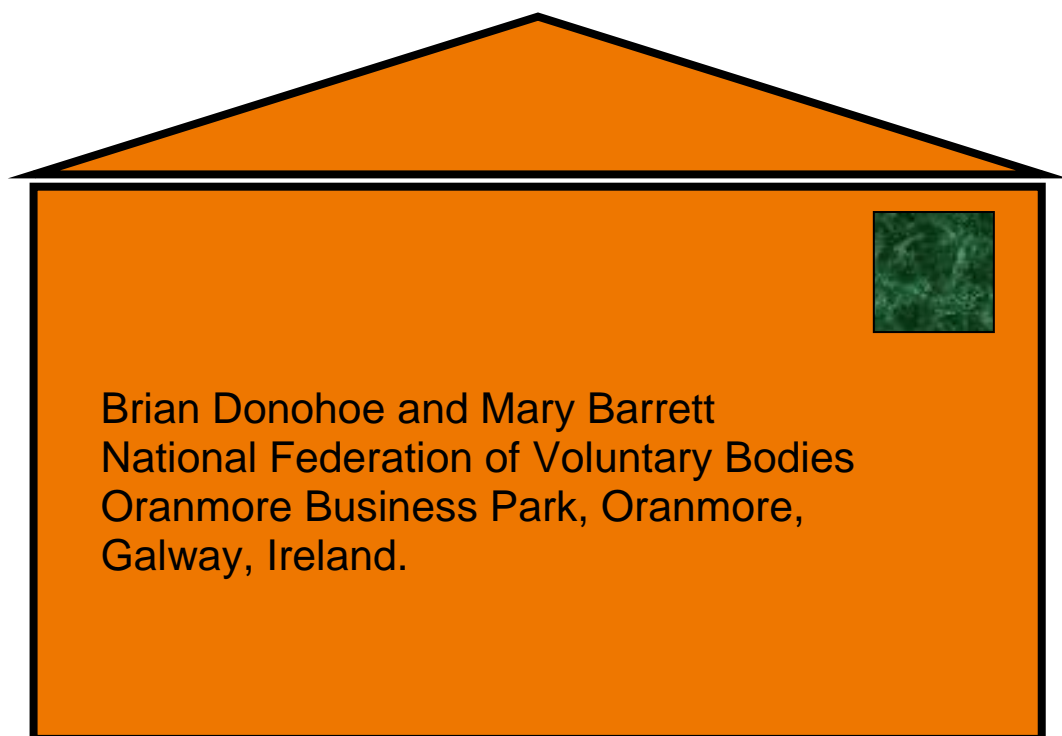

Put the recorder in an envelope

☐

Send the forms, notes and recording back to  
National Federation of Voluntary Bodies



## 6. SENDING INFORMATION BACK





## SECTION 7 FORMS



### SECTION 7

### FORMS



## SECTION 7 FORMS

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## SECTION 7 FORMS

### Home and Independence Study - Flyer

The Inclusive Research Network is pleased to invite you to talk about home and independence in an interview.

We are inviting you because we think your opinion is important.

We will ask you questions about



Where do they live now?

What other places have you lived in?

What was like to move from one place to the next?

**We will meet:**

**Where?**

\_\_\_\_\_



**When?**

\_\_\_\_\_



**What Time?**

\_\_\_\_\_

Your organisation has a copy of this flyer.

If you have any questions, please contact the Inclusive Research Network (IRN):



(091)792316 or

- email [irn@fedvol.ie](mailto:irn@fedvol.ie)



## SECTION 7 FORMS

### Home and Independence Study Information Form: Organisations

#### Inclusive



Hello, my name is \_\_\_\_\_ and I am a member of the Inclusive Research Network.

I'm doing a study on home and independence.



This study has been approved by the Research Ethics Committee at Trinity College Dublin in November 2013. This means that we know and will respect the rights of people taking part in the study.



I would like to ask you for permission to talk to people in your organisation about the project. I may also ask you if it is okay to do an interview in an office in your building.

I will talk with people

- who identify as having an intellectual disability and
- who are moving or would like to move to another place where they are more independent.





## SECTION 7 FORMS

I want to know:

- Where do they live now?
- What other places did they live before?

What was like to move from one place to the next?

**If they decide to take part, I'll ask them to:**



- Take part in 1 interview of about 1 hour.



- Give permission to audio-record the interviews. We want to keep the things they say and use your own words.
- However, **they can say NO** to:



- Taking part in the study

If they say NO to taking part in the study that will be Ok.

If they decide to take part in the study, **they can still say NO** to:

- Recording the interviews

- If they say NO to recording, that will be Ok, and they can still take part in the study. I or my supporter will take notes.





## SECTION 7 FORMS

### What are the gains if they take part?



- There are no benefits to them by doing this study.
- However, we hope that the study tells us about where and how people with intellectual disability live and what things we need to change.
- They can be of great help to us taking part in this study.



### What are we going to do with the things they tell us?



- We want to keep what they say for five years.
- Only me, my supporter, the researchers from Trinity, the National Federation or University of Limerick will be able to look at the tapes or notes. We will delete names from the notes so nobody else will know what they said.



## SECTION 7 FORMS



For example, we will say, **a man** said that he had moved to a new apartment in **a town**.



- We will use what they say without their names for the final report, and maybe a research paper, or a DVD.
- Their names won't appear in any of those publications next to the things they say.
- Nobody who reads the report will know what they have said. We will change:
  - Names and places
  - Other things that can make others recognise them.
- If they don't want us to use some of the things they tell us, we won't.
- One or more of the students from the University of Limerick or Trinity College Dublin may be interested in looking at the things they have said as part of their studies.





## SECTION 7 FORMS



- They will use them to write a long report. However, this will only happen if participants agree to it. Students will respect all their rights and will have to ask the university for permission to use what participants say. The university will only give them permission if students are going to protect participants' identity.

**Please let me know if you agree to us approaching the residents in your organisation to take part in this study.**



- Do you have any questions?
- If they want to take part, I'll ask them to sign the consent form.
- They can tell me if they want to take part the following week.



- They can stop taking part in this study at any time and that is ok.
- If they do not feel well during the interview about the things we talk about, they can ask me to stop the interview and talk to one a support person in the organisation.





## SECTION 7 FORMS

- You can also give the person the mental health resource list at the end of the handbook.
- I'll ask people to tell me what they will be doing if they take part in the study before they sign the consent form.



If you have any questions about this study, you can contact Edurne Garcia, at Trinity College Dublin. She is a member of the Inclusive Research Network.



01896 2200



[iriartee@tcd.ie](mailto:iriartee@tcd.ie)



You can also contact the Trinity Research Ethics Committee at [mcsweej@tcd.ie](mailto:mcsweej@tcd.ie)

**Thank you!**



## SECTION 7 FORMS

### Home and Independence Study Information Form: Study Participants

#### Inclusive Research Network



Hello, my name is \_\_\_\_\_ and I am a member of the Inclusive Research Network.

I'm doing a study on home and independence.

This study has been approved by the Research Ethics Committee at Trinity College Dublin in November 2013. This means that we know and will respect your rights if you take part.

**We are talking to people with intellectual disabilities in Ireland about where they live and about independence.**

I want to know:

- Where you live now
- What other places you lived in the past
- What it was like to move from one place to the next.
- What supports you have.



## SECTION 7 FORMS

### If you decide to take part, I'll ask you to:



- Do 1 interview of about 1 hour.
- Audio-record your interviews. We want to keep the things you say and use your own words.
- However, **you can say NO** to:
  - Taking part in the studyIf you say NO to taking part in the study, that will be Ok.  
If you decide to take part in the study, **you can still say NO** to:
  - Recording your interviews
- If you say NO to recording, that will be Ok, and you can still take part in the study. I or my supporter will take notes.

### What do you gain if you take part?



- There are no benefits to you by doing this study.
- However, we hope that the study tells us about where and how people with intellectual disability live and what things we need to change.
- You can be of great help to us by taking part in this study.



## SECTION 7 FORMS

**What are we going to do with the things you tell us?**



For example, we will say, **a man** said that he had moved to a new apartment in **a town**.



- We want to keep what you say for five years.
- Only me, my supporter, the researchers from Trinity, the National Federation, or University of Limerick will be able to look at the tapes or notes. We will delete your name from the notes so nobody else will know what you said.
- **We will use what you said without your name for the final report, and maybe a research paper, or a DVD.**
- **Your name won't appear in any of those publications next to the things you said.**
- **Nobody who reads the report will know what you said. We will change:**
  - **Your name and the places you talk about and**
  - **Other things that can make others recognise you.**



## SECTION 7 FORMS



- If you don't want us to use some of the things you tell us, we won't.
- We will protect your identity.



- One or more of the students from the University of Limerick or Trinity College Dublin may be interested in looking at the things you have said as part of their studies.
- They will use them to write a long report. However, this will only happen if you agree to it. Students will respect all your rights and will have to ask the university for permission to use what you said. The university will only give them permission if students are going to protect your identity.





## SECTION 7 FORMS

**Please think about taking part in the study**



Do you have any questions?



- If you want to take part, I'll ask you to sign the consent form.
- You can tell me if you want to take part next week
- **You can stop taking part in this study at any time and that is ok.**
- If you do not feel well during the interview about the things we talk about, you can ask me to stop the interview and talk to \_\_\_\_\_ (a support person).
- Can you tell me what will you be doing if you take part in the study? I can ask you some questions.





## SECTION 7 FORMS



If you have any questions about this study, you can contact Edurne Garcia, at Trinity College Dublin. She is a member of the Inclusive Research Network.



01896 2200



[iriartee@tcd.ie](mailto:iriartee@tcd.ie)



You can also contact the Trinity Research Ethics Committee at [mcsweej@tcd.ie](mailto:mcsweej@tcd.ie)

**Thank you!**





## SECTION 7 FORMS

### Home and Independence Study Information Form: Supporters of Research Participants

#### Inclusive Research Network

Hello, my name is \_\_\_\_\_ and I am a member of the Inclusive Research Network.



I'm doing a study on home and independence.



This study was approved by the Research Ethics Committee at Trinity College Dublin in November 2013. This means that we know and will respect the rights of people taking part in the study.



I'm asking you to read this information form as you have been identified by one of the participants in this study to be their support person.



Participants in this study are people who

- identify as having an intellectual disability and
- are moving or would like to move to another place where they are more independent.



I want to know:

- Where do they live now?
- What other places lived in?
- What was like to move from one place to the next?





## SECTION 7 FORMS

### If they decide to take part, I'll ask them to:



- Take part in 1 interview of about 1 hour.
- Give permission to audio-record the interviews. We want to keep the things they say and use your own words.



- However, **they can say NO** to:
  - Taking part in the studyIf they say NO to taking part in the study, that will be Ok.

If they decide to take part in the study, **they can still say NO to:**

- Recording the interviews
- If they say NO to recording, that will be Ok, and they can still take part in the study. I or my supporter will take notes.



### What are the gains if they take part?



- There are no benefits to them by doing this study.
- However, we hope that the study tells us about where and how people with intellectual disability live and what things we need to change.
- They can be of great help to us taking part in this study.



## SECTION 7 FORMS

### What are we going to do with the things they tell us?



- We want to keep what they say for five years.
- Only me, my supporter, the researchers from Trinity, the National Federation or University of Limerick will be able to look at the tapes or notes. However, we will delete their names from the notes so nobody else will know what they said.
- We will use what they say without their names for the final report, and maybe a research paper, or a DVD.
- Their names won't appear in any of those publications next to the things they say.
- Nobody who reads the report will know what each person has said. We will change:
  - Names and places
  - other things that can make others recognise them.



## SECTION 7 FORMS

For example, we will say, **a man** said that he had moved to a new apartment in **a town**.



- If they don't want us to use some of the things they tell us, we won't.
- One or more of the students from the University of Limerick or Trinity College Dublin may be interested in looking at the things they have said as part of their studies.
- They will use them to write a long report. However, this will only happen if participants agree to it. Students will respect all their rights and will have to ask the university for permission to use what participants say. The university will only give them permission if students are going to protect participants' identity.

**Please let me know if you agree to provide support to one of our participants in the study.**



- Do you have any questions?
- If they want to take part, I'll ask them to sign the consent form. I'll ask you to sign a consent form as well.
- They can tell me if they want to take part the following week.



## SECTION 7 FORMS



- They can stop taking part in this study at any time and that is ok.
- If they do not feel well during the interview about the things we talk about, they can ask me to stop the interview and talk to a support person in the organization.
- I'll ask residents to tell me what they will be doing if they take part in the study before they sign the consent form.



If you have any questions about this study, you can contact Edurne Garcia, at Trinity College Dublin. She is a member of the Inclusive Research Network.



01896 2200



[iriartee@tcd.ie](mailto:iriartee@tcd.ie)



You can also contact the Trinity Research Ethics Committee at [mcsweej@tcd.ie](mailto:mcsweej@tcd.ie)

**Thank you!**



## SECTION 7 FORMS

**Now check that the person you are going to take part in the interview understands**

- **what she or he is going to do and**
- **what the study is about.**

**You can say:**

**I am going to ask you four questions to see if I explained everything well to you.**



## SECTION 7 FORMS

1. If you decide to take part in this research, what are we going to talk about? (Please pick one of these two options)

☐ going swimming?



OR

• ☐ home and independence?





## SECTION 7 FORMS

2. If you decide to take part in this research, what will you be doing? (please pick one)

☐ Going bowling



OR

☐ Doing 1 interview







## SECTION 7 FORMS

3. If you take part in this study... (please pick one)

☐ We will tell everyone your name



OR

☐ We will keep your name and details private







## SECTION 7 FORMS

4. If you don't want to keep answering the questions...(please pick one)

☐ You can stop answering the questions at any time



OR

☐ You have to answer every question. You are not allowed to stop





## SECTION 7 FORMS

**Now check the answers:**

**If all the answers are correct, ask the person to sign the consent form.**

**“You have answered all the questions and now I will fill in a consent form with you.”**

**If one or more of the answers are incorrect, you can say,**

**‘Let’s go back over that part of the information letter again.’**

**Then repeat the question or questions that were incorrect.**

**If one or more of the answers are still incorrect, you can say,**

**‘Some details about the study are hard to understand. It would be helpful to have a support person with you for the interview. When you have organized a support person we’ll be happy to come back to do the interview with you.’**



## SECTION 7 FORMS

### Home and Independence Study Organisation's Agreement

I have received and read information about the Home and Independence Study.

I agree that

A member of the Inclusive Research Network:

- ☐ Can approach residents in this organisation about taking part in this study.
- ☐ Can put up flyers of about the study in the notice board.
- ☐ Can hold an information session in the premises of the organisation.
- ☐ Can conduct one or more interviews in the organisation.
- ☐ Can access the organisation Social Worker if the participant becomes upset about the interview.

The organisation:

- ☐ Won't have access to what participants say.
- ☐ Will receive a copy of the final report.

Signed: \_\_\_\_\_

Printed name: \_\_\_\_\_

Date: \_\_\_\_\_



## SECTION 7 FORMS

### Home and Independence Study Consent Form: Study Participants



\_\_\_\_\_ I have read or someone has read the information form about this study.



\_\_\_\_\_ All my questions have been answered.



\_\_\_\_\_ I know that I can stop taking part in this study at any time.



\_\_\_\_\_ I agree to be part of this study.



My interviews can be recorded:  
Yes\_\_\_\_ No\_\_\_\_



Students from Trinity College Dublin and University of Limerick can use my interview for their studies and to write a long report.  
Yes\_\_\_\_ No\_\_\_\_

Participant's Printed Name: \_\_\_\_\_

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Researcher's Signature

\_\_\_\_\_  
Date



## FORMS

### HOME AND INDEPENDENCE STUDY CONSENT FORM FOR SUPPORTERS OF INTERVIEW PARTICIPANTS

**Please tick**

- ☐ I have had this research explained to me.
- ☐ I have been able to ask questions and have them answered.
- ☐ I understand what is expected of me as a support person of the interview participant (help him / her express their own views).
- ☐ I will support the interview participant to speak up at the interview.
- ☐ I will not speak for the interview participant I support unless invited to do so by him / her.
- ☐ I will not speak for the other interview participants and the IRN co – researcher.
- ☐ I understand that the interview will be recorded using audio equipment.
- ☐ I will not talk about what goes on in the meeting to other people.
- ☐ I agree to take part in this project.

Signed: \_\_\_\_\_

Printed name: \_\_\_\_\_

Date: \_\_\_\_\_

# **Home and Independence Study Inclusive Research Network**

## **Home and Independence Study Inclusive Research Network**

### **INTERVIEW GUIDE**



# Home and Independence Study Inclusive Research Network

I'm going to ask you some questions about you.

You don't have to answer them if you don't want to.



You can stop answering them at any time.

1. What is your name? \_\_\_\_\_



We will use a different name in the study so nobody else knows what you have told us.

2. Please tick whether person is a man or a woman



Man ☐



Woman ☐

3. Would you mind telling me your date of birth?



Day\_\_\_\_ Month\_\_\_\_ Year\_\_\_\_



If the person does not answer, you can ask "how old are you?"

# Home and Independence Study Inclusive Research Network

4. Where do you live now? (name of city/town) \_\_\_\_\_

Is that a...



City \_\_\_\_

Town \_\_\_\_

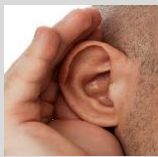
Countryside \_\_\_\_

5. Are you originally from there?

YES

NO, where are you from? \_\_\_\_\_

6. The place where you live now:



Listen carefully to what the person says!

Is that...?



Your family Home \_\_\_\_



A flat/apartment \_\_\_\_



A home with 10 or more other people \_\_\_\_



A group home \_\_\_\_



Your house \_\_\_\_

Other place \_\_\_\_



# Home and Independence Study Inclusive Research Network

7. Are you living on your own or with others? (share the house)\_\_\_\_\_



On your own \_\_\_\_

With others \_\_\_\_

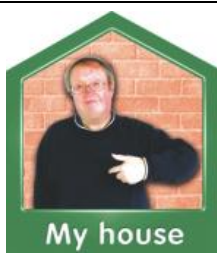
Who are they?

If the person does not answer, ask them if they are family, friends or flat mates?

How many live in the house including you?

Did you choose the people you live with?

8. Would you mind telling me if you own the house where you live?



My house



Yes, I own the house\_\_\_\_\_

No, I rent the house

\_\_\_\_\_

Other people own the house

\_\_\_\_\_



Keep in mind that some people get the disability allowance.

# Home and Independence Study Inclusive Research Network

I'm going to ask you some questions about school and work.

You don't have to answer them if you don't want to.



You can stop answering them at any time.

## 1. Have you been in School or are you in School?

Yes \_\_\_\_\_

No \_\_\_\_\_

Can you tell me about the  
time you spent at school?

What did you do instead of  
going to school?

Was that a special school  
for people with disabilities or  
a school for all children?

Special school \_\_\_\_\_

School for all children \_\_\_\_\_



## 2. Are you working right now?

Yes

No

Can you tell us about your  
work?

Have you worked before?

Paid \_\_\_\_\_

Unpaid \_\_\_\_\_

\_\_\_\_\_

Paid \_\_\_\_\_

Unpaid \_\_\_\_\_

## **Home and Independence Study Inclusive Research Network**

You have done very well. Do you want to take a break now or do you want to continue with the questions?



If the person wants to take a break, you can say: “Ok, we can stop now and we’ll continue in 5 minutes here”.

If the person is happy to continue now, go to the next page.

# Home and Independence Study Inclusive Research Network

I'm going to ask you questions now about the places where you have lived before you moved to this house.

I'm going to show you some pictures. In which place did you live last?



I have always lived in my family home \_\_\_\_\_

**NOTE: If the participant has only ever lived in a family home please go directly to page 73**

In your family home \_\_\_\_



In a place with 10 or more other people \_\_\_\_



Alone or with your partner in a flat/apartment \_\_\_\_

With flatmates in a flat or apartment \_\_\_\_



In a group home \_\_\_\_

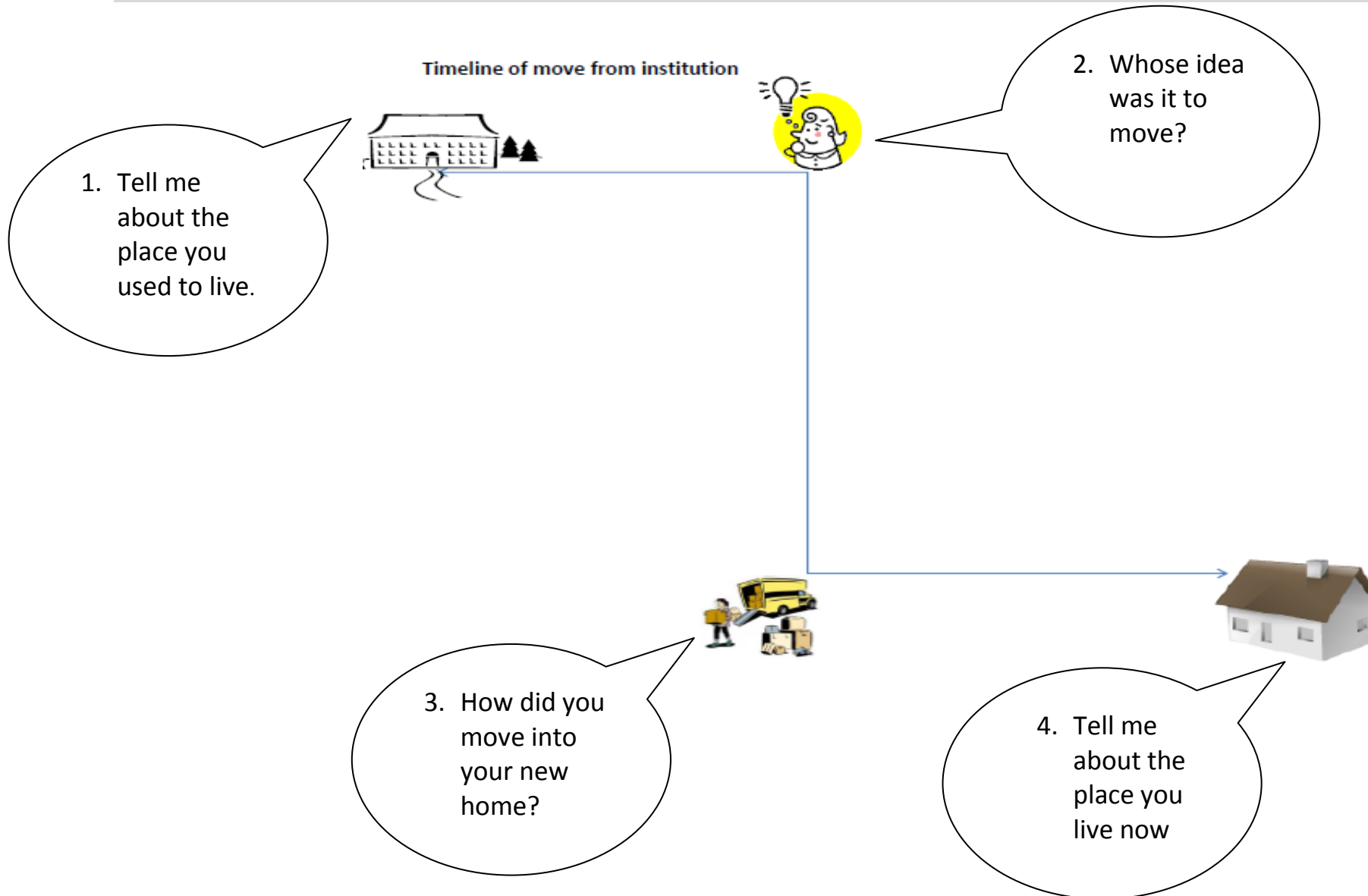
In other places (name them) \_\_\_\_\_

How many different places have you lived over the years?

Which place was the best to live? Why?

# Home and Independence Study Inclusive Research Network

I'm going to ask you questions now about when you moved to the place where you live now.



# Home and Independence Study Inclusive Research Network

Now I would like to ask you about the place where you used to live before moving where you live now.

1. What was good about those places?



---

2. What wasn't good about those places?



---

3. Anything else you would like to say?



---

# Home and Independence Study Inclusive Research Network

I am now going to ask you questions about the time when you moved places. You don't have to answer them if you don't want to. You can stop answering them at any time.

1. Did you have a choice about staying or moving out?



2. Did you want to move out?

Yes \_\_\_\_

No \_\_\_\_



If the person does not answer, you can ask:

Did the place close?

Did the staff tell you that you had to move?

Did your family tell you that you have to move?

Before you moved to the place where you live now...

1. Can you tell me how it all happened?

2. How long were you waiting before you actually moved?

## Home and Independence Study Inclusive Research Network

3. How did you feel about the support you got to move?

4. Did you choose where you live now?

5. Why did you pick this place? \_\_\_\_\_

6. Did you get to see the place before you moved? \_\_\_\_\_



You have done very well. Do you want to take a break now or do you want to continue with the questions?



If the person wants to take a break, you can say: "Ok, we can stop now and we'll continue in 5 minutes here".

If the person is happy to continue now, go to the next page.



# Home and Independence Study Inclusive Research Network

Is the place where you live now better?

Yes \_\_\_\_\_

Why is it better?



If the person does not know what to answer, ask:

Is the place less busy, less quiet, you like the house, the people, the staff?

If the person answers NO

Why is it not better?



If the person does not know what to answer, ask:

Is the place as busy, as quiet as before, you don't like the house, the people, the staff?

If the person answers SAME

Why is it the same?



dreamstime.com



If the person does not know what to answer, ask:

Is the place as busy, as quiet as before, you don't like the house, the people, the staff?

# Home and Independence Study Inclusive Research Network

Would you like to move to a different place?

Yes       

No       

If the person answers YES,

Where would you like to move?



You are doing very well. Do you want to take a break now or do you want to continue with the questions?



If the person wants to take a break say “Ok, we can stop for 5 minutes”.

If the person is happy to continue now, go to the next page.

# Home and Independence Study Inclusive Research Network

I'm going to ask you questions now about the support you get where you live.

1. How many people do you have supporting you? \_\_\_\_\_

2. How do you get on with them? \_\_\_\_\_

3. Did you choose your own support?

4. Are you happy with the support you get?



Yes	No
What makes you feel happy about the support?	Would you like to change anything?

5. Who are the people supporting you?

\_\_\_\_\_

# Home and Independence Study Inclusive Research Network

## 6. What do they provide support for?

Let's take a few minutes to fill out this diary. Are there activities you do on certain days of the week? (for example, work, sport, grocery shopping, daily routines). Do you have support to do any of these activities?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



If the person does not answer, you can ask them if they get support with cooking, cleaning, tidying up my room etc..

## 7. What are you looking for in a supporter? \_\_\_\_\_



If the person does not answer, prompt for 'being respectful, being friendly, have a good sense of humour, help to make decisions'.

## 8. Is there any other support you need to live more independently?

## 9. Have you heard of the UN convention on the rights of persons with disabilities?

Yes

No

You have the right to choose where you live and who you live with!

We have finished! Thank you very much

# Home and Independence Study Inclusive Research Network

## Resources for Mental Health

### First point of contact:

Anyone who feels distressed can contact their doctor to talk ask for advice about services and supports.

### Other services and supports include:

1. **Aware:** This service aims “to create a society where people with depression and their families are understood and supported, are free from stigma and have access to a broad range of appropriate therapies to enable them to reach their full potential.”

#### Contact Information

Website: [www.aware.ie](http://www.aware.ie)

Helpline: 1890 303 302

Email: [wecanhelp@aware.ie](mailto:wecanhelp@aware.ie)

2. **Grow** is a voluntary mental health organization that helps people who are experiencing mental health problems.

#### Contact Information

Website: [www.grow.ie/](http://www.grow.ie/)

Phone: 1890 474 474

Email: [info@grow.ie](mailto:info@grow.ie)

3. **Limerick Mental Health Association:** This organization is connected to the national voluntary organization Mental Health Ireland. *“The aims are to promote positive mental health and support people who experience mental health difficulties”*

#### Contact Information

Website: <http://www.lkmentalhealth.ie/index.htm>

Phone: 061-446786

Email: [info@LKmentalhealth.ie](mailto:info@LKmentalhealth.ie)

4. **Pieta House** offers counseling and support services to people in mental health crisis.

#### Contact Information

Website: [www.pieta.ie](http://www.pieta.ie)

Phone: 353 (01) 601 0000

Email: [mary@pieta.ie](mailto:mary@pieta.ie)

5. **The Samaritans** offers private emotional support, 24 hours a day for people who are feel distressed”

#### Contact Information

Website:

[http://www.samaritans.org/talk\\_to\\_someone/find\\_my\\_local\\_branch/ireland.aspx](http://www.samaritans.org/talk_to_someone/find_my_local_branch/ireland.aspx)

Phone: 1850 60 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)