

# IncludeAge

Inclusion of **diverse older people** in community and public places and virtual spaces

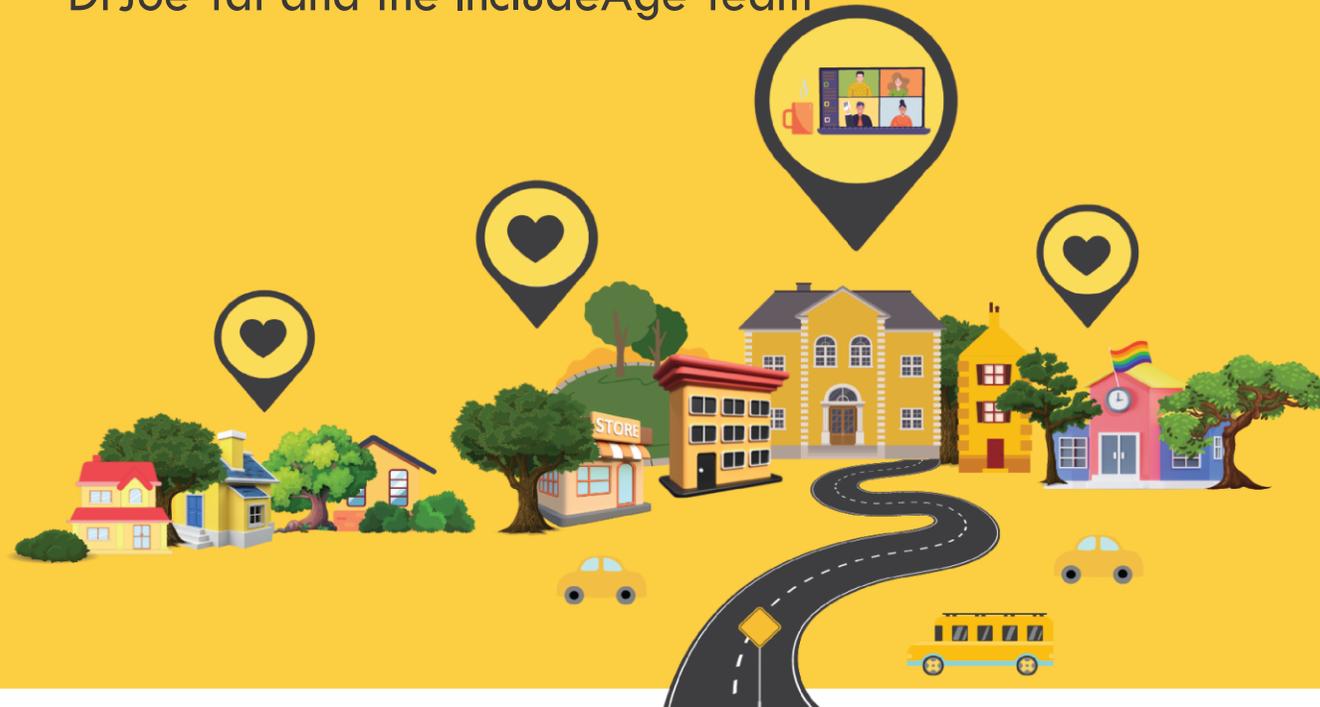
## Co-researching with older people with learning disabilities:

### Processes and practices

12<sup>th</sup> November 2025

Prof Judith Sixsmith

DrJoe Tai and the IncludeAge Team



# Project Team

## Academic Team

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- Dr M. Fang, **Co-PI**, Simon Fraser Univ, Canada
- Prof K. Almack, Co-I, Univ Hertfordshire, England
- Prof D. Chadwick, Co-I, Liverpool John Moores Univ, England
- Dr S. Buell, Co-I, Univ Dundee
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- Dr J. Breckenridge, Univ Dundee
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- Dr S. Levy, Co-I, Univ Dundee
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- T. Dixon, Univ Dundee

## Community/Third Sector Team

- Sarah Offley, Dudley Voices for Choice
- Pat Scrutton, Intergenerational National Network
- Bob Green, Tonic Housing
- Anna Marriott, National Development Team for Inclusion
- Philip Gosling, Regard
- Leon Hamilton and Angela Ross, Out of the Box
- Prof Ben Thomas, London South Bank Univ
- Ruth Callander, Scottish Commission for Learning Disabilities
- Grace Cardozo & Annie Wild, Sleeping Giants

## Research Staff

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- Dr R. Vytņiorgu, Univ Hertfordshire
- Dr J. Tai, Univ Dundee
- Joanna Gregory, Liverpool John Moores Univ
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## Co-researchers

- Sallie Johnson
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- Shaun Webster
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University  
of Dundee

University of  
Hertfordshire **UH**



sleeping  
**GIANTS**

**INN**  
Intergenerational National Network



**Regard :)**

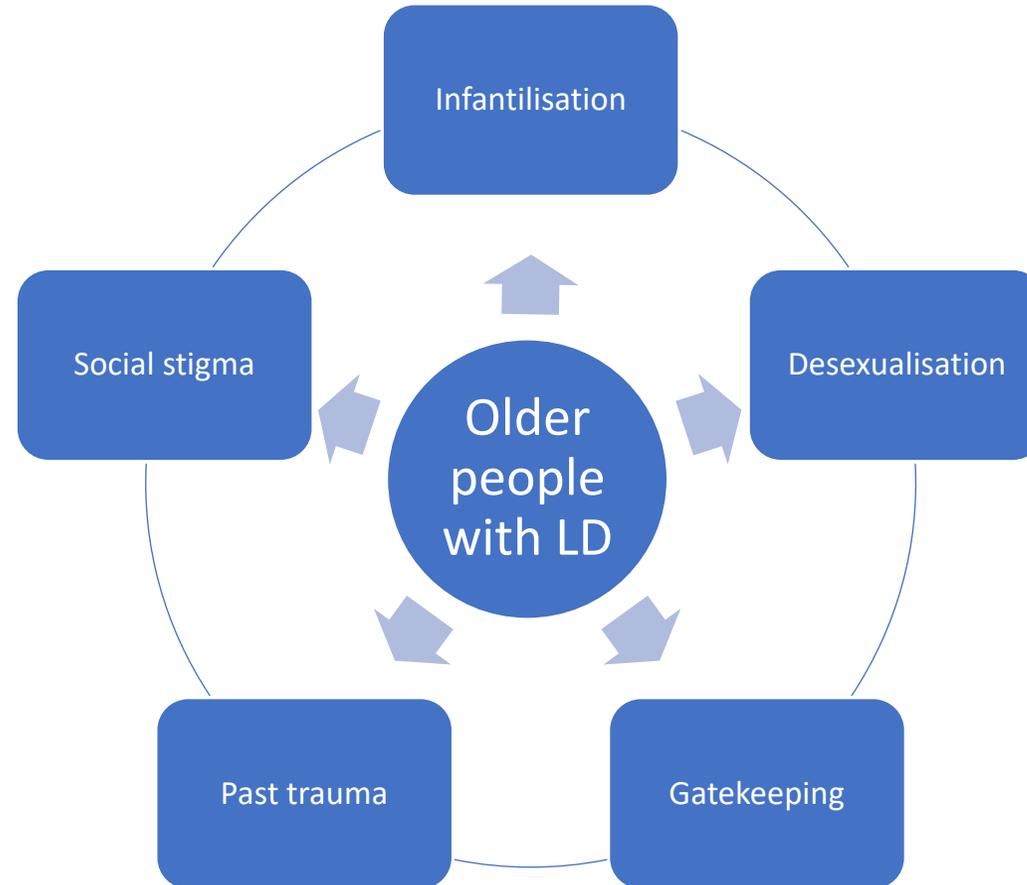
outsidethebox



# The IncludeAge Project



# The problem of intersectional discrimination:



# Methods

England, Scotland Wales  
Life Course interviews

LGBT+ 76 / **LD 78**

The place study : 770 submissions

Social network mapping

LGBT+ 11 / LD 6 - ongoing

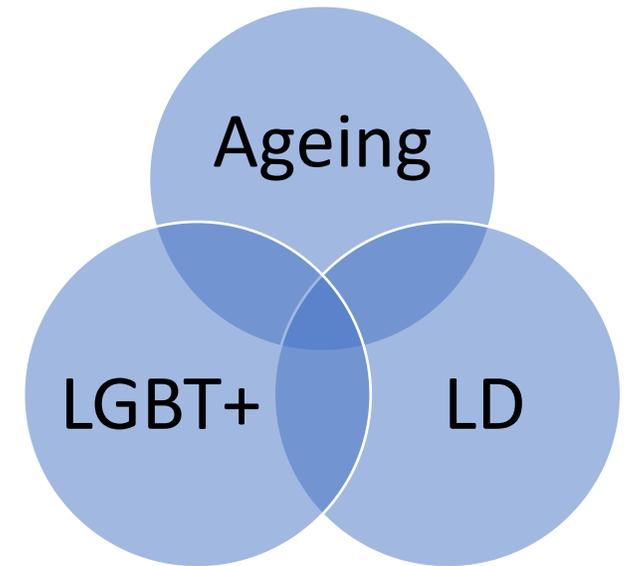
Organisational interviews

N=65/80

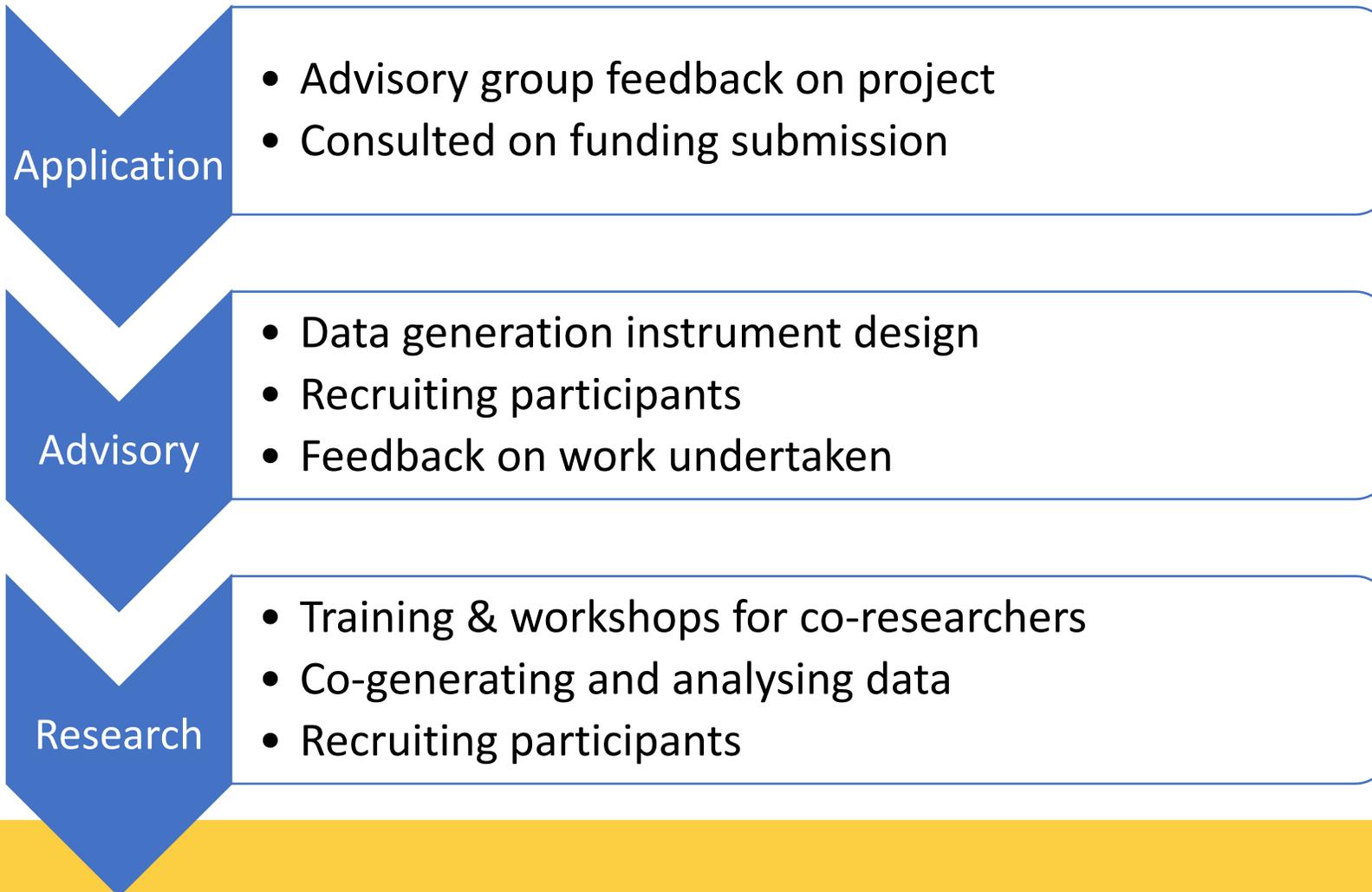
**Reflexive Thematic Co-Analysis**

# What is IncludeAge?

- Exploring the challenges of community inclusion of older people who
  - Are LGBT+
  - Have a Learning Disability (LD)
- What does community inclusion mean to them?
- Experiences of online and physical places and spaces
- How have their life courses affected their understanding of their present?
- Exploration of intersectionality
  - Recognition of heterogeneity amongst diverse groups



# Inclusive processes



# Inclusive practice: What have we done?

- Accessible formats:
  - Newsletters
  - Website
  - Volunteer agreements (co-researchers)
- **Safe and accessible meeting:**
  - **Always hybridised where possible**
- Balancing:
  - Formal and informal
  - Taking time and meeting targets
  - Keeping thing simple and capturing nuance

14:26 Mon, 18 Sept 92%

IncludeAge Place Study

### Record some things about the place

How do you feel right now in this place? Please select all that apply

Excited Accepted Happy Confident Relaxed

Comfortable Scared Sad Nervous Embarrassed

Uncomfortable Self-conscious Unsure

And/or enter your own words below

And/or enter your own words below what you notice about the place you're in. For example, what you think, feel, see or even smell

or use the button below to record what you notice about the place you're in [up to 3 minutes]

If you feel comfortable and safe to do so, please take a photo of something that shows your experience of being in this place

3 of 3

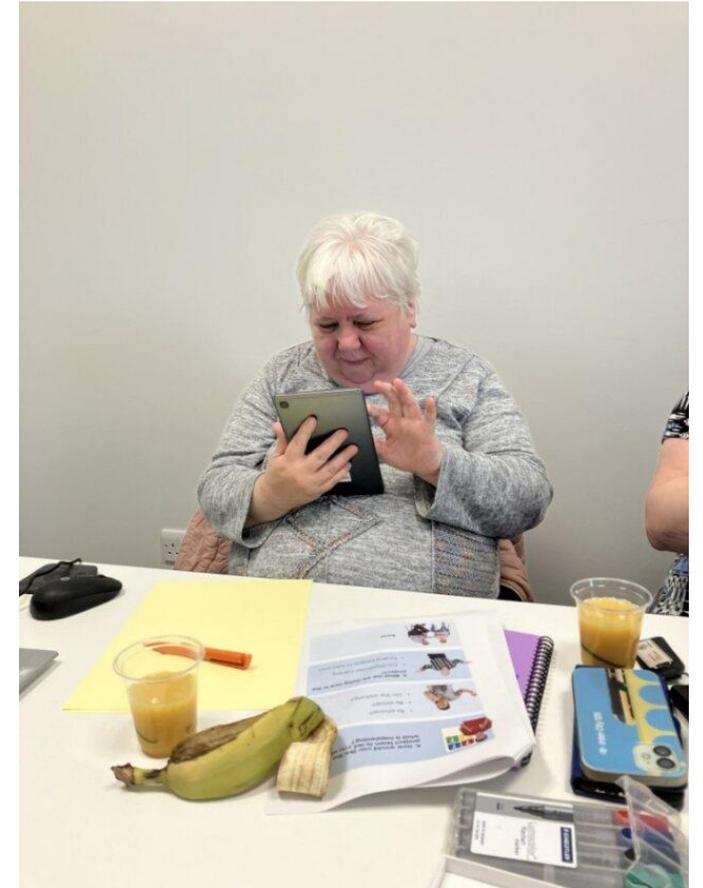
## Inclusive practice: Working with co-researchers

- Experiential training:
  - Co-researchers = lived experience
  - Exchange of skills and experiences
- Regular supervisions:
  - Trauma-informed
  - Interviews can be distressing
  - Sharing
    - Difficulties
    - Reflections
    - New approaches



## Getting things right takes time

- Delays in:
  - Website launch
  - First data generation stage
- LGBT+ aspect faster-paced than LD:
  - 20 vs 8 interviews
  - Interviews, informed consent
  - Co-researcher training
- Vetting documents and materials:
  - Updates, interview topic guides, software
  - **Producing in accessible format**



## Moving forward

- Bringing together LD and LGBT+
  - Advisory groups
  - Co-researchers
  - 23<sup>rd</sup> & 24<sup>th</sup> May
- Co-analysis workshops
- Knowledge Cafes
- Website hard launch 14<sup>th</sup> March





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- Pat Scrutton, Co-I, Intergenerational National Network
- Ruth Callander, Co-I, Scottish Commission for People with Learning Disabilities
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