**A: Text for poster advert**

**Exploring the preferences of carers for support**

This research explores the preferences that carers of older adults have towards support. Specifically, it seeks to analyse patterns in preferences across carers in Scotland and any connections between the characteristics of a carers and their preference. The goal of the research is to find out how to health and social care planners can better support carers in the vital work they do.

**Interested in taking part?**

-You should have a family member or friend who is disabled, old or ill

-You should provide regular support or assistance

-You should reside in []

This study will involve a one-off focus group in February 2018. You will receive reasonable travel costs and refreshments for participating.

This research is part of a PhD project by Nadine Thomas, University of Stirling

Supervisors: Alison Bowes and Alison Dawson.

This project has been ethically approved through the University of Stirling General University Ethics Pane. Ethics Approval Reference: [insert].

**To register your interest, or for more information, please contact Nadine Thomas on 01786 466 682  or** **nadine.thomas@stir.ac.uk**

# **B: Participant Information Sheet**

Date of focus group: []

Time of focus group []

Location: []

**Exploring carers preferences for support**

Thank you for your interest in the research project. Before you take part I would like you to understand why I am doing this research, and how you will be involved. This is your information sheet to keep and read through in your own time to help prepare for your participation. I will read this to you before the focus group, but if you have any questions in the meantime, please contact me using the details below.

**What is the aim of the project?**

This research explores the preferences that carers of older adults have towards support. Specifically, I am interested in any patterns in preferences across carers in Scotland and any connections between the characteristics of a carers and their preference. I aim to understand how to better support carers, and how health and social care planners can use resources they have to do so.

**How will I be involved?**

You have been asked to participate in this project because you provide substantial and regular support to a family member or friend. I would like to collect your views about what is important to you when choosing support/ services for yourself.

* Your participation would involve one focus group. The focus group will last approximately 1h 30. In the focus group, you will be asked to describe the support/ services you currently access, and to comment on some factors carers might consider when choosing support. There will be up to 5 other people in your discussion group who are also carers. I will facilitate the group discussion and take notes.

The focus group will take place at the time and date outlined above. You will be reimbursed for travel expenses up to the value of £10. Refreshments will be available from [].

* **Do I need to take part?**
* No. Yourparticipation is voluntary, you are not obliged to take part or to answer any question you do not wish to, and you can stop or withdraw at any time.  If you do decide to take part, you can withdraw your participation at any time without needing to explain this decision to me. It will not affect your relationship with Shared Care Scotland or the University of Stirling. You can also withdraw your data within the timeframe of the project (until September 2019).

**How will the information be used?**

Your viewpoints will be used to select factors to include in the design of choice questionnaire. This questionnaire will be sent to carers across Scotland in Spring 2018. The results of this survey will be used in my PhD thesis, conference presentations, academic publications and recommendations for policy-makers.

The research data will be kept anonymous as you will be described using a number in focus group transcripts. Personal/confidential information will be stored anonymously and only the researcher will have access to this information on university secure platforms. With your consent, I will audio record the discussion for future reference. Once this recording is uploaded onto the university system for me to transcribe, this will be deleted from the recording device.

Under UK law, confidentiality will be upheld unless in exceptional circumstances in which you indicate harm to yourself or others. In this case, I have an obligation to report this to my supervisors. I will not do this without informing you first. Due to the nature of this research, it is very likely that other researchers may find the data to be useful in answering other research questions. We will ask for your explicit consent for your data to be shared in this way and, if you agree, we will ensure that the data collected is untraceable back to you before letting others use it.

This project has been ethically approved via The University of Stirling General University Ethics Panel. If you would like to discuss the research with someone, or have any concerns, please do not hesitate to contact:

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| --- | --- |
| **Nadine Thomas****Telephone:** 01786 466 682  **Email:** nadine.thomas@stir.ac.uk  | **Alison Bowes****Telephone:** 01786 467731  **Email:** a.m.bowes@stir.ac.uk |

# **C: Participant Consent Form**

Research Project Title: Exploring carers preferences for support

|  |
| --- |
| Please initial box |
| I confirm that I have read and understood the information sheet ‘Exploring Carers Preferences for Support” explaining the above research project and I have had the opportunity to ask questions about the project |  |
| I understand that my participation is voluntary and that I am free to withdraw at any time during the study and withdraw my data before 1st September 2019 without giving a reason, and without any penalty. |  |
| I understand that my responses will be kept anonymous and I give permission for the researcher to have access to my anonymised responses. |  |
| I consent to being audio-recorded during the focus group. |  |
| I understand how my audio file will be used in research outputs. I am aware that I will not be named in any research outputs but I could be identified by people I know through the stories I tell. |  |
| I agree for my personal data to be kept in a secure database so I can be contacted about the outcome of the focus group. |  |
| I agree to take part in this study |  |

**Name of Participant Signature:**

**Date:** Click here to enter a date

**Name of Researcher Signature:**

**Date:** Click here to enter a date

 **D: Participant Debriefing Sheet**

Thank you for participating in this research project. Your contribution to the design of the survey is important for ensuring rigorous results to better understand the preferences of adult carers for support.

Your views will be used in a survey that will distributed later this year to carers. You will be able to access a copy of this survey. It will also be used in my postgraduate thesis, and academic conferences. The University of Stirling is committed to making the outputs of research publically accessible and supports this commitment through our online open access repository STORRE. Unless publisher requirements prevent us this research will be publicly disseminated through our open access repository.

Once again, I would like to thank you for your participation and remind you that if you have any questions about the research or any queries, please feel free to contact me by phone 01786 466 682  or email nadine.thomas@stir.ac.uk.

**E: Focus group schedule**

* Welcome and introduction: researcher will review information sheet and consent
* Ice breaker activity: participants will introduce themselves using a game and explain about their situation and what they wish to get out of their participation
* Exercise I: participants will be asked to describe what support means to them in turn
* Exercise II: participants will be presented with cards with attributes taken from literature asked to provide spontaneous associations (below)
* Exercise III: participants will be asked to in two groups rank order the cards as part of a ‘thinking aloud’ exercise and note down any others that they feel should be included in the list
* Debrief: researcher will review debrief sheet check that all receipts are collected for travel claims
* Refreshments and time for further questions/ concerns

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| What | Rest | Activity based | Specialist service |
| With whom | The person I care for | Another friend or family member  | Alone |
| Where | Respite accommodation | Care home | Someone else’s home |
| When | Morning/ Afternoon | All day | All night |
| How often | Weekly | Monthly | Yearly |
| Willingness to wait | 1 week | 2 weeks | 1 month |