



Take part in research into Rights-based Rehabilitation!

Are you a disabled person who
has experienced rehabilitation?

Your views and experiences
could help shape future
rehabilitation policy and practice.



Hello. I'm Harriet Cooper and I'm doing research at the University of East Anglia into disabled people's experiences of rehabilitation. I have a personal experience of rehabilitation for hemiplegia.

A group of disabled people who have experienced rehabilitation is helping to make decisions about what this research should investigate and how.

What is the research for?

I am trying to find out about disabled people's experiences of the process of rehabilitation, in order to understand how disabled people can be involved in shaping rehabilitation services.

What do you mean by 'rehabilitation'?

Rehabilitation includes:

- physiotherapy, occupational therapy, speech and language therapy
- rehabilitation medicine and nursing
- rehabilitation counselling and psychology
- using wheelchair services
- training for use of other assistive devices
- experience of using orthotics and prosthetics
- another type of rehabilitation for a physical or sensory impairment.

Rehabilitation may have taken place at any stage of your life. You may have been an inpatient or an outpatient.

How can people participate?

I am interested in talking to disabled people who would like share their views on, and experiences of, rehabilitation.

You could take part in a one-to-one interview, or participate in a focus group – a group discussion with a few other people.

I am also holding a creative writing workshop on the theme of rehabilitation.

How will the information I gather be used?

I will **write about what people say** in my PhD thesis and in publications, but I will **not use anyone's real name** and will remove any information that could be used to identify people.

How could your contribution be important?

I want to gather views, opinions and experiences from people from all walks of life. By taking part, your contribution could help to shape rehabilitation policies and practices to ensure that they take account of what disabled people think.

Are there any risks to you?

The risks to you are low. You might find it upsetting to recall your experiences of rehabilitation. If you do, I will refer you to appropriate support services. You can take a break at any time or change your mind about taking part.

This research has received ethical approval from the Health Research Authority.

After the interview or focus group, you will be offered a £10 voucher as a thank you for your time.

If you would like further information, or to have a conversation about what is involved in taking part, please contact Harriet Cooper.

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If you need additional support or adjustments to be able to take part, please contact Harriet, so that appropriate arrangements can be made.