



# Research Fact Sheets Series

Fact Sheet #2

## Research and Researchers

### What is research?

Research tries to answer certain questions so that we get a better understanding of the world and how it works. The Centre for Inclusion and Citizenship focuses\* on social research, things that have to do with people, how we support them and how we live together in our communities. We especially look at how services, supports and policies can be developed to promote the full inclusion and citizenship of people with intellectual disabilities and their families.

Research is done in a planned, thoughtful and careful way. There are different ways to collect information used in research. The CIC uses different ways of gathering information for research. Two common methods we use are:

- Quantitative Methods that measure the quantity, intensity, and/or frequency of an experience, event or occurrence\* and the factors that influence these experiences. Surveys are often used in quantitative research.
- Qualitative Methods that aim to understand what people think about things or to hear their stories. Researchers using this method usually talk to people either alone or in groups (called a focus group).

For each research project the Centre for Inclusion and Citizenship focuses on these four core principles\*:

1. Purpose. This describes the topic or research question being asked, the goals and why is it important.
2. Partnerships. These are the people, groups of people or organizations involved in the research project. These can include community partners, researchers, participants, funders, and advisory groups.



3. Process. The process explains how the research will be done and what methods will be used.
4. Products. These are materials created by the project and can include reports, booklets, presentations, videos, guides & manuals, recommendations, discussion papers.

All of the projects done by the CIC have these four principles in mind and share a common goal to promote and advance the inclusion and citizenship of people with intellectual disabilities across the lifespan.

## Research and People with Intellectual Disabilities

'Nothing About us Without Us', is a famous slogan used by people with disabilities in their fight for self-determination and civil rights. This statement is a reminder that historically persons with intellectual and developmental disabilities have had regrettably [sadly] few opportunities to say what they think about things that affect them. The Centre for Inclusion and Citizenship conducts research to promote the inclusion and full citizenship of people with intellectual disabilities and their families locally, nationally and globally. The CIC makes every effort to involve people with disabilities and their families in our research and knowledge exchange activities.

### Who does research?

We all do research every day in little ways. The Centre for Inclusion and Citizenship is made up of people from universities, community service agencies, government, people in multiple communities, self advocates and family members. All of these people help with the research we do.

### Where is research done?

Research can be done anywhere. The CIC does research all over BC as well as nationally and internationally. We try to involve people from many different communities so that we learn about people's experiences across the province and the rest of the world.

## What type of research does the CIC do?

The Centre for Inclusion and Citizenship does different types of research but mostly undertakes something called community engaged\* research. This is an approach where community members are considered part of the research team. They help decide the purpose of the research, the way the research will be done, and what actions they want to take once we have the results. This is a community-led form of research aimed\* to assist the community in finding solutions to problems they have identified themselves.

*"Research can sometimes seem complicated and it needs to be explained in ways that everyone can understand."*

*-Barb Goode, Plain Language  
Research consultant*

### Why is research important?

Research is important because it can:

- help us understand community living issues
- look closely at problems within systems
- help us figure out ways to make positive changes
- be used to advocate for change; research gives us information about how things could be improved
- provide evidence that can inform policy and practice
- help us build stronger communities

\*Starred words are explained using plain language in the Fact Sheet Series Glossary on the CIC website: [cic.arts.ubc.ca](http://cic.arts.ubc.ca)

If you need any help to read or understand this document please ask someone for support. You can also call or email the Centre for Inclusion and Citizenship to ask questions.

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