Involving elderly persons in research projects

How to involve elderly persons in the research projects?

Recruiting seniors to research projects is challenging. When growing older the daily routines take longer and elderly are more conscious with how they want to spend their time, it should be useful and enjoyable for them. They are also very much caught up in daily routines.

**Introduction**

Contact and address through key persons - Create trust.

Make social events - involve the elderly persons.

Provide positive reinforcement - be trained for the work with the users to ensure a common approach.

Respect the elderly’s privacy.

Acknowledge and address the elderly’s diversity.

**Project personnel should**

- Treat the senior person respectfully.
- Provide support to the senior person.
- Meet the interests of the senior.
- Respect the elderly’s privacy.
- Acknowledge and address the elderly’s diversity.
- Provide useful activities that meet the interest of the seniors.
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- Many seniors do not like taking financial risks. Seniors are afraid to only be seen as a consumer.

**Provide Support**

- Elderly think they profit more from personal instructors than from manuals.
- Helpline.
- “Step by step” manuals.
- Improving skills creates confidence.
- Attend to the users till they feel confident.

**Meet the interests of the senior**

- Elderly are very much influenced by their own experience and by other people’s recommendations.
- Many seniors do not like taking financial risks. Seniors are afraid to only be seen as a consumer.
- Provide useful activities that meet the interest of the seniors.

*Join-In - Senior Citizens Overcoming Barriers by Joining Fun Activities*

http://www.join-in-for-all.eu/

http://joininproject.wordpress.com/