



## GREY MATTERS

### A Guide to Collaborative Research with Seniors

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# Section 2

## Research Methods Manual

For the next four chapters (3–6), we move to a manual format, a do-it-yourself guide for inquiry and research. We use the terms “you” to denote that *you* are doing the work in each of the methods.

This book is designed as a course so that it can be used in sequence or you can use it as a reference manual using specific chapters of interest. Some groups or individuals may use the materials to guide independent inquiry or research, choosing the tools that best suits their needs. Others will invite a mentor, such as a retired academic, to work with them in designing a research project and learning the specific skills needed to carry out the project. Academics may use these chapters to train seniors to work alongside them in developing and carrying out research about seniors. Students may find these chapters very helpful in creating collaborative inquiry projects and research with seniors as part of their education. Several of these

chapters have already been adapted by other groups wanting to do collaborative research.

Each chapter follows the same format:

- Introduction and when to do this type of research,
- Recruitment of participants,
- Roles as a researcher
- Collecting data,
- Analysis,
- Interpreting and presenting your findings,
- Ethical issues and approval,
- Suggestions for training seniors as researchers,
- Summary, and
- References.