



GREY MATTERS

A Guide to Collaborative Research with Seniors

Nancy Marlett and Claudia Emes

ISBN 978-1-55238-536-4

THIS BOOK IS AN OPEN ACCESS E-BOOK. It is an electronic version of a book that can be purchased in physical form through any bookseller or on-line retailer, or from our distributors. Please support this open access publication by requesting that your university purchase a print copy of this book, or by purchasing a copy yourself. If you have any questions, please contact us at ucpress@ucalgary.ca

Cover Art: The artwork on the cover of this book is not open access and falls under traditional copyright provisions; it cannot be reproduced in any way without written permission of the artists and their agents. The cover can be displayed as a complete cover image for the purposes of publicizing this work, but the artwork cannot be extracted from the context of the cover of this specific work without breaching the artist's copyright.

COPYRIGHT NOTICE: This open-access work is published under a Creative Commons licence.

This means that you are free to copy, distribute, display or perform the work as long as you clearly attribute the work to its authors and publisher, that you do not use this work for any commercial gain in any form, and that you in no way alter, transform, or build on the work outside of its use in normal academic scholarship without our express permission. If you want to reuse or distribute the work, you must inform its new audience of the licence terms of this work. For more information, see details of the Creative Commons licence at: <http://creativecommons.org/licenses/by-nc-nd/3.0/>

UNDER THE CREATIVE COMMONS LICENCE YOU **MAY**:

- read and store this document free of charge;
- distribute it for personal use free of charge;
- print sections of the work for personal use;
- read or perform parts of the work in a context where no financial transactions take place.

UNDER THE CREATIVE COMMONS LICENCE YOU **MAY NOT**:

- gain financially from the work in any way;
- sell the work or seek monies in relation to the distribution of the work;
- use the work in any commercial activity of any kind;
- profit a third party indirectly via use or distribution of the work;
- distribute in or through a commercial body (with the exception of academic usage within educational institutions such as schools and universities);
- reproduce, distribute, or store the cover image outside of its function as a cover of this work;
- alter or build on the work outside of normal academic scholarship.

Contents

Acknowledgments	ix
The Kerby Centre of Excellence	xiii
Prologue: Seniors' Collaborative Research Manual	xv
SECTION 1: The Reason for the Book. How It Came to Be	1
1. Make Room for Seniors: Research with, for, and by Aging Adults	3
2. Resilience and Seniors: What We Did and What We Learned about Doing Research	33
SECTION 2: Research Methods Manual	55
3. Field Research	57
4. Interviews and Questionnaires	77
5. Focus Group Research	103
6. Narrative Research	129
SECTION 3: Conducting Inquiries and Research	151
7. READY: Setting the Agenda for Your Research	155
8. SET: Creating Your Research Proposal	171
9. GO: Conducting Research and Sharing Results	189
Further Readings and Resources	201
Appendices	
Appendix 1: Resilience as Social Capital: Lessons from Older Adults	205
Appendix 2: Handout of Basic Principles of PAR	227
Appendix 3: Sites and Sources: Seniors and Resilience Research Proposal	231
Appendix 4: Observation Workbook for Field-Work	247
Appendix 5: Focus Group Training Notes	253
Appendix 6: An Example of a Structured Workbook Approach to Focus Groups	261

Appendix 7: Follow-Up Focus Group to Discuss Rural Resilience Findings	263
Appendix 8: Report of the Focus Group Meeting with CJCA Seniors Club	271
Appendix 9: Narrative Interview Guide	279
Appendix 10: Examining Social Problems	289
Appendix 11: Navigating the “Seven C’s”: Curiosity, Confirmation, Comparison, Changing, Collaborating, Critiquing, and Combinations	301
Appendix 12: Elder Self-Neglect: Project Description	311
Glossary of Terms	323
List of Figures	
1. Participatory Action Research processes.	19
2. PAR-informed inquiry-based training.	23
3. Organizational chart for research.	41
4. Sample of photo information with codes: Snowbirds documentary.	68