



## GREY MATTERS

### A Guide to Collaborative Research with Seniors

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# Appendix 4

## Observation Workbook for Field-Work

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Team: \_\_\_\_\_

Going into the ‘field,’ to settings where seniors gather, to observe what is happening there. Record what you see, not what you think is happening!

## **A. Description of the Site**

Name and address of site:

Dates of observations/collections

Relationship of observer to site/collection

What is generally done here?

Who is being observed and why?

What is the role of the seniors/staff/others?



## Evaluation of Your Observation Experience

- How did you feel recording and what were people's reactions to you? How did you handle inquiries, etc.?
- What were the major challenges to getting good data in this process?
- What do you think you learned about healthy aging from doing this observation?
- What did you learn about yourself as a researcher from doing this observation?
- How might this work for other seniors, what might have to be changed to make it more enjoyable and productive as a research process?

*It sure is good to talk about this;  
it's funny how great it feels to know you  
had the same experience. Don't try to stop  
us; we need to do this, we can handle it.*

*(CP 2004)*



**Janice Kinch**

*This project was learning in action – for all of us. The importance of community collaboration and participation are key to health, health care, and justice for all. The learning from the project has stayed with me and found a way into my life as an educator and as an aging woman every day.*