



UNIVERSITY OF CALGARY

University of Calgary

PRISM: University of Calgary's Digital Repository

University of Calgary Press

University of Calgary Press Open Access Books

2010

Grey Matters: a guide to collaborative research with seniors

Marlett, Nancy; Emes, Claudia

University of Calgary Press

Marlett, N. & Emes, C. "Grey Matters: a guide to collaborative research with seniors". University of Calgary Press, Calgary, Alberta, 2010.

<http://hdl.handle.net/1880/48236>

book

<http://creativecommons.org/licenses/by-nc-nd/3.0/>

Attribution Non-Commercial No Derivatives 3.0 Unported

Downloaded from PRISM: <https://prism.ucalgary.ca>



GREY MATTERS

A GUIDE TO COLLABORATIVE RESEARCH WITH SENIORS

Nancy Marlett and Claudia Emes

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.

Appendix 6

An Example of a Structured Workbook Approach to Focus Groups

Resilience and Seniors in Rural Communities

“Resilience is like living on a bungee cord, bouncing back from adversity”

Your facilitators for the day: Dr. Joan Ryan (emeritus professor from the University of Calgary) Dr. Nancy Marlett, and seniors research facilitators from the Kerby Centre of Excellence.

- An invitation to explore resilience in everyday life and research
- Sponsored by the Town of Cochrane, Kerby Centre of Excellence, Canadian Institutes of Health

Feel free to write a resilience story in each of the boxes.

When and where did you first learn about resilience?

School and sports stories about resilience

Family Members

Personal stories responding to adversity.

Community/group stories of resilience

What strengthens resilience?

What weakens resilience?