



## GREY MATTERS

### A Guide to Collaborative Research with Seniors

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# 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?