



WHAT DO WE MEAN WHEN WE SAY...

# COMMUNITY-BASED PARTICIPATORY ACTION RESEARCH?

It means we directly **involve** and **collaborate** with the community that is at the centre of the issue; for us that means the older adults who are part of the **411 Seniors Centre Society** in Vancouver, BC

It means that we are using **research methods** to study an issue for the purpose of **action** or **change**

#### Research methods can include things like:

- Focus group discussions
- Interviews with older adults, program staff, and other stakeholders
- Observations on how older adults make use of the 411
- Surveys to gather viewpoints and perspectives

#### The information we gather from our research can be used by the 411 for things like:

- Evaluating current programs and services to see if they are meeting the needs of the community
- Identify future initiatives and directions
- Provide evidence to support a campaign
- Increase understanding of an issue or problem impacting older adults



Research done **with** older adults;  
not **on** older adults  
Older adults determine the **priorities**;  
not researchers  
Results are **transformative**;  
not merely for information's-sake  
Older adults are **empowered**;  
through building up knowledge and skills