



questions for researchers and health workers

We sometimes make assumptions about each other, our role and about the best way to do research. When working in partnership, recognising, sharing and questioning our assumptions improves teamwork.

So, here are some questions to help researchers and health workers co-design and co-deliver research. You might find co-design isn't the right approach.

The questions build on existing resources [see page 4] and from conversations with consumers, workers and researchers. The questions sit alongside the [National Statement for Ethical Conduct in Human Research](#).

assess the fit

What's our understanding of co-design and co-delivery in research?

How much co-design is possible?

Read: [Shades of Co-design](#) [1]

What else is happening for consumers, carers and communities right now?

How could the power differences between me/us and community members impact the work?

Can we commit to making decisions together with people with lived experience, every step of the way? yes no unsure

Is the research suited to co-design and co-delivery with people with lived experience, health workers and others? yes no unsure

Does the research need a culturally specific or community-specific approach? yes no unsure

Have people with lived experience been harmed or let down by research? yes no unsure

If so, how will we change our approach?

Am I / are we the right people to be leading this work? yes no unsure

explore your resources, intentions and constraints

Am I / are we open to different perspectives and changing how we work?

e.g. our approach, priorities, meetings, processes, the activities we want to do

How will we involve consumers and carers from the beginning, in priority setting and planning the project?

What time and budget do we have?

What rules will shape how we work as a team?

Are there limits on how we can recognise consumers' and carers' time and contributions?

Am I / are we seeing consumers and carers as participants, as colleagues and partners or something else? [2]

What discussions have we had about each other's roles, skills and interests?

consumers and carers included

What do consumers and carers say they need to be part of the team?

How will we check-in with each other and come back to [the key principles](#)?

See: our tool to check-in with each other, "how are we going?".

references

- [1] Blomkamp, E. (2024). Shades of Co-Design. Retrieved from <https://emmablomkamp.com/blog/shades-of-co-design>
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