

Plain English Summary

Public and Community Involvement and Engagement (PCIE) Strategy for NIHR Policy Research Unit in Healthy Ageing¹ Plain English Summary

January 2024 – December 2028

NIHR Policy Research Unit in Healthy Ageing

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¹ Formerly the NIHR Policy Research Unit in Older People and Frailty (2019-2024).

Introduction and Overview

The Policy Research Unit in Healthy Ageing answers important questions about health policies quickly and looks ahead to future challenges. Our public and community involvement and engagement (PCIE) activities aim to make our research visible, accessible, and responsive to the needs of the public, professionals and their communities.

This plan explains how the National Institute of Health and Care Research (NIHR) Policy Research Unit in Healthy Ageing (HAPRU) will involve people with different lived and living experiences in our work. These people might be health and social care professionals, or people living in communities who have experiences and insight that are important to us. We want to make sure we hear and include different viewpoints. We also want our research to be easy to see, understand and use for everyone.

We follow certain rules to involve and engage the public in our research. We aim to include everyone, especially those who are usually left out. We also try to reduce any barriers that might stop people from participating by working closely with community groups.

Our PCIE activities were developed with our community partners and follow the UK standards, which focus on:

- **Inclusive Opportunities:** Making sure everyone has a chance to join in.
- **Working Together:** Building flexibly and helpful partnerships.
- **Support for Learning:** Helping people learn new skills and grow.
- **Governance:** Ensuring good organisation and decision-making.
- **Communicating:** Sharing information clearly and creating trust.
- **Impact:** Work together to make older people's lives better.

We do this through community partnerships and through our strong local, regional and national networks. These networks were developed over many years, and through our previous work in the Policy Research Unit in Older People and Frailty. We have lots of different methods to reach out to the public and different community groups to inform our healthy ageing policy research.

Our Goals and Steps

Goals

- To make sure we include the public and community in our research, when possible.
- To set up clear and open ways for people to get involved.
- To make our research easy to find and understand for everyone.
- To focus on including everyone, especially those who are often left out.

Steps

- To create and regularly update ways we learn about the different experiences of people and healthy ageing.
- To give the public chances to share their ideas and check our work, using our partnerships and networks.
- To find ways to ensure our research addresses the needs and priorities of the public and communities.
- To have meaningful conversations with the public, communities, and professionals about healthy aging research.
- To produce and share information that is easy to understand for everyone, including policymakers, practitioners, the public and communities.

Working Together and Including Everyone

We will work with many important groups and people including:

- The public and communities.
- Interest groups and advocates.
- Researchers and healthcare professionals.
- Voluntary, community and faith groups.

Our work reaches across the whole country through our partnerships with the Newcastle Elders Council, the Greater Manchester Older People's Network and VOICE Global. These partnerships help us stay connected and consistent in our approach, plus helps us share and learn from one another. Together we created a plan for working based on the UK standards for public involvement. Our team members regularly meet with these partners to share ideas and plan our work. These

meetings help us include people's experiences and views in our research as well as help us design, develop and deliver our work.

Putting our plan into action

We will put our plan into action through each project we deliver as well as across our whole body of work. To check we are achieving our goals we will check with our partners and in our research, learning and making changes as needed.

Videos

To watch video examples of how we have worked with experts by experience in the past, and our plans for working in the future please follow the links below.

Experts by Experience Personal Stories

Jamil talks about the importance of peer-to-peer interactions to make connections with communities: [Jamil – Connecting with Communities: Peer to Peer](#)

Gill talks about bringing lived experience to policy research:

[Gill – Bringing Lived Experience to Policy Research](#)

Gerry talks about contributing lived experience to research and how it built his confidence: [Gerry – Bringing Lived Experience to Policy Research](#)

Sarah talks about the importance of trust, her role in research and how this gave her a sense of achievement: [Sarah – Bringing Lived Experience to Policy Research](#)

John talks about learning more about himself and how he can manage his own addiction and mental health better: [John – Bringing Lived Experience to Policy Research](#)

Experts by Experience

[Working with Experts by Experience in Policy Research \(HAPRU\)](#)

[Engaging Older People in Policy Research \(HAPRU\)](#)

PCIE Collaboration Partnerships

[Greater Manchester Older People's Network – Collaborating with Policy Research \(HAPRU\)](#)

[Newcastle Elders Council – Collaborating with Policy Research \(HAPRU\)](#)

This document is available in large print.

**Please contact the NIHR Policy Research Unit in
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