

# Why should people with intellectual disabilities participate in research?

This poster is part of the “Research course for persons with intellectual disabilities» in Norway – No 2.

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During the course design phase, we posed several questions to one another regarding research participation, such as:

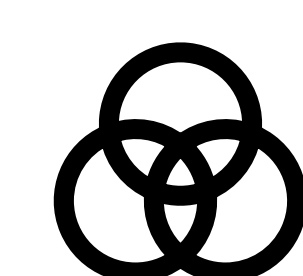
- What does it mean that everyone have the equal right to participate?
- What does it take for a person with intellectual disability to participate in research?
- Can everyone get a chance to participate in research?
- How can researchers obtain insights into the perspectives of individuals with intellectual disabilities?

During the course, we took the following approach to the topic:

- We shared our questions with the students
- We talked about these questions with the students.
- We created a task that explore the theme of leisure time.
- This task allowed us to reflect on the importance of combining researchers' knowledge with co-researchers' lived experiences.

Despite having different starting point – one based on books and the others on experience – we found ourselves discussing similar topics.

We talked for example about:



**Equality:** According to the article 3.3 of the Convention on the Rights of Persons with Disabilities everyone has the right to participate in society. *By becoming co-researchers, persons with intellectual disabilities can actively participate in society. Because everyone is equally valuable, and everyone should be heard.*



**Quality:** Research that is relevant for everyday life of persons with intellectual disabilities should reflect their experiences and perspectives. *Co-researchers, who have personal experiences with the themes being studied, can know better what is important for other persons with intellectual disabilities*



**Voice:** Participating in research empowers persons with intellectual disabilities to influence and make a difference in policy and services. *A co-researchers have opportunity to shape what is research about. They can make impact on society and their everyday life.*