

Research Leaflet

Technologies That Matter:
Care, technology and living a good life



Understanding how people use technologies
to live their best lives!



**This leaflet is in
Easy Read**

Introduction



This leaflet is for people interested in taking part in a research study.



This project is for people who have **care and support needs**. It is about how they **use technology** to help them.



This leaflet is in **Easy Read**. Easy Read makes information accessible for people with learning disabilities. We do this by using **Plain English and pictures**.



This research is being done by the **University of Sheffield**. It has been **co-designed** by people who receive care and support and their caring networks.

Help us understand how people use technologies to live their best lives!

Who can take part?



Researchers want to talk to people who receive care and support in their daily life. And their friends or family members

Why are we doing this project?



The project will **find out** how people use **different technologies** in ways that help their well-being.



We are doing this research to **start conversations** about technology and care.



We want to explore different possibilities and how people **already use** technology.

What technology?

We want to **know about** all the **technology** you use. Devices designed for health and care and things like smartphones and 'gadgets'



Things we want to find out



How these technologies support and help people to do things that make them happy



Are there any barriers for people who want to use technology?



Does using technology bring any risks?



How do technologies affect people's relationships, support needs, and employment?

What will taking part look like?



Our research will take place through **interviews**. They will be done by **our researchers Kate Hamblin and Grace Whitfield**



Interviews will be **relaxed and fun**. They will take between **30-60 minutes**. There will be **3 or 4** interviews. You will **choose** when and where we talk



We will **talk** about **ways you use technology**, what you think about technology and if this changes over time.



We would like you to **keep notes** about how you use technology. You can do this in **fun** ways! using things like a diary, photos or drawings.

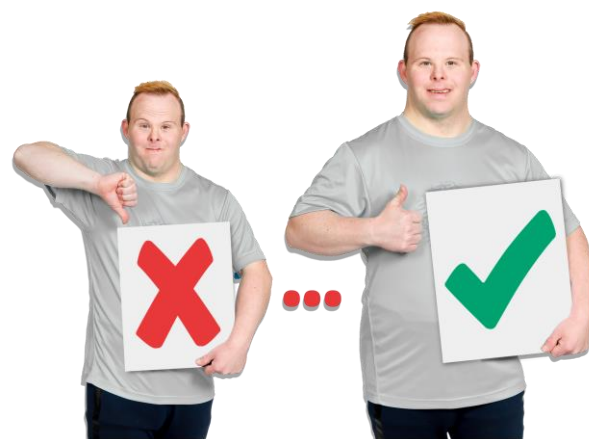


We want to interview 3 or 4 **friends and family** of people receiving care. This will help include the **support networks** of the people using care services.



This will **help us understand** how technology helps people keep in touch, **communicate**, and interact day to day.

What are the benefits of taking part?



To **thank you** for taking part, we will **pay** you for your time and travel expenses

Your **contribution** to this project will help **make things better** for people who receive care



You can **write** for our **website** and **take part** in a **podcast** if you would like to.



Your contribution will make this research better. And **help answer important questions** about technology.

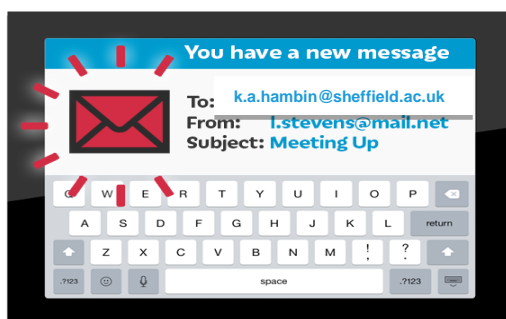
Extra Information and Contact Details



Two organisations, **Think Local Act Personal** and the **Centre for Care** have worked together with **Sheffield University** on this project.



There are **other details** not in this Easy Read Leaflet to keep it accessible. If you would like to read the full version please contact us.



If you are interested in taking part in this research or have any questions about it **please contact Kate or Grace**

The researchers working on this project are



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Thankyou to Sheffield Voices for translating this leaflet into Easy Read.