

## Get in touch

To find out about the possibilities and opportunities that getting involved in research offers, speak to your local ENRICH lead (below) who can offer support with some of the following:

- News about upcoming research taking part in your local area and advice on how research can work around your schedule
- Advice on consent procedures
- Help with decision making about whether a study is right for your home or village
- Invitations to events about research taking place locally and the latest findings that might impact on your work
- Help with conversations between you and the study team

For more information please contact Claire Cox, ENRICH contact for Kent, Surrey and Sussex .

E: [crnkss.studysupport@nihr.ac.uk](mailto:crnkss.studysupport@nihr.ac.uk)

Web: [www.enrich.nihr.ac.uk/](http://www.enrich.nihr.ac.uk/)  
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## Dementia research

Join Dementia Research is a NIHR website that makes it easy for anyone to register their interest in taking part in dementia research.

People with dementia or memory problems, their carers and anyone who is interested can sign up.

Once registered, a researcher will be in touch when an appropriate study opens.

You can decide whether to take part in individual studies, with no obligation.

Visit:  
[www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)  
for more information

# Enabling Research in Care Homes

For Registered Managers, managers and owners



The 'Enabling Research in Care Homes' (ENRICH) Network provides support to care homes across the UK in order to help them understand what research is, what benefits research brings and how to get involved.

ENRICH is part of the National Institute for Health Research (NIHR), which is the largest funder of health and social care research in England.

ENRICH brings together care home staff, residents and their families with researchers. We help you make the most of research and help researchers set up and run studies effectively and collaboratively in care homes.

## What is research?

Research is for everyone. You may not realise it, but you do a type of research in your day-to-day life, you just might not call it that. You investigate things like what car to buy, the best restaurants to go to and which school might be best for your children. You have questions and you seek answers by investigating in order to make a decision. This is research.

Research can be a survey, a group discussion or testing out a new activity like introducing regular visits from a local school or testing a new bathing device.

Health and care research is a team effort which needs residents, staff, managers and researchers to take part together.

## Benefits of taking part in research

Taking part in research shows you are open to new ideas and ways of delivering the best care. Furthermore, getting involved can lead to benefits for your residents, staff and your business. Research provides:

- Better knowledge of treatment and care decisions
- Career development opportunities
- Improved role satisfaction
- Increased staff retention
- An alternative perspective

## Benefits for residents

- Gives back control allowing them to feel like they are contributing to the future
- Encourages residents to find out more about their conditions and how they might help others through research
- Provides an effective voice for residents, families and staff whose views may have been previously unheard

## Benefits for staff

- An opportunity to have a conversation about practices and procedures
- An opportunity to learn more about the latest treatments and care

- An opportunity to improve the quality of life of residents
- An opportunity to discover and shape new treatments, devices and find better ways to do things

Working with researchers also provides an opportunity to improve the relationships between your business and local health and social care services.

## Benefits of signing up to the ENRICH network

Nearly 700 care homes are already involved with the ENRICH Network. It is free to join.

Being part of the network will provide you with:

- Information and opportunities to take part in suitable research

- Opportunities to share best practice about resident care and using evidence to improve practice
- The latest information and updates on dementia and the research community
- Professional development opportunities
- Education and training
- Information about the outcomes of research and how it might affect you

Taking part means that you will not only be a voice that helps improve health and social care research, but also how it might look in the future.

Homes that sign up will receive a "NIHR Research Ready Care Home" certificate.

