



Community Change Lab Research Trees

**People First's Research and Innovation Hub –
research by people for the people.**

What is a Research Tree?



A research tree is a diagram that explores a topic that someone might want to research.

Each research tree has three parts – a trunk, the roots and the branches.



What is a Research Tree?

- The branches and leaves show what other issues are created by the problem.
- These help us to understand the impact of the problem and why it has to be solved.

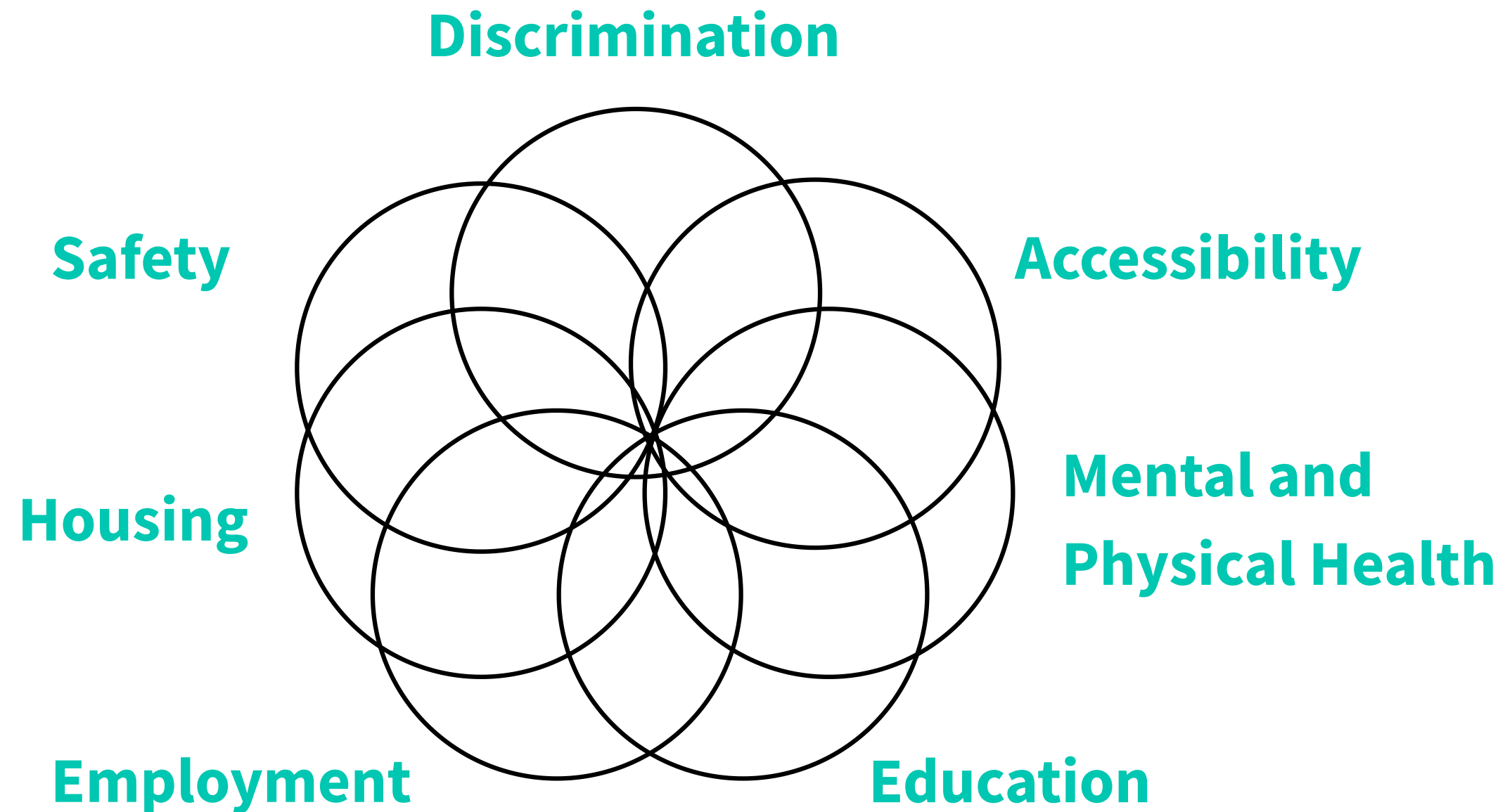


The trunk shows the problem we might want to research. These are usually large and solid problems that show what is going on.

- The roots show the things that are creating that problem.
- These help us to understand why the problem exists.
- Each one of these roots could be a piece of research.
- Reducing the causes of the issue is a really practical way of making change happen.



Our Core Team identified a lot of problems that face people with learning disabilities and we realised they all overlap with one another as shown in the diagram below.





In the next few pages we have drawn a research tree for each of these problems.

As they overlap you will see a lot of repeated themes.

We would love to know if you find these research trees useful and what you would add to them.

Research Tree 1: Accessibility

What happens as a result?

- No access to services
- Incorrect assessment of needs
- Incorrect solutions
- Inequality and exclusion
- Isolation
- Feelings of frustration, depression, unfairness
- Poor self worth
- Lack of independence
- No improvements to health and wellbeing



People with learning disabilities are not able to access services.

What causes this problem?

- Poor service information
- Poor physical access
- Poor / no communication
- Lack of time in appointment
- Practitioners make assumptions
- Assessments are not accurate
- Choices made for people with learning disabilities
- Practitioners talk over / beyond people with learning disabilities
- Lack of understanding of the Accessible Information Standard
- Lack of co-design



Research Tree 2: Health



What happens as a result?

- Illnesses not diagnosed
- Incorrect treatments
- Mental and physical health gets worse
- Live shorter lives
- Inequality and exclusion
- isolation
- Feelings of frustration, depression, unfairness
- Lack of independence



People with learning disabilities have worse health than people without learning disabilities

What causes this problem?

- Health not assessed or diagnosed properly
- Poor communication
- Poor service information
- Appointments not accessible or long enough
- Get less routine health checks
- Less opportunity to lead healthy lives
- More likely to have more than one health issue
- Poor staff training
- Discrimination
- Lack of co-design and co-research



Research Tree 3: Education



What happens as a result?

- Unable to learn
- Unable to gain qualifications
- Limited literacy and numeracy limits engagement in other services
- Unable to get a job
- Unable to earn a living
- Inequality and exclusion
- isolation
- feelings of frustration, depression, unfairness
- Lack of independence



People with learning disabilities have worse educational outcomes than people without learning disabilities

What causes this problem?

- Learning disability not diagnosed early enough
- lack of specialist support and resources
- Inaccessible teaching method or curriculum
- Limited access to assistive technology
- Physical access to educational places
- Financial barriers to private support
- poor teacher training
- Discrimination
- Lack of co-design and co-research



Research Tree 4: Employment



What happens as a result?

- Unemployment
- Low level employment
- Unable to earn a living
- Inequality and exclusion
- Isolation
- Feelings of frustration, depression, unfairness
- Poor self-worth
- Lack of independence



People with learning disabilities are less likely to be employed than people without learning disabilities

What causes this problem?

- Employers lack awareness or discriminate
- Lack of education and experience
- Recruitment processes are not accessible
- Lack of workplace support
- Difficulties travelling to work place
- Lack of co-design and co-research



Research Tree 5: Housing



What happens as a result?

- Unemployment
- Low level employment
- Unable to earn a living
- Inequality and exclusion
- Isolation
- Feelings of frustration, depression, unfairness
- Poor self-worth
- Lack of independence



People with learning disabilities find it difficult to secure appropriate housing

What happens as a result?

- Increased risk of homelessness
- Social isolation
- Poor physical health
- Poor mental health and wellbeing
- Placement in inappropriate settings
- Lack of choice
- Inequality and exclusion
- Isolation
- Feelings of frustration, depression, unfairness
- Poor self-worth



Research Tree 6: Safety



What happens as a result?

- Anxiety
- Not going out - isolation
- Reduced social life and activity
- Missed appointments
- Reduced quality of life
- Feelings of frustration, depression and unfairness
- inequality and exclusion



People with learning disabilities may not feel safe to go out where they live

What causes this problem?

- Risk of bullying and harrassment
- Risk of discrimination and stigma
- Being ignored
- Communication barriers
- Lack of accessible information
- More vulnerable to exploitation and abuse
- Limited trust in people and organisations
- Lack of public awareness
- Lack of co-research



Research Tree 7: Discrimination



What happens as a result?

- Anxiety
- Not going out - isolation
- Reduced social life
- Reduced activity
- Missed appointments
- Reduced quality of life
- Feelings of frustration, depression and unfairness



People without learning disabilities can discriminate against people with learning disabilities

What causes this problem?

- Lack of understanding and awareness
- Lack of communication skills
- Lack of accessible information
- Inaccessible environments
- Stereotypes and stigma
- Fear of difference
- Power imbalances
- Cultural values and norms
- Media stories
- Lack of training about learning disabilities for professionals
- Lack of co-research



We're about to start our co-research, with people with lived experience of learning disabilities, people with service experience and people with academic experience coming together to research these important topics.



Our next step is to find out which of these topics have been researched before so we don't repeat anything.

Then we need to decide which one of these trees we should research first, and which root or branch to tackle.

If you would like to join our Community Change Lab research team, please drop us a line.