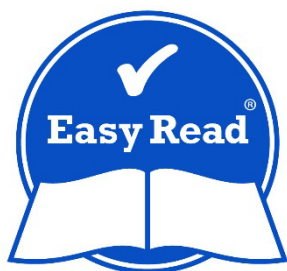


Making disability research more inclusive

A guide for researchers from the National Disability Data Asset

Easy Read version



How to use this guide



We are the Disability-informed Ethical Oversight Panel.

We check that research projects will work well for people with disability.

We wrote this guide.



We wrote some words in **bold**.

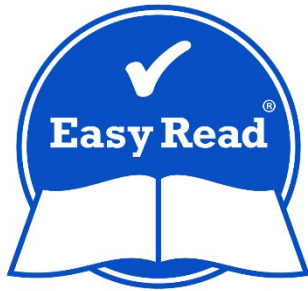
We explain what these words mean.

There is also a list of these words on page [19](#).



You can ask someone you trust for support to:

- read this guide
- find more information.



This is an Easy Read summary of another guide.

It only includes the most important ideas.



You can find the other guide on our website.

[www.ndda.gov.au/research-projects/
inclusive-research](http://www.ndda.gov.au/research-projects/inclusive-research)

What's in this guide?

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About our guide



We made this guide to help the work of the National Disability Data Asset.



The National Disability Data Asset brings together **data** about all Australians.



Data includes information and facts we collect to help us learn about something.



You can find out more about the National Disability Data Asset on their website.

www.ndda.gov.au



We want all researchers to use this guide to make research more **inclusive**.



When something is inclusive, everyone:

- can take part
- feels like they belong.



Our guide includes 3 main ideas.



We explain these main ideas on the following pages.

1. Disability in research

How researchers talk about people with disability



Researchers need to talk about disability in a way that shows respect.

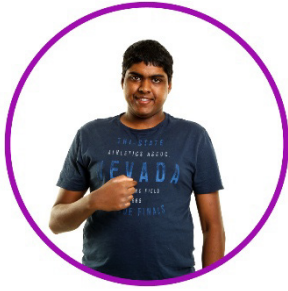


Some people prefer **person-first language**.



Person-first language is when someone wants people to see them as a person first before their disability.

For example, a person with disability.



Some people prefer **identity-first language**.



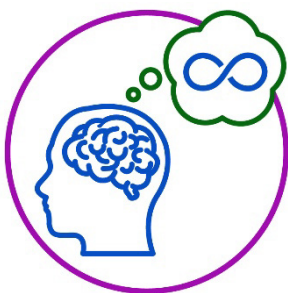
Identity-first language is when someone wants people to see their disability as part of who they are.

For example, a disabled person.

How researchers talk about neurodiversity



Researchers need to understand and accept **neurodiversity**.



Neurodiversity means that people's brains work in different ways.



Researchers should talk about neurodiversity as a strength.

How researchers think about disability



Researchers need to use the **social model of disability**.



The social model of disability says people with disability face challenges because of how our world is designed.

Their challenges are not because of their disability.

How researchers work with people with disability



Researchers need to use the **human rights models of disability**.



The human rights model of disability says people with disability should be treated:

- fairly
- with respect.



Researchers need to work with people with disability.



This includes making sure people with disability have a say on:

- the research
- decisions about the topics.

2. Trauma in research

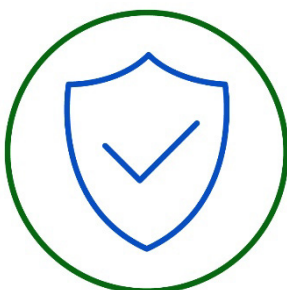


Trauma is a very bad experience that can affect how someone feels or behaves for a long time.

Sometimes trauma is more than one bad experience.



Researchers need to show respect to people who have experienced trauma.



Researchers need to make sure people feel safe when they take part in research.

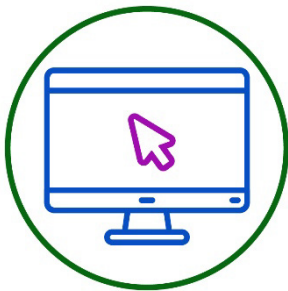
Researchers can build trust with people by:



- being open and honest



- working with people with disability.



You can get support if you've experienced trauma.

You can find a list of supports on page [15](#).

3. Intersectionality in research



Intersectionality is about understanding how different parts of a person's life can affect their experiences.

For example, a person who:



- is Chinese
- and
- has a disability.



Researchers need to understand how intersectionality can affect their research.



Researchers should include people with different ideas and experiences in their research.

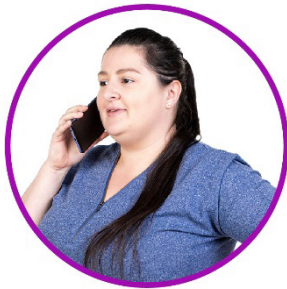


This includes working closely with communities so they can lead the research together.



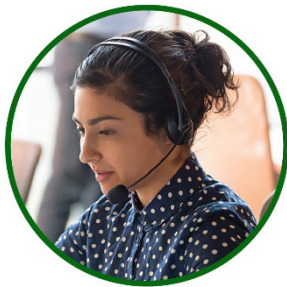
Researchers should also make sure they don't let their own beliefs affect their research.

Where you can get support



There are services you can contact if you need support.

Beyond Blue



Beyond Blue is a service that can support people with their **mental health**.



Your mental health is about how you:

- think and feel about yourself
- deal with events and experiences in your life
- manage your feelings.



You can call Beyond Blue anytime.

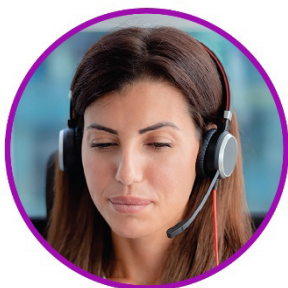
1300 224 636



You can visit their website.

www.beyondblue.org.au

Lifeline



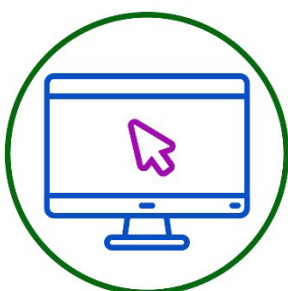
Lifeline supports anyone who feels very worried and upset.

They also provide services to help stop people from ending their own life.



You can call Lifeline anytime.

13 11 14



You can visit their website.

www.lifeline.org.au

Triple Zero



If you or someone you know is having a health **emergency**, always call Triple Zero.

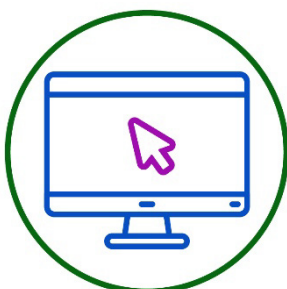


An emergency is a dangerous situation that no one expects to happen.



You can call triple Zero anytime.

000

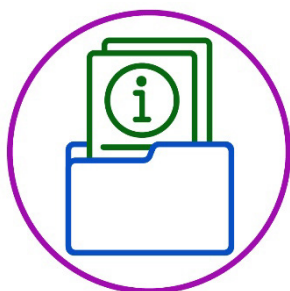


You can visit their website.

www.triplezero.gov.au

Word list

This list explains what the **bold** words in this guide mean.



Data

Data includes information and facts we collect to help us learn about something.



Emergency

An emergency is a dangerous situation that no one expects to happen.



Human rights model of disability

The human rights model of disability says people with disability should be treated:

- fairly
- with respect.



Identity-first language

Identity-first language is when someone wants people to see their disability as part of who they are.

For example, a disabled person.



Inclusive

When something is inclusive, everyone:

- can take part
- feels like they belong.



Intersectionality

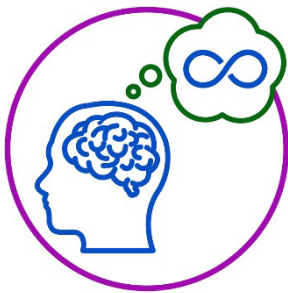
Intersectionality is about understanding how different parts of a person's life can affect their experiences.

Mental health



Your mental health is about how you:

- think and feel about yourself
- deal with events and experiences in your life
- manage your feelings.



Neurodiversity

Neurodiversity means that people's brains work in different ways.



Person-first language

Person-first language is when someone wants people to see them as a person first before their disability.

For example, a person with disability.

Social model of disability



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Their challenges are not because of their disability.

Trauma



Trauma is a very bad experience that can affect how someone feels or behaves for a long time.

Sometimes trauma is more than one bad experience.

How to contact us

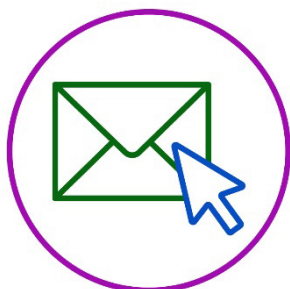


If you want to find out more about the National Disability Data Asset, you can contact us.



You can visit our website.

www.ndda.gov.au



You can send us an email.

NDDA@health.gov.au



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Quote job number 6467.