



Fraser Health Authority Long-Term Care & Assisted Living MicroResearch

FREE hybrid online/in-person workshops, coaching & grants for community-led research

What? MicroResearch brings together small diverse teams creating community-led research to address local issues via workshops with hands-on proposal development, coaching, and grants.

Why? MicroResearch typically focuses on informing practical, grassroots-level evidence-based solutions to benefit communities. It fosters collaboration, networking, and shared learning.

Who? Anyone wanting to improve the quality of care and quality of life in long-term care and assisted living (LTCAL) can join as an individual or group - healthcare providers, leaders, and members of the public, including residents, family care partners, volunteers, and students. Researchers from trainees to professors are also welcome to join as participants or coaches. Workshops are led by Fraser Health's LTCAL Research Unit and [MicroResearch Canada](#).

Where? Workshops are hybrid format online (MS Teams) or in-person (Central City Tower Suite 400, 13450-102 Ave Surrey, BC V3T 0H1 Canada) based on your preferred format to participate.

When? The MicroResearch workshops will be held from November 15 to December 6, 2024 (schedule for ten morning sessions outlined on the following page).

How to participate? There are flexible options based on your interest and availability. Lectures starting each session will be recorded allowing for asynchronous, flexible learning.

- Team member (full-time): learn about research, develop a research proposal; participate in all sessions (or as much as possible) and get a certificate.
- Team member (part-time): co-create a research proposal; join sessions in schedule shaded in grey (flexible timing; lecture recordings available).
- Coach: experienced researcher or LTCAL knowledge expert supporting a research team to develop a research proposal; support sessions in schedule shaded in grey.
- Audit the course: participate in sessions of interest per availability (very flexible).
- Panel Judge: providing feedback on research proposals on Friday, December 6, 2024.

How to register? Please register as soon as possible since spots are filled on a first-come basis. Don't hesitate to reach out for more information and express interest in future workshops if you might be interested in engaging in other learning and research opportunities.

Contact Janice Sorensen, Leader Clinical Research in LTCAL at Fraser Health with any questions and to register at 778-776-5580 or janice.sorensen@fraserhealth.ca

Fraser Health Authority Long-Term Care & Assisted Living MicroResearch Workshop Schedule

Date	Time	Session Topics / Activities
Day 1 Friday Nov. 15, 2024	9 to 11:30 am <i>(recorded)</i>	Introductions & Objectives, Using the Internet/library Defining a Research Question Participants select a research question
Day 2 Monday Nov 18, 2024	9 to 11 am <i>(recorded)</i>	Research Tools I – Qualitative Challenges in Research
	11 am to 1 pm Teamwork	Form groups & discuss project ideas Choose research question
Day 3 Wednesday Nov. 20, 2024	9 to 12 pm <i>(recorded)</i>	Research Tools II – Quantitative Getting started on the MR project
	12 to 1 pm Teamwork	<i>Teams present chosen research question to class</i> Meet coach and refine question
Day 4 Thursday Nov. 21, 2024	9 to 11 am <i>(recorded)</i>	Research Tools III - Sampling and statistics How to get published
	11 am to 1 pm Teamwork	Refine proposal with coach
Day 5 Friday Nov. 22, 2024	9 to 11 am <i>(recorded)</i>	Knowledge Translation Community Engagement
	11 am to 1 pm Teamwork	<i>Teams present refined research question to class</i> Refine proposal with coach
Day 6 Thursday Nov. 28, 2024	9 to 11 am <i>(recorded)</i>	Oral and Poster Communication Preparing a research budget
	11 am to 1 pm Teamwork	Refine proposal with coach
Day 7 Friday Nov. 29, 2024	9 to 11 am <i>(recorded)</i>	Research Ethics Research into Policy
	11 am to 1 pm Teamwork	Refine proposal with coach
Day 8 Monday Dec. 2, 2024	9 to 11 am <i>(recorded)</i>	Writing a Report Writing an Abstract
	11 am to 1 pm Teamwork	Refine proposal with coach
Day 9 Thursday Dec. 5, 2024	9 to 11 am <i>(recorded)</i>	How to write a grant Time management
	11 am to 1 pm Teamwork	Prepare and practice presentation
Day 10 Friday Dec. 6, 2024	12 to 3 pm	Presentations by teams Receive feedback from panel Certificate announcements