



Impact of Public Involvement in Research

Involving Mid-Older LGBT+ People in Research: The IncludeAge Project

IncludeAge explores how LGBT+ people aged 40+ experience community, belonging, and exclusion, aiming to inform more inclusive policy and practice grounded in lived experience.

LGBT+ co-researchers were recruited and trained to help design the study, conduct interviews, analyse data, and shape how findings were shared. They worked closely with the academic team, community advisory groups and partner organisations.

Their involvement broadened the reach of the research, strengthened recruitment, and ensured the analysis reflected authentic lived experiences. Co-researchers also shaped workshops, exhibitions and training resources that translated findings into practical tools.

This collaboration moved the project toward a more **rights-based approach** and made the final outputs more **relevant, inclusive, and impactful** for LGBT+ communities.



Illustrations by Joel Cooper from composite vignettes which were co-produced with the co-researchers

'I feel more connected to the past, present and future in ways I had not expected. I am not as alone as I thought I was, sharing memories, thoughts and feelings similar to my own. I am grateful to keep learning, and it has been a privilege.'

-Sallie Johnson, Co-researcher

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