



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

Information Leaflet:

Facilitators and Impediments to Social Participation for Older Adults in Ireland

Invitation Paragraph

You are being invited to take part in a research study about what helps or what makes it harder for older adults, aged 70 and over, living in Ireland to get out, get involved, and stay socially active. Taking part is completely voluntary and up to you. Before you decide if you want to take part, it is important for you to understand why the research is being done and what taking part would mean for you. Please take time to read the following information carefully and discuss it with others if you wish. Please ask me if there is anything that is not clear or if you would like more information.

We will collect limited personal information such as your name, age and contact details. This information will be kept private and stored securely. Your identity will not be shared in any outputs from the study such as reports or publications.

What is the purpose of the study?

I want to learn more about what helps older adults in Ireland stay connected and involved in their communities. In this study, I will talk with people who take part in social activities to understand what motivates them, what makes it easier or harder to remain connected, and what keeps it enjoyable over time. By learning from your insights and experiences, I hope to understand what supports older people to staying socially active. This study will take place from December 2025 and take approximately 3 months to complete.

Why have I been chosen to participate?

You are being invited to participate in this study because you are aged 70 or above, meaning that you are above the maximum age for state pension deferrals and likely to have left any paid work. You are engaged in some form of social or leisure activity. You have responded to



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the flyer and have contacted us for additional information. We are hoping to speak with eight older people or more in this study.

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information leaflet to keep and asked to sign a consent form.

If you decide to take part you are still free to change your mind at any time and without giving a reason. You will not be affected in any negative way if you decide not to take part, or if you decide to stop at any stage.

What will happen to me if I take part?

If you do consent to participate in the research, you will be asked to participate in an individual interview in the form of a guided conversation, lasting for approximately 60 minutes. The one-to-one interview with me, will take place in person at a place and time convenient for you. A private and quiet room in Trinity College Dublin will be offered as a place for the in-person interview, but you are welcome to choose the location that is most convenient for you.

You will be asked questions about your motivations and experiences of being active and involved in organisations, your community, leisure activities or in other spaces and places that you engage with people, as well as your understanding of social participation. Social participation represents social activities outside the home that provide opportunities to meet other people in productive or leisure activities. Some of the topics we may discuss include:

- What kinds of social or community activities you take part in
- What motivates you to stay socially active?
- What makes it easier or more difficult for you to participate?
- Any advice you might give to others about staying social in later life?

You can skip any question you do not want to answer, take a break, or stop the interview at any time. Your wellbeing and comfort are paramount.



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Seven days after you have received this Participant Information Leaflet, you will be asked to complete a Participant Consent Form. This signed form will be stored securely in Trinity College Dublin, then destroyed once the project has been completed.

The interview will be audio recorded, with your permission, so that I may transcribe what you have said. Audio recordings will be destroyed as soon as they have been transcribed and anonymised, approx. one month after the interview takes place. All audio recordings will have been destroyed before March.

Your name and any other identifying details will be removed from the transcript. You will be able to withdraw from this voluntary process at any point, up until one month after you have completed your interview. At this stage, all your identifiable data will be anonymised, and it will be unrecognisable. If you choose to withdraw from the study, you will face no negative consequences.

What are the benefits of taking part?

There will be no direct, personal benefits to taking part in this study. However, by sharing your experiences, you will be helping us to better understand what supports and encourages social participation for older adults in Ireland. Your views, thoughts and insights are valuable. This study aims to learn from you – what helps you stay socially connected, what challenges might you have faced and what advice might you offer to others. Taking part is an opportunity to have your voice heard in research that focuses on older adults as experts in their own lives.

What are the possible disadvantages and risks of taking part?

We do not believe that this study poses any risks to you. All information will be treated confidentially. In the unlikely event of the interview triggering an emotional event, the interviewer will stop the session immediately. You may withdrawal from this study at any time during the interview. We have provided you with a list of organisations you can contact should you get upset during the interview. Your wellbeing is of the highest importance to us



Will my participation in this study be kept confidential?

Your privacy is important to us. Your personal information will be stored securely in a password protected account on Trinity College Dublin's OneDrive on the researcher's password protected computer. This information will only be accessible to myself, the researcher. Pseudonyms will be assigned to all participants; no names will be identifiable. Any information that leaves Trinity will have the name removed so that your identity remains confidential.

The interview will be audio recorded, and the anonymised transcripts will be stored securely in password-protected files, then the original recording will be destroyed. Only the researcher will have access to the data. I will never share your audio files with any third parties. Anonymised, aggregated data may be shared with the scientific community. Please note that by law we are obliged to report any inadvertent discovery relating to illicit activities.

What will happen to the results of this research?

The information from this study may be published in academic publications (journal articles and reports). As stated above, all data in the findings will be fully anonymised so that your personal details will never be featured.

What do I do if I have any further questions?

If you have any questions or concerns regarding your participation in the study, please ask the researcher that gave you this information leaflet for further information. They will be happy to answer any questions that you may have.

Thank you for taking the time to read this information sheet



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Two copies of this Information Sheet will be created and retained: one for Participant and 1 for the researcher.



Data Protection Information

Data Controller	Trinity College Dublin
Data Protection Officer	Data Protection Officer Secretary's Office Trinity College Dublin Dublin 2 Ireland Email: dataprotection@tcd.ie Website: www.tcd.ie/privacy

What is the lawful basis to use my personal data?

Information will only be used for this research study which aims to develop, improve social participation for older populations. The legal basis for processing your personal data is Article 6(1)(e) of the EU General Data Protection Regulation (GDPR). The legal basis for processing your sensitive personal data is Article 9(2)(j) GDPR.

What are my rights in relation to your use of my personal data?

You are entitled to request any of the rights below unless it would make it impossible or very difficult to carry out the research study:

- The right to access to your personal data;
- The right to receive a copy of your personal data;
- The right to ask us to restrict our use of your personal data;
- The right to ask us to correct inaccurate information about you; or
- The right to ask us to delete your personal data.



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You are entitled to object to any further processing of the information we hold about you (except where it is de-identified).

You can exercise these rights or learn more about data protection in relation to this study by contacting the PI, Reece Slade at slader@tcd.ie, the Supervisor Dr Catherine Elliott O'Dare at elliott@tcd.ie or the Trinity College Data Protection Officer (contact details above).

Please note that these rights relate to data which could identify you (personal data). If your data has been anonymised, we will not be able to access or delete it as we will have no way of being able to link the data to you.

If you are unhappy with how we have used your personal data, you can raise a concern with the Data Protection Commission via their online form -

<https://forms.dataprotection.ie/contact> - or contact the Commission at:

Data Protection Commission

21 Fitzwilliam Square South

Dublin 2

D02 RD28

Ireland

<https://www.dataprotection.ie>