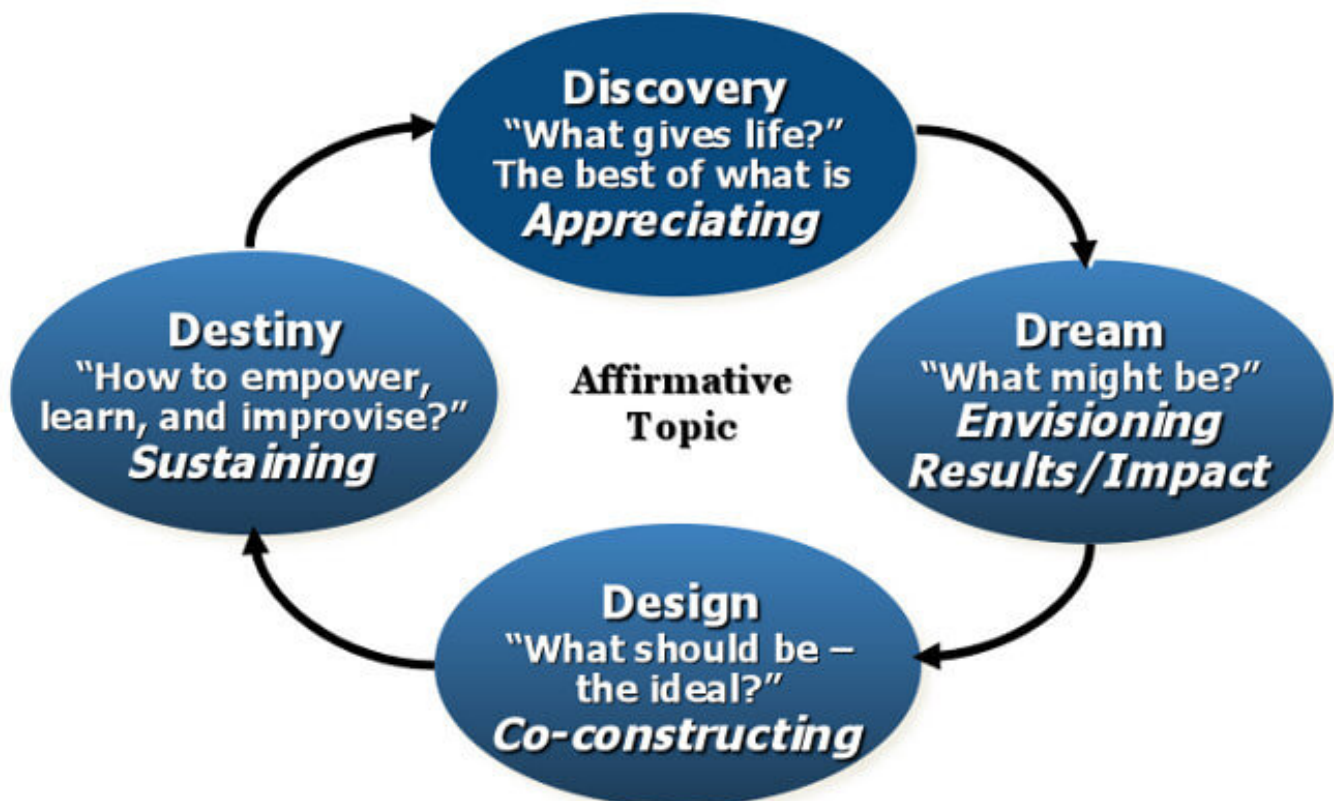




An Appreciative Inquiry Framework and Strengths-Based Approach

The evidence based Appreciative Inquiry Methodology, developed by Dr. David Cooperrider of Case Western University, brings diverse stakeholders together to create positive change that supports individual and systemic flourishing and a shared sense of purpose. Based on the strengths-based philosophy, Appreciative Inquiry (AI) framework draws on a simple set of neurological, psychological, social, and systemic principles to implement a “4-D Cycle”: *Discovery, Dream, Design, and Destiny* (see framework below). Over the course of the two-day training, we will use this framework to address the affirmative topic of “*empowering partnerships*” in all aspects of the research process among people living with dementia, care partners, and researchers, while answering the question of “*how might research be done differently?*”



Discovery: What gives life? What matters?

We have set the stage for discovery with the Experience, Strengths, and Preferences Tool. The purpose of this tool is to assist us with sharing of life experiences, our personality strengths and styles, and our preferences and values. All this information will deepen self and group awareness, guide co-learning, and shape priorities and actions as we move through the 4-D framework. Along with utilizing this tool, participants will answer questions that will allow us to appreciate the best of what is, discover our roles and expectations as partners, deepen the understanding of empowerment, uncover fears and excitement. During this segment we will also discover research concepts and processes. Through affirmative and generative conversations, we will enhance knowledge and collective wisdom, spark novel insights, and enable the mapping of strengths to build upon.

Dream: What might be?

For this segment, strengths, values, and life experiences are further amplified to build shared hopes on how we might shape future research. Through understanding what is working in our lives and what could be better the group will discuss and align potential research priorities. The group will also explore research priorities developed through other initiatives that have engaged persons living with dementia. Small groups will brainstorm and vote on their top three research priorities and then draw a visual image for each topic. Bold and creative images of the future will then be shared to the entire group, energizing alignment of "what might be." The entire group will then vote again on the top 3-4 research priorities that will be brought forward to the design phase. Once these top 3-4 priorities are uncovered, participants will "vote with their feet" and move to the visual image and topic that they would like to work on.

Design: What should be?

Based on 3-4 topics/themes that emerged through dream phase, small groups will design a research question and project. In this segment, participants will learn about and internalize the research process and experience of co-partner by *doing*. Before jumping into this work, the group will understand essential criteria to creating a research project. Small groups will develop the research question and identify interventions, study design, measurable outcomes, and ways to collect data. As the research study takes shape, the group will reflect to make sure that the project is responsive to research criteria. The final step will be to create a visual representation or prototype of the research project. This exercise will foster ingenuity, creativity, and curiosity on the project's vision, purpose, outcomes, and ultimate impact. Each group will share out their findings through the masterpiece they create.

Destiny: What is next? Empower, Learn, Improve, and Sustain

This segment is about building individual and shared commitment to research and the next steps. Teams and individuals will discuss specific ways that may bring prototypes and co-partnerships to life. The exercises will include "social networking time" to talk about potential next steps, a personal action plan, and large group share out. Through this final segment we will find common ground, and the higher ground that will ignite individual and collective purpose.