

Focus on Equity and Diversity in Respite Research

ARCH Virtual Respite Research Summit

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@Kimewhitmore2



Diversity = “Different perspectives”

Inclusion = “Feeling welcome”

Equity = “Fairness”



Social Identity Constructs

- Race
- Ethnicity/Culture
- Ability
- Age
- Sex
- Citizenship
- Class
- Educational Level
- Religion/Spirituality
- Gender Identify and Expression
- Geographic Region
- Indigenous or Tribal Affiliation
- Martial /Relationship Status
- Nation of Origin
- Parental Status
- Political Affiliation
- Use of English
- Skin Color/Physical Characteristics



Equality



Equity



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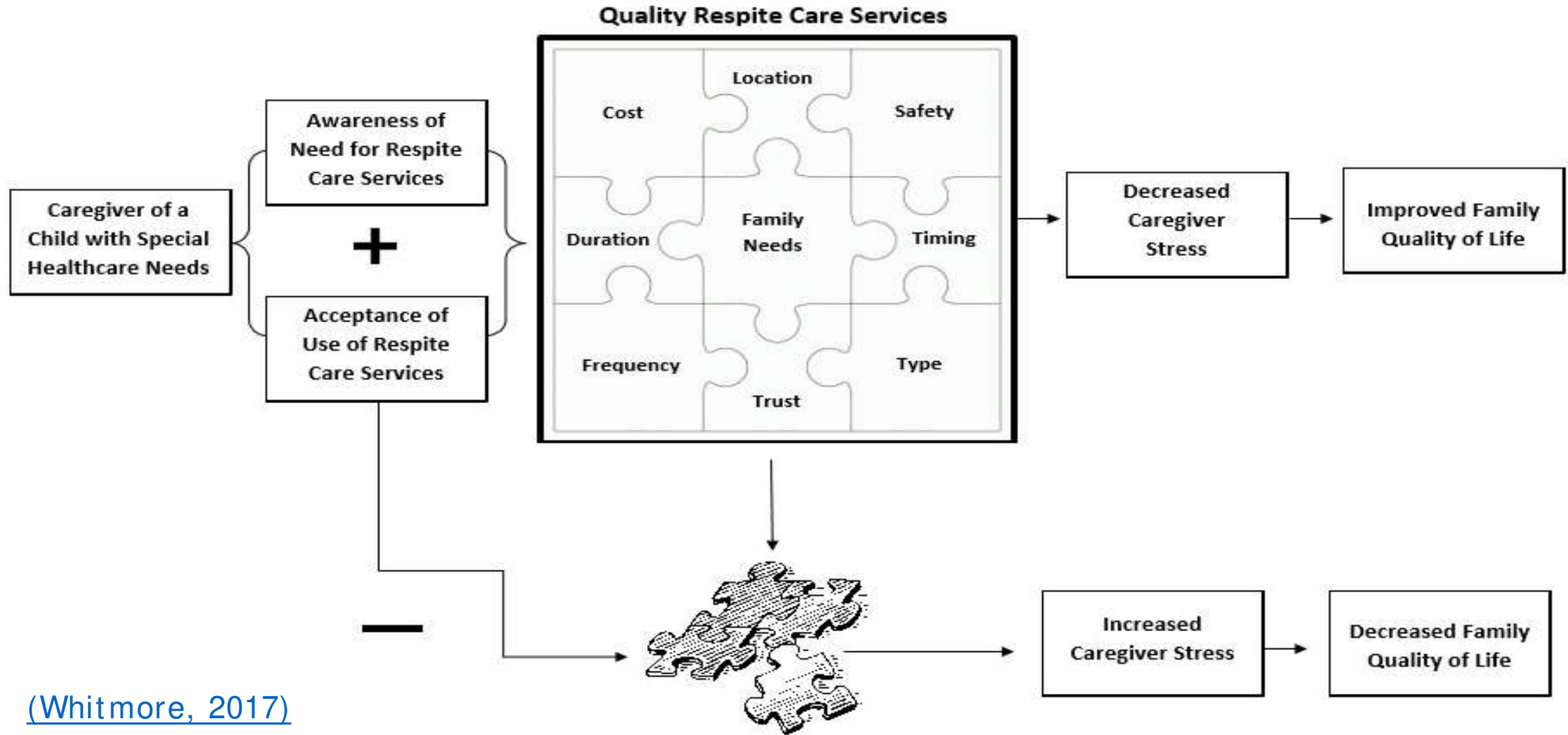
The “Five Rights” of Respite Care

Right PERSON	→	Right FAMILY
Right MEDICATION	→	Right TYPE of Respite
Right TIME	→	Right TIME
Right DOSE	→	Right DURATION
Right ROUTE	→	Right LOCATION

*From [Kim Whitmore Dissertation](#)

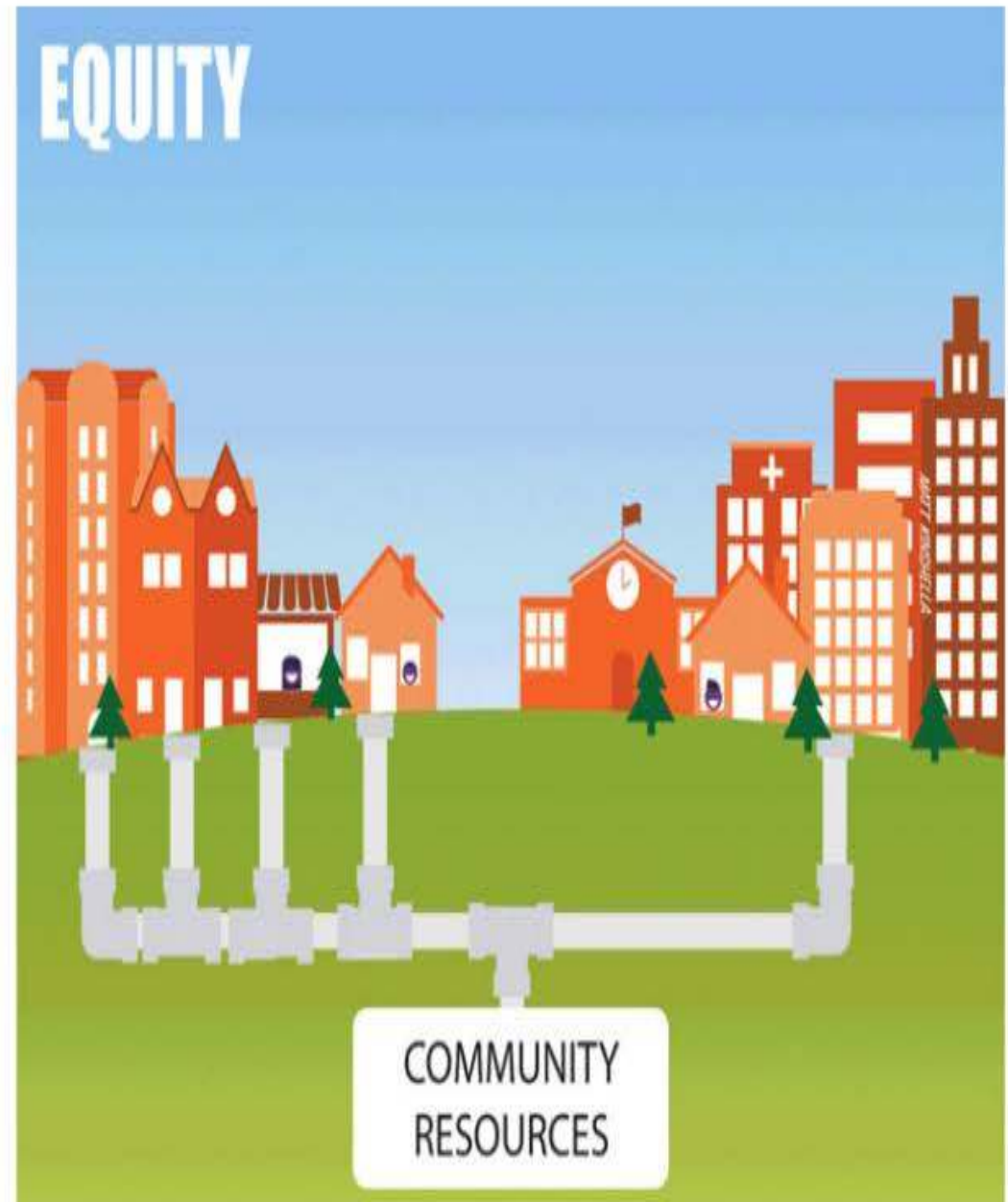


The Concept of Respite Care



[\(Whitmore, 2017\)](#)





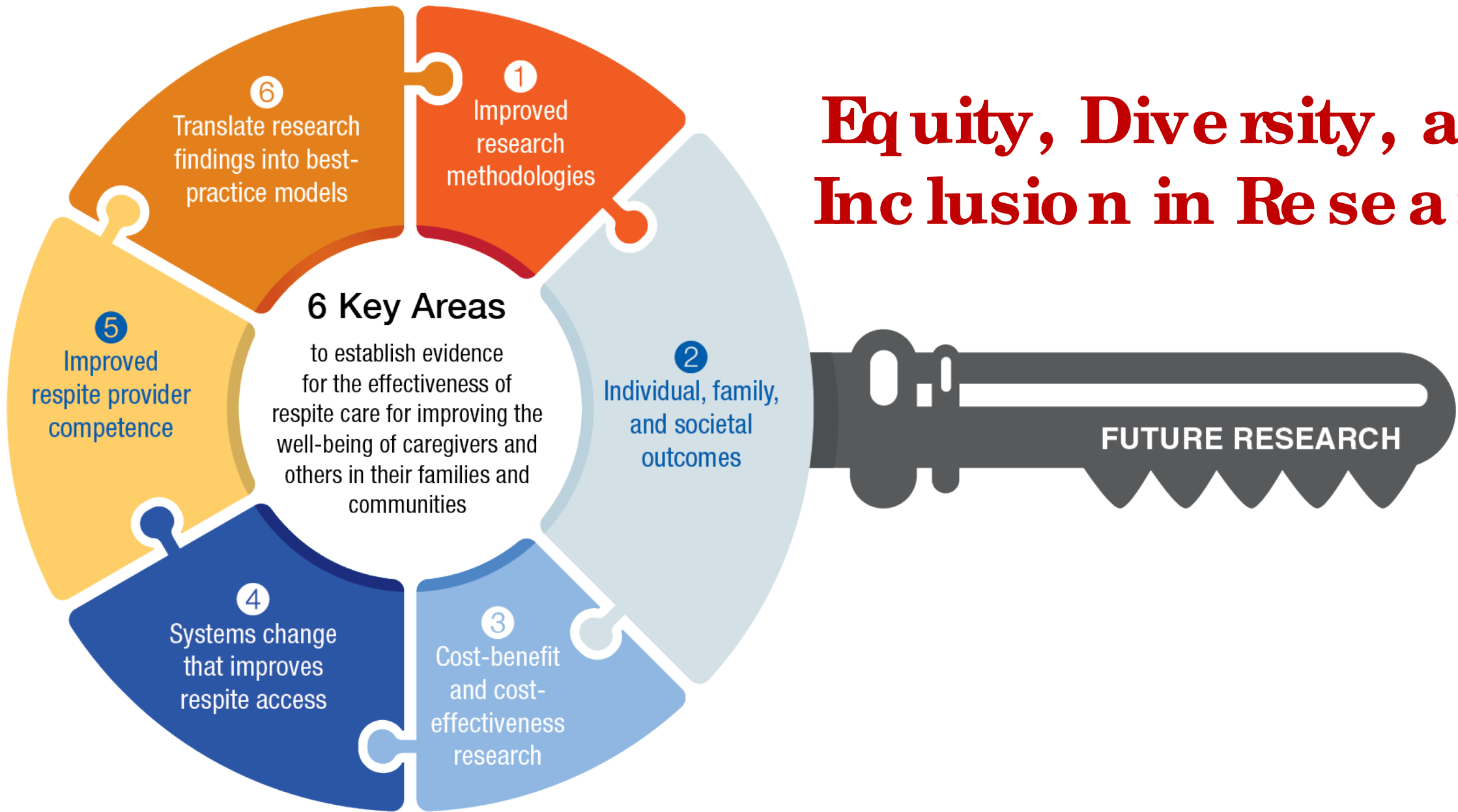
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Equity, Diversity, and Inclusion in Research



Inclusive Research

- Studies that intentionally address disparities or inequities
- Studies that focus on diverse populations
- Studies that engage community partners in research
- Studies that engage community advisory boards
- Disseminate plain-language summary of findings to community

*Adapted from the [UW-Madison School of Nursing Inclusive Excellence Plan](#)



Reflection Questions

- Is your research team diverse, representative, and inclusive?
- Are you cultivating authentic relationships with diverse stakeholders, including family caregivers, care receivers, and respite providers?
- Are you engaging stakeholders at all stages of the research process, including formulating research questions, study design/methods, recruitment, data collection, analysis, and dissemination?
- What implicit biases do you/your team need to unlearn to avoid biased data collection and biased dissemination?
- What inequities need to be prioritized in your work?



