

TOP TIPS ON INVOLVEMENT FOR CONSUMERS & COMMUNITY MEMBERS

1. Be prepared (pre-reading, agenda, know other members in the group)
2. Understand your role and expectations
3. Use your story appropriately and effectively
4. Be confident to ask any questions you may have
5. Be polite, courteous and respect other points of view
6. Be consistent and persistent about putting forward the consumer perspective
7. Look for win-win situations
8. Build strong relationships
9. Be patient, change takes time
10. Know who to go to for support on the committee and/or in the Consumer and Community Health Research Network

