



Australian
National
University



Listening Together

Do young people with disability and young carers feel heard?

Easy English Report

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What is this document about?

This document is about a **research** project called 'Listening Together'.

Research means finding out about a topic.

You can ask someone you trust to help you understand this document.

Who did this research?

Six people did this research. These people are called **researchers**.

Two of the researchers were from the Australian National University.



Dr Laura Davy

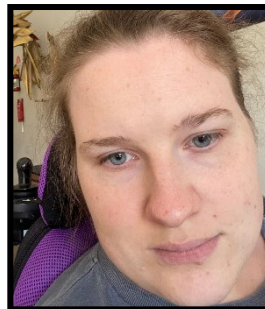


Molly Saunders

Four of the researchers were young people with disabilities or young carers.



Talon Cass-Dunbar



Simone Bartram



Megumi Kawada



Luci McClusky

What is this research about?



This research was about whether young people with disabilities and young carers feel listened to by the people in their lives.

What did the research involve?



Young people could take part in the research by doing an online **survey**.

A **survey** is a list of questions about a topic.



There were two surveys. The first survey had many questions. It was harder to do.

The second survey had less questions. It was easier to do.

Who did the surveys?

72 young people did one of the surveys.

Of these young people:

58 said they have a disability.

23 said they care for someone else.

What did the young people say?



The young people who did the survey shared what they think about listening.

They said good listening is important.



Good listening:

- Shows respect
- Helps young people get the support they need
- Helps young people feel connected



They said good listening means caring and trying to understand someone.

Good listening is not the same for everyone. It can look different for different people. For example, some people like eye contact, and some people do not.



The young people said bad listening can hurt.

It can make them feel sad or angry. It can mean they do not get the support they need.

Young people talked about **things that help good listening.**

They said these things are helpful:



Giving young people time to speak



Being truthful and respectful



Having easy ways to give feedback



Employing staff with disability

Young people talked about **things that make listening worse.**

They said these things can stop good listening:



Feeling unsafe or judged



No easy ways to give feedback



Not feeling trust



Rules that are too strict

Recommendations



Using what young people told us, the researchers made a list of **recommendations**.



Recommendations are good things people can do to make listening better.

Recommendations for organisations



Organisations are groups and services that work with young people.

We have **six** recommendations for organisations:



1. Educate staff and people in the community



2. Hire people with lived experience of disability and caring



3. Provide safe and easy ways to give feedback



4. Do what you say you are going to do



5. Treat young people as equals and build trust



6. Support and respect young people's choices

Recommendations for people

We have **five** recommendations for people:



1. Believe young people's lived experiences



2. Listen with care and understanding



3. Learn before asking questions



4. Give young people time and space to speak



5. Ask young people what good listening looks like to them



If you want more information about this research, you can read the full report at: <https://hdl.handle.net/1885/733804215>