

<i>Example topic, not to be used as assignment</i>	The Role of Carers in Supporting Individuals with Dementia
<i>Why is this topic important?</i>	When researching, the first step is to explain why the topic is important. Think about the following points: ● Dementia is a serious health issue → It affects memory, thinking, and daily life. Many individuals in the UK need support. ● Carers play a vital role → They help with daily tasks, emotional support, and overall well-being. ● The UK has an ageing population → The demand for carers is increasing, and understanding their role is crucial. Example: <i>Dementia is a growing concern in the UK, affecting thousands of individuals and their families. Carers play a crucial role in providing emotional, physical, and practical support to those living with dementia, making this topic important to explore.</i>
<i>Justification for choosing this topic</i>	To justify your research, explain why it is worth studying. Consider: ● Personal interest → Have you or someone you know experienced this issue? ● Social importance → More carers are needed, but many face difficulties like stress and lack of support. ● Research gap → There may not be enough awareness about how to better support carers. Example: <i>This topic is important because carers often struggle with stress and lack of support while providing care to dementia patients. By researching this issue, we can understand their challenges and find ways to improve their well-being.</i>
<i>Choosing the right research methodology</i>	Research methodology refers to how you will study your topic. There are two common methods: Qualitative research → Focuses on experiences, feelings, and challenges of carers. (Best for this topic) Quantitative research → Collects numbers and statistics (e.g., percentage of carers feeling stressed).
<i>Best approach for this topic</i>	Since this research is about carers' experiences, qualitative research is more suitable. This can include:

	● Interviews → Asking carers about their experiences and challenges. ● Surveys → Collecting carers' opinions on workload, stress, and available support.
Primary vs. secondary data	● Primary data → Information you collect yourself (e.g., interviews, surveys). ● Secondary data → Information from books, journal articles, reports, or government data.
Best approach for this topic	● If you have access to carers, you can conduct interviews (Primary Data). ● If not, you can rely on research papers, reports, and government statistics (Secondary Data). Example: <i>To explore the role of carers in supporting individuals with dementia, I will use secondary data from government reports and health organisations. If possible, I will also gather primary data by interviewing carers about their experiences.</i>
Advice	Start with a clear introduction → Explain the topic and its importance. Use reliable sources → NHS, Alzheimer's Society, and government reports are useful. Stay focused on your research question → How do carers support individuals with dementia? What challenges do they face? Structure your writing → Use clear sections: Introduction, Main Points, Conclusion.