

Spotlight Series: Co-Design

May 2024 CONTENT SUMMARY

KEY MESSAGES

Enabling researchers to be successful in their research endeavours is core to the work of [Health Translation SA](#). We were delighted to welcome a broad cross-section of partner organisations and stakeholders to the *Spotlight Series: Co-design* throughout May 2024.

Our team has reflected on the key messages that arose over the course of the month, learnt from the webinar series and other resources shared during the Spotlight month.

Top five co-design tips:

1. Let go of your assumptions – critical thinking is key

Co-design is a collaborative process. What can you learn from other industries or fields?

2. Start with a problem-solving mindset

Make sure you identify what the problem the you're trying to solve is, with the people who it affects. Ask the questions: What is? What if? What wows? What works?

3. Design with, not for people

Co-design aims to challenge inequitable power structures. It's about finding the problem that matters and finding the solutions *together*.

4. Embrace the co-design process

Engaging with the users takes time and might lead you to a different place from where you thought you were going. Make sure you have the support and resources to allow for best practice co-design.

5. Ensure First Nations community needs are met

If conducting research with First Nations people, it is crucial to ensure it follows the key principles and best practices for co-design: First Nations leadership, culturally grounded approach, respect, benefit to community, inclusive partnerships, transparency, and evaluation.

Have more questions?

Contact HTSA's Lead on Capacity Building, Dr Agustina Gancia
agustina.gancia@healthtranslationsa.org.au



Stay connected to HTSA to get the latest updates on the next Spotlight Series in July 2024!

WEBINAR SERIES

The Co-design webinar series covered a range of content including:

- An introduction to the principles of co-design and a case-study of a co-design method
- The benefits and challenges of co-design
- The co-design process with First Nations peoples
- Examples of co-design in health services and closing remarks on what co-design is not

Webinar 1: [HTSA Spotlight Series Co-Design: Week 1: Intro to co-design](#)

Presenters: Mark Mackay (Complete the Picture Consulting Pty), Fanke Peng & Nadia Corsini (UniSA)

Webinar 2: [HTSA Spotlight Series Co-design: Week 2: Benefits and challenges](#)

Presenters: Rebecca Farletti (Health and Wellbeing Queensland), Tim Evans (Websilk)

Webinar 3 [HTSA Spotlight Series Co-design: Week 3: Co-design with First Nations peoples](#)

Presenters: Tina Brodie (SAHMRI), Karrina DeMasi & Katharine Brown (Telethon Kids Institute)

Webinar 4 [HTSA Spotlight Series Co-Design: week 4: What co-design is NOT; insights from years of experience](#)

Presenters: Narelle Hinkley (TOM: Melbourne), Keith Stockman (Northern Health)

RESOURCES

Below you will find a collection of resources that were shared on the HTSA LinkedIn page over the course of the Spotlight Series on co-design. You will also find resources that were shared as part of the presentations in the webinars. Happy reading!

General information on co-design:

[TACSI Learning hub: learning platform with an expanding catalogue of resources, courses and networks.](#)

[Beyond Sticky Notes: view their courses, podcasts, resources and book on co-design](#)

[IDEO: learn all about design thinking](#)

[IDEOU – 10 co-design activities](#)

[Harold Nelson \(author of the Design Way\) – thoughts on the use of design](#)

[This is Design thinking: List of resources books and tools](#)

[Creativity-based Research: The Process of Co-Designing with Users](#)

[Metro North Health \(QLD\): creating better healthcare together](#)

Books and publications on co-design:

[Design thinking for the greater good: Innovation in the social sector, by Jeanne Liedtka](#)

[Design thinking as an approach for innovation in healthcare](#)

[The design way, by Harold Nelson](#)

[Designing for growth](#)

Books and publications on co-design with First Nations:

[Maori co-design: Navigating the space between co-design and mahitahi: building bridges between knowledge systems on behalf of communities](#)

[Key principles and best practices for co-design with first nations Australians](#)

[South Australian Aboriginal Health Accord: companion document](#)

[Lowitja Institute Tools for supporting culturally safe evaluation](#)

Links to projects discussed on webinars:

Rebecca Farletti (Health and wellbeing Queensland) [PodSquad](#)

Fanke Peng (UniSA) [Design for Dementia, Mental Health and Wellbeing Co-Design, Interventions and Policy](#)

How HTSA can help you:

HTSA Research Translation Essentials course. Find out more [here](#).