



EXCLUSIVE BENEFITS FOR IALH RESEARCH FELLOWS

Being an IALH Research Fellow means joining a dynamic and interdisciplinary community committed to advancing research and innovation in aging and lifelong health. Our affiliates benefit from a range of resources, opportunities, and collaborations designed to support their professional growth and research endeavors.



RESEARCH SUPPORT

- Preliminary review of human research ethics applications
- Promotion of projects and studies through social media, website, newsletters, etc.
- Training and support regarding budgets and financial information
- Assistance with advertising to hire research staff
- Have your research featured on the IALH website and newsletter (internal and external)
- *New* - IALH has a new Permission to Contact program for research participants (including younger and older adults in our local community)
- *New* - IALH has a new biospecimen data collection space available for booking (open to Research Fellows and others)
- Complimentary parking at Hut R for your research participants (some restrictions apply)



FUNDING SUPPORT

- Letters of support with a list of in-kind contributions for your grant applications (please give 1 week of notice)
- Assistance with maintaining a Canadian Common CV (please give 6 weeks of notice for new CV and 3 weeks for update)
- Assistance with finding collaborators for grant applications (Identification of potential collaborators at local, regional and national levels)
- *New* - Opportunities to engage with a Senior Development Officer and potential donors
- *New* - IALH will have several opportunities for Research Fellows to apply for funding support this year.



KNOWLEDGE DISSEMINATION SUPPORT

- Assistance with developing knowledge translation materials for a range of stakeholders including research participants and the public
- Assistance with planning knowledge translation events, including for the public
- Assistance with other knowledge translation activities as required
- *New* - Assistance with creating an infographic
- *New* - IALH will host an event where Research and Student Affiliates can share their research with the community
- *New* - Opportunity to be on a Speaker's Menu so that community organizations can request presentations from your lab



DID YOU KNOW:

Writing an article in lay language for our newsletter not only helps you share your research with a wider audience but also supports the knowledge translation requirements for grant applications and post-grant reports. By contributing to our public-facing newsletter, you can reach:

700 readers through the *IALH Update*

400+ followers on Facebook

A growing audience on Bluesky, YouTube, and Instagram

Submit your article to IALH@uvic.ca.



SPECIAL OPPORTUNITIES

- Brain Art Contest
- Participate in THRIVE
- *New* - Participate in STRIDE
- *New* - Provide one-on-one research and career mentorship



NETWORKING

- Access to meeting space and videoconferencing technology
- Access to beverages (e.g., coffee, tea, filtered water)
- Administrative support as required



TRAINEE SUPPORT

- Specialized workshops and knowledge translation training
- Information regarding grant opportunities, student research and training opportunities, and funding for student awards
- ***New*** - Opportunity for students to gain leadership experience through the IALH Student Group



SUPPORT FOR YOUR DEPARTMENTAL REVIEW/ PROMOTION PACKAGE

- Assistance with updating your UVic CV (Please give 3 weeks of notice)
- List yourself as an IALH Research Fellow on your CV
- Showcase your University Level research and service involvement through IALH
- Request a letter of support detailing your involvement with IALH

You will also receive a newsletter with communication regarding IALH activities and opportunities



AFFILIATES' CONTRIBUTIONS TO OUR SHARED SUCCESS

While IALH offers a range of benefits to our affiliates, we also believe that our collective success is built on a foundation of mutual commitments. We value the active engagement and contributions of our affiliates, which help to strengthen the community and enhance the impact of our work. In return for the benefits provided, we ask affiliates to:

INCLUDE IALH:

- in your email signature
 - Research Fellow, Institute on Aging and Lifelong Health
 - Link to Donate page <https://www.uvic.ca/research/centres/aging/donate/index.php>
- on your publications
- on your grant applications (please let us know if you received the grant and if there was any feedback specific to IALH)
- IALH logo on your slides when you present
- advertisement for the "Permission to Contact" program
- share information when requested (e.g. with Development Officer)
- If IALH is sharing information about your events/studies, include an IALH logo or identify yourself as a research affiliate on the advertisement

ATTEND EVENTS

- 2+ events per year (either in person or online)

CHOOSE ONE WAY TO BE ACTIVELY INVOLVED:

- Participate on an IALH committee
- Serve as a mentor
- Host or provide a presentation
- Provide an article for the newsletter

GET SOCIAL WITH US

- Follow us on our social media channels:
 - Bluesky: @uvichealthresearch
 - Instagram: @uvichealthresearch
 - Facebook: UVic Institute on Aging and Lifelong Health
 - YouTube: UVic Institute on Aging and Lifelong Health
- Share or comment on our content to increase awareness
- Tag us in your research related content

Questions?

Please feel free to contact us at IALH@uvic.ca if you have any questions.