# Person with Lived Experience Testimonial Instructions

## Who should use this template?

Testimonials are required from Co-Principal and Co-Applicants whose role on the proposed project is that of Person with Lived Experience (Please see [SHRF’s Funding Guide](https://www.shrf.ca/_files/ugd/89a7e4_27385ca1fc8743bfb5335ed1528b2baf.pdf) for definitions). When you accept the Principal Applicant’s invitation to take part in the research application, you are then required to register a profile in the SHRF RMS, provide the complete profile details, and complete a contribution form where you outline your role in the proposed project and provide a copy of your testimonial in the preferred file type.

The Principal Applicant, Co-Principal and Co-Applicants whose role on the proposed project is that of a knowledge user or researcher should use the instructions for Knowledge Users or People with Lived Experience, which can be found at [www.shrf.ca/resources](https://www.shrf.ca/resources).

## What information should be included?

Testimonials are used to capture information about the individual’s personal experience and interest in working on the research team for the current proposed project.

Specifically, the testimonial should address the following prompt:

*To the degree you are comfortable sharing, please tell us about your experiences that have led to your interest in participating on the research team for this research project.*

Testimonials can be written documents or recorded audio.

* Written testimonials should be around 250 words and have your name, the funding opportunity and the application name included as a header. An example is found on the next page.
* Audio testimonials should be around 2 minutes in length and verbal identification and consent to use of the recording should be indicated.

Remember that a brief description (one to two sentences) of your roles and responsibilities in the current research proposal are to be included in your personal contribution form (*Description of role in proposed research*). The completed contribution form will contain the description of your roles and responsibilities and an attached testimonial file.

If access to the SHRF RMS is a barrier to participation in the research project, please have your Principal Applicant contact SHRF for options. SHRF has a [Signature Page for Applicants Unable to Access Internet](file:///C%3A/Users/ccunningham/Downloads/SignaturePageNoInternet.pdf) that may be used.

## Suggested Testimonial Header

Testimonial of Jane Smith for 2024-25 SHRF Grant, Project Title