

REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #18

A message from the Director

The past 12 months of significant restrictions associated with covid have impacted substantially on a number of the profile and development activities the RAIL Research Centre aimed to implement in 2020. We are now at a point though, where some of these activities and events are being planned to be implemented in the latter half of this year (although the events of last week mean we will need to monitor things closely regarding these proceeding as planned).

One of our planned events last year to support networking, sharing of research and establishing a sense of future research priorities was a Residential Care workshop. Our focus is to bring together residential care providers (especially managers and senior staff) with researchers, policy and planning staff, and others with an interest in improving outcomes in this sector. This event is now planned for July 12 2021. Dr Kay Patterson AO (Age Discrimination Commissioner) will provide a keynote opening presentation, followed by a presentation by Dr Valda Groves, Manager of the Victorian Government Public Sector Residential Aged Care Services (PSRACS). More details of the workshop the program, and registration details (free event, but registration essential) are described later in this e-bulletin.

Another key event planned for mid 2020 was a launch event where we aimed to provide important community interaction and engagement for the RAIL Research Centre. It will now be run in December 2021. A key component of the event will feature narrative portraits as part of our RAIL Research Centre codesign project. Portraits will be showcased as part of a two week exhibition at the Cube, Frankston Arts Centre, together with a number of other concurrent activities, including a research forum, and community focus groups investigating community perspectives for RAIL's vision, mission and research priorities. The event and

associated work, including the narrative portraits, is being led by Associate Professor Gabby Brand from the School of Nursing and Midwifery, and Associate Professor Libby Callaway from RAIL and the Department of Occupational Therapy.

These events should continue the growth in the public profile and community engagement with the RAIL Research Centre.

In concluding, if you have Monash colleagues, or people new to Monash who would like to become a Member of RAIL, and thereby be on our email communications and e-bulletin distribution list, please complete the Member survey [online](#).

Stay safe and well.

Professor Keith Hill

Member profile



Alana Hewitt is an early career teaching and research academic with a passion for qualitative research. As an occupational therapist, Alana's career commenced working with older adults in rehabilitation and community health settings. With participation in meaningful occupations an important component of healthy ageing, Alana returned to post-graduate study to undertake further research on the work to retirement transition. With retirement a major time of change in people's lives, studies have involved examining planning for and decision to retire from the paid workforce with a focus on understanding the changes in meaningful occupations. A focus on older women has been a particular interest given the influence of gender differences, such as informal care, social relationships, financial resources and paid work, evident across the life course on ageing. Passionate about qualitative research, Alana values the unique opportunity

research provides to learn about how people make sense of and take meaning from their experiences, and how this can be used to inform practice. Since transitioning into academia, Alana has shared her passion for qualitative research and occupational therapist roles working with older adults with students through teaching and research supervision. Beyond teaching, Alana is currently involved in research projects examining workforce issues such as supervision, health education research and contributes to the Australian Association of Gerontology as a Victorian committee member.

Staff profile



Cathy Watson

We would like to welcome new RAIL team member Cathy Watson. Cathy will be working with Christina Ekegren on the TAC-funded telehealth project.

Cathy is a women's health nurse practitioner, who has been a tutor for OT and Physio students in IPE (Foundations of Health) for the past three years, as well as tutoring in

Global Health and Public Health at Monash.

Cathy completed her PhD at the Department of General Practice at Melbourne University in 2013, in the area of women's health. She spent four years project managing ACCORd, a cluster randomised controlled trial in the area of contraception. Since completing that study at the end of 2019, she has been working with University of Melbourne with some project work, including a review on telehealth and some work around trans and gender diverse adolescents. She has been doing (mostly part-time) clinical work at The Royal Women's Hospital for over 25 years.

In her spare time she plays tennis, rides her bike, attends church and enjoys skiing and hiking, as well as spending far too much time sorting out her three delightful boys, all of whom are now young adults (but sometimes don't act as such).

Grant success



Falls prevention project with St John of God

A new project has commenced with St John of God Hospitals at Frankston and Berwick. Professor Keith Hill and Dr Angel Lee will be working with St John of God staff to review their falls prevention practices and outcomes, and to make recommendations on approaches aiming to reduce falls risk for St John of God hospital patients at these sites.

Member forum

The May RAIL forum on **Housing, technology and community design - Rules for living**, with guest speakers Dr Ben Gauntlett, Associate Professor Kate Tregloan and Professor Nigel Bertram was another very successful event. The forum attracted 91 people registering.

Members and Partners of RAIL Forum
Rehabilitation, Ageing and Independent Living (RAIL) Research Centre

Housing, technology and community design - Rules for living

Access to stable, supportive living environments is a foundation for increased social and economic participation, and recognised by the World Health Organisation as a key determinant of health. However, for people who experience ageing or disability, historically, coordinated housing and support responses have been limited. Barriers may exist in relation to built, technology, support, and community design or the intersection of these factors and recent Royal Commissions in Australia have outlined in confronting detail the negative impact poor quality housing and support may have on the outcomes and experiences of people who are ageing or have a disability.

In this forum, attendees will hear from three pre-eminent speakers exploring housing, technology, and community design - and the intersection of support delivery - that may be required for people who are ageing or experience disability. A range of policy, research and project work will be outlined, and resources will be offered to RAIL members to consider good 'rules for living'.

Dr Ben Gauntlett
Dr Ben Gauntlett commenced his 5 year term as Disability Discrimination Commissioner at the Australian Human Rights Commission on May 7, 2018. As Disability Discrimination Commissioner, he hopes to change the way people with disability are perceived in Australia, remove barriers to people with disability participating in society and ensure people with disability's human rights are respected.
Prior to commencing as Disability Discrimination Commissioner, Ben worked as a barrister in Western Australia and Victoria with a broad ranging practice, which included a significant amount of pro bono work. He has also worked as an associate to the Honourable Justice Kenneth Hayne AC at the High Court of Australia, as Counsel Assisting the Solicitor-General of the Commonwealth, a solicitor for a large commercial law firm and taught law in Australia and the United Kingdom.

Associate Professor Kate Tregloan
Assoc Prof Kate Tregloan is the Assistant Dean, Teaching and Learning (Teaching Quality) and Director of the Built Environments Learning + Teaching (BEL+T) group in the Faculty of Architecture, Building and Planning at The University of Melbourne. She is also Adjunct Associate Professor (Research) at Monash Art Design & Architecture. In her work, Kate focuses on design education and its contributions to interdisciplinary impact, the built environment, and addressing community need. She has long-standing research interests in the design and evaluation of supported housing for people with disability, and brings creative approaches to research collaborations and this complex challenge. She also likes making digital tools that help.

Professor Nigel Bertram
Professor Nigel Bertram is a Director of NMBW Architecture Studio and Practice Professor of Architecture in the Faculty of Art Design and Architecture at Monash University. Nigel established NMBW with Maria Nevelupny and Lucinda McLean in 1997. His current research with the Monash Urban Laboratory tests design-led processes for suburban regeneration and infill redevelopment.

EVENT DETAILS
Date: Thursday 25th May 2023, Time: 12:00pm - 1:30pm
Online via Zoom: Register/Join online by Tuesday 25th May (https://forms.gle/2512356aXV5C8B37)

The next RAIL member forum:

The RAIL research team is pleased to announce our next member forum **'Multilingualism in health care settings: The challenges and opportunities'** which is scheduled for 12 - 1pm, Friday 25th June via Zoom.

Speakers include:



Dr Louisa Willoughby, who is a Senior Lecturer in Linguistics at Monash University, Australia. Her work explores how multicultural societies respond to linguistic diversity, and the relationship between language, identity, and social cohesion. She has a particular interest in communication issues faced by deaf/ deafblind people, as well as speakers from small and emerging migrant groups.

Dr Jim Hlavac is a senior lecturer in Translation and Interpreting Studies at Monash University. He is a NAATI-certified and practising interpreter and translator with over 20 years' experience working in health, legal, welfare, educational and business settings. He has published in the field of translation and interpreting studies, as well as in the related



disciplines of multilingualism, contact linguistics, intercultural communication, pragmatics and heritage/minority language maintenance.

They will present findings from recent work on medical and health communication from within the School of Languages, Literatures, Cultures and Linguistics at Monash, and discuss key issues and avenues for further research in the field.

For enquiries: please contact spahc.rail@monash.edu

For registrations, please follow this [link](#)

Current RAIL research update



Is there a role for gait aids to improve stability and reduce falls risk for older people with dementia?

Project funded by the Dementia Australia Research Foundation

CIA: Dr Angel Lee

This project was awarded in Jan 2020, and despite moderate impact from interruptions associated with the pandemic, is progressing well through its planned activities. The project team includes Professor Keith Hill, and collaborators from across Melbourne, WA, and researches in Canada, UK and Thailand.

Use of gait aids may increase the risk of falls for some people with dementia. The focus of the project is to understand more about the appropriate use of gait aids by people with dementia, aiming to develop a decision support tool to assist various staff (eg community care staff and managers) as well as carers of people with dementia in determining which individuals with dementia may be likely to achieve safe gait aid use.

Completed components of the project include:

- A systematic review (Effectiveness of Gait Aid Training for Improving Spatial-temporal Gait Parameters and Associated Outcomes, and Reducing Falls in Community-dwelling Older People: A Systematic Review) - undergoing journal review at present; and
- Surveys of (1) hospital staff; (2) community care organisation staff; and (3) carers about practices and perspectives about gait aid use by people with dementia.

Current project activity involves working with an expert panel to develop the decision support tools and support materials.

A final component of the study involves a feasibility trial of a six week training program for safe gait aid use for people with dementia, in which the decision support tool will also be evaluated. The study will be completed by the end of 2021.

Events

Residential care workshop: **Recent research outcomes, and shaping research priorities for residential aged care into the future.**

Date and time: Monday 12 July 2021; 1.00 – 5.00pm (12.00 light lunch preceding workshop)

Venue: Peninsula Kingswood Country Golf Club. 211-279 Skye Road Frankston.

Purpose: To provide an update on current and recent research being conducted by teams at Monash University, and to identify research priorities from residential care providers perspectives.

Cost and registration: Free (no cost). Online registration essential.

Format: The venue will allow adequate spacing for people to attend on-site. While the presentation format is will be available on-line, **participants are encouraged to attend in person**, in particular to support networking and the workshop component on future research priorities. **This will be reviewed in the context of changes in the context of the recent COVID19 restrictions closer to the date of the workshop - there may be a need to limit on-site participation or even go to zoom only. We will notify registrants when final decisions are made.**

Dr Kay Patterson AO (Age Discrimination Commissioner) will provide a keynote introductory presentation. **Dr Valda Groves**, Manager of the Victorian Governments Public Sector Residential Aged Care Services, will then provide an overview of priorities in residential aged care, with a focus on enabling contemporary practice.

Other presenters and presentations include:

- A/Prof Dawn Mackey (Centre for Hip Health and Mobility, Simon Fraser University, Canada) – *Effect of flooring on fall injuries in residential care;*
- A/Prof Helen Rawson (School of Nursing and Midwifery, Monash University) - *Working in partnership with residential aged care providers and staff in research;*
- Prof Fang Lee Cooke (Monash Business School) - *Better quality of care: initiatives and implications for the care workforce;*
- A/Prof Libby Callaway (Independent Living stream lead, RAIL Research Centre, and Occupational Therapy Dept, Monash University) - *Young People in Residential Aged Care in Australia: Current Policy, Evidence and Outcomes;*
- Dr Katrina Long (School of Primary and Allied Health Care, Monash University) - *Exploring the impact and management of residents' limited English proficiency in residential aged care;*

- Dr Natasha Brusco (Rehabilitation stream lead, RAIL Research Centre, Monash University) - *Factors that predict discharge destination for patients in a residential care based “transitional care program”: a multi-state prospective observational cohort study;*
- Prof Jane Banaszak-Holl (School of Public Health and Preventive Medicine, Monash University) - *Staff culture and culture change, staff empowerment;*
- Prof Terry Haines (School of Primary and Allied Health Care, Monash University) - *Trial of general practitioners being employed directly in nursing homes;*
- Prof Keith Hill (Director, RAIL Research Centre, Monash University) - *Exercise in residential care to reduce risk of falls.*

For enquiries: please contact spahc.rail@monash.edu .

For registrations, please follow this [link](#)

RAIL paper of the month



Open Access article about co-design in assistive technology

Layton, N.; Harper, K.; Martinez, K.; Berrick, N.; Naseri, C. (2021) Co-creating an assistive technology peer-support community: learnings from AT Chat. *Disability and Rehabilitation: Assistive Technology* 10.1080/17483107.2021.1897694, 1 - 7,
doi:10.1080/17483107.2021.1897694

ABSTRACT

Purpose: Inclusion is a core philosophy for health practitioners and human service users, and co-production is a way to achieve inclusion. Australia’s assistive technology (AT) community seeks to include and amplify the voices of service and product users at multiple levels. Implementation of genuine partnerships for inclusion is however challenging. This paper describes the iterative co-design process undertaken to structure and deliver a peer-led information and support program, enabling AT users and supporters to build their AT decision making capability and share their expertise with each other and the broader community.

Methods: A living labs approach was grounded in co-design principles and drew on the peer education, AT competency and capability-building knowledge base. Methods included embedding intersectional capabilities within the service, and the engagement of over 600 people in design thinking and program iterations through surveys, focus groups, journey mapping and think tanks.

Results: A national, peer-led, co-designed online community for AT users was established and has been running since 2017. The community of 5000 users contribute to a peer-led information and support initiative geared to share expertise and build AT decision making capability.

Conclusions: Service delivery by the AT user community and for the AT user community requires a commitment to co-design, and an engagement with concepts of risk, competency, scope of practice and capability. The learnings from AT Chat have implications for AT services on this journey everywhere.

IMPLICATIONS FOR REHABILITATION

- Active co-design of AT services meets human rights and good practice benchmarks required by contemporary services.
- Foregrounding AT users within program design and delivery, brings a range of positive outcomes and possibilities for the way services are delivered.
- AT users have substantial untapped potential which brings tangible outcomes for other AT users, health professionals, service provider organizations and for society.
- Development of paid roles and pathways to recognize the skills of AT users, and indeed AT communities has potential to improve AT user self-efficacy as well as to contribute to the AT workforce.

Staff presentations to external groups

Presentations to Singapore Institute of Technology Masters program

Professor Keith Hill has provided three presentations to the Masters post-graduate program in gerontology at Singapore Institute of Technology during May:

1. Falls in older persons - the burden of injury in different settings;
2. Falls prevention from global and Asia perspectives; and

3. Biomechanical physiological and anatomical factors in ageing causing mobility problems and falls

He will also present and participate in a two day workshop associated with the program in July.

Short course - Survey design - 11th & 18th June 2021



This course will introduce participants to the theories, concepts and practice of developing and using surveys in clinical research and practice.

Participants will gain practical skills on how to write good survey questions, using Qualtrics as a platform for developing surveys, and understanding the pitfalls of surveys and questionnaires particularly with respect to validity and reliability. This course will also include a series of case studies on how surveys have been implemented into clinical practice, and the key learnings we can take from our experiences.

The course will be useful for people who are new to survey design, as well as those who would like to improve their skills and knowledge. It will also benefit people who are planning to design a survey in the future (e.g. PhD students, clinicians, teaching academics), and those who plan to use previously developed surveys for research.

WHO SHOULD ATTEND?

- Health care providers (medical, nursing and allied health staff)
- Health service researchers
- Policy makers and program managers
- Quality managers
- HDR students (e.g. PhD or Masters students)
- Teaching associates and academics

DATE

11 & 18 June 2021

TIME

9 am – 4.30pm

VENUE

Via Zoom

CONVENORS

Dr Sze-Ee Soh
Dr Renata Morello
Dr Darshini Aytton

COURSE FEE

\$325 per day (incl. GST)

ENQUIRIES

If you have registration queries please contact the Short Course Office on:

T: +61 3 9903 0289

E: shortcourses.depm@monash.edu

FURTHER INFORMATION & REGISTRATION

<https://www.monash.edu/medicine/public-health/professional-education/developing-and-using-surveys-and-questionnaires-for-clinical-practice>

CRICOS Provider: Monash University 00002C TRSL/DRC2018

Message from Safer Care Victoria

Become part of an age-friendly health system

We are seeking five sites to join the Creating Age-Friendly Health Systems in Victoria initiative to test the 4Ms framework for age-friendly care.

Is your organisation:

- a public/private funded Victorian health service **or** residential aged care facility in metropolitan, rural, and regional Victoria?
- looking to be one of the first sites in Australia to implement a proven framework for ensuring older people receive person-centred, safer and more effective care, consistent with what matters to them?

Then we would love to hear from you!

The Creating Age-Friendly Health Systems in Victoria initiative is a 12-month project that will co-design, test and refine the 4Ms framework.

Applications close Thursday 17 June 2021

[Read more information, including how to apply](#)

Contact

innovation@safecare.vic.gov.au

Early and mid-career research support activities

Although the staffing level for RAIL at this point is small, we are keen to provide support for any early or mid career researcher that we can. We are happy to provide an external review perspective of grants you are preparing as one avenue of support. If you would like to discuss possibly accessing this service, please email Cassie in the first instance (spahc.rail@monash.edu).

Scholarship



PhD Scholarship Opportunity: VICTORIAN AGENCY FOR HEALTH INFORMATION (VAHI) & THE VICTORIAN INJURY SURVEILLANCE UNIT (VISU)

DEPARTMENT/UNIT	Monash University Accident Research Centre (MUARC)
FACULTY/DIVISION	Office of the Senior Vice-Provost and Vice-Provost (Research)
REMUNERATION	A MUARC scholarship of \$36,000 p.a. 2021 full-time rate
(tax- the	free stipend) - annually indexed plus allowances as per stipend conditions:

<http://www.monash.edu/graduate-research/future-students/support/scholarship-conditions-of-award>

EMPLOYMENT TYPE	Full-time
DURATION	3 year fixed-term appointment
WORK LOCATION	MUARC (Clayton campus)& VAHI (50Lonsdale Street, Melbourne)
CLOSING DATE	
ENQUIRIES	Janneke Berecki-gisolf, Vicotrian Injury Surveillance Unit Email: janneke.berecki-gisolf@monash.edu
SUPERVISION	Associate Professor Janneke Berecki-Gisolf, Associate Professor Stuart Newstead, and Associate Professor Zahid Ansari

The Project: Hospital in the Home in Victoria: Time Trends and Health Outcomes

Hospital in the home (HITH) provides care at home that would otherwise be provided in the hospital. HITH is generally considered safe, cost-effective and beneficial for patients; HITH is less disruptive to daily life and even, in some circumstances, allows for continuation of work and schooling activities.

Since the onset of the COVID-19 pandemic, the reduced burden on hospitals through HITH is particularly relevant, with the additional benefit of physical distancing (limiting

potential coronavirus spread). However, complications can occur during HITH: with a potential increase in uptake, it is particularly pertinent to better understand the profile of users, pattern of uptake, and health outcomes of HITH. This will be address in this PhD project, which aims to inform decisions regarding HITH patient selection; prevention of complications; and advice on expanding HITH as a COVID-19 response to unburden the hospital system and reduce the spread of virus through healthcare.

HOW TO APPLY

1. Potential candidates should complete the [Expression of Interest \(EOI\) form](#), including a one page research proposal, and submit this form, with full CV and transcripts, to the Graduate Research Administrative Officer (see details provided above).
2. Shortlisted candidates will be invited to attend an interview at MUARC.

Member contributions

We would love to showcase current research from our members. We invite you to submit a short story (and relevant images) about any research you are working on that aligns with RAIL. Submissions are due by the 30th of each month to spahc.rail@monash.edu



Our mailing address is:

spahc.rail@monash.edu

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