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PRIMARY
AND ALLIED
HEALTH CARE

REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #24

A message from the Director



Welcome to our final e-bulletin for 2021. It has been a challenging but successful year for RAIL and our staff. We are finishing 2021 with a major highlight that we have been working towards for around two years now. This relates to what was going to be an exhibition to celebrate the formal launch of RAIL mid last year, and is now a celebration of 2.5 years of RAIL activity since we commenced in July 2019. I want to pay particular acknowledgement to **Libby Callaway** (RAIL Stream lead for Independent Living), **Tarsh Brusco** (RAIL Stream lead for Rehabilitation) and **Gabby Brand** from the

School of Nursing and Midwifery, who have driven this novel approach to engaging with our local community through a 2-week narrative portrait exhibition at The Cube, Frankston Arts Centre from Dec 3rd. Additional special thanks to **Karine Fortin**, who has joined RAIL recently but had a major role in ensuring that everything needed for this substantial undertaking has been ticked off in a very well organised manner. And thanks also to the rest of the RAIL staff, who have all contributed in various ways to this major team event. I have had a sneak preview of the exhibition, and consider it to be well worth a viewing – so please make a time to visit between **Dec 3rd -21st at The Cube Gallery at the Frankston Arts Centre**, and online exhibition video on the Monash RAIL website (available after the Exhibition commences at <https://www.monash.edu/medicine/spahc/rail>). The exhibition is free for the general public to access. For exhibition opening hours and details, go to: <https://artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/RAIL-Research-Centre-Monash-University>.

I also want to acknowledge another significant award to **Libby Callaway** and the team of the My Allied Health Space, for recently being announced as a University level award - the Vice Chancellor's Award for Industry Education Programs (further details below).

On behalf of all of the RAIL team, I take this opportunity to wish all of our members, partners and friends a happy, relaxing and safe holiday period, and look forward another strong, collaborative and successful year ahead in 2022.

Finally, if you have 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



Dr Jacqui Allen is a senior lecturer in the School of Nursing and Midwifery. Her research interests include aged care, ageing well, co-design and improved support for informal carers of older adults. Jacqui has a particular interest in shared decision making and care partnerships between older adults, informal carers, health services and aged care services. Jacqui received a Diploma of Applied Science in Nursing resulting in her registration as a nurse.

She then completed a Bachelor of Arts Honours and Master of Psychology. In 2017, Jacqui was awarded her PhD for her research about developing a communication tool to support quality hospital discharge and care transitions for older adults. For her PhD, she was awarded the HESTA Award for outstanding research scholarship by a domestic PhD student at the Deakin University School of Nursing and Midwifery. She has since been a recipient of grant funding by the Faculty of Health Deakin University, Melbourne Ageing Research Collaboration, and the Australian Association of Gerontology. Her current research focusses on developing resources to support informal carers of older adults during hospital discharge and co-designing guidelines with informal carers regarding visiting residential aged care during lockdowns.

New RAIL staff member

Dr Chris Graven works as a Physiotherapist in the inpatient Geriatric Medicine Unit at the St. George's Hospital campus of St. Vincent's Hospital Melbourne (SVHM). Part of this role also includes overview of the Physiotherapy services delivered to the inpatient Aged Mental Health Unit and the residential care facilities auspiced by SVHM. Chris has worked across many aspects of the public healthcare system – including the acute sector, sub-acute, community & domiciliary settings, palliative care, specialist clinics, and aged psychiatry residential care.



Chris was the development officer for the statewide service of Polio Services Victoria, and also established the Young Adult Complex Disability Service at SVHM.

Although Chris has maintained a firm hold of inpatient clinical work, she also greatly enjoys the dabbling in research realm – having completed a Postgraduate Diploma in Health Research Methodology (investigating the predictive validity of a functional mobility scale post-stroke) and a PhD (exploring participation interventions to assist to minimise post-stroke depression). Chris is currently enrolled in a Diploma in Dementia Care as a way to keep her brain active, and also enjoys ongoing clinical education of Physiotherapy students during their Gerontology placements.

Chris has recently become involved with RAIL as a Research Assistant – looking to conduct a feasibility study involving RAMP (Risk Assessment for Moving Patients) in the residential aged care setting, to build upon the robust work already conducted in the acute and sub-acute healthcare sectors.

Team My Allied Health Space wins Vice-Chancellor's Award for Industry Education Programs



'Team My Allied Health Space' - a team from the Monash School of Primary and Allied Health Care, Monash Art Design and Architecture, and Monash Centre for Professional Development and Monash Online Education - partnered with the Victorian Department of Health, people with lived experience of disability, Peninsula Health, Yooralla, and community allied health providers and peak bodies, to codesign My Allied Health Space. The project lead was **A/Prof Libby Callaway**, the RAIL Independent Living Stream Lead, and the Project Manager was **Dr Em Bould** from the Monash Occupational Therapy Department.

Accessed in standard view or easy read, My Allied Health Space (www.myalliedhealthspace.org) hosts AAA-accessible resources, including a

comprehensive learning management system for health professionals, to translate the new Victorian Government Allied Health Capability Framework for Working with People with Disability and Complex Support Needs into practice. Resources and tools on the website are useful for allied health professionals to build capability to work with people with disability and complex support needs and people with disability to select and evaluate the quality of allied health services received.

With over 400 people registered to use the My Allied Health Space allied health learning management system, and over 6000 website views, the team has achieved national translation of these industry education resources.

RAIL Staff Engagement



Dr Christina Ekegren has recently been selected to join the Coordinating Committee for Safer Care Victoria's Care Of Older People Clinical Network. In this role she will be contributing to driving and leading engagement within the Older People Clinical Network, and supporting collaboration, networking and peer to peer learning. The committee will also support coordinated responses to safety and quality issues and system wide challenges for older people. The role will continue throughout 2022.

RAIL Research Centre Narrative Portrait Exhibition

Date: Friday 3rd December to Tuesday 21st December 2021

Location: The Cube Gallery at Frankston Arts Centre

A vital part of the work of the **RAIL Research Centre** is collaborating with those people most expert in the areas of Rehabilitation, Ageing and Independent Living – people with lived experience of these issues.

Join the RAIL Research Centre as we host a 2-week narrative portrait exhibition from **Friday 3rd December to Tuesday 21st December 2021 at The Cube Gallery at the Frankston Arts Centre**, and online exhibition video on the Monash RAIL website.

Over the last year, we have worked with a range of community stakeholders including consumers, providers, funders and developers of rehabilitation, ageing and independent Living services. We have asked them their perspectives to inform the RAIL mission and priority research areas. We also used an innovative methodology developed by Associate Professor Gabby Brand, where we invited narrative portrait contributors to bring objects or 'artefacts' that represented key aspects of rehabilitation, ageing and independent living from their perspectives to include in the portrait sitting.

The exhibition is free for the general public to access. For exhibition opening hours and details, go to:

<https://artscentre.frankston.vic.gov.au/Whats-On/Art-Exhibitions/RAIL-Research-Centre-Monash-University>



Liz, Head of Independence and Toni, the Senior Manager of Disability at the Transport Accident Commission find *Solace* in standing alongside those who have experienced loss or injury through road trauma

School of Primary and Allied Health Care Research Festival

RAIL and the Department of Occupational Therapy co-hosted this year's School of Primary and Allied Health Care Research Festival on Thursday Nov 25. The event ended up being fully on-line, with the theme of Strategic Partnerships in Allied Health with Consumers and Communities: Between & Beyond. The festival included presentations aligned to the theme from each Department and Research Centre; concurrent workshops that also focussed on the theme, and included people with lived experience and novel approaches, and a keynote by Associate Professor Victoria Palmer from the University of Melbourne, on the topic of *Expanded Togetherness: co-design between and beyond partnerships*. The day provided some good opportunities for interactions and examples and considerations for future research with consumers and

community.

Special thanks to all of the organising committee from RAIL and the Department of Occupational Therapy (Ellie Fossey, Keith Hill, Aislinn Lalor, Libby Callaway, Angel Lee, Laura Jolliffe) and Cassie Stephens and Colleen Rorke from the School.

We are pleased to announce that one of the Award joint-winners of the PhD poster competition at the Research Festival was **RAIL PhD student Yulisna Mutia Sari**, with her poster presentation on: *Current physiotherapy practice on delivery treatments for older people with dementia in Indonesia: A cross-sectional study*. Congratulations Yulisna!

Member and Partner forum

Previous RAIL forum

In our most recent RAIL forum held on Monday 22nd November (80 registrants), our speakers presented their World Health Organisation commissioned study on access to assistive technology during the COVID-19 pandemic.

RAIL's Dr Natasha Layton and **Louise Puli** from the World Health Organization Access to Assistive Technology team presented two sets of results from a recently completed study for WHO auspiced through RAIL. Natasha spoke on the perspectives of users of assistive technology, while Louise spoke about perspectives of providers of assistive technology. Both components of the project involved global perspectives from across many countries; and have recently been published:

1. Puli L, **Layton N**, Mont D, Shae K, Calvo I, **Hill KD**, **Callaway L**, Tebbutt E, Manlapaz A, Groenewegen I, Hiscock D. Assistive Technology Provider Experiences during the COVID-19 Pandemic. *Int J Environ Res Public Health*. 2021 Oct 6;18(19):10477. doi: 10.3390/ijerph181910477.

2. **Layton N**, Mont D, Puli L, Calvo I, Shae K, Tebbutt E, **Hill KD**, **Callaway L**, Hiscock D, Manlapaz A, Groenewegen I, Sidiqi M. Access to Assistive Technology during the COVID-19 Global Pandemic: Voices of Users and Families. Int J Environ Res Public Health. 2021 Oct 27;18(21):11273. doi: 10.3390/ijerph182111273.
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Upcoming RAIL forum

The next RAIL forum will be held in February (date TBC) during which we will learn more about the work of Occupational Therapist of the year (2020-2021), **Associate Professor Libby Callaway**.



We will hear about her career journey to date and what inspires her work. Libby will also showcase her work on the award-winning [My Allied Health Space](#) and upcoming My Practice Space and Bringing it Home. More information will be circulated in January. Stay tuned!

RAIL International Collaborative Initiative

RAIL and the Centre for Person Centred Research (NZ)

Kia ora! On 24 November, RAIL held a networking event with **Professor Nicola Kayes** and her team from the **Centre for Person Centred Research at the University of Auckland, NZ**. Three people from each team presented their recent work followed by a productive discussion.

The event was a success and showed many synergies across the two centres.

We look forward to future collaborations in the areas of person-centred research, rehabilitation, ageing and independent living.



RAIL paper of the month

Gait aid use for people with and without dementia: A comparison of practice between health and non-health professionals among Australian community care staff

Lee, D.-C. A., Burton, E., Meyer, C., Hunter, S. W., Suttanon, P., & Hill, K. D.

Abstract

Gait aid provision is a standard approach to improve mobility and balance for older people. This research aims to understand and compare community care staff practice (health vs. non-health professionals) for gait aid use by people with and without dementia. A cross-sectional survey was conducted with Australian community care staff between October 2020 and February 2021. Survey items consisted of closed/open-ended questions to explore staff practice for people with/without dementia, and assessments/procedures health professionals used for people with dementia. Likert-scale items gauged staff agreement on factors that influenced their decisions regarding gait aid use for people with dementia. Univariate logistic regression analyses were used to

examine staff practice for people with/without dementia and their interaction effects, and factors that influenced decision-making regarding gait aid use for people with dementia. Content analyses were used to collate responses on assessments/procedures used for people with dementia. Health (n = 109) and non-health professionals (n = 138) completed the survey. Compared with non-health professionals, health professionals were more likely to (1) refer the person without dementia [odds ratio, 95% CI: 23.9 (12.1, 47.3), p < .01] and person with dementia [27.8 (12.5, 61.7), p < .01] to a physiotherapist for gait aid assessment, (2) agree with gait aid use if the person with dementia: (a) lives with someone who can monitor gait aid safety [coefficient, 95% CI: -0.75 (-1.29, -0.21), p = .01], (b) performs well on a cognitive functional screen [-0.68 (-1.20, -0.16), p = .01] and (c) gives feedback about gait aid use [-0.64 (-1.15, -0.12), p = .02]. No interaction effects existed between health/non-health professionals and whether the person had dementia/no dementia on the practice options examined. Health professionals infrequently reported using single/dual task, simple/complex gait or motor sequence testing to assess people with dementia for gait aid use. Strategies such as developing decision aid tool(s) may guide mobility practice for community care staff.

Lee, D.-C. A., Burton, E., Meyer, C., Hunter, S. W., Suttanon, P., & **Hill, K. D.** (2021). Gait aid use for people with and without dementia: A comparison of practice between health and non-health professionals among Australian community care staff. *Health & Social Care in the Community*, doi:<https://doi.org/10.1111/hsc.13600>

Consultancy Paper - Aligning regulation across aged care, disability support and veterans' care

The Australian Government is seeking to align regulation across the aged care, disability support and veterans' care sector. The 2021-22 Budget encompasses a range of measures including short to long term program reforms. For further details about the program, please read the Consultation Paper available [here](#). The work will take a staged approach to the alignment of provider and worker

regulation across the National Disability Insurance Scheme (NDIS), disability services, aged care and veterans' care. For further information please visit the Department of Health [website](#).

Stage 1 Consultations

In Stage 1 of consultations, providers and peak bodies were given the opportunity to provide industry-specific considerations on regulatory alignment. This feedback informed the broader consultation process. Tailored approaches to engage with consumers and carers were also developed.

Stage 2 Consultation is now open

To progress this work, the Department of Health is now inviting input from a range of stakeholders, including consumers, participants, their families, carers, and providers.

A Consultation Paper has been released to inform the development of a roadmap. There are multiple ways for you to have your say via this link [Aligning Regulation across Care and Support Sector - Consultation Stage 2 - Australian Government Department of Health - Citizen Space](#).

- provide a written submission, **closing Friday 17th December 2021**.
- register to participate in an **online workshop held between 25 November – 8 December 2021** (noting places are limited).
- participate in an online survey **commencing in late November**.

To request a hard copy of the consultation paper or if you have any questions please email us RegulatoryAlignmentTaskforce@health.gov.au.

Research participants required

'Who Cares for the carers' Living Labs project

Carers Victoria and RAIL's "Who cares for the carers" Living Labs Project is conducting a project on the health and wellbeing of older carers.

We are seeking carers aged 50 and above who care for older people (aged 65 years or above) to complete a survey. This survey is about health, wellbeing, health promotion and support services for carers. The survey will take approximately 30 mins to complete. You can complete it here - <https://bit.ly/3fa3pJf>

If you know people or organisations who may be interested in further distributing this information, or completing the survey, please pass on this information. For further information please email Dr Angel Lee at Angel.Lee@monash.edu

A home-based walking aid-training program for people with dementia or cognitive impairment and their carers

We are seeking people with dementia or cognitive impairment and those who care for them to participate in a 6-week walking aid-training program at home.

What are the eligibility criteria?

- Aged 65 years or more.
- Have a diagnosis of dementia, other cognitive impairment, or you receive a dementia supplement in your home care package.
- Fell in the past 12 months, or you are unsteady in walking or turning.

- Not currently using a walking aid.
- Have a carer who can support practice of walking aid use.
- Live in Melbourne or regional Victoria (within 40 km of Castlemaine only).

What will I receive?

- Free home visits and training by an experienced physiotherapist.
- Free walking aid if using one is safe for you.

Further information and enrolment:

Please contact Dr Angel Lee at Angel.Lee@monash.edu.

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 Karine in the first instance (spahc.rail@monash.edu).

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.