



MONASH
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MONASH
PRIMARY
AND ALLIED
HEALTH CARE

REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #3

A message from the Director

As the year comes to a close, our centre celebrates the first five months of operation. There has by necessity been a large amount of developmental activity undertaken in this early period, but this will help to set us up well for the future. Libby Callaway and Tash Brusco have settled well into their stream lead roles, and together we have been submitting a number of grant proposals. The centre's internal advisory committee has provided important direction and guidance about current and future research activities, new partnerships have been built with internal staff and external organisations, the first round of EMCR grants were awarded, conference presentations have been delivered both nationally and internationally, and excitingly the RAIL member network continues to grow.

We would like to thank all members for your contribution to date and wish you a happy and prosperous new year.

Professor Keith Hill



Staff news

Congratulations to RAIL staff member Libby Callaway on her appointment as the 2019-21 President of the Australian Rehabilitation and Assistive Technology Association.

Libby also presented recently to the Australasian Society for the Study of Brain Impairment Post-graduate Student chapter on "Improving research/clinical work via collaboration with other disciplines and consumers".

Grants

Grant success

Faculty of Arts and Faculty of Medicine, Nursing and Health Sciences Interdisciplinary Research Seed Funding Scheme. Jim Hlavac, Joanne Enticott, Terry Haines, Keith Hill, Ben Harris-Roxas, Katrina Long, and Chuan Yu. Addressing linguistic discordance in residential aged care: an interaction-based study on resources to enable communication between residents, staff and healthcare professionals. \$23,193.

PROJECT SUMMARY: This project focuses on how staff and healthcare professionals communicate with residential aged care facility (RACF) residents with Limited English Proficiency (LEP). Uptake of free interpreting services for aged care facilities is low, meaning LEP residents in non-ethnic specific facilities likely struggle to effectively communicate with others. This project aims to collect data and develop a framework on how this linguistic discordance can be addressed. Data collection includes: interaction-specific features; current means of bilingual communication; barriers to using interpreters; use of translation apps. The developed framework will closely inform an intervention that will be the basis for a higher-level grant.

Conferences

GrassRoots Falls Conference, Perth, September

Professor Keith Hill was chair of the organising committee for the 3rd GrassRoots Falls Conference, which attracted 230 registrants. This conference aims to provide a good mix of research, education, policy and practice presentations regarding falls prevention activities and outcomes across hospital, community and residential care settings. Keynote presenters included Professor Ron Shorr (USA), Sandy Blake (NZ), Professor Jacqui Close (Sydney), Professor Anne-Marie Hill (Perth), Dr Elissa Burton (Perth) and Dr Jenny Hewitt (NSW). Overall a very enjoyable and successful conference. Look out for the next one in 2 years time.



Professor Keith Hill announcing Award for Clinical Leadership being presented to Dr Nick Waldron.

Falls, Fractures & Pressure Injuries Management Conference

On the 25th of November Tash Brusco presented at the Falls, Fractures & Pressure Injuries Management Conference in Melbourne.

The topic was “Evidence Based Practice & Passing Accreditation: Are They the Same Thing?”

- This presentation was in reference to the National Safety and Quality Health Service Standards (second edition) with a focus on the standard for Comprehensive Care and Falls Risk minimisation
 - Consideration was given to preventing falls and harm from falls. The presentation answered the following questions:
 - What evidence do we have to guide current clinical practice?
 - What does the standard expect from the health service organisation?
 - Are these the same thing?
 - The presentation went on to discuss how can we use this evidence to drive efficiencies, remove waste and ensure better patient care through the following:
 - < >We can drive efficiencies by reducing waste through disinvestment of non-EBP care
 - We can re-divert the wasted resources into EBP care or into research and quality activities that aim to find answers to the question “how can we provide better care?”
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7th National Brain Injury Conference

University of Melbourne, Parkville Victoria
28th and 29th October 2019

On the 28th of October Libby Callaway and Em Bould presented at the National Brain Injury Conference in Melbourne.

The topic was “Employment CoLab: Codesign and pilot of an open employment pathway for people with Acquired Brain Injury”

- This presentation outlined a new mainstream employment pathway our team has developed through a Jobs Victoria Innovation Fund project in collaboration with the Transport Accident Commission (TAC), called 'Employment CoLab'
- A range of mainstream employment roles have now been established for people with ABI using Employment CoLab, including in University settings, traffic management, call centres, home services and food production.
- Employment CoLab has been co-designed with people with ABI, government funders and employers and is now being evaluated and scaled across multiple work sites, based on employer human resource need and employee goals for work.
- A new model of Monash health professional student training has also been established within Employment CoLab, providing additional job coaching during employment transition, under the supervision of a qualified occupational therapist
- During the presentation question time, further consideration was given to approaches to both National Disability Insurance Scheme big data, and individualised outcomes measures, focused on economic participation in the NDIS.
- Libby and Em are meeting with the NDIS Employment Taskforce Team, TAC and Brain Injury Tasmania in Geelong next week to further discuss scaling of Employment CoLab and some new employment focused work Brain Injury Tasmania are leading through an NDIS ILC Economic Participation Grant.


Engagement of the Employer
Identify industry / employer need

2 Role Identification
Document business & human resource need

4 Employment Commences
Structured work task list
Bridging starts

5 During Employment
Ongoing team liaison
Graded bridging

Employment CoLab



News

Visit to Monash Malaysia and the World Falls and Postural Stability Conference

In the first week of December, Professor Keith Hill visited Kuala Lumpur, Malaysia to attend the 1st World Conference on Falls and Postural Stability. At the conference, he presented outcomes of the successful RESPOND RCT in reducing falls for older people presenting to Emergency Departments, led by Monash University. In addition, he was moderator for a symposium on falls prevention programs and research in Singapore, and attended a “Fireside chat” to informally discuss international issues and potential solutions in falls prevention, led by researchers from Singapore.

He also took the opportunity of visiting the Gerotechnology Laboratory at Monash Malaysia (KL), led by Associate Professor Pei Lee Teh, and meeting with researchers with research interests aligned to RAIL to discuss future possible collaborations. There are a number of synergies in the research interests and outcomes of the Gerotechnology Laboratory team at Monash Malaysia, and RAIL, which we aim to explore further with potential collaborative grants and other activities. One of the first round of RAIL seeding grants was awarded to Surya Girinatha Nurzaman (School of Engineering, Monash Malaysia), Associate Professor Pei Lee Teh, and Libby Callaway from RAIL / Dept of Occupational Therapy at Peninsula Campus, titled - User Acceptance Analysis of an Affordable Soft Service Robot in Object Retrieval Tasks.



Professor Keith Hill and Associate Professor Pei Lee Teh at Monash Malaysia campus

Delivering solutions and innovation in transport and design

Monash University has recently conducted a review on the modernisation of the Disability Standards for Accessible Public Transport 2002 (DSAPT) and the Premises Standards for the Australasian Railways Association (ARA). As a follow up to the completed Reports for the ARA, a Monash University multidisciplinary research group has been established based on interest, expertise and previous research across a range of areas relevant to delivering solutions and innovation in transport and design. Two meetings of the Research Group have now been held and we are now in the process of identifying potential researchers and projects for further research where we can help the rail industry (and others) to meet the needs of all stakeholders to ensure Australia can develop a sustainable accessible transport system.

If you are interested in participating please contact Robyn Phillips (robyn.phillips@monash.edu) providing a brief CV.



Joint media release - 11 November 2019

Living Better Lab: Partnership to herald new age of tech and innovation in aged care

Technology that helps older people live better is not the stuff of science fiction.

A new partnership between the key peak bodies for aged care providers and the Digital Health Cooperative Research Centre (Digital Health CRC) – The *Living Better Lab* – will drive new innovations and better care for older Australians.

Aged & Community Services Australia (ACSA), the peak body for non-profit aged care providers, and The Aged Care Guild, the association of some of the largest private residential aged care providers, will unite with the Digital Health CRC to provide a platform for major initiatives that aim to improve the quality of life for older Australians.

The Lab will enable the trial of innovations such as a bed that could notify staff when immobile residents require repositioning to reduce the risk of injury and complications; and how a resident's environment can be transformed into an empathetic space.

Further details of the 11 November media release can be found on the [Digital Health CRC website](#).



On 13 November, the Australian Housing and Urban Research Institute (AHURI) published a report '**Moving, downsizing and housing equity consumption choices of older Australians**'.

The study analyses current geographic mobility and downsizing behaviours

among Australians aged over 55 to assist policy makers in responding to the housing challenges and opportunities affecting Australia's ageing population. The report finds that few Australians aged over 55 years move homes on an annual basis. An analysis of barriers to geographic mobility identified by a set of older Australians highlights that the majority of individuals report either health or affordability as the primary barrier to moving. Downsizing behaviour is generally correlated with specific life events, such as change in partnership status, adult children leaving the parental home, or change in health status.

This study analyses current geographic mobility and downsizing behaviours among Australians aged over 55, and considers the barriers to, and consequences of downsizing. Retired Australians tend to retain high levels of housing wealth (rising to 49% of assets for homeowners aged 75+) and most choose not to downsize, either by moving to a smaller dwelling or a less-expensive home.

The full report is available for download from the [AHURI website](#).

Events

Who's doing what in ageing research?

Member forums

We look forward to seeing members at the final member forum for 2019.

Title: Who's doing what in ageing research? – RAIL members share 5 min presentations about their research interest area.

Presenter/s:

- Professor Terry Haines (SPAHC) - PRACTIS - PRimary health and Aged Care Translation and Interpreting Services

- Associate Professor Michele Callisaya (Peninsula Clinical School) - Using technology to improve the physical and cognitive health of older Australians
- Associate Prof Jane Banaszak-Holl (Epidemiology and Preventive Medicine Alfred Hospital) - Diagnosing dementia: How does it shape the services and care individuals receive
- Dr Nikos Thomacos (Occupational Therapy)

Venue: Meeting Room C1.02, Building C, Peninsula campus

Date and time: 3pm - 4pm Wednesday 11th December

RSVP: [Online](#) by 9/12 (zoom options will be available)

RAIL Launch

The official Rehabilitation, Ageing and Independent Living Research Centre launch will be held in June 2020. Further information will be circulated shortly.

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 like to discuss possibly accessing this service, please email Cassie in the first instance (spahc.rail@monash.edu).

Upcoming conferences

- May 7-9 2020, Perth – The Australasian Society for the Study of Brain Impairment (ASSBI) 43rd Annual Brain Impairment Conference. Theme: Getting on with the business of living. <https://assbi.com.au/ASSBI-Conferences>
- May 27-29 2020, Melbourne – The Australian and New Zealand Society of Geriatric Medicine Annual Scientific Meeting. Theme: Vision for the future. Abstract submission open (closes February 2020). <http://www.anzsgmconference.org/>
- Abstract submissions opening on 19th October 2019 for the Australian & New Zealand Association for Health Professional Educators (ANZAHPE)

2020 Conference, hosted in Melbourne, 12th July to 15th July,
2020 <https://www.anzahpe.org/2020-conference>

- Latest NDIS-hosted events for Scheme participants, families and/or providers
See <https://www.ndis.gov.au/news/events>

If you are aware of any other conferences that may be relevant to members of RAIL, please forward details (if possible, before the timing of closure of abstract submissions).

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