

# Rehabilitation, Ageing and Independent Living (RAIL) Research Centre

## Member eBulletin #40 - October 2023

Members of RAIL are Monash education and research staff or students across a variety of disciplines within Monash Australia and Malaysia that are interested in rehabilitation, ageing and independent living.

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### A message from the Director

What a wonderfully busy and satisfying past couple of months, from both a personal research and a Research Centre perspective. It was extremely pleasing to attend the Monash graduation for RAIL's first PhD student (Yulisna Mutia Sari, from Indonesia), and a student I co-supervised (Sanam Tavakkoli) in September. Both Yulisna and Sanam commenced their PhD studies just before the covid pandemic, and both (like many other HDR students at that time) had to make substantial modifications to their planned projects to accommodate the many covid related impacts associated with any research involving ideally direct face to face interactions. Both Yulisna and Sanam demonstrated excellent adaptability and resilience to complete very successful PhD's that contribute well to where their respective fields are at. I also visited Curtin (where I spent 8 years before coming to Monash) for graduation of two other PhD students from Singapore who commenced with

me at Curtin before I moved to Monash, and I continued as an external supervisor. Michelle Ng completed her studies in Perth, and Aileen Scully completed her studies in Singapore, both again demonstrating flexibility and adaptability in completing their series of projects during the pandemic. Congratulations to them all.

You will see throughout this ebulletin a number of other successes by RAIL staff and collaborators. Of note, we have completed development and running of our first short course on exercise to reduce falls for older people, special thanks to Sze-Ee Soh from the Department of Physiotherapy who led this short course development, and the School for funding an Eol to assist with course development. Natasha Layton is leading evaluation of a new large grant with partner Indigo Australasia, with funding from the Australian Government. We have also had a very successful community engagement activity at the Get Active Expo at Camp Manyung on the Mornington Peninsula, run another successful RAIL forum by Dr Em Bould and Associate Professor Libby Callaway, held a lunch and learn presentation from Dr Jane Bringolf, Chair of the Centre for Universal Design Australia (CUDA), and had international visits from Associate Professor Rodrigo Cappato de Araujo from Brazil, and Dr Andrian Liem from Monash Malaysia. Congratulations to all involved in these important initiatives and activities. Please read below for details of these and other activities over the past two months.

I hope you enjoy reading about our activities and outcomes in the e-bulletin, and we welcome any contributions you consider will be of interest to others. 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



[Sergio Uribe \(PhD\)](#) is a Professor and the research director of the department of Medical Imaging and Radiation sciences in the Faculty of Medicine, at Monash University. He has more than 15 years of experience working on medical imaging and in biomedical engineering.

Previously, he was full professor in the Radiology Department, and the head of the Major in Biomedical Engineering at Pontificia Universidad Católica de Chile. His main research areas of interest are biomedical imaging, with a particular focus on Magnetic resonance imaging and its application on cardiovascular and metabolic diseases. He has developed different imaging techniques to assess the cardiovascular system as well new ways to quantify adipose tissue in the body and sarcopenia using MR images. He has published more than 100 papers in high impact journals and presented more than 150 proceedings at different conference meetings and he has been awarded several grants (>\$10M USD) from national and international agencies. He is also very experienced in supervision of a number of postgraduate and undergraduate students with medical and engineering background.

His passion lies in interdisciplinary projects that can be translated into clinical practice. His current primary interest revolves around quantitative imaging using Artificial Intelligence.

## RAIL Research Centre eForum

### Previous RAIL eForum

In our most recent RAIL e-forum (16th August 2023), we had the opportunity to hear from Dr Em Bould (Senior Research Fellow in the Monash Occupational Therapy Department) and Associate Professor Libby Callaway (Independent Living Stream Lead in the RAIL Research Centre, and Associate Professor in the Occupational Therapy Department) on the topic of Single Case Experimental Design (SCED) methodology.

During this forum, Dr Bould and A/Prof Callaway provided a detailed overview of the use of the SCED methodology within one of their research projects. This project was funded by the TAC and icare NSW, and has evaluated the use of assistive technology for executive function support after acquired brain injury. The methodological approach in the project has been guided by internationally recognised SCED-expert Professor Emeritus Robyn Tate (University of Sydney). The research protocol, and associated checklists and tools, used in this study can be accessed

here: <https://www.researchprotocols.org/2023/1/e48503>

Thank you to Dr Bould and A/Prof Callaway for their great presentation and to Professor Emeritus Robyn Tate for her significant input to the study and presentation.

### Upcoming RAIL eForum

Please join us for our next and last 2023 forum on Monday 23<sup>rd</sup> October 2023, 12.00 - 1.00pm (AEDT) during which you will hear about some of our graduate HDR students' projects (supervised or co-supervised by a RAIL team member).

## RAIL Graduate Student Showcase

Our graduate students are conducting novel, in depth research in rehabilitation, ageing and independent living. Please come along to this next RAIL forum, which will showcase their ongoing work.

Date:	Monday 23 <sup>rd</sup> October 2023
Time:	12.00pm – 1.00pm AEDT
Venue:	Online Via Zoom
Register:	<a href="https://docs.google.com/forms/d/e/1FAIpQLSfheJGBYVRFq0JeqhPnTG3XOcGbeEMh5cmMdlTYtyA-QvrFg/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSfheJGBYVRFq0JeqhPnTG3XOcGbeEMh5cmMdlTYtyA-QvrFg/viewform?usp=sf_link</a>

### Understanding restrictive practices (restraints and seclusion) in mental health settings

This presentation highlights variabilities in the reported proportions of people exposed to restrictive care practices across institutions and jurisdictions in mental health settings and how inconsistencies in definition, measurement, classification, and reporting practices contribute to such variabilities.



Zelalem Muluneh is a PhD. student at Monash University, SPAHC. He has more than seven years of research and clinical experience in the mental health field. Zelalem obtained his bachelor's in Psychiatric Nursing and master's degree in Integrated Clinical and Community Mental Health, both from the University of Gondar (Ethiopia).

### Implementation of the My Therapy program: A mixed-methods process evaluation

This presentation will discuss the results of a process evaluation (conducted alongside a stepped wedge cluster randomised trial) considering reach, dose, fidelity and adaptation of a self-management program, called My Therapy, designed to increase the dosage of inpatient rehabilitation therapy.



Sara Whittaker is an Occupational Therapist who has joined the 'My Therapy' Project team as a PhD candidate. Having spent most of her career in the public health sector, Sara has held senior and leadership roles in acute, subacute and community rehabilitation settings. She is passionate about evidenced based practices in the rehabilitation setting.

### Driver Assessment and Rehabilitation in Saudi Arabia from the Perspective of Occupational Therapists

Driving is the primary mode of transportation in Saudi Arabia. However, the country faces a crisis of road injuries resulting in life-altering conditions such as spinal cord and brain injuries, which can impact a person's ability to drive. During this presentation, Doha will discuss how occupational therapists address this issue in their practice.



Doha Alhashmi is an occupational therapist and a lecturer at Princess Nourah Bint Abdulrahman University in Saudi Arabia. She is currently in her final year as a PhD candidate in the occupational therapy department at Monash University. Her research looks at driving and driver assessment and rehabilitation in Saudi Arabia.

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[Register here](#)

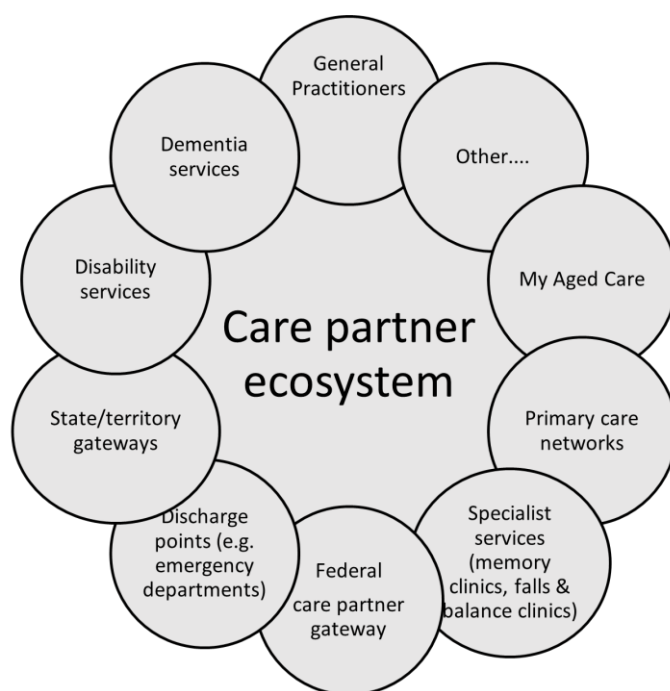
## RAIL paper of the month

Layton N, Lalor A, Slatyer S, Lee DA, Bryant C, Watson M, Khushu A, Burton E, Oliveira D, Brusco NL, Jacinto A, Tiller E, Hill KD. (2023) Who cares for the carer? Codesigning a carer health and wellbeing clinic for older care partners of older people in Australia. Health Expect. doi: [10.1111/hex.13863](https://doi.org/10.1111/hex.13863). Epub ahead of print.

## Abstract

### Introduction

Older carers or 'care partners' of older people experiencing care needs often provide essential support, at times while neglecting their own health and well-being. This is an increasingly frequent scenario due to both demographic changes and policy shifts towards ageing in place. Multiple community stakeholders within the care and support ecosystem hold valuable expertise about the needs of older care partners, and the programme and policy responses that may better support their health and well-being. The aim of this study was to identify the perspectives of stakeholders obtained through the codesign phase of a multicomponent research project investigating new models of care and support for older care partners suitable for the Australian context.



### Methods

Principles of codesign were used to engage a purposeful sample of older care partners, health professionals, researchers, policy makers and health service administrators. Participants took part in a series of three codesign workshops conducted remotely via video conferencing. The workshops were supported with briefing material and generated consensus-based summaries, arriving at a preferred service model.

### Findings

This paper reports the research design and structure of the codesign panels, the range of findings identified as important to support the health and well-being of older carers of older people, and the resulting service model principles. The codesigned and preferred model of care is currently being prepared for implementation and evaluation in Australia.

### Public Contribution

This study was conducted using codesign methodology, whereby stakeholders including older care partners and others involved in supporting older carers, were integrally involved with design, development, results and conclusions.

## Grant Success

### Longitudinal study into assistive technology for 25,000 older Australians living at home

Funded by the Department of Health and Aged Care and conducted in partnership with Indigo Australasia, RAIL Research Centre are excited to conduct this 2-year study, the first of its kind in Australia. The project is led by Dr Natasha Layton with A/ Prof Libby Callaway, A/ Prof Natasha Brusco, Prof Keith Hill, Dr Em Bould and Ms Megan Clarke-Ash.

Older Australians receiving goods, equipment and assistive technology under My Aged Care through the National GEAT program, will be followed up over 2 years. Data will be collected on assistive products provision, use, and effectiveness on a range of measures. Health service utilisation data as well as people's goals and satisfaction will provide a rich picture of life at home with assistive products over time. The evidence will be used to inform government policy and to provide much needed insights into assistive product use over time. We look forward to sharing the interim and final results over the duration of the project.



### **RAIL short course - Exercise to optimise balance, mobility and fall outcomes for older people**



On Monday 25<sup>th</sup> September, the RAIL team led by Dr Sze-Ee Soh and Professor Keith Hill, ran their first short course on exercise to optimise balance, mobility and fall outcomes for older people at Monash University Peninsula campus. Course participants from a diversity of disciplines - ranging from physiotherapists through to occupational therapists, exercise physiologists and fitness instructors were highly engaged across the day. Sze-Ee and Keith, joined by Dr Melanie Farlie and Mrs Pek Hill took participants through a range of

balance tests and exercises suited to incorporation into programs focused on fall prevention. The course finished off with a video contribution from Margaret Thomas, providing a consumer's perspective on factors influencing older people's engagement in exercise.

Participants evaluated the course as highly relevant to their learning needs and clinical practice and valued *"the opportunity to practice balance tests and exercises"* and having *"access to presenters with high expertise"*. The team plan to run this short course again in 2024!

## RAIL 'lunch and learn' session with the Chair of the Centre for Universal Design Australia



On Thursday 7th September 2023, the RAIL Research Centre hosted a 'lunch and learn' session with Dr Jane Bringolf, the Chair of the Centre for Universal Design Australia (CUDA). Jane discussed 'The Inclusion Conundrum' and how words matter. She challenged attendees to think about language and the 'otherness' that may occur when particular groups are singled out in society, and how this contrasts with a universal design approach which focuses on 'access for everyone, everywhere, all the time' in the design of systems, services and environments as well as language.

Staff and undergraduate and postdoctoral students from across the School of Primary and Allied Health Care - as well as RAIL Members and Partners from as far afield as the Monash Assistive Technology and Societies Research Centre at Monash Clayton Campus - joined in active discussions.

If you would like to learn more about CUDA, and explore the wonderful set of resources available, go to: <https://universaldesignaustralia.net.au>. CUDA have just launched a free online course, called an "Introduction to Universal Design" which you can register for via: <https://universaldesignaustralia.net.au/free-online-courses/>

The RAIL Research Centre is very grateful to Dr Bringolf for her ongoing engagement with RAIL Members, Partners and Friends.

## RAIL's participation in the Get Active Expo

The RAIL team was pleased to join the Mornington Peninsula Shire and the Frankston City Council Get Active Expo at Camp Manyung in Mt Eliza (Victoria) on Thursday 28th September 2023 as part of the Seniors Festival. The Seniors Festival is a major state-wide festival for and involving seniors, with an emphasis on fun and good times.

The Get Active Expo was a great opportunity for the RAIL team to engage with members of the Mornington Peninsula and Frankston community. During the event, RAIL offered free balance screening with our physiotherapists, aids & equipment demonstrations from our occupational therapist and information on RAIL activities.

To know more about the Seniors festival, please visit:

**Victorian Seniors Festival page:**

<https://www.seniorsonline.vic.gov.au/victorian-seniors-festival>

**Mornington Peninsula Shire Seniors:** <https://www.mornpen.vic.gov.au/Activities/Whats-On/Special-Programs-Events/Mornington-Peninsula-Seniors-Festival>

**Frankston City Council Seniors Festival:** <https://www.frankston.vic.gov.au/Things-To-Do/Whats-On/Frankston-Seniors-Festival-2023-%E2%80%93-Frankston-City-Council>



## The European Assistive Technology Conference 'AAATE 2023' Assistive Technology: Shaping a sustainable and inclusive world



### The European Assistive Technology Conference 'AAATE 2023'

#### Assistive Technology: Shaping a sustainable and inclusive world

was held late August in Paris <https://aaate2023.eu/>

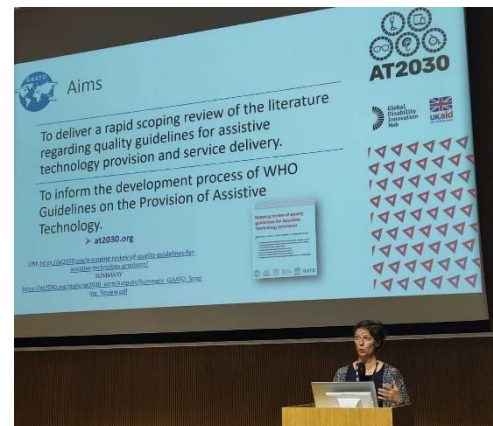
This annual conference is run by the Association for the Advancement of Assistive Technology in Europe (AAATE [www.aaate.net](http://www.aaate.net)), sister organisation to Australia's ARATA (Australian Rehabilitation and Assistive Technology Association [www.arata.org.au](http://www.arata.org.au)).

Dr Natasha Layton of the RAIL Research Centre is International Lead with ARATA and also a Board member with GAATO ([www.gaato.org](http://www.gaato.org)), and attended the Paris conference to present five papers and contribute to two panels.

### Why is a European AT conference important?

It is valuable to see how AT is being developed, researched and implemented by our European colleagues. Hot topics in this years conference were the role of digital technologies in superceding many specially made products, the challenges of digital literacy, and the laws and data sharing arrangements that underpin use of digital technology.

AAATE also presents an excellent opportunity to connect local, regional and global activities. Europe functions as a central point for global actors including WHO, UNICEF, GAATO, AT Scale and AT2030 who were all in attendance.



**Hot off the Press** WHO announced their intention to develop Global Guidelines on the Provision of Assistive Technology.

It was a great pleasure to present the Scoping Review of quality AT provision guidelines on behalf of GAATO and AT2030, which was foundation work in support this initiative.

The titles and partners for the papers are listed below, and abstracts can be found [HERE](#)

- Unpacking 'What Works': a Commentary of the Key Learnings for ICT From the AT2030 Program (Diane Bell and Natasha Layton on behalf of GDI Hub and WHO) ([link to full paper](#))
- Scoping Review of Quality Guidelines for Assistive Technology Provision (Natasha Layton on behalf of GAATO)
- Digital Enabling Assistive Technology through the Provision Lens – a Global Perspective in a Nordic Context (Katarina Baudin. Karolinska Institute Sweden and Natasha Layton)
- Assistive Technology Outcomes: Global Consensus on Key Challenges (Emma Smith and Natasha Layton on behalf of GAATO)
- Digital Capabilities of Older People and Uptake of Online Healthy Ageing Interventions: an Australian Study (Natasha Layton on behalf of Monash RAIL and iLA) ([link to full paper](#)).

## Recent visit from International Scholars

Over the past weeks, RAIL had the opportunity to host visits from two international scholars.

### Associate Professor Rodrigo Cappato de Araujo - Universidade de Pernambuco, Brazil



Associate Professor Rodrigo Cappato de Araujo from the Universidade de Pernambuco, Brazil, is currently spending six months in Australia with the National Centre for Healthy Ageing, and visited the RAIL team on Monday 11th September.

A/Prof Cappato de Araujo provided an overview of his recent research projects in the falls prevention area focussing on a novel exercise approach of instability resistance training.

### Dr Andrian Liem - Monash Malaysia

On 14th September 2023, [Dr Andrian Liem](#), Research Fellow from the Jeffrey Cheah School of Medicine and Health Sciences, Monash Malaysia visited the RAIL Research Centre and presented a summary of his fellowship titled 'EXploring the experiences of Indonesian migrant domestic workers in caring for older adults in Asia' (EXIMA Project) that aims to comprehensively explore the experiences of Indonesian migrant domestic workers as informal caregivers with an explanatory sequential mixed-methods design in three phases.



## Research participants required

### Residential Aged Care: Tell us your research priorities / Tell us what matters most in residential aged care

The [National Centre for Healthy Ageing Residential Aged Care Research Network \(RACReN\)](#), wants to hear what you think are the **most important areas** to research in residential aged care.

In late 2022, 81 people completed Round 1 of the survey (see results summary [here](#)), ranking the importance of 93 different research topics for residential aged care. They agreed that 32 of these research topics were very or extremely important to research in residential aged care.

This survey asks you to rate these 32 research topics to identify a short list of the 10 most

critical items for residential aged care research.

This information will be shared with aged care researchers to make sure they are researching what matters most to everyone involved in residential aged care.

The RACReN team wants to hear from you if you:

- have a family member or friend that is living, or has lived, in a residential aged care home;
- Live in a residential aged care home; OR
- Work in or with a residential aged care home - this includes PCAs, nurses, cleaners, cooks, and visiting allied health and primary care clinicians

Participation involves completing 1-2 short surveys (10-20 minutes) over the next year. Participants go into the draw to win one of 10 x \$100 eGift Cards for Surveys 2 and 3. To learn more and to begin the survey, click [HERE](#).

If you have any questions or need support to complete the survey, please contact [ncha.racren@monash.edu](mailto:ncha.racren@monash.edu) or the RACReN team on (03) 9904 4822.

## Well-being and social activities of older Australians



## **OLDER PEOPLE NEEDED**

Researchers at Monash University are looking for older people (aged 65+) who receive Home Care Packages to participate in surveys about well-being and social activities.

**For more information and to register:**

(03) 9905 2971 or [kate.burns@monash.edu](mailto:kate.burns@monash.edu)

**Monash Project ID: 38678**



**Do you:**

Live in **Australia?**

Aged **65 years or more?**

Receiving a **government-subsidised package** (Residential Aged Care or Home Care)?

**We would greatly appreciate your participation in our study.** You can complete the survey yourself [https://monash.az1.qualtrics.com/jfe/form/SV\\_74dY7ksVXn8vCQK](https://monash.az1.qualtrics.com/jfe/form/SV_74dY7ksVXn8vCQK)

Or contact us and we can meet with you online or in person: (03)9905-2971

or [Mandy.OConnor1@monash.edu](mailto:Mandy.OConnor1@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](mailto: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](mailto:spahc.rail@monash.edu).

RAIL aims to provide an accessible ebulletin for all. Image descriptions are available for images appearing in the ebulletin, with the use of a screen reader. If you have any issues with accessing any part of the ebulletin, please let us know at [spahc.rail@monash.edu](mailto:spahc.rail@monash.edu).

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<https://www.monash.edu/medicine/spahc/rail/>

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