

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

## Member eBulletin #42 – February 2024

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

Welcome to our first e-bulletin of 2024. I hope everyone has had a relaxing and enjoyable holiday period with family and friends.

As this e-bulletin goes to “print” I am stepping down from the role of Director of the RAIL Research Centre. As of 12 February, Associate Professor Natasha (Tarsh) Brusco will be taking over the Director role (Tarsh has been the Rehabilitation stream lead for RAIL since she commenced with RAIL in 2019). I will be reducing my research work FTE at Monash to 3 days /week from around this time.

It is extremely pleasing to reflect back on the past four and a half years since I moved to Monash from being the Head of School of Physiotherapy and Exercise Science at Curtin

University (July 2019). Gradually over the next 9 months, the main RAIL staff were employed, and subsequently the outstanding team we brought together have achieved some very strong outcomes for a new small research centre, across the key Centre KPIs. I have been particularly pleased with the strong collaborations developed with a number of international research groups (New Zealand, United Kingdom, the Netherlands, and Monash Malaysia), the strong outcomes associated with our early-mid career seed grant program (see below regarding recent outcomes of previously funded projects), and the excellent achievements of the PhD students our staff have had primary or secondary supervision roles for (see our Member Profile section for details of a recent PhD student submission).

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



Abubakar is an overseas trained physiotherapist. He graduated with a Bachelor of Physiotherapy from Nigeria in 2011. Following his graduation, he worked as a rotational physiotherapist for two years before transitioning to a role in paediatric physiotherapy, where he remained until 2020. Alongside clinical physiotherapy practice, Abubakar is involved in research activities. His overall research interest lies in the fields of neuroscience, paediatric and adult neurorehabilitation, aging, and disability, and he has strong systematic review skills.

Between 2015 to 2016, he completed a master's degree in Neuroscience at Universiti Sains Malaysia. In 2020, he was awarded a scholarship from Monash University to pursue a Ph.D. degree at the Department of Physiotherapy under the supervision of Professor Shapour Jaberzadeh, Professor Keith Hill and Associate Professor Farshad Mansouri. His PhD research was focused on investigating the influence of mental fatigue induced through prolonged cognitive activity on brain activity and postural balance across various age groups. Abubakar submitted his PhD just prior to the end of 2023, in which he had five papers published and several others at varying stages of the submission process. Abubakar is currently seeking research assistant work.

Outside work, Abubakar enjoy watching movies, documentaries, and news, reading, travelling, and spending time with family and friends.

## Upcoming RAIL eForum

Our first 2024 RAIL eForum, titled *Launch of the My Therapy Community of Practice* will be held on Thursday 15th February 2024, 12.00-1.00pm (AEDT). During this eForum, we will officially launch the new Community of Practice arising from the My Therapy [clinical trial](#), which evaluated the impact of a self-directed therapy program within rehabilitation settings.

**This forum will be particularly of interest to clinicians working in rehabilitation settings.** Joining the [My Therapy](#) Community of Practice is **free** for clinicians across Australia and internationally.



### Launch of the My Therapy Community of Practice

[My Therapy](#) is a consumer-driven, self-management program designed to increase the dosage of therapy participation during physical rehabilitation, through independent practice of exercise and activity, in addition to usual care. Now that the [clinical trial](#) of My Therapy is complete, we are launching the My Therapy Community of Practice, which is free to join for clinicians across Australia and internationally.

**If you are a clinician or health service manager, working in rehabilitation settings, this forum is for you!**  
Come along to hear how we can support you to introduce My Therapy into your workplace. We are offering an online training module, implementation resources and a six-week mentor program, with an aim to embed My Therapy as an additional resource within current clinical practice, all free-of charge.

**Date:** Thursday 15<sup>th</sup> February 2024

**Time:** 12.00pm – 1.00pm AEDT

**Venue:** Online Via Zoom

**Register:** <https://docs.google.com/forms/d/e/1FAIpQLSfhKlbZoropFSqRLDkvrwcNmYAilNdZzcCuUGkZxHwy0Pn8Q/vi ewform>

#### Associate Professor Natasha Brusco, My Therapy Chief Investigator



Associate Professor Natasha (Tarsh) Brusco is an experienced physiotherapist and health economist, with 20 years of health service experience in clinical, management and leadership roles across multiple public and private services. Associate Professor Brusco's vision is to shape the landscape of inpatient rehabilitation across Australia, ensuring that our rehabilitation models of care are person-centred, cost-effective, and equitable for all Australians who cannot complete their rehabilitation at home.

#### Sara Whittaker, PhD candidate



Sara is a PhD candidate and occupational therapist who conducted a process and economic evaluation of My Therapy as part of her PhD program of research. 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.

#### Alicia Devlin, My Therapy Community of Practice Lead



Alicia joined the My Therapy project team as the site coordinator for Eastern Health. Alicia is currently an Occupational Therapy Clinical Lead in public health, who is committed to supporting the implementation of evidence-based care, with experience specifically focusing on service provision in clinical rehabilitation.

#### Emma Dorward, My Therapy Community of Practice Lead



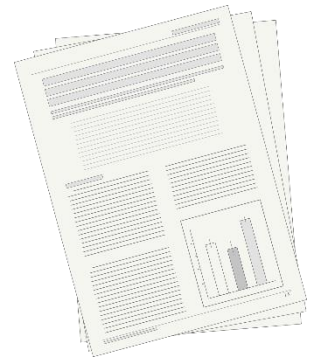
Emma joined the My Therapy project team as the site coordinator for the Alfred Health, Better at Home wards, supporting the team throughout the implementation of the program. Emma is a physiotherapist with 20 years' experience in health service delivery. Working both in the public and private setting, as a clinician with a special interest in women's health and in management roles.

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

## [Register here](#)

### RAIL paper of the month

**Brusco N, Ekegren C, Rawson H, Taylor NF, Morphet J, Hill K, Anderson J, Stephen K, Crabtree A, Levinger P, Whittaker SL, Soh SE, Dulfer F, Lawler K.** (2024) Reforming allied health service provision in residential aged care to improve the rehabilitation reach: a feasibility study. *Aust Health Rev.*  
<https://doi.org/10.1071/AH23206>. Epub ahead of print.



#### **Abstract**

##### **Objective**

My Therapy is an allied health guided, co-designed rehabilitation self-management program for residents of aged care facilities. This study aimed to determine the feasibility of implementing My Therapy in a residential aged care setting.

##### **Methods**

This observational study was conducted on a 30-bed wing, within a 90-bed metropolitan residential aged care facility, attached to a public health service, in Victoria, Australia. Staff and resident data were collected prospectively over 6 weeks (staff focus groups, patient surveys, and audits) to evaluate the feasibility domains of *acceptability, reach and demand, practicality, integration, limited efficacy testing and adaptations*.

##### **Results**

Twenty-six residents and five allied health staff (physiotherapy and occupational therapy) participated. My Therapy was *acceptable* to residents (survey) and staff (focus groups). Via initial My Therapy discussions between the resident and the therapists, to determine goals and resident preferences, My Therapy reached 26 residents ( $n = 26/26$ , 100% program *reach*), with 15 residents subsequently receiving a rehabilitation program ( $n = 15/26$ , 58% program *demand*). The remaining 11 residents did not participate due to resident preference or safety issues ( $n = 11/26$ , 42%). Collecting physical function outcome measures for *limited efficacy testing* was *practical*, and the cost of My Therapy was AUD\$6 per resident per day, suggesting financial *integration* may be possible. Several *adaptations* were required, due to limited allied health staff, complex resident goal setting and program co-design.

##### **Conclusion**

My Therapy has the potential to improve the rehabilitation reach of allied health services in residential aged care. While introducing this low-cost intervention is feasible, adaptations were required for successful implementation.

### Outcomes from RAIL Early - Mid Career Research 2022 Grants

Each year, the RAIL Research Centre provides funding opportunities specifically for early to mid-career researchers with the RAIL Early to Mid Career Researcher (EMCR) grants. These research grants are designed to support early-mid career

researchers by funding and piloting quality research projects on a competitive basis. We are pleased to report in this eBulletin the outcomes of two EMCR grants from the 2022 round that were recently completed:

**Project 1: Preventing hospital-related harms in older adults: A qualitative exploration and implementation mapping study**

**Chief Investigator:** [Dr Laura Jolliffe](#), Department of OT, School of Primary and Allied Health Care, Monash University

**Other investigators:** Associate Professor Michele Callisaya (Peninsula Clinical School, National Centre for Healthy Aging, Monash University), Dr David Snowdon (Peninsula Clinical School, National Centre for Healthy Aging, Monash University), Dr Aislinn Lalor (Department of OT, RAIL Research Centre, School of Primary and Allied Health Care Monash University)

**Funding awarded:** \$14,799.22

**Publications / outcomes:**

This pre-implementation research investigated the barriers and enablers towards implementing hospital-related harm prevention programs in a geriatric evaluation and management (GEM) context. Using a mixed methods approach, the research team completed observational ward audits and staff focus group interviews, to assess current practices and gain staff perceptions about barriers and enablers about implementation. The investigators found that GEM inpatients are typically inactive (80% of the time) and engaged in non-meaningful activity (86% of the time), for most of their daytime hours (7am-7pm). Barriers towards implementing a hospital-related harms prevention program included staffing, resources, and perceptions of professional role/identity. Enabling factors included team dynamics and involvement of diversional therapists. Although staff recognise the importance of prevention programs and are motivated to increase the amount of meaningful activity engagement for inpatients, a multidisciplinary approach, dedicated resources, and knowledge-to-action cycles are required for successful implementation.

Results from this study have been presented at Peninsula Health's Celebrating Research Week 2023, where it won the best presentation by an experienced researcher award. Two manuscripts are currently under development for publication, and results of this work are being used to develop a novel model of care to increase the amount of meaningful activities GEM inpatients receive during their admission.

**Project 2: Development of an evidence-informed explainer video: Empowering employers to hire people with spinal cord injuries**

**Chief Investigator:** [Dr Linda Barclay](#), Department of OT, School of Primary and Allied Health Care, Monash University

**Other Investigators:** Dr Em Bould (Department of OT, School of Primary and Allied Health Care, Monash University), Associate Professor Narelle Warren (School of Social

Sciences, Faculty of Arts, Monash University), Mr Antonio Vecchio (Lived experience expert), Mr Beau Vernon (Lived experience expert)

**Funding awarded:** \$14,947.44

**Publications / outcomes:**

Phase one of this project consisted of gaining an understanding of employers' attitudes to, knowledge about, and policies relating to employing someone with a spinal cord injury (SCI), through semi-structured interviews with Australian employers. It was found that organisational policies and practices of the employers' organisations impacted the likelihood of someone with SCI being employed, particularly in relation to recruitment, employment targets, and available accommodations. Larger organisations due to their size and number of employees, have more capability and flexibility within their budgets and workforce to implement various policies and practices that support employment of people with SCI. Only one large government department had proactive policies and practices specifically aimed at recruiting people with diverse backgrounds, including disabilities. Ultimately it is individual staff who decide whether or not someone with an SCI is employed and supported, suggesting personal attitudes are an important consideration in this process.

Barriers to employment included: Lack of knowledge about SCI; and lack of knowledge about finances and legal requirements. A positive workplace culture was a facilitator. Our findings suggest that multi-faceted approaches are needed to change workplace culture and increase the employment of people with SCI. Such strategies include: committed leadership; credible and reliable information on disability and employment; and appropriate networks for linking with and recruiting people with disability.

Phase two: Based on the findings of the semi-structured interviews completed with employers, and co-designed with a person with lived experienced of spinal cord injury, a video titled "Empowering employers to hire people with spinal cord injuries" was produced and can be seen here: [Video](#). This video is being disseminated to relevant employer groups.

A poster outlining the results of the semi-structured interviews completed with employers was presented at two recent conferences: The Rehabilitation Medicine Society of Australia and New Zealand annual conference held in Hobart, September 13<sup>th</sup>-15<sup>th</sup>, 2023; Australian and New Zealand Spinal Cord Society Conference, held in Adelaide, 22<sup>nd</sup> – 24<sup>th</sup> November, 2023.

**Journal article:** Barclay L, Vecchio A & Bould E. (2024) Investigating employers' attitudes and knowledge about employing someone with a spinal cord injury, *Disability and Rehabilitation*, [DOI: 10.1080/09638288.2024.2310176](https://doi.org/10.1080/09638288.2024.2310176)

**RAIL Early to Mid Career Seed grant - 2024 round opening soon!**

We are pleased to inform you that the 2024 round of RAIL Early to Mid Career Seed grant, designed to support early-mid career researchers with high research potential to progress their research careers, will open shortly.

More information will be circulated to RAIL Members in the coming weeks. Stay tuned!

## Research participants required

### Changing the Focus Project – enhancing physical activity of people with dementia

Monash University' Rehabilitation Ageing and Independent Living Research Centre is running a **free support program for people with mild dementia or cognitive impairment** to take part in community-based physical activity programs in 2024.

**We are seeking people** with mild dementia or cognitive impairment to participate in a personalised 12-month "Changing the Focus" physical activity program.



The voluntary physical activity program is available to people who provide their consent to participate (or with the support of a carer) that live in Frankston or Mornington Peninsula region of Victoria.

Those who participate will be supported by physiotherapists and/or exercise providers throughout the program. Support will be provided at home, in the community and via telephone.

Participation in the program will promote good health and wellbeing for the person with dementia. It will also assist the research team in evaluating the program; informing its future use.

#### **For more information about the project, please contact:**

Dr Angel Lee, (03) 9904 4662, [angel.lee@monash.edu](mailto:angel.lee@monash.edu) or  
Ms Lisa Licciardi, (03) 9904 4350, [lisa.licciardi@monash.edu](mailto:lisa.licciardi@monash.edu)

Funded by: Commonwealth Government of Australia through the Community Health and Hospitals Program Grant Scheme.

Ethics approval: Monash University Human Research Ethics committee Project ID: 39672

## Peninsula Health / Monash University Carer Health and Wellbeing Service



A new service is commencing to support carers (aged  $\geq 50$  years) who provide informal care to older people (aged  $\geq 65$  years) - the Carer Health and Wellbeing Service. Using carer prioritised needs, the service will assess specific areas of need and work with carers to improve their own health and wellbeing, helping them to sustain their carer role in better health.

The service has been established by RAIL (Monash University) research staff Dr Aislinn Lalor and Professor Keith Hill, jointly with Peninsula Health, with funding from the Commonwealth Government of Australia through the Community Health and Hospitals

Program Grant Scheme and the National Centre for Healthy Ageing. The service will be staffed by a social worker, psychologist, physiotherapist and occupational therapist, and will initially operate every Friday at the Orwil Street Community House, Orwil Street, Frankston. The service is commencing on Friday 1<sup>st</sup> March, 9.00-5.00. Referrals are being sought for carers 50+ of older people 65+ who are interested in attending the service. Referrals can be made by a local doctor, other health professional, or a carer can self-refer (i.e. refer themselves).

**To initiate contact with the Carer Health and wellbeing Service**, please contact 1300 665 781 (Peninsula Health ACCESS for first point of contact - Mon-Fri 8.30am-4.30pm).

## **New Research Report Released: Specialist Disability Accommodation (SDA) in New South Wales: Analysis of the National Disability Insurance Agency SDA-Enrolled Dwelling Dataset**

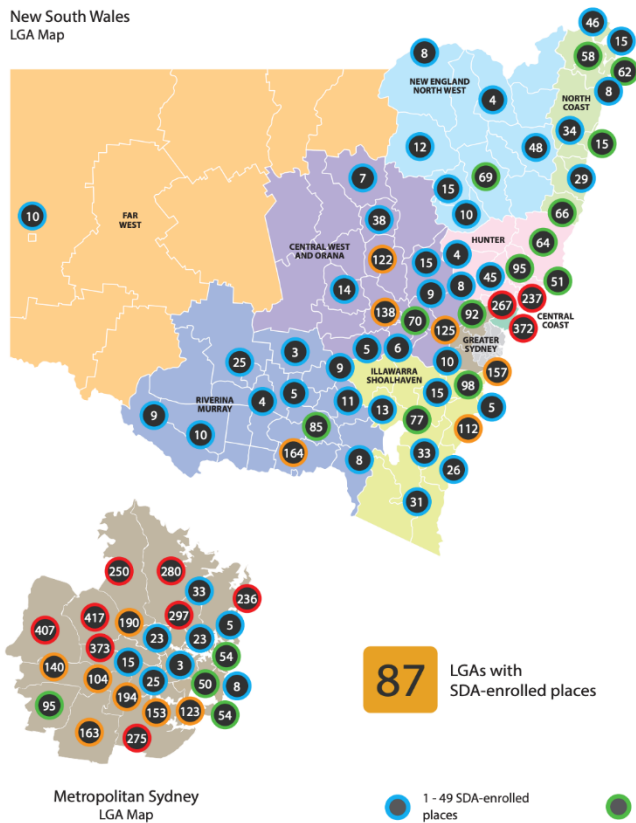
RAIL Independent Living Stream lead A/Prof Libby Callaway was pleased to work with an national interdisciplinary team inclusive of people with lived experience to produce first-available analysis of the National Disability Insurance Scheme (NDIS) Specialist Disability Accommodation (SDA) enrolled dwellings supply in New South Wales (NSW), with data communicated in diverse and inclusive ways. The final project report from this work has now been published via <http://hdl.handle.net/10453/172377>

In the work - which was led by A/Prof Phillipa Carnemolla from University of Technology Sydney - the aim was to identify and describe the quantity and types of SDA settings currently available for selection and uptake by NDIS participants as part of capital supports that would be funded by the National Disability Insurance Agency (NDIA). Secondly, the report aimed to showcase how data can be presented in diverse and inclusive ways in accordance with a reader's individual preference.

This has been achieved in various ways, including by offering a Plain English executive summary, Easy Read report summary, high colour contrast and colour friendly maps and long-form narrative descriptions of all maps. The analysis has been conducted with data provided by the NDIA and contracted to the University of Technology Sydney. The analysed data is a snapshot of SDA supply in NSW at November 2022. The analysis references the diversity of housing types, SDA design categories and patterns of distribution. The authors share this data analysis alongside a discussion of the development and accumulation of SDA housing since this category of NDIS capital funding was first rolled out in 2017. The report concludes with a discussion of the implications for future community-led housing, including considerations for both policy and practice.

Libby and Phillipa and other RAIL team members are working on other projects in the area of housing and technology, including an NCHA-funded project on Residential Aged Care Built and Technology Design (led by A/Prof Libby Callaway), and an ongoing consultancy to the MAIB in Tasmania that Libby and Phillipa work on together, focused on the redevelopment of the MAIB Supported Accommodation portfolio for people with high and complex needs resulting from traumatic brain and spinal cord injury.

New South Wales  
LGA Map



## Number of SDA-enrolled places by LGA

\*An SDA place is the equivalent to one person's accommodation.  
This map is based on data collected in September 2022

Download the full Report, including an [Easy Read](#) version

The images on the left show a map of NSW, a map of Metropolitan Sydney and a graphic showing number of LGAs with SDA-enrolled places. The maps are overlaid using two administrative boundary types, which are based on ABS administrative outputs. The first boundary type is NSW regional boundaries, and the second type is NSW LGA boundaries. The maps and graphic were created from data collected in September, 2022. The NSW regional boundaries are each shaded a different colour. The Far West region = orange, New England/North West region = light blue, Central West/Orana region = purple, Riverina/Murray region = dark blue, North Coast region = green, Hunter region = pink, Central Coast region = turquoise, Greater Sydney region = brown, and Illawarra/Shoalhaven region = yellow. Metropolitan Sydney is shaded a lighter brown to differentiate it from the rest of the Greater Sydney region. The maps show the number of SDA-enrolled places per LGA, and uses an outline in one of four colours to indicate whether there is a low, medium, high or very high number of SDA-enrolled places in that LGA. Low = blue, medium = green, high = orange, and very high = red. The scale, shown at the bottom of the map, is formulated as follows: a low number of SDA-enrolled places = 1-49 SDA-enrolled places, a medium number of SDA-enrolled places = 50-99 SDA-enrolled places, a high number of SDA-enrolled places = 100-199 SDA-enrolled places and a very high number of SDA-enrolled places = 200+ SDA-enrolled places.

There are 87 LGAs with SDA-enrolled places in NSW. Of the LGAs with SDA-enrolled places, 46 had less than 50 SDA-enrolled places, 17 had 50-99 SDA-enrolled places, and 13 had 100-199 SDA-enrolled places. Eleven LGAs had more than 200 SDA-enrolled places. The LGA with the largest number of SDA-enrolled places is Blacktown, in the Sydney Metropolitan region, with 417 SDA-enrolled places. The map locates the majority of SDA-enrolled places in NSW in the state's eastern regions (that is, the North Coast, Hunter, Central Coast, Greater Sydney and Illawarra/Shoalhaven). There are also a number of SDA-enrolled places in the state's central regions (such as New England/North West, Central West/Orana and Riverina/Murray regions). The Far West region, which occupies much of the western half of NSW, has the lowest number of SDA-enrolled places (10 in total). All of the SDA-enrolled places in the Far West region are located within Broken Hill City in the state's eastern regions, most SDA-enrolled places are concentrated in Central Coast and Greater Sydney (which includes Metropolitan Sydney, Wollondilly, Blue Mountains and Hawkesbury). Within Metropolitan Sydney, there are fewer SDA-enrolled places in the inner-city area, with the highest concentration of SDA-enrolled places in the northern half of Metropolitan Sydney.

**[Image Description:** A colour-coded map of the number of SDA-enrolled places by Local Government Area in the state of NSW is shown. There are number values overlaid on each LGA, indicating the number of SDA places in that LGA. The map shown demonstrates a high concentration of SDA-enrolled places in some LGAs, and very limited or no enrolled places in other LGAs. There is additional information located below the main map, including a more detailed metropolitan Sydney LGA map, a note that 87 NSW-based LGAs have SDA-enrolled places and a map key. There is a detailed written description of the map on the right of the image, which can be accessed by downloading the report via <http://hdl.handle.net/10453/172377>]

**Citation:** Carnemolla, P., Gill-Finnegan, T. Herath, S., Ghosh, S., Taylor, M., Callaway, L., Robinson, S., Darcy, S. Wiesel, I. & Council for Intellectual Disability. (2023). *Specialist Disability Accommodation (SDA) in New South Wales: Analysis of the National Disability Insurance Agency SDA-Enrolled Dwelling Dataset*. University of Technology Sydney. <https://opus.lib.uts.edu.au/handle/10453/172377>

## “We Are Well” – The intergenerational art-moving-well-being workshops to support social and cultural connection

Towards the end of 2023 Professor Keith Hill and Dr Aislinn Lalor from RAIL were active participants and researchers in a novel “Intergenerational Art-Moving-Wellbeing” program led by Dr Geraldine Burke in the Faculty of Education at Monash University in conjunction with First Nations artists and McClelland Gallery.

This fantastic four-week program brought together older adults through the University of the Third Age, school children from a local primary school (and their teachers), and university students from across education and occupational therapy, and enabled participants of all ages to engage in art and movement activities with indigenous cultural connections to enhance wellbeing.

The team are currently in the process of analysing and evaluating the program and hope to share these findings in 2024. In the meantime, you can read more about the program at: <https://lens.monash.edu/@education/2023/12/07/1386323/intergenerational-learning-challenging-stereotypes-and-supporting-social-connection>.

A suite of posters that feature the artwork and movement experiences are available at [https://bridges.monash.edu/projects/We\\_Are\\_Well\\_Intergenerational\\_art-moving-well-being\\_project/184111](https://bridges.monash.edu/projects/We_Are_Well_Intergenerational_art-moving-well-being_project/184111)

If you're interested in the We Are Well project, please email Dr. Geraldine Burke at [Geraldine.Burke@monash.edu](mailto:Geraldine.Burke@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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We're committed to [diversity and inclusion](#)

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

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