



MONASH
University

MONASH
PRIMARY
AND ALLIED
HEALTH CARE

REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #34

In this RAIL eBulletin edition:

- [A message from the Director](#)
- [Member profile](#)
- [Member and Partner Forum](#)
- [RAIL End of Year Rehabilitation Event 2022 - Registrations now open!](#)
- [RAIL paper of the month](#)
- [Completed RAIL project update](#)
- [Book launch: Healthy ageing in Asia-Culture, prevention and wellness](#)
- [Keynote presentation at the 22nd Indian Academy of Geriatrics Conference](#)
- [RAIL team member - Invited presentation at the Fragility Fracture Network Global Congress](#)
- [RAIL team member - Invited presentation at the 2022 World Polio Day](#)
- [RAIL Early - Mid Career Researcher Seed Grant – Outcomes from a previously funded project](#)
- [Showcase of a RAIL member study - Dr Debbie Pu](#)
- [NARI/Deakin FutureLearn Caregiving, Dementia and Incontinence Massive Open Online Course \(MOOC\)](#)
- [Seminar - Dimensions of dementia care: Risk, Resilience and Co-design](#)
- [See me. Know me. Campaign](#)

- [Launch of the WHO Bulletin theme issue on Health Policy and Systems Research \(HPSR\) for Rehabilitation](#)
- [The University of Notre Dame Australia \(UNDA\) new health literacy guide](#)
- [Early and mid-career research support activities](#)
- [Member Contributions](#)

A message from the Director

Greetings from Kolkata, India, where I am currently finalising my first main overseas travel for some time for a geriatrics conference. As with many of you, this was my first opportunity for an overseas face to face conference travel since the pandemic started several years ago. Some of the challenges (long haul flights, moderate times in airports) and the positives (new networking opportunities, hearing and seeing about a different culture and its approach to ageing well) have been evident. The positives far outweigh the negatives, and I very much valued the in person networking and interactions able to be undertaken.

We have a very full, informative e-bulletin below. It highlights some excellent activities and outcomes from the RAIL team, and our members across Monash. Note the excellent upcoming RAIL forum: *'Oh When The Saints Go Marching Into Research': Building Partnerships Between St Kilda Football Club and Monash University Research Centres* on Wed 16 November (details below); and the major RAIL Rehabilitation event (three components on December 1) which involves

1. a clinician half-day professional education session titled *Improve your coaching skills: An introductory workshop for rehabilitation professionals*,
2. a half day forum titled *"Putting the consumer at the heart of rehabilitation"*, and

3. the launch and exhibition of a new community Rehabilitation, ageing and independent living co-design teaching and learning resource, along with networking and canapes.

We hope you can join us at these upcoming events (further information and registration details below).

I am also especially pleased to be able to report in this e-bulletin on another one of our early seed grants that has been successfully completed (led by Vera Costa) that has achieved some excellent outcomes. We also provide a number of links to resources and upcoming events through the rest of the e-bulletin.

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



Associate Professor Dawson Kidgell works within the School of Primary and Allied Health Care in a teaching and research capacity. He teaches principles of exercise prescription and is the Research Discipline Lead for the Doctor of Physiotherapy.

He is a trained exercise physiologist with over 20 years' experience teaching exercise physiology to Allied Health Care Practitioners and is the director of the [Monash Exercise Neuroplasticity Research Unit](#).

His research interests are in the area of neurophysiology of exercise and he specialises in the technique of Transcranial Magnetic Stimulation (TMS) which is a non-invasive method of measuring the functional properties (neuroplasticity) of the human brain, in particular the primary motor cortex. His research is committed to conducting detailed human physiological studies on the neural mechanisms responsible for changes in the ageing brain and how exercise can be used as a countermeasure to the age-related decline in neuromuscular health. The overall goal of his research is to understand how the ageing nervous system functions to control movements following a variety of interventions, and how it may be rehabilitated following neuromuscular injury or disease.

Current Projects include:

- Determining the contribution of the corticospinal and reticulospinal tract responses to resistive exercise? An exploratory study in non-trained and strength-trained older adults.
- Sarcopenia and connectivity of the reticulospinal tract in older adults? A predictor for falls.
- Determining the sites of neuromuscular adaptation to strength training in older adults?
- Neural mechanisms mediating cross education: with additional considerations for the ageing brain.

Member and Partner forum

Final 2022 RAIL forum

We are pleased to invite you to attend our last 2022 RAIL online forum titled '*Oh When The Saints Go Marching Into Research*': *Building Partnerships Between St Kilda Football Club and Monash University Research Centres* on Wednesday 16th November, 12.00 - 1.00pm AEDT.

Please join us to hear about the innovative research collaborations between the Saints and Monash University Research Centres, including the Turner Institute and the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre.

For more information, click on the flyer image below to download it. To register, please click on the following link:

[Register here](#)

We are looking forward to you joining us for this last 2022 RAIL forum!

Members and Partners of RAIL Forum

Rehabilitation, Ageing and Independent Living (RAIL)
Research Centre

'Oh When The Saints Go Marching Into Research': Building Partnerships Between St Kilda Football Club and Monash University Research Centres

Australian Rules Football (AFL) Clubs play important roles at both elite and grassroots sporting levels. Growing that community impact - through innovative research and project partnerships - the St Kilda Football Club has taken a strong and innovative focus on collaborative work to drive their key organisational goal to 'inspire, unite and grow a thriving community of proud Saints'. This final RAIL forum for 2022 will showcase innovative research collaborations between the Saints and both the Turner Institute, and Rehabilitation, Ageing and Independent Living (RAIL) Research Centre at Monash University. Come and join us online to learn about these important and impactful industry partnerships.

DATE:	Wed 16 November 2022
TIME:	12.00 – 1.00 PM AEDT
VENUE:	Online Via Zoom
RSVP:	Tue 15 November 2022
REGISTER:	https://forms.gle/okgaX2mMKMYUWqcN7



St Kilda Football Club: Building Collaborative Research and Programs with Community Partners

Mr Simon Lethlean holds a Bachelor of Commerce and Bachelor of Laws from Monash University and a post-graduate diploma in Sports Law from the University of Melbourne. After working as a solicitor, he joined the AFL in 2004 and worked across various Senior Executive roles. In 2017, Simon was appointed as the General Manager of Football Operations at [St Kilda Football Club](#), and in 2019 he became the Chief Operating Officer. In 2022, it was announced that Simon would take over as CEO at the end of the 2022 season, and in September Simon commenced as St Kilda Football Club CEO.



The Turner Institute, Sleep Research, and the Growth of the Danny Frawley Centre Research Program

Dr Elise Facer-Childs is the Director of Research and Translation at the [Danny Frawley Centre for Health and Wellbeing](#), St Kilda Football Club. **Dr Facer-Childs** has a strong track record in academia, and is an [international expert](#) in the field of sleep, biological rhythms and performance. Elise conducted her training in the UK where she obtained a Masters and PhD, and currently leads the Sleep & Performance Research Program as a [STEM+ Business Fellow](#) at Monash University.



The Healthy Futures Hub: From a Community Building to a Thriving Community (presented by Mr Andrew Dick with A/Prof Libby Callaway from RAIL)

Mr Andrew Dick is the Head of Strategy for the [St Kilda Football Club](#) in the Australian Football League (AFL). Andrew has been the St Kilda lead in the development of the Healthy Futures Hub, a new innovative Hub in Seaford which brings together partners across seniors, all abilities and community sport.

Rehabilitation, Ageing and Independent Living (RAIL) Research Centre
T: +61 3 9904 4557 E: spahc.rail@monash.edu

CRICOS provider: Monash University 00008C

Previous RAIL forum - Scoping reviews – How and Why?

In our most recent forum titled *Scoping reviews - How and Why?* that was held on 28th October 2022, we had the opportunity to hear from experts on scoping reviews and the steps to follow, and how these can be used to impact government policy, guidance and practice. The speakers delivered great presentations to our large audience providing information, tips and guidance which will be very helpful for anyone wishing to conduct a scoping review.

Thank you to Dr Giummarra, Dr Barclay and Dr Lalor for their great presentations!

RAIL End of Year Rehabilitation Event 2022 - Registrations now open!

Please join the RAIL team for their end of year rehabilitation event on Thursday **1st December 2022**, on the Monash Peninsula Campus.

The event is comprised of 3 components:

1) A clinician half-day professional education session (limited to 30 clinicians working in rehabilitation) titled *Improve your coaching skills: An introductory workshop for rehabilitation professionals*, led by Dr Annie McCluskey (Occupational Therapist, Educator and Health Service Researcher) and Mr Karl Schurr (Physiotherapist, Educator and Researcher).

2) Rehabilitation forum titled *Putting the consumer at the heart of rehabilitation*.

Speakers include:

Professor Christina Mitchell, Academic Vice-President and Dean, Monash University Faculty of Medicine, Nursing and Health Sciences - *Welcome note*;

Dr Annie McCluskey and **Mr Karl Schurr** from Stroke Ed based in Sydney;

The My Therapy clinical trial team (self-management program to augment inpatient rehabilitation) **Dr Natasha Brusco**, **Ms Sara Whittaker** and **Dr Christina Ekegren** from the RAIL Research Centre at Monash University;

Professor Nicola Kayes, the Director of the Person-Centred Research Centre at the Auckland University of Technology, New Zealand;

Ms Britta Morrison (lived experience expert) and **Dr Sandy Reeder** (health care researcher), from the School of Primary and Allied Health Care and School of Public Health and Preventive Medicine at Monash University;

Mr James Bonnamy from Monash Nursing and Midwifery.

3) Social event - community exhibition/drinks and canapes/launch of the Rehabilitation, Ageing and Independent Living co-design teaching and learning resource developed by Associate Professor Gabrielle Brand and James Bonnamy (Monash Nursing and Midwifery) in collaboration with RAIL.

For more information about our event, please

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

[Register here](#)

RAIL paper of the month

A seniors exercise park program for older adults with mild balance dysfunction – a feasibility study

Ng YL, Hill KD, Levinger P, Jacques A, & Burton E.

ABSTRACT

Purpose: To evaluate the feasibility of a multimodal exercise program conducted at a Seniors Exercise Park among older adults with mild balance dysfunction.

Methods: Participants (aged ≥ 65 years) with mild balance dysfunction underwent 18 weeks of gradual reduction of supervised training followed by six weeks of independent training at the Seniors Exercise Park. Feasibility and safety were assessed at baseline, 18 and 24 weeks.

Results: Seventy-five participants expressed interest in the program. Of the 46 participants enrolled in the study, 36 (78.3%) completed the 18 week intervention, and 32 (69.6%) were followed-up at 24 weeks. The median adherence to supervised training was 90.9%, and independent practice was 26.3% (weeks 19–24). All the supervised training sessions were completed within 18 weeks. No falls, or adverse events occurred. All physical performance (e.g., balance, lower body strength, and mobility), psychosocial health outcomes (e.g., mental wellbeing) and quality of life improved significantly at 18 and 24 weeks.

Conclusions: This initially supervised Seniors Exercise Park program which progressed to independent practice is feasible, safe, and improved health outcomes in older adults with mild balance dysfunction. Strategies are needed to improve adherence to independent practice and minimise dropouts.

Implications for rehabilitation

- Gradually reduced supervision in a Seniors Exercise Park program progressing to independent practice is feasible and safe for older adults with mild balance dysfunction.
- Seniors Exercise Parks can assist older adults with mild balance dysfunction to improve their balance, lower body strength, mobility, and psychosocial health.

- There is a need for more Seniors Exercise Parks in community parks to enable greater access to this novel exercise approach by older people, including those with mild balance dysfunction.

Ng YL, Hill KD, Levinger P, Jacques A, & Burton E. (2022). A seniors exercise park program for older adults with mild balance dysfunction - a feasibility study. *Disabil Rehabil*, 1-12. DOI: [10.1080/09638288.2022.2112984](https://doi.org/10.1080/09638288.2022.2112984)

Completed RAIL project update

The uptake, benefits and impacts of telehealth care for hospitalised Transport Accident Commission (TAC) clients and service providers

Led by **Dr Christina Ekegren**, the RAIL team has recently completed a project funded by the Transport Accident Commission (TAC) on the uptake, benefits and impacts of telehealth care for hospitalised Transport Accident Commission (TAC) clients and service providers. The project team included researchers from RAIL, the School of Public Health and Preventive Medicine and BehaviourWorks Australia.

The project, consisting of a qualitative and quantitative study, found that:

- From 2019-21, telehealth made up 2% of all services and 7% of services types with a telehealth option;
- 36% of psychology services were delivered via telehealth but only 3% of physiotherapy services;
- Medical consults made up 42% of all services delivered via telehealth;
- People with more serious injuries, used more services overall, including via telehealth;
- People with highest usage, were not the most seriously injured, but those who had worked or studied prior to injury; and

- Telehealth was favourably received but a number of service delivery improvements were recommended by participants.

Project findings are expected to inform the guidelines for continued funding and service supports for telehealth delivered health care by the TAC.

Book launch: Healthy ageing in Asia-Culture, prevention and wellness

Professor Keith Hill participated in the launch of a new book in Kuala Lumpur in late October. A hybrid in-person and online event saw more than 100 attendees at the launch. Keith presented an overview of his book chapter, which focusses on the many health benefits that can be achieved through sustained participation in exercise by older people. He also highlighted the relatively low uptake and sustained participation in physical activity globally, and the need for innovative implementation focussed approaches to improve this.

MONASH University

Health benefits of exercise for older people: The research evidence, and approaches to maximise participation

Professor Keith Hill
Director, Rehabilitation, Ageing and Independent Living Research Centre
Monash University (Melbourne)
Keith.Hill@Monash.edu

Healthy ageing in Asia: Culture prevention and wellness book launch webinar – Oct 2022

Healthy Ageing in Asia
Culture, Prevention and Wellness

EDITED BY
Goh Cheng Soon
Gerard Bodeker
Kishan Kariippanon

CRC Press
Taylor & Francis Group

Keynote presentation at the 22nd Indian Academy of Geriatrics Conference

Can technology support increased uptake and sustained participation in exercise among older people ?

GERICON 2022
Theme: New Age Technology in Health & Exercise

Home Committee Registration Venue Scientific Programs Abstract Sponsors

A few examples

MONASH University

11

Organized by Association Of Physicians Of India, West Bengal

Professor Keith Hill attended the 22nd Indian Academy of Geriatrics conference in Kolkata, India in late October. He presented a keynote presentation titled: *Technology to support exercise interventions for older people including people with cognitive impairment*. The conference provided an opportunity to meet colleagues from India and globally to discuss key challenges in geriatrics, particularly from the perspective of low-middle income countries like India, and a number of others in the Asian region.

RAIL team member - Invited presentation at the Fragility Fracture Network Global Congress

On 19th October, **Dr Christina Ekegren** gave an invited presentation to the Physiotherapy Special Interest Group at the 2022 Fragility Fracture Network Global Congress. This international conference, held in Melbourne, was the first in several years able to proceed in-person. Dr Ekegren's presentation was on the recently completed My Therapy clinical trial (PI: Dr Natasha Brusco) and highlighted data from the trial's process evaluation, led by RAIL PhD candidate, Sara Whittaker. The team will be sharing the clinical outcomes from the trial at the upcoming RAIL Rehabilitation forum on 1st December. For more information on the RAIL Rehabilitation forum, please refer to the [relevant section above](#).

RAIL team member - Invited presentation at the 2022 World Polio Day

Monday October 24th was 2022 World Polio Day and RAIL **Senior Research Fellow Dr Natasha Layton** has been a long standing collaborator with members of the Polio Community.

Last week, in recognition of World Polio Day, **Independent Living Stream Lead Associate Professor Libby Callaway** joined members and friends of the Victorian Polio Network - including Lyn Bates, Fran Henke and Peter Wilcocks (photo below) - at their annual networking event, with Andrew Stewart (the Assistant Director of the Australian Government Department of Health Eastern Region Aged Care Program).

Reflecting on her joint role across RAIL and the [Australian Rehabilitation and Assistive Technology Association](#), Libby presented on the topic of "*Assistive Technology and Environmental Design: Current Opportunities and Future Trends*". She also discussed her Monash team's work using digital technologies for information across [housing, technology](#) and [workforce development](#). RAIL thanks the chair of Polio Network Victoria, Bev Watson, and the Network committee, for the invitation to contribute to this event.



RAIL Early - Mid Career Researcher Seed Grant – Outcomes from a previously funded project



Lead Investigator: Dr Vera Camões-Costa
(Department of General Practice, Monash University)

Mental health outcomes of family carers during the transition of their family member to residential aged care

Other Investigators: Dr Chris Barton (Department of General Practice, Monash University), Dr Samantha Chakraborty ((Department of General Practice, Monash University), A/Prof Bianca Brijnath (National Ageing Research Institute), Dr Xiaoping Lin (Registry Science and Research Unit, Department of Epidemiology and Preventive Medicine), Dr Alana Hewitt (Department of Occupational Therapy, Monash University)

Outcomes

This project provided new insights into the predictors of poor mental health among family carers of residents after admission to a RACF. Female carers were more likely to experience increased psychological distress and feel greater subjective burden, as were those who speak a non-English language at home. The latter could be explained by carer's loneliness which was a strong positive predictor of poorer mental health outcomes. Spouses, followed by adult-children, experienced higher levels of burden, as did those who did not feel supported in the decision to admit their relative, and those who provided higher levels of care pre-admission. Resident's involvement and agreement in the decision to be admitted to the RACF was protective of the family carer's subjective burden.

Publications

- Camões-Costa, V., Taylor B., Barton C., Chakraborty S., Hewitt A., Lin X., Brijnath B. (under review) Mental health outcomes of family carers after admission to aged care: A cross-sectional survey study. *BMC Geriatrics*.
- Camões-Costa, V., Loganathan J., Barton C., Chakraborty S., Hewitt A., Lin X., Brijnath B. (2022) Factors contributing to the mental health outcomes of carers during the transition of their family member to residential aged care: A narrative review of qualitative and quantitative evidence. *BMC Geriatrics* 22(1): 1-13
- Chow, B., Camões-Costa, V. (2020). Support for informal carers of older people in the transition to residential aged care: a scoping review protocol. *JBI Evidence*

Synthesis: https://journals.lww.com/jbisrir/Fulltext/2021/06000/Support_f_or_informal_carers_of_older_people_in_the.14.aspx, Doi: 10.11124/JBIES-20-00231

Showcase of a RAIL member study - Dr Debbie Pu

Engaging the consumer in disinvestment in public healthcare: Concerns, perspectives and attitudes of older adults

Pu, D., Bonnici, R., & Haines, T. (2022). Engaging the consumer in disinvestment in public healthcare: Concerns, perspectives and attitudes of older adults. *Journal of Evaluation in Clinical Practice*. DOI: [10.1111/jep.13769](https://doi.org/10.1111/jep.13769)

Engaging different stakeholders is increasingly recognised as an important aspect of research and health care decision-making, but how does the lay stakeholder understand and view this engagement? Researchers from Monash University interviewed 18 older adults in the community to shed light on this question within the specific context of disinvestment research. The digital story to engage stakeholders can be seen at: <https://www.powtoon.com/online-presentation/ffQW55IPsgL/?mode=movie>

ABSTRACT

Rationale: Low-value care in public health can be addressed via disinvestment with the support of disinvestment research generated evidence. Consumers' views of disinvestment have rarely been explored despite the potential effects of this process on the care they will receive and the importance of consumer participation in decision-making in public healthcare.

Aims and Objectives: This study aimed to understand consumer concerns, perceptions and attitudes towards disinvestment processes, with the goal of providing recommendations to health service researchers and managers to

more effectively engage consumers in shared decision-making in public healthcare.

Method: We conducted semistructured interviews using four scenarios describing the principles of disinvestment, how and why it could be undertaken, and a fifth scenario that described a real-life application of these principles. These scenarios were presented to participants in a written word document or a digital story during semistructured interviews. Participants were 18 community-dwelling older adults who were recruited via convenience sampling. Questions were addressed to the participants regarding their feelings and concerns towards disinvestment, their participation as consumers in disinvestment processes, as well as their preference for communicating information about disinvestment to patients and families.

Results: Four major themes emerged around the negative perception of disinvestment and positive perception of research. Participants were concerned that the removal of a clinical activity was mainly the result of financial constraints in hospital systems. At times, participants indicated that disinvestment and its justifications were not easily understood. Participants expressed a need for consumer advocacy not always through themselves, but via others with more expertise; a single consumer is insufficient in representing the broader consumer perspective. Participants stressed the importance of transparency in relation to research evidence and decision-making outcomes. Face-to-face dissemination of information by expert staff was preferred, which could be supplemented with clear and concise written materials.

Conclusion: Consumers' main perception of disinvestment processes was that the removal of a clinical care activity depended on financial imperatives from hospital administration and political agendas. This tended to cause suspicion about reasons behind the removal of care, which overshadowed comprehension of the ineffective/inconclusive evidence that were key to disinvestment.

NARI/Deakin FutureLearn Caregiving, Dementia and Incontinence Massive Open Online Course (MOOC)

Ever wanted to know how to support a person with dementia maintain optimal independence with bladder and bowel control?

- *When to provide toileting assistance*
- *How to respond to an episode of incontinence*
- *What resources are available*
- *How to manage emotions*

With guidance from family and professional carers of people living with dementia and funding from the Dementia Centre for Research Collaboration, researchers at the National Ageing Research Institute proudly announce the release of a new free Massive Open Online Course (MOOC) on [**Caregiving, Dementia and Incontinence**](#).

Course evaluation open from 10th October – 19th December 2022

For more information and to register, please

visit: <https://www.futurelearn.com/courses/caregiving-dementia-incontinence>

Caregiving, Dementia and Incontinence

Free Online Course



This course thoroughly exceeded all my expectations. It was not only comprehensive and based upon best practice; it provided interesting videos and links to many useful resources. I highly recommend doing this course - Participant

With guidance from people living with dementia and their carers, researchers from the National Ageing Research Institute (NARI) have developed a Massive Open Online Course (MOOC) about caring for a person with dementia who needs support to maintain continence or manage incontinence.

Initial feedback indicates the MOOC is;

- easy to understand
- visually engaging
- applicable to everyday life
- appropriately long
- culturally appropriate

Funded by the Dementia Centre for Research Collaboration, the MOOC provides practical strategies to support carers of people living with dementia and incontinence in their daily routines and personal care.

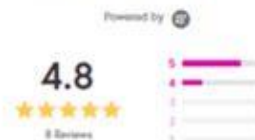
Incontinence is not a topic commonly mentioned in the community ... Personal experience forced me to cope and I think I did that well, but this course has considerably added to my knowledge of the topic – and will enable me to help others should the need arise. - Participant

* No prior experience or qualifications are required of learners

Uptake

812 learners
69 countries

Learner reviews



Register now for Run 2!

<https://www.futurelearn.com/courses/caregiving-dementia-incontinence>



Seminar - Dimensions of dementia care: Risk, Resilience and Co-design

The Health and Social Care Unit (HSCU), School of Public Health and Preventive Medicine at Monash University and the National Centre of Healthy Ageing (NCHA) will be hosting a symposium on dementia care on 21st November.

Title: *Dimensions of dementia care: Risk, Resilience and Co-design*

- **Session 1:** Pandemic impacts on carers
- **Session 2:** Resilience and optimism for older adults
- **Session 3:** Models of care for older adults

Date: Monday 21st November 2022

Time: 10am - 12.30pm AEDT

Venue: Hybrid

For more details about the event including information on speakers/venue/format and how to register/attend, please click [HERE](#) to download the event flyer.

See me. Know me. Campaign

[Meaningful Ageing Australia](#) is an Australian leader in education and resourcing of evidence-based spiritual care for the ageing population in the context of health, aged care and community services.

Their *See me. Know me.* campaign is designed to help seniors feel more valued, to help them connect with family and friends, and ultimately to empower them to find aged care services that will truly tune in to them as a whole person.

As part of their campaign, Meaningful Ageing Australia have developed multiple resources including conversations starters and cards, thought-starters about 'purpose' and ten questions you can ask aged care providers.

To know more about the *See me. Know me.* campaign, please visit: <https://meaningfulageing.org.au/see-me-know-me/>

Launch of the WHO Bulletin theme issue on Health Policy and Systems Research (HPSR) for Rehabilitation

In 2021, the WHO Bulletin announced a call for papers for a theme issue on advancing rehabilitation through Health Policy and Systems Research (HPSR).

The theme issue contains examples of the work of multidisciplinary teams across the world who have come together to respond to questions around relevant issues. The issues include the financing and governance of rehabilitation and how health systems can integrate rehabilitation into other health services, such as ear and hearing care, long term care and treatment of the Post Covid-19 condition.

WHO will hold a hybrid event in collaboration with the Alliance for Health Policy and Systems Research with the following objectives:

1. To obtain an in-depth understanding of the evidence contained in the articles of the WHO Bulletin theme issue and how policy decisions can be guided in light of that evidence.
2. To explore ways to strengthen the synergies between rehabilitation and HPSR stakeholders.

Date: 2 November 2022, 12:30-14:00 UTC-5 (Bogotá, Colombia)

Venue: Hybrid - in person in Bogotá, Colombia and online (**Please convert to your relevant time zone**)

For more information, please visit: <https://www.who.int/news-room/events/detail/2022/11/02/default-calendar/launch-event-of-the-who-bulletin-theme-issue-on-health-policy-and-systems-research-for-rehabilitation#:~:text=In%202021%2C%20the%20WHO%20Bulletin,be%20launched%20in%20November%202022>.

To register, please

visit: [https://who.zoom.us/webinar/register/WN_ZiMbRvEwR4WHBqyUqGXjxw?timezone_id=Australia%2FLord Howe](https://who.zoom.us/webinar/register/WN_ZiMbRvEwR4WHBqyUqGXjxw?timezone_id=Australia%2FLord%20Howe)

The University of Notre Dame Australia (UNDA) new health literacy guide

UNDA's Institute for Health Research recently developed and published a new health literacy guide following widespread consultation with stakeholders, families and healthcare providers. The development of this guide was also supported by a WA Department of Health Research Translation Project grant.

The guide, aiming to improve health outcomes for people with intellectual disabilities, is now freely available online and covers topics such as healthy lifestyles and preventative care, managing specific health conditions, navigating the health system, and engaging with health professionals.

For more information about this guide and to access it, please

visit: <https://www.notredame.edu.au/news-items/new-guide-to-improve-health-outcomes-for-people-with-intellectual-disabilities>

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.