

Rehabilitation, Ageing and Independent Living (RAIL) Research Centre

Member & Partner eBulletin – December 2024

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

Partners of RAIL are people outside Monash University from various types of organisations/background across rehabilitation, ageing and/or independent living including academics from other Australian and international Universities, industry leaders, clinicians and other health and care providers, service providers and those involved in policy and planning.

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A message from the Director

Thank you to all our RAIL Members and Partners for a fantastic year together. Connecting and collaborating with you has been a highlight for the RAIL team.

Community engagement highlights for 2024 include the expansion of the Friends of RAIL (*now with over 50 Friends!*), as well as community connections through the Healthy Futures Hub, the Get Active Expo, George's Gymnastics Program, and the scaling of the Pets and People Program in aged care, just to name a few!



Research highlights for 2024 include RAIL leadership in the reform of the national provision of assistive technology to Australians, which has included multiple Commonwealth Government funded projects, as well as a significant presence at the Australian Assistive Technology Conference including delivery of the keynote presentation and workshop. There were also multiple research project launches including the Carers Health and Wellbeing Service, the Tools for Ageing Well with Traumatic Brain Injury, and the My Therapy Community of Practice where the process of implementation has commenced in one Scottish and five Australian health services.

Our focus for 2025 will include progressing our programs of research and further enhancing our community connections across rehabilitation, ageing and independent living, as well as expanding the RAIL short courses and consolidating our RAIL governance structure.

With the festive season upon us, I hope that you have been able to slow down and enjoy the festivities.

Wishing you a safe and happy 2025,

Tarsh

Partner profile

[RAIL partners with health and social care organisation EACH](#)

EACH is a for-purpose organisation providing comprehensive health and social care services to more than 70 thousand Australians every year across Victoria, Queensland, New South Wales, ACT and Tasmania.

For 50 years, EACH has supported Australians with a network of person-centred primary health care, mental health and counselling, child, youth and family, older adults and NDIS services that improve lives and strengthen communities.

EACH CEO Natalie Sullivan said that many Australians faced health and well-being challenges due to factors beyond their control.

“We support people to address these factors and their health impacts through a wide range of integrated services that wrap around the individual to meet their specific needs,” Natalie said.

“Our five-year research partnership with Monash University, led by RAIL Research Centre, will help us develop a clear, targeted research agenda, producing the evidence to prove our impact, improve our approach and advocate for change.

The EACH-Monash partnership is built upon three pillars: education, research and

innovation.

“This is exciting news for us, the people and communities we serve, and a national health care system that is struggling to manage fragmentation and complexity.”

Research and innovation are core pillars of the [EACH Strategy 2024-2028](#).

Find out more about EACH at www.each.com.au



Pictured: EACH CEO Natalie Sullivan, with staff at recent 50 years of EACH celebrations in Port Macquarie, Queensland.

RAIL Research Centre eForum

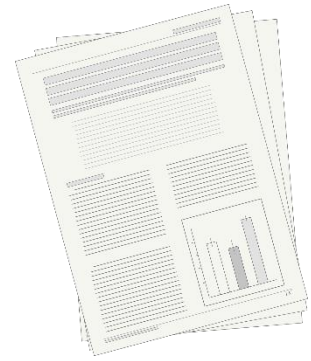
Thank you to our three graduate students, Moa Jederström, Liz Bainbridge and Lisa Licciardi for delivering excellent presentations during our last 2024 RAIL eForum on 7th November 2024:

- Moa Jederström - Young Competitive Athletes' Health Experiences from Participating in Sports – “It takes a village to raise a figure skater”
- Liz Bainbridge - Decision-making about walking independence in hospital after stroke
- Lisa Licciardi - Examining the Functional Outcomes and Role of Occupational Therapy in the Rehabilitation of Adults with Persistent Post-Concussion Symptoms

It was wonderful to hear more about their PhD projects as they are progressing in the graduate study journey!

The next RAIL eForum will be held in February 2025. More information will be provided early in the new year and posted on our [RAIL eForum page](#). Stay tuned!

Parekh A, Hill KD, Guerbaai RA. Exploring Post-Fall Management Interventions in Long-Term Care Facilities and Hospitals for Older Adults: A Scoping Review. J Clin Nurs. 2024 Nov 18. doi: [10.1111/jocn.17546](https://doi.org/10.1111/jocn.17546). Epub ahead of print.



Abstract

Background: The population is rapidly growing, significantly impacting healthcare settings such as hospitals and long-term care. Falls are a major concern, being a leading cause of hospitalisations and injuries especially among adults aged 60 and above. Despite extensive research on falls prevention and risk factors, there is limited study on effective post-fall management strategies, making it crucial to review and develop interventions to improve care and safety for older adults in healthcare settings.

Aim: To explore the interventions implemented for post-fall management for residents and patients within healthcare settings, including hospitals and long-term care facilities.

Design: A scoping literature review.

Methods: We used the Joanna Briggs Institute guidance and the Preferred Reporting Items for Systematic Reviews and Meta-Analysis extension for scoping reviews (PRISMA-ScR). Eligible articles included hospital and long-term care post-fall management interventions. Data were manually extracted by two independent reviewers using the AACTT (Actor, Action, Context, Target and Time) Framework to detail intervention characteristics and guide the data charting process, allowing for thematic analysis and narrative synthesis of key findings.

Data sources: Medline, CINAHL, PsychINFO and Scopus were searched from inception until 30th September 2024.

Results: Eighteen articles were included. Over half the studies (55.5%) focused on post-fall interventions in LTCFs, testing assessment tools (50%), structured protocols (27.7%), huddles (11.1%) or multifactorial approaches (11.1%), with varied effectiveness. While assessment tools and huddles showed mixed results, structured protocols showed encouraging results with reduced unnecessary hospital transfers and hospitalisations.

Conclusion: This scoping review identified a variety of interventions used after falls in healthcare settings. However, there is inconclusive evidence about the effectiveness of interventions to reduce hospitalisation and injuries. This review identified areas for research that may help to inform post-fall management, including the need for further research into various interventions (e.g., standardised toolkit) to enhance care immediately following a fall.

RAIL award



Congratulations to Professor Keith Hill and Dr Aislinn Lalor who received the Monash Faculty of Medicine, Nursing and Health Sciences Dean's award for excellence in equity, diversity & inclusion for provision of health professional expertise into a multi-disciplinary We Are Well program led by Dr Geraldine Burke from the Faculty of Education.

The We Are Well project team was also shortlisted Finalist for the Vice-Chancellor's Excellence Award for Equity, Diversity and Inclusion. Well done to everyone involved!

RAIL team members on ABC radio

Dr Aislinn Lalor, RAIL Research Centre Senior Research Fellow, along with carer Ivan Freer, and Alice Urban, Director of Integrated Care, Peninsula Health were invited to join the ABC Radio PM Program (and ABC Radio National) as part of Carers Week 2024 to provide an overview of the [Carer Health and Wellbeing Service](#).



[Select here to listen to the interview on the Carer Health and Wellbeing Service](#)

Professor Keith Hill, RAIL Research Centre Ageing Stream Lead was invited to join a panel on the ABC Radio Life Matters program discussing a new study led by the University of Queensland linking frailty and dementia and was asked to provide some discussion about physical activity into older age, including for people living with dementia.

[Select here to listen to the program and hear Professor Hill talk about physical activity in older age](#)

RAIL funded international post-doctoral project

Dr. Yulisna Mutia Sari, the first RAIL PhD graduate, has received funding support of AUD \$17,425 to undertake a study titled "The Feasibility of a Combination of Face-to-Face and Telehealth Home-Based Otago Exercise Program for Older People with Dementia in Indonesia." This research aims to evaluate the feasibility of integrating face-to-face and telehealth components in the Otago Exercise Program for older adults with dementia, with the goal of enhancing physical function and sleep quality among community-dwelling individuals.

The 12-week program includes home-based exercises, followed by a 6-week self-maintenance phase supported by caregivers. Key objectives of the study involve assessing the feasibility including the program's demand, implementation, practicality, and

sustainability, while secondary outcomes will evaluate mobility, balance, endurance, lower limb strength, and sleep quality. Ethical approval for the study has been obtained, and participants will be recruited from Indonesia.

As of mid-November 2024, recruitment and exercise intervention delivery are underway, with 19 participant dyads successfully recruited and actively engaged in the exercise program. The findings from this research will inform future interventions and contribute to dementia care strategies in low- and middle-income countries.

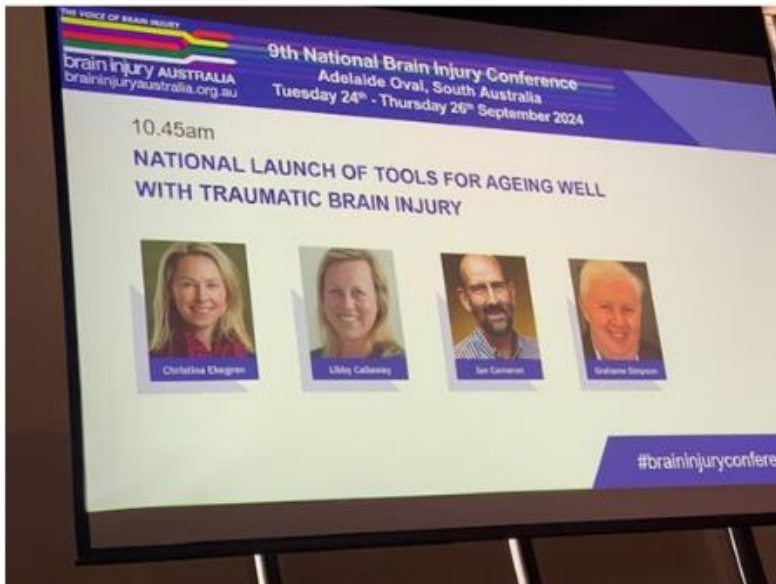
This project is led by Dr. Yulisna Mutia Sari, in collaboration with a research team that includes Professor Keith Hill and Dr. Aislinn Lalor from RAIL, Assoc. Prof. Elissa Burton from Curtin University, and Professor Anne-Marie Hill from the University of Western Australia.



Undertaking an Initial assessment of physical function (Functional Reach test)

Tools for ageing well with traumatic brain injury

On September 26th Dr Christina Ekegren from the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre led the launch of [Tools for ageing well with traumatic brain injury](#) at the National Brain Injury Conference in Adelaide. This new resource, designed with and for older adults with a brain injury, was jointly funded by the TAC and icare NSW. This two-year project, led by Dr Ekegren and Professor Ian Cameron from the University of Sydney, with team members including RAIL's Associate Professor Libby Callaway and consumer lead, Grainne Cruickshank, with input from occupational therapist Lisa Licciardi, involved extensive stakeholder consultation and consumer co-design workshops with older adults with brain injury, their families and expert clinicians. If you are interested in learning more, please email christina.ekegren@monash.edu.



RAIL short courses update

Members of the RAIL Research Centre were delighted to offer three short courses this year:

- 'Exercise to optimise balance, mobility and fall outcomes for older people' - June 2024
- 'Designing health economic evaluations' - October 2024
- 'Understanding and evaluating the measurement properties of outcome measures' - October/November 2024

Overall feedback received from the participants were very positive. Note that these three courses will be offered on a yearly basis.



New courses will also be added to the list including a course on 'Designing accessible research, education and services (DARES)'. The DARES short course will run in 2025, delivered by Dr Em Bould with A/Prof Libby Callaway from RAIL/School of Primary and Allied Health Care at Monash University. DARES will introduce the learner to the importance of - and strategies to address - information access and inclusion in teaching, research and professional practice.

If you would like to have more information and/or expression your interest in our 2025 short courses, please visit our Short Courses and Workshop page:

<https://www.monash.edu/medicine/spahc/rail/short-courses-workshops>

RAIL community engagement

Mornington Peninsula Shire - Get Active Expo 2024



For the second consecutive year, the RAIL Research Centre was proud to participate in the Mornington Peninsula Shire's Get Active Expo at Camp Manyung on Friday, 4th October 2024. This event, designed for those aged 55 and over, offered attendees the chance to explore a variety of local activity groups and organisations, all while learning how to stay active in Frankston and the Mornington Peninsula. The RAIL team shared valuable information on physical activity and fall prevention for older adults, promoted our current projects, and offered popular balance testing sessions. Attendees also had the opportunity to view exciting demonstrations and try activities ranging from the giant swing to archery.

Frankston City Council National Carers Week Celebration



On Thursday 10th October 2024, RAIL Team Members Dr Aislinn Lalor and Ms Lisa Licciardi participated in the Frankston City Council National Carers Week Celebration at Orwil Street Community House. Aislinn provided a presentation to the attendees and the team provided information about the various ageing-related projects led by RAIL, including the Carers Health and Wellbeing Service, Changing the Focus and the Tools in Ageing with Traumatic Brain Injury resource. It was a great opportunity to talk about these projects with other services and carers, while learning about other community-based services relevant to carers.

22nd National Conference of Emerging Researchers in Ageing (ERA 2024)



22nd National Conference of
Emerging Researchers in Ageing
ERA 2024

A/Prof Tarsh Brusco, Director of the RAIL Research Centre, was honoured to chair the virtual 22nd National Conference of Emerging Researchers in Ageing (ERA 2024) on 4th December.

ERA 2024 (sponsored by [CEPAR](#) (ERA primary sponsor) and supported by [AAG](#) and [NARI](#)) is the only national conference in Australia focusing on the work of higher degree research students undertaking research in ageing across a range of disciplines. It was fantastic to have so many emerging researchers in ageing delivering quality presentations on their research. Some participants also had the opportunity to ask questions and receive advice from experts (including a few RAIL team members) in their area during the 'ERA Brains Trust' sessions.



A huge thank you to the ERA National Convenor, [Dr Matthew Carroll](#), for giving RAIL the opportunity to be involved in this wonderful event but also for his outstanding role with [ERA](#) since 2007 as well as to the ERA Coordinator, Tim Campbell, for his involvement in the organisation of the event.

Finally, congratulations to the three prize winners:

- Lachie Green (Australian Catholic University), best oral presentation: 'Who is the person in person-centred care? A conceptual, philosophical account'
- Jessamine Chen (Macquarie University), Helen Bartlett Innovation prize: 'Ageing Wisely for Chinese-speaking older adults: Culturally responsive and linguistically appropriate adaptation'
- Angelique Zamora (The University of Queensland), best oral presentation by an AAG member: 'A scoping review of oral health care training for staff members working in residential aged care facilities'



School of Primary and Allied Health Care Research Festival 2024

The RAIL Research Centre was delighted to co-host the Monash University School of Primary and Allied Health Care Research Festival 2024 along with the Equity, Primary care, Implementation and Community (EPIC) Research Centre.

During the event held on Friday 22nd November on the Peninsula Campus, each Department/Centre within the School had the opportunity to present on the thematic of 'Accessible, participatory and co-designed research' including Dr Christina Ekegren, Senior Research Fellow with RAIL, who presented on the [Tools for ageing well with traumatic brain injury](#) reported above in this eBulletin.



These School presentations were followed by an outstanding presentation from guest speaker A/Prof Louisa Willoughby (Linguistics) titled 'Beyond the 'illusion of inclusion' – meaningful engagement with minority language speakers in health research'.

RAIL Team members then successfully ran two concurrent Master classes: 1) 'Accessibility Masterclass' facilitated by Dr Em Bould; 2) 'The continuum of, and conundrums within, co-designed research' facilitated by A/Prof Libby Callaway.

Poster viewing was available through the morning, lunch and afternoon breaks.


RAIL team members at conferences

It has been a busy few months with the team presenting at multiple conferences giving the opportunity to disseminate RAIL's research outcomes as well as chairing and leading some of the conference sessions. Some of the recent conferences include:

- 5th International Conference on Gerontology & Geriatric Medicine, Penang, Malaysia (Prof Keith Hill - Keynote speaker, and A/Prof Sze-Ee Soh)
- 9th National Brain Injury Brain Conference, Adelaide, Australia (A/Prof Libby Callaway, Dr Christina Ekegren and RAIL External Advisory Community Representative and Friends of RAIL lead Grainne Cruickshank),
- Australian Assistive Technology Conference 2024, Gold Cast, Australia (Dr Natasha Layton and A/Prof Libby Callaway - Keynote Speaker)
- 57th Australian Association of Gerontology, Hobart, Australia (Prof Keith Hill, A/Prof Sze-Ee Soh, Dr Christina Ekegren, Dr Angel Lee, Dr Raphaele-Ashley Guerbaai, Dr Aislinn Lalor)
- 4th Asia-Pacific Society for Physical Activity Conference, Perth, Australia (Prof Keith Hill)



The Traumatic Brain Injury Conference NZ



Traumatic Brain Injury Conference, NZ
in partnership with the
Laura Fergusson Brain Injury Trust

12-13 March 2025
Te Pae, Christchurch NZ

Register NOW For Early Bird Discounts

The Traumatic Brain Injury Conference NZ is set to take place on March 12th and 13th 2025, at Te Pae, Christchurch’s premier convention centre.

Organised by Interpoint Events, in partnership with the Laura Fergusson Brain Injury Trust, this new conference will bring together experts, professionals, those with lived experience, and people who work or participate in areas where traumatic brain injury is often present but undiagnosed.

Exploring the theme “Keeping it Real: Real Injury, Real People, Real Lives”, the conference will uniquely emphasise the lived experiences of individuals and their families/whānau affected by TBI. Through personal stories and firsthand accounts,

attendees will gain deeper insights into the multifaceted impact of brain injury. Latest research, rehabilitation, and ways of enhancing people's lives with new ideas and solutions to everyday issues are also key themes. The finalised conference programme can be accessed here: <https://braininjuryconference.nz/programme/>

Registrations are open now and early bird discounts apply.

For more information visit [Home - Brain Injury Conference NZ](#) or contact Katie

Hodge: katie.hodge@lfbic.co.nz

A Facebook event: <https://www.facebook.com/share/19iNBdkCmv/>

A LinkedIn even: [\(27\) Traumatic Brain Injury Conference NZ | LinkedIn](#)

Member and Partner contributions

We would love to showcase current research from our members and partners. 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.

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.

We acknowledge and pay respects to the Elders and Traditional Owners of the land on which our four Australian campuses stand. Information for [Indigenous Australians](#)

We're committed to [diversity and inclusion](#)

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

Our mailing address is:

spahc.rail@monash.edu

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