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PRIMARY
AND ALLIED
HEALTH CARE

REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #33

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A message from the Director

I don't know if it is just me – but there seems to be so much going on at present that it is getting difficult to keep up with it all! You will see a mix of some of these promoted through this e-bulletin, including a number of upcoming events, new grants, completed projects, and publication outcomes.

I want to alert everyone to the major RAIL event for 2022, a series of three activities on Thursday Dec 1 2022, with a main focus across these events of consumer engagement in research. The three events include: (1) Clinician half-day professional education session in the morning, titled *Improve your coaching skills: An introductory workshop for rehabilitation*; (2) Rehabilitation forum with national and international keynote speakers in the afternoon - *Putting the consumer at the heart of rehabilitation*; and (3) a social event in the early evening, launching the RAIL co-design teaching and learning resource (developed by Associate Professor Gabrielle Brand and James Bonnamy-Monash Nursing and Midwifery) in collaboration with RAIL. You will see some further information in the e-bulletin below, and additional details including how to register will be circulated in the near future.

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



Dr Tess Tsindos is a research fellow in the Health and Social Care Unit (HSCU) and lecturer in the Medical Education Research and Quality unit within the School of Public Health and Preventive Medicine at Monash University. She is an experienced public health researcher working across a number of disciplines conducting qualitative research. Areas of collaborative research include student plagiarism, osteoarthritis and falls, antibiotic resistance, acquired brain injury, ageing and health, a virtual model of care for heart failure patients, and total joint replacement.

Over the past 10 years Tess has taught into and coordinated many undergraduate public health units, biomedical units and postgraduate master of public health units. Tess worked in community services and policy development for more than 20 years.

Current projects include:

- Coordinating the development of new short courses for HSCU (Public Health and Preventive Medicine Professional Development) including Evaluating Public Health Programs, Behaviour change and Implementation Science (with BehaviourWorks Australia, Monash Sustainable Development Institute), Engaging with Others to (Re)Design Approaches to Health and Social Care, and Program Development Using Intervention Mapping.
- A member of the four-person writing team for the “Qualitative Research Methods in Public Health” inaugural Open Educational Resource title in Monash Library’s 2022/23 pilot program.

- Exploring factors associated with referral to in-patient rehabilitation after total joint replacement (with University of South Australia).
- Evaluation of the antimicrobial stewardship program at a large Melbourne public hospital.
- Unit coordinator for the new MPH5215 Qualitative Research Methods.

Member and Partner forum

Upcoming RAIL forum - Scoping Reviews

RAIL is pleased to announce the next forum titled *Scoping Reviews*, that will be held on Friday 28th October 2022, 12.00 - 1.00pm AEDT.

Speakers include:

- **Dr Melita Giummarra** - Evaluation and Translation lead, Brain Recovery and Rehabilitation Group, Department of Neuroscience, Monash University
- **Dr Linda Barclay** - Senior Lecturer and Course Coordinator of the Master of Occupational Therapy Practice, School of Primary and Allied Health Care, Monash University
- **Dr Aislinn Lalor** - Senior Lecturer and Second Year Coordinator, Department of Occupational Therapy and Senior Research Fellow with RAIL Research Centre, Monash University

More details will be circulated shortly. If you would like to register now, please click on the link below.

[Register here](#)

Upcoming RAIL forum - Graduate Student Showcase

Please note that registrations are still open for the *RAIL Graduate Student Showcase* forum scheduled on **Thursday 6th October 2022, 12.00 - 1.00pm AEDT**. Don't miss out!



RAIL Graduate Student Showcase

Our PhD and MPhil 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:	Thursday 6 October 2022
TIME:	12.00 – 1.00 PM AEDT
VENUE:	Online Via Zoom
RSVP:	Wed 5 October 2022
REGISTER:	https://forms.gle/6WXv8XvzGjKmF1Fz8

Growing the global assistive technology workforce: The journey to a PhD



Louise Puli is a passionate, public health professional holding qualifications in health policy and management, prosthetics and orthotics, teaching, learning and curriculum design and partnership brokerage. Louise's current appointment is with the Access to Assistive Technology Team at the World Health Organization where she works on projects related to workforce development, standards and regulation and research. She is excited to be commencing her PhD with Monash University in 2022.

Developing a health promotion education and training program for disability support workers



Kostas Hatzikiiriakidis is a PhD student and research assistant working in the Health and Social Care Unit within Monash University's School of Public Health & Preventive Medicine. He has worked across a broad range of multidisciplinary projects that have applied both quantitative and qualitative research methods to examine the need for and evaluation of health and social care interventions designed to support vulnerable and disadvantaged populations. His PhD research focuses on exploring the barriers to physical activity and healthy eating for people with disability living in supported accommodation to inform the development of a health promotion education program for disability support workers.

Healthy ageing through participation in community situated activities: Development study for an assessment instrument to support practice



Lisa Knightbridge is undertaking Masters of Philosophy (MPhil) research which aims to develop an assessment instrument, informed by expert informers to be used in practice to facilitate community participation for people aged over 65 years. Lisa is a senior lecturer in the Department of Occupational Therapy, SPAHC at Monash University. She is also a board member of the Peninsula Transport Assist Inc., a not-for-profit that addresses transport disadvantage and community immobility on the Mornington Peninsula in Victoria. She strongly believes that occupational therapists and other allied health clinicians are well situated to lead practice in this area.

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[Register here](#)

RAIL paper of the month

Age Differences in Preferred Methods of Obtaining and Understanding Health Related Information During the COVID-19 Pandemic in Australia

Williams N, Haines T, Williams C, Bowles KA, & Hill KD

ABSTRACT

Methods of communications and the nature of messaging are critically important in influencing public behavior. The COVID-19 pandemic has resulted in major disruptions to all aspects of life globally and has triggered multiple approaches of health messaging to the general public to communicate COVID-19 preventative measures. This study aimed to identify: (1) differences between age groups in the main avenues used by people to obtain COVID-19 related information; and (2) whether age and information sources were associated with correct interpretation of government messaging relating to how people understand or interpret the terms “self-isolation” and “social distancing.” An online survey was conducted in 2020. Participants were aged over 18 years and grouped into age group decades. Differences in sources of COVID-19 information were compared visually between age groups. Logistic regression was used to determine whether age and each of the various methods of communication of COVID-19 information were independently associated with correct response to the self-isolation, or the social distancing statements. There were 3,300 survey respondents 85% female; age sub-groups: 18–29 (7.4%); 30–39 (10.6%); 40–49 (17.6%); 50–59 (22.9%); 60–69 (25.9%); 70–79 (13.9%); and 80+ (1.7%). People accessed public health messaging information from a wide variety of sources that changed as they aged (e.g., older people were more likely to be exposed to COVID-19 information via television news programs and less likely via social media platforms). Age was frequently associated with whether the message key terms were interpreted correctly or

incorrectly, but in some cases, it promoted more correct responses whereas in others, fewer correct responses. There was no difference between being exposed to COVID-19 information via mainstream media, compared with social media, or compared with Government sources of information, in terms of whether COVID-19 messages were interpreted correctly. In order to improve future public health messaging, there is a need for multiple avenues of communication to meet the needs and preferences across and within age groups. Further investigation is warranted into the clarity of the content and method of delivery of public health messages, to ensure optimal understanding of public health messages by vulnerable populations and across the community.

Williams N, Haines T, Williams C, Bowles KA, & Hill KD. (2022). Age Differences in Preferred Methods of Obtaining and Understanding Health Related Information During the COVID-19 Pandemic in Australia. *Front Public Health*, 10, 912188. <https://doi.org/10.3389/fpubh.2022.912188>

Grant Success

MRFF Dementia Ageing and Aged Care Mission

RAIL staff are Chief Investigators on two recently announced MRFF grant successes.

1) The right to rehabilitation for people with dementia: tackling stigma and implementing evidence-based interventions

CIs: Callisaya M, Hill KD, Swaffer K, Russell G, O'Connor C, Layton N, Petersen A, de Graaff B, Collyer T, Haines T, Srikanth V.

Als: Laver K, Low L-F, Skouteris H, Cations M, Barbosa Neves B.

SYNOPSIS: Dementia is one of the major causes of disability in older people.

The World Health Organization recognises that rehabilitation may be needed by anyone with a disability (not just after an acute event) including people with dementia. Our team has led the field internationally showing that rehabilitation and reablement can maintain independence and quality of life, but also importantly, reduce care partner stress. However, evidence-based interventions are often denied. This project will move from generating evidence to implementation, ensuring that people with dementia have equal access to quality health care in order to live at home for as long as possible.

The overall aim of our study is to co-design and evaluate a program of solutions (INCLUDE) to improve access to rehabilitation and reablement treatments for vulnerable people living with dementia in the community. We will do so by: 1) reducing stigma and ensuring health workers have the knowledge to provide clients with early referral and care tailored to their needs, 2) empowering people with dementia and their care partner to ask for such interventions and 3) promote systematic collaboration between primary care, providers and dementia services, as well as a community of practice to facilitate referral pathways and learnings. The output of this project will be a package of freely available solutions to improve access to evidence-based rehabilitation treatments for people with dementia to improve their function and quality of life.

2) The ENJOY Seniors Exercise Park IMP-ACT project: IMProving older people's health through physical ACTivity: a hybrid II implementation project design

CIs: Levinger P, Hill KD, Bauman A, Brusco N, Gilbert A, Soh SE, Burton E

Als: Abarajitha T, Burns A, Vuong F, Doull P, Simon R.



SYNOPSIS: Low levels of physical activity contribute significantly to the poor physical and mental health of older Australians. Physical activity offers many health benefits including reduced risk of chronic disease, reduced cognitive and functional decline, and improvement in mental health.

The ENJOY IMP-ACT project is an implementation research project designed to increase participation in physical activity to improve health outcomes for older people in Victoria. The project is built on an evidence-based physical and social activity program utilising specialised outdoor exercise equipment (the Seniors Exercise Park) for older people. By using an effectiveness–implementation hybrid II pre-post study design, we aim to evaluate (1) the effectiveness of the implementation framework on increasing uptake and usage of the Seniors Exercise Park across several local government areas (2) the impact of the ENJOY Seniors Exercise Park on older people’s physical activity and wellbeing and (3) the social return-on-investment (economic evaluation).

Five local governments (six sites) will undergo a 9 months implementation framework intervention incorporating key elements of Training, Engagement, Resources development, and Marketing and promotion. The project is built on existing and new collaborations with local governments, stakeholders and community engagement of both health professionals and older people. The ENJOY IMP-ACT aims to enhance the physical and mental wellbeing and social connectedness of older people as well as build capacity and engagement within local health providers, seniors groups and community members to maintain sustainability long term. At project completion we will have a proven framework to guide policy makers, and to facilitate the dissemination of our implementation strategy on a broader scale across Australia with the goal of changing the trajectory of chronic disease and ill health in older people.

Completed RAIL project update – Gait aid use for people with dementia

One of the first projects RAIL was funded to undertake was “Is there a role for gait aids to improve stability and reduce falls risk for older people with dementia?” funded by Dementia Australia Research Foundation (2020-2022). The project was led by Dr Den-Ching Angel Lee (Monash University), with other Chief Investigators Professor Keith Hill (RAIL), Dr Elissa Burton (Curtin University) and Dr Claudia Meyer (Bolton Clarke Research Institute).



People living with dementia have very high falls rates, but often are not provided the same opportunities to improve their stability and reduce falls that are routinely provided to older people who do not have dementia. Assessment and training for gait aids is one of these areas in which there is very little research to guide practice, and there appears to be confusion and inconsistency in routine practice. This project aimed to improve understanding of factors influencing gait aid use by people living with dementia, and has recently been completed. A brief summary of outcomes from the multiple components of the project are reported below:

- A systematic review highlighted the limited research in gait aid prescription for improving spatiotemporal gait parameters, balance, safety, adherence to gait aid use and reducing falls in community-dwelling older people to date. In particular, no study had investigated the effects of gait aid prescription on falls and balance performance, and effects on safety and adherence to gait aid use were unclear.
- Surveys of community care staff (care coordinators and support workers); acute hospital staff (nurses, occupational therapists and physiotherapists) and carers of people with dementia were undertaken to identify aspects of routine practice with respect to gait aid prescription

and use in each of these settings. This data was used to inform development of three algorithms to support decision making about factors to consider when the option of providing a walking aid for a person with dementia is being made (algorithms are undergoing finalisation currently).

- Feasibility study of a home-based gait aid training program for people with dementia. In contrast to current practice, where people with dementia who are unsteady may either acquire a gait aid with no health professional assessment and advice, or if they do have health professional review, it is often limited to a single session to make a decision and train correct use, we applied a more extended training approach (3 home visits by a physiotherapist over a 6 week period). In addition, carers were involved in supported gait aid training in between physiotherapist visits. Findings indicated that this extended physiotherapy led, carer supported gait aid training program was safe and feasible for people living with dementia; and preliminary analyses and feedback from people living with dementia and their carers, and physiotherapist trainers shows that the majority of participants were able to improve and reach the point of safe walking with their gait aid by the end of the 6 weeks training program (paper in preparation).

RAIL Rehabilitation Forum 2022 - Save the date!

On Thursday **1st December 2022**, the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre at Monash University will be hosting a full day event on the Monash University Peninsula Campus.

The event will have 3 components:

1. Clinician half-day professional education session in the morning (**limited places**) led by Dr Annie McCluskey (Occupational Therapist, Educator and Health Service Researcher) and Mr Karl Schurr (Physiotherapist, Educator and Researcher) titled *Improve your coaching skills: An*

- introductory workshop for rehabilitation professionals', 8.00am - 12.00pm AEDT*
2. Rehabilitation forum with national and international keynote speakers in the afternoon - *Putting the consumer at the heart of rehabilitation, 1.00 - 5.00pm AEDT*
 3. Social event in the early evening - Community exhibition/drinks and canapes/launch of the RAIL co-design teaching and learning resource developed by Associate Professor Gabrielle Brand and James Bonnamy (Monash Nursing and Midwifery) in collaboration with RAIL, **5.00 - 6.00pm AEDT**.

Save the date - 1st December 2022. More information and registration details will be circulated shortly!

RAIL Report - Policy and the Internet Conference

Policy and the Internet Conference: Datafication. Platformization. Metaverse. The state of global internet policy

RAIL Researcher Dr Natasha Layton was an invited panellist discussing Disability and Internet Policy at the Policy and the Internet Conference at University of Sydney on 29th of September, 2022.

Interesting synergies come about when a phenomenon such as the internet is discussed from different vantage points, and the Department of Media and Communications (MECO) at the University of Sydney are leading significant research around equity and access for all. A good summary of how we are going (or not going) in terms of equitable access is available as follows:

Goggin G, Hollier S, Hawkins W. Internet accessibility and disability policy: lessons for digital inclusion and equality from Australia. *Internet Policy Review*. 2017;6(1). Downloadable from: <https://policyreview.info/pdf/policyreview-2017->

[1-452.pdf](#)

The conference was convened by editors of *Policy & Internet (P&I)*, Q1-indexed journal with a focus on public policy, the internet and related technologies. It is interesting to reflect on the journal principles in relation to our practice as practitioners, researchers, and users of the internet:

As technologies continue to disrupt how we communicate and function within our societies, so too do our practices, norms and structures, with significant impact on our public policy in areas such as working life, the economy, healthcare, transport, development, law and justice, democracy, and security—as well as for citizen-government relations, and how the internet itself is governed. P&I publishes research that addresses public policy issues in all sectors, and at all levels of government, and welcome welcome innovative research in areas where the internet already impacts public policy, where it raises new challenges or dilemmas, or provides opportunities for policy that is smart and equitable. <https://onlinelibrary.wiley.com/journal/19442866>

More information can be found under the conference web link:

<https://internet-policy-meco.sydney.edu.au/datafication-platformization-metaverse-the-state-of-global-internet-policy/>

Disability and Internet Policy

Chair: Professor Gerard Goggin

Gerard Goggin is Professor of Media and Communications at the University of Sydney. Gerard has various longstanding interests in Internet & policy including: digital inequalities & inclusion; disability, accessibility and design; mobile Internet & mobile media; consumer and citizen policy; global media policy. His books include *Apps* (2021), *Routledge Companion to Global Internet Histories* (2017), *Cell Phone Culture* (2006), and *Virtual Nation: the Internet in Australia* (2004). He is a founding co-editor of the journal *Internet Histories*.



Panelists;



Call for abstracts – Asia Oceania International Association of Gerontology and Geriatrics Conference – Yokohama (Japan), June 2023



IAGG Asia/Oceania Regional Congress 2023



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The Asia Oceania regional conference of the International Association of Gerontology and Geriatrics (IAGG) is an excellent opportunity to showcase research internationally, and to network and explore opportunities for future collaborative international research.

The conference runs every 4 years, and the upcoming conference will be held in Yokohama, Japan, June 12-15, 2023. See the conference website at: [IAGG Asia/Oceania Regional Congress 2023 - Convention Linkage, Inc. \(iagg2023.org\)](https://www.iagg2023.org)

The call for abstracts has just been made, with the closing date for abstract submission being 30 November 2022. The links for abstract submission and conference registration (early bird before Feb 28, 2023) are below:

Registration: <https://www.iagg2023.org/registration.html>

Abstract submissions: <https://www.iagg2023.org/call-for-papers.html>

AAG Vic presents: Technology for creative and healthy ageing - REGISTER NOW



AAG Victoria presents: Technology for creative and healthy ageing



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INVICTUS HEALTH

**THE BIG
ANXIETY**

Join the Australian Association of Gerontology in a panel on how new technologies can support healthy ageing through creativity.

This panel discussion, offered in person and online, features international experts in creativity and ageing. Panellists will discuss how they use technology to support healthy ageing through creativity. Following the panel discussion, in-person attendees will have an opportunity to interact with technology demonstrations at a networking reception.

AAG Vic Div Technology sub-committee

Tuesday 11th October

5:15pm (for 5:30pm start) – 6:45pm

(followed by 6:45-7:30pm networking reception)

Venue: Melbourne Connect - The Launch Pad, University of Melbourne, 700 Swanston Street, Carlton VIC 3053

Hybrid format but interactive display/demonstrations are for in-person only.

For more information, please

visit: <https://www.aag.asn.au/EventDetail?EventKey=VIC221011>

To register, please visit: <https://aag.eventsair.com/vic20221011/registration-form/Site/Register>

AusHCGNE Webinar: Dementia rehabilitation: Evidence, realities and local and global initiatives for best practices

Australian Hartford Consortium of Gerontological Nursing Excellence Webinar: Dementia rehabilitation: Evidence, realities and local and global initiatives for best practices

Summary:

The World Health Organization defines rehabilitation as ‘a set of interventions designed to optimise functioning and reduce disability in individuals with health conditions in interaction with their environment.’

Despite growing evidence on the effectiveness of rehabilitation interventions for people with dementia, rehabilitation is often ignored in dementia care.

In this webinar, Professor Yun-Hee Jeon will provide key insights into the latest evidence on dementia rehabilitation, and current local and global initiatives for best practices in dementia rehabilitation. They will highlight the urgent need for attitudinal, clinical and policy change, recognising that people living with dementia should have access to readily available rehabilitation programs and services.

11 October 2022

12.30-1.30pm ACST (Darwin)

1.00-2.00pm AEST (Brisbane)

2.00-3.00 AEDT (Sydney, Melbourne, Hobart)

1.30-2.30pm ACDT (Adelaide)

11.00am-12.00pm AWST (Perth)

WEBINAR

Dementia rehabilitation: Evidence, realities and local and global initiatives for best practices

Professor Yun-Hee Jeon will provide key insights into the latest evidence on dementia rehabilitation, and current local and global initiatives for best practices in dementia rehabilitation.

Presenter



Yun-Hee Jeon, University of Sydney

Susan and Isaac Wakil Professor of Healthy Ageing; Program Director, StepUp for Dementia Research and Step Up for Ageing Research, Sydney Nursing School

Event chair



Wendy Moyle, Griffith University

Professor of Nursing, School of Nursing and Midwifery; Program Director, Menzies Health Institute Queensland

REGISTER NOW



<https://bit.ly/webinar-dementia-rehab>

AUSTRALIAN HARTFORD CONSORTIUM OF GERONTOLOGICAL NURSING EXCELLENCE (AusHCGNE)

research.qut.edu.au/hartfordnursing

Date:

Tuesday 11/10/2022

Time:

- 11.00am-12.00pm AWST (Perth)
- 12.30-1.30pm ACST (Darwin)
- **1.00-2.00pm AEST (Brisbane)**
- 2.00-3.00pm AEDT (Sydney)
- 1.30-2.30pm ACDT (Adelaide)

Cost:

FREE

Where:

Online via Zoom

Who's it for?

- ➔ Registered nurses who provide care for older adults
- ➔ Medical, nursing and allied health professionals who are interested in the care of older adults in the residential aged care sector
- ➔ Anyone interested in aged care policy and the quality of care in Australia's residential aged care facilities



[Register here](#)

Code of Conduct for Aged Care

In response to the recommendations of the Royal Commission into Aged Care Quality and Safety (Royal Commission), the Code of Conduct for Aged Care will start on 1 December 2022. It will apply to approved providers, their aged care workers and governing persons, giving older Australians receiving aged care more confidence in the workforce assisting them.

In late 2021, public consultation was undertaken on a draft Care and Support Sector Code of Conduct (Code of Conduct). The Department of Health and Aged Care has prepared a consultation summary report outlining the findings from this consultation. The consultation summary report is now available on the Department's [Changing aged care for the better | Australian Government Department of Health and Aged Care webpage](#).

When implemented on 1 December, the Code will apply to the aged care sector. The Code will be the first element of a more comprehensive registration scheme for personal care workers in aged care to be implemented. Work is underway to consider how the Code may align across the care and support sector.

A copy of the Code legislation is available on the following webpage: <https://www.health.gov.au/health-topics/aged-care/aged-care-reforms-and-reviews/royal-commission-into-aged-care-quality-and-safety/code-of-conduct-for-aged-care>. This will be provided as an exposure draft of the legislative instrument. Public consultation on the exposure draft will be open from 4 October 2022 and can be accessed from the Department's [Get involved – Ageing and Aged Care Engagement Hub](#).

The Aged Care Quality and Safety Commission (ACQSC) will be responsible

for monitoring and enforcing the Code and is developing guidance and education resources to help the sector implement the new Code.

Any queries can be directed to workerregulationse@health.gov.au.

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.