

Centre for Research into Aged Care Services
incorporating the
T G Smith Dementia Research & Development Unit
and
Alzheimer's Australia WA Research & Development Unit



Freemasons of Western Australia



**Alzheimer's
Australia WA Ltd**
Living with dementia

Centre for Research into Aged Care Services

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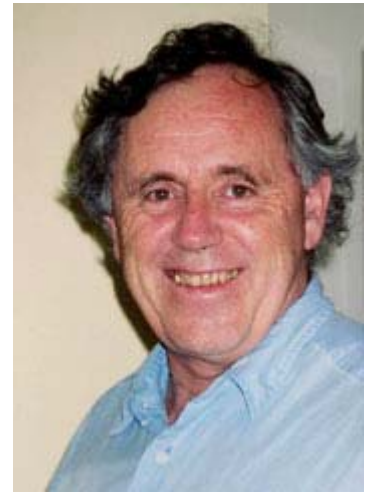
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Professor Charles Watson – Executive Dean, Health Sciences

In its third year of operation, the Centre for Research into Aged Care Services has made excellent progress in developing its role as a facilitator and innovator in improving the quality of services for older people.

Perhaps the most notable new development has been the signing of a contract between the Centre and the Alzheimer's Association of Australia (WA Branch) for provision of research services. This mutually beneficial arrangement is the result of a long history of collaboration between Barbara Horner and Frank Schaper, the CEO of Alzheimer's Australia, WA. The contract is over three years and provides an excellent model for collaboration between the Centre and other agencies. A further development with the Alzheimer's Association is in the wings; the Association has been discussing with the University the possibility of establishing a Centre of Excellence - research and training centre in association with its day care centre and its administrative group, on the Bentley campus. While final arrangements are still to be made, the proposal looks very promising and might also provide a new home for the Centre for Research into Aged Care Services.

We have continued to enjoy strong support from the Freemasons of Western Australia and we particularly appreciate the personal contribution made by Mr Wayne Hibble and John Smith Gander to many aspects of the work of the Centre. The financial contribution that established the Centre in the first place has been continued in the form of annual grants from the Freemasons of Western Australia and I am sure that they are pleased with the development of the Centre over its first three years.

I congratulate all of the staff of the Centre and in particular Barbara Horner, for the outstanding contribution to improving aged care services in Western Australia.

Year in Review



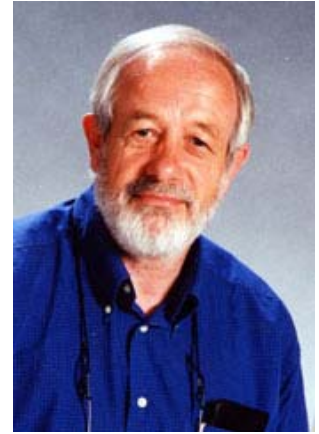
Report from the Director: Barbara Horner

The Centre has continued to build its performance. In summary, activities include involvement in 6 successful competitive research grants, 13 refereed publications, 7 new and 3 ongoing community research projects, 7 community presentations including radio and television and some 17 conference presentations. It has further established its influence and reputation within the Curtin University environment and built new partnerships with other Research Centres, both in Western Australia other States and overseas. The Centre's reputation for collaboration and partnership is recognised throughout the aged care industry and admired by Schools and Departments within the University as well as other Research Centres. New partnerships have been forged with Bradford University in the UK, with a national consortium of highly regarded researchers across Australia, as part of an ARC Research Network proposal and with like-minded researchers in WA. The Centre is now also working with Howard Solomon Homes for the Aged, the Freemasons' own aged care facility in Perth, developing a collaborative research and development partnership.

The enrolment of two new postgraduate research students fulfils another goal for the Centre. Our teaching contribution within courses and our curriculum development activities have been expanded during 2003 and demonstrate an ongoing commitment to ageing studies. We continue to work towards involving postgraduate students in all priority research program areas

There is no question that the work of the Centre is valued, nor that this Centre has been productive during 2003. However, the commitment of funding from the Freemasons has a finite life. Federal and State Governments must acknowledge the need for research into ageing, aged care and the impact of an ageing population on health and community services and commit funds to further the work of this Centre to enable us to continue and expand our research programs. The Centre needs the help of its many 'partners' to influence the allocation of funding in 2004 and beyond. Research can also be supported financially through planned giving or deceased estates. Individuals are encouraged to contact me to discuss how they can make a unique, personalised contribution to a research program.

Again, 2003 has been exciting and rewarding. The Centre's team remains energetic, innovative and very committed. We are all looking forward to the year ahead.



Report from the Freemason's Chair: Professor Duncan Boldy

Whilst 2003 has been another very productive year for the Centre, I believe it is important for me to comment further on our Director's timely words regarding funding for aged care research and hence the longer term financial future of the Centre.

The aged care industry is operating under considerable cost pressures and has only limited funds available for research and evaluation activities. Further, whilst it is necessary and appropriate for a University research centre to apply for ARC and NHMRC grants, these are very competitive, require considerable experience and effort, and the building up of key collaborating relationships with existing grant holders. Finally, if successful, the resulting funding typically does not cover the full costs of undertaking the research itself. This is not a healthy financial situation for the Centre, unless we can build on the generosity of the Freemasons and attract additional core funding.

On a more positive note, related to collaboration it is pleasing to report the awarding of ARC Linkage grants with the University of Queensland, in the areas of physical activity for adults and age-friendly standards for public transport. Within WA, various discussions have been held between staff from the Centre, UWA and the Silver Chain Nursing Association, regarding possible joint research grant submissions, one such being the inter-relationship between social isolation, depression and service use amongst older people.

Nationally, I am a member of a National Interim Steering Committee, which has recently submitted an expression of interest to the Australian Research Council in establishing a national 'Ageing Well Research Network'. Thirty of the most well-recognised and influential social and economic researchers in the area in Australia are included as potential participants, as well as ten key health and medical collaborators.

Internationally, we have forged new and promising links with the Stockholm Gerontology Research Centre and Bradford University in the UK. This latter is particularly pleasing, given our increasing commitment to research and development in the area of dementia and the key role the Bradford Dementia Group is playing internationally in this field.

Whilst I have drawn particular attention this year to our university related collaboration, our continued commitment to industry funded research and evaluation studies, with often more immediate outcomes, remains as strong as ever. Further, our increasing involvement in educational activities demonstrates the wide range of the Centre's endeavours. We relish the challenge of maintaining a healthy balance between these various aspects during 2004.

About the Centre



The demographics and complexities of a growing ageing population are demanding greater attention to the way in which we currently view and provide health and community services to older people. To meet this challenge, governments, communities and private providers are moving towards the provision of age-sensitive services and facilities that address the changing physical and social needs of an increasing number of older people.

Established in 2000, the Freemasons Centre for Research into Aged Care Services (CRACS) aims to support these changing needs by providing research, consultancy and education programs that can assist an increasing number of older people to live healthy and independent lives.

The Centre takes a multidisciplinary approach working with disciplines such as Nursing, Occupational Therapy and Health Promotion, each bringing their unique expertise, approaches and networks to a project. In addition to accessing the synergies provided by a combination of skills, the researchers share an equal commitment to the importance of rigorous research that has practical and beneficial outcomes. Our methods aim to combine the complementary strengths of both quantitative and qualitative approaches to research.

Principal research areas:

Our research tends to focus on four main areas:

- Health and well-being of older people
- Formal services and support systems
- Supportive environments
- Alternative and innovative models of service delivery

Research addresses a range of issues, including physical activity, social support networks, social isolation & loneliness, the needs of grandparents, models of service delivery and the needs of special populations. It is conducted in partnership with a range of government, community and private partners, all committed to developing outcomes that improve the quality of life for older people. Research partners include government departments, private and public hospitals, aged care providers, community organisations, and other University schools, departments, research centres and institutes.

Dementia

Dementia is a particular area of research for the Centre. Research is carried out through the T G Smith Dementia Research and Development Unit and within a unique research partnership with Alzheimer's Australia WA, to form the **Alzheimer's Australia WA Research & Development Unit**. The partnership enhances the work of the T G Smith Unit, to improve the quality of life for people with dementia, their families and carers, by providing information and support through relevant research, education and information.

The partnership with Alzheimer's Australia WA was formalised in 2003 at a ceremony at Curtin University and formalised with a contract signed by Professor Lance Twomey, Vice Chancellor of Curtin University and Mr Craig Masarei, Chairman of the Freemasons of Western Australia Board.

The aim is to help build a Centre of Excellence and support agencies, service providers and individuals towards achieving 'best practice' for people with dementia, families, carers and health professionals. This partnership will involve the development of a research culture within Alzheimer's Australia WA, staff education and development and collaborative research.

The Centre is developing a research and development program with Alzheimer's Australia WA to include activities such as:

- The development of a research culture
- Establishment of a research special interest group among staff
- Industry seminars for practitioners and carers
- Staff development opportunities
- Education/training needs assessment
- Conference presentations
- Research funding initiatives
- Collaborative research

This unique partnership will support the development of a Centre of Excellence in dementia care and service delivery in Western Australia and foster evidence-based best practice among agency providers, practitioners and researchers.



Community Education

The Centre is committed to life-long learning. It offers individuals from a range of disciplines the opportunity to:

- Increase their knowledge of issues confronting older people
- Increase community understanding of issues relevant to ageing
- Build evidence to support practice
- Develop expertise in relevant areas of practice
- Pursue research questions or issues of interest

Industry Seminars in 2003

‘Dementia Care Practices & Research in Australia and Overseas’

A research seminar featuring Dr Dawn Brooker, Strategic Lead Dementia Care Mapping, Bradford Dementia Group, University of Bradford, UK; attended by over 60 practitioners, managers and researchers.

‘Promoting Healthy Ageing Across the Services – What Can We Do Better’

A research seminar featuring Professor Sarah Mott, Professor of Rehabilitation Nursing, University of Western Sydney; attended by over 80 practitioners from across the service sectors.

‘Understanding the Difficulties of Raising Grandchildren: Grandparents and their Role as Parents’

A free public lecture convened in partnership with Curtin Alumni, as part of Seniors’ Week, examining the challenges facing grandparents who take on the role of raising their grandchildren.

‘Motorised Wheelchairs and Scooters – safety issues’

A free public open forum convened by Retirees WA and facilitated by Curtin FM ‘Seeking Solutions’ presenter, Pieta O’Shaughnessy, as part of Seniors’ Week.



Sponsors

Our principle sponsor continues to be the Freemasons of Western Australia, however, negotiations with additional sponsors has continued during 2003. Community research contracts have also increased in 2003. The Centre competes for local, national and international research grants.

Direct contact with the Freemasons of Western Australia continues to be with Mr John Smith - Gander, past Chairman of the Board of General Purposes; and Mr Wayne Hibble, Deputy Grand Master.

“The partnership between the Division of Health Sciences, through the Centre for Research into Aged Care Services, and the Freemasons of Western Australia, continues to be very successful. At present the Centre has and is pursuing additional partnerships to further enhance the work being undertaken at the Centre

In 2004, Barbara Horner from the Centre, Diane Coultrip Director of Nursing at Howard Solomon and Howard Emery Administrator of the Homes for the Aged will be working on a memorandum of understanding with the Howard Solomon Homes for the Aged. This will support students from a range of disciplines to be able to gain experience under the supervision of staff at the Homes. It will also provide a collaborative learning and research environment for the staff of Howard Solomon Homes for Aged to become involved in mutually beneficial research.

This is a great step forward, which will enhance the development of a Centre of Excellence involving the Centre, Alzheimer's Australia WA and the Homes for the Aged, creating a major research unit on Dementia and aged care. It is pleasing to note that such a partnership has been formed in collaboration with the T.G. Smith Dementia Research & Development Unit.

The Freemasons of Western Australia are proud of the continuing development and outcomes being achieved by the Centre and look forward to a developing partnership with the Centre for Research into Aged Care Services, the T G Smith Dementia Research & Development Unit, Alzheimer's Australia WA and the Freemason's Homes for the Aged.

It was a requirement of the original bequest that there should be practical outcomes from both the research activities and in the presentation of programs/workshops undertaken by the Centre. I believe this has and continues to be achieved.

Mr John Smith-Gander
Past Chairman of the Board of General Purposes.
Freemasons of Western Australia.

Industry Advisory Committee

The Industry Advisory Committee meets quarterly throughout the year. The meetings provide an opportunity to discuss current activities within the Centre and report on future directions. Members of the Committee report on issues in their areas and provide the Centre with current, relevant information and advice.

Professor Charles Watson (Chair)	Executive Dean, Health Sciences
Ms Barbara Horner	Director/Secretary
Professor Duncan Boldy	Professor, Aged Care Services
Ms Helen Attrill	Executive Director, Aged and Community Services, WA
Mr Robert Reid	Executive Director, ANHECA, WA
Ms Rhonda Parker	Executive Director, Positive Ageing Foundation
Dr Gill Lewin	Research Manager, Silver Chain Nursing Association
Ms Nancy Pierce	Consumer Representative
Dr Pradeep Jayasuriya	General Practitioner, RACGP
Mr Stephen French	Manager, Department of Health and Ageing, WA
Ms Carol Bain	WA Network of Community Based Home Care Services (joined in October 2003)
Mr Frank Schaper	CEO Alzheimer's Australia WA (joined in October 2003)
Mr Wayne Hibble	Freemasons of WA
Mr John Smith-Gander	Freemasons of WA
Ms Gail Milner	A/Director, Aged & Continuing Care Directorate, Health Department of WA

Director / Research Fellow

Ms Barbara Horner

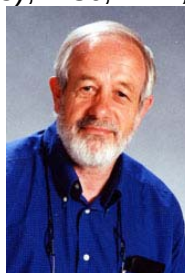
RN, BAppSc, MEd, AFCHSE, FRCNA



Barbara has qualifications and experience in both education and nursing. She has worked in senior management positions in many different health sectors and has worked in aged care over many years as a clinician, consultant, researcher and educator. As Director, she is responsible for the management of the human, material and financial resources of the center and provides leadership and coordination. As a researcher she is involved in many different research projects, including: the use of technology in residential aged care, quality use of medicines among older people, care of the older person in acute care, models of care in residential aged care and service evaluation. Her specific research interests are in organisational change and development and models of service delivery, the subject of her current doctoral studies. Barbara has published in the areas of staff development, human resource management, and leadership. She is a member of Geriaction WA, a Fellow of the Royal College of Nursing Australia and Associate Fellow of the Australian College of Health Service Executives. She is also a member of the NPS Curriculum Training Working Group and Chair of the Nursing Advisory Group of this working group.

Professor Aged Care Services**Professor Duncan Boldy**

Cert Ed, BSc (Hons), MSc, PhD, FCHSE, AAGF



Duncan is Professor, *Centre for Research into Aged Care Services* and also Professor of Health Policy and Management, School of Public Health, at Curtin University of Technology. He has worked in universities in Australia, the UK and the USA and has over 30 years experience in health and social services research. Many of his over 100 refereed publications relate to aspects of aged care, with his most recently co-edited book in this area being 'Empowering Frail Elderly People: Opportunities and Impediments in Housing, Health and Support Service Delivery' (Praeger, 2001). He has recently conducted a major project for the Commonwealth government concerned with assessing the views of residents in aged care facilities and recent research projects he has been involved in with the Centre have included: elder abuse, the evaluation of respite programs, planning services for a local area, age friendly standards, social isolation and loneliness, and chronic disease self management. Duncan is on the editorial board of five refereed journals and has recently been made a Fellow of the Australian Association of Gerontology.

Research Fellows

Dr Ann Clarke

BPE, DipEd, MEd, PhD



Ann has had a lifelong involvement in sport, exercise, physical activity and dance. She has worked in a range of community and educational settings to provide health and physical education to wide variety of groups, including many years as a lecturer at the School of Human Movement at The University of Western Australia. Her postgraduate research has mostly been from an exercise and sport psychology perspective. Ann's PhD is in Ageing and Physical Activity. This examined the social and psychological factors associated with life long participation in physical activity. Ann joined the *Centre for Research into Aged Care Services* at Curtin University of Technology in 2001 and has been involved in a range of research projects that have focussed on the health and well-being of older people and those living with dementia.

Ms Linda Grenade

BA, BSW, PostGradDipSocResEval, MSc



Linda is a Research Fellow in the Centre for Research into Aged Care Services and lecturer in the School of Public Health (Department of Health Policy and Management) at Curtin University of Technology. A former social worker, she has maintained an active interest in issues relating to the promotion of individual and community health and well-being throughout her working life. She has been involved in aged care research since the mid 1980s, and has worked on a variety of projects relating to care and service delivery for older people during that time. Since joining the Centre, major research projects in which she has been involved in include: social isolation and loneliness; mechanisms for seeking residents' views in aged care facilities; quality management and regulation within residential aged care; and chronic disease self-management. Linda has written or co-authored a range of articles that have been published in refereed journals. She has also contributed to a number of book chapters, most of which relate to programs and services for older people.

Research Associate

Ms Margaret Davey

RN, MSc, Gestalt Therapist



Margaret is a Registered Nurse (UK) who has a life long interest in older people. She has worked in the area of rehabilitation of older people, taught care of older people to RNs in WA, and was employed in the Curtin School of Nursing for many years teaching undergraduates and RNs. She completed her masters degree at Curtin, and has been involved in research in long term care and characteristics of older people who are entering a Nursing Home, with Curtin and UWA. She is a member of the Australian Association of Gerontology (past president of WA branch 1996-9), a Fellow of RCNA, and is a member of Geriaction, Alzheimer's Association of WA and Council on the Ageing. She joined the *Centre for Research into Aged Care Services* in 2002 and has been involved in several projects involving care, assessment and evaluation. Grandparents parenting a second generation is a present research interest.

Administrative Officer

Ms Kristin Chave



Kristin combines the roles of part-time student (primary teaching) and mother with her role of Administrative Officer. Her attention to detail and incredible organisational skills provides support for the Director in the management and day-to-day functioning of the Centre. Kristin provides excellent customer service to all the internal and external customers.

Project Research Assistants

Dr Beverley Scott, PhD, RN, FRCNA

Beverley is a registered nurse who has worked in the aged care sector in Western Australia for 15 years, providing independent education and consultancy services. She has collaborated with many aged care sector organisations to provide education, develop quality management systems, promote better care standards and improve the management and documentation of nursing services. Following a period as an Aged Care Quality Assessor during the first Accreditation round, Bev reduced her external commitments to focus on completion of her Doctoral thesis, titled "Situational positioning: a grounded theory of registered nurse decision-making in Western Australian nursing homes". She has had considerable experience in field observation, interviewing, and timely completion of projects.

Ms Helena Iredell BSc, PostGradDip (Public Health)

Helena Iredell is a research officer who has experience in research on older people from a health promotion perspective. She has worked on a number of projects including looking at loneliness, social isolation and living alone in later life, investigating pedestrian injury in older persons and road safety interventions. She has also worked on research looking at social capital and its presence in physical activity groups and the role of social participation and health status. She has experience in focus group interviews, survey research, field observations, interviewing and intervention development.

Ms Mary Carey MPH, PostGradDip (Public Health), BAppSc

Mary has been significantly involved in a number of WA health service evaluation and planning projects including evaluations of the Department of Health telephone triage service HealthDirect and of Telhealth education, training and clinical services throughout rural and remote WA. Experience in linked database analyses enabled auditing of the safety outcomes of telephone triaging. She has co-designed a Colorectal Cancer Screening Service and Information System for the WA Clinical Oncology Group. Research with the Freemasons Centre for Research into Aged Care Services has explored the health service needs of people ageing with a longstanding disability and their carers with a focus on enhancing the self management capabilities of cerebral palsy clients ageing in the community. She has taught health research methods, epidemiology and clinical research methods at graduate and postgraduate level, across a range of Public Health and Biomedical Science courses at Curtin University and Edith Cowan University and is a reviewer for the Curtin Human Research Ethics Committee.

Research Fellow Network

Dr Gill Lewin - PhD, MPH, MSc, BSc (Hons)

Adjunct Associate Professor with the Centre for Research into Aged Care Services

Collaborative Research Interests: Wellness Model of Care, Home Independence, Depression and older people.

Dr Lewin is a member of the Industry Advisory Committee and provides invaluable links to the domiciliary service sector. She is also a co-supervisor for a doctoral student and an active contributor to research planning activity.



Associate Professor Jill Downie - PhD, RN, RM, CertCHN, BAppSc(Nsg)(Dist), PGradDipHlthProm

Head, School of Nursing & Midwifery

Research Fellow with the Centre for Research into Aged Care Services

Collaborative Research Interests: Acute Care of Older People, Grandparents as parents, Evaluation of medication management in residential aged care, Graduate studies in Ageing.

Associate Professor Jill Downie has collaborated on a number of projects in 2003. They include the Health Ageing Unit, a partnership with St John of God Healthcare, Subiaco; the development of the Grandparents as Parents research study; and the development of graduate studies in ageing initiatives.



Associate Professor Peter Howat – MSc, PhD

Head, Health Promotion, Associate Director, WA Centre for Health Promotion Research, Senior Research Fellow, Centre for Research into Aged Care Services

Collaborative Research Interests: Physical activity for sedentary seniors, Loneliness and social isolation, Health Promotion and older people, Issues of an older workforce.

Associate Professor Peter Howat is providing leadership in collaborative research between the Centre for Health Promotion Research and this Centre.



Dr Angelica Orb – PhD, Med, DipEdBNurs, RN, MACE

Senior Lecturer, School of Nursing & Midwifery

Research Fellow with the Centre for Research into Aged Care Services

Collaborative Research Interests: Needs of older migrant populations, Grandparents as primary carers for their grandchildren, Mental health and older people.

Dr Angelica Orb is leading the research team in the Grandparents as Parents study. She is also publishing her work on the needs of migrant populations.



Professor Joan Cole – DipPT, BPT, MSc, MEd, PhD

Senior Research Fellow Health Sciences

Senior Research Fellow with the Centre for Research into Aged Care Services

Collaborative Research Interests: Long-standing disability and older people, Needs of older people with Cerebral Palsy.

Professor Joan Cole continues to contribute to the Centre's research with older people with long standing disabilities.



Associate Professor Ruth Marquis - Dip(OT), BAppSc(OT), MSocSc(Human Services), PhD

Head, School of Occupational Therapy

Senior Research Fellow with the Centre for Research into Aged Care Services

Collaborative Research Interests: Enhancing quality of life for residents in aged care facilities, Social equity and empowerment in aged care.

Associate Professor Ruth Marquis continues to implement the outcomes of her research into quality in residential aged care through the School of Occupational Therapy.



Dr Rene Michael – BAppSc(Nurs), PGradDip(HScEd), PGradDip(OR Nurs&Mgt), MAppSc(HSc), PhD, RN, FRCNA

Director of Postgraduate Studies, School of Nursing and Midwifery

Research Fellow with the Centre for Research into Aged Care Services

Collaborative Research Interests: Acute care of the older person, Models of service delivery, Gerontology

Dr Rene Michael has led the research project for the Healthy Ageing Unit, working with St John of God Subiaco, and involving St John of God, Murdoch.



Postgraduate Study

Postgraduate study at both the masters and doctoral levels is supported by a team of qualified and experienced staff within the supportive environment of the Centre. Students are encouraged to pursue a topic of interest and to engage in active research programs.

Postgraduate scholarships are available to support students studying in a range of areas and in particular, dementia.

Ms Sonya Girdler – PhD student

Supervisors: Professor Duncan Boldy (CRACS), Professor Tanya Packer (School of Occupational Therapy)

“The Development and Evaluation of a Self-management Intervention for Older Adults with Age-related Vision Loss (ARVL)”.

Sonya is the recipient of the Freemasons Postgraduate Scholarship 2002-2005.

Ms Barbara Horner – PhD student

Supervisors: Dr Ernest Stringer (Centre for Aboriginal Studies), Professor Duncan Boldy (CRACS), Associate Professor Jill Downie (School of Nursing & Midwifery)

“Engagement in Change – a participative action research study in a residential aged care community”.

Ms Brandi McCormack – PhD student

Supervisors: Professor Duncan Boldy (CRACS), Dr Ros Morrow (School of Psychology). Dr Gill Lewin (Silver Chain Nursing Association)

“The Relationship between Home Care and Emotional Well Being in Older Adults” (in development).

Ms Julie Borninkhof – PhD student

Supervisors: Assoc Professor Alex Main (Psychology Murdoch University, Ms Barbara Horner (CRACS)

“Dementia Care: determining happiness, job satisfaction and well-being of professional carers of people with dementia” (in development).

Julie is the recipient of the *T G Smith Dementia Postgraduate Scholarship 2004 – 2005.*

Ms Susan Smith - RN

Ms Smith, a graduate Semester 1, 2003 School of Nursing & Midwifery, was the recipient of the inaugural Freemasons Centre for Research into Aged Care Services award, for commitment to older people.

The Centre continues to expand its network of industry, residential and community care providers, government and non-government agencies, professional bodies, communities and individuals. In addition, the Centre has developed collaborative research partnerships with other national and international University research centres and individual researchers. Some network partners are listed below.

Agencies and Organisations

Aged and Community Services (WA)	Town of Vincent
Aged Care Standards and Accreditation Agency	ALCOA – WA
Australian Associate of Gerontology	Autumn Care Systems
Canning Division of General Practice	Council on the Ageing
Nursing Resources Australia Pty. Ltd.	Health Consumers Council of WA
Fremantle Community Women's Health	Geriaction WA Chapter
Positive Ageing Foundation of Australia	ADVOCARE
Fremantle Directorate of Mental Health Services	Technology Park Precinct
Sancell Pty. Ltd	
Nursing Homes and Extended Care Association of WA (ANHECA)	
Department of Community Development	
- Office of Seniors' Interest	
WA Network of Community Based Home Care Services	
St Andrews Development	

Providers

AEGIS Health Care Group Pty Ltd	Baptist Care Australia
Brightwater Care Group	Carinya of Bicton
Churches of Christ & Community Services Inc.	CraigCare Inc
Anglican Homes	Swan Village Of Care
Uniting Church Homes	St Basils Aged Care
St John of God Health Care, Subiaco	Perth Home Care
Silver Chain Nursing Association	Brightwater Group
Howard Soloman Homes	

Universities and Research Centres

Australasian Centre on Ageing, University of Queensland
 Murdoch University – Centre for Social Change & Social Equity
 National Ageing Research Institute (NARI)
 West Australian Centre for Health Promotion Research (WACHPR)
 Bradford University, UK
 Stockholm Gerontology Research Centre, Sweden
 Australian Ageing Well Research Network (in development)

Research Projects

The Centre has worked across a range of research program areas during 2003. The following are examples of the diversity of research activity within the Centre. Further information about particular projects or research areas can be obtained from the Centre.

Boldy, D., Grenade, L., Horner, B. Evaluation of the Health Partners Sharing Health Care Demonstration Project *with* Canning Division of General Practice, Perth. *Commonwealth Government of Australia*.

The Sharing Health Care demonstration project managed by the Canning Division of General Practice is one of a number of national projects that are trialling innovative methods of self-management for people with chronic conditions. The WA project specifically targets people from lower socio-economic backgrounds who have diabetes and/or cardiovascular disease and are 50 years old or over (35 years for ATSI clients). CRACS is the appointed local evaluator for the project, which also includes a role of data/information provider for national comparative evaluation purposes. A range of interventions is offered involving approximately 300 participants. Of these around 180 have agreed to complete questionnaires, as required for national evaluation purposes. The evaluation activities of CRACS include: client data management (national evaluation questionnaires), undertaking focus groups with key stakeholders (clients, GPs) and devising a suitable database structure for capturing the process of goal setting and action specification and implementation, with clients taking part in any of the interventions, related to their self-management.

Boldy, D.P., Horner, B. The service needs of older people in the Town of Vincent. *Town of Vincent, Leederville, Perth*.

This study was commissioned by the Town of Vincent to assist them to determine the most relevant 'Strategy for Seniors' they should take. An interim report suggests that the most effective long-term approach is to focus on building a 'connected community' aimed at maximising the options for independence of its older citizens. Following a detailed comparative analysis of the demographics of the Town (2001 and 1996 census data), a 'Senior Friendly Community Survey' targeting all residents aged 55 and above on the electoral role, is to be undertaken. The main purpose of the survey is to identify and prioritise the barriers for seniors to maintaining their independence. Results from this survey, together with the demographic analysis already completed, will be used to guide the remaining stages of the project, which will include convening group workshops for Town residents to identify strategies related to minimising/ eliminating specific barriers and developing action plans. Given the demographics of the Town, the specific needs of seniors from culturally and linguistically diverse backgrounds is a particular focus.

Iredell, H., Grenade, L., Boldy, D., Shaw, T., Howat, P., Morrow, R. Coping with loneliness and social isolation in later life: a pilot study. 'Healthway', WA Health Promotion Foundation, Research Grants Scheme.

The overall aim was to develop and trial the methodology of a cross sectional study that would: measure the prevalence of social isolation and loneliness amongst older people living in the community; investigate the relationship between living alone, social isolation and loneliness; identify factors that protect older people from experiencing loneliness and

social isolation; and identify potential interventions to protect those 'at risk'. A questionnaire was mailed to 547 selected seniors, with telephone follow-up helping to achieve a high response rate of nearly 80%. In addition, twenty in-depth interviews were conducted with participants in their own homes, these representing a wide range according to degrees of isolation and/or loneliness. A grant from the Division of Health Sciences at Curtin University has been obtained to enable the research team to further analyse the data collected, write papers for publication and prepare a grant submission for a larger study.

Horner, B., Downie, J., Michael, R. Aged Care Research & Innovation: Healthy Ageing Demonstration Project. School of Nursing & Midwifery, St John of God Health Care.

During 2002, as part of the St John of God Health Care Subiaco's Strategic Plan, an innovative model of care for elderly patients using a transitional unit, the Healthy Ageing Unit (HAU) was developed. To explore the effectiveness and acceptability of the unit a pilot study was proposed by St John of God Health Care Subiaco in collaboration with the School of Nursing and Midwifery, the Centre for Research into Aged Care Services (CRACS), and St John of God Health Care Murdoch. The key objective of the pilot study is to examine a multi disciplinary model of health care of the older person in the acute hospital setting. The model provides a continuum of integrated services, through nursing, medical, allied health and community providers working collaboratively. The Clinical outcomes have been positive to date and include:

- Preliminary data demonstrates a significant difference in the patient's functional ability and general emotional well being, between admission to and discharge from the unit.
- There have been 12 readmissions to the hospital, a majority unrelated to the original admission.
- A comparative group of patients for control purposes is being recruited from Murdoch hospital.

Howat, P., Clarke, A., Shilton, T., Lee A., Fisher, J., Sleet, D., Li, F. Physical activity for sedentary seniors. *WA Health Promotion Foundation, Research Grants Scheme.*

The Perth Active Living Seniors project aims to recruit currently inactive 65-74 year olds into a regular program of walking in 30 suburbs around Perth. It is about to move into the intervention phase. The past six months have been spent on issues relating to measurement. This program will be unique in that participants will be recruited randomly through the electoral roll. Walking leaders will be provided over six months to test the efficacy of a walking support program.

Orb, A., Davey, M., Henderson, S. Perceptions of single grandparents as primary carers of their grandchildren.

Grandparents play an important role in the family. Their help in raising grandchildren has increased substantially due to a number of social, legal and economical reasons. The situation whereby grandchildren are cared for by grandparents seems to provide advantages and disadvantages for grandparents themselves as well as for the parents and

the children. The proposed study will examine and describe the special needs and problems of elderly grandparents as primary care givers of their grandchildren. In addition to assisting in understanding the experience of grandparents, the study will provide information which will benefit welfare organisations and community groups as well as providing information for policy makers about grandparents' perceptions of being primary carers.

Clarke, A.M., Davey, M., Horner, B., Boldy, D. Communication and decision making among residents with dementia. Funding from *Alzheimer's Australia Research Fund*.

This project has involved observing the communication style and informal assessment by carers of the capacity of the residents of aged care facilities with dementia to make decisions about their personal care. The interactions between residents with dementia and carers was examined, as was how carers impacted on residents' decision making. Content analysis of descriptions of negatively rated interactions generated five themes, namely: routine and obsession with time, lack of encouragement of independence, patronising and infantilising, depersonalising, focus on occupation safety and health procedures and processes. Content analysis of descriptions of positively rated interactions generated four themes, namely: cheery and personal demeanour, warmth, encouragement to recall, and routine. Some aspects of communication with residents enhanced the autonomy and decision making process, although efforts to protect autonomy, self-worth and dignity were not always evident. The understanding of "care" is not always consistent with the protection of human rights. An article has been submitted for publication.

Clarke, A., Evaluation of the Rural, Mobile Respite Service. *Alzheimer's Association of WA*.

This service involves the establishment of three 'Teams' in three rural regions, Albany (southern), York (wheat belt) and Kalgoorlie (goldfields) of Western Australia. Each team covers the surrounding areas within a 2-hour travelling radius of the main town centre. This project involves both outcome and process evaluation, and includes: aggregate analysis of changes over time for individual clients via data collected routinely (e.g. interviews); observational studies of persons with dementia (measures of emotional responses); interviews with staff, carers, volunteers, service providers. The project has involved the establishment of an Evaluation Team that includes staff from within the Centre, the General Manager, the Clinical Coordinator of the Service, and staff at each regional Service Centre. Preliminary findings indicate that service receivers value the Mobile Service very highly. A final report will be completed in December.

Successful competitive research grants

Bartlett, H., Marshall, A.L., Patterson, I.R., Mar, C.D., Findlay, R., Clarke, A. Increasing and sustaining physical activity levels of sedentary older adults by improving social support and links with local community resources. *ARC Linkage with University of Queensland* (2004-05).

Boldy, D., Horner, B., Downie, J., & Howat, P. Evaluation of the Health Partners Sharing Health Care Demonstration Project *with* Canning Division of General Practice. *Commonwealth Government of Australia*. (\$80,000 over three years).

Boldy, D., Iredell, H., Grenade, L., Shaw, T., Howat, P., Morrow, T. Coping with loneliness and social isolation in later life. WA Health Promotion Foundation, Research Grants Scheme (\$20,000 granted for 2002 - 03).

Boldy D., Iredell H., Grenade L., Howat P., Morrow R., Lewin, G. Loneliness and social isolation in later life: Exploring the issues and developing a large scale study. Curtin University, Health Sciences Divisional Research Funds (\$8,000).

Howat, P., Clarke, A., Shilton, T., Lee A., Fisher, J., Sleet, D., Li, F. Physical activity for sedentary seniors. WA Health Promotion Foundation, Research Grants Scheme (\$220,000+ granted for 2002-2005).

Worrall, L.E., McKenna, K.T., Boldy, D.P., Jervois, P.M. Evaluating processes and outcomes of age-friendly standards: the case study of public transport. *ARC Linkage Grant with University of Queensland*. (2004-06)

Research funding applications

Clarke, A.M., Davey, M, Horner, B., Boldy, D. "Changing communication styles of carers to increase decision making by residents with dementia" Submitted to Alzheimer's Australia Research Limited (\$10,000).

Clarke, A.M., Howat, P., Horner, B., Seed, M. Promoting health in Male Baby Boomers: A feasibility study. Submitted to Health Promotion Foundation of Western Australia, Research Starter Grants (\$20,000).

Clarke, A.M., Horner, B., Moore, V. Investigation of the antecedents and outcomes of expressions of aggression by residents of residential aged care facilities in Western Australia. Submitted to Bernard Judd Foundation (\$30,000).

Community Research Projects

Horner, B., Boldy, D., Carey, M., Davey, M. Stakeholder Perceptions of Silver Chain. *Silver Chain* (\$11,576 - in progress).

Horner, B., Boldy, D., Grenade, L. Review of 'Caring For People With Dementia through Community Aged Care Packages' Pilot Project. *Perth Home Care Services* (\$12,866 - in progress).

Cole, J., Boldy, D., Carey, M. The needs of People Aged 40 or Older with Cerebral Palsy. *Cerebral Palsy Association* (\$5,000 - in progress).

Boldy, D.P., Horner, B. The Service Needs of Older People in the Town of Vincent. *Town of Vincent, Leederville, Perth* (\$20,000 - in progress).

Horner, B., Downie, J., Michael, R. Boldy, D. Aged Care Research and Innovation: Healthy Ageing Demonstration Project (\$30,000 - in progress).

Clarke, A., Horner, B. "Active Ageing": A Proposal for increasing Physical Activity in Aged Care. Southern Cross Homes (pending).



Multidisciplinary Teaching

Staff from the Centre contributed to teaching within the Division of Health Sciences during 2003 as follows:

- Curtin University of Technology School of Physiotherapy - Department of Podiatry. Second Year, Semester 2 2003: Podiatric Medicine 258 '*Introduction to Geriatrics*' Module. Unit Co-ordinator: B. Horner; Lecturers: B. Horner, A. Clarke, M. Davey, B. Scott.
- Master of Public Health - School of Public Health: Foundations of Public Health 681 "Physical activity and the prevention and management of chronic disease". Lecturer: A. Clarke.
- Bachelor of Science (Food Science & Technology); Bachelor of Science (Nutrition & Food Science); Bachelor of Science (Health Promotion): Practice of Public Health 180. "Aged Care: The Good, the Bad and the Ugly". Lecturers: D. Boldy, B. Horner.
- Postgraduate Diploma in Clinical Specialisation (Nurse Practitioner), School of Nursing & Midwifery. Course Development: B. Horner.
- Postgraduate Diploma in Clinical Specialisation (Family and Community Health), Aged Care Course Development: B. Scott, B. Horner.
- University of Newcastle Consortium: National Curriculum on the Epidemiology of Ageing - Public Health Implications of Population Ageing Module: "Models of Care for older people". (in development) B. Horner, D. Boldy, L. Grenade.

The aim of this project is to develop a modular course on Ageing and Population. This course will bridge and complement currently available MPH programs which provide solid grounding in population health and postgraduate programs in gerontology and geriatrics which provide more specific training in the social and medical aspects of ageing.

Independent Research Reports

Lilly, E. and Boldy, D.P. (2003). *Host Family Respite: Description and Assessment of a Program*, Perth: Curtin University of Technology.

Carey, M., Cole, J. and Boldy, D.P. (2003). *Ageing in the Community with Cerebral Palsy: A Focus Group Report*, Perth: Curtin University of Technology.

Iredell, H., Grenade, L., Boldy, D., Shaw, T., Howat, P and Morrow, R. (2003). *Coping with Loneliness and Social Isolation in Later Life – a Pilot Study*, Perth: Curtin University of Technology (Healthway Report).

Manual

Resident Satisfaction Manual: Exploring Residents' Views in Residential Aged Care: D. Boldy, L. Grenade.

This manual was released in 2002. Some 130 manuals have been purchased to date and are now in use in aged care facilities across Australia. Workshops held in Perth and Bunbury, WA and Brisbane, Queensland have been very successful. Feedback from users is very positive, indicating satisfaction with both the content as a learning resource, as well as an effective way to collect, manage and report on resident feedback.

Booklet: 'The Road to Residential Care'
(developed in partnership with the Positive Ageing Foundation and with the help of many others).

THE ROAD TO
RESIDENTIAL CARE
FINDING THE
RIGHT HOME



In recognition of the challenge, this booklet has been written for someone who needs to find residential accommodation, and for their family. It will be available on the web in 2004.



Publications & Presentations

Book chapters

Boldy, D., Chou, S-C and Lee, A. Quality in Residential Aged Care: The Residents' Perspectives, *in* Proceedings of the 28th Annual Conference of the European Working Group 'Operational Research Applied to Health Services' Rio, Brazil, 2003.

Boldy, D.P. and Silfo, E. Action Plans and Self-Management for Clients from Lower Socio-Economic Backgrounds, *in* Proceedings of the National Chronic Condition Self-Management Conference, Melbourne, 2003.

Grenade, L.E, Horner, B. and Boldy, D.P. Managing Residential Aged Care, *in* Clinton, M. (Ed.) *Management in the Australian Health Care Industry (3rd Edition)*, Frenchs Forest, New South Wales: Pearson Education Australia (in press).

Refereed Journal Articles

Boldy, D.P., Horner, B., Crouchley, K., Davey, M. and Boylen, S. Addressing Elder Abuse: a Western Australian Case Study. *Australasian Journal on Ageing*, (submitted).

Boldy, D.P., Lilly, E., Davey, M. and Crouchley, K. Host Family Respite: Description and assessment of a Program. *Australasian Journal on Ageing*, (submitted).

Boldy, D.P., Chou, S-C and Lee, A.H. Resident and Staff Satisfaction in Residential Care. *Australasian Journal on Ageing*, (submitted).

Chou, S-C, Boldy, D.P. and Lee, A.H. (2003). Factors Influencing Residents' Satisfaction in Residential Aged Care. *The Gerontologist*, 43(4), 459-472.

Clarke, A.M., Davey, M.F. and Horner, B.J. Communication and decision making among residents with dementia. *Age and Ageing*, (in press).

Clarke, A.M. (2002). Effectiveness of a Walking Buddy Program. *Australasian Journal on Ageing*, 21(4), Supplement - December.

Girdler, S., Packer, T. and Boldy, D.P. The Personal Impact of Age-related Vision Loss: A Focus Group Study. *Journal of Visual Impairment and Blindness*, (submitted).

Girdler, S., Boldy, D.P. and Packer, T. Factors that aid adjustment to Age-related Vision Loss. *Journal of Visual Impairment and Blindness*, (submitted).

Howat P, Nedwetzky A, Iredell H, Collins J, Grenade L, et al. Improving social support for older people – implications for health promotion practitioners. *Geriaction*, (submitted).

Howat P., Boldy D., and Horner B. Identifying priorities for health promotion research for older Western Australians. *Australian Health Review* (submitted).

Non-refereed Articles

Clarke A. (2003). Physical activity in community and residential care. *Hospital and health care*, May, 13 -14.

Clarke A. (2003). Physical activity and successful ageing. *Hospital and health care*, April, 13 -14.

Grenade, L. (2002). Resident Surveys: a Comprehensive Guide. *The Standard* (Summer edition) 4(4), 8.

Grenade, L. (2003). Manual to assist aged care surveys. *Healthview* (Autumn edition), 18.

Conference Papers & Presentations

Boldy, D.P. "Resident surveys: development and application". Seminar 'Seeking resident feedback in aged care facilities: strategies for best practice', Australasian Centre on Ageing, University of Queensland, Brisbane, Australia, June 2003.

Boldy, D.P. "Exploring residents' views in aged care facilities". Seminar 'Quality assessment in aged care services', Stockholm Gerontology Research Centre, Sweden, September 2003.

Boldy, D.P. "Quality in aged care facilities: the voice of the resident". British Society of Gerontology Annual Conference, Newcastle, UK, September 2003.

Boldy, D.P. "Action plans and self-management for clients from lower socio-economic backgrounds". National Chronic Condition Self-Management Conference, Melbourne, Australia, November 2003.

Clarke, A.M., Davey, M., Horner, B. & Boldy, D. "An exploration of capacity assessment in residential aged care". Alzheimer's Association National Conference. Melbourne, Australia, March 2003.

Clarke, A.M. & Gordon, S. "Ageism: a barrier to promoting physical activity in older adults. Presentation at 1st Australasian Society for Behavioural Health & Medicine Conference. Brisbane, Australia, February 2003.

Clarke, A.M. & Gordon, S. "Long-term adherence to walking: results from the Walking Buddy Project. Presentation at 1st Australasian Society for Behavioural Health & Medicine Conference. Brisbane, Australia, February 2003.

Clarke, A.M. & Gordon, S. "Language and stereotypes as barriers to lifelong participation in physical activity". Presentation at Australian National Physical Activity Conference – Active Living – All Together Better. Fremantle, Australia, November, 2003.

Horner, B. "Health promotion for older people". Alberta Association of Gerontology, Edmonton, Canada. June 2003.

Horner, B. "Global ageing: partnering in service solutions". IAHSA Fifth International Conference Sydney, Australia, June 2003.

Horner, B., "Understanding human resource issues in aged care". ACS 16th National Conference & Trade Exhibition, Perth, Australia, October, 2003.

Horner, B. "Research partnerships – building organisational capacity and supporting new directions in aged care". 1st International Congress on Innovations in Nursing (ICIN), Perth, Australia, October 2003.

Michael, R. & Le Cornue, D. (2003). "From hospital to community", Community Aged Conference, Perth, Australia, July 2003.

Michael, R. (2003). "A collaborative model of care in the acute setting: the Healthy Ageing Unit randomised control trial". A Better Third Age: Health Care for Older People - NDHP4, Queensland, Australia, August 2003.

Michael, R. & Wheeler, B. (2003). "Healthy Ageing Unit - a research partnership". Curtin University, Perth, October 2003.

Orb, A. "Perceptions of older adults in a changing community". Royal College of Nursing, Australia National Conference, Gold Coast, Queensland, Australia, July 2003.

Orb, A., McGowan, J., Wynaden, D., Quilty, C. "Relevance of admission procedures in a psychogeriatric unit". 1st International Congress on Innovations in Nursing (ICIN), Perth Australia, October 2003.

Posters

Clarke, A. M. and Gordon, S. "Age, quality of life and physical activity participation". Australian National Physical Activity Conference – Active Living – All Together Better. Fremantle, Australia, November, 2003.

Girdler, S., Boldy, D.P. and Packer, T. "A self-management programme for older adults with age-related vision loss: a pilot study". The Mark Liveris Health Sciences Research Student Seminar, Curtin University of Technology, Perth, Australia, November 2003.

Horner, B., Stringer, E., Boldy, D.P. and Downie, J. "Organisational development through engagement in change – a participative action research study in a residential aged care community". The Mark Liveris Health Sciences Research Student Seminar, Curtin University of Technology, Perth, Australia, November 2003.

Community Presentations

Clarke, A.M. "The place of physical activity in aged care". Nursing Practice in Aged Care: Innovative Models and Approaches to Quality Care & Management, ANHECA, Perth, Australia, November 2003.

Clarke, A.M. "Successful ageing: physical activity and the prevention of chronic disease". The O.R.A. W.A. Cultural Group, Jewish Centre of W.A., Perth, Australia, November 2003.

Clarke, A.M. "Physical activity and ageing". PROBUS Melville, Perth, Australia, November 2003.

Clarke, A.M. "Research in dementia". W.A. Network of Community Carers, Winter Meeting, Perth, Australia, June 2003.

Radio

Clarke, A.M. Curtin FM 100.1, Curtin University of Technology Radio. Presentation of weekly exercise and discussion segment – Afternoon program sponsored by Retirees Association of Western Australia "Seeking Solutions".

Horner, B. Curtin FM 100.1, Curtin University of Technology Radio. Presentation of a series of discussions on issues in ageing and aged care – Afternoon program sponsored by Retirees Association of Western Australia "Seeking Solutions".

Television

Presentation and research for "Successful Ageing & physical activity" Channel 31. Feature program FACE THE FACTS hosted by Cathy Pickup on "Successful ageing".

FINANCIAL STATEMENT

Statement of Operational Income & Expenditure November 30th, 2003

Item	2003
Expenditure	
Salary	\$310,006
Salary on-costs	\$62,611
Total Salaries	\$372,667
Non-Salary expenditure	\$41,266
Total Expenditure	\$413,983
Income	
Foundation Bank Interest	\$6,206
Freemasons 2002 Grant	\$100,000
Alzheimer's Australia R& D Grant	\$50,000
External Sponsorship	
University Funding	
Research Projects & Grants	\$78,670
Industry Seminars	\$6,176
Student enrolments	
Resident Satisfaction Manual Sales	\$14,971
Teaching	\$4,059
Higher Degree Student Supervision (2001-2003)	\$10,624
RPI	\$10,533
Other	\$691
Total Income	\$281,930
Balance carried forward from 2002	\$155,212
Balance at Nov 30, 2003	\$23,159

The Centre has only provided an overall operational record. Separate accounts are kept for individual research projects and funding.



Barbara Horner
Director



Professor Charles Watson
Executive Dean, Health Sciences