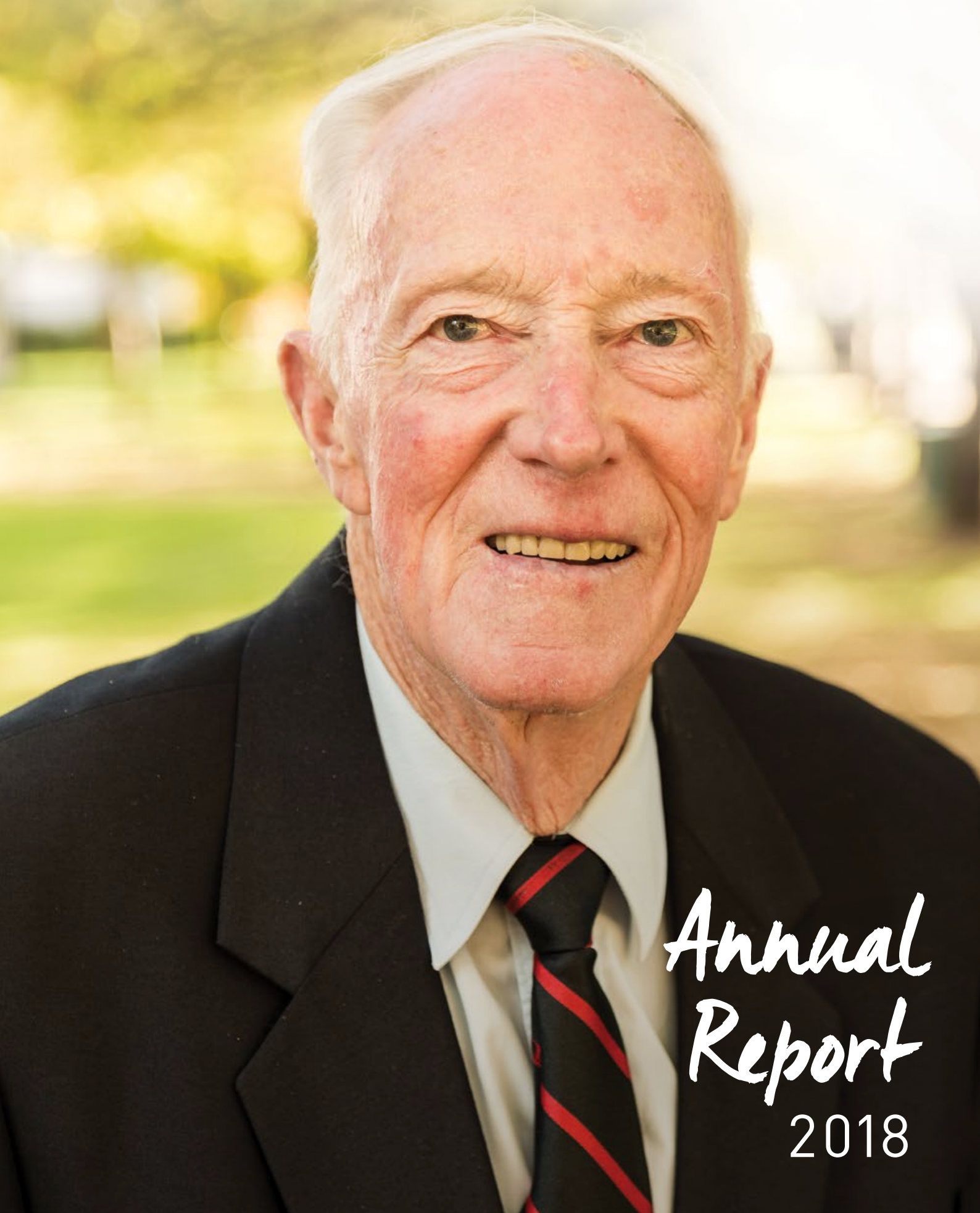




LA TROBE
UNIVERSITY



JOHN RICHARDS CENTRE
for Rural Ageing Research



*Annual
Report*
2018



"As an older person myself living alone in the country, I welcome the research being done to improve the quality of life for older people and to try to ensure the best outcomes for mental and physical health we aspire to."

CR MARY FRASER OAM



Contents

2019 Snapshot of The John Richards Centre	2
Director's Report	4
Our Reference Group	5
Vision, Mission and Key Research Areas...	6
Our Research Team.....	8
Postgraduate Students	9
Our Research	10
Health services and aged care	10
Ageing in place, volunteering and age-friendly communities	12
Technology.....	13
Workforce: Formal and Informal.....	14
External projects	16
Dissemination	17
JRC Seminars, Workshops and Forums ...	18
Internal Engagement.....	22
Community and Professional Engagement.....	22
Media	24
Publications	25

2018 Snapshot of The John Richards Centre

An interdisciplinary rural ageing and aged care research centre based in Albury-Wodonga campus of La Trobe University, Australia.



17
STAFF

8
STUDENTS

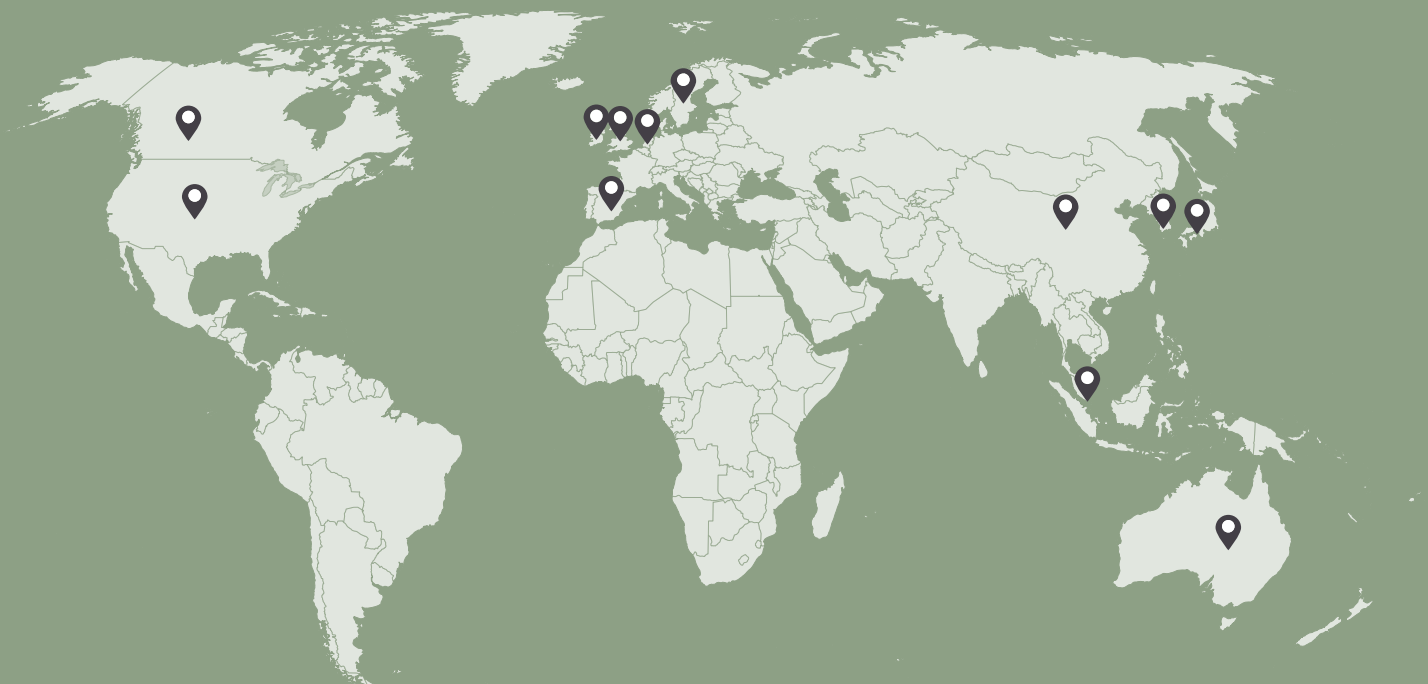


ESTABLISHED IN
2007



PUBLICATIONS
27

COLLABORATIONS



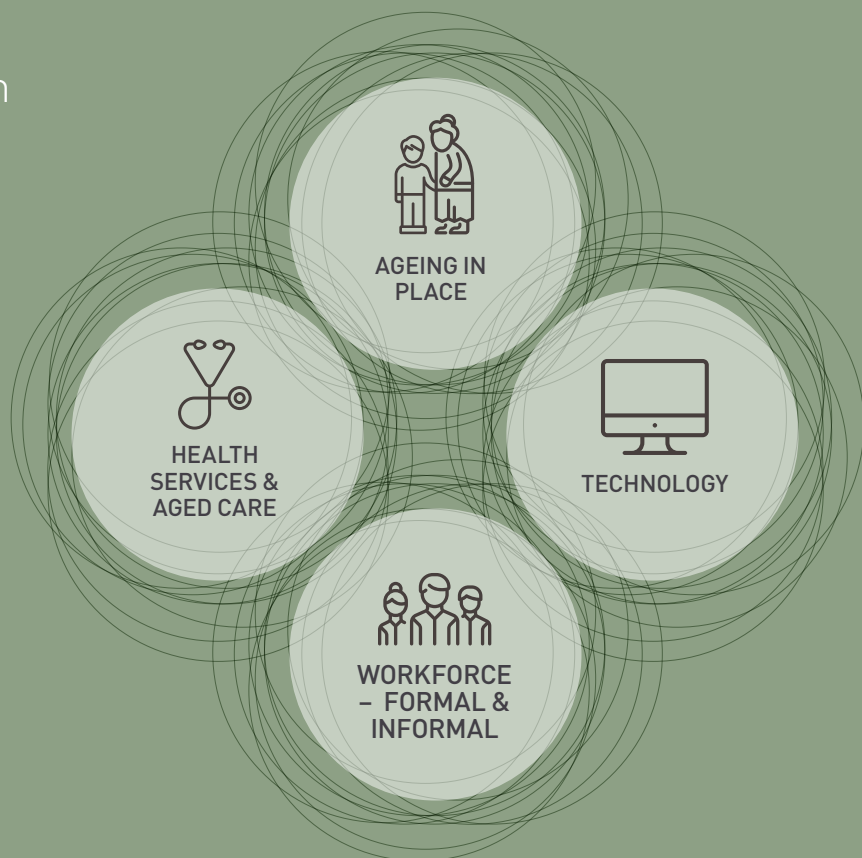
VISION

To be a global leader in rural ageing and aged care research that makes a difference to the lives of older people living in rural communities.

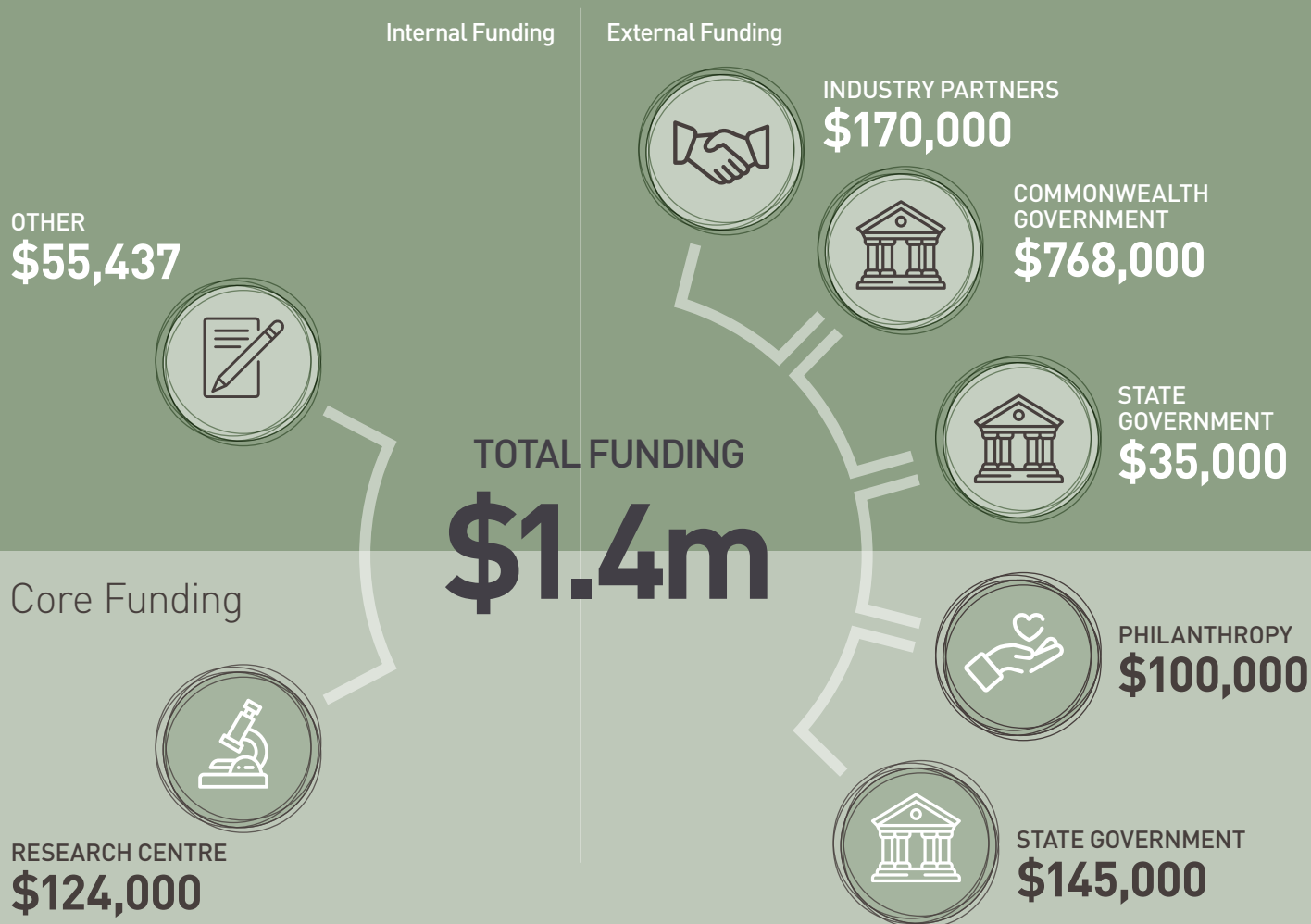
MISSION

To undertake research and knowledge exchange that is responsive, and adaptive to rural older people's needs and changes of the environment.

KEY RESEARCH AREAS



RESEARCH REVENUE



Director's Report



The significant growth experienced by the John Richards Initiative over the past decade culminated in the launch of the John Richards Centre for Rural Ageing Research in 2018, and marked a pivotal stage in our history. We became the first research centre at La Trobe Rural Health School, one of the largest providers of higher education to rural Australia. Its extensive network of geographically diverse footprints in Bendigo, Mildura, Shepparton and Albury-Wodonga offers unique and enhanced understanding of the context of an ageing population and workforce in rural Australia and strengthens the interdisciplinary nature of our research.

Aligned with this new strategic direction, we focused on building research capacity and forming partnerships. The trial of the world-first virtual dementia-friendly communities, the Verily

Connect, was launched online across 12 rural communities in Victoria, New South Wales and South Australia by Hon. Ken Wyatt AM MP, Minister for Senior Australians and Aged Care. Through Commonwealth funding, we examine workforce in partnership with several rural aged care providers. We also explore social resilience among female migrant workforce.

Our research is timely as it aligns with the release of the Commonwealth Aged Care Workforce report, and the Royal Commission into Aged Care Quality and Safety.

We continue to translate our research and make a difference to the lives of rural seniors. The Bold Thinking series on 'Forever Young' in Albury Wodonga, facilitated by Francis Leach from the ABC with guest panel Renata Singer, was a huge success. Likewise, our professional development event on palliative care, featuring Prof Meera Agar, Dr Christopher Steer and Naomi Mason, was well attended. We consulted community members about our proposed 'LIFEHub', a transformative lifelong intergenerational facility of education, training and research at Albury-Wodonga campus. Our staff and students are well represented at the 51st Australian Association of Gerontology conference in Melbourne.

Special congratulations go to Dr Samantha Clune and Dr Natasha Long on their PhDs and the latest addition to our centre, Leo Rudner, Dr Rachel Winterton's gorgeous baby boy. A/Prof Sue Hodgkin and I received our academic promotion in early 2018. I am honoured to receive the 2018 Joss Family Prize for Research Excellence and be the keynote speaker at the 'one belt, one road intelligent rehabilitation alliance' launch in China and at the National Dementia conference in Melbourne. The highlight of 2018 for me was a visit to Japan with John Richards OAM, A/Prof Sue Hodgkin and Dr Heather Downey attending the Aging and Society conference in Tokyo, the World Forum on Social Science and a meeting at Kyushu University.

We thank Mr John Richards OAM for his generous ongoing support and continuing matched funding from the Victorian Department of Health and Human Services and La Trobe University. We acknowledge the invaluable contribution by our reference group members and farewell Emeritus Professor Jeni Warburton, Professor Keith Nugent, Ms Joan Simms OAM and Ms Lucie Wallis, in their future endeavours. I am proud to share this annual report that reflects all staff and students' excellent research in rural ageing and aged care and how our centre works in partnerships with the whole of rural communities and industry partners. Thank you all who have contributed to the success of the John Richards Centre.



Professor Irene Blackberry
Chair and Director, John Richards Centre for Rural Ageing Research



Our Reference Group

The objective of the Reference Group is to facilitate links between the John Richards Centre and key stakeholders to provide strategic direction to the Centre. The terms of reference include:

- Contributing to the development of the research agenda;
- Informing the Centre about workforce development issues, including those relating to research, education and training;
- Disseminating information about the research undertaken by the Centre and providing a conduit in the wider community.

CURRENT MEMBERS

Mr Peter de Koeyer (Chair)

Chief Executive Officer,
Westmont Aged Care Services Ltd

Mr John Richards OAM

Founder

Mr Chris Puckey

Principal Policy Adviser, Older People Policy,
Department of Health & Human Services

Professor Irene Blackberry

Director and Chair, John Richards Centre,
La Trobe University

Professor Keith Nugent

(until November 2018)
Deputy Vice Chancellor Research,
La Trobe University

Professor Pam Snow

Head of Rural Health School,
La Trobe University

Mr David Kidd

Director of Partnerships,
North East Health Wangaratta

Mr Stephen Carroll

Health and Aged Care, Hume Region,
Department of Health & Human Services

Adjunct Associate Professor Janet Chapman

Director of Regional Partnerships and Planning,
Albury Wodonga Health

Ms Lucie Wallis

(June-October 2018)
Policy, Advocacy and Ageing,
Albury-Wodonga Ethnic Communities Council

Mr Lyndon Seys

Chief Executive Officer,
Alpine Health

Associate Professor Peter Greenberg

(from June 2018)
Board Member,
Wimmera Health Care Group

Vision

To be a global leader in rural ageing and aged care research that makes a difference to the lives of older people living in rural communities.

Mission

To undertake research and knowledge exchange that is responsive, and adaptive to rural older people's needs and changes of the environment.

Key Research Areas



AGEING IN
PLACE



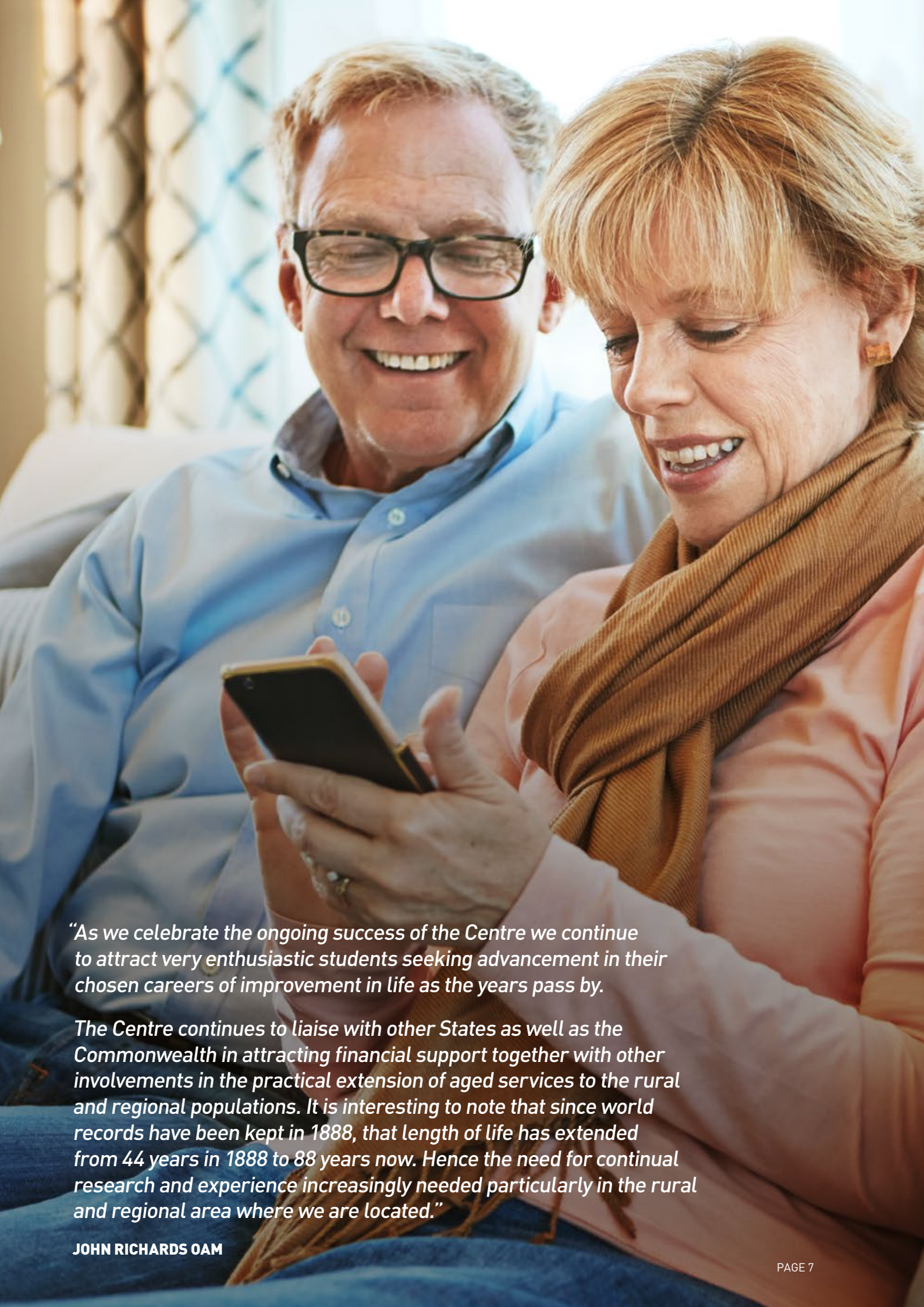
HEALTH
SERVICES &
AGED CARE



TECHNOLOGY



WORKFORCE
– FORMAL &
INFORMAL



"As we celebrate the ongoing success of the Centre we continue to attract very enthusiastic students seeking advancement in their chosen careers of improvement in life as the years pass by.

The Centre continues to liaise with other States as well as the Commonwealth in attracting financial support together with other involvements in the practical extension of aged services to the rural and regional populations. It is interesting to note that since world records have been kept in 1888, that length of life has extended from 44 years in 1888 to 88 years now. Hence the need for continual research and experience increasingly needed particularly in the rural and regional area where we are located."

JOHN RICHARDS OAM

Our Research Team



PROFESSOR IRENE BLACKBERRY
Director and Chair
BMed, PhD, GradCert HealthProgEval



DR MARITA CHISHOLM
Research Officer
BN, GradDipHlthSc (Gerontology),
MHLthSc (Gerontology), PhD



**ASSOCIATE PROFESSOR
SUZANNE HODGKIN**
Deputy Director
BSW, MSW, PhD



KAYLA ROYALS
Research Officer
BPsySc (Hons)



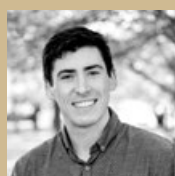
**EMERITUS PROFESSOR JENI
WARBURTON**
BA Hons, PhD



DR SAMANTHA CLUNE
Research Officer
BN; GradDipNursing (Intensive Care);
MN (Research Methods); PhD



DR RACHEL WINTERTON
Research Fellow
BAppSc Hons, PhD



SHAUN HANCOCK
Research Officer
BPsySc (Hons)



DR CLARE WILDING
Research Fellow
BAppSc (OT), MAppSc, PhD



MONICA JONES
Research Officer
BPsySc (Hons)



DR PAULINE SAVY
Research Officer
RN, RPN, BAdmin, Grad Dip
(Gerontology), PhD



DR MONIKA WINARNITA
Research Officer
BComm, BA (Hons), PhD



TURI BERG
Research Officer
BSc/BA, PGradDip International
Health, MPH



DR WERNER VOGELS
Research Officer
MPsych, PhD



DR ELLA ZAPLIN
Research Officer
BAppSc Hons, GradDip IT, PhD



LINDA GORDES
Administrative Officer



DR TSHEPO RASEKABA
Research Officer
BPhysio, MPH, PhD, GCALL

Postgraduate Students

HIGHER DEGREE BY RESEARCH CANDIDATES

Belinda Cash – PhD Student SUBMITTED

In sickness and in health: The experience of choice for older spousal caregivers in rural communities.

The project involves a study investigating the impact of social policy and rural healthcare practices on the availability and experience of meaningful choice for older spousal caregivers.

Supervised by A/Professor Suzanne Hodgkin and Professor Jeni Warburton.

Samantha Clune – PhD Student – AWARDED IN AUGUST 2018

Health is a lot: The contribution of large health organisations to community health practices in risky places.

The project is looking at the influence of large health organisations on the construction of health practices for community members in places where there may be a perception of risks and hazards.

Supervised by Dr Rachel Winterton, Professor Tim Marjoribanks and Professor Jane Farmer.

Jozette Dellemain – PhD Student

Rural case management: Developing a practice identity.

A study investigating the practice of rural case management with implications for formal theory development.

Supervised by A/Professor Suzanne Hodgkin and Professor Jeni Warburton.

Kaye Ervin – PhD Student

Shared decision making in residential aged care.

Kaye's research aims to determine current models of shared decision making in aged care settings and to explore ways of embedding shared decision making in dementia care.

Supervised by Professor Irene Blackberry and Dr Helen Haines.

Monica Jones – PhD Student

Stress and coping strategies in the aged care workforce in regional Australia.

This research aims to improve the understanding of the complexities of work stress in the context of aged care workers in regional Australia.

Supervised by A/Professor Suzanne Hodgkin and Dr Brad Wright.

Natasha Long – PhD Student – AWARDED IN OCTOBER 2018

The experience of professional identity development for social work graduates in the 21st century.

This research considers how new graduates develop their social work identity given changes to the human services sector over the past two decades.

Supervised by A/Professor Suzanne Hodgkin and A/Professor Fiona Gardiner.

Diana Nabbumba – PhD Student

Innovative and sustainable social care model for rural older people in developing countries.

Diana will be exploring innovative and sustainable social care models for rural older people in developing countries.

Supervised by Dr Rachel Winterton and A/Professor Suzanne Hodgkin.

Jennifer Boak – Masters Student

Can client complexity be measured in a community nursing service?

This is a mixed methods study using concept mapping and current task orientation data.

Supervised by Professor Irene Blackberry and Dr Tshepo Rasekaba.



Dr Heather Downey (centre) at graduation with her supervisors Dr Guinever Threlkeld (left) and Emeritus Professor Jeni Warburton (right).

HEALTH SERVICES AND AGED CARE

AGEING SERVICES AND SUPPORTS IN RURAL ENVIRONMENTS (ASPIRE)

Warburton, J., Winterton, R., Petersen, M., Bell, M., Hodgkin, S., and Keating, N. Project manager: **Turi Berg.**

The project was undertaken across two Australian states, Victoria and Queensland, and involved La Trobe University, Queensland University, and University of Alberta, Canada. This project identified the systems and services that best support the wellness of older people living in rural communities and to better understand this relationship. The study consisted of four stages – demographic analysis, quantitative surveys, qualitative interviews and finally the integration of data. The demographic profiling of rural communities across the two states identified six diverse study sites. This was followed by the quantitative survey which was administered to 266 participants aged 65 years or older across all six sites. Data was collected about access to community services, social networks, participation in community groups, health and wellbeing, plus some basic demographic questions. The qualitative interview stage has recently begun and will explore these themes in greater detail with 60 of the survey participants. The final analysis included the integration of data across the six study sites and a comparative analysis with our Canadian colleagues. The study findings provided a robust evidence base to inform existing policy frameworks about how best to meet the diverse needs of older people living in Australia's rural communities.

Partners: Department of Health and Human Services Victoria, Uniting Care Queensland, and South West Hospital and Health Service Queensland

Funding Body: Australian Research Council (ARC)

SMALL RURAL HEALTH RESEARCH TEAM PARTNERSHIP (SMART)

Blackberry, I., Farmer, J., and Morley, C.

The SMART partnership brought together a group of Victorian remote, rural, and community health services, with academic partners, to improve health outcomes for rural Victorian communities. The partnership saw remote, rural, and community health services coming together to lead on the health policy agenda through development of evidence-based research, and application of that research into innovative practice.

Website: <https://smarruralhealth.wordpress.com/>

Partners and Funding Bodies: Swinburne University, Heathcote Health, Cobaw Community Health Service (Macedon Ranges), Rural Northwest Health, Robinvale District Health Services, Edenhope and District Memorial Hospital, Kooweerup Regional Health Service, The Kilmore & District Hospital, Wimmera Health Care group, West Wimmera Health Service and Mallee Track Health & Community Services.

WEBSTER RURAL AND REGIONAL DEMENTIA CARE PROJECT

Blackberry, I., Winterton, R., Chisholm, M., Farmer, J., and Snow, P.

The Webster Rural and Regional Dementia Care project is a three-year research initiative, funded through the bequest of Gordon Webster through Sandhurst Trustees and administered by La Trobe University. Through conducting evidence-based research, this project aims to improve dementia care pathways within rural and regional Victoria, with a specific emphasis on developing innovative and sustainable care for residents of Bendigo and surrounding regions.

Funding Body: Sandhurst Trustees

UNDERSTANDING THE DETERMINANTS OF POTENTIALLY AVOIDABLE CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) HOSPITAL PRESENTATIONS AND ADMISSIONS: EXPLORATION OF CONSUMER EXPERIENCES

Moran, A., Chapman, J., Chapman, G., Squire, S., Pickard, R., Blackberry, I., and Threlkeld, G.

This research aims to identify the determinants of potentially avoidable Chronic Obstructive Pulmonary Disease (COPD) hospitalisations and re-admissions to Albury Wodonga health service (AWH) with the overarching goals of exploring how well AWH is performing against best practice guidelines and using this information to explore how our COPD clients may be better managed in collaboration with surrounding health and primary care services.

Partner: Albury Wodonga Health

Funding body: Murray Primary Health Network

CHRONIC CONDITIONS MODEL OF CARE IN WESTERN VICTORIA

Knight, K., Melgren, N., Blackberry, I., and Rasekaba, T.

This research project will evaluate whether implementation of the Chronic Conditions Model of Care in western Victoria will generate and improvement in health and wellbeing of people in rural communities living with one or more chronic conditions and reduce potentially preventable hospitalisations. A mixed methods approach will be employed to assess client and partner satisfaction. Patients of Rural Northwest Health receiving the model of care will be asked to provide feedback via patient satisfaction surveys and consent to evaluation of de-identified data from health service records. La Trobe University will lead the evaluation of the Chronic Conditions Model of Care provided by Rural Northwest Health.

Partner: Rural Northwest Health

Funding Body: Western Victoria Primary Health Network



Our Research

BUILDING AN INDIGO AGE-FRIENDLY HEALTH SYSTEM MODEL

Indigo Consortium including Winterton, R., Hodgkin, S., and Clune, S.

To address the considerable challenge facing health services to provide an effective, safe, quality care to older people that enhances their quality of life, this project seeks to undertake a systematic analysis of the IHI model to test its applicability to a Victorian rural health system, and to develop a measurable, acceptable, feasible model to be implemented in northeast Victoria as a trial network for the rest of Victoria.

The program logic for this innovative approach to the care of older people. When implemented, the Indigo Age-Friendly Health Systems Model will provide a whole-of-system focus to reduce the risk of unnecessary, harmful and expensive variation in care of older people at all points of care—acute hospitals, ambulatory care, residential aged care, primary care, community services—without increasing hospital costs or clinical burden.

Partners: Beechworth Health Service, Indigo North Health, Yackandandah Health, Indigo Shire, Upper Hume PCP, Albury Wodonga Health, North East Health, Gateway Health

Funding Body: Better Care Victoria

THERAPEUTIC DANCING FOR FRAIL OLDER PEOPLE IN RESIDENTIAL AGED CARE

Morris, M., Gray, R., and Blackberry, I.

Evidence shows benefits derived from exercise and physical activities for mobility, falls reduction and wellbeing. However uptake and implementation in residential aged care settings, can be challenging. Music-cued therapeutic dancing has previously been shown to facilitate movement, balance, creative expression, wellbeing and social interaction. This project investigates the benefits, challenges and facilitators to implementing a music-cued therapeutic dancing intervention for frail older people who live in residential care, as perceived by staff who delivered the program.

Partner: Benetas

Funding Body: Benetas

COMMUNITY COLLECTIVE IMPACT FOR LOCAL ACCESSIBILITY TO BEST-PRACTICE COMMUNITY CO-PRODUCED RURAL MENTAL HEALTH SERVICES

Farmer, J., Davis, H., White, C., Blackberry, I., and Winterton, R.

The project facilitates Community Collective Impact Groups of local organisations and health initiatives to review local mental health needs, current co-produced services (involving citizens in volunteering, peer support and prevention) and to explore best-practice evidence from current Victorian practice review. Collective Impact Groups will then implementing actions to fill gaps identified. Benefits accrue to citizens and services in participating communities. Evidence and practice principles derived will be transferable across communities.

Partners: Swinburne University, Cobaw Community Health Service, Murray Primary Health Network, Heathcote Health, The Kilmore and District Hospital

Funding Body: Helen McPherson Smith Trust Fund

AGEING IN PLACE, VOLUNTEERING AND AGE- FRIENDLY COMMUNITIES

WELL AGEING VISION AND ENGAGEMENT (WAVE)

Winterton, R., Berg, T., Blackberry, I., and Hodgkin, S.

This research seeks to identify what rural older adults expect from rural health and social care providers in relation to ageing in place, and how well this aligns with the views and perceived responsibilities of providers. This project is timely as a consequence of changing trends both in relation to rural population ageing, societal expectations of older age and shifting priorities associated with health and aged care delivery.

Partners: North East Health, Wangaratta, Victorian Department of Health and Human Services, Rural City of Wangaratta, Central Hume Primary Care Partnership, Gateway Health

Funding Body: North East Health, Wangaratta, Foundation for Rural and Regional Renewal, Caring for Ageing Rural Australians Grant, Transforming Human Societies Research Focus Area and Department of Health and Human Services Victoria, East Division

HEALTHY AND RESILIENT TOGETHER (HART)

Blackberry, I., and Savy, P.

Health Service-led community education and participation in the development of strategies that foster resilience and preparedness for adverse circumstances and disasters. The project is undertaken in Yackandandah and Beechworth.

Partner: Beechworth Health Service

Funding Body: Foundation of Rural and Regional Renewal (FRRR)

“Verily Connect is an exciting and innovative project. We are very fortunate to have this opportunity to trial new ways of supporting local carers in accessing the best possible care for their loved ones.”

**THE CEO OF HEATHCOTE HEALTH,
DR DAN DOUGLASS**

A LIFELONG INTERGENERATIONAL FACILITY AND EDUCATION (LIFE) HUB IN ALBURY- WODONGA CAMPUS OF LA TROBE UNIVERSITY: A COMMUNITY CONSULTATION

Blackberry, I., Jones, M., and Threlkeld, G.

The design of the LIFEHub will be informed by cutting edge evidence emerging from research at the JRC and internationally. LIFEHub will incorporate a novel range of indoor and outdoor facilities to support wellness in the later stages of the life course through physical activity, sensory stimulation, cognitive challenges and social interaction amongst older people and across generations. This will provide a vibrant and older-person centred setting to train the future workforce for community and residential aged care. The LIFEHub will be both informed by research and will be a site for ongoing research and a place to trial the translation of research evidence into practice.

Partner: Chronic Illness Alliance

Funding Body: La Trobe University - Engagement Income Growth Fund

BUILDING RURAL COMMUNITY CAPACITY TO ENABLE VOLUNTARY AND CIVIC PARTICIPATION FOR PEOPLE LIVING WITH DEMENTIA

**Winterton, R., Araten-Bergman, T., Bigby, C., and
Blackberry, I.**

This study will identify facilitators and barriers associated with enabling community-dwelling people living with dementia (PLWD) to undertake voluntary and civic engagement within rural/regional community organisations.

Funding Body: La Trobe University Research Focus Area – Transforming Human Societies



TECHNOLOGY

VIRTUAL DEMENTIA FRIENDLY RURAL COMMUNITIES (VERILY CONNECT)

Blackberry, I., Wilding, C., Perkins, D., Greenhill, J., Farmer, J., Bauer, M., Winbolt, M., Morgan, D., O'Connell, M., and Morley, C.

Research Officers: **Royals, K., Zaplin, E., Rasekaba, T., Gottschall, K., Hamiduzzaman, K., Davis, H.**

The Verily Connect project is a stepped wedge cluster trial of innovative online technologies to support carers of people living with memory loss or dementia in 12 rural communities across Victoria, New South Wales, and South Australia. In each community, three key initiatives will be implemented: 1) an integrated website and mobile application (app) that assists carers to identify and engage with local services and to connect to other carers; 2) online video-conferenced carer peer support groups; and, 3) volunteer-led support and mentoring hubs to assist carers to use online technologies. We aim to recruit a total of 216 participants including carers of people with dementia, volunteers, and service providers. Verily Connect strategies are being progressively implemented across 2018 and 2019. The project will be evaluated using qualitative and quantitative data and by a process and economic evaluation. The project will culminate in June 2019 and final reporting completed by December 2019.

Partners: Swinburne University, University of Newcastle, Flinders University, University of Saskatchewan (Canada), Kooweerup Regional Health Service, Cobaw Community Health, Heathcote Health, Wimmera Health Care Group, Rural Northwest Health, Edenhope and District Memorial Hospital, Robinvale District Health Services, Mansfield District Hospital, County Health SA, Nyngan Multipurpose Service, Molong Health One General Practice

Funding Body: Australian Government Department of Health, Dementia and Aged Care Services Fund

AGEING BODIES, EMBODIED INTERACTIONS AND SOCIAL INCLUSION

Vetere, F., Waycott, J., Warburton, J., Hoang, T., Ozanne, E., and Dow, B.

This ARC Discovery project aims to look at technology as a potential response to social isolation in later life. In particular, we aim to look at the appropriateness of the use of avatars and virtual reality for housebound and isolated older people. The project commenced in 2016, with Dr Steven Baker, a JRC graduate, being successful in obtaining the postdoctoral research fellow position on the project.

Partners: University of Melbourne, National Ageing Research Institute

Funded Body: ARC Discovery project

LONG TERM EVALUATION OF ROYAL FLYING DOCTOR TELEHEALTH SERVICE

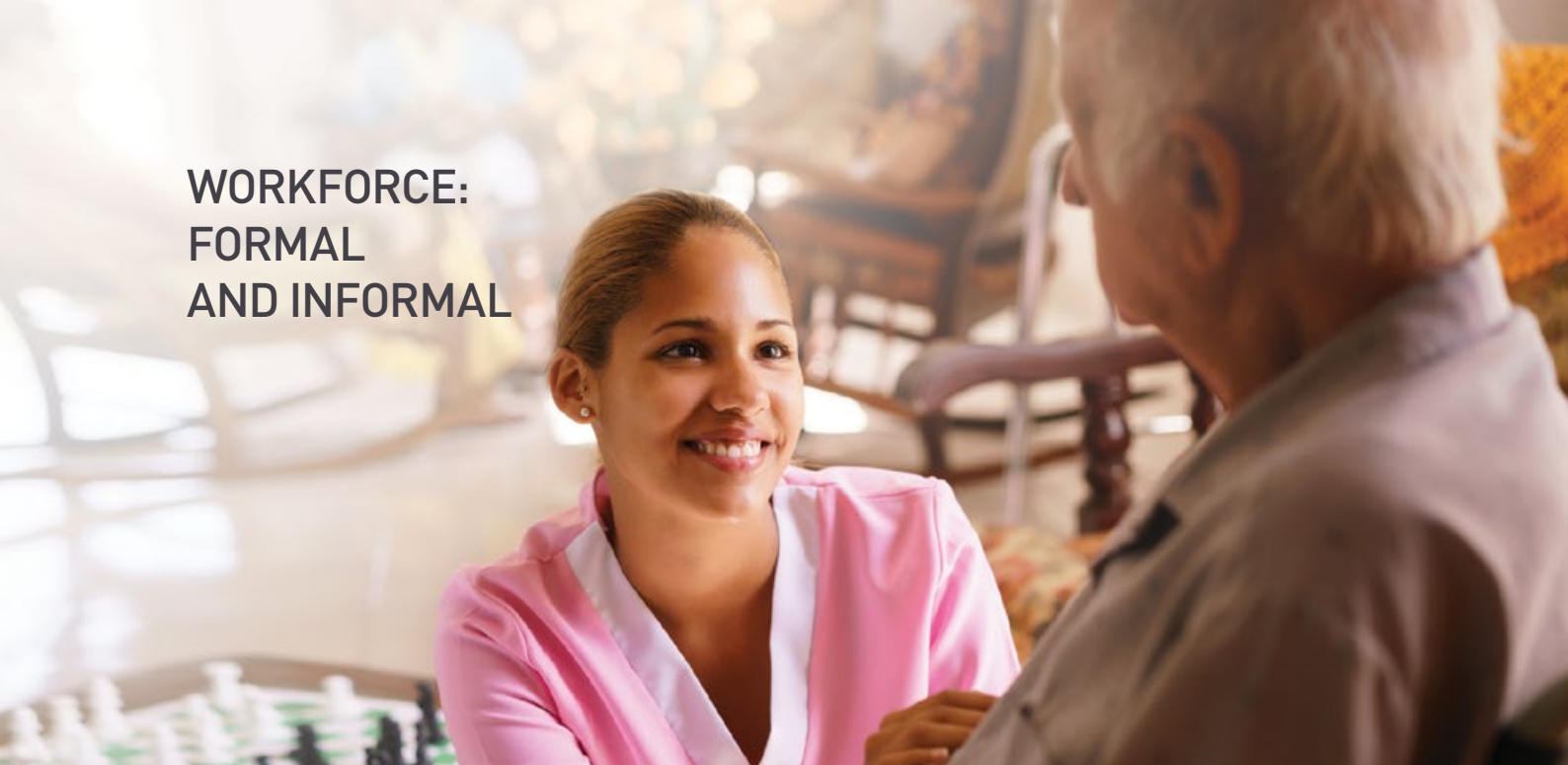
Blackberry, I., and Rasekaba, T.

The research project will evaluate whether the Flying Doctors Telehealth Specialist Service (FDTSS) improves access to specialist services for small rural communities in Victoria using a mixed methods approach. The evaluation will include data on access to services, including analysis of de-identified Medicare data that will reflect use of health services such as GPs, allied health, specialists and hospitalisations prior to and during involvement with the service. Additionally, qualitative measures will be used to assess the patient and health services' experience with the telehealth platform and specialist services.

Partners: Flying Doctor Telehealth Specialist Service and SMART partnership

Funding Body: Victorian Department of Health and Human Services Victoria and Royal Flying Doctor Service





WORKFORCE: FORMAL AND INFORMAL

SCOPING THE SKILLS AND TRAINING NEEDS OF COMMUNITY CARE WORKERS IN RURAL LOCATIONS (STAR)

Hodgkin, S., Mahoney, A. M., Hancock, S., and Savy, P.

The demand for an appropriately skilled and committed aged care workforce in rural areas has escalated over several decades. Workforce estimates indicate a worsening of the current situation due to the ageing and imminent retirement of a large number of community aged care workers. Given that the current workforce will need to triple by 2050, there is an economic imperative to recruit and retain a sufficient local workforce going into the future. This problem is compounded by difficulties associated in recruiting and retaining younger workers. Community based care provision is reportedly more complex given the prevalence of chronic health conditions among this population. Industry and policy demands for high quality and cost effective care into the future correspond with current and projected workforce and skill shortfalls as well as reported dissatisfaction with current training courses. This project seeks to profile how this problem is experienced within the rural context of the Goulburn region, and to develop training models that provide community care workers with fundamental skills appropriate to address client complexity.

Partners: Westmont Aged Care Services, Alpine Health Services, Beechworth Health Service, Tallangatta Health Service and Corryong Health Service

Funding Body: Commonwealth Department of Industry, Science and Innovation

AN INVESTIGATION OF CONSUMER DIRECTED CARE

Hodgkin, S., and Mahoney, A. M.

Significant reform to the aged care sector has elevated the ideals of community care and changed the way such programs are funded and delivered. Older consumers of care now have more choice and control evident in consumer directed care (CDC), and markets have a greater role in providing aged care services. In rural and remote areas this is problematic for a number of reasons. Lack of markets and problems around service delivery are compounded by relatively large populations of ageing residents, their comparatively poor health, and the reduced availability of and proximity to primary health care services. Attracting a suitably qualified and skilled workforce is community aged care is particularly problematic. In addressing these issues this project will provide a rural investigation of CDC, through an examination of the care needs of rural older people and the workforce to support these.

Funding Body: La Trobe University Research Focus Area – Building Healthy Communities

PREPAREDNESS FOR CAREGIVING: A PHENOMENOLOGICAL STUDY OF THE EXPERIENCES OF FAMILY CARERS IN THE WEST HUME REGION OF VICTORIA

Mason, N., and Hodgkin, S.

Cares needs and access to psychosocial support are major priorities in palliative care service provision. Feeling prepared for the caregiving role is an important influence on caregiver experience and outcome. Palliative care services access in the East Hume region is known to be inconsistent due to the vast geographical area and the location of specialist services at the larger centres which may isolate patients and their carers.

This project examined the experiences of palliative carers in the East Hume region of Victoria in order to improve service delivery.

Partner: Albury Wodonga Health

Funding body: Albury Wodonga Health

“Verily Connect is helpful because it’s really good to speak about what’s happening with someone who understands and maybe they will have an answer about dementia, maybe they will have an idea that I haven’t thought about.”

TINA, CARER OF A PERSON LIVING WITH DEMENTIA



OUT OF HOME CARE PROJECT (OOHC)

Hodgkin, S., Vogels, W., and Modderman, C.

This project evaluates a model of care (pathway) for Aboriginal children entering OOHC. The aim of the pathway is to improve the number of Aboriginal children entering OOHC accessing culturally appropriate and timely preliminary health checks, comprehensive health and developmental assessments by a multidisciplinary team, and subsequent development of health management plans.

Partner: Murray Primary Health Network (PHN)

Funding body: Murray Primary Health Network (PHN)

OPPORTUNITIES AND CONSTRAINTS FOR ASIAN FEMALE CAREGIVERS IN AUSTRALIA'S AGED CARE INDUSTRY

Winarnita, M., Blackberry, I., Klassen, T., Chisholm, M., and Higo, M.

This study is looking at opportunities and constraints for female aged care workers of Asian descent in Australia's aged care industry. The aged care industry is experiencing employment shortages and retention of workers. We would like to look further into the opportunities and constraints that exist for these female aged care workers and how they might bring valuable diversity skills to the aged care sector.

Partners: York University, Canada, Kyushu University Japan and SMART partners

Funding Body: La Trobe Asia seed funding

RECRUITMENT AND RETENTION OF MULTICULTURAL FEMALE CAREGIVERS IN AUSTRALIA'S AGED CARE WORKFORCE INDUSTRY: EXPLORATION OF SOCIAL RESILIENCE.

Blackberry, I., Winarnita, M., Klassen, T., Chisholm, M., and Higo, M.

The female Culturally and Linguistically Diverse (CALD) workforce plays a critical role in caring for consumers of aged care services. This project will explore the recruitment and retention of the female CALD aged care workforce. Participants will be invited to complete an online survey about their employment experiences and social resilience, as well as have the opportunity to participate in an interview. Through the experiences of CALD female aged care workers, this project aims to inform the development of a culturally responsive aged care workforce and create a sustainable caregiving industry.

Partners: York University, Canada, Kyushu University Japan and SMART partners

Funding Body: La Trobe University Research Focus Area – Transforming Human Societies

DEFINING SCOPE OF VOLUNTEER PRACTICE WITHIN HEALTH AND AGED CARE SERVICES

Winterton, R., Hodgkin, S., and Mitchell, K.

This project identifies how volunteers can be managed and supported more effectively within health organisations in Victoria. Volunteers play a key role in providing care within health and aged care services, as a consequence of continued resource constraints within the health system. The scope of health volunteering is changing, in response to two key trends: increasing numbers of volunteers within health and aged care services; and the increased onus on health service volunteers to be involved in governance and direct service provision, which requires direct supervision in order to alleviate risk. Currently there is no existing capability or best-practice framework specific to volunteering in health organisations, either in Australia or internationally.

Funding body: Victorian Department of Health and Human Services.

EXTERNAL PROJECTS

UTILISING TELEHEALTH TO BRIDGE THE GAPS IN YOUNG ONSET DEMENTIA

Velakoulis, D., Braitberg, G., Vine, R., Farrand, S., Kelso, W. et al. and **Blackberry, I.** as Project advisor.

Partner: North Western Mental Health, Melbourne Health, Ballarat Health, Goulburn Valley Health, Albury Wodonga Health, Dementia Australia, Huntington's Victoria

Funding: Better Care Victoria

IMPROVING PALLIATIVE CARE EDUCATION AND TRAINING USING SIMULATION IN DEMENTIA (IMPETUS-D)

Lim, K., Hutchinson, A., Caplan, G., Hayes, B. Currow, D., and **Blackberry, I.**

Partners: Melbourne Health, University of Melbourne, Monash University, Northern Health

Funding Body: Commonwealth Dementia and Aged Care Services Fund

THE USE OF INTERPRETER ONLINE IN DEMENTIA CARE

Lin, X., Haralambous, B., Dow, B., LoGiudice, D., and **Blackberry, I.** as Project Advisor.

Partner: National Ageing Research Institute

Funding Body: Alzheimer's Australia grant

LET'S CHAT (COMMUNITY HEALTH APPROACHES TO)- DEMENTIA IN INDIGENOUS COMMUNITIES

Logiudice, D., Flicker, L., Bessarab, D., Atkinson, D., Wenitong, M., Thompson, S., Stiven, E., Redford, K., Smith, K., and **Blackberry, I.** as Associate Investigator.

Funding Body: NHMRC

GP OSMOTIC

Furler, J., Best, J., O'Neal, D., Speight, J., **Blackberry, I.**, and Khunti, K.

Partners: University of Melbourne, Deakin University, Nanyang Polytechnic Singapore, and Imperial College London, Leicester University UK

Funding Body: NHMRC

IMPROVING DETECTION AND MANAGEMENT OF DEMENTIA IN OLDER ABORIGINAL AND TORRES STRAIT ISLANDERS ATTENDING PRIMARY CARE (IDEA-PC)

Logiudice, D., Flicker, L., Bessarab, D., Atkinson, D., Wenitong, M., Thompson, S., Strivens, E., Redford, K., and Smith, K., and **Blackberry, I.** as Associate Investigator.

Partners: University of Melbourne, University of Western Australia

Funding Body: NHMRC Boosting Dementia Research Grants

PRIMARY HEALTH CARE RESEARCH IN MULTIMORBIDITY AND MENTAL HEALTH IN A MULTI-ETHNIC POPULATION (PRIME)

Lee, E. S., Subramaniam, M., Wong, S., Wong, M. Y., Dong, L. J., Stewart, M., Zwarenstein, M., and **Blackberry, I.** as Key Opinion Leader.

Partners: National Healthcare Group Polyclinics Singapore, Western University Canada

Funding Body: Singapore Ministry of Health

EVALUATION OF VOLUNTEER TRAINING PROGRAM - HELPDEM: SKILLED VOLUNTEERS FOR DEMENTIA

Farmer, J., Davis, H., da Cotta, T., Mills, K., Morley, C., and **Blackberry, I.**

Partners: Swinburne University, Edenhope & District Memorial Hospital (EDMH), Rural NorthWest Health (RNH) and Centre for Participation (CP) (formerly Volunteering Western Victoria)

Funding: Foundation for Rural and Regional Renewal

Dissemination



Winterton, R., Hodgkin, S., & Hancock, S. (11-12 April, 2018). Access to services for older adults in rural Australia. Paper presented at the National Rural Health Symposium, Canberra.

Hodgkin, S., & Savy, P. (13-16th June, 2018). A case study of Australian aged care: ageing workers and gendered organisations. Paper presented at the International conference of Gender, Work and Organisation, Sydney.

Winterton, R. (21 June, 2018). Social isolation and loneliness in rural older adults. Paper presented at the AusMed Albury-Wodonga Nursing Conference, Albury.

Hodgkin, S., & Winterton, R. (18-19 September, 2018). Understanding Convoys of Care. Paper presented at the Ageing & Society, Tokyo.

Blackberry, I., Wilding, C., Morgan, D., O'Connell, M., Bauer, M., Winbolt, M., Greenhill, J., & Perkins, D. (18-19 September, 2018). The VERILY project on virtual, dementia-friendly rural communities: perspectives from Australia. Paper presented at the Ageing and Society: Eighth Interdisciplinary Conference and the Ageing and Society Research Network, Tokyo. Farmer, J., Blackberry, I., et. al. wired forum.

Farmer, J., & **Blackberry, I.** on behalf of SMART team (25-28 September, 2018). SMART rural health service research partnership team. Paper presented at the World Social Science Forum, Kyushu University, Japan.

Mason, N., & **Hodgkin, S.** (21-23 November, 2018). Caregiving preparedness: A phenomenological study of regional family palliative carers. Paper presented at the AAG, Melbourne.

Hodgkin, S., Mahoney, A. M., & **Hancock, S.** (21-23 November, 2018). Scoping the skills and training needs of community care workers in rural localities. Paper presented at the AAG, Melbourne.

Wilding, C. (21-23 November, 2018). Developing virtual dementia friendly rural communities: Challenges and opportunities. Paper presented at the 21st AAG Conference, Melbourne.

Baker, S., **Blackberry, I.,** Waycott, J., & **Wilding, C.** (21-23 November, 2018). Socially connected and in control: Ageing in a digital world. Paper presented at the AAG, Melbourne.

Winarnita, M., & Blackberry, I. (21-23 November, 2018). Opportunities and constraints: Female Migrant Caregivers in Australia's aged-care industry. Paper presented at the AAG, Melbourne.

JRC Seminars, Workshops and Forums



The Honourable
Dr Kay
Patterson AO.

THE LAUNCH OF JOHN RICHARDS CENTRE FOR RURAL AGEING RESEARCH INTO LA TROBE RURAL HEALTH SCHOOL

13 March, 2018.

The John Richards Centre (JRC) for Rural Ageing Research was launched on 13 March 2018, as the first independent research centre under the La Trobe Rural Health School. The vision of the JRC is to provide global leadership in rural ageing and aged care research that makes a difference to the lives of older people living in rural communities. Professor Irene Blackberry, Director of the JRC, described that the main research themes of the JRC are Health and Aged Care, Ageing in Place, the Aged Care Workforce, and Technology and Older People. The JRC is located in Albury-Wodonga and Bendigo.

AUSTRALIAN ASSOCIATION OF GERONTOLOGY

13 February, 2018.

Professor Irene Blackberry, President of the Australian Association of Gerontology Victoria, co-hosted the Honourable Dr Kay Patterson AO's public lecture on 'Older Worker's Rights, Innovation and Inclusion' in partnership with Charles Sturt University on February 13, 2018.

"Research and evaluation provide the vital evidence to underpin convincing policy proposals. Systematic evidence about efficacy and cost efficiency of proposed approaches to address policy problems is essential to gain support and funding."

**MR CHRIS PUCKEY, PRINCIPAL POLICY ADVISER, OLDER PEOPLE POLICY,
DEPARTMENT OF HEALTH & HUMAN SERVICES**





Professor Thomas Klassen, Professor Irene Blackberry and Mr John Richards OAM.

2018 JOHN RICHARDS CENTRE ORATION BY PROFESSOR TOM KLASSEN

22 March 2018.

Professor Thomas Klassen presented at Albury-Wodonga, Bendigo and Bundoora in conjunction with La Trobe Asia.

Thomas is a Professor of Sociology at York University in Canada. He is an acclaimed author who teaches about, and writes on, retirement, pensions, unemployment, immigration, gambling, discrimination, and how to ensure students succeed.

Canada's Public and Private Pensions: Lessons for Others?

Over the past half century, Canada has created a unique set of income security programs for its older citizens. The programs have largely eliminated old-age poverty, and for most older Canadians provide a minimum standard of living. Are these pension programs a model for other jurisdictions, or a specific response to unique conditions that has contains little policy learning for others? Recent policy reforms suggest that although Canada's programs developed to meet specific needs, there are program design elements that can apply more widely.



From left: Francis Leach, Dr Rachel Winterton, Renata Singer and Professor Irene Blackberry

BOLD THINKING

24 May, 2018.

Forever Young: how can we age without getting old?

The third Bold Thinking Series event for 2018 was held at Albury-Wodonga on 24 May, featuring Renata Singer, an internationally acclaimed author of 'Older and Bolder: Life beyond 60', Professor Irene Blackberry and Dr Rachel Winterton.

The panel facilitated by MC Francis Leach, discussed how medical and technological advances mean more of us are living fulfilling lives to 100 years of age and beyond, but in a world obsessed with celebrity and youth, how do we challenge perceptions of getting old and champion positive ageing? How do we age without getting old?



From left: Dr Christopher Steer, Professor Meera Agar and Naomi Mason.

PALLIATIVE CARE AND AGEING

19 June, 2018.

Australian Association of Gerontology (Albury-Wodonga Rural Branch) held a very successful professional development session on Palliative Care and Ageing at Albury-Wodonga Campus on June 19. Over 70 health care workers in the Albury-Wodonga area participated in this event.

Australia has witnessed a demographic revolution with most people alive today expecting to live to old age. The largest group requiring access to palliative care are now older people. The course of a life limiting illness for older people tends to be more complex, longer term, more chronic and linked to multiple factors that serve to complicate the provision of palliative care. Speakers presented updates regarding treatment, end of life options, hospice care and palliative care.

Speakers at the event were Professor Meera Agar, Professor of Palliative Care, University of Technology Sydney, Dr Christopher Steer, Oncologist, Border Medical Oncology and Naomi Mason,

Project Officer, Integrated Palliative Care Services, Albury Wodonga Health



LIFEHUB COMMUNITY CONSULTATION

15 August, 2018.

Two world café community consultations facilitated by Dr Christine Walker, CEO of Chronic Illness Alliance, were held on Wednesday, 15 August, to discuss the proposed development of a Lifelong Intergenerational Facility and Education Hub (LIFEHub).

Andrew Vamvakaris, Professor Irene Blackberry and Dr Guin Threlkeld gave a presentation about the proposed research, education, and training centre that engages older people with wider community across generations within a lifelong learning environment based at La Trobe University Albury-Wodonga campus. Cr Anna Speedie, Mayor of Wodonga, spoke to the group about the positive impact of the LIFEHub initiative to the community.

ALBURY WODONGA HEALTH / LA TROBE UNIVERSITY INTERPROFESSIONAL RESEARCH FORUM

17 October, 2018.

The Albury Wodonga Health / La Trobe University Research Forum was held on 17th October at the Regional Cancer Centre in Albury. The Keynote presentation was given by Professor Irene Blackberry titled 'Let's get the RESEARCH (party) started'.

Seven research presentations were provided by AWH clinicians covering topics that included Clinical Outcomes of Conditions upon transfers to metropolitan hospitals, COPD admissions and the Australasian Adaptive Electronic Triage Scale. An expert panel was brought together from across the AWH (Dr Glenn Davis, Dr Anna Moran and Janet Chapman) and LTU Professor Irene Blackberry and A/Professor Sue Hodgkin to discuss how to progress research careers.



Kooweerup technology hub: Dr Clare Wilding, Aileen Thoms, Prof Irene Blackberry and Dr Tshepo Rasekaba.

ONLINE LAUNCH OF VERILY CONNECT

18 October, 2018.

In a first of its kind for the participants and timed to coincide with National Carers' Week 2018 (14-20 October), the Virtual Dementia Friendly Rural Communities (Verily Connect) project was launched online using Zoom technology. Verily Connect is a project funded by the Australian Government Department of Health that uses video conferencing, a specially designed website and smartphone app, and assistance in using online technologies provided by local volunteers, to increase support for carers of people living with memory loss and dementia.

At the online launch Vice-Chancellor John Dewar spoke of La Trobe University's commitment to rural communities and expertise in ageing research. Professor Dewar welcomed and acknowledged Verily Connect partners, many of whom were represented at the online launch: University of Newcastle, Flinders University, Swinburne University, and University of Saskatchewan, Canada, and partnerships with 12 rural health services. He congratulated Professor Blackberry and the team on its world-first trial of a virtual dementia friendly community to support rural carers.

The Hon. Ken Wyatt AM, Minister for Senior Australians and Aged Care, provided a video message of support for the project. Minister Wyatt noted that the role of informal carers is vital for helping people living with memory loss and dementia to age well in place, and that Verily Connect could help to overcome challenges of distance and isolation by linking rural carers through online technologies.

"Carers will be able to access positive support in various ways, for their loved ones, including creating a camaraderie between fellow carers. The feeling of isolation can be very debilitating, but with Verily Connect this can be reduced, giving the carer the strength required to care for their loved one living with dementia."

JEN, A VOLUNTEER PARTICIPANT HIGHLIGHTED THAT VERILY CONNECT HELPS CARERS CONNECT WITH OTHER CARERS



Front row (L-R): Wendy Jacob, Bridget Howes, and Tony Jones. Back row (L-R): Clare Wilding, Irene Blackberry, Steven Baker and Jenny Waycott at the Ageing and Technology Workshop.

AUSTRALIAN ASSOCIATION OF GERONTOLOGY CONFERENCE

21-23 November, 2018.

The JRC team was well represented at the 51st Australian Association of Gerontology Conference (AAG) on 21-23 November 2018 at the Melbourne Convention Centre. The conference featured Sir Michael Marmot as its keynote speaker along with several distinguished speakers (<https://www.aag.asn.au/national-conference/2018-conference>).

Irene Blackberry and Clare Wilding joined with Steven Baker and Jenny Waycott, researchers in Human Computer Interfacing at Melbourne University, and presented a well attended symposium session on "Socially connected and in control: ageing in a digital world". The session showcased research in co-designing digital technologies with older people.

Monika Winarnita and Irene Blackberry presented a Table Top conversation on preliminary findings from a La Trobe Asia funded grant on opportunities and constraints: Female migrant caregivers in Australia's aged care industry.

Sue Hodgkin had her two projects presented by Anne-Marie Mahoney on scoping the skills and training needs of community care workers in rural localities, and by Naomi Mason on caregiving preparedness: A phenomenological study of regional family palliative carers.

Rachel Winterton led the symposium on rural sociospatial resource environments. Rachel, Sue and Irene were also involved in the AAG special interest groups on rural ageing, aged care workforce and CALD ageing, respectively.



INTERNAL ENGAGEMENT

Professor Irene Blackberry was reappointed as member of the Academic Board in February 2018.

Professor Irene Blackberry gave a guest lecture to LRHS Public Health students on Ageing in a Foreign Country on 1 May, 2018.

Professor Irene Blackberry, A/Professor Suzanne Hodgkin and **Dr Rachel Winterton** attended the Ageing Research Workshop at Bendigo campus. The aim was to discuss the exciting development of a "LIFEHub" based at La Trobe University Albury-Wodonga and to explore collaborative research opportunities in the broad field of ageing. 24 July, 2018.

A/Professor Suzanne Hodgkin presented a paper at Research Week: La Trobe University, Albury-Wodonga campus. Understanding loneliness in Australian rural populations: a mixed methods approach. 27-31 August, 2018.

MEDIA TRAINING WORKSHOP FOR RESEARCHERS

Claire Bowers presented a media training workshop at Albury-Wodonga campus. Included was an overview of pitching/being interviewed by different types of media and a hands-on 'what's your story' workshop. 14 August, 2018.

2018 RURAL HEALTH SCHOOL CONFERENCE

Professor Irene Blackberry presented the Rural health services research Partnership – SMART project. Dr Anne-Marie Mahoney presented Scoping the training needs of community care workers in rural localities – STAR project. 26 November, 2018.

CHINESE DELEGATION



Professor Irene Blackberry and Professor Yvonne Wells with the Chinese delegation from Kunming second affiliated hospital in China. Yvonne and Irene hosted their visit in Bundoora on 22 November to learn about the Australian aged care system.

COMMUNITY AND PROFESSIONAL ENGAGEMENT

Professor Irene Blackberry continues her role as President of the Australian Association of Gerontology Victoria and Associate Editor of Elsevier Primary Care Diabetes journal.

Professor Irene Blackberry was on the organising committee of the 51st Australian Association of Gerontology conference in Melbourne November 2018.

A/Professor Suzanne Hodgkin is a member of the Special Interest group of Workforce and Training for the Australian Association of Gerontology (AAG). She is also the Coordinator of the Border Ageing Research Group (BRAG), a rural chapter of the AAG.

Dr Rachel Winterton is the convenor of AAG Regional, Rural and Remote Special Interest Group.

Professor Irene Blackberry attended CEDA event Aged Care Speakers The Hon. Ken Wyatt in Melbourne. 2 March, 2018.

A/Professor Suzanne Hodgkin, invited guest speaker for the 2017/2018 Alpine Valleys Community Leadership program (AVCLP) 2 March, 2018.

LAUNCH OF THE WAVE PROJECT'S WELL AGEING INFO HUB

The John Richards Centre was delighted to have facilitated the launch of the Well Ageing Info Hub in the rural city of Wangaratta. The Hub was developed as a result of research conducted for the Well Ageing Vision and Engagement (WAVE) Project and through a strong partnership between JRC and Northeast Health Wangaratta, the Rural City of Wangaratta, and the Department of Health and Human Services (East Division), along with support from Gateway

Health, Murray Primary Health Network and Central Hume Primary Care Partnership. The Well Ageing Info Hub is a new initiative that has been established to meet a community need and support healthy ageing. Local member Tim McCurdy MP (Member for Ovens Valley) officially opened the Hub on Tuesday 17th April 2018. Located at the Wangaratta Government Centre, the Hub is staffed by trained volunteers and provides information on local and regional health services and community supports that are relevant to the broad needs of older people.



Reference Group members for the WAVE project at the launch of the Well Ageing Info Hub from L-R: David Kidd (Northeast Health Wangaratta), Margaret Bennett (CEO, Northeast Health Wangaratta), Stephen Carroll (Department Health and Human Services), Marcus Forster (Rural City of Wangaratta), Andrew Brown (Gateway Health), Jenny Ashby (Central Hume Primary Care Partnership), Dr Rachel Winterton, Professor Irene Blackberry and Turi Berg (JRC, La Trobe University).

Professor Irene Blackberry was among selected experts being invited to attend a meeting with Prof John Pollaers and Minister for Aged Care Hon. Ken Wyatt AM MP. An initiative from the aged care workforce taskforce aims to help industry agree on the priorities to address workforce issues for remote and very remote aged care providers. The accord, which was named among 15 potential strategies at the taskforce's national summit on Monday, aims to create a platform for industry to tackle remote workforce issues such as attracting and training staff, and the need for flexible funding and services on 2 May, 2018.

Dr Rachel Winterton delivered a presentation at Swinburne Social Innovation Institute on Rural Population Ageing and Volunteering: a mutually beneficial relationship? 2 May, 2018.

Professor Irene Blackberry, invited as a keynote speaker at the National Dementia Conference in Melbourne 15 and 16 May, 2018.

Professor Irene Blackberry and **Dr Tshepo Rasekaba** gave a talk to visitors from the National University Hospital in Singapore about telehealth in diabetes and dementia. They also met with the Victoria Department Health and Human Services and Melbourne Health 21 and 22 May, 2018.

Professor Irene Blackberry and **A/Professor Suzanne Hodgkin** attended the CEDA (Committee for Economic Development of Australia) event on Aged Workforce Strategy in Melbourne, 29 May.

JRC STUDY MENTIONED IN PARLIAMENT SPEECH

Cathy McGowan AO MP, Independent Federal member for Indi, made a speech in the House of Representatives on a Matter of Public Importance "the urgent need for a national housing strategy". In her speech she used data contained in a study conducted by Darran Stonehouse and A/Professor **Suzanne Hodgkin**, Housing Affordability and Homelessness in the Hume Region- Victoria. Ms McGowan sent on the Hansard copy of the speech to the JRC. 29 May, 2018.

Dr Rachel Winterton, keynote speaker at the AusMed Albury-Wodonga Nursing Conference. Social isolation and loneliness in rural older adults. 21 June, 2018.

Professor Irene Blackberry was invited to present to the Association of Independent Retirees, 19 July, 2018 in Albury.

Professor Irene Blackberry was invited as a keynote speaker by Tsinghua University, Beijing, to share the Australian community geriatric rehabilitation system and lessons learnt to date. The Minister of Health launched in the initiative that involved an alliance of 100 hospitals in Yunnan Province in China led by Kunming Second Affiliated Hospital in association of Kunming Medical Association and Tsinghua University. The four-year funding will enable development of teaching and research in geriatric community rehabilitation 4 August, 2018.

AGING & SOCIETY CONFERENCE JAPAN 21-23 SEPTEMBER 2018

Prof Irene Blackberry, A/Prof Suzanne Hodgkin and Dr Heather Downey all presented research findings from three different studies at the Aging and Society's Eighth Interdisciplinary Conference "Aging, Health, Well-being and Care in a Time of Extreme Demographic Change" in Tokyo, Japan in September. This conference included several prominent international scholars. John Richards also attended the conference. He and Irene have extended this trip to attend the World Social Science Forum in Fukuoka.



From left: Dr Heather Downey, Mr John Richards OAM, A/Prof Suzanne Hodgkin and Prof Irene Blackberry at the Ageing & Society Conference in Tokyo, Japan.

WORLD SOCIAL SCIENCE FORUM IN FUKUOKA 25-28 SEPTEMBER 2018

Professor Irene Blackberry, together with Mr John Richards were invited for lunch with the Vice President of Kyushu University, Professor Wakayama along with senior faculty members Professor Higo, Professor Vickers and Professor Kajiwarra. Irene also presented about ageing research at the John Richards Centre.



Media

27-DECEMBER-2017

Newspaper article

The Border Mail

Well Ageing Vision and
Engagement project

Rachel Winterton

18 MARCH 2018

Online news

Avatar project with Steven Baker

Jeni Warburton

22 MARCH 2018

Radio

ABC Radio interview

Thomas Klassen's interview with
Gaye Pattison

Irene Blackberry

4 APRIL 2018

Prime News

Pensioners call for a fair go

Irene Blackberry

13 APRIL 2018

Newspaper article

Wangaratta Chronicle

Rachel Winterton

14 APRIL 2018

Newspaper article

The Border Mail

Helping hub is at hand for seniors

Rachel Winterton

20 APRIL 2018

Newspaper article

Border Mail

Heather Downey

4 MAY 2018

Journal story

Australian Ageing Agenda

Irene Blackberry

18 MAY 2018

Radio

ABC Radio interview

Bold Thinking

Irene Blackberry

23 MAY 2018

Newspaper article

Bendigo Advertiser, Ballarat Courier,
Newcastle Herald, Warnambool Standard

We must do more to help older volunteers

Rachel Winterton

25 MAY 2018

Newspaper article

The Border Mail

How do you age without getting old?
By throwing out expectations

Rachel Winterton & Irene Blackberry

5 JULY

Radio / podcast

Regional Voices

Rachel Winterton

20 JULY 2018

Newspaper article

Warracknabeal Herald

Wimmera Mail Times

Rural Northwest Health Website

Irene Blackberry & Clare Wilding

20 JULY 2018

Radio

ABC Western Victoria and

ABC Radio News

Verily Connect project

Irene Blackberry & Clare Wilding

26 JULY 2018

Newspaper article

Nyngan Observer

Irene Blackberry & Clare Wilding

10 OCTOBER 2018

Newspaper article

Mansfield Courier

VerilyConnect project

Ella Zaplin

16 OCTOBER 2018

Newspaper article

National Carers Week

Professor Irene Blackberry has written
an opinion piece for the Bendigo
Advertiser – which has syndicated
widely across regional papers, including

the Border Mail – about the need
to support carers and the Virtual
Dementia Friendly Rural Communities
(Verily connect) project.

Irene Blackberry

18 OCTOBER 2018

Online article

The Hon Ken Wyatt AM, MP (website)

Irene Blackberry & Clare Wilding

19 OCTOBER 2018

Online article

Australian Ageing Agenda

Irene Blackberry & Clare Wilding

22 OCTOBER 2018

Online article

Aged Care Guide

Irene Blackberry & Clare Wilding

22 OCTOBER 2018

Newspaper article

Nyngan Observer

Irene Blackberry & Clare Wilding

29 OCTOBER 2018

Newspaper article

The Wimmera Mail-Times

Irene Blackberry & Clare Wilding

29 OCTOBER 2018

Online article

Carers Australia VIC

Irene Blackberry & Clare Wilding

1 NOVEMBER 2018

Newspaper article

Molong Express

Innovative support for carers
in Molong

VERILY project

Irene Blackberry & Clare Wilding

6 DECEMBER 2018

Newspaper article

The Robinvale Sentinel

**Innovative support for carers
in Robinvale**

VERILY project

Irene Blackberry & Clare Wilding

Publications

PEER-REVIEWED JOURNAL ARTICLES

- Baker, S., **Warburton, J.**, Waycott, J., Batchelor, F., Hoang, T., Dow, B., Ozanna, E., & Vetere, F. (2018). Combatting social isolation and increasing social participation of older adults through the use of technology: A systematic review of existing evidence. *Australasian Journal on Ageing*, 37(3), 184-193.
- Cash, B., **Hodgkin, S.**, & **Warburton, J.** (2018). A transformative approach to systems theory in caregiving research. *Qualitative Social Work*. DOI: 10.1177/1473325017749988
- Farmer, J., Davis, H., **Blackberry, I.**, & de Cotta, T. (2018). Assessing the value of rural community health services. *Australian Journal of Primary Health*, 24(3), 221-226.
- Hodgkin, S.**, **Hancock, S.**, & **Warburton, J.** (2018). Predicting wellness among rural older Australian: A cross sectional study. *Rural and Remote Health*, 18(3), 1-13.
- Manski-Nakervis, J. E., Thuraingam, S., Lau, P., **Blackberry, I.**, Sluggett, J. K., Ilomaki, J., Bell, J. S., & Furler, J. (2018). Screening and diagnosis of chronic kidney disease in people with type 2 diabetes attending Australian general practice. *Australian Journal of Primary Health*, 24(3) 280-286.
- Manski-Nankervis, J., **Blackberry, I.**, Yates, C., Furler, J., Ginnivan, L., Cohen, N., Jenkins, A., Vasanthakumar, S., Gorelik, A., Young, D., & Best, J. (2018). The GP-OSMOTIC trial protocol: an individually randomised controlled trial to determine the effect of retrospective continuous glucose monitoring (r-CGM) on HbA1c in adults with type 2 diabetes in general practice. *BMJ Open*, 8(7), e021435.
- Osowicki, J., O'Leary, S., Furler, J., Manski-Nankervis, J., Ginnivan, L., Ness, A., Bourke, G., Crisp, K., Taliana, L., & **Blackberry, I.** (2018). Stepping up implementation project. *International Journal of Integrated Care*, 18(s1), 58.
- Rasekaba, T. M.**, Furler, J., Young, D., Liew, D., Gray, K., **Blackberry, I.**, & Lim, W. K. (2018). Using Technology to Support Care in Gestational Diabetes Mellitus: Quantitative Outcomes of an Exploratory Randomised Control Trial of Adjunct Telemedicine for Gestational Diabetes Mellitus (TeleGDM). *Diabetes Research and Clinical Practice*, 142(August 2018), 276-285.
- Bauer, M., Fetherstonhaugh, D., **Blackberry, I.**, **Wilding, C.**, & Farmer, J. (2019). Identifying support needs to improve rural dementia services for people with dementia and their carers: A consultation study in Victoria, Australia. *Australian Journal of Rural Health*. DOI:10.1111/ajr.12444
- Cash, B., **Warburton, J.**, & **Hodgkin, S.** (2018). Expectations of care within marriage for older couples. *Australasian Journal on Ageing*. DOI: 10.1111/ajag.12590
- Manski-Nankervis, J.-A. E., Thuraingam, S., Sluggett, J. K., Lau, P., **Blackberry, I.**, Ilomaki, J., Furler, J., & Bell, J. S. (in press). Prescribing for people with type 2 diabetes and renal impairment in Australian general practice: A national cross sectional study. *Primary Care Diabetes*. DOI:10.1016/j.pcd.2018.09.001
- Winterton, R.**, Butt, A., Jorgensen, B., & Martin, J. (in press). Local government perspectives on rural retirement migration and social sustainability *Australian Geographer*.
- Mahoney, A.M., LoGiudice, D., **Blackberry, I.** (in press). Preventing hypoglycaemia among older people with diabetes upon discharge from hospital. *Primary Care Diabetes Journal of Australia*.

Blackberry, I., **Wilding, C.**, Perkins, D., Greenhill, J., Farmer, J., Bauer, M., Winbolt, M., Morley, C., O'Connell, M. & Morgan, D. (December 2018/January 2019). Virtual dementia-friendly rural communities. *Australian Journal of Dementia Care*, 7(6), pp. 11-13.

Brooks, R. P., **Jones, M. T.**, Hale, M. E., Lunau, T., Dragano, N., & Wright, B. J. (2019). Positive verbal feedback about task performance is related with adaptive physiological responses: An experimental study of the effort-reward imbalance stress model. *International Journal of Psychophysiology*, 135, 55-62.

Mason, N., & **Hodgkin, S.** (in press). A phenomenological study of the experiences of rural Australian family caregivers. *Health & Social Care in the Community*.

Hancock, S., **Winterton, R.**, **Wilding, C.**, **Blackberry, I.** (in press). Understanding ageing well in Australian rural and regional settings: Applying an age-friendly lens. *Australian Journal of Rural Health*.

BOOK

Erikson, S., **Hodgkin, S.**, Karamanis, S., & Murley, G. (in press). *Research and Evidence in Practice*. La Trobe University e-book.

BOOK CHAPTERS

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Winterton, R. (2018). Therapeutic landscapes of ageing. In M. Skinner, G. Andrews, & M. Cutchin (Eds.), *Geographical Gerontology: Perspectives, Concepts, Approaches*. Routledge: New York.

Hodgkin, S., & Mahoney, A. M. (in press). The Aged Care sector: Residential and community care Understanding the Australian Health Care System.

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REPORTS

Howell, T., Bennet, P., **Hodgkin, S.**, & Modderman, C. (2018). The effectiveness of support dogs in sexual and family violence. Report to Centre Against Violence.

Rasekaba, T. M., Melgren, N., Knight, K., Jones, M. T., & **Blackberry, I.** (2018). Evaluation of the Chronic Conditions Model of Care at Rural Northwest Health: July-September 2017. Report to Western Primary Health Network and Rural Northwest Health.

Savy, P., & **Blackberry, I.** (2018). [Evaluation of the Healthy and Resilient Together (HART) Projects]. Report to Beechworth Health and Foundation for Rural and Regional Renewal.

Vogels, W., Modderman, C., & **Hodgkin, S.** (2018). Aboriginal children in out of Home Care accessing health assessments. Report to Murray Primary Health Network.

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JOHN RICHARDS CENTRE FOR RURAL AGEING RESEARCH

La Trobe University
PO Box 821, Wodonga
Victoria, 3689, Australia

P +61 2 6024 9718

F +61 2 6024 9816

E jrc@latrobe.edu.au

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www.latrobe.edu.au/jrc