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"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



Director's Report.....	2
2019 Snapshot of The John Richards Centre	3
Vision, Mission and Key Research Areas.....	6
Our Reference Group	7
Current Members	7
Our Research Team.....	8
Our Research Affiliates	10
Postgraduate Students.....	11
Our Research.....	12
Health Services and Aged Care	12
Ageing in Place, Volunteering and Age-Friendly Communities	14
Workforce: Formal and Informal	16
Technology	18
External projects.....	19
Engagement and Impact.....	20
Invited Presentations	23
Professional Participation.....	24
Internal Engagement	24
Community Engagement.....	26
Conference Presentations	29
Media	30
Publications	32

Director's Foreword



Professor Irene Blackberry

Chair and Director, John Richards
Centre for Rural Ageing Research

2019 was the second year of the John Richards Centre for Rural Ageing Research (JRC) being operated under La Trobe Rural Health School. The JRC multidisciplinary researchers have been busy addressing global challenges and opportunities in ageing and aged care. We focused on research impact and engagement at local, national and international levels. Professor John Pollaers OAM delivered the 2019 JRC Oration on aged care workforce. Assistant Professor Sonia Udod of University of Manitoba, Canada facilitated a workshop on clinical leadership at Albury Wodonga Health. We partnered with U3A during Seniors Week Wodonga with David Kidd, 2018 Churchill Fellow, as a guest speaker on the latest innovation in age-friendly health services. We convened the rural dementia special interest group with the NHMRC National Institute for Dementia Research (NNIDR) in partnership with older people living with dementia, carers, academics, policymakers and service providers. We conducted research into age friendly health services, aged care services, migrant workforce, volunteering, physical activity, palliative care and virtual dementia friendly communities. Our collaborative research has also expanded to Uganda, China and India. JRC team spoke at the Gerontological Society of America in Texas, Transforming Care Conference in Copenhagen, launch of Asia and Oceania Institute at Kyushu University Japan, National University Health System Singapore, Peking Union Medical College Hospital and Kunming Hospital in China.

Partnership is key to the JRC research to enable research translation and building local capacity. I led a research partnership with 10 rural health services in Victoria that so far has resulted in \$2.6M in external research funding. Associate Professor Suzanne Hodgkin continued partnership with 5 rural health services in the Northeast Victorian region in building future aged care workforce. Dr Rachel Winterton attracted further funding to expand her work around age-friendly communities to age-friendly health services in the Indigo region.

The highlight of 2019 for me was the Royal Commission into Aged Care Quality and Safety. I am proud that JRC research made a significant impact as evident from having Associate Professor Suzanne Hodgkin and Dr Rachel Winterton being called as expert witnesses on rural carers and rural volunteer workforce, respectively. I was also interviewed by the Royal Commission team about our project on rural older people accessing services in a consumer market.

Congratulations to our new PhD graduates: Drs Samantha Clune, Belinda Cash and Natasha Long. I thank John Richards OAM for his continuing support and matched funding from Victorian Department of Health and Human Services and La Trobe University. I would like to acknowledge Chris Puckey for his contribution towards the establishment and growth of JRC since 2006 and farewell him, Prof Pamela Snow and Mary Fraser OAM from JRC reference group. Finally, my sincere appreciation to all staff, students, collaborators, participants, reference group members and supporters who have contributed to the John Richards Centre's success in improving health and wellbeing of older people in rural communities.

2019 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.

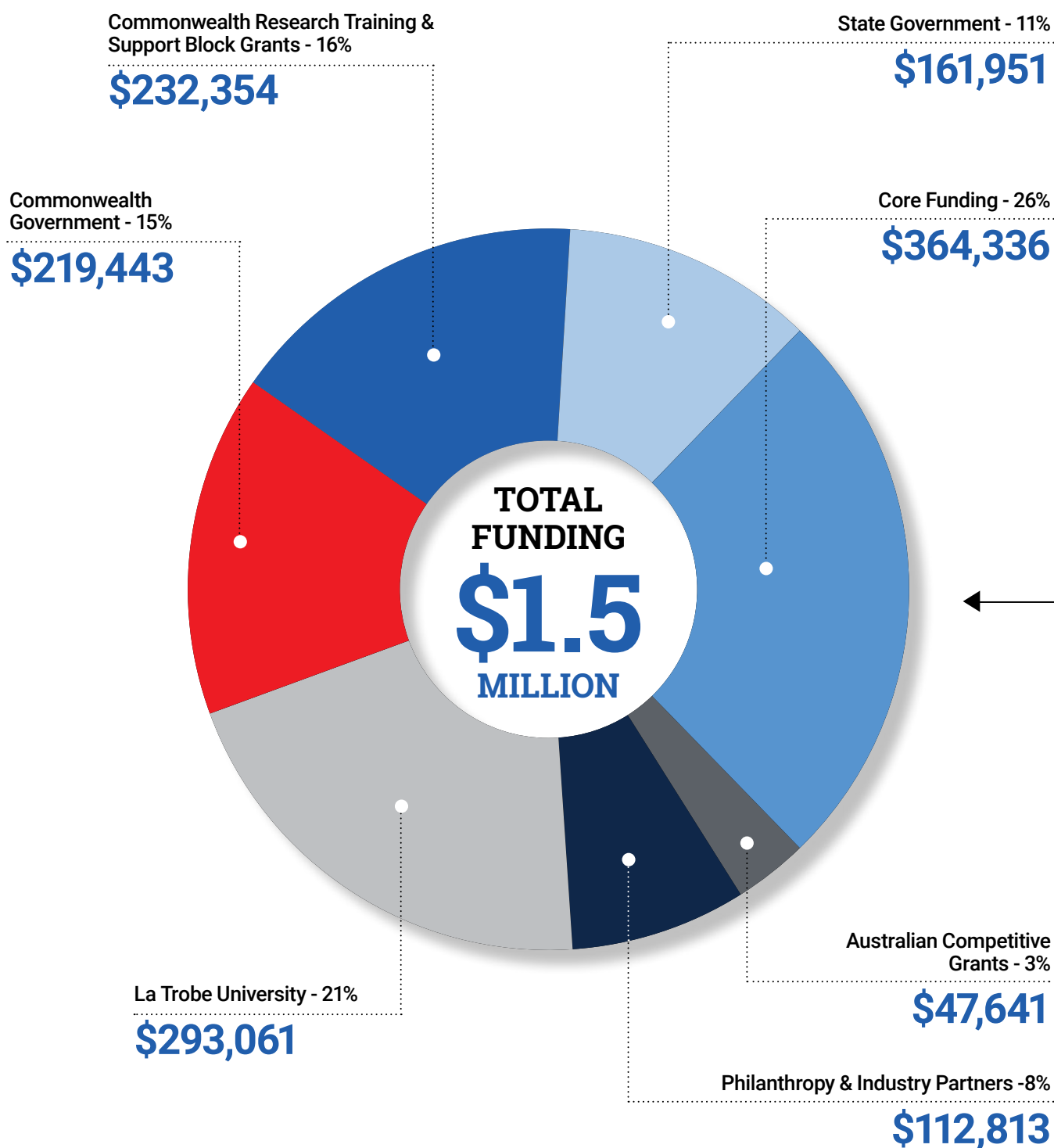


| COLLABORATIONS |



2019 Funding Snapshot

| OTHER FUNDING |



| CORE FUNDING |

VICTORIAN DEPARTMENT OF HEALTH
& HUMAN SERVICES - 8%

\$117,047

LA TROBE UNIVERSITY - 9%

\$124,708

**TOTAL CORE
FUNDING
\$364,336**

PHILANTHROPY - 9%

\$122,581

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



Our Reference Group

Our Reference Group meets three times a year. 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 Rachel Huxley

(until September 2019)
Associate Pro Vice Chancellor - Research
La Trobe University

Professor Susan Dodds

(from September 2019)
Deputy Vice-Chancellor & Vice-President
(Research & Industry Engagement),
La Trobe University

Professor Pam Snow

Head of Rural Health School,
La Trobe University

Mr David Kidd

Director Community Health, Partnerships and Well Ageing,
North East Health Wangaratta

Mr Stephen Carroll

Senior Advisor Population and Population Health and
Community Wellbeing,
Department of Health & Human Services

Adjunct Associate Professor Janet Chapman

Executive Director Regional Partnerships & Planning,
Albury Wodonga Health

Mr Lyndon Seys

Chief Executive Officer,
Alpine Health

Mary Fraser OAM

Community representative

Associate Professor Peter Greenberg

Board Member,
Wimmera Health Care Group



Our Research Team



Professor Irene Blackberry
BMed, PhD, GradCert
HealthProgEval

Director and Chair

Irene is the John Richards Chair of Rural Ageing and Aged Care Research and Director of the John Richards Centre at La Trobe University, Wodonga since 2016. Irene is President of the Australian Association of Gerontology Victoria and Associate Editor for Elsevier Primary Care Diabetes journal. With a background in medicine, Irene is a health services researcher with significant expertise in designing and conducting pragmatic trials of complex multifactorial health services. Irene's major research themes are chronic diseases and ageing, which are united by a focus on implementation science of complex multi-factorial interventions across the community and primary and secondary care settings, drawing on both qualitative and quantitative research methods. She has attracted over \$17M in research funding and published over 80 articles including as a first author in the British Medical Journal and Medical Journal of Australia. Irene is currently researching about improving access to care delivery for older people with complex chronic conditions. Irene's research interests include dementia, diabetes, chronic disease, primary care, digital health, geriatric medicine, and rural health.



Associate Professor Suzanne Hodgkin
BSW, MSW, PhD

Deputy Director

Suzanne is an international expert in the field of rural aged care provision, with a specific focus on rural aged care workforce and service capacity. She has an International reputation in mixed methods aged care research. Suzanne is a reviewer for the Australian Research Council, New Zealand Ageing Well National Science Challenge, Health Research Board Ireland, the Education University of Hong Kong, and several international journals. She is also a co-convenor of the Australian Association of Gerontology Workforce Special Interest Group and has presented keynote addresses at international conferences. Suzanne was called as an expert witness to the 2019 Royal Commission into Aged Care Quality and Safety to highlight issues for carers of older people and cited in the recently released interim report.



Emeritus Professor Jeni Warburton
BA Hons, PhD

Jeni is an internationally recognised researcher in ageing and social policy and headed the John Richards Initiative between September 2008 and December 2015. Prior to this, Jeni was a senior researcher at one of the lead research centres on ageing at the University of Queensland. Jeni's current research focuses on promoting healthy ageing in the community, particularly in rural communities. She is one of Australia's lead researchers on volunteer issues, particularly related to ageing. Jeni was a Chief Investigator on eight ARC grants and has been invited as a keynote speaker at several national and international forums. She also consults to government and has been a member of both State and Federal advisory panels. Her research has had a significant impact and influence on ageing policy and practice in Australia.



Dr Rachel Winterton
BAppSc Hons, PhD

Senior Research Fellow

Rachel's research examines the capacity of rural community settings to support diverse older people to age in place. She is internationally recognised for her work on the role of voluntarism and civic engagement in supporting rural ageing. She is the current convenor of the Australian Association of Gerontology Rural, Regional and Remote Special Interest Group, and was recently called as an expert witness to the rural hearing of the Royal Commission for Aged Care Quality and Safety. Rachel is currently co-editing a book on critical rural gerontology in collaboration with Professor Mark Skinner (Trent University, Canada) and Professor Kieran Walsh (NUI Galway, Ireland), to be published in 2020.



Dr Clare Wilding
BAppSc(OT), MAPSc, PhD

Research Fellow

Clare has conducted research across a diverse range of projects including online technology that supports carers of people living with dementia, transition experiences of adults with disability, professional identity of occupational therapists, spirituality and mental health, and mentoring. With a background in occupational therapy, Clare has authored 30 academic articles and 6 book chapters. Her research interests are varied and include rural ageing, technology, occupational science, health promotion, managing chronic illness and disability, arts and health, knowledge exchange, qualitative methods, and practitioner-academic alliances.



Dr Pauline Savy
RN, RPN, BAdmin, Grad Dip
(Gerontology), PhD

Research Officer

Pauline's academic interests include teaching and publishing in sociology and researching the provision of aged care in residential and community settings. Previously, Pauline taught Social Gerontology and Sociology at La Trobe University, worked as a nurse in geriatric and psychiatric fields, and was a consultant in aged care service provision and education..



Dr Ella Zaplin
BAppSc Hons, GradDip IT, PhD

Research Officer

Ella has a research background in Bioinformatics, Molecular Biology, Biochemistry and Plant Physiology. She completed her PhD at CSIRO Plant Industry and her post-doctoral research at Queensland University of Technology.



Dr Ainsley Robinson
BAppSc (Human Movement),
MSportsNutrition, BSc (Biomedical
Science), PhD

Research Officer

Ainsley has an interest in health promotion and disease prevention in older adults, specifically but not limited to digital health and innovative strategies for dementia care and increasing levels of physical activity. With a background in gerontology, rural health, biomedical science, nutrition, exercise and sports science, and health promotion, Ainsley has experienced in social and biomedical research. Ainsley has co-authored several academic articles and presented at both national and international conferences.



Dr Samantha Clune
BN, GradDipNursing (Intensive
Care), MN (Research Methods),
PhD

Research Officer

Samantha's current research activity seeks to investigate the complex interaction between local communities, the structures they encounter, and their health. Using a sociological approach to unpack these problems, Samantha hopes to provide voice to vulnerable communities to help facilitate enhanced health outcomes. With a background in nursing, Samantha's research interests are transforming human societies and building healthy communities. She has contributed to several reports and research papers.



Dr Tshepo Rasekaba
BPhysio, MPH, PhD, GCALL

Research Officer

Tshepo's research background was in physical activity for adults with Cystic Fibrosis, which evolved into researching chronic health conditions, particularly diabetes and the use of online technologies. Tshepo is currently researching strategies for improving physical activity in older rural adults and conducting an evaluation for the Rural Flying Doctor Service Telehealth Specialist Service. He is a Research Advisory Committee member for the Royal Flying Doctor Service Victoria since 2018. Tshepo has presented internationally and is a lead author for several journal articles.



Dr Marita Chisholm
BN, GradDipHlthSc (Gerontology),
MHLthSc (Gerontology), PhD

Research Officer

Marita's research focuses on access to care and support services in rural Victorian communities for people with dementia and their care partners. With a background in nursing, Marita has previously worked at the Office of Research, Monash University, examining workforce turnover and retention amongst allied health professionals. Her research interests are in ageing and dementia, Aged and Community Care Services, rural health workforce, and elder abuse.



Kayla Royals
BPsySc (Hons)

Research Officer

Kayla's current research is about technology support for care partners of people living with dementia. She also has research interests in online technologies, carer support, and research translation through practical application.



Lynne Horsfall
Research Officer

Lynne has previously completed research about dementia care and support in a GP practice and with Lifeline about education packages to reduce mental health problems in the workplace. With a background in nursing, Lynne has worked previously for Bendigo Health, Home and Community Care, and Dementia Australia.



Dr Monika Winarnita
Bcomm, BA (Hons), PhD

Research Officer

Monika completed research on an ARC Discovery and Linkage project "New Beats" (2017-2019). Monika has a background in academia teaching and researching in Anthropology, communication and media, and Indonesian studies. She is a Board member for the Asian Australian Studies Research Network. Monika's research interests include migration, employment, family, gender, cultural performance, politics of culture, diaspora, digital ethnography, multimedia, media representation, identity, and belonging.



Dr Bonnie Martin-Giles
BSW (Hons), PhD

Research Officer

Bonnie has recently been researching early detection of dementia in Indigenous populations. With a background in social work, Bonnie is currently a Lecturer in the Department of Social Work at La Trobe university, Mildura. She has research interests in exploring the effects of chronic childhood maltreatment on the physiological development of their brains and thereby placing individuals at greater risk of engaging in recidivistic offending in adulthood. More recently she has been researching early detection of dementia in Indigenous populations.



Jennifer Pitman
BCom, Economics (Hons)

Research Officer

Jennifer has research experience and interest in health economics. With a background in Commerce, Economics, Finance, and Management, she held a range of senior and management roles as an economic analyst and policy advisor before joining La Trobe University (Mildura) in 2019 as a Lecturer in Economics.



Linda Gordes
Senior Administrative Officer

Linda is responsible for finance, personnel and administration tasks for the JRC. She has an extensive background and specialist skills in supporting the business success of the centre.



Our Research Affiliates



Dr Sean MacDermott
BSc (Innovation & Change Management), BScPsych, BSocWork, M Operations Management, MSocWork, PhD
Affiliate Researcher

Sean's research interests are in rural/regional health, end of life planning, palliative care, health workforce, telehealth, and travel for healthcare. Sean has experience in health-services design/redesign and prior to joining La Trobe was the National Project Manager for the National Rollout and Evaluation of the Dementia Care in Hospitals Program. Sean has expertise in quantitative and qualitative methodologies in health, social science, and change management research.



Dr William Keeton
BA (Political Science), MS (Management & Transportation Management), PhD
Affiliate Researcher

William is a former United States Army Lieutenant Colonel and US Exchange Officer to the Australia Army. William previously taught logistics, leadership, and strategic military planning while working with the US Embassy's Australian diplomatic mission. He currently lectures at La Trobe University in the School of Business, Department of Management. William is Deputy Chairman on the Company Board of Directors for Westmont Aged Care Services. His research interests are in leadership, strategic planning, corporate governance, and aged care.



Associate Professor Raelene Wilding
PhD
Affiliate Researcher

Raelene uses qualitative research methods to investigate ageing, migration and new technologies. Her recent projects include an exploration of virtual reality as a tool for

enhancing social connection in a rural town, and analysis of the health needs of older refugee-background migrants in a regional centre of Victoria. With a background in sociology, Raelene seeks to engage in research that identifies and addresses inequalities and to support families and communities to maintain strong social bonds of care and support.



Dr George Mnatzaganian
MPub Health, MHIthSc (Epidemiology), PhD
Affiliate Researcher

George has advanced quantitative statistical research skills and experience in analysing large linked datasets and routinely collected hospital databases.

With a background in clinical epidemiology, George's research interests span chronic disease, patient outcomes research, health services research, big data analysis, statistics, evidence-based practice and health policy, international health, vulnerable communities, and gender and socio-economic inequalities in health outcomes.



Dr Carina Chan
BSc (Psychology & Statistics), MSc (Health Psychology), PhD
Affiliate Researcher

Carina's interest and expertise lies primarily in the psychosocial aspects of understanding health and health behaviours. She has experience in conducting randomized controlled trials

to promote health behaviours for health promotion and diabetes management, developing and validating health motivational measures and investigating cultural and personality issues associated with eating behaviours, workplace stress, and chronic disease prevention and control. Her current research interest is extending her research expertise in the regional/rural context and focusing on psychosocial issues associated with aging and chronic disease prevention and management.

Postgraduate Students



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 Associate Professor Suzanne Hodgkin and Dr Heather Downey



Carmela Leone – PhD Student
Discourses relating to ‘the right to the city’ for people living with dementia and their carers, in a regional Australian setting; implications for a rights-based Dementia-Friendly Community

Supervised by Professor Irene Blackberry and Dr Rachel Winterton



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 Professor Trisha Dunning



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



Monica Jones – PhD Student
Stress and Coping Strategies in the Aged Care Workforce in Regional Australia

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

Supervised by Associate Professor Suzanne Hodgkin and Dr Brad Wright



Fan He – Masters Student
Risk of In-Hospital, 30-Day and 1-Year Mortality Following Stroke in Southwest China: A 5-Year Retrospective Cohort Study

Supervised by Professor Irene Blackberry and Dr George Mnatzaganian



Diana Nabbumba – PhD Student
Innovative and Sustainable Social Care Model for Rural Older People in Developing Countries

It is anticipated that the research will illustrate the applicability of work stress models to the aged care sector in determining the situational and intrinsic characteristics that influence stress, disease, and turnover.

Supervised by Dr Rachel Winterton and Associate Professor Suzanne Hodgkin



Soorya Rejeesh Kumar - Doctor of Nursing, La Trobe Rural Health School
Identifying Risk Factors of Occupational Stress and Burnout in Regional Victoria’s Aged Care Nursing Workforce

Supervised by Associate Professor Melanie Bish and Dr Clare Wilding

Our Research



| HEALTH SERVICES AND AGED CARE |

Our Health Services and Aged Care key research area pursues inquiry that brings insights and understanding of the broad field of health care in so far as these relate to the health and wellbeing of the rural ageing population, locally and globally. Our focus includes aspects of health care delivery, organisation, resource allocation, economics, program evaluation and health outcomes. These are all intended to improve the health of individuals and communities vis-à-vis implications for clinical practice, health service management and policy.

AGEING SERVICES AND SUPPORTS IN RURAL ENVIRONMENTS (ASPIRE)

Warburton, J., Winterton, R., Petersen, M., Bell, M., Hodgkin, S., and Keating, N.

This project identifies the systems and services that best support the wellness of older people living in rural communities in Victoria and Queensland. The study consists of four stages – demographic community profiling, quantitative surveys with older people (n=263), qualitative interviews (n=60) and integration of data. Publications are currently being prepared.

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 is a dynamic group of 10 Victorian rural and community health services who joins with academic partners to improve health outcomes for rural Victorian communities. The partnership brings 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. Since 2016, the partnership has attracted over \$2Million of research funding in the area of dementia, mental health, volunteering, telehealth and community development.

Website: <https://smartruralhealth.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.

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. Surveys (n=25) and service mapping interviews (n=10) have been completed with carers of people living with dementia, and a focus group (n=9) was held with service providers. A workshop to develop a pathways document for rural dementia care will be held in 2020. Data collection and analysis are ongoing.

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 (AWH) with the overarching goals of exploring how well AWH is performing against best practice guidelines and using this information to discover how COPD clients may be better managed in collaboration with surrounding health and primary care services. Data analyses and interviews are complete, and a publication is now underway.

Partners: Albury Wodonga Health and Upper Hume Primary Care Partnerships

Funding Body: Murray Primary Health Network

BUILDING AN INDIGO AGE-FRIENDLY HEALTH SYSTEM MODEL

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

This project seeks to undertake a systematic analysis of the IHI age-friendly health systems 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. This project encompassed a systematic literature review of the rural geriatric care literature and consultations with local geriatric care providers. Project is continuing in 2020.

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

DANCE EXERCISES FOR PARKINSON'S REHABILITATION: HOW MUCH IS ENOUGH?

Morris, M. and Blackberry, I.

This research will provide objective evidence on whether people with Parkinson's disease need to do dancing classes once or twice per week, to get significant improvements in movement, well-being and social participation. The project is in partnership with Parkinson's Victoria. Parkinson's Victoria is in the process of developing a comprehensive community based dancing program, which they have called ParkinDance, which they plan to implement broadly across the Parkinson's community in Australia.

Parkinson's affects 6 million people worldwide and more than 80,000 Australians. Although movement disorders, weakness and falls are common, physical activity levels are low and motivation to exercise is reduced (Canning et al., 2016). ParkinDance gives people another choice about modes of exercise and uses carefully designed dance exercises as a therapeutic method of physical activity.

This will provide research evidence for an activity which is complementary to main stream therapies and a choice of activity designed for people living with Parkinson's disease.

Partner: Parkinson's Victoria

Funding Body: La Trobe University Research Focus Areas - Sports & Exercise and Parkinson's Victoria

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 (CIGs) of local organisations and health initiatives to review local mental health needs, to appraise current co-produced services (involving citizens in volunteering, peer support and prevention) and to explore best-practice evidence.

Knowledge and understanding of CIG participants in relation to mental health is being evaluated using a survey methodology at the beginning and end of the project. The project commenced in 2019 with data collection and analysis ongoing in 2020.

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

EMPOWERING OLDER PEOPLE IN ACCESSING AGED CARE SERVICES IN A CONSUMER MARKET

Blackberry, I., Chisholm, M., Wilding, C., Fraser, M., Wishart, D., Keeton, W., Chan, C., and Smart Rural Health Partnership

Changes to the way that community aged care services are provided to older people may be disadvantageous to rural people. This research is being undertaken to identify the barriers and facilitators that older rural people experience when accessing, assessing, and acting on information and making choices about services provided through the Commonwealth Home Support Programme (CHSP) and Home Care Packages (HCP). The study includes in-depth interviews with rural older people and use of a modified Delphi method to identify priorities for better supporting older persons' decision-making. The project will be completed in 2020 and submitted to the Royal Commission in Aged Care, Quality and Safety.

Funding Body: Consumer Policy Research Centre

BARRIERS AND FACILITATORS TO IMPLEMENTATION AND MAINTENANCE OF COGNITIVE SCREENING OF PATIENTS AGED OVER 65 IN RURAL AND REGIONAL HEALTH SERVICES

MacDermott, S., Blackberry, I., Hodgkin, S., Logiudice, D. and Morgan D.

From January 2019, Health Services will be assessed against revised National Safety and Quality Health Service (NSQHS) Standards which identify patients aged over 65 as an at-risk population requiring cognitive screening. This research aims to determine how regional health services are implementing and maintaining cognitive screening. The project included a review of the screening measures currently employed in Australia and Internationally. We also conducted a review of the actual and perceived value of cognitive screening in terms of improved patient outcomes.

Focus groups and interviews were held to determine what barriers and facilitators to screen currently exist and whether any of these are unique, or more pertinent to, non-metropolitan health services.

Final focus group has been delayed by response to COVID 19. This will now be replaced by a ZOOM meeting and individual telephone interviews.

Partners: Albury Wodonga Health and Upper Hume Primary Care Partnerships

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

| AGEING IN PLACE, VOLUNTEERING AND AGE-FRIENDLY COMMUNITIES |

The Ageing in Place key research area engages in strategic research that builds the capacity of rural places to enable older adults to age in their homes and communities. Research in this area identifies barriers and enablers to accessing health, social and community services within rural communities, and identifies strategies to increase community participation among diverse older adults.

WELL AGEING VISION AND ENGAGEMENT (WAVE)

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

This research identified what rural older adults expected from rural health and social care providers in relation to ageing in place, and how well this aligned with the views and perceived responsibilities of providers. Postcard surveys (n=262) and World Cafes (n=60) were completed with older rural adults, and semi-structured interviews (n= 17) completed with local service providers. Data are currently analysed for a publication in 2020.

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

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 LIFE Hub is a proposal to transform Albury Wodonga campus and the John Richards Centre to be a cutting-edge place for intergenerational education, training and research. The Hub proposes to 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. The Hub has the potential to provide a vibrant and older-person-centered setting to train the future workforce for community and residential aged care. A world café community consultation was undertaken in 2018 and results are currently being disseminated.

Partners: 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 identifies facilitators and barriers associated with enabling community-dwelling people living with dementia to undertake voluntary and civic engagement within rural and regional community organisations. Interviews are being completed with volunteer coordinators and managers across rural and regional Victoria. Data collection are ongoing.

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

LODDON MALLEE REGION (LMR) MOVE IT

Blackberry, I. and Rasekaba, T.

The broad aims of the project are to increase opportunity for and encourage participation in physical activity by inactive older people aged 65 years and over as a way of combating chronic disease. Physical activity guidelines suggest that older adults should participate in regular physical activity of at least 30 minutes on most days of the week but only 25% of older adult Australian achieve this physical activity target. The LMR Move It initiative aims to encourage older adults to become more physically active and improve physical, and mental wellbeing as well as social connections. The JRC researchers will undertake evaluation of the LMR Move It programs using a mixed methods approach following the RE-AIM framework. The project is currently in the data collection phase and substantive data analysis will commence in September 2020.

Partners: 10 local government areas in central and northern Victoria, led by Macedon ranges Shire Council

Funding Body: SportAus



"I felt very privileged to be part of the Verily Project last year. The expertise in putting together the app for carers and the presentation on the app was so professional - I am sure that it will be of great benefit for the carers who use it. Congratulations to all involved."

DI EVERINGHAM - CARER



| WORKFORCE: FORMAL AND INFORMAL |

Our Workforce key research area encompasses contemporary, high-quality research that provides insight into how the rural health and aged care workforce can better support older adults. Key foci within this research area include rural aged care workforce training and support needs, rural aged care workforce capacity, rural aged care workforce recruitment and retention issues, and the role of the volunteer workforce in providing rural aged care.

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. This project, funded through the Regional Jobs and Investment Packages 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. The study employed a mixed method research design including a survey, in-depth interviews, focus groups and informative discussions which occurred at steering group meetings. Participants were recruited through five aged care providers and captured the viewpoints of direct care and managerial personnel. All data has been collected and a formal report has been sent to the Department of Industry, Science and Innovation. A draft manuscript has been prepared for publication. Discussions have occurred in relation to moving this to an ARC Linkage application.

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. This project provides a rural investigation of the newly introduced Consumer Directed Care (CDC program), through an examination of the care needs of rural older people. This case study conducted between 2018-19, employed a mixed methods approach including a survey designed to profile consumers and their care packages followed by semi-structured interviews with managers and consumers. This allowed for a range of views on and experiences with the current arrangements for care delivery across diverse localities and provided insights into the worlds of service acquisition, provision and receipt. All data has been collected and a manuscript is in the revision stage for the International Journal of Care and Caring.

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.

Palliative Care Service 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 examines the experiences of carers of people receiving palliative services in the East Hume region of Victoria in order to improve service delivery. Interpretative phenomenological analysis was employed following semi-structured interviews with four women and six men (N = 10, aged 55–87 years). Participants were recruited voluntarily through past engagement with a Regional Specialist Palliative Care Consultancy Service in Australia. A full report was prepared for the funding body, Albury-Wodonga health. This study was published in *Health and Social Care in the Community*.

Partners: Albury Wodonga Health

Funding Body: Albury Wodonga Health

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 examines opportunities and constraints for female aged care workers of Asian descent in Australia's aged care industry. Semi-structured interviews explore 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. Data are currently being analysed for a publication.

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.

Female workers from culturally and linguistically diverse (CALD) backgrounds play a critical role in caring for older people receiving aged care services. This project explores the recruitment and retention of the female CALD aged care workforce. Participants complete an online survey about their employment experiences and social resilience, as well as 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. Data are currently being analysed for a publication.

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 the key competencies required to manage volunteers in health service settings. Surveys (n=60) and interviews (n=25) were completed with volunteer managers, and surveys are currently being completed with volunteers within health services. Data analysis will continue in 2020.

Funding Body: Victorian Department of Health and Human Services



The focus of this key research area is exploring and trialling the use of technology to improve health and well-being as people age and to support ageing-in-place. We also engage in community co-design to develop technology that assists older people living with chronic illness.

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., Robinson, A.,** Gottschall, K., Hamiduzzaman, K., Davis, H.

The Verily Connect project was 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 were 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 videoconference carer peer support groups; and, 3) volunteer-led support and mentoring hubs that assist carers to use online technologies. We recruited a total of 216 participants, including carers of people living with dementia, volunteers, and service providers. Verily Connect strategies were progressively implemented across 2018 and 2019. The project was evaluated using statistical analysis of carers' perceptions of social support, a process analysis using the Consolidated Framework of Implementation Research, a thematic analysis of carers' experiences, and an economic costing.

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

LONG TERM EVALUATION OF THE ROYAL FLYING DOCTOR TELEHEALTH SERVICE

Blackberry, I. and Rasekaba, T.

The research project evaluates 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 includes data on access to services, including analysis of de-identified Medicare data that 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: Royal Flying Doctor Service Victoria Telehealth Specialist Service

Funded Body: Royal Flying Doctor Service Victoria

MOVE2GETHER WESTERN AUSTRALIA

Rasekaba, T., and Blackberry, I.

This research evaluates an online program for older Australians aged 65 years and over, living in rural and metropolitan Western Australia. Using a digital health strategy, the Move2gether WA aims to encourage older adults to undertake regular physical activity to improve levels of physical activity, mental wellbeing, and social connectedness. The digital health program is implemented and delivered through the football community in Western Australia and uses gamification techniques and incentives provided. The initiative is led by the Perth Glory Foundation and Perth Glory Football. The first cohort is expected to enrol in March 2020.

Partners: My Health Services Pty Ltd

Funding Body: SportAus

EXPLORING DIGITAL AND HEALTH LITERACY AMONG OLDER PEOPLE IN RURAL INDIA (DAHLIA)

Rasekaba, T., Pereira, P., Wilding, C. and Blackberry, I.

The aim of the DAHLIA study was to increase understanding of levels of digital and health literacy among older people living in rural India. Older people in rural India face challenges in accessing health care due to from mainstream health care services; therefore, delivering health services using digital technologies is purported as a possible solution. However, for this solution to be feasible, there needs to be suitable infrastructure and the older people need sufficient digital and health literacy to avail themselves of digitally delivered health care. The DAHLIA study aims to determine if there is a supporting framework and adequate digital literacy for a digital health care solution to be viable.

Partners: JSS Academy of Higher Education and Research and JSS Hospital, Mysore, India

Funding Body: La Trobe Asia Research Program

DIGITAL OPTIMISATION AND PERSONALISATION OF SELF-MANAGEMENT OF TYPE 2 DIABETES (DIGITAL OPTIMISM-T2D)

Jayatilleke, S. and Rasekaba, T.

Infusing artificial intelligence to optimise and personalisation in diabetes self-management is potential next frontier in diabetes centred app development. Digital OPTIMISM-T2D is a two-phase small collaborative proof of concept project. The first phase currently underway involves development of an integrated mobile app with artificial intelligence capability. The second phase expected to commence in June 2020 is a pilot of the app in a convenience sample of patients with type 2 diabetes in a rural setting. We aim to uncover what improvements to the app would be required, and how patients and T2D outcomes respond to the app at the end of the trial and. We will leverage on the findings for funding for further app development with addition of more features and definitive trials.

Partners: Digital Disruption Stream, La Trobe Business School

Funded Body: College of Arts, Social Sciences and Commerce, New Staff Start-up Grant



| EXTERNAL PROJECTS |

UTILISING TELEHEALTH TO BRIDGE THE GAPS IN YOUNG ONSET DEMENTIA

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

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

Funding Body: 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., **Blackberry, I.** and Tropea, J.

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

Funding Body: Commonwealth Dementia and Aged Care Services Fund

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

Logiudice, D., Flicker, L., Bessarab, D., Atkinson, D., Wenitong, M., Thompson, S., Stivens, E., Redford, K. and Smith, K. (**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, Rural NorthWest Health, and Centre for Participation

Funding Body: Foundation for Rural and Regional Renewal

Engagement and Impact

AUSTRALIAN ASSOCIATION OF GERONTOLOGY (AAG) MEMBERS MEET WITH AAG PATRON

25 February 2019.

Their Excellencies General the Honourable Sir Peter Cosgrove AK MC (Retired) Governor-General of the Commonwealth of Australia and Lady Cosgrove invited AAG representatives for morning tea at the Langham, Melbourne on Monday 25 February. AAG Victorian Division Chair Professor Irene Blackberry, Victorian Committee member Dr Jane Fyfield and Chief Executive Officer James Beckford Saunders heard the Governor-General speak about the joy he receives from being a patron of over 200 organisations, including the AAG. The AAG hopes to continue the patronage with the designate Governor-General of the Commonwealth of Australia His Excellency General the Honourable David Hurley AC DSC (Retired) from 1 July 2019.



Top Left: Professor Irene Blackberry and Lady Cosgrove

Top Right: Honourable Sir Peter Cosgrove AK MC (Retired) Governor-General of the Commonwealth of Australia

Bottom: James Beckford Saunders, Professor Irene Blackberry, and Dr Jane Fyfield

WEBSTER LAUNCH

12 March 2019.

The Webster Rural and Regional Dementia Care Project was launched at the La Trobe Art Institute in Bendigo and is funded through the bequest of Mr Gordon Webster. An aim of the project is to facilitate access to dementia care and support services within the City of Greater Bendigo region. Community members, service providers and La Trobe University staff from Bendigo, Albury-Wodonga, and Bundoora attended the launch to hear about the project from Dr Rachel Winterton. Also in attendance were Simone Hoffman (Dementia Consultant, Dementia Australia), who gave a short speech, and local service providers, who staffed information stalls. Special thanks to Mr John Richards, OAM, for travelling to attend the launch.



Professor Irene Blackberry, Dr Marita Chisholm, Carmela Leone (Webster Research Fellowship PhD student) and Dr Rachel Winterton

PROFESSIONAL DEVELOPMENT WORKSHOP WITH ALBURY WODONGA HEALTH

24 July 2019.

Professor Irene Blackberry in partnership with Albury Wodonga Health hosted a professional development event about nursing leadership titled, Nursing Leadership and Patient Outcomes: Current and Future States. Associate Professor Sonia Udod from University of Manitoba Canada visited on 23-24 July and was keynote speaker. Associate Professor Udod is Principal Investigator of the Creating and Translating Evidence for Nursing LEADership and Health Services program (<https://leadoutcomes.ca/>). The program aims to advance healthcare leadership, nurses' work environments, health systems, and healthcare policy.



Associate Professor Sonia Udod



Professor Irene Blackberry

JOHN RICHARDS CENTRE ORATION

14 August 2019.

BEYOND THE ROYAL COMMISSION - AN AGED CARE WORKFORCE FOR THE FUTURE

Professor John Pollaers (OAM) delivered an engaging oration about the future of the Aged Care Workforce to approximately 80 people. Professor Pollaers discussed the implications of several findings contained in the report, A Matter of Care, including key issues about how to better engage and enable workers in aged care. After Professor Pollaers address, Associate Professor Sue Hodgkin led a panel discussion about the future of the rural aged care workforce.

Professor Pollaers is former Chair of the Aged Care Workforce Strategy Taskforce for the Federal Government. He is the Chancellor of Swinburne University and is Executive Chairman of Leef Independent Living Solutions, which is an innovative functional health and assistive technology business with 14 Independent Living Centres nationwide, including outlets in Wodonga, Wangaratta, and Benalla.



Professor John Pollaers with Professor Irene Blackberry

JOHN RICHARDS CENTRE AND UNIVERSITY OF THE THIRD AGE (U3A) COLLABORATION

11 October 2019.

The John Richards Centre for Rural Ageing Research and U3A Albury-Wodonga hosted a community learning event during Wodonga Seniors' Week. David Kidd, Director of Partnerships, North East Health Wangaratta, shared experiences from his 2019 Churchill Fellowship trip that took him across North America learning about models of Age-Friendly Health Systems. The event was well attended by community members and local health care providers interested in learning more about rural ageing and aged care research that makes a difference to the lives of older people living in rural communities. Dr Clare Wilding facilitated discussion with community members about possibilities for being involved in the work of the John Richards Centre. A follow up meeting is planned for 2020

LAUNCH OF EVERYAGECOUNTS

12 November 2019.

Professor Irene Blackberry, as President of the Australian Association of Gerontology hosted Baroness Sally Greengross OBE and Ashton Applewhite from USA to speak about tackling ageism on Tuesday 12 November 2019. The Hon. Luke Donellan, Minister of Disability, Ageing and Carers gave the welcome speech. The event at the Parliament House was also attended by Minister Ben Carroll, Anthony Carabines Parliament Secretary for Carers and Volunteers, Gerald Mansour Commissioner for Older Victorians and another 50 key stakeholders. The event was supported by Bolton Clarke and Hesta Super.



"The STAR Project (scoping the skills and training needs of community care workers in rural locations) was an excellent way for all the Consortium participants to share and gain knowledge about their workforce and future workforce development. The JRC was pivotal in making the project happen."

PETER DE KOEYER

CEO Westmont Aged Care Services



| INVITED PRESENTATIONS |

29-31 MAY

Professor Irene Blackberry was invited by Professor Doris Young, Chair of General Practice at the School of Medicine, National University Singapore, to deliver a public lecture about transforming care for older people. Staff from National University Singapore and National University Health System in Singapore were in attendance. Professor Blackberry also discussed collaboration with the newly launched Next Age Institute in Singapore with Professor Leng Leng Thang.

10-11 JULY

Professor Irene Blackberry was invited to be a keynote speaker at the launch of the Asia and Oceania Institute, Kyushu University, Japan. Irene is one of the international team that will work within the medicine and health cluster as part of the Institute.



19-28 AUGUST

Professor Irene Blackberry and Dr George Mnatzaganian received a travel grant from China Studies Research Centre to undertake an academic exchange visit to China. They were invited by Professor Yu Kang, Director of the Department of Health Medicine and Department of Clinical Nutrition, Peking Union Medical College Hospital (PUMCH) in Beijing, to deliver lectures to hospital staff.

Irene and George also visited Kunming Hospital to discuss research collaboration and data extraction for their Masters student, Mr Fan He. Fan's research is about investigating the association between rehabilitation programs, patient characteristics and one-year mortality in patients diagnosed with acute ischemic disease in Yunnan province, China.



Professor Irene Blackberry, Dr George Mnatzaganian and PhD student He Fan, with Professor Yao's team in Kunming Hospital.



| PROFESSIONAL PARTICIPATION |

PROFESSOR IRENE BLACKBERRY

INTERNAL

Member, Academic Board
Member, Research Strategy Committee
Member, Academic Coordination Group Albury-Wodonga

EXTERNAL

President, Australian Association of Gerontology (AAG) Victoria
Founding Member, AAG rural VIC chapter
Member, AAG national Culturally and Linguistically Diverse Special Interest Group (CALD SIG)
Associate Editor, Elsevier Primary Care Diabetes Journal
Review Editor, Frontiers Medicine Journal
Convenor, NHMRC National Institute for Dementia Research Rural Special Interest Group
Member, Age-friendly Alliance Steering Committee
Member, Primary Care and Population Health Committee, Albury-Wodonga Health
Member, American Geriatrics Society
Member, Hume Regional Diabetes Collaborative Network

ASSOCIATE PROFESSOR SUZANNE HODGKIN

INTERNAL

Acting Head of Campus
Member, Senior Leadership Group
Member, Academic Board
Member, Regional Committee
Member, Building Healthy Communities, Research Focus Areas

EXTERNAL

Chair Border Regional Ageing Group
Co-Convenor, Workforce and Workforce Training, AAG Special interest group

DR RACHEL WINTERTON

INTERNAL

Member, Transforming Human Societies, Research Focus Areas for La Trobe University

EXTERNAL

Convenor, Rural, Regional and Remote AAG Special Interest group
Member, Age-friendly North east Victoria, Northeast Health Wangaratta
Member, Age-friendly Indigo Health, Beechworth Health Services

DR CLARE WILDING

EXTERNAL

Member, Occupational Therapy Australia,
Member, Australasian Society of Occupational Scientists (ASOS)
Member, International Society of Occupational Scientists (ISOS)
Member, Psychiatric Disability Services of Victoria (VICSERV)
Member, Australian Association of Gerontology (AAG)
Reviewer, Australian Occupational Therapy Journal
Reviewer, British Journal of Occupational Therapy
Reviewer, Canadian Journal of Occupational Therapy
Reviewer, Disability and Rehabilitation
Reviewer, Journal of Occupational Science
Reviewer, OTJR: Occupation, Participation, and Health
Reviewer, Australasian Journal on Ageing

DR TSHEPO RASEBAKA

INTERNAL

Member, Latrobe Rural Health School (LRHS) Research Committee
Member, Latrobe Rural Health School (LRHS) Graduate Research Team
Co-ordinator, John Richards Centre Research for Early Career Researchers and higher Degree Researchers

EXTERNAL

Member, Royal Flying Doctor Service Victoria Research Committee

| INTERNAL ENGAGEMENT |

Associate Professor Suzanne Hodgkin presented *Understanding Convoys of Care in Australian Rural Populations* at the La Trobe Rural Health School Research Seminar Series on 29 April 2019.

Professor Irene Blackberry and **Dr Clare Wilding** presented *Verily Connect Project: Virtual Dementia Friendly Rural Communities* at the In Good Hands: 10 Years at the La Trobe Rural Health School – 2019 Rural Health Conference on 20 November 2019.



"As a health care provider of services to the aged, John Richards Centre's research role is a leading light, identifying areas that make a positive difference in the safety and quality of care delivered."

DENISE PARRY

Chief Executive Officer
Tallangatta Health Service

| COMMUNITY ENGAGEMENT |

22 MAY

Associate Professor Suzanne Hodgkin presented a webinar for the Australian Association of Gerontology: *Scoping Skills and Training Needs of Community Care Workers in Rural Locations*.

13-14 JUNE

Several researchers from John Richards Centre for Rural Ageing Research attended the Australian Dementia Forum held by the National Health and Medical Research Council (NHMRC) National Institute for Dementia Research (NNIDR). **Professor Irene Blackberry** led a Roundtable Discussion: *Living well with dementia: What does the future look like for dementia research and knowledge exchange in rural and regional Australia?* The discussion was attended by delegates from across Australia, including people living with dementia and their care partners, academics, government staff, and health services staff. This meeting has sparked the formation of a national Special Interest Group that is considering how the five research priorities of the NNIDR (1. Prevention, 2. Assessment and diagnosis, 3. Intervention and treatment, 4. Living with dementia, 5. Care) are addressed in rural and regional areas.



Attendees at the Australian Dementia Forum Roundtable Discussion about rural dementia research

19 JUNE

Professor Irene Blackberry met with delegates from the Indonesian Ministry of Health and National Cancer Centre Indonesia about potential research, education, and training.

18 JUNE – 17 JULY

Diana Nabbumba, PhD student, visited Uganda for data collection. Diana is pictured with members of Reach One Touch One Ministries (ROTOM). ROTOM is a non-profit organisation and Christian ministry that supports older people and the children under their care in rural areas of Mukono District. <https://reachone-touchone.org/ug>.



From left: Edith Kazimba, Area Manager, ROTOM Uganda, Diana Nabbumba, JRC PhD student, and Kenneth Mugayehwenkyi, Founder and Executive Director ROTOM



13 JULY

Professor Irene Blackberry and **Dr Marita Chisholm** were interviewed by the Royal Commission into Aged Care Quality and Safety. The Royal Commission discussed the scope of 'Empowering older people in accessing aged care services in a consumer market' project funded by the Consumer Policy Research Centre to provide evidence on aged care services in rural communities.

30 JULY

Associate Professor Suzanne Hodgkin, was summoned as an expert witness to the Royal Commission into Aged Care Quality and Safety in Mildura. Part of an expert panel, she was called to discuss the experiences of carers in aged care. Sue gave evidence about several projects she has worked on that highlight the needs of rural community dwelling older people and their carers. In particular, Sue highlighted the work of the Ageing Services and Supports in Rural Environments (ASPIRE) project, in which JRC researchers completed a social network analysis of older people and the types of care they receive from family, friends and neighbours. The work highlighted that although friends and neighbours provide important emotional and transport support to older people living in rural communities, instrumental care (e.g. cleaning, meal preparation, shopping) is predominantly provided by family members. Her work and expert testimony was cited in the recently released interim report, *Neglect*.



From left Dr Lyn Phillipson, Dr Meredith Gresham and Sue Hodgkin at the Royal Commission into Aged Care

2-10 SEPTEMBER

Dr Tshepo Rasekaba and **Professor Irene Blackberry** visited the rural city of Mysuru, India, to conduct fieldwork on a collaborative project between the JRC and Jagadguru Sri Shivarathreeswara Academy of Higher Education and Research (JSS AHER) and JSS Hospital. Tshepo and Irene were hosted by Dr Pratibha Pereira, JSS Medical College Geriatrics Department Head, and her team. During the visit, the team conducted surveys, focus groups, and a community forum about digital and health literacy. The project, *Digital and Health Literacy Among Older People in Rural India (DAHLIA)*, was a La Trobe Asia Research Program funded activity. Irene and Tshepo hope that the DAHLIA marks the beginning of an enduring collaboration between the JRC and JSS AHER and JSS Hospital



Dr Tshepo Rasekaba and Prof Irene Blackberry conducting one of three focus groups with patients and their carers at JSS Hospital, Mysuru, India.

While in India, Irene and Tshepo also had the opportunity to pay a courtesy call to the Alzheimer's and Related Disorders Society of India (ARDSI), Mysuru Chapter. President of ARDSI and a leading Alzheimer's Disease researcher, Dr Hanumanthachar Joshi, invited Irene and Tshepo to join him in the observance of Alzheimer's Disease Day.

They also visited JSS Free Residential School, situated in Suttur, a small village outside Mysuru, which houses 4,500 poor and orphaned children. The school is part of the social community program that JSS group are engaged in. The JSS group aims to provide access to education irrespective of the children's backgrounds and is founded on the belief that "social change is possible through education".



JSS Free Residential School in Suttur India, which houses 4,500 poor and orphaned children.

4-5 NOVEMBER

Dr Rachel Winterton was summoned as an expert witness to the Royal Commission into *Aged Care Quality and Safety* held in Mudgee, NSW. Rachel was asked to provide evidence relating to access and equity of rural aged care, based on her research about the rural volunteer workforce and her role as convenor of the national Australian Association of Gerontology Regional, Rural and Remote Special Interest Group. Rachel's testimony was reported by the *Australian* and *ABC Radio National*.

Lack of volunteers exposes aged-care gaps

SEAN PARNELL

The diminishing number of volunteers in rural and remote areas will expose entrenched gaps in aged-care services, leaving more Australians vulnerable, a royal commission has been told.

Sitting in Dubbo, NSW, the commission heard private providers did not operate in some smaller communities and government services were limited. Instead, volunteers provided transport, meals and support.

Rachel Winterton, a rural ageing researcher from La Trobe University, told the commission there were "real concerns" about the future availability of volunteers. Young people were moving away from towns, adults were working longer, and some simply might not have the time or ability to help.

Dr Winterton said many communities did not have an aged-care provider. "It will differ between places and communities, but I think we do need to have some sort of understanding of what equitable access would look like," she said on Tuesday.

Sue Hood told the commission of her experience caring for

husband Alan, who has advanced dementia, and their difficulties obtaining services.

Mr Hood was largely non-verbal by the time he was assessed for home-care services. Even though he was eligible, the wait was estimated to be 18 to 24 months, and Mrs Hood found herself having to move her husband into a Dubbo aged-care facility. "I could not, physically and probably mentally, retain the care that I was giving him — which I did for the four years, and basically the last 18 months was pretty heavy going," Mrs Hood said.

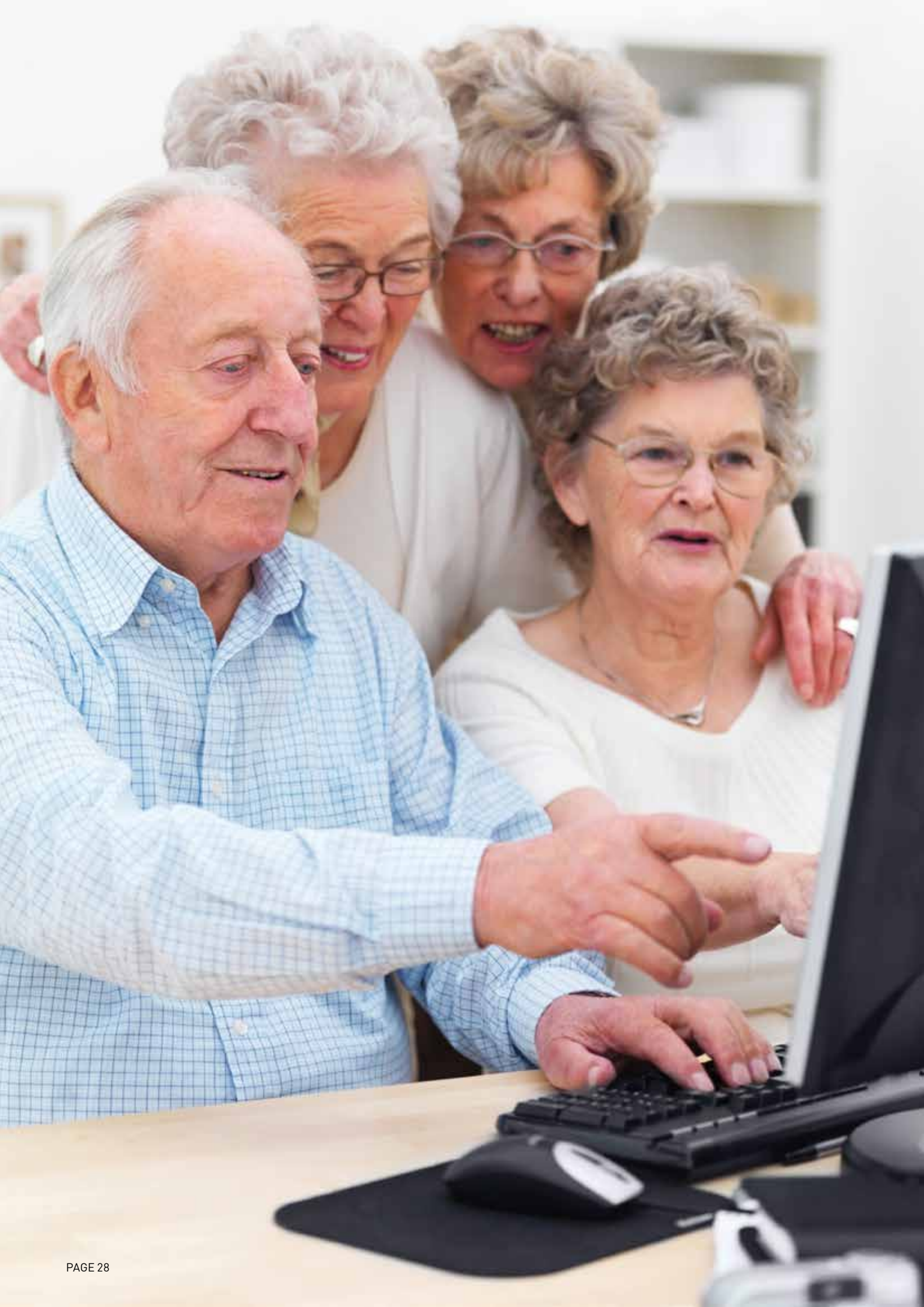
"I was shaving him, I was helping him get in the shower, I was making sure he ate breakfast, ate lunch, ate dinner."

When Mrs Hood took her husband from hospital to the aged-care facility, he told her "this is the end". He moved in physically strong, and able to walk, but within two months had a broken hip that left him immobile.

"I need to get out there and say something for these elderly people in these homes," Mrs Hood told the commission.

Commissioner Tony Pagone QC told Mrs Hood the community and the government needed to hear evidence like hers.







| CONFERENCE PRESENTATIONS |

- Blackberry, I., Wilding, C.,** Perkins, D., Greenhill, J., Farmer, J., O'Connell, M., Winbolt, M., Bauer, M., Morley, C. and Morgan, D. (24-27 March 2019). Building a virtual online community to support rural carers: Verily Connect project. Paper presented at 15th National Rural Health Conference, Hobart, Australia.
- Blackberry, I., Wilding, C.,** Greenhill, J., Perkins, D., Morley, C., Winbolt, M., Bauer, M., Morgan, D., O'Connell, M., Davis, H., Farmer, J., **Royals, K., Rasekaba, T.,** Gottshall, K. and Hamiduzzaman, M. (23-25 May, 2019). Creating virtual dementia-friendly rural communities: Are we ready yet? Late-breaking poster presented at International Association of Gerontology and Geriatrics European Region Congress, Gothenburg, Sweden.
- Blackberry, I., Wilding, C., Chisholm, M., Winterton, R.,** Davis, H., MacDermott, S., Rae, M. and Poynton, D. (13-14 June 2019). Living well with dementia: What does the future look like for dementia research and knowledge exchange in rural and regional Australia. Roundtable discussion presented at National Health and Medical Research Council (NHMRC) National Institute for Dementia Research (NNIDR) Australian Dementia Forum, Hobart, Australia.
- Blackberry, I. and Wilding, C.** (5-8 November 2019). Verily Connect model: virtual support for rural dementia care. Paper presented at 52nd Australian Association of Gerontology Conference, Sydney, Australia.
- Boak, J., Blackberry, I. and Rasebaka, T.** (21-23 August 2019). Improving quality of care through detection of complexity amongst older people in a community setting: A feasibility trial (ImPaCt). Paper presented at the Australian College of Nursing, Hobart, Tasmania.
- Chakraborty, S., Vandenberg, B. E., Dermentzis, J., **Rasekaba, T.,** Brijnath, B. and Mazza, D. (3-5 July 2019). Prognostic factors for recovery following the diagnosis of a work-related mental health condition: A systematic review. Paper presented at the Society for Academic Primary Care 48th Annual Scientific Meeting, Exeter, United Kingdom.
- Dellemain, J.** (25-26 July 2019). What is Rural Case Management? Poster presented at Responding to Challenges, Community Engagement and Innovative Practice, Rural Social Work Conference, Horsham, Victoria.
- Hodgkin, S. and Savy, P.** (9-11 June 2019). Servicing care within a marketized model: Insights from Australian studies of rural long-term and community-based aged care services. Paper presented at the Second Global Carework Summit, Toronto.
- Hodgkin, S., Savy, P., Clune, S. and Mahoney, A.** (24-26 June 2019). Marketisation of community aged care workers in Australia. Insights into how rural managers and consumers navigate this context. Paper presented at the Transforming Care Conference, Copenhagen.
- Hodgkin, S., Savy, P., Mahoney, A. and Clune, S.** (24-26 June 2019). Scoping the skills and training needs of community aged care workers in rural locations: An Australian study. Paper presented at the Transforming Care Conference, Copenhagen.
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- Wilding, R. and Robertson, Z.** (5-8 November 2019). Social connection and technological play: Incorporating virtual reality into the social worlds of older Australians. Australian Association of Gerontology Conference, Sydney, Australia.
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Media

6 FEBRUARY

Radio

ABC Radio interview

Volunteer burn-out in older rural communities

Rachel Winterton

11 FEBRUARY

Newspaper article

Bendigo Advertiser

Loddon Mallee councils share in \$1.8 million Better Ageing Grant Program
<https://www.bendigoadvertiser.com.au/story/5896817/ten-local-councils-share-18-million-grant-for-residents-over-65/?cs=12>

Irene Blackberry

2 MARCH

Newspaper article

Bendigo Advertiser

Dementia heartbreak - Study to focus on support

<https://www.bendigoadvertiser.com.au/story/5932764/life-after-a-loved-ones-dementia-diagnosis/?cs=12>

Rachel Winterton
Marita Chisholm

7 MARCH

Radio

ABC Radio, Central Victoria, Bendigo

Webster Rural and Regional Dementia Care Project looks to help people navigate through the dementia care system

Irene Blackberry
Rachel Winterton

12 MARCH

Television

WIN News Bendigo

Webster Rural and Regional Dementia Care Project launch

Irene Blackberry
Rachel Winterton

15 MARCH

Newspaper article

Bendigo Weekly

Webster Rural and Regional Dementia Care Project launch

Improving dementia carers' access to local support services

<https://www.bendigoweekly.com/2019/03/15/care-improved/>

Irene Blackberry
Rachel Winterton

21 MARCH

Magazine article

Aged Care Insite

Webster Rural and Regional Dementia Care Project

Caring for the carers: new long-term study looks to improve support

<https://www.agedcareinsite.com.au/2019/03/caring-for-the-carers-new-long-term-study-looks-to-improve-support/>

Irene Blackberry

23 JULY

Newspaper article

Border Mail

Who will care for our older Australians?

Syndicated across more than 74 publications

<https://readnow.isentia.com/Temp/123634-67830279/1148826531.pdf>

<http://online.isentialink.com/canberratimes.com.au/2019/07/23/9d0c2092-76e7-48cd-bab6-e65a9d4ee235.html>

Irene Blackberry
Monika Winarnita

31 JULY

Radio

ABC Radio, Riverland

Aged care in regional areas and how this works on a national scale

<https://www.abc.net.au/news/2019-08-01/sa-regional-aged-care-facilities-failing-to-meet-standards/11366884>

Sue Hodgkin

13 AUGUST

Radio

ABC Radio, Goulburn-Murray

Royal Commission into Aged Care Quality and Safety

Shining a light on carers

<https://www.abc.net.au/radio/goulburnmurray/programs/breakfast/breakfast/11389814>

Sue Hodgkin

9 OCTOBER

Newspaper article

Mansfield Courier

Community learns about Verily Connect project

<https://www.pressreader.com/australia/mansfield-courier/20191009>

Clare Wilding
Ainsley Robinson

18 OCTOBER

Newspaper article

Warracknabeal Herald

La Trobe University trials healthcare app

Virtual Dementia Friendly Rural Communities (Verily) Project

Irene Blackberry
Kayla Royals

5 NOVEMBER

Radio

ABC Radio

Aged Care Royal Commission

https://abcmedia.akamaized.net/rn/podcast/2019/11/rnd_20191105_1843.mp3

<https://www.abc.net.au/radio/newcastle/programs/mornings/aged-care-future/11681738> (extended interview)

Rachel Winterton

6 NOVEMBER

Radio

ABC Radio

Consumer Policy Research Centre project

Irene Blackberry

13 NOVEMBER

Newspaper article

Mclvor Times, Kyabram Free Press, Southern Riverina News, Shepparton News, Corowa Free Press, Campaspe News, Tatura Guardian, Riverine Herald, Seymour Telegraph, Yarrawonga Chronicle, Cobram Courier, Deniliquin Pastoral Times, Benalla Ensign

Do you have access to rural aged care services in Heathcote? Study looking for volunteers

<https://www.mclvortimes.com.au/news/2019/11/13/904358/share-your-experiences-in-accessing-rural-aged-care-services>

Irene Blackberry

19 NOVEMBER

Radio

ABC Radio

Findings from the Virtual Dementia Friendly Rural Communities (Verily) Project

<https://www.abc.net.au/radio/centralvic/programs/mornings/mornings/11698978> (audio starts at 3 mins, 45 secs)

Clare Wilding

20 NOVEMBER

Newspaper article

Bendigo Advertiser

Isolated? Overwhelmed? Caring for someone with dementia? There's an app for that

<https://www.bendigoadvertiser.com.au/story/6501770/slowed-student-growth-wont-stop-powerhouse-ambitions-la-trobe/?cs=12>

Irene Blackberry
Clare Wilding

26 NOVEMBER

Newspaper article

Border Mail

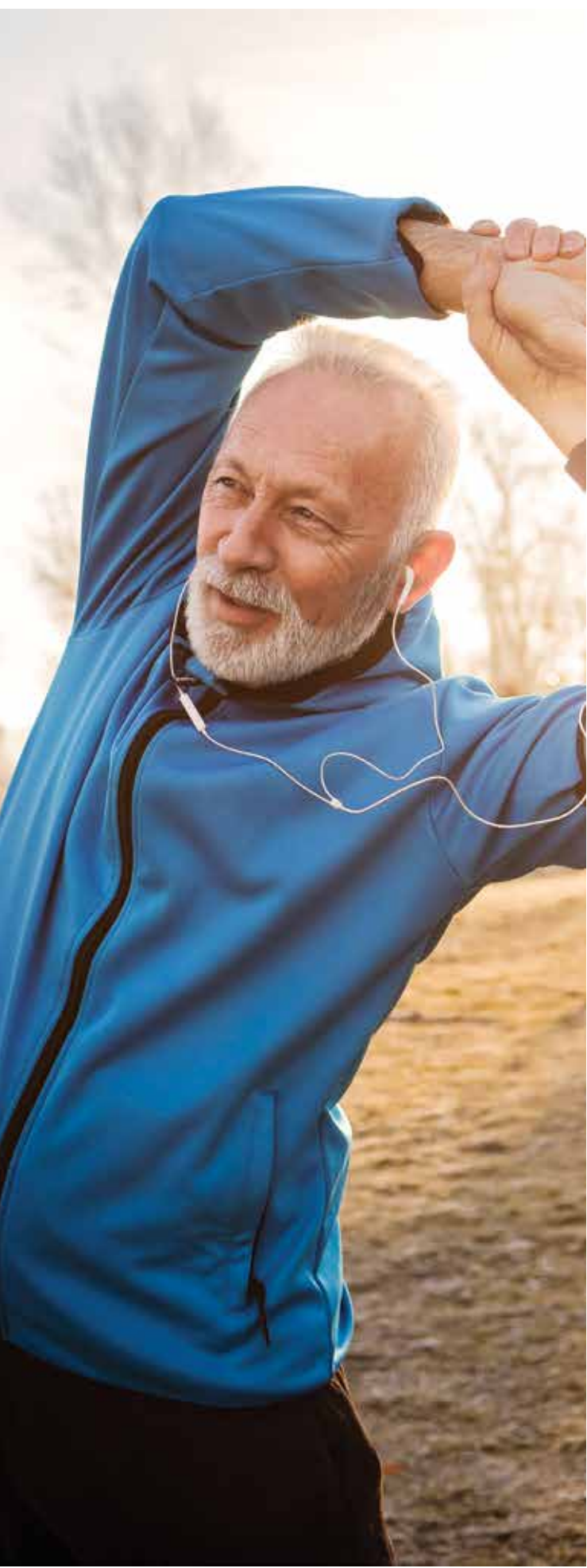
Syndicated to more than 110 regional publications

Where are the voices of rural older people?

<https://www.canberratimes.com.au/story/6510033/where-are-the-voices-of-rural-older-people/>

Irene Blackberry





Publications

| PEER-REVIEWED JOURNAL ARTICLES |

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Blackberry, I., Wilding, C., Perkins, D., Greenhill, J., Farmer, J., Bauer, M., Winbolt, M., Morley, C., O'Connell, M. & Morgan, D. (December/January 2019). Virtual dementia-friendly rural communities. *Australian Journal of Dementia Care*, 8(6). <https://journalofdementiacare.com/decemberjanuary-2019-2020/>

Cash, B., **Hodgkin, S. & Warburton, J.** (2019). A transformative approach to systems theory in caregiving research. *Qualitative Social Work*, 18(4), 710-726. doi:10.1177/1473325017749988

Cash, B., **Warburton, J. & Hodgkin, S.** (2019). Expectations of care within marriage for older couples. *Australasian Journal on Ageing*, 38(1), E19-E24. doi:10.1111/ajag.12590

Cheng, Y., Rosenberg, M., **Winterton, R., Blackberry, I. & Gao, S.** (2019). Mobilities of Older Chinese Rural-Urban Migrants: A Case Study in Beijing. *International Journal of Environmental Research and Public Health*, 16(3), 488. doi:10.3390/ijerph16030488

Chouinard, P. A., Matheson, K. G., **Royals, K. A.**, Landry, O., Buckingham, G., Saccone, E. J. & Hocking, D. R. (2019). The development of the size-weight illusion in children coincides with the development of nonverbal cognition rather than motor skills. *Journal of Experimental Child Psychology*, 184, 48-64. doi:10.1016/j.jecp.2019.03.006

Chouinard, P. A., **Royals, K. A.** & Landry, O. (2019). The strength of the Shepard illusion in children coincides with age and cognitive skills but not perceptual abilities. *Attention, Perception, & Psychophysics*, 1-13. doi:10.3758/s13414-019-01904-3

Furler, J., O'Neal, D., Speight, J., **Blackberry, I.**, Manski-Nankervis, J. A., Thuraingam, S., de La Rue, K., Ginnivan, L., Doyle, R., Holmes-Truscott, E., Khunti, K., Dalziel, K., Chiang, J., Audehm, R., Kennedy, M., Clark, M., Jenkins, A., Lake, A. J., Januszewski, A. S., Catchpool, M., Liew, D., Clarke, P. & Best, J. (2020). Use of professional-mode flash glucose monitoring, at 3-month intervals, in adults with type 2 diabetes in general practice (GP-OSMOTIC): a pragmatic, open-label, 12-month, randomised controlled trial. *Lancet Diabetes Endocrinology*, 8(1), 17-26. doi:10.1016/s2213-8587(19)30385-7

- Gomaa, Y. S., Slade, S. C., Tamplin, J., Wittwer, J. E., Gray, R., **Blackberry, I.** & Morris, M. E. (2019). Therapeutic dancing for frail older people in residential aged care: A thematic analysis of barriers and facilitators to implementation. *International Journal of Aging and Human Development*, 0(0), 1-20. doi:10.1177/0091415019854775
- Hancock, S., Winterton, R., Wilding, C. & Blackberry, I.** (2019). Understanding ageing well in Australian rural and regional settings: Applying an age-friendly lens. *Australian Journal of Rural Health*, 27(4), 298-303. doi:10.1111/ajr.12497
- Pettigrew, S., Jongenelis, M.I., Jackson, B., **Warburton, J.**, & Newton, R.U. (2019). A randomized controlled trial and pragmatic analysis of the effects of volunteering on the health and well-being of older people. *Aging Clinical and Experimental Research*. doi:10.1007/s40520-019-01241-3
- Jongenelis, M., Dana, L., **Warburton, J.**, Jackson, B., Newton, R., Talati, Z. & Pettigrew, S. Factors associated with formal volunteering among retirees. *European Journal in Ageing*. doi:10.1007/s40520-019-00539-5
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- Manski-Nankervis, J. E., Thuraingam, S., Sluggett, J. K., Lau, P., **Blackberry, I.**, Ilomaki, J., Furler, J & Bell, J. S. (2019). Prescribing for people with type 2 diabetes and renal impairment in Australian general practice: A national cross-sectional study. *Primary Care Diabetes*, 13(2), 113-121. doi:10.1016/j.pcd.2018.09.001
- Mason, N., & **Hodgkin, S.** (2019). Preparedness for caregiving: A phenomenological study of the experiences of rural Australian family palliative carers. *Health & Social Care in the Community*, 27(4), 926-935.
- Parnell, T., Whiteford, G. & **Wilding, C.** (2019). Differentiating occupational decision-making and occupational choice. *Journal of Occupational Science*, 26(3), 442-448. doi:10.1080/14427591.2019.1611472
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| BOOK CHAPTERS |

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Winterton, R., Knight, K., Morley, C. & Walters, W. (2019). Residential models of dementia care in rural Australian communities. In G. Halseth, S. Markey, & L. Ryser (Eds.), *Service Provision and Rural Sustainability: Infrastructure and Innovation* (pp. 95-108). Oxon: Routledge.

| REPORTS |

Hodgkin, S., Mahoney, A., **Savy, P.**, **Clune, S.** & **Hancock, S.** (2019). Scoping the Skills and Training needs of Community Care Staff in Rural Localities. Report to the Department of Industries, Innovation and Science.

Mazza, D., Brijnath, B., Chakraborty, S. P., **Rasekaba, T. M.**, Clements, J. C. & the Guideline Development Group. (2019). *Clinical guideline for the diagnosis and management of work-related mental health conditions in general practice: Technical Report*. Retrieved from <https://research.monash.edu/en/publications/clinical-guideline-for-the-diagnosis-and-management-of-work-relat-4>

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