



THE UNIVERSITY
of ADELAIDE

Autumn 2015

G-TRAC News

G-TRAC Director Update



His Excellency the Hon Hieu Ven Le with Prof Pascale Quester, Deputy Vice-Chancellor and Prof Renuka Visvanathan, Director G-TRAC Centre

We are very pleased with the progress and success of the G-TRAC Centre as it celebrates its 2nd birthday. The Governor of South Australia, His Excellency Hieu Ven Le AO recently visited G-TRAC and was impressed with the passion and work of G-TRAC and saw enormous potential for developing excellence and sharing our knowledge here and overseas.

We have welcomed a large number of new students to G-TRAC for the start of our 2015 teaching programs. Our seminar series has proved very successful and the 26 seminars and workshops held in 2013-15 have been well attended and received.

Our 2015 series was launched on 25 March with Dr Olga Theou (visiting us from Canada) presenting in conjunction with Ms Jo Boylan from Southern Cross Care on Healthy Ageing, Frailty and Mobility.

Find out more about our centre and activities on Health.adelaide.edu.au/medicine/g-trac



G-TRAC Commendation



COTA SA award winners 2014 with COTA SA CEO Rosetta Rosa, award sponsors and the Minister for Ageing the Hon Zoe Bettison who presented the awards

G-TRAC was honoured to receive an award at the 2014 COTA SA Intergenerational Awards. G-TRAC was given a special commendation for their 'exemplary contribution to the community and portrayal of positive ageing values'. G-TRAC Centre Coordinator, Rosie Bonnin, received the award from the SA Minister of Ageing, Hon Zoe Bettison, on behalf of the G-TRAC team, consumers and students. G-TRAC team members, stakeholders and consumers attended the dinner at the Intercontinental to celebrate the awards.

Teaching on the Run



Dr Fiona Lake (centre front) with Teaching on the Run participants

Professor Fiona Lake from the TELL Centre, University of WA, visited G-TRAC in November to train health and aged care practitioners in the popular Teaching on the Run program.

The 2 day workshop was very highly rated by the participants. They will use the skills for better student and staff supervision, training and mentoring.

A Teaching on the Run, 1 day foundation workshop is now being planned for 2015 to train a further 24 health and aged care practitioners.

G-TRAC Teaching Program



Prof. Stocks and Dr. Teo with 5th year Geriatrics and General Practice students

Our teaching program continues to grow and we now have the 5th year students undertaking their 'Geriatrics and General Practice' placement, 4th and 5th year students doing the 'Chronic Disease and Community Care' placement as well as another group of 4th and 5th years undertaking a 'Clinical Audit/Research in Aged Care' placement.

We have made a few changes to our programs and have partnered with some new innovative aged care sites in order to provide the best quality teaching possible for the students. We are now sending students out to 'The Pines' which is part of Southern Cross Care. The students spend the day at 'the Pines' and see positive and healthy ageing in practice. The students sit in with and participate in exercise groups which range from chair based and standing exercise and gym work. The students gain an understanding of the importance of exercise no matter what your ability. At 'The Pines' the students also participate in a healthy ageing workshop and are then able to apply their new knowledge when they interview residents. So far, the feedback has been great from both sides with this new partnership.

Our students continue to spend one day in their rotation out at 'Seasiders', ECH which is a dementia day respite service. The students value being able to join in the activities with the 'members' of this group and have a chance to interact with people with all stages of dementia as well as gain an understanding of the importance of this service.

Resthaven staff and the local community continue to provide valuable teaching to our students. The students are able to attend the 'falls prevention groups', hydrotherapy sessions, go on home visits with care coordinators and also attend a 'Self Management of Chronic Conditions' workshop with Mr Grant Edwards, Manager of Community Services.

Our 'Clinical Audit/Research in Aged Care' elective placement continues to grow in student numbers and we have a range of exciting topics throughout 2015 such as cognitive impairment, depression, frailty, falls, sleep quality and medications that the students will have the opportunity to learn about when they undertake their small snapshot studies.

G-TRAC Research Matters

G-TRAC has worked very hard since our opening in 2013 to strengthen our collaborative research program in partnership with the aged care sector and now have established research partnerships with Resthaven, Southern Cross, ECH Inc. and ACH Group.

In 2014, we were successful in securing funding support from the Northern Communities Health Foundation to better understand the benefits of exercise for older people at risk of frailty.



Ms Agathe Jadczyk with Dr Olga Theou at G-TRAC

Ms Agathe Jadczyk who is an exercise physiologist from Germany who is also a University of Adelaide Beacon Scholarship holder will be undertaking this research as part of her PhD studies under the supervision of the Centre Director Professor Visvanathan and Dr Natalie Luscombe, CSIRO.

Our international research collaborations are beginning to deliver dividends, especially in relation to aged care specific research. Last year, Professor John Morley visited G-TRAC and during this visit, we identified a need for a frailty specific screening tool for use within the residential aged care sector. As a direct result, a new screening tool has been proposed- the FRAIL-NH (Kaehr E, Visvanathan R, Malmstrom TK, Morley JE. Frailty in Nursing Homes: The FRAIL-NH Scale. J Am Med Dir Assoc 2015; 16(2): 87-89).

We have had the opportunity to participate in an international initiative to develop a standardized definition for 'nursing home' and this work has recently been published (Sanford AM et. al. An international definition for 'nursing home'. J Am Med Dir Assoc 2015; 16 (3): 181-184). This work will better support the reporting of research findings and allow for pooling and contrasting of research findings from various nursing home (or residential aged care) studies across the world. Dr Olga Theou, a kinesiologist and researcher from Professor Ken Rockwood's team in Canada is also visiting our research group and this is already delivering exciting collaborative research initiatives within that are likely to benefit our older citizens.

2014 also saw our involvement in the "[Optimising use of Medicines in Aged Care Facilities](#)" research study lead by A/Prof Simon Bell from Monash University and funded by an Alzheimer's Australia project grant. The project looks at analgesic use, pain and daytime sedation in residential aged care residents. We anticipate the results from our research to be published this year.

Dr Olga Theou visiting Research Fellow



Dr Olga Theou opened our G-TRAC 2015 seminar series with an excellent presentation on “*Should Frailty always be considered when treating older patients? Should we treat mobility as a vital sign?*”

Prolonged sedentary behaviours such as TV watching and sitting time are associated with multiple poor health outcomes in older adults. Even so older adults are very inactive and our health care system sadly still fails to adequately encourage movement in their daily life. Increasing physical activity could enable them to remain independent, active participants in their community and delay functional dependency, frailty, and institutionalization. This is a common area of research interest for both the Geriatric Medicine research group that I work with in Canada and the Academic Geriatrics Research Group at the University of Adelaide. Our initial discussion on these research areas with Professor Visvanathan led to my 3.5 months visit in Adelaide which I am certain will unfold in a strong working relationship between our groups. During my visit here I am fortunate to collaborate on multiple very interesting projects on frailty and mobility and their impact on the Australian older population. I would like to thank Professor Visvanathan, the Adelaide G-TRAC Centre and the Hospital Research Foundation for giving me this opportunity which is not common for researchers especially early in their career. It allowed me to work in another research environment (in another country) and collaborate with a group that I would not otherwise have had a chance to work with. These opportunities are important for a researcher’s career and provide another perspective for our research. I wish more opportunities were offered with similar collaborative opportunities that make a priority of exchanging academic and research expertise to the benefit of all involved.

Healthy and Active Ageing

is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age, allowing people to realize their potential for physical, social and mental well-being throughout the life course. It challenges the stereotyped views of older people as ill and dependent and focuses on optimising opportunities for good health, so that older people can take an active part in society and enjoy an independent and high quality of life.

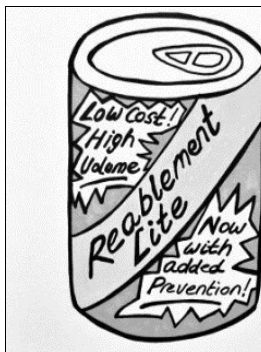
G-TRAC Presents at the AAG



G-TRAC Symposium presenters Rosie Bonnin, Dr Jeanine Teo, Kate Barnett, Kirsty Marles, Dr Sue Hunt, (DSS), Simon Pavelic, Charlotte Rees, Susan Gilbert-Hunt

G-TRAC was pleased to be invited to present at the Australian Association of Gerontology Conference Adelaide 20-30 November 2014. Dr Jeanine Teo and Rosie Bonnin presented on *Positive and Healthy Ageing -Training the Future Aged Care Workforce* as part of a symposium organised by G-TRAC to showcase the Training and Research with Aged Care (TRACS) model which included presentations from leading TRACS innovation projects in SA.

Healthy Ageing



The Aged Care sector is facing major changes in Australia with the move to consumer led care and an increasing emphasis on wellness and reablement approaches in promoting Healthy Ageing. There has been a shift from “caring for” older people, towards

supporting them to remain fit and healthy in the community and to remain or regain independence living with a chronic condition or after an illness event.

Current health reforms encourage early intervention and prevention, and Consumer Directed Care has also been introduced to give people more choice and control over services.

These new and more flexible and responsive approaches to service delivery present challenges and opportunities for aged care and the Community. The sector and consumers are embracing the changes and information can be found at My Aged Care. www.myagedcare.gov.au/

Community Engagement

The Engaging with Ageing—Positive and Healthy Ageing Expo was held on 14 October 2014 as part of the SA Every Generation Festival.

G-TRAC in collaboration with Campbelltown Council and HACC services held the expo at the new Campbelltown Function Centre. The expo was attended by over 200 community members who enjoyed fitness, health, art and craft displays and fun demonstrations and a performance by the

Silver beats –the over 60 rock group. Our students joined the local keep fit group to demonstrate chi Ball exercises led by Judy McKenzie. Callum and Themis from Sprout did healthy cooking demonstrations and the new outdoor community fitness equipment was demonstrated. Professor Ian Maddocks, Senior Australian of the Year 2013 was a key speaker.

Change Day 2015



Professor Ian Maddocks with Consumer Advisors Richard Hicks, Ngaire Stinchbury Change Day 2015

G-TRAC consumers, students and stakeholders celebrated G-TRAC's 2nd Birthday and Change Day 2015 on the 11 March at G-TRAC. Everyone was encouraged to make a pledge to improve the quality of

health and aged care.

G-TRAC Consumers and students supported challenging the stereotypes of ageing and promoting the "Hello my name is" campaign. Change Day has now become a global change event. To find out more or make a pledge visit the website changeday.com.au



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COTA SA Award



Judy McKenzie (centre) with Leanne Lawrence, Resthaven Inc and Dr Jeanine Teo, G-TRAC

Judy McKenzie G-TRAC Consumer Advisor and G-TRAC Advisory Group member 2013-2014 was awarded the COTA SA Physical Activity Award, recognising the outstanding

contribution by an individual to encourage older people to remain physically active. Judy and her local keep fit group are involved in training our students who join in the chi ball classes regularly.

Australia Day Award



Jeanne Matzick has been a key consumer advisor at G-TRAC since our opening in 2013. She is a Resthaven resident and member of the G-TRAC Consumer Advisory Group. Jeanne has been

very active in teaching our students and assisting with G-TRAC events.

We were thrilled that Jeanne was awarded the 2015 Campbelltown Senior Citizen Award on Australia Day for her contribution to the community.

Consumer Participation

Our Consumer Advisors continue to grow in number and are very actively involved in the planning, delivery and evaluation of the G-TRAC training and research programs. New community members are always welcome, contact G-TRAC to get involved.

Feedback

We value your views, opinions and comments and welcome your feedback at any time you engage with us for any purpose.

Our consumers and partners are a central part of the centre's programs and we thank you for your participation and interest.



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