



Newsletter

Flinders Assistant for Memory Enhancement (FAME) Project

FLINDERS DIGITAL HEALTH RESEARCH CENTRE (FDHRC)

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Welcome

We are researchers from Flinders Digital Health Research Centre at Flinders University. Together with our Consortium Partners Dementia Australia and Southern Cross Care, and backed by a Research and Innovation Grant from Dementia and Aged Care Services Fund we are exploring supportive roles of digital technologies to empower people to age in in their own communities.

Project Update

Enrolment

Over almost four full very busy months we have been conducting telephone screening and enrolling them in face-to-face appointments conducted either here at the Flinders Tonsley Campus, or at individuals own homes.

Following our recruitment drive, we had 117 notes of interest, 83 people completed telephone screening, 69 people were eligible and 58 are enrolled. 16 are not eligible, six of those who are eligible are not available for phase one. Twenty-six people withdrew prior to telephone screening, five are not contactable since initial interest was noted.

The Team

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Conference presentations

SFT-18 and the 9th Annual Meeting of the Australasian Telehealth Society

22-28 October @ Darwin Convention Centre
Title: Designing a Table application for older users: principles and practice

A VERY BIG THANK YOU!

We extend our most sincere thanks to the participants in the FAME Study. Without you, this study would not work.

We are overwhelmed by your generosity and feedback, and we are so grateful to have been able to meet you and spend time with you. It has been such a pleasure!

Thank you also to City of Holdfast Bay, and City of Salisbury Council for their enthusiasm and continued support for our study.

Next steps

Trial Exit Interviews

The final part of the phase 1 study is the trial exit interview. At this time, we will collect qualitative data from participants exploring their experience using the app, to describe the impact of the pilot. We will also conduct the same battery of tests participants undertook in the enrolment meeting so we can see whether the three month pilot provided any meaningful changes. It is a useful opportunity for us to learn from the participants, and improve the process for the study in the next stage.

Flinders Assistant
for Memory
Enhancement



Are you aged 65+?

Are you having trouble remembering people, appointments, events or tasks?

Are you available to participate in research for 12 weeks?



If so, you may be eligible to enrol in our study. For more information, please contact Dr Lua Perimal-Lewis: lua.perimal-lewis@flinders.edu.au or 08 8201 2069

IPad
You will be provided with an iPad and any necessary training to use our bespoke research app. The app will enable you to create appointments using an instant calendar, make phone calls using an image based contact list, and undertake study 'train' training activities.

Attendance
After an initial telephone interview, you may be asked to attend an appointment for eligibility screening, health data collection and training. The pilot study will start in September 2018. At the end of the 12-week study period, an appointment will be made for final data collection and iPad handover.



Enrolment

We will be commencing enrolment for the second phase of the study in the New Year. If you know of anyone who may be interested, please refer them to our website where they can note their interest.

<http://www.flinders.edu.au/digitalhealth/>

Lessons Learned:

1. People are so generous! We have met so many wonderful people throughout the study. People have generously given up their time to talk to us about their experiences for little more than a cup of tea and a biscuit. We are so grateful to each and every person who is giving up their time. Altruism is alive and well!
2. People are keen to help us to succeed and we are very grateful to those participants who continue to recommend our study to friends. Your support means a great deal to us. You know who you are!
3. Despite all the bad we hear about in the world, there is also a whole lot of good! We have been able to spend time off-site at Council run leisure centres for local people including the Jack Young Centre at Salisbury Council, and The Grenville Hub at Playford City Council. The centres offer a range of activities which aim to bring people together, and promote activity, learning, participation and enjoyment, thus reducing social isolation and loneliness; two major contributors to dementia.
4. People are keen to participate in research exploring digital interventions! Despite initial concerns that the inclusion of digital technology may not be attractive to people over the age of 65, we have been very encouraged by the response of people to our research. For some, technology is very much a part of their daily lives, while for others, it is something very new. All are very keen to learn more.
5. Dealing with online support is easier said than done! It goes without saying, there are always teething problems associated with new technology, and we are certainly not immune to this. We have learned that the only way to communicate with some of the online service providers is via a web-chat. This has, at times, provided a great deal of frustration to the team who are keen to ensure that everything is just so for the participants.



Spotlight on... *Prof. Anthony Maeder*

Anthony is the co-director of the Flinders Digital Health Research Centre, and Professor of Digital Health Systems. An expert in health technologies, Anthony is particularly interested in supporting some of our most vulnerable citizens through innovative health technologies including Smart Homes and online healthcare services. He is particularly interested in aged care and is determined that through collaboration with industry partners, government and stakeholders that South Australia can be a leader in Digital Health.

RAPID RESPONSE

What are you currently reading?

Being Mortal by Atul Gawande

Favourite destination? Barcelona

If you could only eat one thing for the rest of your life, what would it be? I could eat a good curry anytime - night or day!