

Research Report

2024



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Welcome to research at HammondCare

For 30 years HammondCare's commitment to research has supported continuous improvement in its aged care and health care services, and the sector more broadly.

It is no coincidence that in 1995 when we opened the evidence-based, small household model, The Meadows, the first of our care homes with a cottage approach to dementia care – we also opened an international centre for dementia research. In 2025, HammondCare will build on its strong research foundations by expanding its focus to new areas of innovation in dementia, palliative and complex care – strengthening our global impact and accelerating the translation of knowledge into practice.

This legacy of research innovation embedded in practice was expressed in the 2024 calendar year, with research activities covering dementia, complex dementia, palliative care, end of life, and positive ageing. It includes independently funded and collaborative research projects, successful grants and awards, academic supervision, books and publications, journal and media articles and systematic reviews.

It also included the thought-leadership contribution of our researchers, clinicians and practitioners to nearly 20 academic and sector conferences and seminars.

Among so many significant research achievements, one that perhaps best exemplifies our commitment to Mission-led research that changes practice and quality of

life for the better, is the internationally significant data analysis through Dementia Support Australia's behaviour-specific, dementia related database. As you will read, it is becoming even more significant as we connect this resource, in collaboration with the Australian Institute of Health and Welfare, with key national datasets.

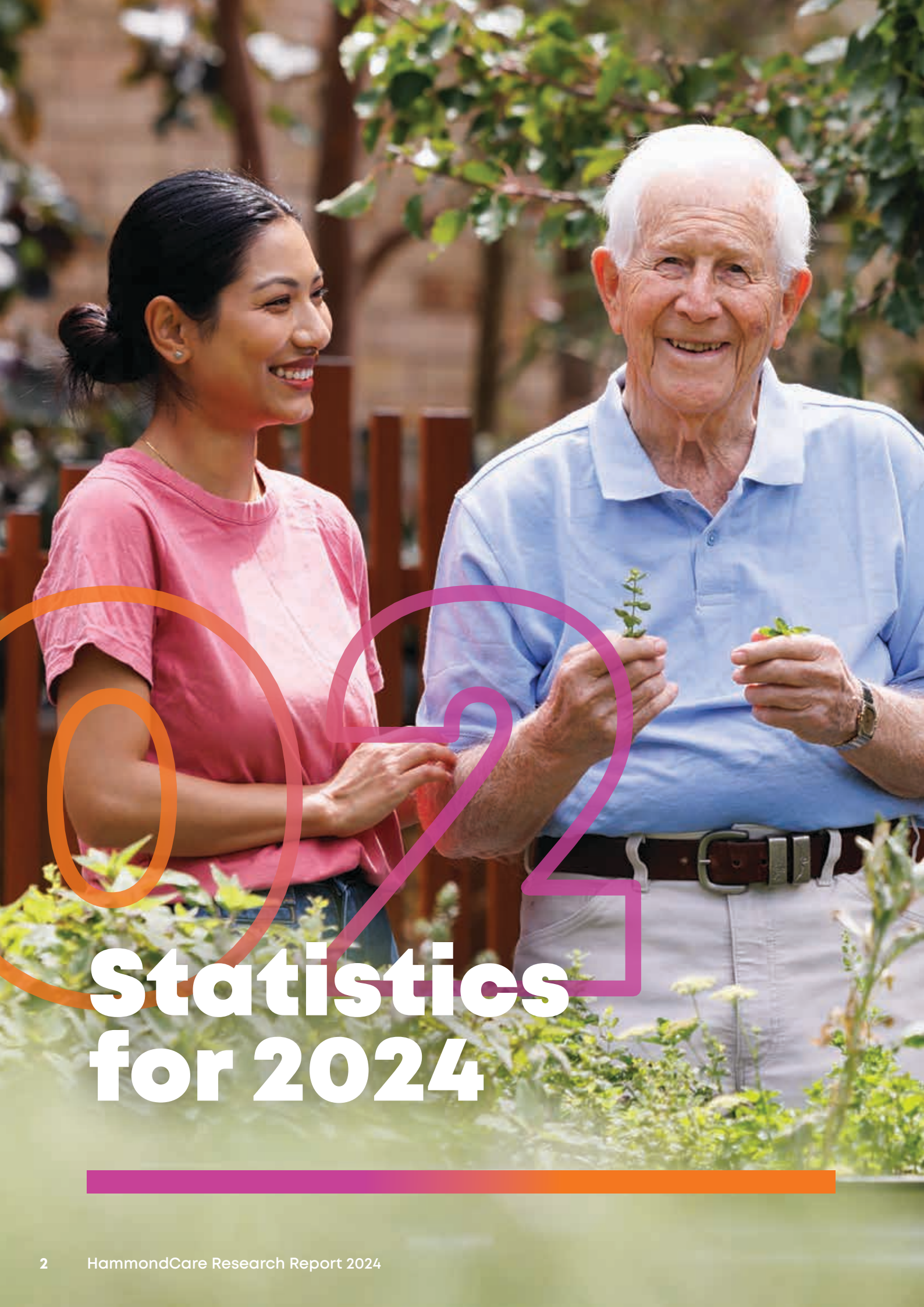
This is just one of many projects that model our Mission-led research agenda. Our university and other partnerships continue to enrich these efforts and we look forward to growing them further through The Hammond Centre.

Of course where would our research be without philanthropic support, so please keep this mind as you read our report, there are numerous opportunities to partner with us to make a difference.

Thank you for taking time to review our 2024 research achievements, and my special thanks to the many researchers, operational staff, and clients, residents, patients and families who help make our research a reality.

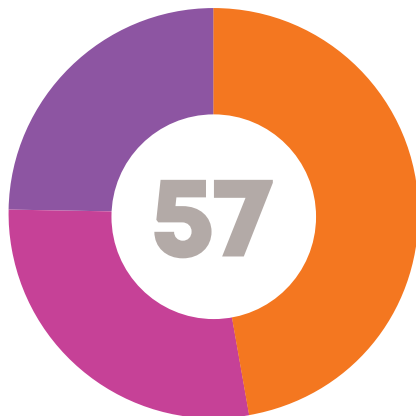


Andrew Thorburn
HammondCare CEO



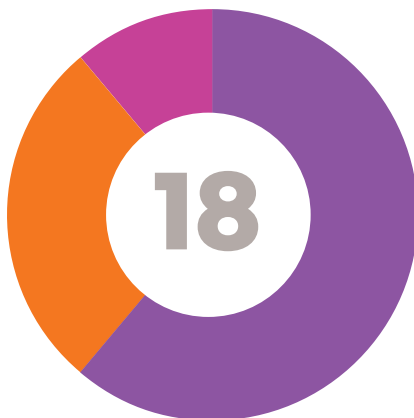
Statistics for 2024

Research projects



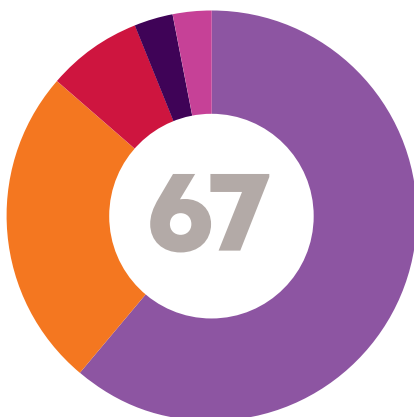
● Dementia / Complex Dementia	27
● Palliative / End-of-Life Care	16
● Positive ageing	14
Total	57

Grants | Awards | Education



● Successful grants in 2024	5
● Awards	2
● Academic degree supervisions	11
Total	18

Publications | Presentations



● Academic Journal Publications	41
● Books and chapters	2
● Industry and magazine articles	2
● Websites	5
● Presentations	17
Total	67



Research projects

In 2024, our studies continue to build critical knowledge in the care of people living with complex needs. Through data driven research and strategic partnerships in dementia, palliative care and positive ageing we strive to influence sector change, informing innovative person-centred solutions that offer real benefit.

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Our research initiatives are at the forefront of improving knowledge and care practice for people living with dementia in Australia and internationally. Leveraging extensive datasets and collaborations, we aim to deepen our understanding of the dementia experience and improve care outcomes.

Our focus is to ensure this research actively informs policy reform and sector priorities. Detailing practical strategies that enhance sector practice, we support evidence-based decision-making, guide models of care, and improve the quality of life for people living with dementia and those who care for them.

Our collaborative projects showcase the innovative work in dementia care, including:

- Understanding medication use and the implementation of non-drug strategies to support people with dementia in aged care settings.
- Connecting the world's largest behaviour specific dementia-related database, Dementia Support Australia, with the Australian Institute of Health and Welfare (AIHW) and key national datasets like PBS, MBS, and the Death Index to inform policy and practice.
- Reviewing and refining the 7-tiered model of service delivery for behaviours and psychological symptoms of dementia to inform policy and practice.
- Understanding how Australian underserved communities experience behaviours and psychological symptoms of dementia compared to the general population.
- Investigating the model of care, design, and impacts of Specialist Dementia Care Program units for people with severe behaviour.

Key findings for change

Insights from Dementia Support Australia's national database

Dementia Support Australia (DSA) is a free national support service for people experiencing behaviours and psychological symptoms of dementia (BPSD). Since its inception in 2016, DSA has collected Australia's most comprehensive dataset on BPSD, offering valuable insights into the needs of people living with dementia and the impact of non-pharmacological support strategies. (2)*

Key findings:

- From 2017 to 2023, DSA received nearly 70,000 referrals.
- The average age of referrals was 82.6 years, with 54.2% female. Most referrals lived in residential aged care homes, while 11.6% were supported in the community.
- The top reasons for referrals were agitation, physical aggression, verbal aggression, and anxiety.
- The most frequently identified factors contributing to BPSD included pain, caregiver approach, mood disorders, over or under stimulation, and delirium.
- Clinical outcomes showed significant reductions in BPSD severity, caregiver distress, and the overall impact of symptoms:

These findings highlight the critical role of specialised non-pharmacological interventions in supporting people with dementia, particularly those experiencing complex behaviour change.

Next Steps:

A new pilot project connecting DSA data with national datasets (e.g. AIHW's National Death Index, PBS, MBS) will improve understanding of dementia care pathways and support planning for end-of-life care.

*Referenced in Publications of this report

The impact of psychological trauma on neuropsychiatric symptoms in people with dementia

Psychological trauma is common among older adults and can have lasting effects on mental health. While often overlooked in dementia care, trauma may resurface or worsen after dementia onset, potentially contributing to behaviours and psychological symptoms (BPSD). This large

Dementia

observational study analysed five years of data from Dementia Support Australia to explore the relationship between trauma history and BPSD in people with dementia. (11)

Key findings:

- People with dementia and a recorded history of trauma were more likely to exhibit psychotic symptoms, agitation, disinhibition, affective disturbances and night-time behaviours.
- Trauma history was associated with higher overall BPSD severity and greater caregiver distress.
- Referrals with trauma history were more likely to have complex needs, including greater representation in special needs groups such as veterans, and culturally and linguistically diverse communities.
- Current dementia services often lack systematic processes for identifying trauma-related needs, increasing the risk of re-traumatisation in care.

Next steps:

Better recognition of trauma as a contributing factor in BPSD can inform more appropriate, person-centred approaches to dementia care. Future studies should use multi-method approaches to clarify how trauma impacts people with dementia, drawing on data from families and clinician records to supplement self-reporting.

Strengthening non-pharmacological approaches in dementia care

Understanding best practice in supporting BPSD is essential for improving the well-being of aged care residents. A study examined the knowledge, attitudes, and practices of healthcare professionals and paid carers in applying non-pharmacological interventions (NPIs) to support people living with dementia experiencing BPSD. (9)

Key findings:

- Most providers recognised the value of non-pharmacological interventions, but their use was often limited by time pressures, inconsistent training, and a lack of accessible resources.
- While awareness of non-pharmacological interventions was high, many felt there was insufficient funding and staffing to support their consistent implementation.

- Although NPIs were generally seen as a preferred first step before medication, there was uncertainty among providers about how reliably these strategies would lead to positive outcomes.

Next steps:

A new study protocol will explore the factors that influence the successful implementation of non-pharmacological interventions in aged care settings, aiming to provide a clearer roadmap for embedding these strategies into routine practice.

Project name:

Dementia Support Australia: Service impact on people who experience behaviours and psychological symptoms of dementia



Researchers:

Dr Thomas Morris, Dr Mustafa Atee, Marie Alford, Dr Srivalli Vilapakkam Nagarajan, Rebecca Lloyd, A/Prof. Stephen Macfarlane, Dr Duncan McKellar, A/Prof. Colm Cunningham, Daniel Whiting, Aaron Mackay, Tim Wallace, (HammondCare)



Funding:

HammondCare



Year commenced/completes:

2019/2027

Project name:

Review and adaption of the 7-Tiered model of behaviours and psychological symptoms of dementia - Informing future policy and practice



Researchers:

Dr Thomas Morris, Dr Mustafa Atee, Dr Srivalli Vilapakkam Nagarajan, Tim Wallace, (HammondCare) and others



Funding:

Department of Health and Ageing (DoHA)



Year commenced/completes:

2022/2027

Dementia

Project name:

Interviews with stakeholders to improve quality use of medicines and medication management for community-dwelling people with dementia: Stage 2 of a co-design project



Researchers:

Dr Domenica DiSalvo (University of Technology Sydney), and others including **Dr Mustafa Atee, Dr Thomas Morris, (HammondCare)**



Funding:

SPHERE Translational Seed Funding Scheme 2022



Year commenced/completes:

2023/2024

Project name:

Reducing medication-related harm in people living with dementia through community action: Development and testing of novel co-designed medication management resources across care settings



Researchers:

Dr Mouna Sawan (University of Sydney) and others including **Dr Mustafa Atee, A/Prof. Stephen Macfarlane, (HammondCare)**



Funding:

Medical Research Future Fund (MRFF)



Year commenced/completes:

2024/2026

Project name:

Service delivery for LGBTIA+ people with dementia: A scoping review



Researchers:

Dr Louisa Smith (Deakin University) and others including **Dr Thomas Morris, Hannah Baird, (HammondCare)**



Funding:

Dementia Support Australia and LGBTIQ+ Health Australia



Year commenced/completes:

2023/2024

Project name:

Behaviours in the context of dementia: Insights from legal, health and advocacy services on criminal risk issues



Researchers:

Nola Ries (University of Technology) and others including **Dr Thomas Morris, (HammondCare)**



Funding:

Australian Institute of Criminology



Year commenced/completes:

2023/2024

Project name:

Paramedic pharmacological management of behaviours and psychological symptoms of dementia (BPSD): A Narrative Review



Researchers:

Max Han (Monash University) and others including **Dr Duncan McKellar, A/Prof. Stephen Macfarlane, (HammondCare)**



Funding:

Monash University



Year commenced/completes:

2023/2024

Dementia

Project name:

A multi-level case study of navigating competing demands



Researchers:

Eric Knight, Safoora Wajahat (Macquarie University) and others including **Dr Thomas Morris, (HammondCare)**



Funding:

Macquarie University



Year commenced/completes:

2023/2024

Project name:

Actors, Behaviours and Challenges: The ABC of resilient hearing and vision care systems for people in aged care communities



Researchers:

Prof Piers Dawes, Divya Anantharam, (University of Queensland) and others with HammondCare Support



Funding:

Medical Research Future Fund



Year commenced/completes:

2023/2025

Project name:

Supporting people living with dementia to have sexual and intimate relationships in Australian residential aged care facilities



Researchers:

Ashley Roberts, Dr Duncan McKellar and Heather L'Hullier, (HammondCare) and others



Funding:

Collaborative Research Group



Year commenced/completes:

2024/2025

Project name:

Informing a deprescribing framework: The influence of continuity of care with a general practitioner on prescribing and health outcomes of anticoagulants in atrial fibrillation in residential aged care facilities



Researchers:

Dr Hyun Suk Lee (Curtin University), and others including **Dr Mustafa Atee, (HammondCare)**



Funding:

PhD project, HammondCare in-kind involvement



Year commenced/completes:

2024/2030

Project name:

Understanding responsive behaviours among people with intellectual disability living with dementia



Researchers:

Dr Rachel Cvejic (University of NSW) and others including **Dr Thomas Morris, (HammondCare)**



Funding:

University of New South Wales



Year commenced/completes:

2024/2025

Dementia

Project name:

Health professional's experiences of and recommendations for providing services for people with dementia experiencing severe responsive behaviours (also known as Behaviours and Psychological Symptoms of Dementia BPSD)



Researchers:

Prof. Kasia Bail (University of Canberra) and others with HammondCare support



Funding:

ACT Health



Year commenced/completes:

2024/2024

Project name:

Current management practice of behaviours and psychological symptoms in Australian aged care residents with dementia



Researchers:

Hunduma Dinsa Ayeno (University of South Australia) and others including Dr Mustafa Atee, (HammondCare)



Funding:

PhD project, HammondCare in-kind involvement



Year commenced/completes:

2023/2025

Project name:

ACT Health Older Canberrans prefeasibility assessment to inform future health services planning of services for people experiencing severe to extreme BPSD



Researchers:

Shelley Thomson (Patient Experience Agency) and others including Dr Thomas Morris, (HammondCare)



Funding:

Patient Experience Agency



Year commenced/completes:

2024/2025

Project name:

Rainbow connections: Co-designing training and engagement resources to help community visitors to make and maintain connection with LGBT+ people with dementia



Researchers:

Dr Louisa Smith (Deakin University) and others including, Dr Thomas Morris (HammondCare)



Funding:

Deakin University



Year commenced/completes:

2023/2024

Project name:

Strategies to enhance the implementation of non-pharmacological interventions for the management of behaviours and psychological symptoms in Australian aged care residents with dementia: A co-design study



Researchers:

Hunduma Dinsa Ayeno (University of South Australia) and others including Dr Mustafa Atee, (HammondCare)



Funding:

PhD project, HammondCare in-kind involvement



Year commenced/completes:

2024/2025

Dementia

Project name:

Alignment, Harmonisation, and Results: Translating Core Outcome Measures to Improve Care (COM-IC) for people living with dementia into Australian practice



Researchers:

Dr Tracey Comans (University of Queensland) and others including **Dr Thomas Morris and A/Prof Colm Cunningham, (HammondCare)**



Funding:

MRFF Dementia Ageing and Aged Care Mission Stream



Year commenced/completes:

2021/2024

Project name:

With all your heart, and with all your soul, and with all your mind?



Researchers:

Dr. Peter Archer and Prof John Swinton



Funding:

University of Aberdeen



Year commenced/completes:

2019/2024

Project name:

e-DIVA: empowering Dementia Carers with iSupport Virtual Assistant



Researchers:

Zara Page, A/Prof. Tuan A. Nguyen and others with HammondCare support: **Dr Mustafa Atee, (HammondCare)**



Funding:

NHMRC



Year commenced/completes:

2023/2024

Project name:

Mental Health Benchmarking Industry Tool for Residential Aged Care (MHICare)



Researchers:

A/Prof. Nadeeka Dissanyaka (University of Queensland) and others including **Dr Thomas Morris, (HammondCare)**



Funding:

University of Queensland



Year commenced/completes:

2024/2024

Project name:

What would you like to eat? Supporting residents with dementia to participate in mealtime decisions



Researchers:

Dr Mikaela Wheeler (University of Queensland) and others including **Dr Thomas Morris, (HammondCare)**



Funding:

University of Queensland



Year commenced/completes:

2023/2024

Dementia

Project name:

The role of music therapy as an analgesic intervention in people living with dementia: A systematic review and meta-analysis



Researchers:

Dr Kirsten Challinor (Australian Catholic University) and others including **Dr Mustafa Atee, (HammondCare)**



Funding:

Australian Catholic University



Year commenced/completes:

2023/2024

Project name:

Social isolation & neuropsychiatric outcomes of people living with dementia during non-pandemic and pandemic periods: Data from an Australian dementia behaviour support service



Researchers:

Dr Kirsten Challinor (Australian Catholic University) and others including **Dr Thomas Morris, Dr Mustafa Atee, Daniel Whiting, (HammondCare)**



Funding:

Australian Catholic University



Year commenced/completes:

2023/2024

Project name:

The provision of services to deliver the residents' experience survey in residential aged care



Researchers:

Dr Lisa Fodero (Health Consult) including **Dr Thomas Morris, Marie Alford, (HammondCare)**



Funding:

Dept Health Aged Care



Year commenced/completes:

2024/2024

Project name:

Psychotropic polypharmacy in people living with dementia



Researchers:

Dr Andrew Stafford (Curtin University) and others including **Dr Mustafa Atee, Daniel Whiting, Dr Thomas Morris, (HammondCare)**



Funding:

Master of Pharmacy research project, HammondCare in-kind involvement



Year commenced/completes:

2023/2024

Project name:

The place of psychotropic medicines in the management of behaviours and psychological symptoms in Australian aged care residents with dementia: physicians' perspective



Researchers:

Hunduma Dinsa Ayeno (University of South Australia) and others including **Dr Mustafa Atee, (HammondCare)**



Funding:

PhD project, HammondCare in-kind involvement



Year commenced/completes:

2023/2024



Clinical trials

Our clinical trials program is helping shape the future of care and treatment for the complex health conditions of dementia and palliative care.

Our trials are opportunities for participants to contribute to better outcomes for others, and in some cases, access emerging therapies not yet widely available.

Industry-sponsored trials focus on new treatments for Alzheimer's disease and other dementias. In recent years, we've contributed to trials of innovative medications, including lecanemab and donanemab, the first drugs in 20 years to show significant clinical benefit.

By 2024 both drugs had received approval from the U.S. Food and Drug Administration to treat early Alzheimer's disease.

Our global partnerships, expert team and access to participants mean we continue to be a trusted site for advancing dementia drug research.

Our team also works with leading research bodies to test treatments that improve comfort and wellbeing for people with other life-limiting illness. Trials target common and distressing symptoms, such as breathlessness, appetite loss and neuropathic pain. Collaborations have already led to meaningful change, including the first PBS-listed treatment for chronic breathlessness.

Many of our clinical trials take place in hospital settings, embedded in care environments where research and practice meet. We host our own studies and support external research groups with the goal to improve the quality of life for those in need.

Palliative care

Improving palliative and end-of-life care requires research that translates into meaningful change.

Our focus is on advancing best-practice care across aged care, primary care, and specialist palliative services, addressing not just physical symptoms, but the emotional, social, and spiritual needs of people with life-limiting illness and their families.

In 2024, our research program has been focused on disseminating and implementing project outcomes across various areas:

- Resource dissemination and evaluation of training to equip aged and primary care staff to initiate end-of-life conversations and effectively assess the palliative care needs of individuals living with dementia and their families.

- Development of a national implementation strategy for paramedics in palliative care to enhance end-of-life support and services in the community.
- Development and evaluation of programs designed to foster hope and compassionate end-of-life care across diverse healthcare settings, including acute, community, and aged care environments. One example of this is a new group program for people living with serious illness called Embrace.
- Continuation of our clinical trials program, specifically focused on improving health outcomes for people with cancer, with a particular emphasis on pain management and symptom relief.

Our ongoing collaborations with national and international stakeholder organisations remain central to the delivery of our research program. These partnerships ensure that research outcomes effectively integrate into clinical practice, ultimately strengthening the delivery of palliative and end-of-life care on a global scale.

Palliative care

Key findings for change

Strengthening the role of paramedics in community-based palliative care

As demand for home-based palliative care grows globally, paramedics have potential to increasingly provide critical end-of-life support in community settings. This international Delphi study aimed to develop a consensus-based framework to strengthen paramedics' role in delivering person-centred palliative care in the Australian community. (22)

Key findings:

- National and international expert consensus was reached on components spanning system, service and clinician levels that define best practice in palliative paramedicine.
- Priorities include bi-directional training and shared debriefing between paramedics and palliative care providers, access to electronic records and 24/7 clinical support, and integration with local care pathways.
- Participants called for stronger coordination between ambulance services and the broader palliative care sector to reduce avoidable hospitalisations and support people to die in their place of choice.

Next steps:

Research into the creation of a national implementation strategy to embed the framework across ambulance and healthcare services in Australia is underway. This strategy will incorporate practical enablers and barriers, and support phased adoption across urban, regional and remote settings.

Supporting implementation of cancer pain guidelines in outpatient care

Despite evidence-based guidelines effectiveness in improving outcomes for patients, uptake of clinical cancer pain guidelines remains inconsistent. This sub-study of the Stop Cancer PAIN Trial explored the barriers and enablers to implementing guideline-based strategies across six Australian cancer centres. (26)

Key findings:

- Implementation fidelity was limited by centre-level constraints, including lack of system readiness, unclear clinical roles, and competing priorities.

- While clinicians generally supported the value of improved pain management, many viewed pain care as outside their core role, especially where responsibilities were not clearly defined across disciplines.
- Clinical champions were influential, but their impact was limited by time constraints and lack of support or authority to drive process change.
- Multi-strategy implementation approaches require careful integration into existing workflows, with clear delineation of responsibilities and alignment to local systems and culture.

Next steps:

Future initiatives could explore guideline implementation strategies that are adapted to fit local clinical roles, workflows, and system capacities.

Understanding psychological barriers to advance care planning among older adults

Advance Care Planning (ACP) helps people communicate their healthcare preferences for future care, yet participation remains low, especially among older adults. This study examined how anxiety and uncertainty about decision-making influence engagement in ACP. Drawing on survey data from 262 community-dwelling older Australians, it found that psychological factors, especially anxiety and lack of confidence in decision-making, were linked to lower engagement in ACP. (14)

Key findings:

- Increased anxiety was significantly associated with reduced engagement in advance care planning.
- Uncertainty and low confidence in decision-making also reduced likelihood of ACP participation.
- These psychological factors had both direct and indirect effects on engagement with ACP, suggesting that anxiety can contribute to hesitation by increasing difficulty in making care-related choices.

Next steps:

Efforts to improve ACP participation should include strategies to address anxiety and support decision-making confidence among older adults. Further comprehensive studies could provide additional evidence on barriers and enablers for ACP for older adults.

Palliative care

Project name:

A prospective observational study of palliative care and cancer symptom management interventions - understanding the burden of the adverse effects



Researchers:

Prof. Meera Agar (University of Technology), and others including Dr Amy Chow, Julie Wilcock and Prof. Melanie Lovell (HammondCare)



Funding:

Palliative Care Clinical Studies Collaborative (PaCCSC)



Year commenced/completes:

2021/2029

Project name:

Randomised controlled trial of duloxetine versus pregabalin for cancer-related neuropathic pain: Phase III trial



Researchers:

Prof. Melanie Lovell, (HammondCare)



Funding:

NHMRC, HammondCare in-kind involvement



Year commenced/completes:

2020/2025

Project name:

SpirarE - Enhancing Spiritual Care at the End of Life



Researchers:

Prof. Melanie Lovell, Dr Philip Austin, Prof. Philip Siddall, (HammondCare)



Funding:

HammondCare Foundation



Year commenced/completes:

2022/2024

Project name:

Embrace: Fostering hope in people with a life-limiting illness



Researchers:

Prof. Melanie Lovell, Dr Peter Archer, Prof. Philip Siddall (HammondCare) and others



Funding:

HammondCare Foundation



Year commenced/completes:

2022/2026

Project name:

Phase IIb double-blind, placebo-controlled study of oral delta-9-tetrahydrocannabinol (Namisol®) for anorexia in people with advanced cancer



Researchers:

Prof. Melanie Lovell, Dr Amy Chow (HammondCare)



Funding:

NSW Ministry of Health



Year commenced/completes:

2022/2029

Palliative care

Project name:

Understanding the functional relationship between General Practice and Specialist Palliative Care



Researchers:

Alexandra Fletcher, Prof. Melanie Lovell, (HammondCare)



Funding:

HammondCare in-kind involvement



Year commenced/completes:

2024/2024

Project name:

Improving palliative care for people with intellectual disability



Researchers:

Prof Julian Trollor (UNSW) and others including Prof. Josephine Clayton, (HammondCare)



Funding:

Australian Government Department of Health and Aged Care, HammondCare in-kind involvement



Year commenced/completes:

2022/2024

Project name:

Transforming the palliative care patient journey using emerging technologies



Researchers:

Dr Naseem Ahmadpour (University of Sydney) and others including Prof. Melanie Lovell, Dr Philip Austin, (HammondCare)



Funding:

HammondCare in-kind involvement



Year commenced/completes:

2022/2024

Project name:

Developing pathways for timely access to specialist interventional pain management expertise and for early referral to palliative care



Researchers:

Prof. Jennifer Philip (University of Melbourne), and Prof. Melanie Lovell, (HammondCare)



Funding:

Cancer Australia



Year commenced/completes:

2023/2024

Project name:

Development of a national implementation strategy for the Palliative Paramedicine Framework to standardise best practice across Australia



Researchers:

Dr Madeleine Juhrmann (Flinders University) and others including Prof. Josephine Clayton, (HammondCare)



Funding:

HammondCare and Flinders University in kind involvement



Year commenced/completes:

2024/2025

Palliative care

Project name:

The Enhanced Advance care planning and life Review Longitudinal Intervention (EARLI) Project



Researchers:

Dr Craig Sinclair, UNSW and others including **Prof. Josephine Clayton, Prof. Susan Kurrle, (HammondCare)**



Funding:

NHMRC, HammondCare in-kind involvement



Year commenced/completes:

2022/2026

Project name:

The Advance Project: Initiating advance care planning and palliative care for people living with dementia through training and resources for care providers



Researchers:

Prof. Josephine Clayton, Marie Alford, Jon San Martin, Dr Srivalli Nagarajan (HammondCare) and others



Funding:

The Australian Government National Palliative Care Project



Year commenced/completes:

2021/2025

Project name:

Life, Death and Meaning: A sociological study at the end of life



Researchers:

Prof. Alex Broom (University of Sydney) and others including **Prof. Josephine Clayton, (HammondCare)**



Funding:

Australian Research Council



Year commenced/completes:

2024/2026

Project name:

Investigating medication safety using the drug burden index in older palliative care inpatients



Researchers:

Dr Simone Cheung, Prof. Melanie Lovell (HammondCare) and Prof. Sarah Hilmer (University Of Sydney)



Funding:

HammondCare in-kind involvement



Year commenced/completes:

2023/2024

'From dementia to palliative care and positive ageing, our research spans diverse fields, driven by partnerships, innovation, and a commitment to improving lives.'

Palliative care

Project name:

Evaluation of the Advance Project (Dementia) train-the-trainer and mentoring program for initiating palliative care and advance care planning in people living with dementia using mixed methods (surveys and qualitative interviews)



Researchers:

Prof. Josephine Clayton, Dr Srivalli Nagarajan, Dr Craig Sinclair, Jon (Aljon) San Martin, (HammondCare)



Funding:

The Australian Government National Palliative Care Project



Year commenced/completes:

2023/2025

Project name:

The Advance Project: Supporting frontline aged care staff to initiate advance care planning and palliative care needs assessment for people living with dementia



Researchers:

Prof. Josephine Clayton, Jon (Aljon) San Martin, Dr Craig Sinclair, Dr Srivalli Nagarajan, Felicity Burns, Deborah Parker, Prof. Susan Kurrle, (HammondCare)



Funding:

Aged Care Research and Industry Innovation Australia (ARIIA) and HammondCare in-kind involvement



Year commenced/completes:

2023/2025



Positive ageing

Our research on positive ageing, rehabilitation, restorative care, and reablement focuses on a range of interventions to help older people to maintain their independence, mobility, and well-being for as long as possible as they age.

We recognise the challenges faced by older Australians, whether they are recovering from health setbacks in hospital, managing declining functional ability in the community, or living with high care needs in residential aged care.

Our scope of work explores innovative service models, rehabilitation strategies, and person-centred interventions that support older people to live well for longer. This includes:

- Enhancing mobility and falls prevention through tailored exercise programs, intergenerational initiatives, and innovative care models designed to reduce frailty and improve balance.
- Expanding rehabilitation and restorative care options with home-based rehabilitation, virtually delivered allied health services, and short-term restorative programs to promote faster recovery and independence.
- Improving dementia and aged care support by refining models of general practice care, embedding non-drug strategies to maximise everyday function, and increasing access to restorative and reablement programs.
- Harnessing the power of participatory art through our flagship Arts on Prescription program, which teams up professional artists with older people with unmet health and wellness needs, including those living with dementia and their carers.

Key findings for change

Evaluating the effectiveness and implementation of Arts on Prescription@Home for people with dementia and carers

Arts on Prescription@Home (AoP@Home) is an innovative program designed to deliver personalised art activities to people living with dementia and their family carers within their own homes. Our recent studies have evaluated its implementation and impact within the existing community aged care funding model, highlighting several key outcomes. (31, 32, 33)

Key findings:

- The program was able to be delivered within the existing funding model with people with dementia and family carers reporting improvements in health and well-being, alongside achieving personal goals through engagement in tailored art activities.
- Artists and program managers highlighted the importance of person-centred, flexible delivery, navigating family expectations, integrating within allied health services, and strengthening referral pathways for long-term sustainability.
- Successful implementation requires increased awareness among referrers, stable funding, structured workforce support, and integration within aged care services, while flexible delivery, trained artists, and program champions serve as key enablers.

Next Steps:

These findings underscore the potential of AoP@Home to enhance the quality of life for people living with dementia and their carers, and should be part of a multidisciplinary allied health approach in targeted community aged care service delivery.

Expanding Rehabilitation in the Home (RITH) for reconditioning

With growing demand and limited resourcing for inpatient rehabilitation services in Australia, alternative models like Rehabilitation in the Home (RITH) offer a promising approach. While RITH has been successfully implemented for conditions like stroke and joint replacement, its potential for reconditioning rehabilitation, currently the largest inpatient rehabilitation category, remains underutilised.

A study exploring healthcare professional and patient perspectives on RITH for reconditioning highlights both the benefits and barriers to its broader implementation. (41)

Positive ageing

Key findings:

- “Home”, for the patient, is both a physical setting for rehabilitation and a lived space with personal, social, and occupational dimensions, influencing care delivery.
- Patient selection, home modifications, and clear communication between healthcare teams, patients, and carers are essential for effective RITH.
- Engaging carers early in decision-making and addressing their challenges (e.g., time, financial, and emotional burdens) is crucial for sustainable home-based rehabilitation.
- Personalised, goal-oriented rehabilitation that respects patient autonomy and integrates with daily life improves confidence and engagement in recovery.

Next steps:

Our previous research has developed a consensus model for the delivery of RITH and has investigated the cost of delivering RITH, compared to inpatient rehabilitation. Our costing suggest significant savings, consistent with other Hospital in the Home programs. Future research should focus on trials comparing actual clinical and cost outcomes of RITH versus inpatient rehabilitation for reconditioning patients.

Evaluating the effectiveness and implementation of a purpose-built care home for older people subject to homelessness

This study explored the experiences of residents and staff within a purpose-built care home for older people with complex health needs who were subject to homelessness, highlighting key challenges and opportunities for improvement: (35)

Key findings:

- Providing care for older people with complex needs and a history of homelessness requires a trauma-informed approach. The complexity of care required for this resident group creates challenges for staff as they integrate this approach with traditional aged care practices, particularly in balancing resident autonomy with health-related interventions.
- Staff reported high levels of job satisfaction despite the complexity of resident behaviours, with strong motivation driven by the opportunity to make a meaningful impact in residents' lives.

- Admissions to the care home involved balancing strict government homelessness criteria, resident care needs, and funding constraints, leading to challenges in meeting both regulatory requirements and community expectations.
- Residents reported improvements in mental health, stability, and quality of life, with housing security and dignified care fostering a renewed sense of purpose and well-being.

Next steps:

These findings highlight the need for trauma-informed care for older people experiencing homelessness. Future services should consider formal service evaluations to refine best practices, support workforce development, and ensure the sustainable delivery of high-quality aged care for older people subject to homelessness.

Project name:

The co-design of the StandingTall fall prevention program



Researchers:

Prof Kim Delbaere (NEURA) and others including **Prof. Christopher Poulos and Angela Collins, (HammondCare)**



Funding:

NHMRC Development Grant



Year commenced/completes:

2023/2025

Project name:

The Intergenerational intervention to reduce frailty trial (INTEGRITY)



Researchers:

A/Prof. Ruth Peters (George Institute for Global Health) and others including **Dr Thomas Morris, (HammondCare)**



Funding:

The George Institute for Global Health



Year commenced/completes:

2023/2025

Positive ageing

Project name:

Transmission of SARS-CoV-2 and CO2 monitoring in Aged Care Facilities



Researchers:

Mohana Kunasekaran (University of NSW) and **Prof. Christopher Poulos, (HammondCare)**



Funding:

BREATHE – Centre for Research Excellence in Airborne Threats (NHMRC)



Year commenced/completes:

2022/2025

Project name:

Implementing Arts on Prescription (AoP)@Home for people living with dementia and their family carers



Researchers:

Dr Claire O'Connor, Prof. Christopher Poulos, (HammondCare)



Funding:

Dementia Centre for Research Collaboration (DCRC), UNSW



Year commenced/completes:

2021/2025

Project name:

Boost 2.0: Boosting inpatient exercise after hip fracture, falls and hospital acquired deconditioning using alternative work force: an implementation evaluation



Researchers:

Dr Seema Radhakrishnan (NSW Health) and **Prof. Friedbert Kohler, (HammondCare)**



Funding:

Fairfield Hospital & Ageing futures Institute, UNSW



Year commenced/completes:

2023/2024

Project name:

Concerns about falling of older people living in residential aged care facilities: developing and validating a modified Iconographical Falls Efficacy Scale



Researchers:

Dr Mae Lim (NEURA) and others including **Prof. Christopher Poulos, (HammondCare)**



Funding:

UNSW Ageing Futures Institute (AFI) seeding grant **and HammondCare**



Year commenced/completes:

2023/2024

Project name:

Models of general practice care in people living in residential age care homes



Researchers:

Dr Joel Rhee (University of NSW) and **Prof. Christopher Poulos, A/Prof Roslyn Poulos, Dr Andrew Montague, (HammondCare)**



Funding:

HCF Research Foundation



Year commenced/completes:

2023/2024

Project name:

The Brief Physical Activity Counselling by Physiotherapists (BEHAVIOUR) study



Researchers:

Leanne Hassett (University of Sydney) and **Manjusha John, (HammondCare)**



Funding:

Medical Research Future Fund (MRFF)



Year commenced/completes:

2020/2025

Positive ageing

Project name:

An evaluation of Arts on Prescription in subacute hospitals: Reported impact on psychological well-being



Researchers:

Dr Lindsey Brett, Prof. Christopher Poulos, Angela Collins, Kate Needham, Dr Najwa Reynolds, Kerry Warner, (HammondCare)



Funding:

HammondCare Foundation



Year commenced/completes:

2023/2025

Project name:

Developing and implementing a strategy for reablement uptake for community-dwelling people living with dementia



Researchers:

Dr Claire O'Connor (UNSW) and others including Prof. Christopher Poulos, Prof Susan Kurrle, (HammondCare)



Funding:

Aged Care Research & Industry Innovation Australia (ARIIA)



Year commenced/completes:

2023/2026

Project name:

Developing Evidence-Based Interventions for Older Adults with Depression and Anxiety in Inpatient Services: A Feasibility Study



Researchers:

Stefan Bogdanov (HammondCare), Jessamine Chen and others with HammondCare support



Funding:

Macquarie University- Research Acceleration Scheme



Year commenced/completes:

2022/2025

Project name:

A short term restorative care programme: analysis of client characteristics and outcomes



Researchers:

Dr Lindsey Brett, Prof Christopher Poulos, Angela Collins, Kylie Lemsing, (HammondCare)



Funding:

HammondCare in-kind support



Year commenced/completes:

2023/2025

Project name:

Development and pilot of a rapid-response, virtual, falls risk assessment and management service for community dwelling aged care clients



Researchers:

Dr Lindsey Brett and others including Prof. Christopher Poulos, Angela Collins, Kate Needham, Kate Matthews, (HammondCare)



Funding:

UNSW Ageing Futures Institute (AFI) seeding grant and HammondCare



Year commenced/completes:

2024/2026

Project name:

Bridging the implementation gap: maximising everyday function for people with dementia



Researchers:

Dr Claire O'Connor (UNSW) and others including Prof Christopher Poulos, Prof. Susan Kurrle, (HammondCare)



Funding:

Dementia Centre for Research Collaboration (DCRC) Post-Doctoral Fellowship



Year commenced/completes:

2023/2026



**our
researchers**

Driven by a commitment to real-world impact, our researchers combine data-driven knowledge, clinical insight, and global partnerships to co-design new pathways for care. Their work transforms evidence into action, shaping better futures for people living with dementia and complex health needs.

Professor Christopher Poulos	26
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Lead researchers



Professor Christopher Poulos

Professor Christopher Poulos: Director, HammondCare Centre for Positive Ageing, Consultant Physician in Rehabilitation Medicine and Conjoint Professor, UNSW

As well as maintaining an active clinical practice, Chris oversees the clinical services and research activities of HammondCare's Centre for Positive Ageing. The Centre strives to offer innovative services and undertake translational research that helps people make the most of their ageing experience, despite their limitations because of the health conditions that might be impacting them. There is a strong emphasis on the principles of rehabilitation, and strategies to maximise a person's functional ability and quality of life, and on mental wellbeing.



Professor Josephine Clayton

Professor Josephine Clayton: Senior Staff Specialist in Palliative Medicine and Director of Palliative Care Research and Learning at HammondCare

As well as her positions at HammondCare, Josephine is Professor of Palliative Care at the University of Sydney and Director and Chair of the National and International Advisory Groups for the Advance Project for initiating palliative care and advance care planning (ACP) www.theadvanceproject.com.au. In 2024, Josephine served on the National Palliative Care Project Leaders Network, the National Palliative Aged Care Outcomes Program Essential Collaborators Network, the Scientific Committee for the ACP International Conference, and Expert Panel for the American Society of Clinical Oncology Patient-Clinician Communication Guidelines. Josephine contributes to teaching various health professionals about palliative care and ACP locally, nationally and internationally. She also oversees palliative care teaching across the 4-year Doctor of Medicine program at the University of Sydney.

Lead researchers



**Adjunct
Associate
Professor Colm
Cunningham**

**Executive Director Research,
International and Dementia Design**

In 2024, Colm is the Executive Director for HammondCare's research. As well as leading our international team based in the UK, Colm oversees our strategy on design for people with dementia. He is Adjunct Associate Professor at the University of Sydney in the Faculty of Medicine and Health. Colm is widely published in the areas of pain management in dementia, environmental design, behaviours and psychological symptoms in complex dementia, and night time care.



**Associate
Professor
Stephen
Macfarlane**

**Head of Clinical Services, Advisory Care
and Partnerships**

Steve is an Associate Professor in Aged Psychiatry at Monash University. He is co-convenor of the Advanced Training Program in Aged Psychiatry for Victoria and is engaged in medical student teaching for Monash and Flinders Universities. He remains active in Alzheimer's disease clinical trials as a site Principal Investigator and is national and global lead on a number of these studies.





Our researchers

Dr Amy Chow

Staff Specialist in Palliative Medicine and Director of Palliative Care at Braeside Hospital, HammondCare

In addition to her role at HammondCare Health and Hospitals, Amy is the palliative care research lead at Braeside Hospital and member of the Palliative Care Clinical Studies Collaborative and Cancer Symptom Trials Group. Braeside Hospital also contributes to the RAPID program run by the University of Technology Sydney. Amy believes that best practice palliative care should be widely available and would like to ensure patients with palliative needs have dignity and quality of life at end of life.

Professor Andrew Cole

Senior Staff Specialist Rehabilitation Medicine and Chief Medical Officer, HammondCare

Andrew worked clinically at Greenwich and Braeside Hospitals and continued in quality review and medical governance roles with HammondCare in 2024. He continued with regular medical student academic work at UNSW Sydney. He presented lectures and seminars to doctors, nurses and allied health professionals in continuing education and training programs in rehabilitation, community health and aged care settings in Australia, Colombia, and Thailand. He is a member of two committees of the International Society of Physical & Rehabilitation Medicine. Andrew's work with older patients in need of rehabilitation after surgery, cancer or medical illness has led to continuing research and development of these programs from present hospital inpatient settings, to develop models for providing these programs in community settings.

Dr Claire O'Connor

Senior Research Fellow, UNSW; Conjoint Senior Research Fellow, NeuRA; Honorary Senior Research Fellow, HammondCare; Dementia Centre for Research Collaboration (DCRC) Post-doctoral Fellow

Claire is a registered occupational therapist (AHPRA). Her program of research focuses on non-pharmacological interventions such as reablement/rehabilitation and positive behaviour support to maximise functioning, engagement and wellbeing in people living with dementia and their informal carers. She is specifically interested in the translation and implementation of research to support best practice in dementia care. Combining her clinical training in occupational therapy and research skills, Claire is passionate about contributing to research that is meaningful to ageing populations and people impacted by dementia.

Our researchers

Dr Craig Sinclair

Senior Research Fellow, Health, HammondCare

Craig is a Senior Lecturer in the School of Psychology at UNSW, and Senior Research Fellow at The Palliative Centre, HammondCare. He has research interests in advance care planning, supported decision-making, dementia care, and provision of aged care and end of life care services for people from Aboriginal and Torres Strait Islander and culturally and linguistically diverse communities. He is a member of the Advance Care Planning Australia Steering Committee and Vice President for the Advance Care Planning International Committee. He also leads the EARLI project, a NHMRC funded trial of advance care planning and reminiscence-based life review among older adults receiving home care services.

Professor Friedbert Kohler OAM

Senior Staff Specialist Rehabilitation Medicine, Medical Director of Rehabilitation Services and Director of Medical Services, HammondCare

Friedbert has a conjoint professorial appointment with the University of New South Wales (UNSW) through the South-West Sydney Clinical School. He is leading the international implementation of the LEAD (Lower Extremity Amputation Dataset) and COMPASS (Consensus Outcome Measures for Prosthetic and Amputation Service) data in a role he has with ISPO promoting data collection to underpin access to Assistive Technology globally. Friedbert has established key community outreach geriatric services in South-Western Sydney and is prominent in the development of community aged care and rehabilitation services within HammondCare Health, the South-Western Sydney Local Health District and NSW Health. He is instrumental in working with SWSLHD to develop rehabilitation in the home services.

Professor John Swinton

Consultant

John is an internationally acknowledged expert on spirituality and dementia, theology and organisational Christian identity. He is Chaplain to the King of England, Professor in Practical Theology and Pastoral Care and Chair in Divinity and Religious Studies at the University of Aberdeen, Scotland, UK, and founder of the University's Centre for

Spirituality, Health and Disability. John's book *Dementia: Living in the Memories of God* won the Archbishop of Canterbury's Ramsey Prize for Excellence in Theological Writing and his publication *Finding Jesus in the Storm: The spiritual lives of Christians with mental health challenges* won the Aldersgate book prize. In 2020 the Archbishop of Canterbury awarded John the Lanfranc Award for Education and Scholarship and in 2022 was elected a Fellow of the British Academy. This is an award granted by the British Academy to leading academics for their distinction in the humanities and social sciences.

Our researchers

Dr Kerry Warner

Research Fellow, HammondCare

Kerry is the Research Fellow working on the Fostering Hope study, having previously worked on the Rehabilitation In The Home project. She has experience in the qualitative evaluation of health care services and a background in clinical medicine. Kerry is currently an Adjunct Senior Lecturer in the School of Population Health, UNSW. She teaches across all phases of the UNSW medical program and is a Co-Convenor in the Phase One Society and Health course.

Dr Lindsey Brett

Post-Doctoral Research Fellow, Centre for Positive Ageing, HammondCare

Dr Lindsey Brett is a post-doctoral research fellow within the team at the Centre for Positive Ageing. She is an Adjunct Lecturer at UNSW, Honorary Lecturer at Macquarie University, associate investigator at the Ageing Futures Institute, and collaborator of ADHERE. Lindsey is a physiotherapist and researcher, who has trained and worked in a variety of clinical and academic settings in Australia and the UK over the last 17 years, predominantly in gerontology related positions. Both her research and clinical interests have focused on aged care services, falls, and dementia.

Dr Madeleine Juhrmann

Research Fellow, Flinders University Research Centre for Palliative Care, Death and Dying (RePaDD); Research Fellow, HammondCare The Palliative Centre

Madeleine has a clinical, policy and research background in the fields of paramedicine, palliative care, aged care and public health. She also has Adjunct Research Fellow positions with Flinders University School of Paramedicine and University of Technology Improving Palliative, Aged and Chronic Care through Clinical Research and Translation (IMPACCT).

Madeline currently works on the CareSearch and palliAGED projects, in addition to leading a multidisciplinary team developing and implementing a national palliative paramedicine framework, to standardise best practice for paramedics delivering palliative and end-of-life care in Australian communities. Her research interests include public health approaches to palliative care, reducing avoidable hospital admissions at end of life and integrated palliative care policy reform.

Our researchers

Professor Melanie Lovell

Senior Staff Specialist Palliative Care, Northern Sydney and Senior Academic, HammondCare

Melanie is committed to fostering the growth of the research capacity and culture at HammondCare both in the clinical services and Palliative Centre. She leads the Enhancing Spiritual Care at the End-of-Life research program for HammondCare which is at the heart of HammondCare's mission. She led the pilot of The Embrace program to assist people to meet the challenges of living with serious illness which is now being offered for our patients. A parallel program is now being developed for caregivers and will be piloted in 2025. She was Chief investigator for clinical trials for pain and appetite loss recruiting at Greenwich hospital. She continued her leadership in the Palliative Care Clinical Studies Collaborative and Cancer Symptom Trials Group as Chair of the Pain Node. Melanie is Clinical Professor at University of Sydney and Adjunct Professor at University of Technology Sydney and teaches graduate and PhD students. In 2023 she led projects on behalf of Cancer Australia to develop pathways for specialist pain management and a pain needs assessment tool for people with pancreatic cancer. She chairs the Working Group which developed and updates the Cancer Council Australia Cancer Pain Management in Adults Guideline.

Dr Mustafa Atee

Research and Practice Lead (Team Leader), The Dementia Centre, HammondCare

Mustafa is a clinical and academic pharmacist with adjunct and honorary positions with Curtin University, Edith Cowan University and University of Sydney. His research interests include pain in dementia, models of dementia care, behaviours and psychological symptoms of dementia, geriatric pharmacotherapy, deprescribing and the use of technologies in healthcare. Mustafa is a co-inventor of PainChek, a point-of-care AI-enabled medical device that assesses pain in non-verbal adults including those living with dementia. His work has been recognised in multiple state and national awards including, Innovator of the Year, Incite Awards, iAwards, AMY (Digital + Technology Collective), Premier's Science Awards, the Curtin Alumni Innovation Award and the Research Australia Health and Medical Research Awards (Discovery Award). In 2023, Dr Atee was recognised as a Fellow in Geriatric Medicine and Leadership and Management specialities by the Australian and New Zealand College of Advanced Pharmacy (ANZCAP).

Dr Thomas Morris

Head of Research & Information Excellence, The Dementia Centre, HammondCare

Dr Thomas Morris is Head of Research and Information Excellence at The Dementia Centre of HammondCare, a clinical neuropsychologist, an Adjunct Senior Lecturer with the Sydney School of Public Health at the University of Sydney and with the Faculty of Medicine and Health at the University of New South Wales, and an Adjunct Professor with the Faculty of Health at the University of Canberra. Dr Morris

has over 13 years of ageing and dementia experience obtained across clinical, academic, and industry settings. His current role is an industry leadership position where he is responsible for the oversight and strategy of Dementia Centre research initiatives, collaborations with academic and industry partners, and insights drawn from dementia specific data analytics. Dr Morris sits on many Australian dementia specific advisory committees, including the Australian Institute of Health and Welfare (AIHW) Expert Advisory Committee, University of Canberra Centre for Ageing Research (CARAT) Advisory Board, and the Aged Care Research & Industry Innovation (ARIIA) - Stakeholder Reference Group.

Our researchers

Professor Philip Siddall

Senior Staff Specialist, Centre for Positive Ageing; Conjoint Professor in Pain Medicine, University of Sydney

Phil comes from a clinical and research background in the field of pain management. Based on previous work in people with chronic pain and spinal cord injury, he is currently working with a multidisciplinary team in palliative care to explore and translate the concept of posttraumatic growth into clinical practice. This innovative research project is developing a program that is in line with HammondCare's desire to bring a spiritual dimension to care and aims to improve quality of life for people living with a serious illness.

Dr Roslyn Poulos

Principal Research Fellow, HammondCare; Honorary Associate Professor, School of Population Health, Faculty of Medicine, University of New South Wales

Roslyn is an experienced academic, public health physician and epidemiologist, and is the academic lead for the Medibank Better Health Foundation project developing a model for Rehabilitation in the Home (RITH). Throughout her recent academic career at UNSW Roslyn has collaborated with HammondCare researchers to explore areas such as arts in health, the wellness needs of carers of people living with dementia, older people subject to homelessness, and palliative care delivered in the community.

Dr Srivalli Nagarajan

Research Fellow, The Dementia Centre, HammondCare

Srivalli is a data and information officer at the Dementia Centre, HammondCare and a research affiliate at the Sydney Medical School, University of Sydney. Srivalli holds a doctoral degree in education and has about two decades of cross-disciplinary teaching and research experience. She was the project and evaluation coordinator for a Department of Health funded National Palliative Care Project (The Advance Project) during 2017-2023 which focused on team-based initiation of advance care planning and palliative care

in primary care and aged care settings. She has extensive project management expertise, working with various stakeholders, and has managed numerous grants, research and education-focused projects achieving successful outcomes in Allied Health, Education, ICT, Business and Healthcare which have made contributions to policy development. An experienced qualitative researcher, she has published twenty-eight peer-reviewed journal papers, twenty-two peer-reviewed full papers published in conference proceedings, and presented at various national and international conferences based on peer-reviewed abstracts and/or posters.





Grants, Awards Education

Our researchers continue to drive innovation through competitive grant success, academic leadership, and sector recognition. These achievements highlight the growing impact of our work in building the next generation of knowledge and best-practice care for those with complex needs.

Successful research grants 2024 **38**

Awards and support for academic education **38**



Successful research grants 2024

Lindsey Brett (Ageing Futures Institute, UNSW) with HammondCare Centre for Positive Ageing. UNSW Ageing Futures Institute 2024 Seeding Grant. *Development and pilot of a rapid-response, virtual, fall-risk assessment and management service for community-dwelling older aged care clients.*

Dr Manjula Dissanayake (University of Adelaide) with Dementia Support Australia. Game Changer Technology Grant (Hunter, New England and Central Coast Primary Health Network). *Empowering Communities: Enhancing Access to Services and Care for Seniors through Innovative Technology (Goldilocks)*

Madeleine Juhrmann (Flinders University) with HammondCare Health and Hospitals. Australasian College of Paramedicine Grant. *Development of a national implementation strategy for the Palliative Paramedicine Framework to standardise best practice across Australia.*

Dr Kate Hutton Burns (Monash University) with Dementia Support Australia. Attorney General's Department (Commonwealth). Category 3 Grant. *Elder abuse & cognitive impairment.*

Professor Irene Blackberry (La Trobe University) with Dr Thomas Morris (HammondCare Dementia Centre). Dept of Industry, Science and Resources. *Care Economy Cooperative Research Centre (CRC).*

Awards and support for academic education

Awards

Research Australia Health and Medical Research Awards - Discovery Award 2024 Winner

Mustafa Atee

On behalf of the Research Australia board, I am delighted to congratulate you on winning the 2024 Discovery Award, sponsored by the Victorian Government Department of Jobs, Skills, Industry and Regions.

This Award gives the Australian health and medical research community the opportunity to recognise emerging leaders in our sector. Research Australia was proud to recognise your great work in dementia research and innovation, particularly your role in developing PainChek®.

Australasian Journal on Ageing Book Award for 2024 for *An Everyone Story*

Duncan McKellar

This is an award made for a book deemed by an awards panel convened by the Australian Association of Gerontology to be the best book on an ageing related topic in any given year.

Awards and support for academic education

Higher research degrees – new and ongoing 2024

Student name: Jessica Lee

Degree: PhD

University: University of Technology Sydney

Thesis title: *Improving outcomes for people living with neuropathic cancer pain: a mixed methods doctoral research project*

Supervisors: Agar M, Phillips J, Lovell M

Student name: Graham Grove

Degree: PhD

University: University of Sydney

Thesis title: *Factors that influence understandings and beliefs about euthanasia and assisted dying*

Supervisors: Best M, Lovell M

Student name: Madeleine Juhrmann

Degree: PhD

University: University of Sydney

Thesis title: *Broadening the role of paramedics delivering palliative and end of life care in the Australian community*

Supervisors: Clayton J, Butow P

Student name: Ella Modini

Degree: Professional Doctorate

University: Swinburne University of Technology, Melbourne

Thesis title: *Dementia in Victorian Prisons: Estimating the Prevalence and Experience of Undetected Diagnoses Suggestive of Dementia in a Sample of Older Prisoners*

Supervisors: Macfarlane S, Nixon M, Fullam R

Student name: Vincent Poisson

Degree: PhD

University: University of New South Wales

Thesis title: *Understanding the experience of male carers of people with dementia*

Supervisors: O'Connor C, Withall A, Poulos R, Reilly A, Emerson L

Student name: Baby (Mei Yun) Foo

Degree: PhD

University: University of Sydney

Thesis title: *From primary to specialist care settings: Understanding the role and needs of psychologists working with end-of-life issues*

Supervisors: Sharpe L, Clayton J, Wiese M

Student name: Peter Archer

Degree: PhD

University: University of Aberdeen

Thesis title: *With all your heart, and with all your soul, and with all your mind*

Supervisors: Swinton J

Student name: Pelden Chejor

Degree: PhD

University: Edith Cowan University

Thesis title: *Dementia and older immigrants in Australia: Exploring the experiences of people living with dementia and their carers*

Supervisors: Porock D, Laging B, Cain T, Atee M

Student name: Hunduma Dinsa Ayeno

Degree: PhD

University: University of South Australia

Thesis title: *Current management practice of behaviours and psychological symptoms in Australian aged care residents with dementia*

Supervisors: Nguyen TA, Molla Kassie G, Atee M

Student name: Claudia L Farnsworth

Degree: Clinical Psychology Masters

University: Australian Catholic University

Thesis title: *Music as an analgesic intervention for people living in residential aged care homes and/or living with dementia: A systematic review and meta-analysis*

Supervisors: Challinor KL, Willis M, Atee M

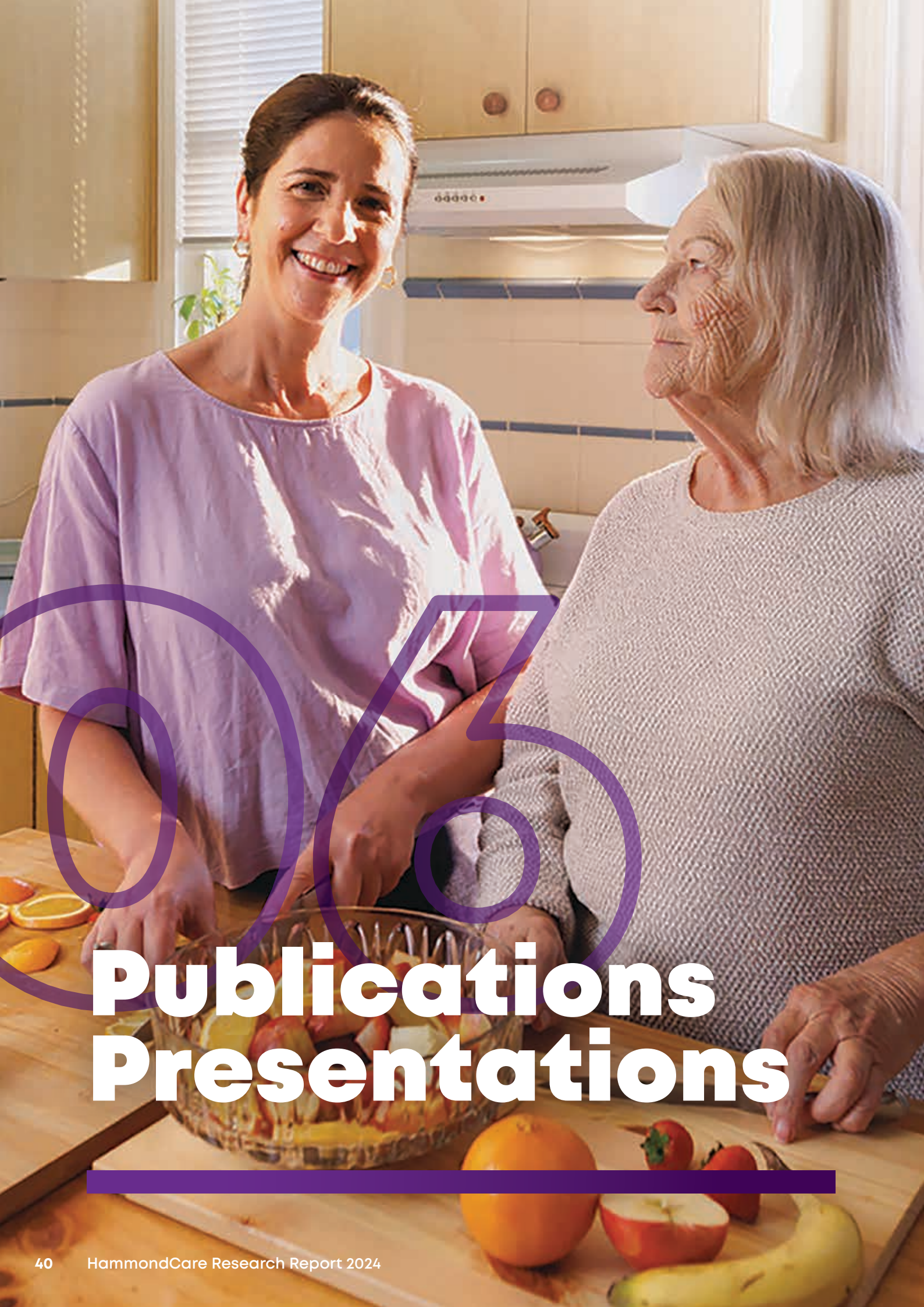
Student name: Hyun Suk Lee

Degree: PhD

University: Curtin University

Thesis title: *Informing a framework for initiating, continuing and deprescribing anticoagulants in residential aged care home residents with atrial fibrillation*

Supervisors: Chalmers L, Stafford A, Dr Youens D, Etherton-Beer C, Atee M



Publications Presentations

In 2024, our research shaped national and international conversations on dementia, palliative care and positive ageing. Through publications and conference presentations, we shared new evidence to drive better care models, inform policy, and create lasting impact across health and aged care sectors.

Publications	42
Presentations	46

Publications

Academic journal publications

1. **Atee M, Morris T, Whiting D, Alford M.** The Palliative Care Service Enhancement Program: Specialised palliative care services for people with behaviours and psychological symptoms of dementia in Australia. *Psychogeriatrics*. 2024;24(4):1033-1035. doi:10.1111/psyg.13132
2. **Atee M, Morris T, Whiting D, Macfarlane S, Alford M.** Insights from a national database for programs supporting neuropsychiatric symptoms of dementia in Australia. *Gerontology*. 2024;70(8):885-857. doi:10.1159/000539337
3. **Atee M,** Whiteman I, Lloyd R, **Morris T.** Behaviours and psychological symptoms of childhood dementia: Two cases of psychosocial interventions. *Palliative Care and Social Practice*. 2024;18. doi:10.1177/26323524241273492
4. **Atee M.** Pain is underestimated in older adults with risk of falls. *Aging Medicine*. 2024;7(1):136-137. doi:10.1002/agm2.12283
5. **Austin PD, Lee W,** Keall R, **Lovell MR.** Efficacy of spiritual interventions in palliative care: An umbrella review of systematic reviews. *Palliative Medicine*. 2024;39(1):70-85. doi:10.1177/02692163241287650
6. **Austin PD, Lee W,** Costa DS, Ritchie A, **Lovell MR.** Efficacy of aerobic and resistance exercises on cancer pain: A meta-analysis of randomised controlled trials. *Heliyon*. 2024 Apr 6;10(7):e29193. doi:10.1016/j.heliyon.2024.e29193
7. **Austin PD, Siddall PJ, Lovell MR.** Posttraumatic growth in palliative care settings: A scoping review of prevalence, characteristics and interventions. *Palliative Medicine*. 2024 Feb;38(2):200-212. doi:10.1177/02692163231222773
8. Ayeno HD, **Atee M,** Kassie GM, Nguyen TA. Knowledge, attitude, and practice of care providers toward non-pharmacological intervention for managing behavioural and psychological symptoms in Australian aged care residents with dementia: A cross-sectional survey. *Clinical Gerontologist*. 2024;1-19. doi:10.1080/07317115.2024.2419929
9. Ayeno HD, Kassie GM, **Atee M,** Nguyen TA. Protocol: Factors influencing the implementation of non-pharmacological interventions for behaviours and psychological symptoms of dementia in residential aged care homes: A systematic review and qualitative evidence synthesis. *Campbell Systematic Reviews*. 2024;20(2):e1393. doi:10.1002/cl2.1393
10. Ayeno HD, **Atee M,** Kassie GM, Nguyen TA. Knowledge, attitude, and practices of healthcare professionals and formal caregivers towards non-pharmacological intervention for the management of behaviours and psychological symptoms in Australian aged care residents with dementia: A cross-sectional survey. *Preprint. Research Square*. 2024 Feb 28. doi:10.21203/rs.3.rs-3992245/v1
11. Cations M, **Atee M, Morris T, Whiting D.** Neuropsychiatric symptoms of dementia in those with and without a recorded history of psychological trauma: A comparative study from an Australian dementia support service. *International Journal of Geriatric Psychiatry*. 2024;39(1):e6054. doi:10.1002/gps.6054
12. Chejor P, **Atee M,** Cain P, **Whiting D, Morris T,** Porock D. Pain prevalence, intensity, and association with neuropsychiatric symptoms of dementia in immigrant and non-immigrant aged care residents in Australia. *Scientific Reports*. 2024;14:16948. doi:10.1038/s41598-024-68110-6

Publications

Academic journal publications

13. Clifton S, Bray E, Dong S, McCabe R, Siddall P. Co-design of an intervention exploring meaning and purpose after spinal cord injury. *Disability and Rehabilitation*. 2024 Nov;46(22):5243-5252. doi:10.1080/09638288.2023.2300655
14. Dao-Tran TH, Yeoh L, Comans T, Karusoo-Musumeci A, Auret KA, Sinclair R, Hilgeman MM, Clayton JM, Halcomb E, Campbell E, Meller A, Walton R, Kurrle S, Sinclair C. Factors associated with advance care planning engagement among community-dwelling older adults: A cross-sectional study. *Journal of Clinical Nursing*. 2024 Sep 20. doi:10.1111/jocn.17458
15. Dong S, Bray E, Clifton S, McCabe R, Siddall P. A qualitative exploration of the experiences of individuals with spinal cord injury participating in a community-based online intervention to support posttraumatic growth. *Disability and Rehabilitation*. 2024 Aug 20;1-9. doi:10.1080/09638288.2024.2392035
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