

Research Information Sheet

Individual and carer participant

Research study: The Safe Steps Program: Co-Design and Development of a Tailored Falls Prevention Program for Older Adults with Cognitive Impairment

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Hello! Our names are:

- Dr Weihong Zhang, Dr Rik Dawson, Dr Sally Day, Professor Lynette Mackenzie, and Professor Anne Tiedemann from the University of Sydney
- Dr Morag Taylor from the University of New South Wales
- Dr Peter Stanbury, a consumer representative with lived experience – former carer for his partner who lived with dementia.

1. What is this study about?

We are doing a study to design a new program called **Safe Steps** for older people who have memory or thinking problems. The program aims to help people stay safe and reduce the chance of falling. We want to work together with older people, their carers, and health professionals to design the program and ask for ideas about what it should include and how it should be run.

We have asked you to be part of our study because you are an older person who may have changes in memory or thinking, or you care for someone who does. We would like to hear your ideas and experiences to help us design the **Safe Steps** program. Your views will help us make the

program practical, useful, and safe for people like you and your loved ones.

You can choose to take part, but you don't have to. This sheet will tell you more about what will happen so you can make up your mind.

If you have any questions, you can ask us or you can talk to someone else who you trust. If you want to you can call us on:

- **Phone:** +61 2 9351 9438

2. What will happen if I say yes?

If you decide to take part in this study, this is what will happen:

- You will be invited to attend up to three workshops.
- Each workshop will last about 2 hours, with breaks.
- You can join in person, online, or a combination of both.

At the workshops, you will:

- Look at short summaries of research and draft program materials
- Share your ideas and experiences
- Give feedback on what should be included in the program

The workshops may be audio-recorded, but only the research team will listen to them. If you say it's ok, we would like to record what you say with an audio recorder so we can remember what we talked about.

You do not have to do anything you are not comfortable with.

You are free to stop taking part at any time. If you choose to stop, we will not use any information you have given us, unless the workshop has already finished.

Because the workshops are in a group, we may not be able to remove what you said after the workshop has finished. This is because other people will have heard it and it may be part of the group notes.

3. What are the good or bad things about the study?

Are there any bad things?

This study is low risk.

The study will take up some of your time, but there are no physical risks. You may feel a little upset when talking about falls, memory problems, or losing independence. You may also feel tired during the workshops.

You do not have to answer any question you do not want to answer. You can take a break or leave at any time.

There are no costs to take part.

Are there any good things?

There may be no direct benefit for you.

By taking part, you will help us design a falls prevention program for older people living with memory or thinking problems. Your experiences and ideas are important. They will help make sure the program is useful and suitable for people like you.

You will receive a gift card to thank you for your time and contribution. You do not have to attend all workshops to receive this.

Once we have finished the study, we will let you know what we have found out.

4. What are my rights?

What you tell us is private. We will write about the things we learn from you, but we won't use your name, and we won't say anything that could tell other people who you are.

If you change your mind that's ok. It won't change how we feel about you. All you have to do is tell us you don't want to be part of the study anymore and we won't use anything you tell us. You need to tell us before we finish writing the study report.

If you have any questions about the study, you can talk to

- Dr Weihong Zhang on +61 2 9351 9438

5. What if I am not happy about the study?

If you are not happy with how we are doing the study and want to contact someone else, you can

- **Call** the University on +61 2 8627 8176
- **Email** the manager at human.ethics@sydney.edu.au

This sheet is for you to keep