

HEART OF POSITIVE AGEING

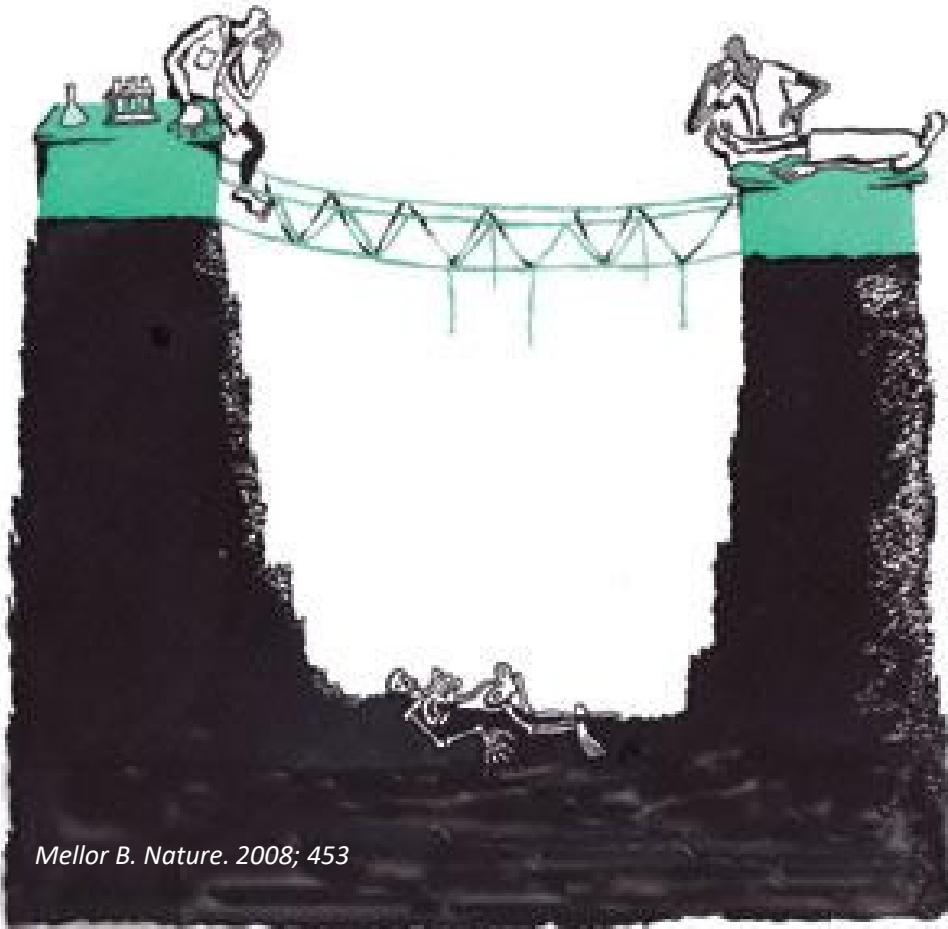
# Implementation sustainability: A case study

Dr Claudia Meyer

Senior Research Fellow, Bolton Clarke Research Institute

March 2024

# Implementation in the real world...it's complex



Traditional research focus on efficacy of interventions

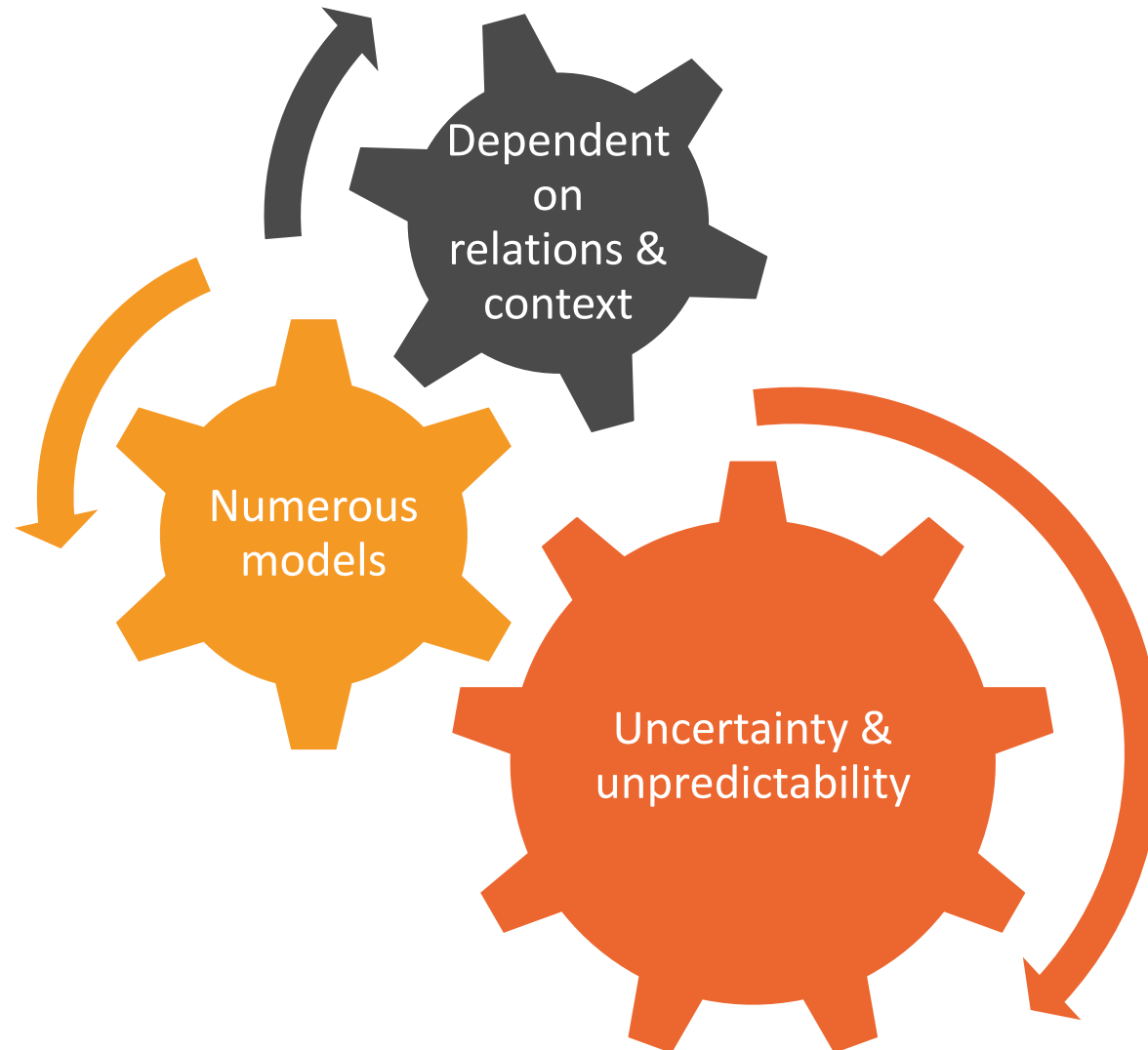
Responsibility for evidence-informed care

Creation of evidence

AND

Implementation of evidence into practice

We work in a complex adaptive system...



Challenging to operationalise



Implementation  
Framework for  
Aged Care (IFAC)

# Bringing our values to life

*Why do we need to change?*

## Socio-cultural-political context

Why?

What?

Co-design

Improving lives

With what effect?

With whom?

How?

By whom?

*What difference are we making?*

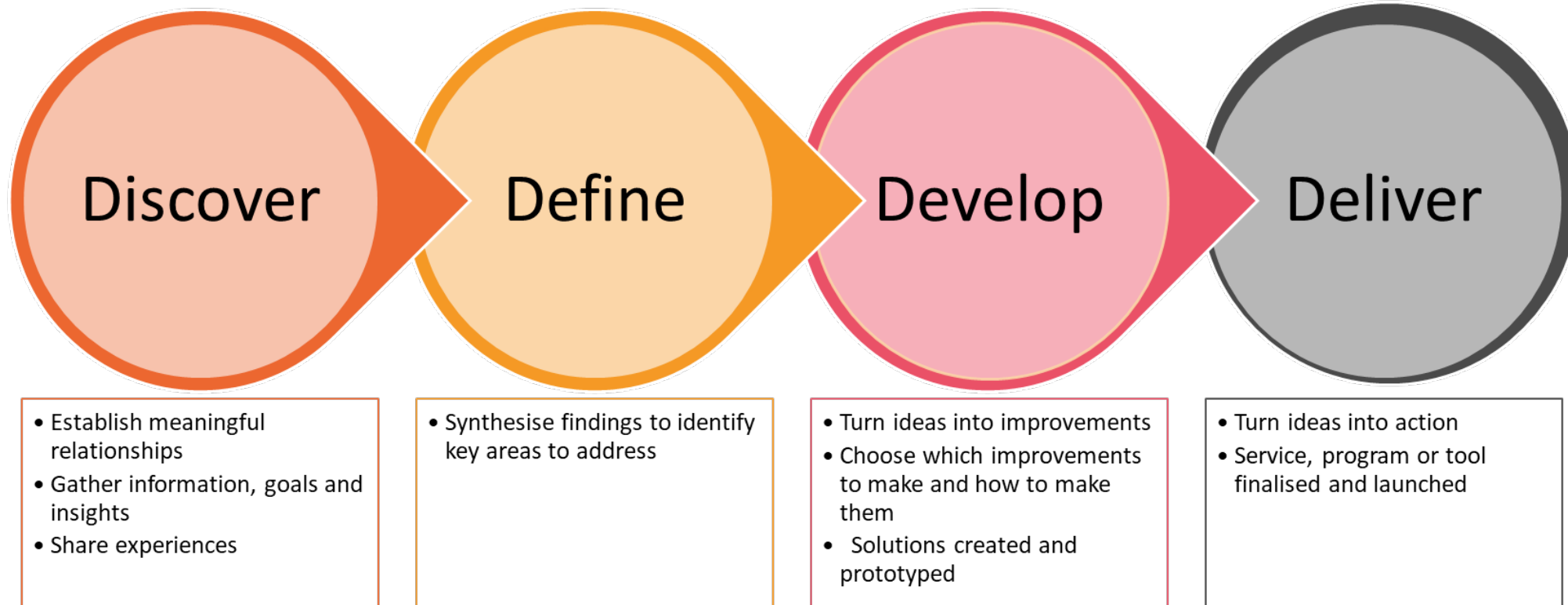
*What do we know?*

*What strategies will be used?*

*Who will benefit?*

*Who will make the change?*

# Co-design framework



# Sustainability

“A comprehensive definition of sustainability includes the following five constructs:

- (1) after a **defined period of time**,
- (2) the program, clinical intervention, and/or implementation strategies **continue to be delivered** and/or
- (3) individual behaviour change (i.e., clinician, patient) is **maintained**;
- (4) the program and individual **behaviour change may evolve or adapt** while
- (5) **continuing to produce benefits** for individuals/systems.”

# An evolution for IFAC...focus on sustainability

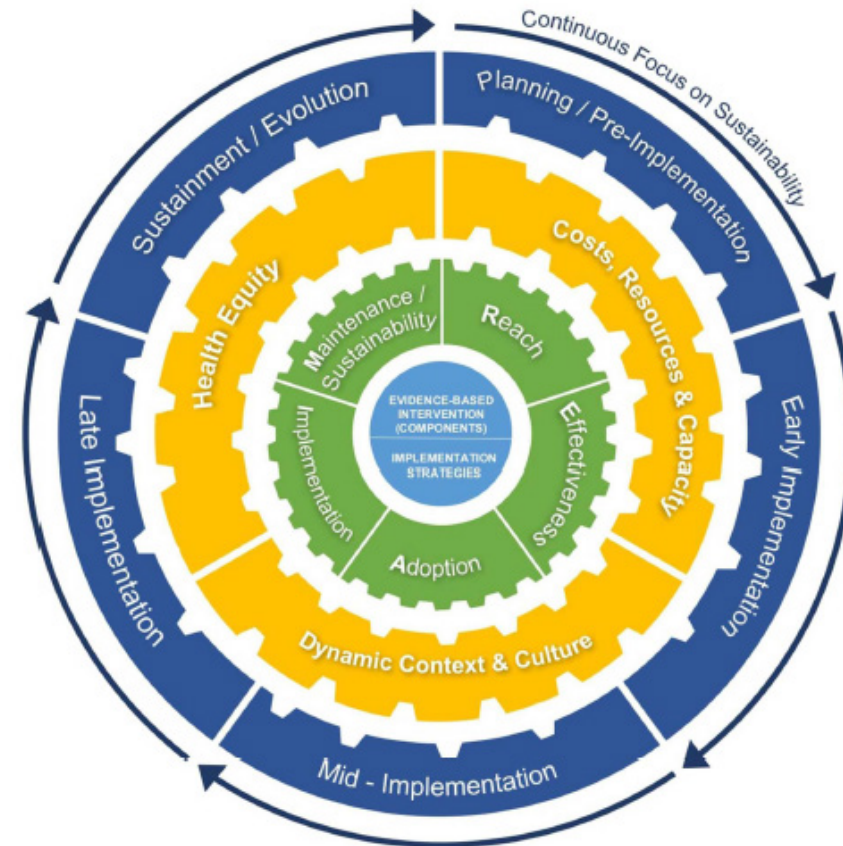
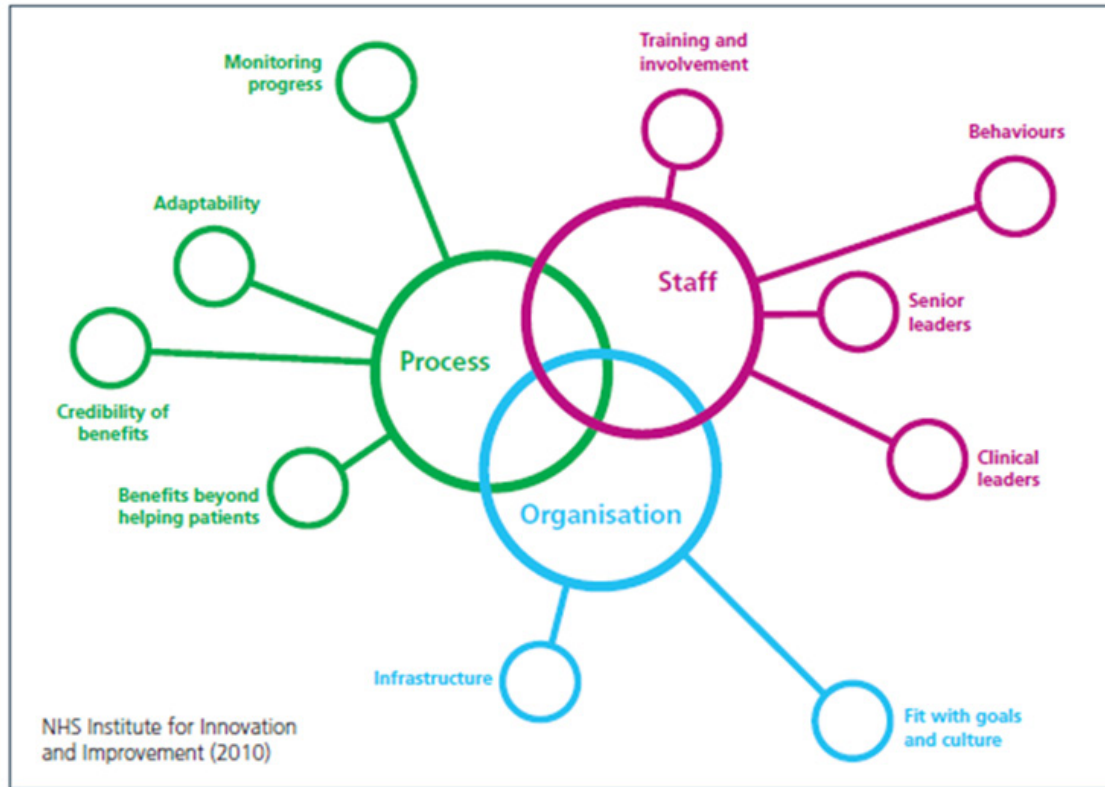


FIGURE 1 | An extension of RE-AIM to enhance sustainability: Cross-cutting issues and iterative application of RE-AIM for sustainability, to guide adaptations and evolvability of EBIs/implementation strategies, address dynamic context, and promote equity across the life cycle of an EBI.

## A case study - *Enabling Choices*

A gentle approach to difficult conversations





# What does the tool look like?

## Topics of discussion

John Smith

Getting around the community

Read more

Select topic

Grooming and hygiene

Read more

Select topic

Moving around your home

Read more

Select topic

Food

Read more

Start discussion

Health

Read more

Select topic

Finances

Read more

Select topic

Things I like to do

Read more

Select topic

Chores

Read more

Select topic

Socialising and work

Read more

Select topic

Planning for the future

Read more

Select topic

Changing behaviour

Read more

Select topic

Anything else

Read more

Select topic

## Moving around



### Getting around

Getting around the house, for example, moving from the bedroom to the kitchen.



### Climbing stairs

Climbing up and down stairs where needed.



### Getting up

Getting up from one position to another, from a bed or a chair.

## Health



### Managing medicines

Taking the correct medication/does of medication, as prescribed by you doctor.



### Attending appointments

Getting to and from appointments



### Exercise

Take part in some form of exercise, for example, walking, gym class ect.



### Sleep

Getting enough good quality sleep each night.



### Hearing

Being able to hear what is being said when spoken to.



### Vision

Having the ability to see.

## Getting around



### Driving

Drive safely from one destination to another



### Public transport

Safely use public transport to get from one destination to another



### Walking

Walk on foot from one destination to another, this does not include walking around the house.



### Other

Using another mode of transport to travel around, for example taxi, push bike ect.

# Evolution of *Enabling Choices*

2016 - 2018

Paper-based version co-designed with people with dementia, informal carers and community aged care staff  
59 original areas of risk consolidated into 12 areas of activities of daily living

2019 - 2021

Conversion of the tool into a prototype electronic format through co-design with IS, CNCs, Ops Mx and SW  
Nine staff members provided individual feedback on ease of navigation/functionality and content

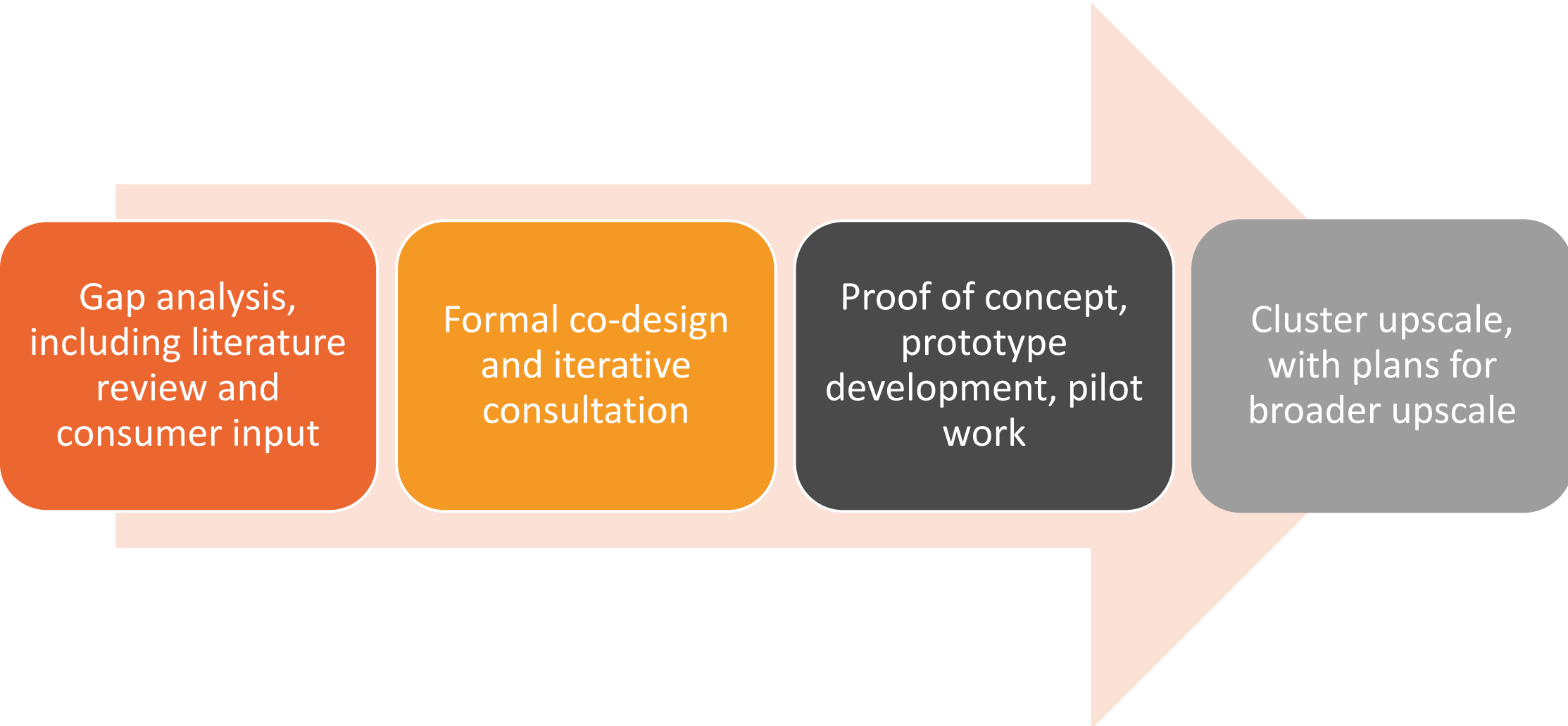
2021 - 2023

Testing with PwD and carers postponed due to Covid-19, then attempted with NSW HCP team  
Ready for implementation into practice, but implementation strategies unclear

2023 -2024

ARIIA funding received to test and compare implementation strategies across our Melbourne HCP teams  
Final data collection and analysis underway

# Evolution of *Enabling Choices*



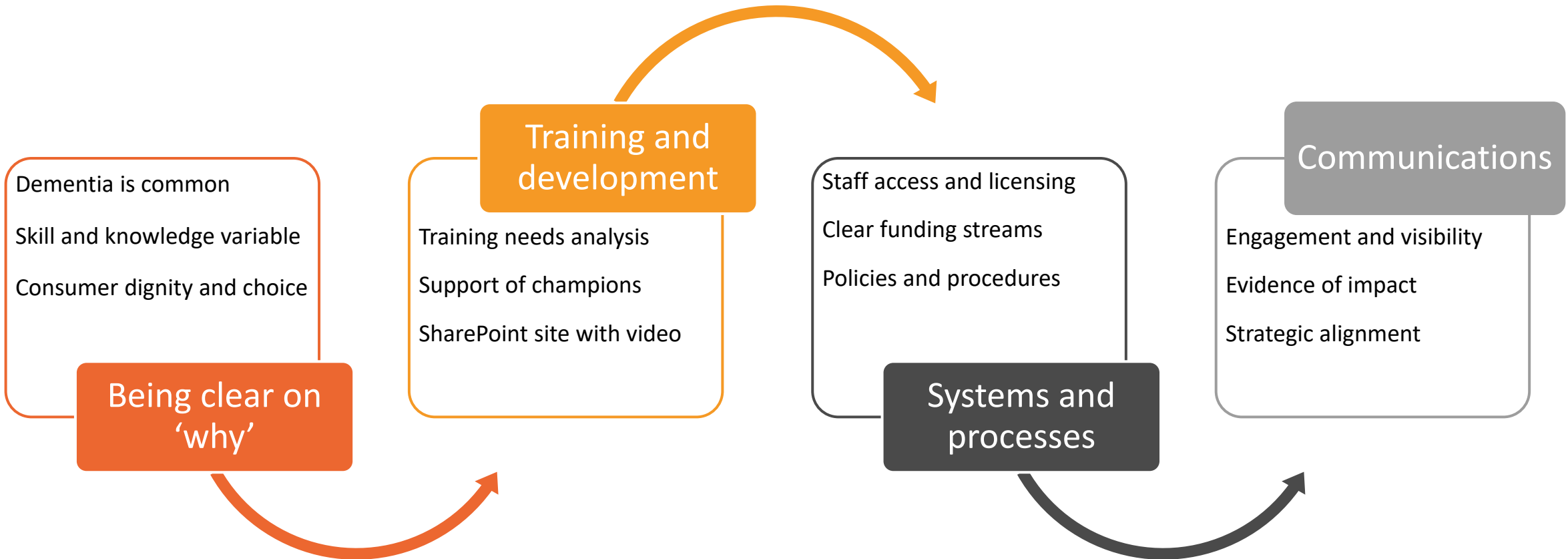
Gap analysis,  
including literature  
review and  
consumer input

Formal co-design  
and iterative  
consultation

Proof of concept,  
prototype  
development, pilot  
work

Cluster upscale,  
with plans for  
broader upscale

# Sustainability considerations



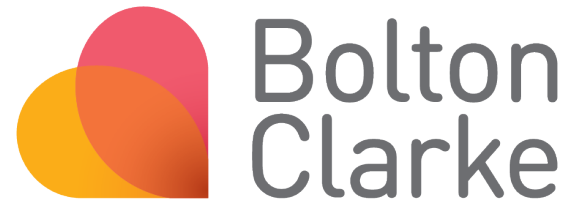
# Looking to the horizon for sustainability...



Identifying next round of clusters – working through contextual factors, unique implementation strategies and any need for adaptation

Backend solutions to be found – streamlined systems support staff to do their work

Ongoing communication of what is working well - if people living with dementia and their carers know about it and like it, then the confidence of staff will grow, with a ripple effect



HEART OF POSITIVE AGEING

Thank you

[cmeyer@boltonclarke.com.au](mailto:cmeyer@boltonclarke.com.au)