



Agents of Change – information for participants

What is 'Agents of Change'?

Agents of Change is a research project recently funded by the National Health and Medical Research Council and the Cognitive Decline Partnership Centre. The project aims to improve the implementation of three key recommendations from the *Clinical Practice Guidelines for Dementia in Australia*:

1. 'People living in the community should be offered occupational therapy (reflecting evidence based programs)'
2. 'People with dementia should be strongly encouraged to exercise'
3. 'Carers and family should have access to programs to support and optimise their ability to provide care for the person with dementia, including respite'

Who is running the study?

Agents of Change is led by Dr Kate Laver, NHMRC-ARC Senior Research Fellow at Flinders University in Adelaide. Dr Laver is the lead author of the *Clinical Practice Guidelines for Dementia in Australia*, and is a specialist in implementation science (that is, techniques to translate research into practice). The project is supported by a team of experts from Flinders University, The University of Sydney, and Griffith University, as well as industry leaders, people with dementia, and their carers.

What will participation involve for me and my clients?

If you participate in *Agents of Change*, you will be asked to choose one of the three target recommendations (above) to focus on. You will join a National Quality Collaborative with other clinicians also focussed on that recommendation. You will be a part of that Collaborative for 18 months, and have regular opportunities to meet with them (via videoconferencing) and share with them (via an online platform). You will:

- Complete a six-module online course (MOOC) to learn how to develop your own plan of action
- With the help of your Collaborative, clinical experts, and people with dementia, you will develop a unique plan of action to improve your practice against your chosen recommendation
- Implement your plan in your practice with people with dementia and regularly share with us about how it is going

Over the 18 months, we will call and administer a short interview with a selection of your clients (with permission) to ask about their experiences

What will participation involve for my workplace?

Your manager / team leader will need to provide permission for you to participate in *Agents of Change* (if applicable).



Am I eligible to participate?

You are eligible to participate if you regularly work with people with dementia, have any scope to improve your practice, and can devote around 2 hours per week to participate (though this will vary over time). We welcome participants from anywhere in Australia.

What will I get out of participating?

You will

- Become a leader in dementia care, learning techniques to develop your own plan to improve your practice
- Be part of a national network of clinicians, experts, and consumers
- Receive a \$1000 stipend to present your work at a conference or professional meeting
- For most professions, participation can fulfil most or all continuing professional development requirements for one year (we can help you confirm this with your professional organisation).
- Access to the latest evidence and expertise to support your career development

Ethical information

This research study has been approved by the Southern Adelaide Local Health Network Human Research Ethics Committee (Approval Number 62.17). Participation is voluntary, and you can withdraw from the project at any time. Contact the research team for more information.