

## What is the HAIL Project?

The Housing and Independent Living (HAIL) Project is for participants in the 45 and Up Study.

It aims to determine how people's homes and surrounding environments support them to live independently as they grow older.

## Who is conducting the HAIL Project?

The HAIL Project is under the direction of Professor Julie Byles and Associate Professor Lynne Parkinson of the University of Newcastle, and Dr Lynette Mackenzie of the University of Sydney, with Professor Sally Redman and Dr Anna Williamson of the Sax Institute.

To ensure participant confidentiality, the 45 and Up Study Coordinating Centre at the Sax Institute is inviting 45 and Up Study participants to take part in the HAIL Project.

## How will the HAIL Project benefit me?

By participating in the HAIL Project you will be helping us to identify how different home and neighbourhood environments can support older people living independently, and what factors might be associated with living in less supportive environments.

## The HAIL Project is funded by Ageing, Disability and Home Care, Department of Human Services NSW

The 45 and Up Study is managed by



In partnership with



## How can I get more information?

If you would like to know more about the HAIL Project or the 45 and Up Study, please visit the Study's website [www.45andUp.org.au](http://www.45andUp.org.au), or call the 45 and Up Study Helpline on 1300 45 11 45.

You can also write to:

Associate Professor Emily Banks  
Scientific Director  
The 45 and Up Study  
PO Box 123  
Broadway NSW 2007

If you have a concern or complaint about the conduct of the 45 and Up Study, you can contact:

Ethics Secretariat  
The University of NSW  
Sydney NSW 2052  
Tel: (02) 9385 4234  
Email: [ethics.sec@unsw.edu.au](mailto:ethics.sec@unsw.edu.au)

If you have a concern or complaint about the conduct of the HAIL Project, you can contact:

The Human Research Ethics Officer  
Research Office  
University of Newcastle  
Tel: (02) 4921 6333  
Email: [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au)  
Please quote HAIL Project Approval No. H-2009-0209

Professor Julie Byles

Research Centre for Gender, Health and Ageing,  
The University of Newcastle NSW 2308  
Tel: (02) 4913 8325



Research to improve health and wellbeing

# The Housing and Independent Living (HAIL) Project

## Information for Participants



## What does the HAIL Project involve?

If you choose to take part in the HAIL Project you will be asked to do three things:

- To complete a questionnaire
- To allow a trained interviewer to interview you and take a couple of measures in your home
- To give permission for us to link information we collect from you in the HAIL Project with information you have already provided to the 45 and Up Study.

You will be asked to return your HAIL Project questionnaire to the 45 and Up Study Coordinating Centre in a reply paid envelope provided for your convenience. The questionnaire will ask about you, your home and neighbourhood, and your usual physical needs and activities around the house.

After we receive your questionnaire, we will ring you to arrange a time that is convenient to interview you in your home. You are welcome to have a family member or friend present at the interview if you wish.

During the interview, we will ask you about your mobility and functioning around your home, and tape-record your responses (you can review and erase this recording if you wish). We will also take some environmental measures, and do a small number of physical tests to measure your height, weight and strength.

The interviewer will also measure your grip strength, test your lung function by asking you to blow into a tube, and ask you to do some simple physical tasks. These tasks will not be strenuous. They will involve getting up and down from your chair and walking a short distance inside your home.

## How much time will my participation take?

The questionnaire will take about 30 – 40 minutes to complete. The home interview will take approximately 60 – 90 minutes.

## How will my information be used?

All information collected will be treated completely confidentially and used for 45 and Up Study health research only. Your information may be used within health research for approved 45 and Up Study research projects to investigate factors affecting the health of Australians in mid to later life. All 45 and Up Study research projects must demonstrate that they are in the public interest and have the potential to provide important information to improve health.

The information collected in the HAIL Project will be linked to the health information you have already given to the 45 and Up Study and to information from your health and other records that you allowed the 45 and Up Study to access. These include NSW hospital records, cancer records, Medicare and other records (call 1300 45 11 45 or see [www.45andUp.org.au](http://www.45andUp.org.au) for more information).

## How do I know my information will be treated confidentially?

The 45 and Up Study is bound by Commonwealth and State privacy legislation and guidelines, including the Health Records and Information Privacy Act and the NSW Health Privacy Manual. The 45 and Up Study also has strict procedures and systems to safeguard confidentiality.

Your identifying details (such as name and address) will be removed from the information you give to the HAIL Project as soon as possible and stored separately. De-identified data will be stored at the University of Newcastle and destroyed five years after the research is complete. No information will be released in any way that would allow an individual or household to be identified, except as is compelled by law.

The conduct of the 45 and Up Study is overseen by the University of NSW Human Research Ethics Committee and the conduct of the HAIL Project is overseen by the University of Newcastle Ethics Administration.

By agreeing to be a part of the HAIL Project, you agree to the 45 and Up Study Coordinating Centre providing your completed questionnaire to the HAIL researchers.

## Will anyone else know the results?

All information provided by participants in the HAIL Project will be kept strictly confidential. The results from the HAIL Project will be published in scientific journals and presented at scientific meetings. We will also include the results on the 45 and Up Study website ([www.45andUp.org.au](http://www.45andUp.org.au)). The results of this project will also be included in the 45 and Up Study's participant newsletter.

All results will only be presented in a combined and de-identified format and will not be linked to any individual.

## Can I tell other people about the 45 and Up Study and the HAIL Project?

Yes. Please note, however, that the 45 and Up Study is no longer accepting new participants and that invitations to participate in the HAIL Project have only been sent to a random sample of 45 and Up Study participants who are aged 75–79 years.

## What if I don't want to take part?

Participation in the HAIL Project is entirely your choice.

If you do not wish to participate, you need take no further action.

## Can I withdraw from the HAIL Project?

Your participation in the HAIL Project is completely voluntary. You are not obliged to take part and, if you do take part, you can withdraw at any time by calling the 45 and Up Study Helpline on 1300 45 11 45. You can withdraw from the HAIL Project and still remain in the 45 and Up Study.