

45 and Up Study

The 45 and Up Study is the largest population-based program of health-related research ever conducted in Australia. More than 267,000 people aged 45 and over are part of the Study and are being followed over time through routine follow-up questionnaires and linkage to health and other records.

The 45 and Up Study has been approved by the University of New South Wales Research Ethics Committee.

Study participants also gave permission to be invited to participate in further research projects. All of these research projects have been through a stringent review process prior to approval. Participation in these research projects is optional.

Study governance

The 45 and Up Study is owned and managed by the Sax Institute, in collaboration with our major partner Cancer Council NSW and partners The National Heart Foundation (NSW Division); NSW Ministry of Health; NSW Government Family & Community Services – Carers, Ageing and Disability Inclusion; and the Australian Red Cross Blood Service.



Sax Institute

The Sax Institute is an independent, not-for-profit organisation whose mission is to improve health, health services and programs by increasing the use of research in policy making. We want to achieve wiser decisions for a healthier Australia.

The Sax Institute's objectives are to: generate new research for use in policy; improve policy makers' access to existing research; and develop and test innovative new ways to increase the use of research evidence in policy making. See www.saxinstitute.org.au

Confidentiality

The 45 and Up Study, and any research projects from it, is bound by Commonwealth and State privacy legislation and guidelines: Privacy Act 1988 (Cth), Health Records and Information Privacy Act 2002 (NSW); and the NSW Health Privacy Manual for Health Information. The 45 and Up Study has strict procedures and systems to safeguard confidentiality.

The Study is also bound by strict scientific ethical accountability to the University of New South Wales:

Ethics Secretariat, University of New South Wales,
Sydney NSW 2052
Telephone: (02) 9385 6222
Email: humanethics@unsw.edu.au

Contact the Sax Institute about the 45 and Up Study

For any questions, comments or complaints about the 45 and Up Study or this research project, to withdraw consent for participation, or for further communication, please contact us by:

Telephone: 1300 45 11 45 (toll-free Study Infoline)

Email: 45andUp@saxinstitute.org.au

In writing, addressing your correspondence to:

Professor Emily Banks, Scientific Director
The 45 and Up Study
GPO Box 5289, Sydney NSW 2001

Thank you

We could not conduct the 45 and Up Study without the generosity of our participants. We are immensely grateful to all of you.

This information sheet is for you to keep.



saxinstitute

Research project:
**Men's Perspectives
on Falls and
Preventing Falls**

Information for Participants



THE UNIVERSITY OF
SYDNEY

Men's Perspectives on Falls and Preventing Falls

This research project is in addition to the main 45 and Up Study.

Participation is voluntary. Participation in this research project does not change your involvement in the main 45 and Up Study. Your decision to participate will not affect any current or future relationship with the 45 and Up Study or with the researchers.

Information collected by this research project will become part of the 45 and Up Study in the future.

What is the research project about?

The research project is looking at the experiences of men who have had a recent fall, what they did as a result of having the fall and what they think about preventing falls.

Why have you been invited to participate in the research project?

You are invited to participate in the research project because the researchers are looking for participants who are male, aged 70 years and over, and who indicated on their 45 and Up Study Follow Up Questionnaire that they had fallen to the floor or ground during the past 12 months.

What does participation in the research project involve?

If you choose to take part in the research project you will be asked to:

- Complete an interview over the telephone with one of the researchers lasting approximately 30-60 minutes; and
- Agree to the interview being audio-recorded.

During the interview, the researcher will ask you about your recent fall(s), what you did as a result of having the fall(s), what you think about preventing falls, and

any experiences you might have had with fall prevention programs running in the community.

Information and document storage

The interview recording will be transcribed into written form and saved electronically. The audio-recording and transcript will be stored on password protected computers at the Ageing, Work and Health Research Unit, University of Sydney. After the research project is completed the documents will be stored securely for a further five years and then shredded/deleted.

Paper forms will be scanned electronically and stored securely by the Sax Institute for seven years after completion of the 45 and Up Study and then deleted.

What are the potential costs and risks for participants?

Participation in this research project will involve 30-60 minutes of your time. There are no anticipated risks from participating in this research project. If you agree to be interviewed, you are free to stop the interview at any time, and can choose not to answer any particular questions. You will not be identified in any publications regarding the research project findings.

What are the potential benefits for participants?

There will be no immediate personal benefit to you from participating in the research project. You will not receive any payment for your involvement. The research project will improve understanding of falls and fall prevention from the perspective of men and that may help community fall prevention programs better meet the needs of men in the future. Once this research project is completed, you will be able to access the findings through a link on the 45 and Up Study website.

What information will the researchers receive from the Sax Institute?

If you agree to be a part of this research project, you agree to the Sax Institute providing the researchers with:

- Information relevant to this research project that you have previously provided to the 45 and Up Study; and

- Your name, age, address, telephone number and information from your 45 and Up Study Follow-Up Questionnaire about your fall(s) during the past 12 months.

Who is running the research project?

The research project is being conducted by researchers at the Ageing, Work and Health Research Unit at the University of Sydney, The George Institute for Global Health, Australian Catholic University Melbourne; and Neuroscience Research Australia. The research project investigators are:

- Professor Lindy Clemson
- Professor Cathie Sherrington
- Dr Haeyoung Jang
- Dr Jeannine Liddle
- Professor Karen Willis
- Dr Meryl Lovarini
- Professor Stephen Lord.

The contact person for the research project team is Dr Jeannine Liddle, telephone 02 9036 7482 (Mon-Wed) or email jeannine.liddle@sydney.edu.au

What if I have concerns or complaints about the research project?

The ethical aspects of this research project have been approved by the Human Research Ethics Committee of the University of Sydney. As part of this process, the researchers have agreed to carry out the study according to the National Statement on Ethical Conduct in Human Research 2007. This statement has been developed to protect people who agree to take part in research projects.

If you are concerned about the way the research project is being conducted or wish to make a complaint to someone independent of the research project, please contact the Manager, Ethics Administration, University of Sydney, on 02 8627 8176 or by email at ro.humanethics@sydney.edu.au Please quote Project No. 2015/319.