



EARLI Project Update

No. 7: March 2024

Welcome to the March 2024 edition of the EARLI project newsletter. It is National Advance Care Planning Week! This edition shares an update on our progress with recruiting clients, launch of the EARLI-comm trial, news from national advance care planning week events and welcome to a new aged care provider, Clarence Estate Health Aged and Residential Care. If you have any queries, feel free to contact me on c.sinclair@unsw.edu.au. All the best,



The EARLI Project

- Funded by the National Health & Medical Research Council 2022-2026.
- Testing whether **life story work** and **advance care planning** can help older adults in home care settings:
 - Feel better
 - Improve confidence in decision-making and care-planning
- Recruiting clients across up to 12 study sites in Perth and Sydney during 2023 and 2024.
- Possible through partnerships between EARLI project, aged care providers and people with lived experience.

November Update

Sites commenced: **11**

Sites commencing soon: **1**

Clients screened: **132**

Clients recruited: **48**

Care partners recruited: **13**



EARLI-comm trial launched

Funding from the UNSW Ageing Futures Institute has enabled consultation with three organisations who assist older adults with HIV in NSW. An adapted version of the EARLI project, (EARLI-comm) is now open for recruitment of additional participants through community organisations AND self-referral. We thank PosLife NSW, Bobby Goldsmith Foundation and the National Association of People Living with HIV for their partnership on this consultation.

****EARLI-comm is separate to the EARLI trial****

Who can be involved in EARLI-comm?

EARLI-comm is open to people who meet the following criteria:

- 45 years + and with a diagnosis of HIV
- 45 years + and with an eligible neurological condition
- 65 years + and with a chronic condition which results in experiencing some level of frailty

How do I find out more about EARLI-comm?

If you are looking to self-refer to the EARLI-comm trial, you can find more information at the [project website](#). You can submit the online expression of interest form at <https://redcap.link.earli>.

National Advance Care Planning Week 2024

WA Health End of Life Care Program events (follow URLs to register for online events)

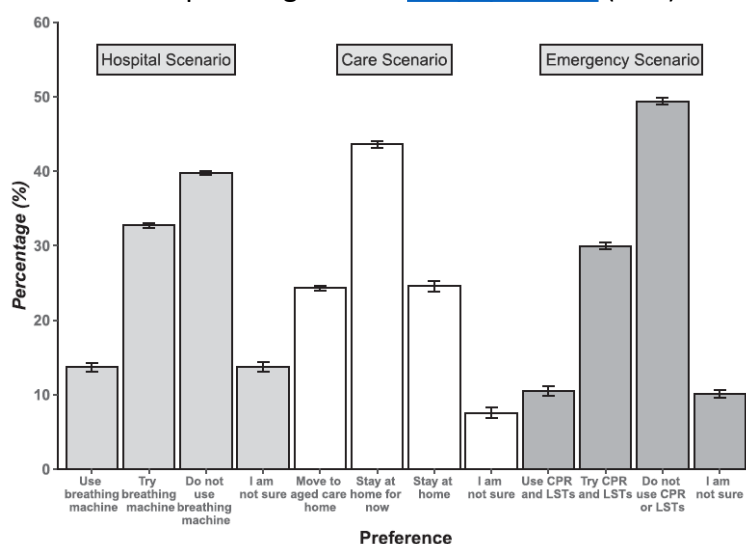
[Supporting First Nations people with Advance Care Planning](#): Thursday Mar 21st 10-11am AWST

[Compassionate Communities in an ageing population](#): Wednesday Mar 20th 3-4pm AWST



New paper published

A survey of older adults around Australia included a set of [scenarios](#) about changes in health and preferences for care and treatment. They are designed to capture some of the uncertainty in real-world decision-making. This was 'pre-testing' of the scenarios used in the EARLI trial, to see if they are understandable and relevant to participants. Participants with lower health literacy and higher anxiety tended to express more uncertainty in their preferences. Those who were more uncertain also tended to be less willing to engage in advance care planning. Access [full paper here](#) (free).



Spotlight on Study Sites

EARLI Project – launching in regional WA

The EARLI Project will soon be expanding to two sites in regional WA, through partnerships with Baptistcare and Clarence Estate Health, Aged and Residential Care. Albany Community Care are also assisting our promotion of the new 'EARLI-comm' trial to their clients. Melanie Crabtree will be undertaking the trial coordinator role in the greater Albany area through 2024. You can contact Melanie on 0400 030 728.

2023 Referral Targets

We are happy to congratulate **Baptistcare NSW /ACT** on being the first EARLI study site to reach the milestone of 25 eligible referrals to the EARLI trial! They were closely followed by **Holdsworth Community Care**! Well done, and thanks to all participating aged care providers for their efforts in referring clients.

Methods Corner – Eligibility Criteria – EARLI Trial

Each newsletter includes some brief reminders about key parts of the EARLI project methods and procedures. This newsletter focuses on the eligibility criteria for home care clients referred to the EARLI trial.

Information for study site representatives

- At the referral stage (client data entry into REDCap) the eligibility criteria are:
 - 65 years or older (or 50 years or older for an Aboriginal or Torres Strait Islander person)
 - With a previous ACAT assessment
 - Receiving a home care package (or self-funding a similar service while waiting for a package)
 - Living in a private residence (own/rented dwelling, including with family members, retirement village or co-operative housing, but NOT a residential aged care home)
 - Able to communicate in English, Italian, Mandarin or Cantonese
 - Not expected to die within days or weeks (based on information available in your client record)
 - Clinical Frailty Scale score between 3 and 7
 - Permission obtained for further contact from research team (from the client or authorised representative). When you check the box that confirms permission is obtained the information will forward to the research team
- At the screening/recruitment stage (done by the EARLI project team) the additional criteria include:
 - Telephone Montreal Cognitive Assessment score 8 or more out of 15
 - Safety assessment for home visiting ok
 - Provides informed consent for the study after full explanation from EARLI project team
- You can always call or email one of the members of the EARLI project research team for assistance or advice.

