



EARLI Project Update

No. 10: September 2024

The EARLI Project

Welcome to the September 2024 edition of the EARLI project newsletter.

We are now only 4 months away from the end of EARLI trial recruitment.

We can let you know about a recently accepted publication associated with the EARLI project, as well as a pre-print of the EARLI trial protocol manuscript.

If you have any queries, feel free to contact Craig: c.sinclair@unsw.edu.au.



Dr Hanh Dao-Tran



Ava Karusoo-Musumeci

New paper accepted for publication – Links between anxiety and future planning

This work, led by Dr Hanh Dao-Tran from University of Queensland, used data collected in the EARLI project to demonstrate relationships between anxiety, uncertainty in decision-making and engagement in advance care planning. The paper will be available online (open access) in the coming weeks, through the Journal of Clinical Nursing (doi: 10.1111/jocn.17458).

The EARLI trial protocol is now available in pre-print format via [SSRN online](#), authored by Ava Karusoo-Musumeci and the EARLI team.

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.
- Recruiting clients across up to 12 aged care provider study sites in Perth and Sydney during 2023 and 2024.

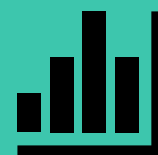
EARLI Sept 2024 Update

Sites commenced: **12**

Clients screened: **187**

Clients recruited: **71**

Care partners recruited: **15**



EARLI Trial - 2024 Referral Progress Update

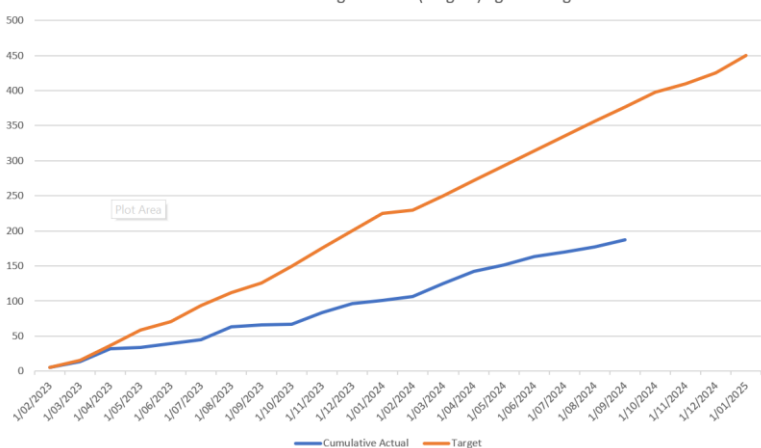
86 potentially eligible clients have been referred by EARLI trial study sites since start of 2024.

Another 63 (~5 per study site) would get us to our revised target of 250 referrals by end of 2024.

To achieve this goal we are asking EARLI trial study sites to work with us to:

- Coordinate bulk mailouts to all home care clients in eligible study regions (we can provide hard copy flyers and links to video)
- Consider newsletter articles (we can draft content)
- Consider whether an EARLI project team member could attend at your community events, to explain the study
- Continue using routine clinical reviews and/or annual reviews as opportunities for discussion about involvement in the EARLI project with clients

Cumulative Screening Referrals (Stage 1) against target

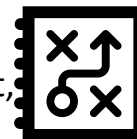


We are aiming to recruit at least 85 participants to the EARLI trial by the end of 2024, and our team are grateful for your continued effort in referring eligible clients until the end of the year.



Your feedback invited - EARLI Trial Process Evaluation

We are currently undertaking an evaluation study, to gain feedback on the EARLI Project, from aged care and/or primary care staff who are involved in the project.



Esa Chrulew, a UWA Medical Doctorate student, is undertaking brief interviews, to better understand how the project has worked for the study sites involved.

We are looking to recruit people who meet the following criteria:

- Aged care worker, manager, health professional or primary care professional who has had some involvement in the EARLI project
- Able to undertake a short interview (20-30 minute phone or video-conference) about your experiences in the project

Interviews will be conducted independently of the core research team, and all names and organisation names will be removed prior to analysis. We welcome your honest feedback. You can access a full participant information statement and consent form on request (Esa or Craig).

If you are interested, please contact Craig Sinclair (c.sinclair@unsw.edu.au).

EARLI-comm Trial

An adapted version of the EARLI project, (EARLI-comm) is now open for recruitment of additional participants through community organisations AND self-referral. Recruitment will continue into 2025. Thanks to PosLife NSW, Bobby Goldsmith Foundation, NAPWHA, Neuroscience Research Australia, Brightwater and Holdsworth Community Care for their involvement.

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 diagnosed neurological condition (Dementia, Parkinson's Disease, Huntington's Disease, Motor Neurone Disease, Mitochondrial Disease)
- 65 years + and with a chronic condition which results in experiencing some level of frailty (requiring some assistance at home with everyday activities of daily living)

How do I find out more about EARLI-comm?

If someone is looking to self-refer to the EARLI-comm trial, there is more information at the [project website](#), including an online expression of interest form (for self-referrals) at <https://redcap.link.earli>.

EARLI-comm August 2024 Update

Sites commenced: **6**

Participants recruited: **21**

Supporters recruited: **1**