



**School of Physiotherapy
Royal College of Surgeons in Ireland
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**Participant Information Leaflet (Participant)
(Version Date: 24/5/2018)**

Study title: Enhancing existing formal home support to improve and maintain Functional Status and physical activity in older adults: A feasibility study on the implementation of the Care to Move (CTM) programme

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You are being invited to take part in a research study carried out by the School of Physiotherapy, RCSI by Prof. Frances Horgan.

Before you decide whether or not you wish to take part, you should read the information provided below carefully. Take time to ask the researcher questions. You should clearly understand the risks and benefits of taking part in this study so that you can make a decision that is right for you. This process is known as 'Informed Consent'.

You do not have to take part in this study. You can change your mind about taking part at any time. Even if the study has started, you can still opt out without giving a reason.

Why is this study being done?

The purpose of this research is to examine the feasibility of implementing the Care to Move (CTM) programme within a population of older adults receiving low-level home support in an urban setting.

Who is organising and funding this study?

This research study is being undertaken by researchers in the School of Physiotherapy at RCSI and the Health Service Executive is funded by a grant from the Health Research Board.

Am I eligible to take part?

To take part in this study you must;

(1) be able to give informed consent, (2) be able to communicate, (3) you are aged 65 years or older, (4) you have fallen at least once in the last year or have a fear of falling, (5) you receive ≤5 hours of home support a week and (6) you are independently mobile (with or without a walking aid).

What does this study involve?

There are three aspects to the study a Part A. focus group/interview at the start of the study and Part B an 8 week study where you will receive a treatment called Care To Move (CTM) or your usual treatment. Part C. A focus group/interview on completion of the study to get your views on CTM.

Part A. Focus group/interview (older adults) to ask you about your attitudes to changing your habits around becoming more active.

You will be given information about the study by the study gatekeeper, if you would like to participate your details will be forwarded to the researcher Prof. Horgan and the research physiotherapist, [Vanda Cummins]. You will then be asked to attend the research venue (RCSI, or your local physiotherapy department), at a time that suits you for a focus group. You will be asked to sign a consent form, you will have an opportunity to ask the researcher/s questions that you may have about the study. This will take about an hour.

Part B – You will be invited to take part in an 8 week study. You will be assessed at the start, after 8 weeks and again at 6 months. In addition to your usual home care we will add Care to Move (CTM). CTM involves ‘movement prompts’ as part of your existing movements of daily living for example sitting less and moving more with a view to encouraging and empowering you to make different decisions around being more active for your health, well-being, confidence and independence. Care to Move IS NOT a structured exercise programme.

Part C – Exit interviews / Focus Group (older adults)

We will invite you to participate in a followup interview. We will ask you about your experiences of the study. This will take about 25 -60 minutes.

What will happen to me if I agree to take part?

Your participation is entirely voluntary. If you initially decide to take part you can subsequently change your mind without difficulty. Your treatment will not be affected negatively in any way if you change your mind at any point.

The focus groups will last 1 hour. The researcher can organise transportation for you and the focus groups will be carried out by a trained physiotherapist. Light refreshments will be provided for the focus group.

Video/and or Audio recordings?

The focus groups/interviews will be taped throughout and you have the right, should you wish, to review and edit any transcripts to which you are involved in. You will be asked at the end of the group discussion if you would like to do this.

What are the benefits?

It is hoped that the information you provide will help in the future development of support services to improve physical activity and function for older adults living in the community who are receiving low-level home support.

What are the risks?

There are no physical risks involved, however, if we find that you need further support we will inform you and your doctor.

What if something goes wrong when I'm taking part in this study?

If you feel like leaving the group discussion at any point and for any reason then you are free to do so and you will not be penalised or affected negatively in anyway. You will not have to give a reason for your leaving at any point also.

Will it cost me anything to take part?

You will NOT be expected to pay for your own travel costs to and from the group discussion. The research team will reimburse your expenses.

Is this study confidential?

To maintain anonymity and confidentiality, a unique identification number (UIN) will be used for each participant. All of the study information will be stored on V: drive of an RCSI networked password protected computer, only accessible to the researchers (FH and VC). All of the study documents, along with any other identifiable data, such as the signed consent form will be destroyed after 5 years, in accordance with RCSI's Data Protection Policy Guidelines. The data collected during the course of this study will be analysed and may be published as part of the study in a scientific journal. However, the collected data will be confidential and participants will not be identifiable.

Where can I get further information?

If you have any further questions about the study or if you want to opt out of the study, you can rest assured it won't affect the quality of treatment you get in the future.

If you need any further information now or at any time in the future, please contact:

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