



Plain Language Statement for Life Coaching

Project: Responding to Aboriginal and Torres Strait Islander Aspirations – helping Aboriginal Housing Victoria further meet the needs and aspirations of their Aboriginal tenants

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Introduction

Thank you for your interest in participating in this research project. The following few pages will provide you with further information about the project, so that you can decide if you would like to take part in this research.

Please take the time to read this information carefully. You may ask questions about anything you don't understand or want to know more about.

Your participation is voluntary. If you don't wish to take part, you don't have to. If you begin participating, you can also stop at any time.

What is the Project about?

The project is evaluating the effect of an Indigenous-led life-coaching service on the health and the cultural and spiritual, social and emotional, wellbeing (SEWB) of Aboriginal people who are tenants of *Aboriginal Housing Victoria*.

What are the possible benefits?

This project will help *Aboriginal Housing Victoria* identify and provide better services for Aboriginal tenants. The results of the study will help to

- understand the aspirations of Aboriginal and Torres Strait Islander people and their families
- find new ways to support Aboriginal and Torres Strait Islander people and their families
- evaluate the implementation of life-coaching and the effect on well-being long-term.

How is our Mob involved in the project?

Other Aboriginal and Torres Strait Islander people are involved in the project with input from Aboriginal and

non-Aboriginal workers from other community services and the University of Melbourne. The coordinator leading the project from *Aboriginal Housing Victoria* Samantha French and Kristy Meiselbach the research assistant from the Evaluation and Implementation Science unit at the University of Melbourne are both Aboriginal. There are also other Aboriginal and Torres Strait Islander people contributing to the project.

What will I be asked to do?

If you are an Aboriginal and Torres Strait Islander over 16 years of age and are a tenant of AHV you are able to participate in the life coaching. If you agree to participate, you will be invited to participate in a number of sessions of life coaching, agreed by you, over the next 18 months to 2 years provided by a life coach employed by *Aboriginal Housing Victoria*. They will work with you to identify goals and strategies to achieve those goals. These will be documented and recorded on a computer or iPad and you will be given a copy. While you are participating in the life coaching the life coach will regularly ask you questions about progress you are making with goals and how you made changes and what you have learnt in working towards a goal. Information will also be collected about the length and frequency of life coaching sessions, any services or supports needed and the type of referrals to other services made.

The life coaching sessions will take place either at your house or a place that's easy to get to. The life coaching should take approximately one hour each session. Weekly meetings or phone calls are usually held for the first three months followed by fortnightly to monthly contact for the remainder of the time you participate in life coaching. The location, time, number and frequency of life coaching sessions will be discussed and agreed with you and the life coach. Before commencing the life coaching you will be asked to complete a consent form.

After 18 months to 2 years of life coaching you will be invited to participate in an interview to help the researchers understand your experience of life coaching. The interview will take approximately an hour to complete. An Aboriginal peer researcher will ask your permission to audio record the interview so that there is an accurate record of what you say.

Do I have to take part?

No, you do not have to be part of the study unless you want to. It's your choice whether or not to participate. If you do participate, you are completely free to stop the life coaching and interview at any stage, or to withdraw any unanalysed information you have given us. This also will not have an effect on your relationship with *Aboriginal Housing Victoria* or the services you receive.

What are the possible risks?

Your wellbeing is important and it is hoped that taking part in this study will be beneficial for you and your family. However, sometimes talking about things can trigger painful thoughts. If you do feel upset because of your involvement in the study, the life coaches will be able to provide you with a list of support services available to you. Staff at *Aboriginal Housing Victoria* will also be available if you need to speak to them about any stress the study may have caused. The life coaches will leave a list of appropriate services if you feel you need to speak to someone after they have left.

What will happen to the information about me?

Your name and contact details will be kept secure by staff at *Aboriginal Housing Victoria*. Information will be collected by the life coach about the number, length and frequency of life coaching sessions, referrals to other services as well as your progress with goals. Information collected by life coaches will be stored confidentially by *Aboriginal Housing Victoria*. Only deidentified information, meaning individuals will not be identified, about your life coaching sessions will be provided to the University of Melbourne research team for the purposes of understanding the changes in your life.

With your permission, the interview with the peer researcher after 18-24 months of life coaching, will be recorded so we can ensure we make an accurate record of what you say. Only deidentified information about your experience of life coaching will be provided to the University of Melbourne research team for the purposes of understanding the value of life coaching. No record of the interview will be retained by *Aboriginal Housing Victoria*. As we will only be interviewing people from the Aboriginal community, there is a small risk that someone may still be able to identify you.

All the information you give will be confidential and your name will not be used in any of the reports we write about the research. We will be careful not to include identifying information, quotes or stories, unless you give us permission to do so.

Anything you do or say about *Aboriginal Housing Victoria* during life coaching will not impact the kind or type of services you currently receive from them or any services you receive in the future. You will not be penalised in any way if you choose to criticise them or the house that you rent from them.

There are some legal situations where information from research surveys may be subpoenaed by a court or accessed by a freedom of information request. If you discuss specific information about illegal activity, we may be required to pass this information on. Also, the researchers are legally obligated to inform the correct authorities if they are concerned for your wellbeing, or if they think the wellbeing of someone else is at risk. You should also be aware that this research will follow the standard duty of care procedures associated with mandatory reporting requirements, if there is significant concern for the safety and wellbeing of a child or young person involved in the research. You can ask the researchers about how this might relate to you.

We will keep your information secure for seven years and then destroy it.

Who is funding the project?

The study has been funded by a grant from the National Health and Medical Research Council.

How will I hear about the results of this project?

If you would like to receive a copy of the community report, you can provide your contact details and a copy will be mailed or emailed to you once it is completed.

Where can I get further information?

If you have questions about the research project you can contact:

Samantha French

Aboriginal Housing Victoria, 125-127 Scotchmer St,
NORTH FITZROY 3068
Phone: 03 9403 2143
samantha.french@ahvic.org.au

OR

Kristy Meiselbach or Alison Brown

Evaluation and Implementation Science Unit,
University of Melbourne, 207 Bouverie St Parkville
VIC 3010
Email: kristy.meiselbach@unimelb.edu.au or
alison.brown@unimelb.edu.au

Who can I contact if I have any concerns about the project?

This study has been approved by the Human Ethics Sub-Committee at The University of Melbourne. If you have any concerns about the project which you do not wish to discuss with the researchers please contact:

The Executive Officer Human Research Ethics, University of Melbourne
Phone: 03 8344 2073

All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project

Who can I contact if there is a problem with my tenancy that I wish to raise?

If the life coaching has raised any concerns for you in relation to your tenancy at Aboriginal Housing Victoria or if you would like assistance with referrals to local services please contact:

Aboriginal Housing Victoria

Narrandjeri House

125-127 Scotchmer street, North Fitzroy VIC 3068

Telephone:(03) 9403 2100

E mail: clientservices@ahvic.org.au

For maintenance enquiries/requests: Please email maintenance@ahvic.org.au

For Emergency and After Hours: Please call (03) 9403 2100

Other support services

If you want to talk to someone about issues that may have come up during the life coaching that make you feel uncomfortable or upset, you can contact:

BeyondBlue Support Service

Telephone (24/7): 1300 22 4636

Daily web chat (3 pm-12 am) and email (response within 24 hours) can be accessed from

www.beyondblue.org.au

Lifeline Australia—Crisis Support and Suicide Prevention

Telephone (24/7): 13 11 14

Daily web chat (7 pm-12 am): www.lifeline.org.au/get-help/online-services/crisis-chat

Text (6pm-12am): 0477 13 11 14

Thank you for considering this request. Please feel free to keep this sheet so you can read it later on.