



# Healthy Trajectories

A Child and Youth Disability Research Hub

## August 2022 Newsletter

**Hello and welcome!** We are very excited to send our first newsletter from Healthy Trajectories. In this newsletter you will find information about who we are and our goals, how to partner with us; hear an interview with our Ambassador Eliza Hull; and learn about our current seed funding and PhD opportunities. Please get in touch, we would love to hear from you!

**Hear more about Healthy Trajectories from Director, Prof. Christine Imms in the video below.**



**Healthy Trajectories**  
**A new Child and Youth Disability Research**

## Hub has been launched!

This child and youth disability research hub brings together people with lived experience of disability, researchers, and professionals with the goal of creating meaningful research collaborations that will improve the lives of those with child-onset disability and their families. We need the knowledge, skills, and voices of people with lived experience, as well as those who have training in health, education, architecture, engineering, policy, social sciences, the arts, economics, and beyond.

This wide range of expertise is essential because health, family and wider social experiences throughout childhood and adolescence have a major impact on lifetime goals. Children with disability grow into adults and evidence shows a large proportion of them do not achieve social and financial independence.

The research priorities of Healthy Trajectories will be guided by the Australian Disability Strategy (2021-2031) and the National Disability Research Agenda. This will ensure that our research is relevant and has a genuine impact on the issues that matter most to people with disability and their families.

Healthy Trajectories is a Melbourne Children's Campus initiative, with funding from the Royal Children's Hospital Foundation and the University of Melbourne.

### Our Vision

To optimise the capacity of children and youth whose lives are complicated by disability to reach their full potential for health and participation across the life span.

**Healthy trajectories for all!**

### Our Mission

By forging a deep network of research collaborators across the Melbourne Children's Campus, The University of Melbourne and beyond, we will leverage the impact of our work to increase the pace of change required to improve

the lives of those with child-onset disability and their families and for social and economic transformation.

## Our Values

**Involvement** - Commitment to, and support of, active consumer involvement in strategic directions and work.

**Diversity** - Research teams seek and engage with diversity of expertise and experience.

**Respect** - Contributions are sought, valued and recognized.

**Optimism** - our very best efforts for today are aimed at creating bright futures for all.

### Meet Eliza Hull, Ambassador for Healthy Trajectories!

Eliza is a musician, disability advocate, writer and speaker who we are extremely fortunate to have as part of the Healthy Trajectories team. In the video below, Eliza is interviewed by our Program Leader Adrienne Harvey. You can also read more about Eliza on her new [website](#).



### Consumer Involvement is at the Centre of Healthy Trajectories – Here's Why!

The Healthy Trajectories team views consumer involvement as empowering and that consumers have an important role. **Consumer involvement** is when children, adolescents and young adults with a disability and their families, partner with researchers in all aspects of research. We believe that our research is better with consumer involvement and our findings better meet the needs of people with a lived experience of disability and their families.

Consumers can be involved by participating in advisory groups, providing expert opinion on important issues, being collaborators and/or co-investigators of research.

**We aim to:**

- Involve consumers from the beginning to decide what to research; how to carry out the research; how to interpret the findings and how to translate the research to ensure that the outcomes reach the people that need to know.
- Find creative, engaging, and effective ways of involving children, adolescents, young adults, and families, with a diverse range of disabilities. From both city and rural areas; whether they can access services easily or not. Whether they need support to communicate or assistance to communicate themselves. Whatever their background or ability to speak English or not.
- We need all these voices! People with lived experience are the best people to inform and answer research questions.

**Read further down, for some opportunities to get involved, stay connected with us or contact Sevastine, our Consumer Engagement Officer for more information . . .**



**Join our Healthy Trajectories Young People's  
Consumer Council!**

**Are you 10 to 35 years of age with lived  
experience of disability?**

**Add your voice to disability research &  
help us make a difference!**

***Our vision** is that all children and youth with  
disability reach their  
full potential for health and participation across the  
life span.*

***Healthy trajectories for all!***

**The Hub**

Our new *Healthy Trajectories* Child and Youth Disability Research Hub has been funded to complete research in line with the National Disability Research Agenda. This may include:

- How to support children with disability and their families in their early years
- How schools and education can be more inclusive for all students
- How we can improve health care pathways for people with disability

- How we can improve the mental health and well-being of people with disability and their families

### **Who can get involved?**

- We are looking for young people aged 10 to 35 years of age, different disabilities, different community groups

### **What will I be asked to do?**

- Attend a 1 hour Zoom orientation session to learn about our research and how you can get involved.
- Contribute 2 to 4 hours per month providing feedback as an Advisor for our research. We will support you to be involved in a way that works for you. You will have time to prepare for meetings in advance.

### **What are the benefits to you?**

- This is a paid experience as we value your time and contribution to our research.
- You will have a chance to network with others within the disability community and researchers passionate about making a difference.
- If you are interested and require any more information about this opportunity, please get in contact with our Consumer Engagement Officer via the contact details below.

Consumer Engagement enquiries:  
Mobile: 0484 252 419. Email: [healthy-trajectories@unimelb.edu.au](mailto:healthy-trajectories@unimelb.edu.au)

**Register your Interest Here**

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**PhD Opportunity! Promoting wellbeing and quality of life for those with child-onset disability and their families**

**Supervisors: Christine Imms and Adrienne Harvey**

This doctoral scholarship is available for those interested in research that focuses on either of the following areas of need:

- reducing comorbidities associated with disability to improve wellbeing and quality of life;
- research about the complex and intersecting needs of those experiencing multiple disadvantages that compound the experience of disability.

We hope to recruit a high-quality student into this PhD position and are open to those with varying discipline backgrounds. Experience in disability is desirable. **For more information email:**

[christine.imms@unimelb.edu.au](mailto:christine.imms@unimelb.edu.au)



**Hear about the Healthy Trajectories Child and Youth Disability Research Hub and an exciting opportunity for Seed Funding!**

Thank you to everyone who joined one of our seed funding information sessions (held 28 July and 3 August).

If you were unable to join and would like more information, please take a moment to view our recording below. The video provides information about the Healthy Trajectories Child and Youth Disability Research Hub and the seed funding opportunity on offer.

[Video and more information here](#)

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*The Healthy Trajectories Child and Youth Disability Research Hub acknowledges the Traditional Owners of the lands and waterways on which we work, and pays respect to the Elders, past and present.*

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