



Welcome to our Healthy Trajectories March Newsletter!

A message from Christine

Hello everyone!

Well, 2023 is certainly shaping up to be busy and we are keen to be involved with you all. I will just highlight a couple of things here, and invite you to read on...

ENVISAGE: We have been working hard to get our Department of Social Services funded ENVISAGE program up and running - providing an opportunity for families across Australia to take part in the program for **free**. The program is for parents/carers raising children aged 0 - 8 years with a disability or developmental concern. You can read more on the [ENVISAGE Community website](#). Please share this widely with friends and colleagues.



Healthy Trajectories Round-tables: This year we will run a series of discussions we are calling 'round-tables'. Our aim is to bring different groups of people together - researchers, consumers, professionals, and other supporters - to gather information through research that can help young people with disabilities and their families. By working together, we hope to create positive changes in our community that can benefit everyone.

Our first round-table will be on the theme of **Family Well-being** - so save the date: **20 April 3.30-5:00pm**. We will send more information very soon!



For more news from the Healthy Trajectories team, please read on...

Prof. Christine Imms attended the NDIS Early Childhood Review Panel

The NDIS Review is ongoing and recently a full day workshop was run by the Review Panel to explore developing a new way forward for children and families and the NDIS. The day was spent workshopping the opportunity for NDIS reform - including discussing where we agreed on what was needed, and where there was disagreement; considering what was needed to move from our current state to a preferred future state. I had the opportunity to bring forward issues and suggestions raised by our consumers and our early childhood initiatives group.

Some take home ideas for me included:

- There was consensus that children and families - especially in the early years - need something different than perhaps older NDIS participants: that **family is central** to best outcomes.
- There was also agreement that the NDIS is not a 'magic bullet' - all departments, sectors and communities need to contribute to building an equitable and inclusive society.
- There was agreement that the way forward must be co-created with and for families and young people.
- There seemed to be a common understanding about what had gone wrong and a call for practical suggestions and recommendations for change.

The Review Panel will not prepare a report from this day, but are keen to continue to hear from families and young people - so please Have Your Say as described below.

This panel was focused on young children and families - the review is continuing to explore issues across the life span. There is still time for you to give your thoughts to the review.

By Christine Imms

Have Your Say

Anyone can share their views online by either:

- answering some simple questions, (e.g. What do you want to keep in the NDIS? What are your top 3 concerns with the NDIS? How do these affect you?)
- uploading a written, audio or video submission.

[Have your say here](#)

A Warm Welcome to Dr. Amy Latimer-Cheung, Alyssa Grimes and Alexandra Walters!

Learning from the best. There is no better way to put it, I am a Healthy Trajectories Fan Girl! My name is [Dr. Amy Latimer-Cheung](#). I am a Professor at a University in Canada. I have followed the work of Prof. Imms and her team for a long time by reading their articles in research journals. Just like reading an article in a magazine or online, a research article gives you all the key facts and findings. You get a glimpse of how the research was done. I wanted to learn more about this research. For the next few months, my research team and I have the privilege to live in Melbourne and to see the Healthy Trajectories research come to life! I am really enjoying the opportunity to be a part of research team meetings and casual research chats at lunch or over coffee. I have been asking the Healthy Trajectories team lots of questions about how consumers are involved in the research process and have been very impressed with the consumer co-development of each project. I plan to bring back all the lessons I am learning from the Healthy Trajectories team to shape my research focused on

creating quality sport, exercise and play opportunities for children, youth and adults living with a disability.

By Amy Latimer-Cheung, PhD
Visiting Scholar, University of Melbourne
Professor, Queen's University
School of Kinesiology and Health Studies



Evidence-informed recommendations for training volunteers for inclusive sport events. This project is led by [Dr. Amy Latimer-Cheung](#) and PhD. student [Alyssa Grimes](#) from Queen's University (Kingston, Ontario, Canada) in collaboration with the Ontario Para-sport Collective (OPC). The aim of this project is to increase the quantity, quality, and diversity of volunteers to better support disability sport programmes and events in Canada through effective volunteer management and training. The resource, which is set to launch in April 2023, includes key recommendations sport event managers should consider when designing a volunteer programme for a disability sport event. Supplemental templates to assist managers during the pre-planning process are also included throughout (e.g. budget template, workforce needs analysis, general orientation checklist, etc). In the meantime, please access our online [inclusive training module](#) designed for volunteers or go to the [cdpp.ca website](#) for more sport-related resources.



Advancing qualified exercise professionals' competencies to work with persons with disabilities in Canada: Developing a renewed curriculum using an integrated knowledge translation approach. Supervised by [Dr. Amy Latimer-Cheung](#), this series of projects is led by [Alexandra Walters](#) (Ph.D. Candidate, Queen's University, Kingston, Canada) for her doctoral dissertation. Currently, in Canada, there are no regulated learning opportunities for exercise professionals to acquire the knowledge, skills and attitudes necessary for providing quality participation experiences for persons with disabilities in community-based exercise settings. Hence, it is our aim to transform the landscape of training that exercise professionals receive about disability and physical activity. The end goal of this dissertation is to develop a new evidence-informed, disability-specific curriculum for exercise professionals. To achieve this aim, four studies are planned including:

- An environmental scan of current staff training materials among community-based exercise programs for persons with disabilities in Canada.
- A scoping review of current literature, learning opportunities and resources available for exercise professionals in Canada about disability and exercise.
- Interviews with consumers who identify with the lived experience of physical, developmental and/or sensory disability.
- A Delphi study to gain consensus among experts in disability and exercise about formal curriculum material and delivery methods.

Alexandra hopes to have these projects completed by February 2024. Lastly, please check out the other evidence-informed, co-designed resources specific to physical activity for persons with disabilities from the [Canadian Disability Participation Project](#).



Consumer Involvement in Healthy Trajectories

We aim to:

- Involve and partner with 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. We want to involve people 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'd like them to get involved.
- We need all these voices! People with lived experience and their families are the best people to inform and answer research questions of importance to them.

If you are interested - please contact us.

Introducing our Young People's Consumer Council

The photos below are only a handful of the wonderful Healthy Trajectories Advisory Partners. We invite you to join our [Facebook](#) or [Instagram](#) to view their upcoming profiles!



Current Opportunities



Join our Healthy Trajectories Families Council!

Does this describe you?

A **parent, grandparent, guardian or carer** who has valuable knowledge and experience to share with disability research.

Are you interested partnering with us and influencing the field of disability research?

Are you willing to contribute 2 to 4 paid hours per month?

Follow the QR code to register!



[Express an interest here](#)

Follow Healthy Trajectories on social media! Click on the icons below:



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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