

CONSENT FORM

Healthy Eating for Healthy Ageing in Rural Tasmania Project
Chief Investigator: Ms Kim Boyer
Researcher Ms Tracey Tasker

1. I have read and understood the 'Information Sheet' for this study.
2. The nature and possible effects of the study have been explained to me.
3. I understand that the study involves completing a short survey and, possibly, participation in a discussion group and one-on-one half hour interview.
4. I have been advised that there are no significant risks associated with participation in this study.
5. I understand that all research data will be securely stored on the University of Tasmania premises for five years, and will then be destroyed.
6. Any questions that I have asked have been answered to my satisfaction.
7. I agree that research data gathered from me for the study may be published provided that I cannot be identified as a participant.
8. I understand that my identity will be kept confidential and that any information I supply to the researcher(s) will be used only for the purposes of the research.
9. I agree to participate in this investigation and understand that I may withdraw at any time without any effect, and if I so wish, may request at any time up until its incorporation into the final report, that any identifiable data I have supplied to date be withdrawn from the research.

Name of Participant:

Signature:

Date:

Statement by Investigator

I have explained this project and the implications of participation in it to this volunteer and I believe that the consent is informed and that he/she understands the implications of participation

If the Investigator has not had an opportunity to talk to participants prior to them participating, the following must be ticked.

The participant has received the Information Sheet in which my details have been provided so that participants have had opportunity to contact me prior to them consenting to participate in this project.

Name of Investigator Ms Tracey Tasker

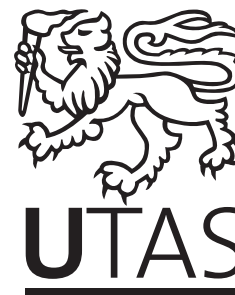
Signature of Investigator

Name of investigator Ms Tracey Tasker

Signature of investigator

Date

Private Bag 103 Hobart
Tasmania Australia 7001
Telephone - Kim Boyer: 0418 124 110
Tracey Tasker: 0418 502 120
Facsimile (03) 6231 6601
Email Tracey.Tasker@utas.edu.au
Web www.utas.edu.au/ruralhealth



UNIVERSITY DEPARTMENT OF RURAL HEALTH

January 2007

UNIVERSITY OF TASMANIA

Healthy Eating for Healthy Ageing in Rural Tasmania Project
Chief Investigator: Ms Kim Boyer
Researcher Ms Tracey Tasker

I would like to invite you to take part in a study we are conducting to examine the various programs used in this state to provide meals to older rural Tasmanians. This research has been funded by Home and Community Care (HACC) Tasmania.

The study will look at three programs: Meals on Wheels, Eating with Friends and meals provided in day centres. We are seeking a greater understanding of the ways in which these programs meet, or do not meet, older people's needs around food and eating. We believe that this understanding will allow service providers to plan programs that best meet the full range people's needs around food and eating; social and cultural as well as nutritional.

We are seeking to interview those providers who have a hands-on involvement in the delivery of these services to gain their views on their services and the needs of their clients around food and eating. We will also be talking to clients under these programs.

If, after reading this information sheet, you are prepared to be part of this study could you please advise us by either phoning or emailing our researcher, Tracey Tasker (Phone 6226 6340, Mobile 0418 502 120 or Email Tracey.Tasker@utas.edu.au), or by signing and returning the consent form in the attached postage paid envelope.

Should you decide you wish to participate, we will be asking you to complete a questionnaire (covering the basic details around your service and your role within it) and to participate in a short one-on-one interview (30-45 minutes), either in person or via telephone. The interview will explore your views and understanding on the needs of your clients in respect of food and eating and the ways in which your service meets, and perhaps does not, meet these needs.

The interview will, with your permission, be taped for later transcription and analysis. These data will be used to prepare a research report for the Home and Community Care Program and, possibly for publication in a professional journal. We will ensure that you cannot be individually identified in any of these reports.

Your participation in this study is entirely voluntary and you can decline to answer any question, and can withdraw your involvement, or your information, at any point up until the time we incorporate it into the report. Should you decide not to be involved, this will in no way affect your position within your organisation. This information sheet and the consent form you will be asked to sign are designed to protect your rights.

Following reporting we will hold the data in secure and confidential electronic and hardcopy storage at the University until we destroy it in five years time.

This study has been approved by the Research Ethics Committee (Tasmania) Network. If you have any concerns or questions about the study in general, please contact the Chief Investigator, Kim Boyer on 0418 124 110 or email:

Kim.Boyer@utas.edu.au .

Any concerns or complaints of an ethical nature should be addressed to the Executive Officer of the Ethics Network, Amanda McAully on 6226 2763

If you would like to receive a copy of the final report from this research you can either register your interest with our interviewer at the time of your interview or contact the Chief Investigator at any time.

Kind regards

Kim Boyer
Chief Investigator

January 2007

Healthy Eating for Healthy Ageing in Rural Tasmania Project
Chief Investigator: Ms Kim Boyer
Researcher Ms Tracey Tasker

I would like to invite you to take part in a study the University Department of Rural Health are conducting to examine the various programs used in this state to provide meals to older rural Tasmanians. This study has been funded under the Home and Community Care Program in Tasmania. In order to protect your privacy, your meals provider has agreed to distribute this invitation to you and we do not have any access to your private identity or contact details unless, and until, you volunteer this information.

The study will look at three programs: Meals on Wheels, Eating with Friends and meals provided in day centres. We are seeking a greater understanding of how these programs meet, or do not meet, older people's needs around food and eating. We believe that this understanding will allow service providers to plan programs that meet the full range people's needs around food and eating, not just the nutritional but also the social and cultural needs.

We would like to introduce you to Tracey who will be visiting your group within the next month or so, to talk to those of you who would be like to be part of the study. We will also be interviewing members of the team responsible for providing your meal service



Tracey is a Dietitian who graduated from Griffith University in Queensland in 2001 with a Masters degree in Nutrition and Dietetics. She moved to Tasmania with her partner after sampling our lifestyle as part of a post-graduate placement. Since moving here she has worked both at the Royal Hobart Hospital as a Renal Dietitian and as a community/public health nutritionist working with a wide range of community groups, including older people.

For Tracey, cooking and food for are a hobby as well as a profession. She has moved into research because she believes that in order to design good services we need to understand the needs of people who will be using them.

If you decide you would like to be part of a study we will be asking you to fill out a short anonymous questionnaire (covering some personal details and issues around food and eating) and take part in a group discussion at your usual meeting place about food and eating in general and about the program you are presently attending in particular. This is unlikely to take more than three quarters of an hour of your time. Tracey will then invite those of you who would like to be further involved to meet with her one-on-one, either in person or via telephone, for a short (half hour) interview. This will cover more individual and personal issues about the place of food and eating in your life and what sorts of programs would best suit your needs.

The group discussion and one-on-one interviews will, with your permission, be taped and later transcribed and analysed. This information will be used to prepare a research report for the Home and Community Care Program and, possibly for publication in a professional journal. We will ensure that you cannot be individually identified in any of these reports. If we choose to include any verbatim quotes in the final report we will use a coding system to disguise the identity of the source.

Your participation in this study is entirely voluntary and you can decline to answer any question, and can withdraw your involvement or your information at any point up until the time we incorporate it into the report. Whether you decide to be involved or not your decision will in no way affect your access to services, now, or in the future. This information sheet and the consent form you will be asked to sign are designed to protect your rights.

Following reporting we will hold the information we gather in secure and confidential storage at the University until we destroy it in five years time.

This study has been approved by the Research Ethics Committee (Tasmania) Network. If you have any concerns or questions about the study in general, please contact the Chief Investigator: Ms Kim Boyer, phone: 0418 124 110. Any concerns or complaints of an ethical nature should be addressed to the Executive Officer of the Ethics Network: Amanda McAully, phone: 6226 2763.

If you would like to receive a copy of the final report from this research either let Tracey know when she visits your group or contact the Chief Investigator at the above phone number.

Kind regards

Kim Boyer
Chief Investigator