



**What influences allied health practitioner's decision-making when asking older adults about alcohol use? Exploring older adults' views to improve understanding and practice.**

**INFORMATION SHEET - Service user and significant other**

Kia ora, my name is Lee Henley. I am a student in my 50s at Massey University undertaking a Doctor of Philosophy degree. I am researching what influences allied health care workers to ask some older adults about their alcohol use. Allied health workers are health professionals who are not part of the medical, dental, or nursing professions., these include physiotherapists, occupational therapists, social workers, speech language therapists, pharmacists, dieticians, and alcohol and other drug practitioners. I am interested in finding up to eight older adults who have lived experience of using alcohol support services or supporting a significant other who uses / has used these services (which includes support by peer groups) to be involved in a series of three group discussions. Alcohol has had a long connection with humans, forming important roles in the fabric of our society. Older adults are now using alcohol in higher quantities than any generation before, with use rates predicted to rise alarmingly in the future, resulting in a variety of risks and benefits. However, there is some evidence to suggest older adults are not always asked about their alcohol use by allied healthcare professionals. In New Zealand, we do not know what influences allied health care workers' decisions on whether to ask older adults about alcohol use. This project seeks to answer this question in partnership with older adults.

Your participation in this work would contribute to developing services around support for older adults regarding alcohol use and would take the form of:

- Participating in **THREE** 2-hour focus group meetings
- Contributing your lived experience as part of these discussions

During the first focus group meeting we will spend some time setting the scene of the group to ensure all participants are clear and comfortable with the subject being discussed. This first focus group will also discuss participants' views and awareness of alcohol use and risks, aiming to establish a clear shared understanding among participants. The second focus group will consider the experience of group members of being asked about alcohol. The third group will consider how approaches from allied health professionals asking older adults about alcohol use could be improved.

There are a few pieces of information which would help you decide whether this study is right for you:

1. You are 65 years or older
2. Willing to commit for the three group discussions (10 – 11 hours of time in total)
3. Be able to access the internet and be comfortable to communicate in online meetings
4. Have experience of using alcohol support services or experience of supporting a significant other who used alcohol support services
5. Have an interest in the subject of older adult alcohol use

You will be asked to share your views about alcohol use and the experiences of being asked by allied healthcare professionals about using alcohol, but only as far as you feel comfortable sharing these experiences. These sessions will provide information that will be useful in improving health services for older adults. All sessions will be conducted online.

To show appreciation for your time, you would receive a small gift of a \$40 supermarket voucher after your participation in the three focus group discussions. Part of the information shared will be about how any information from the study is stored securely; by using a password secured cloud. This information will be kept for 12 months post examination and then securely destroyed.

## **Your Rights**

You are under no obligation to accept the invitation to contribute to this project. If you do decide to join this series of group discussions, it is important that:

- You can participate as much as you want to and withdraw at any point (or to withdraw for a period).
- You can decline to answer any questions or not participate in any part of the focus groups you felt uncomfortable with
- You can ask me any questions about the research at any point
- I will record the online focus group meetings
- You will have your identity protected throughout this work
- You will be given access to an edited transcript of each on-line group discussion, before the next session and details of the studies outcomes
- If you become distressed at any point the interview will be paused while you are supported. You would also be offered advice of support services available; these could include:

Free call or text 1737 any time for support from a trained counsellor

Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

Samaritans – 0800 726 666

### **Project Contacts**

If you are interested in talking about this further, please contact me directly on: [lee.the.hen@gmail.com](mailto:lee.the.hen@gmail.com) or call me on 02102346622

My supervisors for this work are:

1. Associate Professor Kieran O'Donoghue. Email [K.B.ODonoghue@massey.ac.nz](mailto:K.B.ODonoghue@massey.ac.nz) +64 6 95 16517
2. Dr. Polly Yeung, Senior Lecturer. Email [P.Yeung@massey.ac.nz](mailto:P.Yeung@massey.ac.nz) +64 69516514 <mailto:P.Yeung@massey.ac.nz>

If you have any questions, please contact me or my supervisors.

*This project has been reviewed and approved by the Massey University Human Ethics Committee: Southern A, Application 21/55. If you have any concerns about the conduct of this research, please contact Dr Negar Partow, Chair, Massey University Human Ethics Committee: Southern A, telephone 04 801 5799 x 63363, email [humanethicsoutha@massey.ac.nz](mailto:humanethicsoutha@massey.ac.nz).*



**MASSEY UNIVERSITY**  
COLLEGE OF HEALTH  
TE KURA HAUORA TANGATA

## **What influences allied health practitioner's decision-making when asking older adults about alcohol use? Exploring older adults' views to improve understanding and practice.**

### **INFORMATION SHEET – Interested older adults (non-service users)**

Kia ora, my name is Lee Henley. I am a student in my 50s at Massey University undertaking a Doctor of Philosophy degree. I am researching what influences allied health care workers to ask some older adults about their alcohol use. Allied health workers are health professionals who are not part of the medical, dental, or nursing professions, these include physiotherapists, occupational therapists, social workers, speech language therapists, pharmacists, dieticians, and alcohol and other drug practitioners. I am interested in finding up to eight older adults who have or have supported a significant other using allied health services to be involved in three group discussions. Alcohol has had a long connection with humans, forming important roles in the fabric of our society. Older adults are now using alcohol in higher quantities than any generation before, with use rates predicted to rise alarmingly in the future, resulting in a variety of risks and benefits. However, there is some evidence to suggest older adults are not always asked about their alcohol use by allied healthcare professionals. In New Zealand, we do not know what influences allied health care workers' decisions on whether to ask older adults about alcohol use. This project seeks to answer this question in partnership with older adults.

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There are a few pieces of information which would help you decide whether this study is right for you:

1. You are 65 years or older
2. Willing to commit for the three group discussions (10- 11 hours of time in total)
3. Be able to access the internet and be comfortable to communicate in online meetings
4. Have experience of using allied health services for general health and wellbeing yourself or supporting a significant other who used these services
5. When accessing allied health services, you or a significant other have had the experience of being asked about alcohol use or have never been asked
6. You do not have to be an alcohol user but having an interest in improving services would be useful

You will be asked to share your views about alcohol use and the experiences of being asked by allied healthcare professionals about using alcohol, but only as far as you feel comfortable sharing these experiences. These sessions will provide information that will be useful in improving health services for older adults. All sessions will be conducted online.

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