

THE ANNA MATTHEWS OAM RESEARCH SCHOLARSHIP

FRONDITHA CARE IS PROUD TO ANNOUNCE THE ANNA MATTHEWS OAM RESEARCH SCHOLARSHIP. THE SCHOLARSHIP AIMS TO PROVIDE FINANCIAL SUPPORT TO POST-GRADUATE RESEARCH STUDENTS WITH THE AIM TO ENCOURAGE AND ASSIST RESEARCH THAT CONTRIBUTES TO THE WELLBEING AND CARE OF AGEING ADULTS FROM CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) BACKGROUNDS. THE PURPOSE OF THE SCHOLARSHIP SEEKS TO ADDRESS DEEPLY ENTRENCHED PROBLEMS IN CALD AGEING AND INTEGRATION.



CALD AGEING

Older adults from CALD backgrounds are identified by the Australian Government as belonging to special needs groups, facing unique challenges associated with ageing in a foreign land. The difficulty in communicating needs to carers who do not understand their client's language means that important ageing needs are often not accurately assessed or adequately met. However, a shortage of bilingual carers, nurses and culturally responsive providers, means in many areas of Australia, access to appropriate aged care services is limited. Long waiting lists for admission place significant strain on the families of older adults and on the welfare of the rapidly growing number of dementia sufferers in CALD communities.

This is especially problematic in the modern Australian context, where 22 per cent of people over the age of 65 are from non-English-speaking countries. Evidence also suggests older adults from CALD backgrounds, whether in a community or residential care environment, are at much higher risk of isolation and loneliness. When coupled with the lack of service availability and emphasis on cultural and spiritual activities, cultural menus and entertainment, the ageing environment of CALD communities is less than favourable.

On average, 40 per cent of the members of ageing CALD communities have symptoms of moderate to high levels of depression and anxiety. Prevalence rates of over 60 per cent are reported in residential care facilities. Yet, these communities also have the least access to and engagement with psychological services and aged care services. Recent inquiries into the Consumer-Directed-Care program revealed that ageing adults from CALD backgrounds are mostly unable to navigate the system to access aged care services that they are eligible to receive.

These and the many associated challenges are shared by CALD communities across all multicultural countries with ageing populations. With global research implications on the policy and practice of CALD ageing and integration, there is a surprising scarcity of research in the area. High costs of translation, interpretation and other added costs of working with ageing CALD communities, stifle research interest and progress.

FINANCIAL SUPPORT

Providing financial support to a value of \$20,000 per annum, the Anna Matthews OAM Research Scholarship aims to help cover the high costs of doing research with older adults from CALD backgrounds and to enable post-graduate research students to make progress around deeply entrenched problems in CALD ageing. The scholarships are made available through the generous donations provided by individuals and organisations that understand and care for the needs of ageing CALD communities. Some important problems in the field of CALD ageing are listed on the next page.

PROBLEMS IN CALD AGEING:

- Lack of health literacy, awareness, knowledge and practice of healthy ageing amongst older adults from CALD backgrounds
- Lack of access to culturally and linguistically responsive aged care services
- Shortage of bilingual nurses and care workers in the aged care workforce and CALD sector
- Inadequate diagnosis and treatment of dementia, depression, anxiety and other mental health conditions amongst older adults from CALD backgrounds
- Lack of access to and engagement with clinically effective and linguistically appropriate psychological services
- Lack of knowledge amongst older adults and carers from CALD backgrounds about the aged care system, services, eligibility and the associated process
- Lack of support for volunteers and unpaid carers of older adults from CALD backgrounds
- Low quality of life, isolation and loneliness amongst older adults from CALD backgrounds

ANNA MATTHEWS OAM

Having cared for the ageing Greek community in particular, the late Anna Matthews OAM was instrumental in bringing culturally-responsive aged care to Australia. At a time where caring for people of non-English-speaking background meant that cultural and communication needs would be ignored, Anna did not do the same. She understood the difficulties the Greek elderly faced and she understood the hardships experienced by stay-at-home carers. She believed in delivering services that were responsive to the cultural and linguistic needs of everyone.

Anna leaves behind a legacy we are determined to continue. Our tribute to Anna Matthews OAM is one of celebration, of a life fulfilled, dedicated to the wellbeing of others. In her name, we present the Anna Matthews OAM Research Scholarship.

ELIGIBILITY AND APPLICATION PROCESS

- Applications are open all year
- Applicants must demonstrate that resulting from the research project or throughout, the outcomes will benefit the ageing Greek community or other ageing CALD communities
- Applicants must demonstrate sound academic achievement
- Applicants must be permanent Australian residents or citizens
- Applicants must be eligible to enroll or be enrolled in a PhD, Masters by Research or equivalent research course at one of the eight specified Victorian universities: *RMIT University, Monash University, Melbourne University, La Trobe University, Swinburne University, Victoria University, Deakin University, Federation University Australia*
- Applicants may hold another award or participate in another scholarship program concurrently
- The research project must be carried out under the supervision of a faculty mentor
- The research may be carried out in a not-for-profit setting, such as universities, medical schools, hospitals, or non-government agencies
- The selection of applicants will be undertaken by the Policy and Research Committee of Fronditha Care and approved by Fronditha Care's Board of Directors, having regard to applicants' academic records and completed application
- Applicants will be notified of funding decisions up to 2 months following their submission
- Any thesis, dissertation or other publication resulting from research undertaken by the recipient of the Anna Matthews OAM Research Scholarship must acknowledge the support of the scholarship and carry the enrolling university's by-line
- Applicants must fill out an application form, including: *Evidence of application or enrollment in a post-graduate research course at one of eight specified Victorian universities, document of no more than 800 words, addressing the applicants current or expected research project, and the expected benefits of the project to the ageing Greek community or other ageing CALD communities, contact details, names and signatures of current or expected research supervisors/mentors, copies of academic transcripts, details of previous research experience (if any), contact details and names of two personal references (can be academic or non-academic), copy of birth certificate, passport or Australian citizenship.*

**Completed application form and all associated attachments must be emailed to:
George Lekakis AO, CEO at george.lekakis@fronditha.org.**

THE ANNA MATTHEWS OAM RESEARCH SCHOLARSHIP APPLICATION FORM

The application and all associated attachments must be submitted by email to: george.lekakis@fronditha.org. The email and all attachments must be clearly labeled and include reference to the scholarship.

Upon submission you will receive an email from Fronditha Care confirming receipt of your application. If you do not receive an email, please contact the Fronditha Care office right away: (03) 9552 4100.

The application will be assessed based on the following criteria and the application should be compiled in the following order:

1. Page 2 of this application form: filled-out.
2. Document of no more than 800 words describing in your own words:
 - a. Your current or expected research project
 - b. The expected benefits of the project to the ageing Greek community or other ageing CALD communities
3. Evidence of submitted application or enrollment in a PhD, Masters by Research or equivalent post-graduate research course at one of eight Victorian Universities:
 - a. RMIT University
 - b. Monash University
 - c. Melbourne University
 - d. La Trobe University
 - e. Swinburne University
 - f. Victoria University
 - g. Deakin University
 - h. Federation University Australia
4. Copies of academic transcripts from all tertiary institutions attended (OK if printed from website but name of applicant must be visible)
5. Details of previous research experience (if any)
6. Copy of birth certificate, passport or Australian citizenship

The application should not include any additional documents or materials.



THE ANNA MATTHEWS OAM RESEARCH SCHOLARSHIP APPLICATION FORM

Title of Research (20 words max.):

Dates of Proposed Research

Name, Permanent Address, Telephone/Mobile and Email Address of Applicant

Date of Birth

Signature

Signed on the date of:

Contact details and name/s of expected or current research supervisor/s

Signature/s of research supervisor/s (confirming current or planned involvement in the direct supervision of applicant)

Signed on the date of:

Contact details and name of personal reference 1

Contact details and name of personal reference 2

Materials fulfilling criteria 2-6 are to be included in the following pages