Making the small change from the couch counts

Tim Henwood, PhD
Group Manager – Connected Living – Community Wellness and Lifestyle, SCC SA & NT
Achieving the funding required to deliver successful research is frustrating.

But you are not alone.
My funding history........

2017 – 4
2016 – 10
2015 – 4
2014 – 9
2013 – 7
2012 - .......
My funding history........

Awarded 2015

- **Funding Organisation and Award:** Department of Social Services Aged Care Service Improvement and Health Ageing Grant
- **Funds Awarded:** $1,329,298
- **Project Title:** Muscling-up against disability in older adults with home care packages – Implementing an evidence-based progressive resistance training service model of care
- **Research Team:** Henwood T, Keogh J, Tuckett A, Gardiner P, Hodgkinson B.
- **Research Partners:** Burnie Brae Community Centre, St Vincent’s Health Services, HUR Australia
My funding history........

**Awarded 2010**
- University of Queensland New Staff Grant $11,995. The Active D project: A controlled trial of Interactive Exergames in Diabetes. Senior H, Henwood T and Mitchell G.
- University of Queensland Early Career Researcher Grant $25,000. The Impact of Exercise among Semi-dependant Older Adults accessing day Respite Care. Henwood T, Wooding A and McLean J.

**Awarded 2011**
- Exercise and Sports Science Australia - Tom Penrose Grant $9,875. Watermemories swim club. Henwood T, Usher M, Neville C.

**Awarded 2012**
- Bond University – Seeding Grant $9,995. Prevalence and Predictors of Sarcopenia in Older People Accessing Different Levels of Aged Care in South-East Queensland: a Preliminary Study. Keogh J, Henwood T, Senior H, Beller E.

**Awarded 2014**
- Gold Coast Hospital Foundation. $9,917.53. Sarcopenia and in-patient rehabilitation: Consequences to treatment and following discharge. Chen B, Henwood T, English L, Keogh J.
My funding history........

Awarded 2010
• Australian Primary Health Care Research Institute $147 885 The CHARMS (Camp Hill Allied Health Roles in Multidisciplinary Setting) Study. Mitchell G, Senior H, Williams I, Foster M, Henwood T, Freeman C and Bucetti A.

Awarded 2011
• Department of Health and Ageing, Dementia Community Grant $49 951 The Watermemories Swim Club. Neville C, Beattie E, Henwood T.

Awarded 2012
• Alzheimer’s Australia Research Foundation Project Grant $50 000 The Watermemories Swimming Club. Henwood T, Neville C, Beattie E, Clifton K.
• Queensland Government Department of Communities Sports and Recreation Active Inclusion Program Grant $40 000 Positive Moves Project. Rouse K, Vernez J, Henwood T.

Awarded 2013
• Wishlist Foundation $10 000 Improving surgical outcomes through a program of preoperative and postoperative exercise prescription. Ralph N, Gass G, Henwood T, Osborne S, Birks M, Welch A.

Awarded 2014
• Queensland Health Nursing and Midwifery Research Fellowship $119 397 The Watermemories Swimming Club: A randomized clinical trial to establish the efficacy and cost benefit of a non-pharmacological intervention to improve the quality of life for people with dementia. Neville C, Henwood T, Beattie E, Scott T.

Awarded 2016
• Brisbane North Primary Health Network $80 138 Personal carer led aged care in-home wellness program, Henwood T & Burnie Brae Community Centre, Brisbane North Primary Health Network.
My funding history learning

- Be true to your research passion
- Make friends for academic life
- Play the odds game
- Play the academia game
- Look for “Bang for buck”
- Don’t worry about it