

### ? What is BOOST?

Building on our Strengths (BOOST) is a research project that is a partnership between Aboriginal Community Controlled Health Organisations, universities and health professional organisations. We want to hear from and work with Aboriginal and Torres Strait Islander people to design and deliver the best maternity care for the community.



### Can I participate in BOOST?

You can be part of BOOST if:

- You or your partner, identify as Aboriginal and/or Torres Strait Islander, AND
- You are booked to have your baby at Shoalhaven District Memorial Hospital (SDMH)

Before deciding whether or not to take part, you might like to talk to a relative, community Elder, or local health worker.



### How do I sign up?

At your antenatal appointment we will give you a copy of this Flyer and a Participant Information and Consent Form (PICF) which provides more detail about the study. You can take this home and chat with your family/friends about what is involved and whether you would like to take part.

A BOOST Researcher will phone you a few days after your antenatal visit to ask if you have any questions about the study, and if you would like to take part.



### If I participate in BOOST, what will I have to do?

If you say yes, we will ask you to:



- Do three surveys, one between 28 & 36 weeks of pregnancy, another at 2 months after birth and the last one 6 months after birth.
- This can be done in the antenatal clinic, at your home or where ever you would like to meet the researcher.
- It can be done face to face, on a smart phone/tablet/ipad (we can lend you one to use) or online in your home.
- The surveys have questions about your experiences during pregnancy, birth, in hospital and of being a mother.



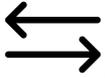
### **If I don't want to participate, what will happen?**

It is fine to say no, and you will still have the usual care. Saying no will not affect your care in any way.



### **Will everything I say be confidential?**

Yes – your name will not be linked to anything you say about your care/experience. Your privacy is important. All information will be treated in the strictest confidence.



### **If I say yes, can I change my mind later?**

You can change your mind at any time and you don't have to say why. You can choose how much of the study to participate in, so you can choose to do only some of the surveys.



### **What will happen if I say no or if I say yes, but later change my mind?**

Nothing. You will not be penalised or disadvantaged. You will still receive the best care available. We will thank you for your time so far and won't contact you about this research again.



### **Will I benefit from being part of BOOST?**

We recognise that your time is important and to say thank you for being part of BOOST you will receive: a *\$20 gift voucher once you've completed every survey*. After the 2-month survey you will also receive a *small gift for baby*. You might gain some new insights after talking through your experiences.

Other than that, you may not personally benefit from participating in BOOST, but sharing your situation, your experiences and your thoughts will help us to improve maternity care in the future for Aboriginal and Torres Strait Islander families.



### **Are there any risks?**

We are not aware of any particular risks for you and bub. BOOST has been carefully designed with all our partners.



### **What do I do if I want to join in or would like more information?**

We work with your midwife and health worker so you can let the BOOST team know that you want to be involved. Provide them with your telephone number or email and we will contact you.

Or you are welcome to contact Elizabeth Luland phone 0418 568 226 or Penny Haora at the BOOST research team directly, email: [boost@cdu.edu.au](mailto:boost@cdu.edu.au) or phone: 0436 851 748