



Try, Test and Learn Fund

Initiative: *Giving it a go: Working towards health and wellbeing*

Location: National

What are we trying to achieve?

Improvements to the self-care and wellbeing of some working age people with a musculoskeletal (MSK) condition who receive the Disability Support Pension (DSP). The project tests whether different interventions and delivery methods, informed by the best available evidence and behavioural insights, motivate participants to better manage their condition and re-engage with work, education and the wider community.

What is *Giving it a go*?

The project draws on evidence and insights from over 50 leading health organisations and people with a MSK condition to identify barriers and enablers to participants' managing their condition better and re-engaging with work, education and the wider community.

Using these insights, participants receive regular, up-to-date information presented and delivered in different ways, via an online portal and other platforms. Topics include pain management, mobility and working successfully with a MSK condition. Some participants are randomly selected to receive additional tailored supports to test the effectiveness of different interventions. Participants' feedback is used to measure the impact of the different interventions, and if necessary, make adjustments to better support participants across the trial.

What does the evidence tell us?

- Around one fifth of people on the DSP have a primary diagnosis of a MSK condition. Without intervention and support, individuals living with MSK conditions are at risk of missing the benefits of work, including social connectedness.
- Internationally there has been success in using behavioural insights and interventions to reduce dependence on income support and increase workforce participation.
- If nothing changes, 85 per cent of this group will be receiving income support payments in 10 years, and 73 per cent will be receiving income support payments in 20 years.

How is this initiative new and innovative?

The project uses behavioural insights approaches to help people manage their chronic health condition as its primary approach. Improving health management and better quality of life should help people re-engage with work, education and the wider community.

Using insights from the Priority Investment Approach, the \$96.1 million Try, Test and Learn Fund is gathering evidence on new or innovative approaches to addressing barriers to work.

The Try, Test and Learn Fund will help achieve the objectives of welfare reform—that is, to develop a modern welfare system that increases the capacity of individuals, reduces the risk of welfare dependency and maintains a strong welfare safety net.

Fast facts

Priority group: Other (Recipients of the DSP with a primary diagnosis of a MSK condition)

Participant numbers: 430

Location: National

Trial period: 24 months

Total funding: \$1.4 million

Service provider: The Australian Health Policy Collaboration, Victoria University

Potential future saving: If around one per cent of participants move off income support because of this project, the savings to the welfare system are likely to outweigh the costs of the project.