



WARDLIPARINGGA
Aboriginal Research



SAHMRI
South Australian Health &
Medical Research Institute

What keeps you strong?

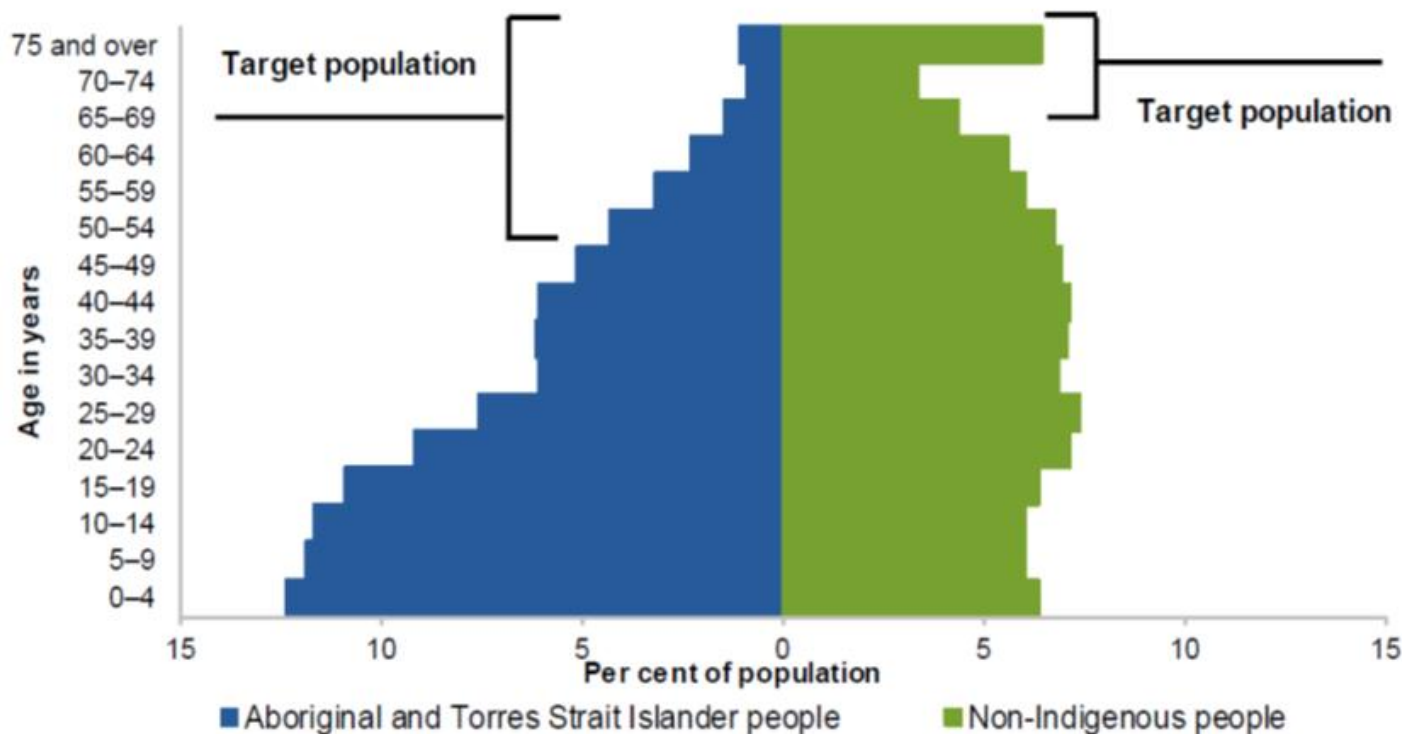
*Supporting the wellbeing of older Aboriginal and Torres Strait
Islander peoples*

1. Overview of aged care services utilised by Aboriginal and Torres Strait Islander peoples.
2. Differing needs of older Aboriginal and Torres Strait Islander peoples
3. Aged care reform – an opportunity for improvement?
4. A program of work designed to assist providing care for older Aboriginal and Torres Strait Islander people

Why is this important?

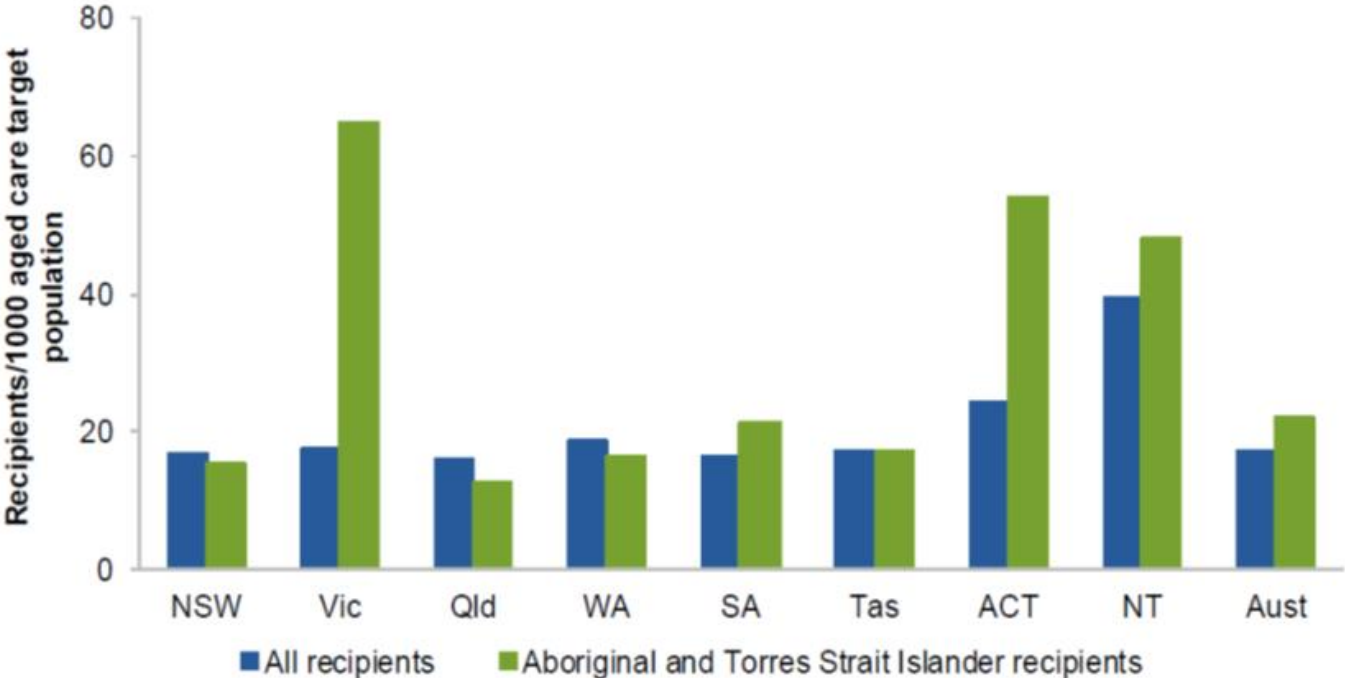
Estimated life expectancy for
Aboriginal and Torres Strait Islander peoples at
birth has increased by **1.6 years** for males (now
69.1 years) and **0.6 years** for females (now 73.1
years) between 2005–2007 and 2010–2012.

Figure 13.5 Age profile and aged care target population differences between Aboriginal and Torres Strait Islander and other Australians, June 2011



Source: ABS (2013) *Australian Demographic Statistics, March 2013*, Cat. no. 3101.0, Canberra; ABS (2013) *Estimates of Aboriginal and Torres Strait Islander Australians, June 2011*, Cat. no. 3238.0.55.001.

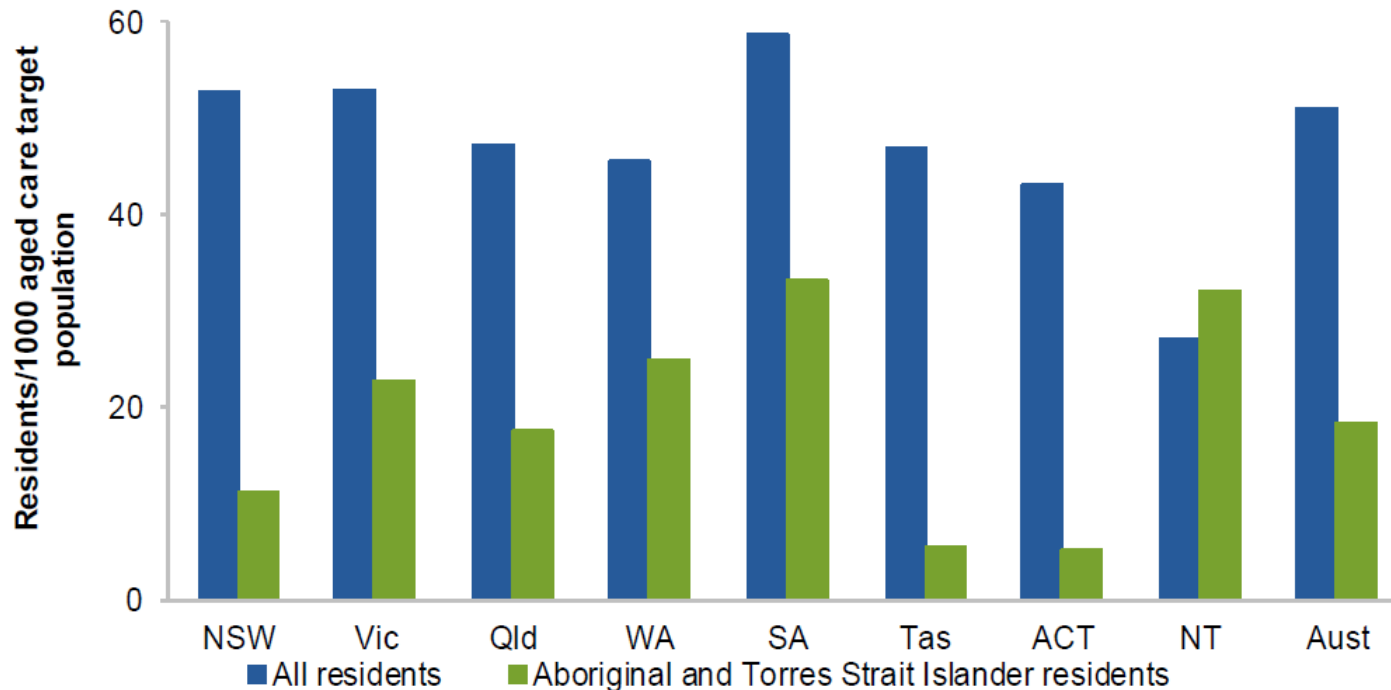
Figure 13.10 Home Care recipients per 1000 aged care target population, 30 June 2014^{a, b, c}



^a All recipients data are per 1000 people aged 65 years or over and Aboriginal and Torres Strait Islander Australians aged 50–64 years. ^b Aboriginal and Torres Strait Islander recipients data are per 1000 Aboriginal and Torres Strait Islander Australians aged 50 years or over. ^c The ACT has a very small Aboriginal and Torres Strait Islander population aged 50 years or over (table 13A.2), and a small number of places result in a very high provision ratio.

Source: DSS (unpublished); tables 13A.22 and 13A.25.

Figure 13.9 Residents per 1000 aged care target population, 30 June 2014^{a, b}



^a All residents data are per 1000 people aged 65 years or over and Aboriginal and Torres Strait Islander Australians aged 50–64 years. ^b Aboriginal and Torres Strait Islander residents data are per 1000 Aboriginal and Torres Strait Islander Australians aged 50 years or over.

Source: DSS (unpublished); tables 13A.22 and 13A.25.

To us, health is about so much more than simply not being sick. It's about getting a balance between physical, mental, emotional, cultural and spiritual health. Health and healing are interwoven, which means that one can't be separated from the other. (*Dr Tamara Mackean*)

(Australian Association of Gerontology Aboriginal and Torres Strait Islander Ageing Committee 2008)

These interactions involve (mostly) negotiations of interpretations of need, and are essentially based on culturally shared knowledge leading to the categorisation and identity construction.

(Bell and Lindeman 2015)

The potential for improvement

The 2012 Aged Care Reforms aims to create a more equitable and reliable aged care system nationally and has the potential to have a substantial positive impact in Aboriginal and Torres Strait Islander communities. The reforms have a focus on increased consumer choice and access to community care while creating a sustainable system.

- **Strategy 6A:** Older Aboriginal and Torres Strait Islander peoples, their families and carers have access to culturally appropriate residential care and support
- **Strategy 6B:** Older Aboriginal and Torres Strait Islander peoples are supported to maintain their independence, good health, and social and cultural connections
- **Strategy 6C:** Health and aged care providers have the capability and skills to meet the health needs of older Aboriginal and Torres Strait Islander peoples
- **Strategy 6D:** Local elders and senior community members champion culturally appropriate health and wellbeing choices

What keeps you strong?

The overarching aim of this research program is to identify opportunities, as well as develop and pilot strategies that mainstream services can use to better support the wellbeing of older Aboriginal and Torres Strait Islander peoples.

Expert Advisory Committee

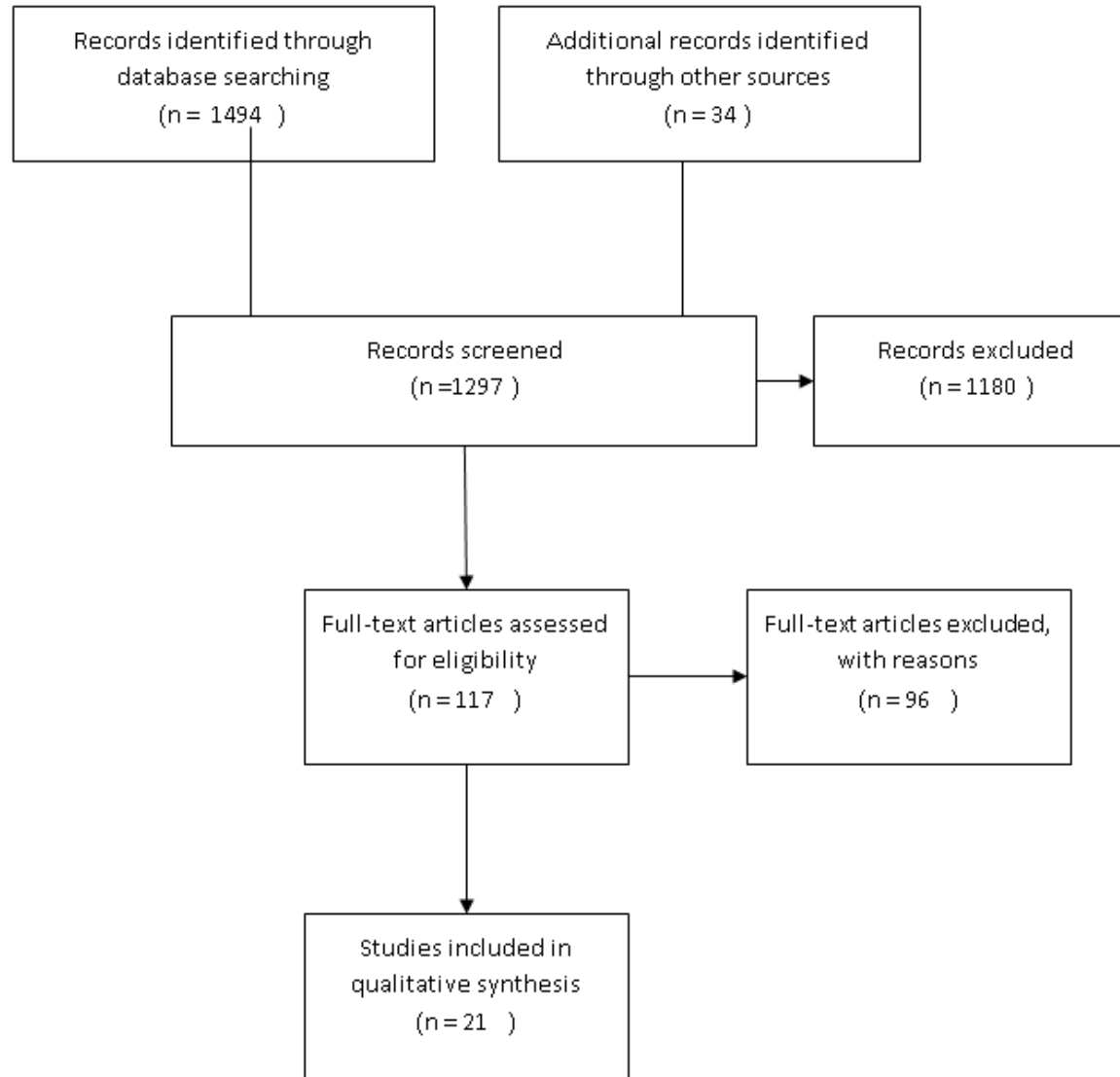


- CEO of an Aboriginal Community Controlled residential and home based aged care services
- Researcher associated with Helping Hand Aged Care
- Two Aboriginal Elders from South Australia
- Aboriginal Researcher with an interest in Wellbeing

Aimed at identifying primary healthcare or aged care strategies that have or could support the wellbeing of older Indigenous peoples – from the perspectives of:

- Older Indigenous peoples being supported by these strategies or interventions;
- Primary healthcare or aged care service staff, and
- Other members of the Indigenous community within which the older Indigenous person reside.

The literature



- Majority of studies were conducted in the United States
- Majority of papers reported only on perceptions of older Indigenous peoples
- Overall the quality of studies was considered to be moderate.
- **Seven expressly stated that a member of the Indigenous community was involved in the research**
- **Five (5) studies have formed an Indigenous reference group or advisory board.**

The Centre of Research Excellence in Aboriginal Chronic Disease Knowledge Translation and Exchange (CREATE)

One of the primary aims: To develop an instrument that appraises the ethical and methodological quality of research conducted with Aboriginal and Torres Strait Islander peoples from an Aboriginal and Torres Strait Islander perspective <http://create.joannabriggs.org/>

Five programs that had been implemented:

1. Assisted living facility for American Indian Tribe Elders
2. Grandmothers' Project for urban Canadian Aboriginal women
3. Iqaluit home care for Canadian Indigenous people
4. Ngaanyatjarra Pitjantjatjara Yankunytjatjara communities in central Australia
5. Yuendumu Model Local Womens' Centres

Maintaining Indigenous Identities:

- Connections with family and communities
- Supporting each other
- Connection to Country
- Traditional ways of living
- A sense of pride in their cultural identity

Promoting Independence:

- “I am not sick I am just old”
- Life on their own terms
- Meaningful contributions
- Remaining active
- Information and skills to make informed life and end of life choices

Delivering culturally appropriate care:

- Culturally safe services free from prejudice and judgements
- Indigenous peoples playing a role in designing and managing services
- Holistic care programs designed to meet the specific needs
- Assisting and advocating for access to entitlements
- Understanding and care for dealing with the death of their peers

Indigenous Identities

“To loose cultural is also to loose one’s identity”

Warburton et al (2007)

Independence:

Independence can also be through of in terms of decision making, self-esteem and social roles.

(Plath 2008)

Even the fittest in our societies need to depend on someone.

Fine et al (2005)

Culturally appropriate services:

Patient centred care and the lack of choice in relation to health and aged care services, particularly for Indigenous peoples.

(NACCHO 2015; Bell et al 2015)

Where to next?

- Expert Advisory Committee continues
- Understand what supports wellbeing for Australian Aboriginal and Torres Strait Islander communities
- Develop and pilot a framework to assist primary healthcare and aged care services

Acknowledgement



This systematic literature review is part of work which is supported by Helping Hand Aged Care Services. The primary author was also supported by National Health and Medical Research Council (NHMRC) Grant No 1061242. The published material are solely the responsibility of the individual authors and do not reflect the views of NHMRC.

Questions or queries???

Any questions or requests for information can be directed to:

Carol Davy

Wardliparingga Aboriginal Research Unit

South Australian Health and Medical Research Institute

Ph: 08 8128 4220

Email: carol.davy@sahmir.com