

**An Aboriginal person may present at your service for an issue specific to your profession - it's important to keep in mind that some Aboriginal people may also be dealing with other issues relating to their cultural background or identity that may be having an impact on their health and wellbeing.**

- Impact from media reports and statistics referring to: high suicide rates, high prison rates and deaths in custody, high unemployment rates, housing availability, homelessness, and health and wellbeing inequalities.
- The wider community's lack of understanding and acceptance of significant cultural dates - not recognised or celebrated in the wider community.
- Expectations placed on Aboriginal people/workers to have the answers for or be responsible for everything 'black' (Aboriginal).
- Lack of Aboriginal specific employment opportunities across different sectors within the local community.
- Cultural understanding and/or flexible support / approach when working with Aboriginal people is not always available.
- Frustration - not being able to express who they are or how they feel in a way that non-Aboriginal people understand.
- Might lack the confidence or shame to speak up and participate.
- Education - people have different levels of learning and understanding - use different ways to present/provide information.

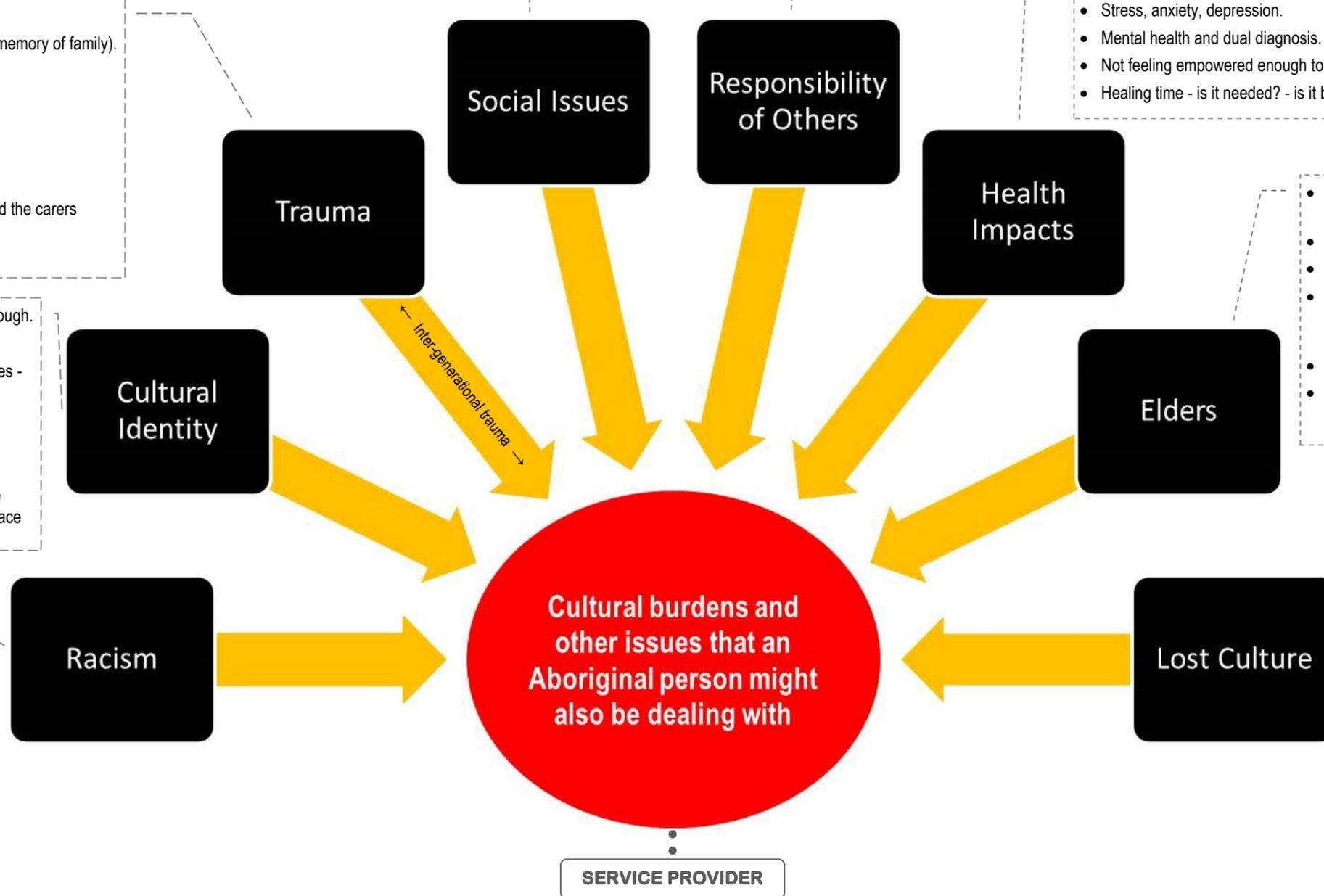
- Aboriginal people have a shared responsibility to care for
- Our Elders.
  - Our family.
  - Our younger generations.
  - Our community.
  - Our Culture.
  - Our responsibility to other Aboriginal Mobs - living off Country.
  - Our homes - overcrowding, ongoing rental stress, poor quality of housing, increased risk of homelessness.

- Multiple health issues - delay's seeking care or treatment when unwell.
- Perception of disability (does the person acknowledge?).
- Other family members health issues.
- Hereditary health conditions.
- Fear of developing a chronic disease.
- Fear of dying at an earlier age compared to non-Aboriginal people.
- Addictions: Tobacco, Alcohol and Other Drugs.
- Referral pathways - transport and/or cost.
- Affordability of treatment and/or medications.
- Poor diet and nutrition: cost maybe be a factor? not knowing what are healthy foods.
- Chronic disease care, management and supports - are they in place? who can help?
- Stressed: capacity to understand treatment and/or medications.
- Stress, anxiety, depression.
- Mental health and dual diagnosis.
- Not feeling empowered enough to lead their own journey for treatment or care.
- Healing time - is it needed? - is it being considered?

- Inter-generational trauma.
- Stolen generation or lost children (taken at birth, no memory of family).
- Fear of having children taken away.
- Colonisation - changed lifestyle.
- Historical impacts - no healing time.
- Family worries / Family conflicts.
- Abuse - sexual, physical, emotional, financial.
- A sense of loss & grief for both the parents/family and the carers - children removed - children returned

- Skin complexion - judgement of others - not black enough.
- Disconnection from family and culture.
- Lack of cultural safety in the community and in services - don't feel safe to identify or to access the service.
- Acceptance in the community.
- Being challenged about their Aboriginality.
- Behavioural factors e.g. eye contact, body language, sexuality, shame, choice of worker - check-in with the client to ensure cultural appropriateness has taken place

- Racism comes in many forms
- Verbal & physical abuse
  - Bullying, harassment and intimidation
  - Attitudes and divided community
- Racial taunt can lead to
- Fear, anger and violence
- It can have an impact on a person's
- Health, mental health, education, employment and social inclusion
  - Achievement's in life



- Responsibility of passing down culture and lore to the next generation.
- Responsibility of representing their family/mob.
- Elders are not respected in the community.
- Pressure or expectation for Elders to teach culture to younger generations and share stories / knowledge of the past (traditional, happy, sad, traumatic)
- Family worries.
- An Elder might experience abuse - financial and/or physical.

- Lack of respect for Elders and other Aboriginal people
- Lost identity and the value of culture.
- Aboriginal culture not included in the education curriculum.
- Lost knowledge - story telling, bush medicine, tucker and skills to live off the land.
- Traditional language is lost or unknown
- Change in traditional lifestyles.
- Aboriginal culture is not acknowledged or celebrated.

**Please note that this is only an example, not all Aboriginal people experience or suffer from these cultural burdens or issues.**

This poster was developed by The Lower Hume Aboriginal Health & Wellbeing Project (2017) in consultation with both Aboriginal and non-Aboriginal people.



Go to the following websites to learn more about these topics:

**RACISM:** <https://itstopswithme.humanrights.gov.au/resources/what-you-say-matters/what-racism>

**CULTURAL IDENTITY:** <https://www2.health.vic.gov.au/about/news-and-events/videos/victorian-aboriginal-population-a-snapshot>  
<http://www.whealth.com.au/mtww/>  
<https://mhfa.com.au/mental-health-first-aid-guidelines#mhfaatsi>  
<http://aiatsis.gov.au/research/finding-your-family>

**TRAUMA:** <http://www.healthinfonet.ecu.edu.au/related-issues/healing/stolen-generations/key-facts>  
<http://www.australia.gov.au/about-australia/australian-story/sorry-day-stolen-generations>  
<https://australianmuseum.net.au/indigenous-australia-introduction>  
<http://www.australia.gov.au/about-australia/australian-story/european-discovery-and-colonisation>  
<https://mhfa.com.au/mental-health-first-aid-guidelines#mhfaatsi>  
<http://healingfoundation.org.au/>

**SOCIAL ISSUES:** <https://www.reconciliation.org.au/resources/>  
<http://www.healthinfonet.ecu.edu.au/>  
<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/1301.0~2012~Main%20Features~Deaths%20in%20custody~73>  
<https://www.humanrights.gov.au/our-work/aboriginal-and-torres-strait-islander-social-justice/publications/indigenous-deaths-custody>  
<http://vaccho.org.au/resources/cultural-safety/>

**RESPONSIBILITY OF OTHERS:** <http://www.vic.gov.au/aboriginalvictoria/heritage/welcome-to-country-and-acknowledgement-of-traditional-owners.html>  
<http://www.vic.gov.au/aboriginalvictoria/treaty.html>  
<https://www.creativespirits.info/resources/#toc0>

**HEALTH IMPACTS:** <http://www.healthinfonet.ecu.edu.au/>  
<https://mhfa.com.au/mental-health-first-aid-guidelines#mhfaatsi>  
<http://healingfoundation.org.au/>  
<http://www.vaccho.org.au/resources/>  
[https://www.reconciliation.org.au/resources/ \(health\)](https://www.reconciliation.org.au/resources/ (health))

**ELDERS:** <https://www.youtube.com/watch?v=-L0G2Px7MnM>  
<http://www.healthinfonet.ecu.edu.au/key-resources/organisations?oid=1250>

**LOST CULTURE:** <https://museums victoria.com.au/bunjilaka>  
<http://korieheritagetrust.com.au/>

**Some words Aboriginal people might use:**

- Deadly - a positive meaning 'fantastic', 'great' or 'awesome'
- Wild - angry, frustrated or annoyed
- Koorie or Koori - Aboriginal people from Victoria and New South Wales
- Gubbah - white person
- Yarn or Yarning - talk
- Brother / Sister (Bruz or Sis) - refers to other Aboriginal people who are not their brother or sister
- Gammon - fake, pretending, or joking
- Coonie - poo
- Cuz - cousin
- Dreamtime - refers to the afterlife / story time / our culture
- Sorry business - ceremony and rituals associated with the death of an Aboriginal person
- Mob - family, our people / where we are from, or group of people
- Shame - embarrass or humiliate
- Moola - money
- Tucker - food
- Grog - alcohol
- Yarndi - marijuana
- Strong - in culture, mind, body and soul

For more information read the publication title *Koorified: Aboriginal Communication and Wellbeing* that is available on the VACCHO website: <http://vaccho.org.au/resources/cultural-safety/>



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\* Please note that these are only a sample of websites that relate to the various topics mentioned; the content and information available is not limited to these suggestions.