

Cultural Safety in Rural and Remote Aboriginal Aged Care

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Acknowledgement of Country

We acknowledge the Kurna people as the traditional custodians of the Adelaide region, where the SAHMRI building is located; we recognise the Kurna peoples cultural, spiritual, physical and emotional connection with their land. We honour and pay my respects to Kurna elders, both past and present, and all generations of Kurna people, now and into the future.

We also pay respect to and acknowledge Aboriginal and Torres Strait Islander people from other parts of Australia, and their connection to country. And in the spirit of reconciliation we would also like to acknowledge our non-Aboriginal colleagues who walk along side us everyday.



Living Kurna Cultural Centre
and Warriparinga Wetlands

Background

Life expectancy for Aboriginal and Torres Strait Islander peoples is improving

This will result in an increased demand for aged care, yet there are significant challenges for people in accessing care and for aged care organisations in providing services that can meet their needs

Aboriginal and Torres Strait Islander peoples are less likely to use aged care services in comparison to their non-Indigenous counterparts, despite more complex health and social needs

The barriers include navigating aged care services and systems, geographic remoteness, low numbers of Aboriginal and Torres Strait Islander workforce and a lack of **culturally safe services**

New Aged Care Standards (July 2019) require all aged care organisations to demonstrate how they deliver culturally safe care.



Project Aim

Project aim was to work collaboratively with rural and remote Aboriginal aged care organisations to develop, pilot and evaluate evidence-based models for culturally safe aged care.



Project Aims

Phase 1. Define cultural safety from Aboriginal perspectives in rural & remote settings

Cultural safety is defined by those who use the service

Phase 2. Develop training programs that support cultural safety

To assist aged care organisations to develop and maintain culturally safe workforce and environments

Phase 3. Pilot the training programs in rural and remote aged care organisations

To evaluate the effectiveness of the training within organisations

Phase 1: Defining Cultural Safety from older Aboriginal peoples' perspectives



- 49 semi-structured qualitative interviews with older Aboriginal people aged ≥ 50 years in three rural and remote South Australian locations
- 63 people interviewed including those who were receiving aged care services, within residential, community or home settings and people not receiving any formal support
- Thematic analysis to draw upon participants' views on culturally safe aged care practices
- Six principles of cultural safety in aged care derived from the interview themes, developed together with Expert Advisory Group and endorsed by study participants

Keeping Culture Strong

“If I finish up or go into aged care you keep learning these stories, you gotta learn! That’s what we tell the kids. If after working hard, we get back ache and sore all over, maybe kidney sick, I could go on dialysis or, aged care.

When we close our eyes or if we get sick inside, we’ll go into aged care and for the kids, this is their story to hold onto themselves tight and to understand and remember and think, “Oh this is what our grandmothers taught us, our grandfathers told us. Our story.”

Yes we’ve told it and now it’s theirs. And they can keep it and remember that their grandmothers told it to keep it strong before they went into aged care.”

Phase 1. Interview Themes and Principles of Cultural Safety

Interview Themes



Principles of Cultural Safety in Aged Care

Respect Aboriginal life, traditions and living culture

Create and maintain Aboriginal friendly spaces

Provide buildings that meet Aboriginal Elders and community needs

Employ Aboriginal staff

All aged care staff work toward cultural competence

Advocate for Aboriginal Elders and their communities

Phase 2. Develop workforce training programs that support cultural safety



A three day training workshop, attended by seven aged care workers caring for older Aboriginal and Torres Strait Islander peoples in six aged care service sites (rural, remote and regional areas) in SA, QLD and NT

The workshop content was based on the six cultural safety principles, including practical examples

Opportunities for participants to reflect on relevance to their work practice and their organisations' delivery of services

Plan for a three month pilot of the cultural safety principle implementation within participants' work sites

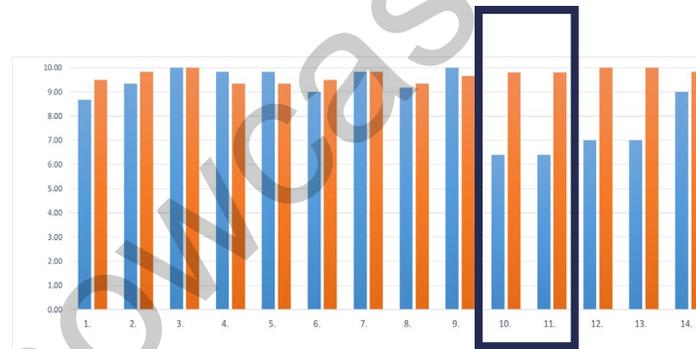


Phase 3. Evaluating the implementation of the cultural safety principles

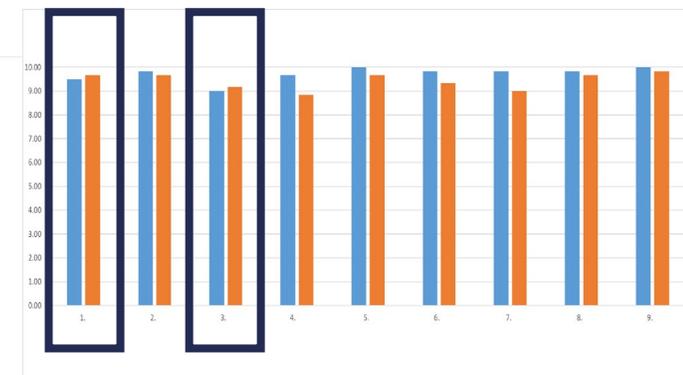
Pre- and Post- Survey

- Cultural safety of their organisations (14 items)
- Individual confidence to improve cultural safety in their workplace (9 items)

Organisation



Individual



Qualitative Interviews

- What worked well?
- What were the challenges?
- Key learnings

Small steps

Management and staff support

Flexibility

Time

Conclusion

Cultural safety as defined by older Aboriginal peoples in this study imply aged care organisations may need to re-evaluate service delivery, processes and policy to ensure Aboriginal peoples receive culturally safe aged care services

The principles of cultural safety in aged care can guide organisations in tailoring policy, practice and service delivery that align with new aged care standards

The translational component of this project has included the development of a training package and resources, including video (Pitjantatjara and English versions) to support the ongoing training needs of aged care organisations



Thank you to study participants for their generous time and contribution

Thank you to participating aged care and local community organisations within field sites

Training Resources

<https://www.sahmriresearch.org/our-research/themes/aboriginal-health/research-list/cultural-safety-in-aged-care>

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