



This workbook is designed to complement the Principles of Cultural Safety in Aged Care presentations by providing a structured framework for notes, thoughts and questions that you may identify during the sessions.

In addition, the workbook also provides space for documenting initial information, questions and issues which will provide a foundation for you to build upon and document your ideas and plans for introducing the principles in your organisation.

### Wardliparingga Aboriginal Health Equity

South Australian Health and Medical Research Institute (SAHMRI)  
Adelaide, South Australia

**Principle 1. Respecting Aboriginal Life, Traditions and Living Culture**

Thoughts, ideas and questions about what I have heard in the session

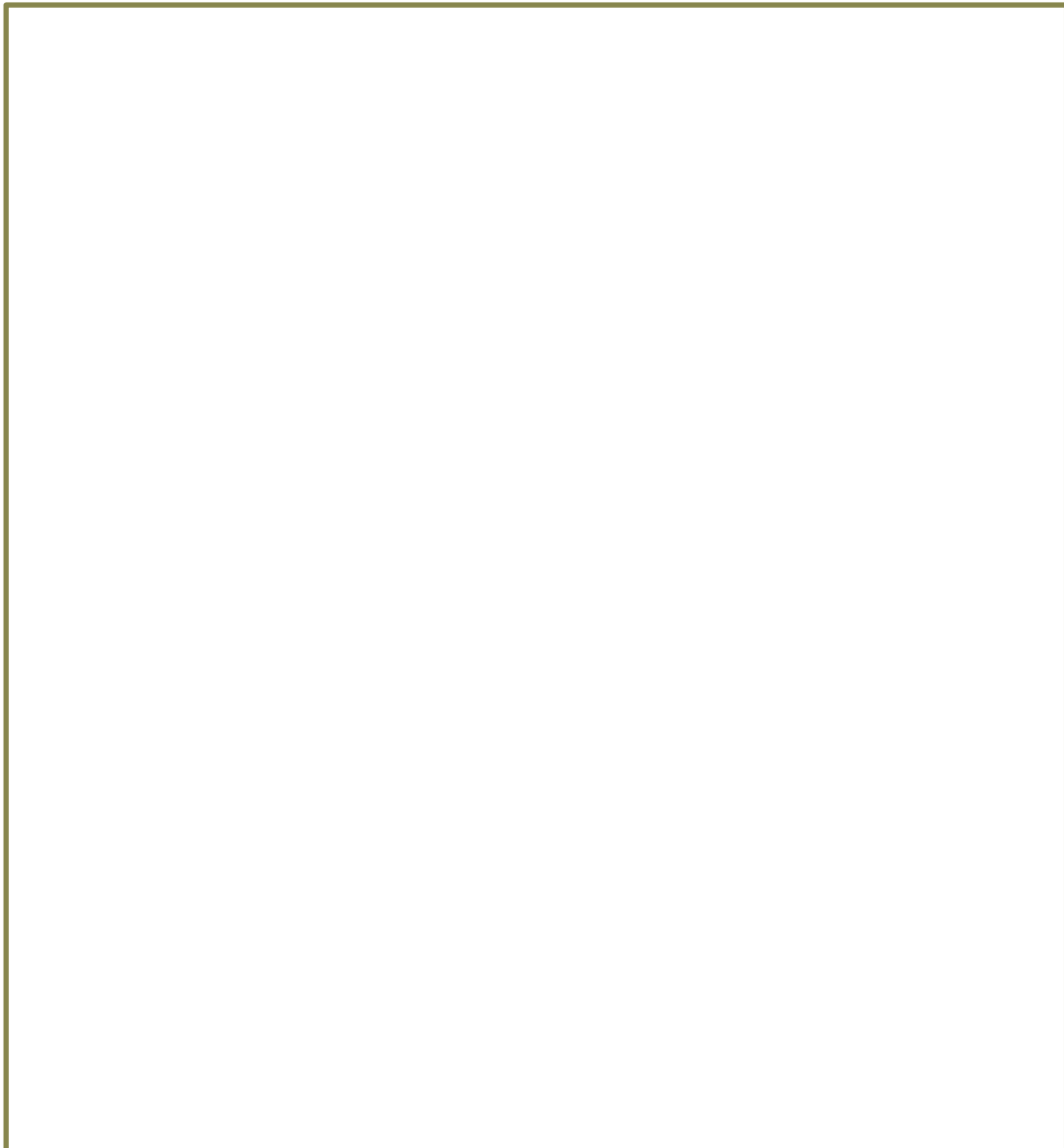
Workbook



What types of activities does your service offer for people to practice culture?

How often do people in your care access traditional foods?

How does your aged care service cater for these needs?

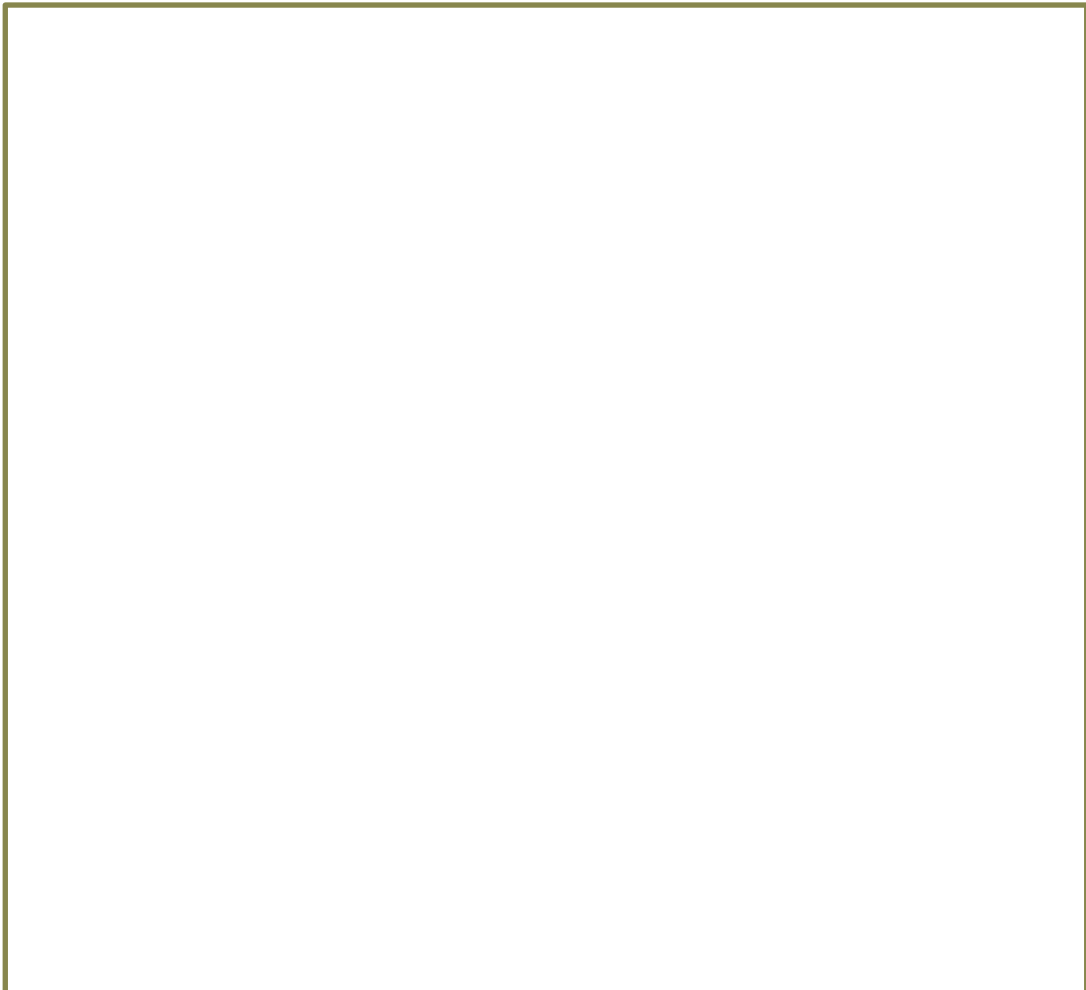


**Principle 2. – Create and maintain Aboriginal friendly spaces**

Thoughts, ideas and questions about what I have heard in the session



- How are internal and external spaces used in your service?
- What services and activities does your organisation offer to clients with regards that support Aboriginal and/or Torres Strait Islander culture and protocols?
- How does your organisation support the communication styles of older Aboriginal and Torres Strait Islander people? (story telling, drawing)
- What can you do to ensure the use of space is culturally safe and welcoming for Aboriginal and Torres Strait Islander people?
- What would you do to make your service welcoming from an Aboriginal and Torres Strait Islander perspective?
- What are the challenges?

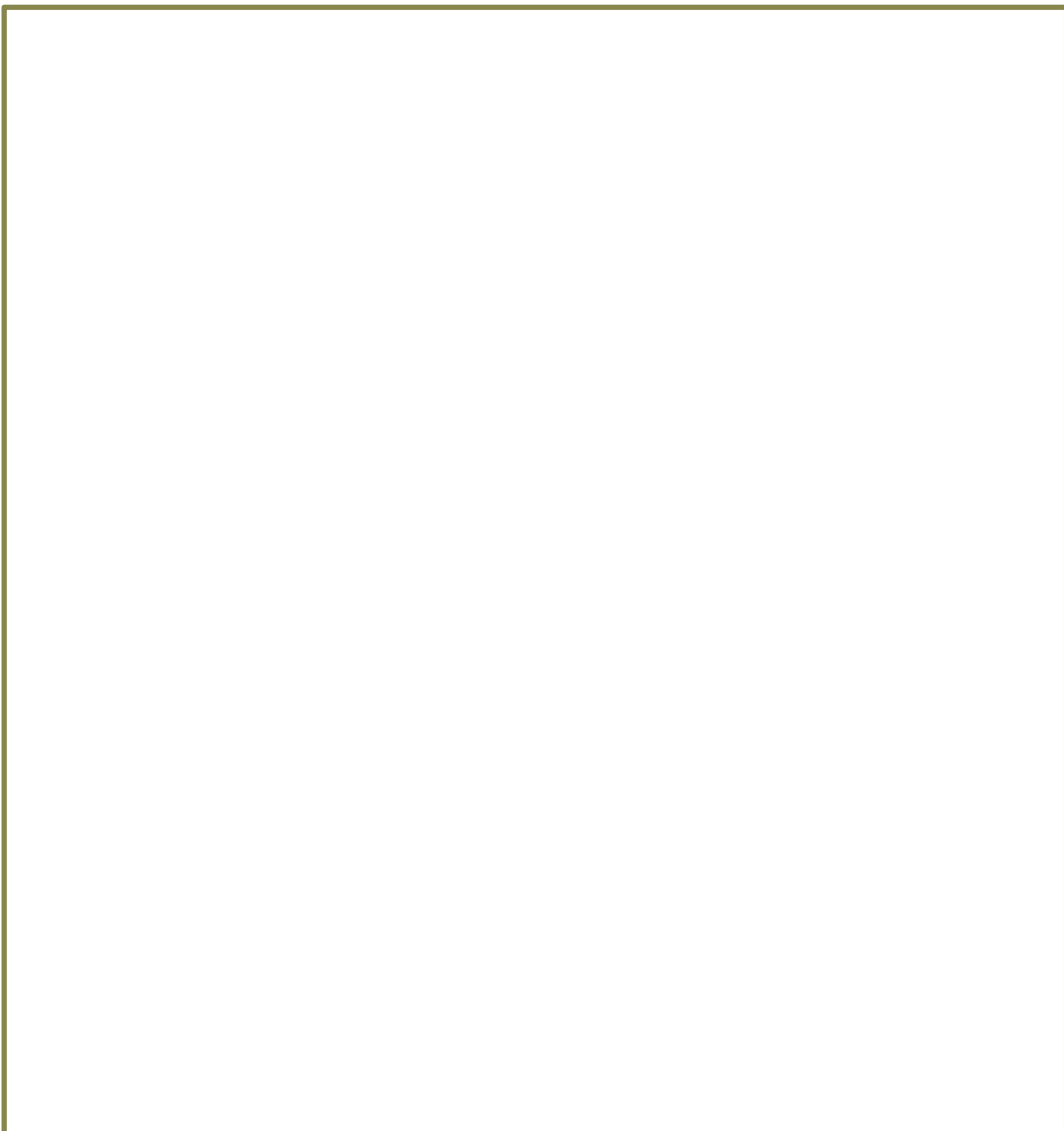


**Principle 3. – Provide buildings that meet Aboriginal Elders’ and their communities’ needs**

Thoughts, ideas and questions about what I have heard in the session



Describe the features of your facility that you believe help to keep people connected to their culture.  
How do you ensure that the use of internal and external spaces meet the needs of people in your care?



**Principle 4. – Employ Aboriginal Staff**

Thoughts, ideas and questions about what I have heard in the session

Does your organisation have an Aboriginal and Torres Strait Islander workforce strategy?  
If so, what strategies does your organisation utilise to support and strengthen the workforce?

**Principle 5. – All aged care staff work towards cultural competence**

Thoughts, ideas and questions about what I have heard in the session

What do you believe are the key attributes of a culturally competent aged care worker?  
Consider your organisation and services from an Aboriginal and Torres Strait Islander perspective:  
How are Aboriginal and Torres Strait Islander people reflected in your organisation’s vision, mission statement or strategic plan?  
How would you describe the cultural competence of your organisation?  
What does your organisation do well?  
What are the challenges for improving cultural competency?  
What do you need to address these challenges?

**Principle 6. – Be an advocate for and with Aboriginal Elders and their communities**

Thoughts, ideas and questions about what I have heard in the session



What examples can you describe of advocating for people in your care?  
How do you support people in your care to access information and services from other organisations?  
What experience do you have of successful partnerships with organisations?

