



Sixth Australian Women's Health Conference

**'Doing it Tough Harnessing Hope!' –
by Kim Morey and Elizabeth Hurrell**



**Government
of South Australia**

SA Health



‘We would like to acknowledge and respect the traditional custodians the Tasmanian people whose ancestral lands we are meeting upon here today. We acknowledge the deep feelings of attachment and relationship of the Tasmanian Aboriginal community to country. We also pay respect to Aboriginal people visiting/attending from other areas present here today.’



Overview

- > **Women's journeys from 5 South Australian Communities.**
- > **Community development approach to empowering women.**
 - **Riverland**
 - **Yorke Peninsula**
 - **Copley**
 - **Oak Valley**
 - **Cooper Pedy**

South Australian Map

— Flying
— Driving



Community Health Improvement Initiative

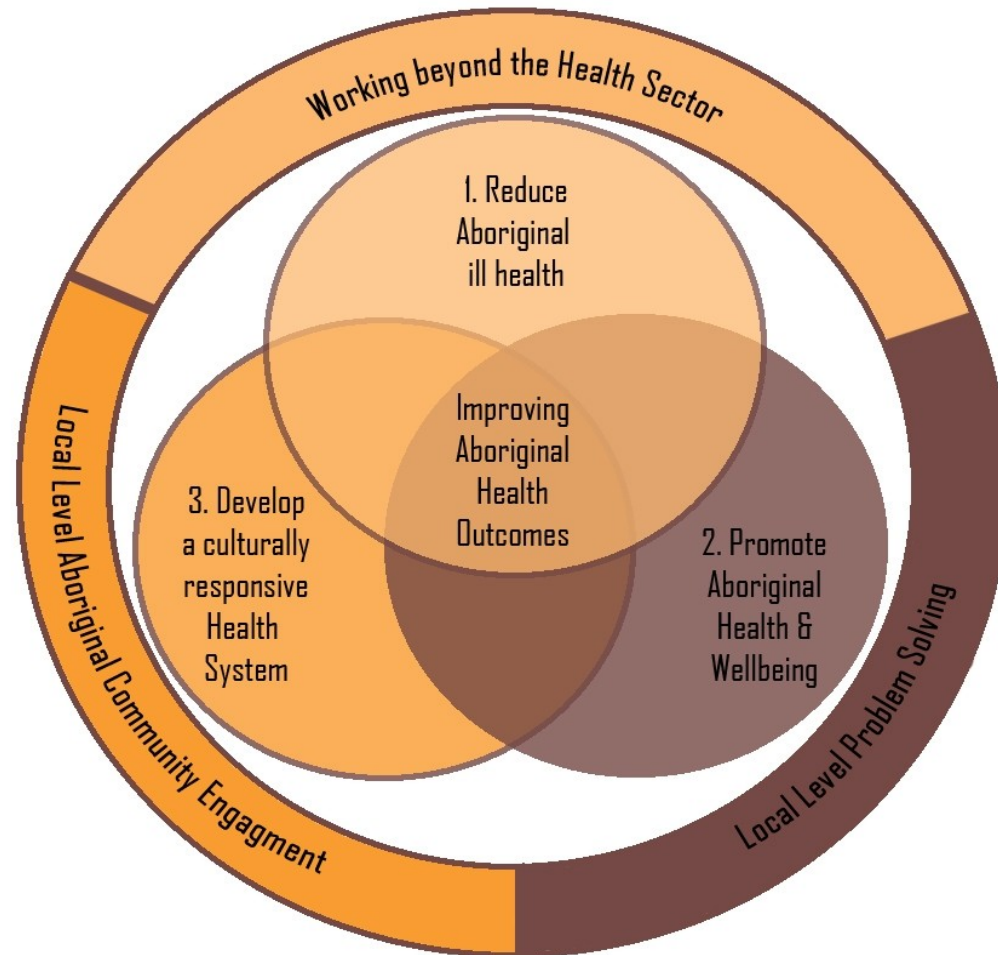
- > **Holistic approach to health.**
- > **The Community Health Improvement approach we undertook was based on this understanding.**
- > **It was therefore about problem solving issues that impact on health outcomes at the community level.**



How was this done?

- > Consulting and identifying the voice of the community on Health.
- > Key agency relationships within and beyond the health sector.
- > Involving and empowering community in identifying solutions and initiatives.
- > Facilitating the development of 'community health improvement action plans'.

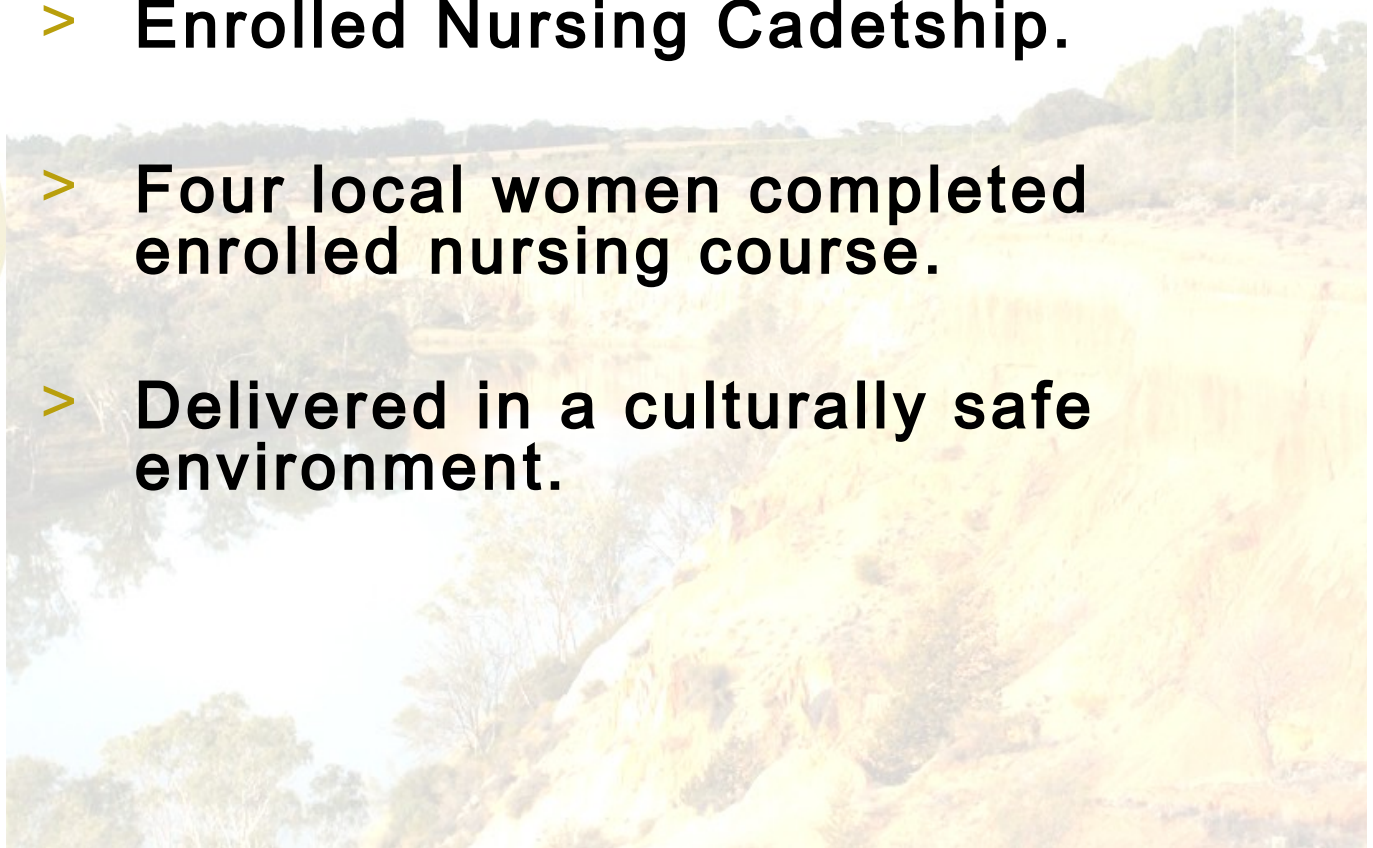
Aboriginal Community Health Improvement Initiative



Development of processes and projects that lead to improvement in Aboriginal Health outcomes in targeted communities.

Riverland

- > **Enrolled Nursing Cadetship.**
- > **Four local women completed enrolled nursing course.**
- > **Delivered in a culturally safe environment.**



Partnerships, Participants & Family support



Copley

- > **Community development support.**
- > **Local women's consultation processes.**
- > **Links to existing services / programs.**
- > **Support for funding applications.**

Yorke Peninsula

- > **Anggi Yanganna Narungga
Bangarra Women's Group.**
- > **Now regularly meeting.**
- > **Links to health and well-being.**
- > **Women's coordinator funded.**
- > **Create New Dreams Initiative.**



Women's Sewing Group



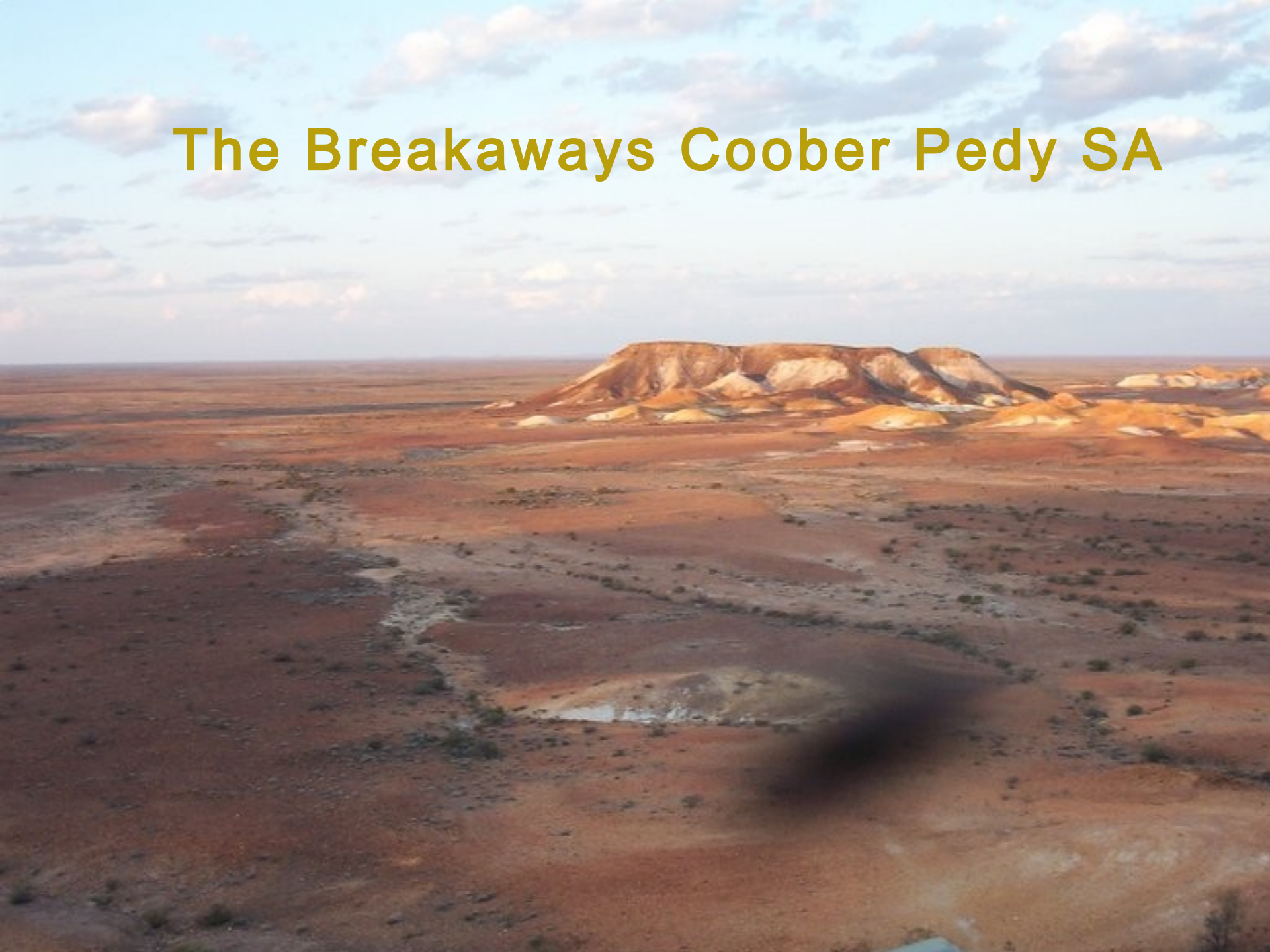
Oak Valley

Stunning scenes from the Maralinga Tjarutja region

Healthy Ways Initiative

- > Extensive local gender specific consultations.
- > Building women's leadership capacity within the community.
- > Major priority identified was to establish a women's place.

The Breakaways Coober Pedy SA



The Model

The Central Australian Well Women's Health Program in Action at Yuendumu



Well Women's Health Team





Coober Pedy Well Women's Health Program 2004 -2010

Objectives

- > **Access to a comprehensive well health program for women.**
- > **Core business of the Health Service.**
- > **Governance of the project by the collaborative health team.**
- > **Improving women's health outcomes**
- > **Health literacy and that of their families.**
- > **Identify the elements of successful transfer.**

The Coober Pedy Model

Process of intensive screening days with health education sessions every few months

Lifestyle & self esteem sessions



Health Improvements

- > Access to holistic health care with gender specific GP (men's program has followed)
- > Introduction of well health checks for adults and children.
- > Identified incidence & prevalence concurrent diseases; dental, diabetes, renal, cardiovascular, sexual health.
- > Identification of needs in essential services eg access to Aboriginal dental services specifically established.
- > Changing focus to comprehensive Primary Health Care using the Well Health Checklist tool in screening for Prevention, early detection & intervention.

Health Minister John Hill opening the newly established Aboriginal dental clinic at UTHS July 2008



The Well Health model has been identified to promote the uptake of well health checks statewide through the COAG NP PHC



Conclusion - Harnessing Hope in Aboriginal women across South Australia

- > **Local consultation processes.**
- > **Community owned and controlled.**
- > **Empowerment and community self esteem.**
- > **Building on the resilience in communities.**
- > **Open communication and partnership within and outside health sector.**



Conclusion - Harnessing Hope in Aboriginal women across South Australia

- > **Skills & knowledge transfer, policy development, service delivery.**
- > **Financial commitment – viability & sustainability.**
- > **Monitoring & evaluation in set time frame.**
- > **Supporting communities in bringing back community pride.**



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