

Aboriginal Elders - Living a Positive Life -

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08 - 10 NOVEMBER 2017
CROWN PERTH, WESTERN AUSTRALIA



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Cultural Acknowledgement

We acknowledge the traditional custodians of the land on which we meet today for the 50th AAG Conference, and we pay our respects to their Elders, past and present.

We also recognise and respect their cultural heritage, beliefs and relationship with the land which we acknowledge are of continuing importance to the people living today.

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Please be advised

For people of Aboriginal and Torres Strait Islander descent,
please be aware that this presentation may contain
images/ recordings of deceased persons.

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ARAS Services

1. Residential Program
2. Community Care Program
3. Abuse Prevention Program
4. **Aboriginal Advocacy Program**
5. Retirement Village Advocacy Program
6. SA Elder Abuse Prevention Phone Line

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Definition of Elder Abuse

“Elder abuse is any act occurring within a relationship where there is an implication of trust, which results in harm to an older person”

Source: Australia Network for the Prevention of Elder Abuse, 1999

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ARAS history of elder abuse prevention

Working with Aboriginal Communities

1. ARAS and the Council of Aboriginal Elders of SA (CAESA)
2. Abuse issues raised by Aboriginal Elders
3. Promotion through Aboriginal resources and media
4. Specific elder abuse prevention projects in Community
5. Partnerships / collaboration with Aboriginal organisations
6. Mentoring Camps for Elders and Youth
7. Creation of Living a Positive Life DVD and Toolkit

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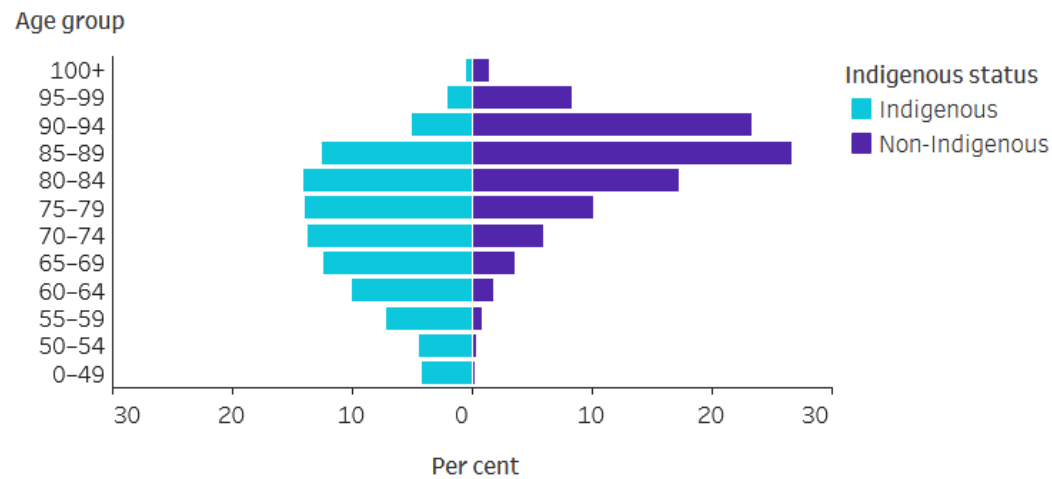
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Some facts about Aboriginal Ageing

People in permanent residential aged care by Indigenous status and age, 30 June 2016



GEN-agedcaredata.gov.au

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Living a Positive Life

DVD - 2015



Toolkit - 2017

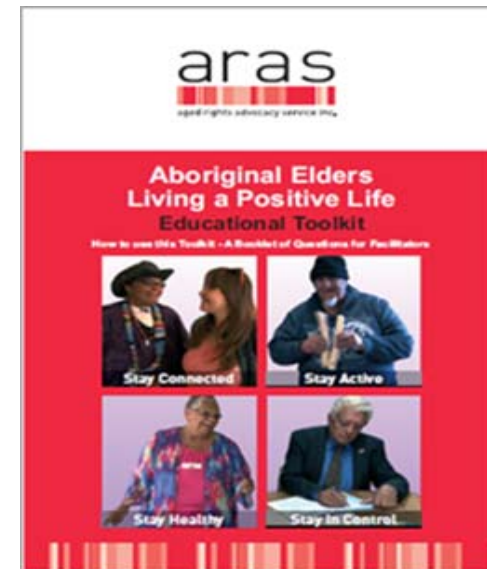
Key Messages

Stay Connected

Stay Active

Stay Healthy

Stay in Control



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What the Toolkit contains...

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aged rights advocacy service inc.

Aboriginal Elders Living a Positive Life Educational Toolkit
How to use this Toolkit - A Booklet of Questions for Facilitators

5 easy steps to use the educational toolkit

- Step 1** Show the DVD
- Step 2** Hand out the Z-card activity guide
- Step 3** Ask questions included in the facilitator's booklet
- Step 4** Hand out the 'to do list' to Participants. Have them start their list.
- Step 5** Hand out any other resources.

Aboriginal Elders Living a Positive Life
ACTIVITY GUIDE

Stay Connected Stay Active
Stay Healthy Stay in Control

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What the Toolkit contains...

Activity Guide

This 'Activity Guide' outlines how you can get involved in activities to maintain your wellbeing and safety and live a positive life.

This product may contain images of Aboriginal and Torres Strait Islander people now deceased. Permission was granted for the use of these images.

Aboriginal Elders Living a Positive Life
ACTIVITY GUIDE

Stay Connected and Stay Active

- You have a right to be treated with dignity and respect by others.
- Catching up with family and friends is important. Give someone a call today.
- Continue your contacts with family and friends.
- Engage through technology and stay connected with family and friends.
- There are many activities you can be involved in. Give your local council a call today.

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Age Rights Advocacy Service
14 Main Street
Aldcliffe SA 5000
Tel: 88 8232 5377
Country Toll Free 1800 700 400
www.aaagelrights.sa.gov.au

Government of South Australia

Supported by Office for the Ageing SA Health

Stay Connected and Stay Active

- You can live the life you want and be active in your community.
- Develop friendships with people in your community.
- It's never too late to start something new.
- Joining community activities will help you connect with others.
- Live life and enjoy outdoor activities with family and friends.

Helping you
'Stay Connected', 'Stay Active', 'Stay Healthy', 'Stay in Control'

Stay Healthy

- You can maintain a healthy diet and eat well.
- You can talk to someone you trust such as your doctor.
- Not sure about your medication? You can talk to your pharmacist for assistance.
- Encourage each other to live healthy lifestyles.
- Stay independent but remember to ask for help when you need it.

Stay in Control

- Planning for your safety and security is very important.
- It's OK to say 'No thanks'.
- Plan for your future today and talk with your family about your wishes and choices.
- It's OK to seek legal advice before you sign any documents.
- Have you checked your finances recently? It's OK to talk to your bank or an accountant.

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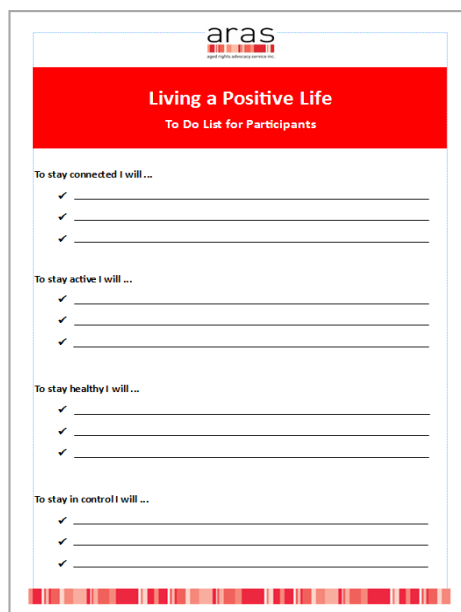
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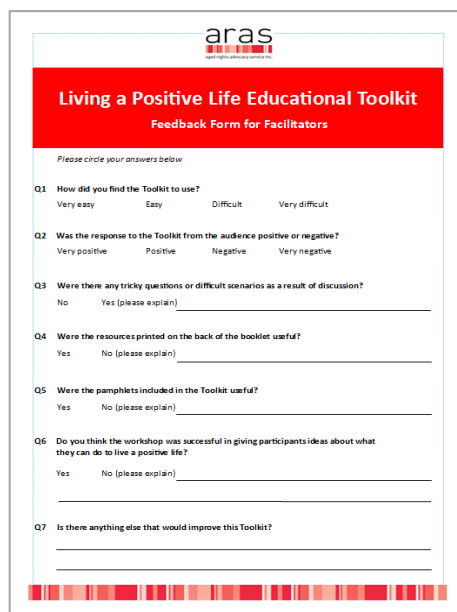
What the Toolkit contains

To Do List & Feedback forms



The form is titled "Living a Positive Life To Do List for Participants" and features the aras logo at the top. It contains four sections, each with a checklist and a line for notes:

- To stay connected I will ...**
 - _____
 - _____
 - _____
- To stay active I will ...**
 - _____
 - _____
 - _____
- To stay healthy I will ...**
 - _____
 - _____
 - _____
- To stay in control I will ...**
 - _____
 - _____
 - _____



The form is titled "Living a Positive Life Educational Toolkit Feedback Form for Facilitators" and features the aras logo at the top. It contains seven numbered questions (Q1-Q7) with response options and space for explanation:

Please circle your answers below

- Q1 How did you find the Toolkit to use?**
Very easy Easy Difficult Very difficult
- Q2 Was the response to the Toolkit from the audience positive or negative?**
Very positive Positive Negative Very negative
- Q3 Were there any tricky questions or difficult scenarios as a result of discussion?**
No Yes (please explain) _____
- Q4 Were the resources printed on the back of the booklet useful?**
Yes No (please explain) _____
- Q5 Were the pamphlets included in the Toolkit useful?**
Yes No (please explain) _____
- Q6 Do you think the workshop was successful in giving participants ideas about what they can do to live a positive life?**
Yes No (please explain) _____
- Q7 Is there anything else that would improve this Toolkit?**

Aims of the Toolkit

1. Raise community awareness
2. Identify and reduce risk factors
3. Start the conversation
4. Promote healthy, active ageing

Thank You



Tel: (08) 8232 5377
Country/Toll Free
1800 700 600

www.sa.agedrights.asn.au

SA Elder Abuse Prevention Phone Line
Phone: 1800 372 310

ARAS is supported by funding from the Australian Government and Office for the Ageing, SA Health

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