

An introduction to cultural safety in Aboriginal health

What is cultural safety?

Cultural Safety is being acceptable to difference, having the ability to analyse power imbalances, institutional discrimination, colonisation and relationships with settlers. Cultural safety is about providing quality health care that fits with the familiar cultural values and norms of the person accessing the service, that may differ from your own and/or the dominant culture.

What is cultural respect?

Cultural respect is an obligation that does not compromise the cultural rights, practices, values and expectations of Aboriginal and people of diverse backgrounds.

How can cultural safety be created in the health sector?

Cultural safety can be created when genuine partnerships evolve between patients and health professionals so equality is created between the two individuals and/or cultural groups.

What are the aims of VACCHO's Cultural Safety Program?

VACCHO's cultural safety training aims at enhancing the health sector's capacity to improve program policy design and the delivery of culturally safe health services to Aboriginal people. When this improvement occurs and is applied in practice, cultural safety is achievable.

Who should attend?

Anyone interested in gaining the necessary knowledge and understandings to effectively work with Aboriginal and Torres Strait Islander peoples.

Course outline

VACCHO's cultural safety training promotes a safe environment to enable useful discussions and interactions to take place through two-way communications between participants and facilitators.

The course content offered will further your understanding of how to work effectively with Aboriginal people and will cover the following topics:

- Aboriginal people and communities
- Status of Aboriginal health
- Impact of history on Aboriginal people
- Strategies to redress current issues
- The Victorian Aboriginal community health sector and closing the health gap

Resources and contact listings.

What might this training do for you?

Participation in VACCHO's cultural safety training may challenge you:

- to individually analyse your own cultural values and reflect on their implications in your delivery of health care to Aboriginal people
- and your worldviews to modify existing beliefs about Aboriginal people
- to actively prevent possible stereotyping, prejudices and racism within the health care system
- to incorporate new ways of seeing, valuing and understanding traditional and contemporary Aboriginal health care practices.

Course formats

- Four hour (no breaks) *Introduction to Cultural Safety in Aboriginal Health* for frontline service providers
- Four hour (no breaks) *Introduction to Cultural Safety in Aboriginal Health* for Executive and Management

Where are the courses held?

VACCHO has training rooms available for hire at our office in Collingwood. This course can also be delivered at your own facility.

Rates

Group rate

\$2500 + GST for a maximum group of 15 participants.

Individual rate

\$250 + GST per person, subject to VACCHO registering 8-10 people for a session.

Additional costs

Catering is not included in the prices listed above.

Additional travel charges may apply where facilitator travel exceeds 50kms.

Fees and charges listed are indicative only and may vary.

Who is VACCHO?

VACCHO is the peak organisation for Aboriginal health in Victoria and advocates on behalf of the Aboriginal Community Controlled Health Organisations (ACCHO's). VACCHO is also a Registered Training Organisation which specialises in providing accredited and non-accredited education and training programs to the Aboriginal Health Workforce, other employees of the ACCHO sector and to partnering organisations in Victoria.

The 'Cultural Respect Framework for Aboriginal and Torres Strait Islander Health: 2004-2009' explained that cultural respect occurs when the "health system is a safe environment" for Aboriginal Peoples and where cultural differences are respected.

Also available

- Cultural Safety Training (tailored option)
- Aboriginal and Torres Strait Islander Mental Health First Aid
- Youth Mental Health First Aid

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Cultural respect

Cultural Respect is the...*recognition, protection and continued advancement of the inherent rights, cultures and traditions of Aboriginal and Torres Strait Islander Peoples.*

- Australian Health Minister's Advisory Council, 2004

KNOWLEDGE AND AWARENESS



SKILL PRACTICE AND BEHAVIOUR



STRONG RELATIONSHIPS



EQUITY OF OUTCOMES



CULTURAL RESPECT

For further **information** or **to book** your Cultural Safety short course please contact cstenquiries@vaccho.com.au

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