



PICAC CONNECTIONS

The quarterly newsletter of the Queensland Partners in Culturally Appropriate Care (PICAC) Team

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Aims:

- To equip aged care services to deliver culturally appropriate care to older people from culturally and linguistically diverse communities.
- To ensure the special needs of older people from culturally and linguistically diverse communities are identified and addressed.

PICAC Services include:

- ◆ Training for aged care service providers
- ◆ Information on aged care services for Culturally and Linguistically Diverse (CALD) communities
- ◆ Cultural resources and support for service providers and communities.

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PARTNERS IN CULTURALLY APPROPRIATE CARE

2015 STATE WIDE FORUM

Ageing and Belonging: Enjoy the Journey

15 MAY 2015

RYDGES SOUTH BANK BRISBANE

Following the success of the PICAC forum in 2013 attended by over 200 people, our team is pleased to announce that registrations are now open to our 2015 Forum: *Ageing and Belonging: Enjoy the Journey*. In this forum we will discuss different issues, ideas and strategies that aim at increasing inclusiveness for older people. So far our program includes presentations on topics such as assisted technologies, sexuality, LGBTI inclusiveness, suicide prevention. Our program will be finalised by the end of March and a detailed conference brochure will be available. This event is **FREE** under funding from the Australian Government however registration is essential as places are limited.

Registrations for this event can be done online via the following link <https://register.eventarc.com/28453/ageing-and-belonging-enjoy-the-journey#.VNq10fUhD3c.gmail>

For further information direct all enquiries to:

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HARMONY DAY: SOME BACKGROUND

by Amanda Bowden, PICAC Project Officer

Harmony Day, which began in 1999, is an Australian Government program to celebrate cohesion and inclusion in Australia, and to promote a tolerant and culturally diverse society. The message of Harmony Day is that 'Everyone Belongs'.

Harmony Day is observed on March 21 and coincides with the United Nations' International Day for the Elimination of Racial Discrimination. Communities choose the way they would like to come together to celebrate. There are fairs and festivals, morning teas, and school and local government events held across Australia. Orange is the colour chosen to represent Harmony Day, and Australians are encouraged to wear orange clothing or the orange ribbon to show their support for a culturally diverse and inclusive Australia.

Importantly, Harmony Day is a feature of Australia's multiculturalism. Australia's cultural diversity is exceptional. We are home to the world's oldest continuing cultures, the Aboriginal and Torres Strait Islander cultures, as well as to more than 270 ancestries. We also live in a society of remarkable harmony. However, this was not an inevitable outcome. Australia's current multiculturalism was the result of a policy of assimilation which meant that those who arrived here as



migrants were expected to discard their cultural identity (as were our Indigenous men, women and children). Because of this policy the rates of migrants returning to their home countries increased. This was untenable for Australia in terms of both social justice and economic efficiency.

It was only with the formal adoption of Australian multicultural policy that anti-discrimination legislation was introduced at the Commonwealth level, in the form of the *Racial Discrimination Act 1975*. This was the legislative expression of racial equality in Australia, making any exclusion or restriction on the basis of race or ethnic origin unlawful. It has been a gradual movement, then, from the perception that Australia should be a homogenised society, to the value put today on cultural diversity. Harmony Day, as a significant aspect of Australian multiculturalism, is an exercise in nation-building as well as an expression of citizenship.

Reference: Soutphommasane, Tim (<https://www.humanrights.gov.au/news/speeches/meaning-harmony>)

INTERVIEW WITH TANYA SHIH

by Silvia Borges, PICAC Team Leader—State wide

I came to Australia in 1989 as an overseas student to do a masters degree in Social Work at the University of Queensland. After that I got a scholarship to do a PhD in Sociology. My PhD thesis title is "The impact of migration on family support for elderly Taiwanese. In that study I had a look at financial support, health care support, social support and living arrangements support.

When I arrived in Brisbane it was a Sunday afternoon in 1989 and there was no one on the streets. I remember asking my friend, who came to pick me up from the airport 'where is everyone?', but nowadays it is different. There are more people, more traffic and more buildings. First, I lived in St Lucia like many other students, after that I went to live in Sunnybank. Back then Sunnybank did not have Asian shops... We had to go to the Valley for our Chinese groceries, but now Sunnybank is much better than the valley for the restaurants and the groceries. Five years ago, I moved to Moorooka where there is a big vibrant African community and lots of African grocery shops.

After graduating I worked in different roles for aged care and multicultural organisations. Now I am in a volunteer position with Taiwan Care, I coordinate day respite activities for elderly Taiwanese people. I am very passionate about it and hope to see our organisation grow and help people from our community who are ageing. It is good to make a positive impact in their lives.

Another great Professional Development opportunity coming up.....

Back by popular demand, is our **Accredited Training Unit HTLHIR403C**

Work effectively with culturally diverse clients and co-workers.

This unit is either a compulsory or elective unit in a lot of aged care and community care related qualifications, representing a great opportunity for those wanting to gain formal training in this field.

This training will take place at **Sunnybank Community and Sports Club** on **March 27**.

Please see flyer attached to this newsletter for further details.

This event is **FREE** under funding from the Australian Government, however registration is essential as places are limited.

UPCOMING EVENTS

Contact PICAC Team for more information

Month	Event	Details
16 March	In house professional development training	CULTURAL AWARENESS Brisbane
17 March	In house professional development training	CULTURAL AWARENESS Brisbane
20 March	Community Information Session	PELVIC FLOOR EXERCISES Taiwanese Community—Acacia Ridge
27 March	Open Workshop / Accredited Training*	HLTHIR403C TRAINING <i>WORK EFFECTIVELY WITH CULTURALLY DIVERSE CLIENTS AND CO-WORKERS</i> Brisbane—Sunnybank <i>*Note—places limited, registration required before 19 March. See article above.</i> Contact PICAC team for further details.
23 April/TBC	In house professional development training	CULTURAL AWARENESS Brisbane
29 April	Multicultural Seniors Expo	EXPO: <i>FEEL GOOD-AGE WELL</i> Brisbane—Acacia Ridge
8 May	Community Information Session	BRAIN EXERCISES Taiwanese Community—Acacia Ridge
19 May	In house professional development training	CULTURAL AWARENESS Ipswich
15 May	CALD State Wide Forum	<i>AGEING AND BELONGING: ENJOY THE JOURNEY</i> Brisbane—Rydges, South Bank—see page 1 article
24-26 June	International Conference	<i>AGEING IN A FOREIGN LAND</i> Adelaide

CULTURAL RESOURCES AND SUPPORT INFORMATION

National PICAC website www.culturaldiversity.com.au Resources available on this site are: Multilingual Resources, Census Data Research & Reports, National Resources Search, Multilingual Publication links.

www.diversicare.com.au provides access to resources, cultural briefings/profiles (incl. topics such as language, food, religion), publications, cultural diversity training, education sessions.

www.datsima.qld.gov.au/culturaldiversity —click on the *Resources* tab for the current Multicultural Resource Directory which is updated annually). The Directory can be searched online or downloaded to your computer. This resource provides a comprehensive listing of more than 1500 key organisations with an ethnic community focus in Queensland. Click on the Resources tab for *Translating and Interpreting Services* for information on telephone interpreting, translation services and Auslan interpreting.

www.naati.com.au for information on accessing nationally accredited translator or interpreter.

www.health.qld.gov.au/multicultural and / or www.health.qld.gov.au/multicultural/public/aged_care.asp. This site includes access to information on translation and/or interpretation; multicultural links for government sites, peak organisation sites, Qld Health funded non-government organisations (NGOs), multicultural library links; information for health workers such as multicultural health services & profiles, resources, multilingual information, training and education.

www.fightdementia.org.au (national site, see also Qld, Vic, NSW, SA & WA individual sites) provides access to information on dementia, services and support, research and publications including cultural diversity specific.

www.dbmas.org.au for further dementia information and resources.

www.dtsc.com.au Dementia Training Study Centre—University of Wollongong for dementia resources.

www.goldencarers.com provides access to information on support for leisure & lifestyle co-ordinators / diversional therapists/ caregivers working in elder care. There is an annual membership fee to access the resources.

www.mac.org.au Multicultural Aged Care Inc (SA) to access a collection of online resources and publications including Working Cross Culturally: A Guide.

www.eccq.com.au various multicultural online resources.

www.amf.net.au Australian Multicultural Foundation provides culturally appropriate and inclusive aged care resources.

www.easternhealth.org.au/services/cuecards/default.aspx Language cue cards (over 60 languages) can be downloaded for free on this Victorian website.

www.oyo.net.au publishes comprehensive language cue cards which can be ordered for a fee.

www.health.gov.au/internet/main/publishing.nsf/Content/Home The Australian Government Department of Health site provides access to information, resources and support—click on “for Consumers” and/or “Publications, Statistics, Resources” tabs.

www.ceh.org.au to access cultural competence, training, resources in health online information and links.

www.health.qld.gov.au/metrosouthmentalhealth/qtmhc provides access to QTMHC Multilingual Brochures on a number of mental health topics.

www.nhmrc.gov.au—research grants, resources for health professionals, health ethics and research, health information.

www.dhi.health.nsw.gov.au NSW Government Diversity Health Institute. Clearinghouse site is <http://203.32.142.106/clearinghouse/Language%20Feature.htm#Policies> and <http://203.32.142.106/clearinghouse/TranslatedInfo.htm> for access point to Australian multicultural health for topics on ageing, cultural competence, disability, interpreting, refugee health and many more.

www.mylanguage.gov.au—partnership between State Libraries and Information Services in every state and territory in Australia to assist with access to resources, tools, case studies, information in over 60 languages.

www.adcq.qld.gov.au Anti-Discrimination Commission Qld.

www.immi.gov.au/media/publications follow the links to Australian Bureau of Statistics (Community Information Summaries & Australia’s Multicultural Policy and for Department of Immigration and Citizenship, Doctors Priority Line www.immi.gov.au/living-in-australia/help-with-english/help_with_translating/free-services.htm.

www.eapu.com.au/welcome.aspx Elder Abuse Prevention Unit (EAPU).

www.lifetec.org.au LifeTec Queensland

www.qada.org.au Queensland Aged & Disability Advocacy Inc.

www.humanservices.gov.au for home page with link to all services.

www.myagedcare.gov.au Australian Government Department of Social Services site for all information relating to aged care.

www.webstercare.com.au Webster packs in Languages other than English (LOTE).

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