



Philippine Cultural Information

Community Partners Program Townsville

A Commonwealth Department of Health and Ageing initiative

Introduction

This information folder of resources for older Tagalog (Filipino) speaking people is a project undertaken by the Community Partners Program (CPP)

CPP aims to promote and facilitate increased and sustained access to aged care support services by culturally and linguistically diverse communities with significant aged care needs.

Funded by the Commonwealth Department of Health and Ageing, the project in Queensland is managed by Diversicare under the auspice of the Ethnic Communities Council of Qld. Inc.

Population trends within Australia are increasingly characterised by the diversity of people, languages and culture. Coupled with this trend is an ageing population with a rich diversity of languages and cultures. It is not surprising then, that residential and community aged care service providers are faced with increasing demands for culturally responsive facilities and care.

This information folder is intended to be used by both individuals and organisations to assist them:

- To access information about Filipino culture and customs
- To provide local contacts and information
- To provide a resource for individuals and organisations in Tagalog/English to assist when needing aged care information and options.

We do hope that this information folder is useful to your group it's members, or clients. Please contact us should you need further information or assistance.

Yours sincerely,

Margaret Hess

Director

Dorothy Sellers & Aring Nicholson

CPP Project Officers Townsville

Background

The term Filipino originally denoted a person of Spanish descent born in the Philippines and is comparable to the term Creole in French-American colonies. Since the 19th Century it has been used to refer to the Christian Malays who constitute the bulk of the Philippine population.

The existence of a number of different languages, dialects and religious traditions has meant that the Filipinos developed no single national culture. Over many centuries of Philippine history, cultural development has been local in nature, enriched by influences from China, Malaysia, Europe and the USA. Indigenous elements find expression in literature and music, as well as other cultural forms.

One of the most notable characteristics of Philippine society is the tradition of strong **family loyalty, respect and obedience to one's elders**. This is reflected in the absence of such institutions as retirement homes and orphanages. Since pre-colonial times Filipina women have held high positions in society, including the President, and women today manage many businesses.

Language

Most Filipinos speak Filipino, the national language; and English, the language for commercial and legal transactions. **The Philippines is the world's third largest English-speaking country**, after the United States and the United Kingdom. Literacy rate is a high 96%.

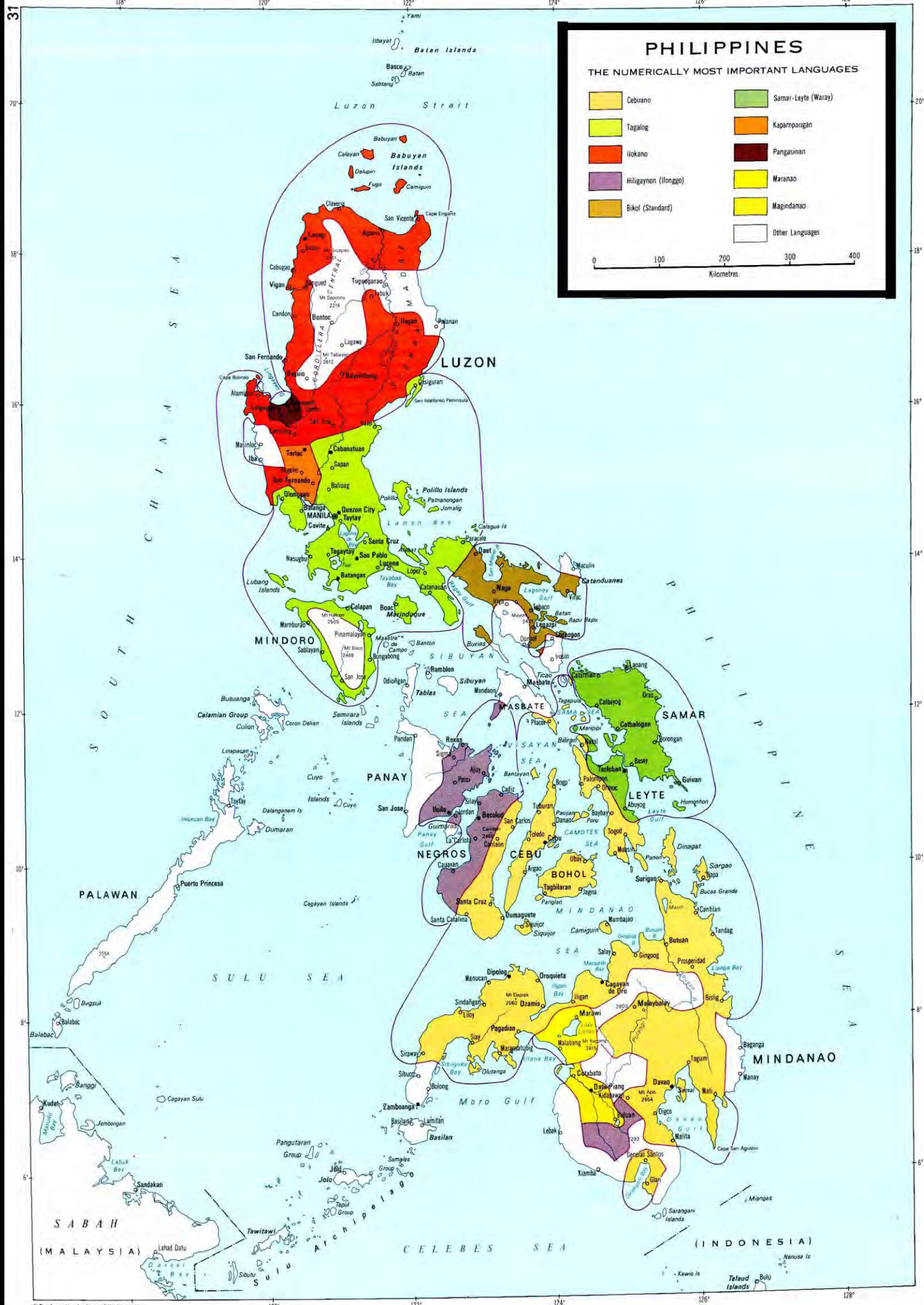
Approximately 111 languages and dialects are spoken in the country and most Manilenos speak at least one other dialect besides Filipino.

Tagalog (pronunciation: [tə'ga:log])

Tagalog is one of the major languages of the Republic of the Philippines. It is the largest of the Philippine languages in terms of the number of speakers. Tagalog, as its *de facto* standardized counterpart, Filipino, is the principal language of the National News media, media in the Philippines. It is the primary language of public education.



Predominantly Tagalog-speaking regions in the Philippines





The Philippine flag has an interesting story. It was made in Hong Kong by Mrs. Marcela de Agoncillo, wife of Don Felipe Agoncillo.

During his exile in Hong Kong, General Aguinaldo designed the flag as it looks today. Mrs. Marcela de Agoncillo sewed it with the help of her daughter Lorenza and Mrs. Josefina Herbosa de Natividad (niece of Dr. Jose Rizal). It was made of silk with a white triangle at the left containing a sunburst of eight rays at the centre, a five-pointed star at each angle of the triangle, an upper stripe of dark blue, and a lower stripe of red. The white triangle stands for equality; the upper blue stripe for peace, truth and justice; and the lower red stripe for patriotism and valor. The sunburst of eight rays inside the triangle represented the first eight provinces that took up arms against Spain. The three stars symbolised Luzon, Visayas and Mindanao.

The flag which Mrs. Agoncillo made in Hong Kong was taken to the Philippines by General Aguinaldo. It was hoisted officially at Kawit on June 12, 1898, in connection with the proclamation of Philippine independence. From that date, it has served as the national flag of the Philippines.

The Philippines: A Unique Nation. Dr. Sonia M. Zaide

Section 1

Local Philippine Associations & Contacts

Local Food Sources

Local Festivals or Celebrations

Diversicare

34/184-188 Vickers Road North
CONDON Q 4815

PO Box 246
Thuringowa Central BC
THURINGOWA Q 4817

9:00am-5:00pm Monday-Friday

p 07 4723 1470
f 07 4723 8492
e townsville@diversicare.com.au
w www.diversicare.com.au

Ethnic Community Care Links Inc. (ECCLI)

4/11 Carlton Street
KIRWAN Q 4817

PO Box 575
KIRWAN Q 4817

8:30am-5:00pm Monday-Friday

p 07 4723 9419
f 07 4723 9356
e ecclitvl@optusnet.com.au (all enquiries)
w www.eccli.org.au

Filipino-Australian Affiliation of North Queensland Inc. (FAANQ)

Bong (Primo) Aceret
PO Box 944
CASTLETOWN Q 4812

p (07) 4773-6410
m 0438 957 891
e aceretp@yahoo.com.au
w <http://www.filipinosintownsville.org/>

Filipino Catholic Community

Ms Maureen Mosch
Sacred Heart Cathedral
266 Stanley Street
TOWNSVILLE Q 4810

p 07 4726 3240
e mmosch@tsv.catholic.org.au

Migrant Resource Centre

Miss Angela Beggs – Assistant Director
1st Floor Citilink Building
358-360 Flinders Mall

PO Box 1858
TOWNSVILLE Q 4810

9:00am-5:00pm Monday-Thursday and 9:00-12:00pm Friday

p 07 4772 4800
f 07 4772 1840
e angela@townsville-mrc.org
w www.townsville-mrc.org

Pinoy-Aussie Sports & Cultural Organisation (PASCO)

Ms Juliet Walker - President
PO Box 1221
Aitkenvale Q 4814

p 07 4751 6390
m 0411 484 838
e j.walker@bvcc.org.au

Townsville Multicultural Support Group Inc. (TMSG)

Ms Meg Davis - Manager
63 Ross River Road
MUNDINGBURRA Q 4812

PO Box 1801
AITKENVALE Q 4814

9:00am-5:00pm Monday-Friday

p 07 4775 1588
f 07 4725 5833
m 0407 640 424
e tmsg@beyond.net.au
w www.tmsg.org.au

Asian Supermarket NQ Pty Ltd

Shop 3
116 Charters Towers Road
HERMIT PARK Q 4812

p 07 4772 3997
m 0404 047 564

489 Convenience Store

Peter Limboro
4 Flinders Street West
TOWNSVILLE Q 4810

p 07 4721 4988

Kim Dung Wholesale & Retail

Mount View Plaza
KIRWAN Q 4817

p 07 4773 4418

Oriental Food Supplies

272 Ross River Road
AITKENVALE Q 4814

p 07 4775 6857



Barrio Fiesta

Barrio Fiesta is a festivity being celebrated from region to region, according to their patron saint. Once again, this is predominantly put on by Catholic members of the community; however, everyone is welcome to join in the fun.



Flores de Mayo

Flores de Mayo, also called 'Santo Crusan', is held every year in the month of May. It is a religious celebration that honours the Blessed Virgin Mary through prayers, songs and offerings of flowers.



Easter Sunday

The Filipinos traditionally celebrate the occasion with family, usually after morning mass, and meet together as a large group. Families enjoy food sharing in the park and lots of activities for children.



Misa de Gallo

Misa de Gallo is a traditional 9 day pre-mass celebration before Christmas where a midnight mass is attended by families, followed by traditional midnight snack called Noche Buena.



Section 2

Cultural Profiles & Characteristics



Community Information Summary

Philippines-born

Historical Background

While most Philippines-born settlement in Australia is comparatively recent, there were approximately 700 Philippines-born people in Australia at the turn of the 20th century, mainly in Western Australia and Queensland.

The Immigration Restriction Act of 1901 led to the introduction of policies excluding non-Europeans from entry to Australia (colloquially known as the 'White Australia Policy'). This resulted in a significant decrease in the number of Philippines-born settlers in Australia.

The number of Filipinos was down to 141 at the time of the 1947 Australian Census, and it was not until the 1950s that the population began to increase. Significant numbers of Filipino students were allowed entry to Australia under the Colombo Plan and many chose to stay after graduation.

An immigration policy reform in 1966 allowed well-qualified non-Europeans to immigrate to Australia. The Filipino population approximately doubled between every Census (every 5 years) to 1991, making it one of the fastest growing overseas-born populations in Australia.

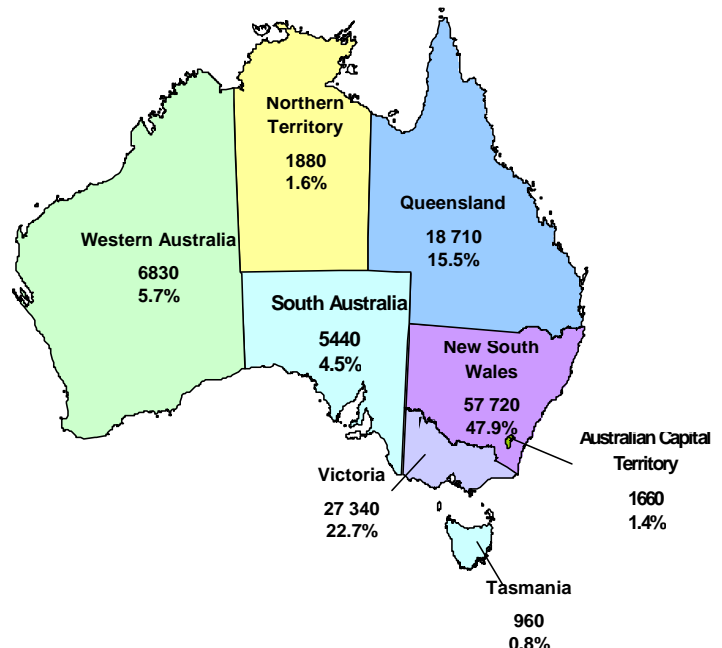
The final dismantling of the 'White Australia Policy' and the declaration of martial law in the Philippines in 1972 led to rapid growth in the Philippines-born population in Australia over the next two decades. During the 1970s, many Filipino women migrated as spouses of Australian residents. Since then most of the Philippines-born settlers have been sponsored by a family member.

Most Filipino migration occurred during the 1980s, peaking in 1987-1988. In the 1990s, settler arrivals began to decline and the growth in the Philippines-born population slowed. The 2001 Census recorded 103 990 Philippines-born living in Australia, making up 2.5 per cent of the overseas-born population and 0.6 per cent of the total Australian population.

Today

Geographic Distribution

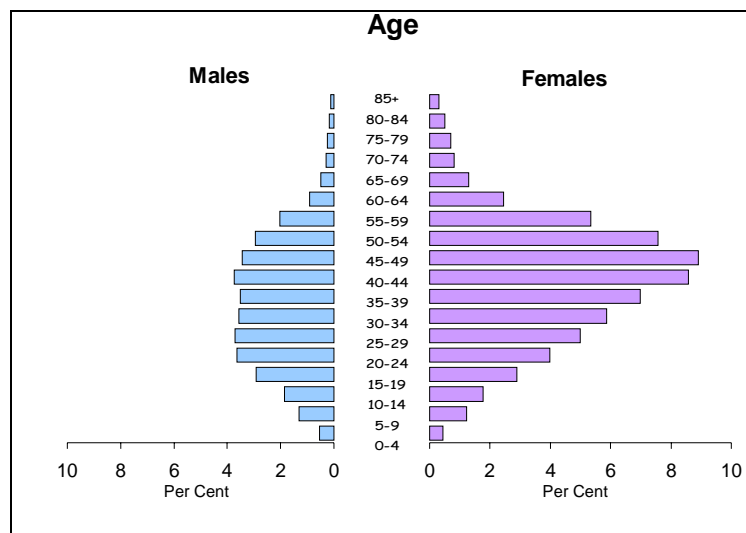
The latest Census in 2006 recorded 120 540 Philippines-born people in Australia, an increase of 15.9 per cent from the 2001 Census. The 2006 distribution by state and territory showed New South Wales had the largest number with 57 720 followed by Victoria (27 340), Queensland (18 710) and Western Australia (6830).



Age and Sex

The median age of the Philippines-born in 2006 was 40.3 years compared with 46.8 years for all overseas-born and 37.1 years for the total Australian population. The age distribution showed 7.1 per cent were aged 0-14 years, 13.4 per cent were 15-24 years, 40.9 per cent were 25-44 years, 33.6 per cent were 45-64 years and 4.9 per cent were 65 and over.

Of the Philippines-born in Australia, there were 42 690 males (35.4 per cent) and 77 850 females (64.6 per cent). The sex ratio was 54.8 males per 100 females.

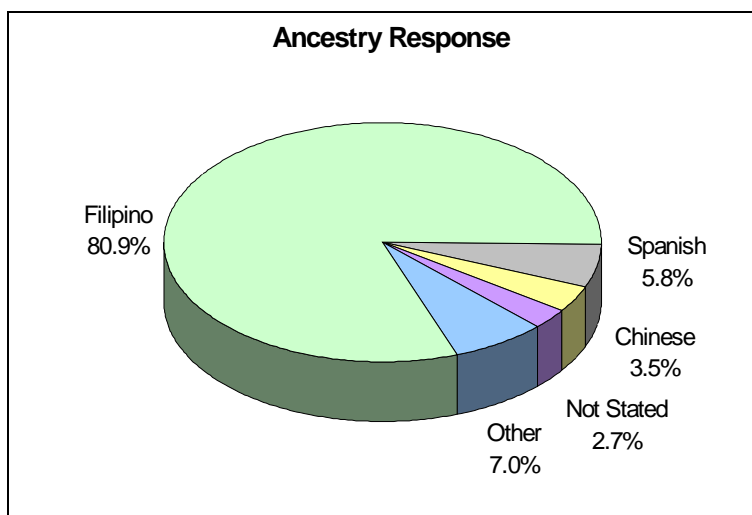


Ancestry

In the 2006 Census, the top three ancestry responses* that Philippines-born people reported were, Filipino (108 570), Spanish (7820) and Chinese (4760).

In the 2006 Census, Australians reported more than 250 different Ancestries. From the total ancestry responses*, 0.6 per cent responded as having a Filipino ancestry.

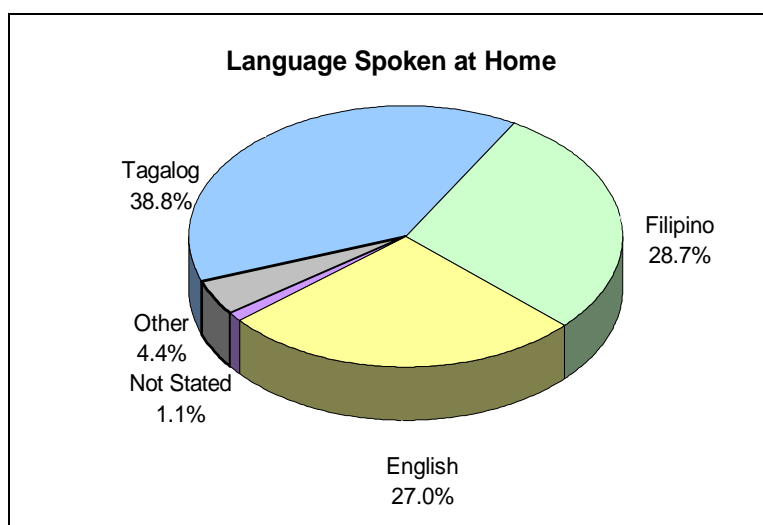
*At the 2006 Census up to two responses per person were allowed for the Ancestry question; therefore providing the total responses and not persons count.



Language

The main languages spoken at home by Philippines-born people in Australia were Tagalog (38.8 per cent), Filipino (28.7 per cent) and English (27.0 per cent).

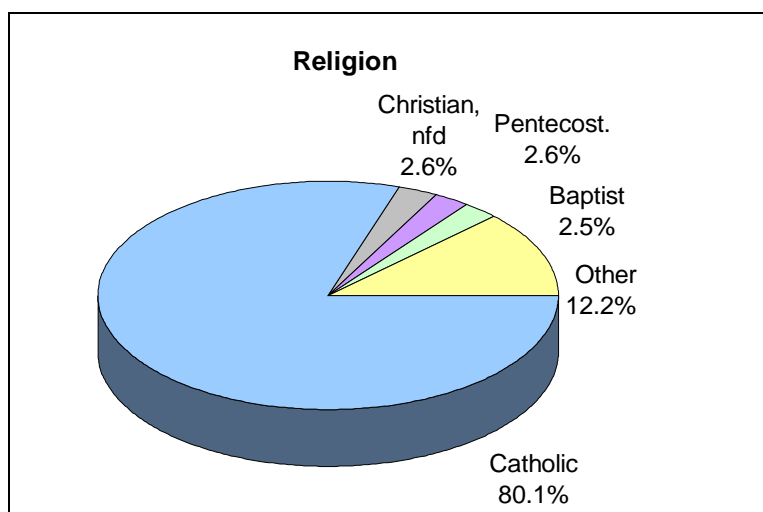
Of the 87 520 Philippines-born who spoke a language other than English at home, 95.5 per cent spoke English very well or well and 3.2 per cent spoke English not well or not at all.



Religion

At the 2006 Census the major religious affiliations amongst Philippines-born were Catholic (96 570 persons), Christian, nfd (3140 persons) and Pentecostal (3100 persons).

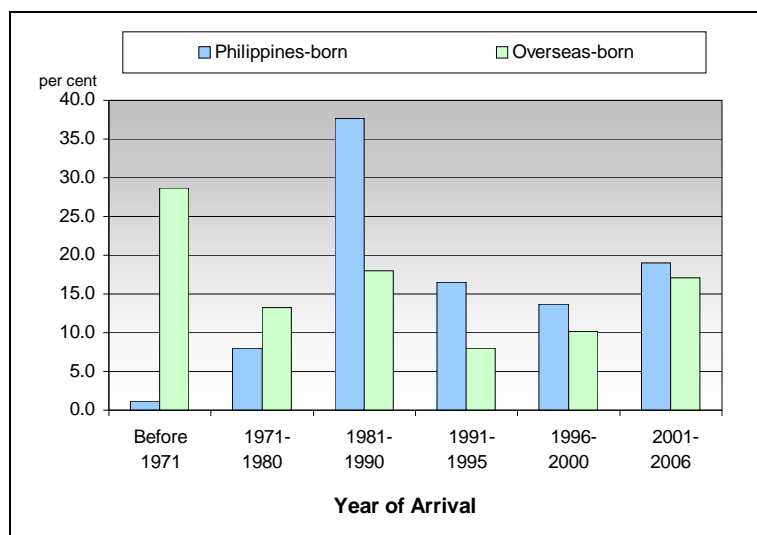
Of the Philippines-born, 1.6 per cent stated 'No Religion', this was lower than that of the total Australian population (18.7 per cent). 1.9 per cent of the Philippines-born did not state a religion.



Arrival

Compared to 67.9 per cent of the total overseas-born population, 63.3 per cent of the Philippines-born people in Australia arrived in Australia prior to 1996.

Among the total Philippines-born in Australia at the 2006 Census, 13.6 per cent arrived between 1996 and 2000 and 19.0 per cent arrived during 2001 and 2006.



Citizenship

At the 2006 Census, the estimated rate of Australian Citizenship for the Philippines-born in Australia was 92.1 per cent. The estimated rate for all overseas-born was 75.6 per cent. This rate includes adjustments for people not meeting the residential requirement for citizenship, temporary entrants to Australia and underenumeration at the Census.

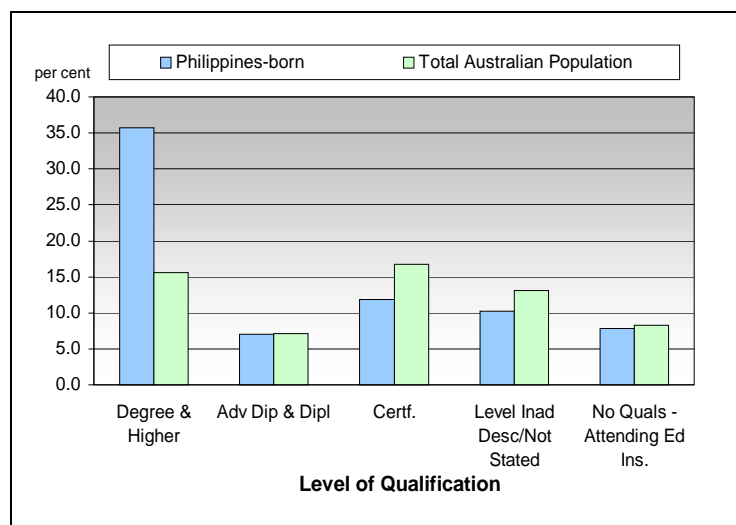
Median Income

At the time of the 2006 Census, the median individual weekly income for the Philippines-born in Australia aged 15 years and over was \$538, compared with \$431 for all overseas-born and \$488 for all Australia-born. The total Australian population had a median individual weekly income of \$466.

Qualifications

At the 2006 Census, 64.9 per cent of the Philippines-born aged 15 years and over had some form of higher non school qualifications compared to 52.5 per cent of the Australian population. Among the Philippines-born, 42.8 per cent had Diploma level or higher* qualifications and 11.9 per cent had Certificate level qualifications. From the Philippines-born, 38 500 had no higher non school qualification, of which 22.8 per cent were still attending an educational institution.

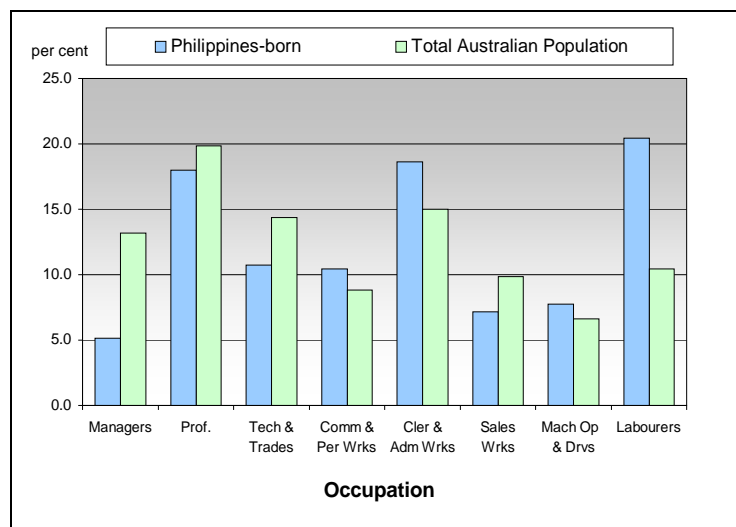
* Diploma level or higher qualification includes Degree level or higher, Advanced Diploma and Diploma level.



Employment

Among Philippines-born people aged 15 years and over, the participation rate in the labour force was 73.1 per cent and the unemployment rate was 5.2 per cent. The corresponding rates in the total Australian population were 64.6 and 5.2 per cent respectively.

Of the 75 970 Philippines-born who were employed, 20.9 per cent were employed in a Skill Level 1 occupation, 8.4 per cent in Skill Level 2 and 9.1 per cent in Skill Level 3. The corresponding rates in the total Australian population were 28.7, 10.7 and 15.1 per cent respectively.



Jointly produced by Multicultural Affairs Branch and the Programme Statistics and Monitoring Section of DIAC

All data used in this summary is sourced from the Australian Bureau of Statistics Census of Population and Housing
Sources for the Historical Background available at <http://www.immi.gov.au/media/publications/statistics/comm-summ/source.htm>

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Philippines

A Guide for Health Professionals

This profile provides an overview of some of the cultural and health issues of concern to migrants from the Philippines who live in Queensland, Australia. This description may not apply to all people as individual experiences may vary. The profile can, however, be used as a pointer to some of the issues that may concern your client.

Philippines

Introduction



In Queensland there are approximately 10,000 female migrants from the Philippines and 3,300 male migrants.

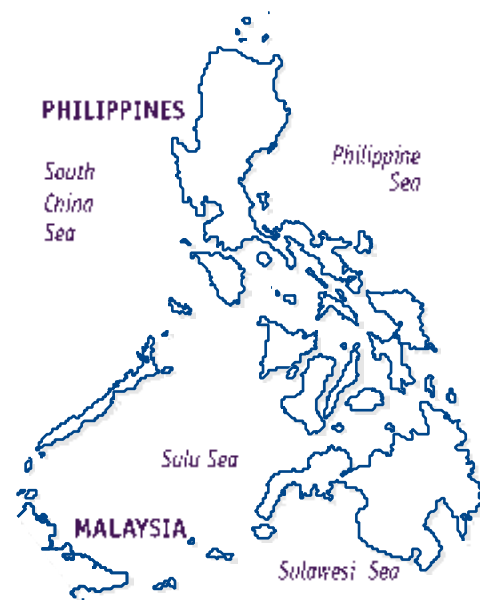
A high proportion of migrants came to Australia to marry Australians or to join Australian husbands. Others migrated to join family members, or to escape political oppression under the Marcos regime. Many of those in this latter group have been sponsored to Australia by relatives.

Patient Interaction



The word "Filipina" refers to women from the Philippines; "Filipino" may refer to people in general from the Philippines or men in particular.

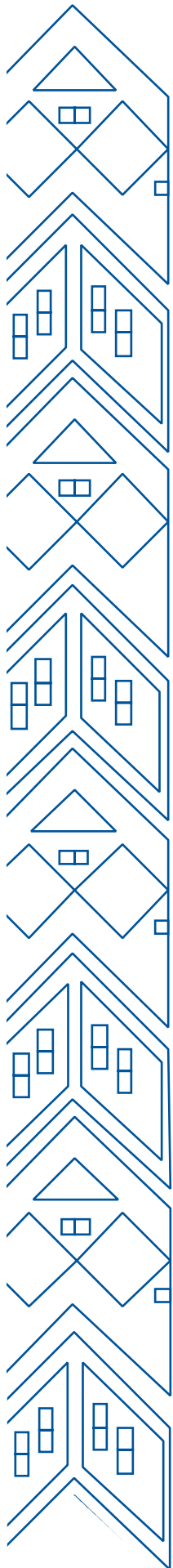
Many Filipinos are familiar with American English, which is used in government and some mass media. They may not, however, be comfortable with the Australian accent or Australian idiom. Filipinos also speak a number of other languages. *Tagalog* ("Filipino") is the national language. Other languages commonly used are *Ilocano* and *Visayan*. A *Visayan* dialect, *Cebuano*, is widely spoken among the Filipino communities in Australia.



- ☉ Filipinos generally consider it impolite to stare or look directly at people with whom they are talking. This should not be mistaken for mistrust or lack of confidence.
- ☉ Doctors and nurses are generally highly respected for their knowledge, education and expertise; thus few Filipinos would question these professionals.
- ☉ Filipino clients, especially from rural areas, may not like to voice their concerns to health professionals.

An important cultural value of Filipinos is *hiya*, which could be roughly translated as "embarrassment", "shame" or "face". It has been described as a kind of anxiety, a fear of being left exposed, unprotected and unaccepted. Having *hiya* means that people may feel very sensitive to social slight and as a result are very careful of the feelings of others.

When visiting Filipino clients in their homes, it should be remembered that visitors are customarily offered food and/or some kind of beverage. Acceptance of the refreshment signifies acceptance of the giver and their household; refusal may cause offence.



Health in Australia

The major health issues for Filipinos include:

- ⦿ Problems associated with adopting a more Australian lifestyle, including alcohol consumption and smoking.
- ⦿ Reproductive health problems, particularly those associated with late pregnancy and a relatively short gap between child bearing and the onset of menopause.
- ⦿ Gambling.
- ⦿ Social problems such as poverty and domestic violence.
- ⦿ Mental health problems.

Utilisation of Health Services

Filipinos generally expect their families to care for them and to be with them when they are sick. Fear of isolation from families is one reason why Filipinos may present to hospitals and health care providers late.

Health care for many immigrants in the first two years of living in Australia is not covered by Medicare and the costs of treatment are often prohibitive. As a consequence, check-ups and preventive health services may be avoided.

Other barriers to access may include difficulties making the initial contact, cultural issues associated with asking questions, practical constraints and differing perceptions of health risk.

Some Filipinos feel that doctors do not provide enough information or explain alternative forms of treatment, and these people may switch doctors fairly regularly.

Sometimes this means that important medical information may not be passed on to the next provider.

When a patient is hospitalised it is often worthwhile for a familiar person, such as a husband or friend, to be present to help to explain diagnoses or procedures. Having familiar people present will help approximate the continuing family care which would occur in a Filipino hospital.

Standard isolation procedures, such as isolation rooms, visitor restriction and barrier nursing, may be unfamiliar to Filipino patients and cause anxiety. The procedures should be explained to the patient and friends or relatives if this is necessary. If possible, a patient may like to have a companion with them at all times to help reduce any anxiety.

Dietary preferences may also need to be discussed with them and with the hospital kitchen.

Health Beliefs and Practices

In the Philippines, biomedical services are supplemented by herbalists and other healers who specialise in herbal remedies, massage or healing by spiritual means, through power derived from devotion to Christian saints. Women in both rural and urban settings may seek treatment from both healers and modern health centres.

People may use concepts of "hot" and "cold" to classify and explain illnesses. Foods, medicines and temperature/weather conditions are classified according to their "heating" or "cooling" quality and their effects on the body. Sudden changes in body temperature may be perceived as harmful. Beliefs about the relationship of water and bathing to health differ substantially: bathing can be associated with a draining of strength from the body, particularly if a person is already ill.

Psychosocial Stressors

A number of issues affect Filipinos' ability to feel comfortable in Australia.

Racial discrimination

Filipinos have reported incidents of racism in the general community as well as in health services.

Given recent trends in Australian politics, the occurrence of discrimination may increase and Filipinos may become more aware of such incidents.

Loss of autonomy

In the Philippines, women are often responsible for managing household finances and affairs. This frequently differs from the situation in which they find themselves in Australian households, where men often expect to be in charge of finances.

Isolation

Home sickness can be a major problem. Some husbands exacerbate their Filipina wives' sense of isolation by:

- ⊙ Forbidding them to contact or visit friends and family, including associating with other Filipinas.
- ⊙ Forbidding them to work.
- ⊙ Preventing them from learning to drive. (This is particularly problematic in areas without adequate public transportation).

Family issues

In mixed marriages differences in the understanding of "family" and the way families interact with each other often add a degree of tension and can be disorienting. These issues may be exacerbated because of the outsider status of Filipinas, and because of age differences between many women and their partners.

Domestic violence

Power imbalances in relationships can in some cases escalate to domestic violence. Catholic beliefs and values may influence some women's decisions to remain in abusive relationships despite personal cost.

Women's options for domestic violence services are limited in many parts of Queensland. In addition, women may be reluctant to seek help if they think that other Filipinas will find out about their marital difficulties, and they may not feel comfortable discussing issues of domestic violence with strangers.

Mental Health

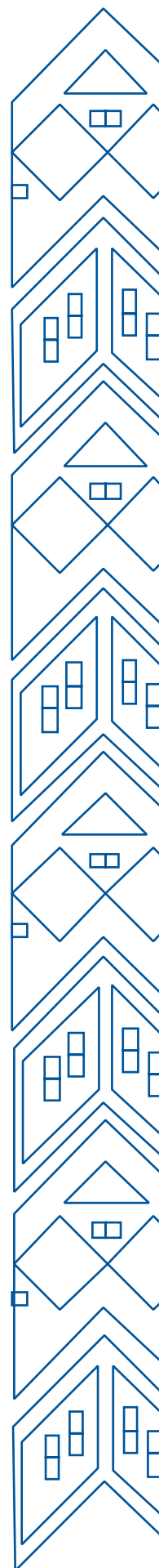
Accessing mental health services is an area in which a number of Filipina women experience difficulties. It is not uncommon for them to have symptoms of depression postnatally, because of social isolation or domestic violence, but they are often reluctant to talk about this with outsiders.

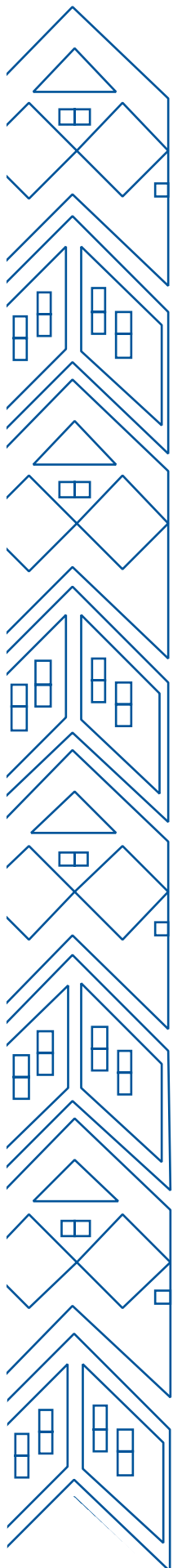
Maternal and Child Health

Home visits by Child Health and Community Health nurses may be an unfamiliar concept for newly arrived Filipinas. In general they are not used to unsolicited offers of help and may feel that they are being singled out for attention, or that the offer puts them under some obligation. It may be necessary to explain that the service is offered to all mothers.

Childbirth

Women often have children within a year of getting married in Australia.





Traditional custom in the Philippines dictates that women should not bathe for about ten days after giving birth and during menstruation. Bathing during these times is seen as a cause of ill health and complaints such as rheumatism during old age. Sponge baths, herb poultices and steam baths are used as alternatives. Many women do not fully subscribe to these beliefs in Australia, but they still may impact on the acceptability of health care practices. For example, women may object to having a shower immediately after giving birth.

Many women expect contemporary hospital care, but would also be familiar with some traditional practices which may include bed rest for at least one week, or even a whole month, after birth. Women fear what is referred to as a "relapse" if they become active too soon. This involves extreme tiredness, weakness and chronic headache. In the Philippines this would be treated by a traditional healer.

Infant feeding

New and lactating mothers are often given rice porridge (rice boiled soft to a consistency halfway between soup and puree). This may be served with sweet, salty or spicy accompaniments. Soup made of meat and vegetables is also believed to help promote lactation.

Breast feeding on demand is normal practice for rural Filipinas. Women in cities may adopt mixed feeding because of the demands of work outside the home. Some women may be reluctant to feed colostrum to their newborns.

Some mothers believe that a mother's mood could be transmitted through breast milk and therefore do not feed if they feel sorrow or anger. Breast feeding may also cease if the child contracts diarrhoea, in case the illness becomes worse.

Child rearing

Many women have difficulty coping with the daily routine of looking after a baby in a country where generally they do not have the support of an extended family. In the Philippines when a woman has a baby she rests while her relatives do all the housework and cooking. The concept of child care or respite care for children is relatively unusual in the Philippines, therefore options where mothers can stay with babies (such as mother care centres) may be more appropriate.

Small babies are thought to be susceptible to fright, which causes crying and trembling. A traditional belief is that a baby may be hexed by an admiring glance, but many Filipinos in Australia are likely to be ambivalent or doubtful about such beliefs.

In the Philippines, both rural and urban mothers are aware of the risks associated with diarrhoea. Colds and rashes may be accepted as natural in young children, although some are regarded as serious. In rural Philippines women will often take a child with a cough to a traditional healer.

Traditionally, parents sleep with their children or have their children sleep with another relative, and do not separate them when they are ill.

Filipino adults are typically very tolerant with young children and include them in all adult activities. Small children attend social gatherings at night as these are considered family activities.

Respect for parents and elders is stressed with older children. Discipline may be enforced by scolding, spanking or pinching.

Women's Health

Women prefer female doctors but may see male doctors for certain conditions because of ease of access. In this case the presence of a female attendant may be important. Female doctors are essential for specific services such as Pap smears and breast screening. For similar reasons male interpreters may not always be acceptable. However, most women speak English well.

Pap smear services are available in the Philippines but are not promoted widely. It may be necessary to explain what is involved. Many women find this test frightening. Those who have not had children find it very painful and may be worried about the procedure.

Complaints such as thrush may be untreated, because women are afraid to mention them to male doctors but do not feel it warrants a special visit to a female doctor.

Resources

Queensland Ethnic Affairs Directory 1997.
Department of the Premier and Cabinet.
Office of Ethnic and Multicultural Affairs.

Brisbane Migrant Resource Centre
Tel: (07) 3844 8144

Ethnic Community Council of Queensland
Tel: (07) 3844 9166

Logan City Multicultural
Neighbourhood Centre
Tel: (07) 3808 4463

Ethnic Communities Council Gold Coast
Tel: (07) 5532 4300

Multicultural Information Network Service
Inc. (Gympie)
Tel: (07) 5483 9511

Migrant Resource Centre Townsville-
Thuringowa Ltd.
Tel: (077) 724 800

Translating and Interpreting Service
Tel: 131 450

Acknowledgments

This profile was developed by Pascale Allotey, Lenore Manderson, Jane Nikles, Daniel Reidpath and Jo Sauvarin at the Australian Centre for International and Tropical Health at The University of Queensland, on behalf of Queensland Health. It was developed with the assistance of community groups and health care providers. This is a condensed form of the full profile which may be found on the Queensland Health INTRANET - QHiN <http://qh.in.health.qld.gov.au/hssb/hou/hom.htm> and the Queensland Health INTERNET <http://qh.in.health.qld.gov.au/hssb/hou/hom.htm>. The full profile contains more detail and some additional information. It also contains references to additional source material.

Material for this profile was drawn from a number of sources including various scholarly publications. In addition, *Culture & Health Care (1996)*, a manual prepared by the Multicultural Access Unit of the Health Department of Western Australia, was particularly useful.



QTMHC Resource Library

Philippines/Filipino

See also: Asian

Languages	Tagalog, Filipino/Pilipino, Spanish, Visayan, Ilocano, Cebuano
Religions	Catholicism, Islam, Protestantism
Ethnic groups	Malay, Chinese

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Buwalda, H. (2000) *Philippines*. Centre for Multicultural & Multilingual Mental Health Services. (3 pages) (00589)
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Section 3

Aged Care Information Resources
(in Tagalog and English)

Diversicare Resources

List of Useful Websites

CENTRE FOR CULTURAL DIVERSITY IN AGEING

Options in Aged Care	TAGALOG	ENGLISH
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HACC (HOME AND COMMUNITY CARE)

Enjoy Life Poster	TAGALOG	ENGLISH
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Rights & Responsibilities of HACC Clients	TAGALOG	ENGLISH
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HACC Services	TAGALOG	ENGLISH
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ALZHEIMER'S AUSTRALIA

What is Dementia?	TAGALOG	ENGLISH
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Diagnosing Dementia	TAGALOG	ENGLISH
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Early Planning	TAGALOG	ENGLISH
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Changed Behaviours	TAGALOG	ENGLISH
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Communication	TAGALOG	ENGLISH
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Taking a Break	TAGALOG	ENGLISH
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DEPARTMENT OF HEALTH AND AGEING

Ageing and aged care various topics	TAGALOG	ENGLISH
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Aged Care Complaints Investigation Scheme	TAGALOG	ENGLISH
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QUEENSLAND HEALTH

Transitional Care	TAGALOG	(only available in Tagalog)
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Breast Cancer Screening	TAGALOG	ENGLISH
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ELDER ABUSE PREVENTION UNIT

Mistreatment of Older People	TAGALOG	ENGLISH
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EASTERN HEALTH

Communication Cue Cards	TAGALOG	
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go to www.diversicare.com.au for FREE resources!

PUBLICATIONS

[Cultural Connections MAS Newsletter ISSUE 04 / NOVEMBER 08](#)

[Cultural Connections MAS Newsletter ISSUE 03 / FEBRUARY 08](#)

[Cultural Connections MAS Newsletter ISSUE 02 / OCTOBER 07](#)

[Cultural Connections MAS Newsletter ISSUE 01 / JUNE 07](#)

CULTURAL PROFILES

[Austrian](#)

[Fijian](#)

[German](#)

[Greek](#)

[Papua New Guinean](#)

[Polish](#)

[Russian](#)

[Samoan](#)

[Swiss](#)

[Tokelauan](#)

RESOURCES

[Cue Cards in Community Languages](#) (developed by Eastern Health Transcultural Services)

[Stepping Out of the Shadows: Reducing Stigma in Multicultural Communities](#) (developed by MMHA)

[DOHA Information](#)

[Centre for Ageing Mapping Information in Other Languages](#)

[Cultural Assessment Checklist](#)

TIP SHEET

[Working With CALDB Consumers With Dementia](#)

[Bridging Cultural Misunderstandings](#)

DIRECTORIES

Cultural Diversity Resource Directory

An initiative of QLD Partners in Culturally Appropriate Care (PICAC)

Published by DIVERSICARE

Funded by Department of Health and Ageing (DOHA)

To view and/or print a PDF version [Click Here](#)

Directory For German Speaking Community - Bris. & Sth East Qld

An initiative of Multicultural Advisory Service (MAS)

Published by DIVERSICARE

Funded by Home And Community Care (HACC) Program Qld

To view and/or print a PDF version [Click Here](#)

Directory For Samoan Community - Greater Metropolitan Brisbane

An initiative of Multicultural Advisory Service (MAS)

Published by Ethnic Communities Council Qld Ltd (ECCQ)

Funded by Home And Community Care (HACC) Program Qld

To view and/or print a PDF version [Click Here](#)

ARTICLES

Bridging The Gaps

A research report on NESB Access to Mainstream Centre-based Respite Services in Brisbane South Area, April 2001

Researched and written by Bev RICHARDSON for DIVERSICARE

List of Useful Websites - Queensland

The Ethnic Communities Council of Queensland ECCQ

www.eccq.com.au

Home and Community Care Program

www.health.qld.gov.au/hacc

HACC Resource Unit

www.health.qld.gov.au/hacc/resources.asp

Multicultural Health

www.health.qld.gov.au/multicultural

Queensland Transcultural Mental Health Centre

www.health.qld.gov.au

Multicultural Affairs Queensland (MAQ)

www.premiers.qld.gov.au

Aged Care Standards and Accreditation Agency

www.accreditation.org.au

Institute for Healthy Communities

www.ihca.com.au

Elder Abuse Helpline

www.eapu.com.au

Queensland Aged and Disability Advocacy Inc. (QADA)

www.qada.org.au

Alzheimer's Australia Qld

www.alzheimers.org.au

Alzheimer's Association Qld

www.alzheimersonline.net

Parkinson's Qld Inc.

www.parkinsons-qld.org.au

MS Society of Qld

www.msaustralia.org.au/qld

LifeTec Qld

www.lifetec.org.au

Qld Meals on Wheels

www.qmow.org

Technical Aid for the Disabled Qld

www.technicalaidqld.org.au

Committee on the Ageing

www.cota.org.au

Brain Injury Association of Qld

www.biaq.com.au

Carers Queensland

www.carersqld.asn.au

Spinal Injuries Association Inc.

www.sina.org.au

Diabetes Australia Queensland

www.daq.org.au

Cancer Foundation

<http://www.cancerindex.org/>

Aged Care Qld Inc

www.acqi.org.au

Department of Families

www.families.qld.gov.au/seniors

Anti-Discrimination Commission QLD

www.adcq.qld.gov.au



List of Useful Websites – Interstate

Multicultural Mental Health Australia

www.mmha.org.au/find/resources

Department of Health and Ageing (DOHA)

www.health.gov.au

Centre for Cultural Diversity

www.culturaldiversity.com.au

Department of Health

Western Australia

www.health.wa.gov.au

Department of Immigration and Multicultural and Indigenous Affairs (DIMIA)

www.immi.gov.au/

New South Wales Health

www.mhcs.health.nsw.gov.au

PICAC Victoria

www.culturaldiversity.com.au

24 Hr Interpreting Service (TIS)

Ph 13 14 50

www.immi.gov.au/tis

National Accreditation Authority for Translators and Interpreters Ltd (NAATI)

www.naati.com.au

Nutrition Australia

www.nutritionaustralia.org

Australian Institute of Health and Welfare

www.aihw.gov.au/agedcare/index.cfm

Centre for Culture, Ethnicity and Health

www.ceh.org.au

Australian Bureau of Statistics

www.abs.gov.au

Human Rights & Equal Opportunity Commission

www.humanrights.gov.au

