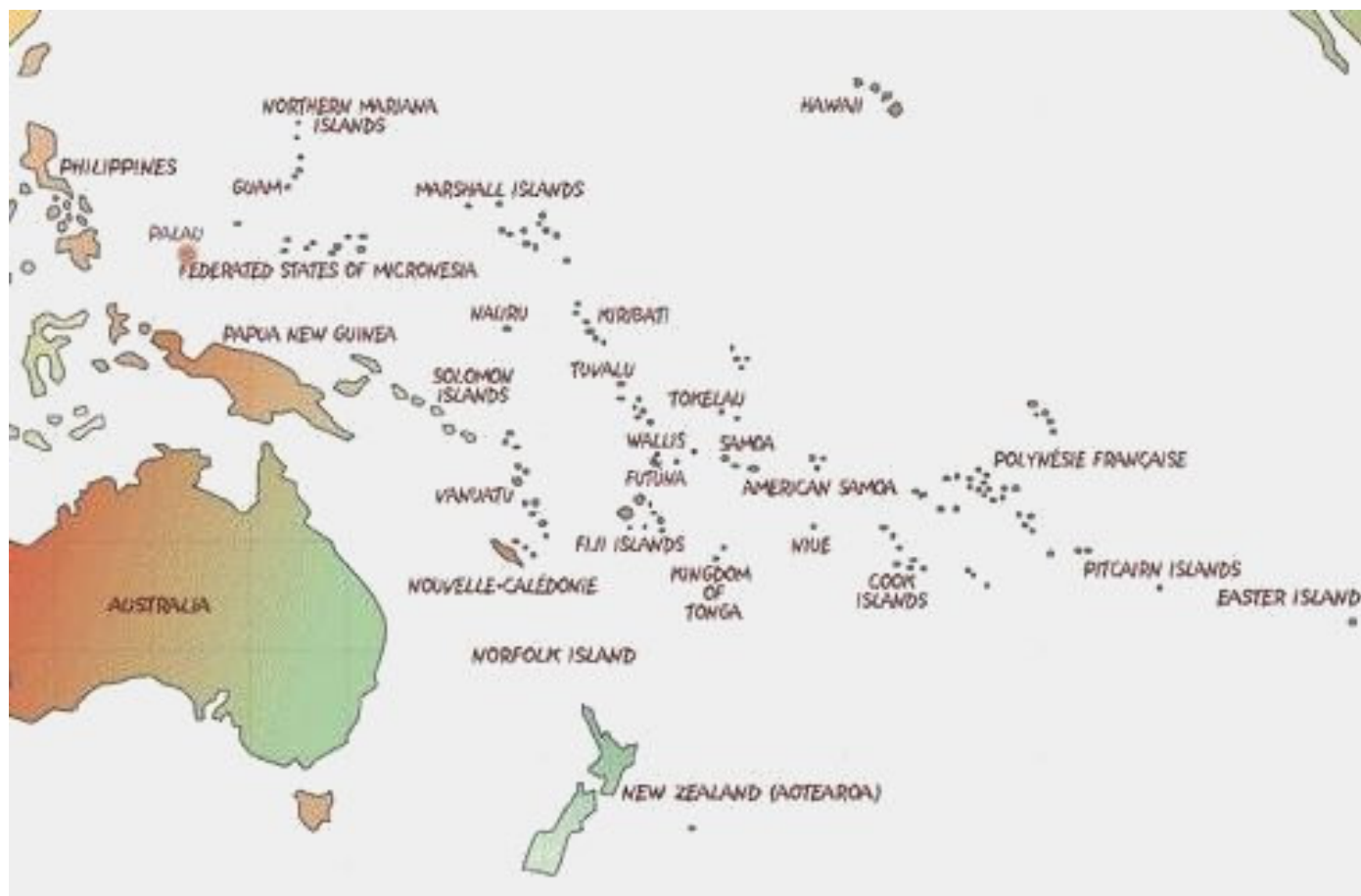


# ***Samoan Culture Profile***

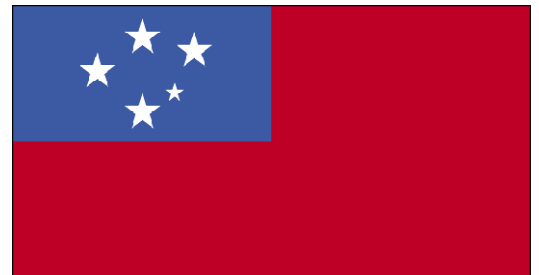


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P O Box 881  
Castletown, Hyde Park Queensland 4812  
Phone: 07 4728 7293

## **Samoan Culture Profile**



Thanks is given to the following people:

Mrs Sisilia Dromard  
Mrs Nii (Mele) Faagutu

.. and to all those persons who have provided comment about this profile.

### **Disclaimers**

This profile is a synthesis of information from a range of sources believed to be reliable. Diversicare gives no warranty that the said base sources are correct, and accepts no responsibility for any resultant errors contained herein or for decision and actions taken as a result and any damage.

Please note there may be costs associated with some of the resources and services listed in this profile.

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# INTRODUCTION

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This profile of the Samoan culture community is one of the projects undertaken by the Community Partners Program (CPP). The Community Partners Program 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 a diversity of people, languages and culture. Coupled with this trend is an ageing population, also with a rich diversity of languages and cultures.

It is not surprising then, that residential aged care service providers are faced with increasing demands for culturally responsive facilities and care.

This profile aims to assist by enhancing:

- staff knowledge of the cultural and linguistically diverse needs of persons from a Samoan background. It also seeks to facilitate the professional competence and development of staff in the provision of culturally inclusive care; and
- the organisation's compliance with the Residential Care Standards and National Aged Care Standards as they pertain to the issue of cultural and linguistic needs.

The profile provides useful information about a range of topics, resources including books, articles, audio-video aids, services, and so on.



This symbol is used to indicate a 'tip', which **YOU**, as the caregiver of a person who was born in Samoa, may find useful in your day-to-day support of that person.

In an effort to maintain the accuracy of this profile and improve its contents, for all stakeholders, we encourage readers to complete the feedback form on the last page to inform us of any inaccuracies or other resources available. It is considered that this feedback will assist us maintain a user relevant and quality resource.

Yours Sincerely

Margaret Hess  
Director

Dearne Mayer  
CPP Project Officer

# BACKGROUND

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## Migration Experience

Samoa is a group of islands in the southern Pacific Ocean, about one-half of the way from Hawaii to New Zealand, with a land area of 2,934 sq kilometres.



Australia established trading companies in Samoa in the early twentieth century resulting in a small number of Samoans migrating to Australia for educational, commerce and missionary purposes. Educational programs sponsored by Australia in the 1970's increased the number of Samoa-born people in Australia. (Source: DIMIA Community Information Summary, 2003)

## Australian Statistics

At 2001 census, 13,380 Samoa-born persons have settled in Australia (36% increase from 1996), with Queensland being the second largest population (4,110 people) behind New South Wales (6,450 people). Of the total Samoa-born population in Australia (2001 Census):

- 4.7% are aged over 65 years;
- 32.9% have an occupational or educational qualification, which is lower than for the Australian-born population (at 46%);
- 23% were employed in a skilled occupation; 43% in semi-skilled and 34% in unskilled jobs; and
- Females comprised 52.1% and males 47.9%.



The above data means the person you are caring for is most likely to have a basic level of education, and have worked in an unskilled job.

## Customs in everyday life

### Greetings

It is appropriate to greet people you know by using their first name and saying "Talofa", pronounced "Tar law fah" ("How are you?"). It is very important to offer guests food, as it is the Samoan way of being polite. Traditionally the father and mother would greet and talk to the guests while the children would prepare food for the guests.

### Referring to others

If the person you are greeting has a title, such as a Chief, priest or teacher you would use their title, even if you have known them for a long time.

### Attire

Traditionally Samoans are not allowed to wear shorts or trousers and instead wear a lava lava (a wrap around). Where women have opted to adopt western clothing it is important a lava lava is worn for formal occasions. Modesty is an important value.

### Taboos

There are no real taboos, however it is considered very impolite to walk in front of people you are with (tu lou – bowing in front of a person meaning 'excuse me').

## FAMILY

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### Family structure

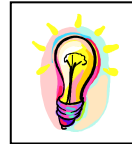
In Samoa, parents, their children and married children all live together in one compound area in separate houses. It is common for families to have many children. Elders are traditionally accorded a high status among the Samoan community.

### Attitudes to residential care

Samoans wish to care for their aged relatives at home and feel this allows the person to feel useful and give them a reason to live. Samoans consider placing an elderly relative in a nursing home as locking away their wisdom, history and language. There is also a belief that Samoans would not live very long if placed in a nursing home, one reason being diet.



If you need help to provide culturally appropriate care, the assistance of the PICAC Project Officer is available free of charge to your agency or the resident. This service is restricted to the greater metropolitan Brisbane and Townsville. For more information on PICAC contact Diversicare on 07- 38461099.



For information on claiming a pension from another country, call Centrelink on 13 1673.

## PERSONAL HYGIENE

The routines and preferences surrounding the following personal hygiene activities greatly impact on the person's sense of self, pride, dignity and confidence.

### Bathing

It would be extremely inappropriate for a male to bathe a Samoan female and likewise for a female to bathe a Samoan male.

### Dress

Samoa-born people are modest and it is appropriate for older people to wear a lava lava (a wrap around), with women wearing a top as well. Traditionally it is inappropriate for Samoans to wear shorts or trousers.

## PENSIONS

People who lived and paid taxes in other countries are often eligible for a partial pension payment from that country. The pension scheme in Samoa did not commence until the 1990's.

Australia may have a reciprocal arrangements in place with Samoa regarding the payment of pensions. If such an agreement is in place, the Australian Government supplements that payment if it falls below the level of the Australian pension. Problems with Centrelink can arise for the person if he/she fails to notify Centrelink of any increase in the foreign pension amount. In this situation the Australian supplement is reduced according to the increase amount. Failure to notify Centrelink can result in a debt and fine being imposed by Centrelink.

## LEISURE AND RECREATION

### Pattern to day

The morning is spent getting children ready for school, with children completing chores before they leave for school. Porridge, cocoa rice or toasted bread (prepared in a wood oven) would be cooked for breakfast. Once children have left for school women would do housework and tend the gardens. It would be uncommon for Samoa-born people to have lunch; instead there is a big feast for the evening meal. In Samoa at 6pm a siren is sounded by the Chiefs indicating it is time for prayers, dinner and then bed.



You need to need to establish with each individual his/her preferences related to is/her daily routine and timings.

### Social groups

There is a local Samoan group that meets weekly and has a dancing group, as well as teaches Samoan language and culture to younger generations. The contact details are:



Samoa Cultural Dancing Group  
Secretary: Mrs Sisilia Dromard  
Phone 4723 5241  
Chair: Mr Francis Tupuola Phone  
4723 0300

### Television

There is no Samoan television broadcast in Australia.

## Radio

SBS radio programming can be downloaded from their website by going to the following address:

[www9.sbs.com.au/radio/](http://www9.sbs.com.au/radio/)

then use the "Choose a language" drop down box from the right side of the screen radio schedule" on the left side of the screen to select Samoan and you can download various broadcasts in Samoan.

In greater metropolitan Brisbane, it is also possible to tune into 4EB (Fm 98.1) and their program guide can be downloaded from their website at the following address:

<http://www.4eb.org.au/progguide.htm>



Check your radio program guide or the website for local listening times as they may change in rural areas or across time zones.

## Newspapers

There are no newsagents in Townsville that supply Samoan newspapers. However, the 'Samoa Observer' is available online at

<http://www.samoaoobserver.ws/index1.htm>



If the person can't use a computer, don't forget you can access the internet and load these newspapers and print all or some pages which can then be given to the person to read at their leisure.

## Books

Every council library in Queensland borrows from the Queensland State Library. The State Library itself has Samoan resources that your local library can arrange to borrow for a small fee. You can do a search of the State Library resources (which will list the resource, type of resource and call number) by going to the following web address:

<http://www.slq.qld.gov.au/find/cat>



The Queensland State Library also has a 'Multicultural Bridge' which provides information in Samoan about the State Library's collections, services and their Languages Other Than English collection. This website, in Samoan, can be used to find books, music, videos, maps, pictures and family history information: <http://www.slq.qld.gov.au/ser/lang/samoan>



You can search the Townsville City Council or Thuringowa City Council library catalogue at the following website for books, videos and DVD's on various Samoan subjects:

<http://www.townsville.qld.gov.au/libraries/spydus.asp>

<http://library.thuringowa.qld.gov.au/>

## Music

There is a selection of Samoan music available at The African Bazaar shop in Flinders Street Mall, Townsville, phone 4771 2172.



Again establish each individual's preferences and check whether family members can assist in finding Samoan language books, videos, DVDs, music etc.

# RELIGION

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## Profile

Religion is important to most Samoa-born people with elders playing an important role in encouraging attendance at church each Sunday. Traditionally it was important to dress in white to attend church, but now any colours are acceptable, but jeans or t-shirts are not.



Of the total Samoa-born population in Australia the major religions are:

- Western Catholic (22%);
- Uniting Church (12%);
- Pentecostal (9%) ; and
- 2% stated 'No Religion'. (Source: Samoan Community Information Summary, DIMIA, 2003)

Remember there can be a difference between nominating a particular religion to practicing that religion in his/her everyday life (or whether all or only some rituals/practices within that religion are observed). Equally, just because a person when young did not practice or observe their religion doesn't mean that is the person ages he/she might.



YOU need to establish each person's religious preferences and link him/her into a local minister of that religion.

### Important days

There are a variety of special events celebrated.

Festivity	Month / Date	Customary practices
New Year's Day	1 <sup>st</sup> January	A happy celebration welcoming the new year.
Head of State's Birthday	4 <sup>th</sup> January	Celebrations to honour His Highness Malietoa Tanumafili II, on his birthday.
Good Friday		No meat is consumed, instead fish is eaten. Attending church is important.
Easter Sunday		Attending Church is very important. There is absolutely no work to be done this day.

Independence Day	June 1 <sup>st</sup>	Samoan Independence is celebrated on the 1st of June each year. The occasion is marked with an early morning march and service in the capital, Apia, and a number of other activities including fautasi (longboat) races.
Teuila Festival	Early September	The Teuila Festival is a week long event held every year in early September, with many cultural displays including weaving, carving, and traditional dance. There are also kirikiti (Samoan cricket) tournaments, canoe racings and fautasi (long boat used as means of transportations across islands in the old days) races.
White Sunday	2 <sup>nd</sup> Sunday in October	Once a year children lead church worship and perform dramas, hymns and action songs. Everyone has to wear white, symbolising a pure heart.
Christmas	25 <sup>th</sup> December	Traditionally home made custards and puddings are made. Attending church for the Christmas evening service is important.



The above listing is not intended to be exhaustive; rather it lists the major shared 'special days', you should check with the person or his/her family if there are other special days, which is important to that person.



## FOOD AND DIET

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### Meals

Samoa-born people enjoy a wide range of foods, including fish, pork, chicken, coconut, coconut milk and cream, breads, vegetables and fruits. Traditionally Samoans grow their own vegetables and fruits.

**Breakfast** is usually porridge, toasted bread or perhaps boiled eggs.

**Lunch** is not normally eaten in Samoa, except on some Sundays after Church when there may be a big feast.

**Dinner** is a large meal and traditionally the adults eat before the children do.

**Afternoon tea** may be eaten and consists of a small meal before dinner.

**Drinks** Coconut milk, Samoan cocoa, tea and coffee are popular.



It is important to establish each person's food preferences, cooking style (eg fried versus poached), quantity and timing of meals and recorded as part of their care or support plan.

It is common for Samoans to boil much of their food with very little oil used in their cooking. Cheese is not usually eaten. Samoa-born people like to make their own breads, which are quite different to bread produced in Australia.

The following shops in Townsville stock some Samoan foods:



The Asian Supermarket  
Shop 3/116 Charters Towers Road  
Hermit Park Qld 4812  
Phone 07 4772 3997

Jeannie's Corner Store  
39 Dearness Street  
Garbutt Qld 4818  
Phone 07 4779 5170



Recipes for some Samoan food are located in Appendix A

## HEALTH

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### Attitudes to illness and pain

Samoa-born people tend to be vocal in their pain and are quite accepting of pain relief and analgesics. Some Samoans believe that illness is caused by bad luck or retribution for not looking after their family adequately. Prayer is seen by some Samoa-born people to play an important part in healing the ill.

### Perception of health professionals

Samoa-born people may try self-medication before seeking a health professional. Generally Samoans are shy and may not ask medical questions. There may also be a tendency to say they understand the diagnosis even if they do not. The gender of the health professional can be an issue for Samoans, and in particular women should be offered the choice of a female health professional.



This may mean YOU shouldn't necessarily think a Samoan person has understood what a doctor or health professional has said or instructed to be done.

## DEATH AND DYING

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It is preferred the doctor directly informs any terminally ill person of their diagnosis, as many Samoans believe the patient has a right to know their diagnosis. It may be helpful to ask the person if they wish to have at least one family member present when the diagnosis is explained. Some Samoa-born people do not believe in cancer, saying that it is a word used when a doctor can find no other cause for an illness.

# LANGUAGE

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Samoa is the official language of Samoa and older Samoa-born people are unlikely to communicate in English with English only recently being taught in Samoan schools.

Of the total Samoa-born population in Australia, Samoan was the main language spoken at home for 82%, followed by English at 14%. In addition, of the 11,230 Samoa-born persons who spoke a language other than English at home, 85.6% spoke English very well or well and 12.7% spoke English not well or not at all. (Source: Samoan Community Information Summary, DIMIA, 2003)



YOU need to be aware that just because they once could speak English, this does not mean a) they necessarily spoke it fluently or extensively OR b) they have retained these skills as he/she aged OR c) that it is their preferred language as speaking English can be tiring to the elderly – as they are engaging in a translation-type of process.

A variety of language guides (including Samoan language) targeted at health and everyday activities is available at a cost from:

HENDRIKA (**HE**alth **aND** **R**apport  
Interactive **K**ommunication **A**id)

P O Box 326, Beaudesert, Qld, 4285  
Phone (07) 55446606

# KEY WORDS

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Many Pacific Island languages' pronunciations lean towards a drawl whereby there are few acute sounds.

**Pronunciation advice:** (**bold** typed letters should be stressed)

a = a in **f**ather  
ai = ai in **a**ile  
ay = ay in **m**ay  
e = e in **m**et  
ee = ee in **m**ee**t**  
G = h in **h**uge  
ng = ng in **s**ing  
o = o in **t**op  
oa = oa in **b**oa**t**  
oy = oy in **b**oy  
oo = oo in **b**oo**k**  
ow = ow in **c**ow

*Note:*

ā ē ō ū are long sounding vowels

Greetings	Samoan words	Phonetic ( <b>bold</b> = where to place emphasis)
Hello	talofa	tah-low-far
Good morning/Good evening	talofa	tah-low-far
How are you?	O a ami oe?	
Yes	'ioe	' <b>ee</b> -o-e
No	leai	le- <b>ai</b>
Please	faamolemole	
Thank you	fa'afetai	
My name is ...	o lou igoa	
Good bye	tofa	tor-far

Useful lead in sentences	
Would you like...?	ete manao
Are you.....?	o oe?
Can I get you ....?	Ete fia? Ete manao?

Conditions	Ituaiga	
Warm	mafanafana	
Hot	vevela	vevela
Cold	mālūlū	malooloo
Windy	savili	
Sunny	la	
Noisy	pisapisao	peesa-peesa-o
Quiet	filemu	feelemoo
More	nisi	neese
Less	i titi	ee tee- <b>ee</b> tee
Hungry	fia'ai	fee-a' <b>ai</b>
Thirsty	fia inu	fee-a <b>eenoo</b>
Up	luga	<b>loo</b> -nga
Down	lalo	lalo
Wet	sūsū	soosoo
Dry	mago	
Big	tele	tele
Little	laititi	

Emotional states	Filiga	
Happy	fiafia	fee-a fee-a
Sad	fa'anoanoa	fa'ano-ano-a
Tired	vāivai	vāivai
Good	lelei	lelay
Bad	leaga	le- <b>a</b> -nga
Love	alofa	alofa
Hate	ita	
Sick	ma'l	ma'ee
Well	malosi / manuia	

<b>Body parts</b>	<b>Itu Tino</b>	
Leg / Foot	vae	va-e
Toes	tama'i vae	tama'ee va-e
Arm / Hand	lima	leema
Fingers	tama'ilima	tama'ee-leema
Face	foliga	folee-nga
Head	ulu	ooloo
Teeth	nifo	neefo
Throat	fā'a'ī	fā'a'ī
Hair	lauulu	low-ooloo
Eye	mata	mata
Chest	fatafata	fata-fata
Stomach	manava	manava
Bowels	oga	
Bladder	tagāmimi	tangāmee-mee

<b>Directions</b>		
Right	taumatau	towmatow
Left	tauagavale	tow-a-nga-vale
Come	sau	sow
Go	alu	aloo
Sit	nofo	nofo
Stand	tu	too
Lie down	tao'to l lalo	ta-o'to ee lalo
Stand up	tu l luga	too ee loo-nga
On	ola	
Off	pe	
Inside	totonu	
Outside	fafo	fafo

<b>Activities</b>		
Television	televise	tele-veese
Radio	uālesi	oo-ā-le-see
Video	pu'e ata	
Telephone	telefoni	tele-fonee
Music	musika	mooseeka
Book	api	
Magazine	tusi ata	
Church	lotu	

<b>Rooms</b>	<b>Potu</b>	
Bed	moega	mo-e-nga
Bedroom	potu moe	potoomo-e
Toilet	faleuila	fale-oo-eela
Shower	fale taele	
Dining room	potu' ai	potoo'ai
Home	fale	
Table	laulau	lowlow
Chair	nofoa	nofo-a

<b>Clothing</b>	<b>'Ofu</b>	
Dress	'ofu	'ofoo
Skirt	sakeke	
Trousers	'ofuvae	'ofoo-va-e
Underwear	'ofuvae laitiiti	'ofoo-va-e laitee-eetee
Shirt	'ofutino	'ofoo-teeno
Jacket	fa'apeleuē	
Cardigan	ofu mafanafana	ofoo mafana-fana
Hat	pūlou	pōloa
Glasses	matatioata	matatee-o-ata
Pyjamas	ofu moe	ofoo mo-e
Socks	tōtini	tōteenee
Shoes	se'evae	se'eva-e

<b>Drinks</b>	<b>Meainu</b>	
Tea	ti	tēe
Coffee	kofe	kofe
Beer	pia	pee-a
Wine	uaina	oo-aina
Softdrink	vai inu suamalie	
Water	vai	vai
Milk	susu	soosoo
Sugar	suka	sooka

<b>Meals</b>	<b>'aiga</b>	
Breakfast	'aiga ole taeao	'ai-nga ole ta-e-a-o
Lunch	'aiga ole auli	'ai-nga ole ow-lee
Dinner	meaai ole po	me-a-ai ole po
Morning tea	aiga taeao	
Afternoon tea	aiga aoauli	
Snack	tama'l meaai	tama'ee me-a-ai

<b>Food</b>	<b>Mea ai</b>	
Bread	falaoa	falao-a
Toast	falaoa tugu pa'u	fala-o-a too-ngoo pa'oo
Butter	patā	patā
Jam	siamu	see-amoo
Cake	keke	keke
Biscuit	masi	masee
Fruit	fualaa'u'aina	
Meat	mea'ai mamafa	
Chicken	moa	mo-a
Fish	l'a	ee'a
Salt	māsima	māseema
Pepper	pepa	pepa

<b>Utensils</b>		
Knife	naifi	naifee
Fork	tui	too-ee
Spoon	sipuni	seepoonee
Glass	ipu mālamalama	eepoo mālamalama
Cup	ipu inu ti	eepoo eenoo tee
Dinner plate	ipu māfolafola	eepoo māfolafola

<b>Personal activities / items</b>		
Bath (ie to take a bath)	fufulu	foofooloo
Deodorant	faamanogi	fa-amano-ngee
Razor	matatafi	mata-tafee
Comb	selu	seloo
Talcum	pauta	powta
Toothbrush	pulumu nifo	pooloomoo neefo
Wheelchair	nofoa e toso	nofo-a e toso

<b>Special occasions</b>	<b>Aso faapitoa</b>	
Birthday	aso fānau	aso fānow
Christmas	kirisimasi	keereesee-masee
Easter	'eseta	'eseta
New year	tausaga fou	towsa-nga-fo-oo

<b>Relations</b>	<b>Auga Tupulaga</b>	
Father	tamā	tamā
Mother	tinā	teenā
Grandfather	tamā ole tama	tamā ole tama
Grandmother	tinā ole tina	teenā ole teena
Husband	tāne	tāne
Wife	āvā	āvā
Son	atali'i	atalee'ee
Daughter	afafine	afa-feene
Child	tamaititi	tamaitee-eetee

# Appendix A

## RECIPES

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### **Pani Popo (Coconut Buns)**

**Dough Ingredients:** 5 cups of self raising flour; 5 cups of plain flour; 4 tbsp sugar; 2 cups of milk; 4 ½ cups of water; 2 sachets of yeast

#### **Dough Instructions**

Combine both flours and sugar in a large bowl. In a separate bowl combine 4 ½ cups of warm water with yeast and leave this stand for 5 minutes. Mix yeast with dry ingredients. Add 2 cups of milk and mix into the dough. Use a tea towel to cover the dough mixture and leave this stand for 45 minutes.

#### **Cream Ingredients**

2 cans of coconut cream; 3 cups of water; 2 tbsp of corn flour; 2 cups of sugar

#### **Cream Instructions**

In a bowl place the coconut cream and 3 cups of water. Then add the corn flour and stir until blended. Stir in sugar until dissolved. Pour this mixture into a baking dish. Use the dough to make small buns and place them in the baking dish with the cream. Bake at 200 degrees Celsius until golden brown. Leave to cool before eating.

### **Fa'i Saka (Boiled Bananas)**

**Ingredients:** Green bananas, oil.

#### **Instructions:**

Place bananas into a large pot filled with enough water to completely cover them. Add some oil to the pot and then boil. The bananas are ready when their peels split. Carefully drain the water from the pot and remove the banana peels. Once the bananas are cool they are ready to eat as an accompaniment to the main meal.

### **Oka (Marinated fish)**

**Ingredients:** ½ kg fresh tuna; 6 lemons (with juice to cover zest); 1 cucumber – peeled, cored and diced; 2 tomatoes diced; ½ onion diced; 1 tin coconut milk; salt to taste.

#### **Instructions:**

Cut the fish into small portions. In a serving bowl pour the lemon juice onto the fish and refrigerate for 20 minutes. Meanwhile, prepare the vegetables and then mix the vegetables with the fish and add the coconut milk. Add lemon zest and then salt to taste.



# **Additional resources**

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## **Diversicare Resources**

Cultural Diversity Resource Directory for Residential and Community Care Agencies, 2005. Lists all known resources under chapter headings of – Communication, Cultural background, Health and Personal Care, Lifestyle, Legal, Management, Resources. Phone Margaret Hess, Director, Diversicare for these resources on 07-38491099

## **Useful Websites**

### **Western Australia**

[www.health.wa.gov.au/mau/](http://www.health.wa.gov.au/mau/)

### **New South Wales**

[www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/resources/index.html#top](http://www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/resources/index.html#top)

### **Victoria**

[www.healthtranslations.vic.gov.au/bhcv2/bhcv2.nsf/CategoryDoc/PresentCategory?Open](http://www.healthtranslations.vic.gov.au/bhcv2/bhcv2.nsf/CategoryDoc/PresentCategory?Open)

### **Federal Government**

[www.ageing.health.gov.au/publicat/multilin.htm](http://www.ageing.health.gov.au/publicat/multilin.htm)  
[www.ageing.health.gov.au/publicat/pubindex.htm](http://www.ageing.health.gov.au/publicat/pubindex.htm)

### **Cross Cultural Health Program (USA)**

[www.xculture.org/resource/order/index.cfm?Category=Articles](http://www.xculture.org/resource/order/index.cfm?Category=Articles)

### **Centre for Culture Ethnicity and Health - Video Catalogue**

[http://www.ceh.org.au/video\\_catalogue.htm](http://www.ceh.org.au/video_catalogue.htm)

### **Alzheimers Australia**

[www.alzheimers.org.au/content.cfm?categoryid=14](http://www.alzheimers.org.au/content.cfm?categoryid=14)

### **Alzheimer's Australia NSW**

[www.alzheimers.org.au](http://www.alzheimers.org.au)

### **Queensland Health – Multicultural Health Publications**

[www.health.qld.gov.au/publications/restopicmaster.asp?Rec=40&frmHealthTopic=MulticulturalHealth](http://www.health.qld.gov.au/publications/restopicmaster.asp?Rec=40&frmHealthTopic=MulticulturalHealth)

### **Queensland Transcultural Mental Health Centre**

[www.health.qld.gov.au/pahospital/qtmhc/multilingual\\_resources.asp](http://www.health.qld.gov.au/pahospital/qtmhc/multilingual_resources.asp)

### **Cancer Foundation**

<http://www.cancerindex.org/clinks13.htm>

### **Nutrition Australia**

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

## **Information Lines**

Aged and Community Care Information Line:  
1800 500 853

Carelink: 1800 052 222

## **Libraries**

### ***Organisations must be registered to borrow***

Diversicare Phone: (07) 3846 1099

Blue Care Phone: (07) 3377 3327

St Lukes Nursing Service Phone: (07) 3421 2846

Queensland Transcultural Mental Health Centre Phone: (07) 3240 2833

HACC Resource Unit Phone: (07) 3350 8653

Alzheimers Association Phone: (07) 3857 4043

# Correction / Addition Form

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Please complete the following page if you are aware of either incorrect details or you know of additional resources that should be included.

## Correction

Listed item	Correction
Title: Page:	

## Additional Resources / contact

Contact details	Description of resource
Title: Publisher: Address:  Phone: Website:	(include whether Person contact, Book, tool, video, article, course)

## Send this form:

Post	Fax
<b>Diversicare P O Box 5199 West End Qld 4101</b>	<b>Attention: Margaret Hess Diversicare FAX: 38461107</b>

Thank you for your assistance in keeping this document current