

Issue 4, September 2018

Aboriginal Ageing Newsletter

NAIDOC Week 2018:

NAIDOC week this year saw the Aboriginal Health and Ageing Program team visit communities in Redfern, Campbelltown, La Perouse, Nambucca Heads and Coffs Harbour. It was fantastic to get out and see everyone whilst chatting about our projects and listening to people's thoughts about ageing and dementia. Our job is to take this on board when we design our future projects and research initiatives. We are currently working on ways to help people age well and maintain brain health as well as find local dementia care services that are culturally safe and accessible. In case you missed it – check out [NeuRA's NAIDOC Week profiles](#) of some of the wonderful Aboriginal women on our team. *Because of her we can!*



**Pictured: Aunty Margaret Anderson
and Kylie Radford, Tharawal Family
Fun Day, NAIDOC 2018**

Dr Thi Yen Hill and Dr Kylie Radford recently had the opportunity to meet with the **International Indigenous Dementia Research Network** during a visit to Chicago for the Alzheimer's Association International Conference. They met with researchers from the US, Canada, New Zealand, Brazil and across Australia, finding growing support for social determinants and life-course approaches to later life cognitive health across many indigenous populations. One international resource on growing old well from Canada is the [I-CAARE](#) Indigenous Cognition Aging & Awareness Exchange website. The website has lots of factsheets, reports and tools available and is a great resource for brain health and dementia information.

NeuRA talk:

Recently, Mr Terry Donovan presented to all staff at NeuRA. His training seminar aimed at creating cultural awareness and fostering culturally safe workplaces. The audience was thrilled Mr Donovan could offer his wisdom and spend so much time inviting participants to suggest ways to include, accommodate, make safe and build ongoing relationships with Aboriginal and Torres Strait Islander people. Not only in research but in everyday life too!

Acknowledgment of Country

We acknowledge the Bidjigal, Tharawal, Dunghutti & Gumbaynggirr Peoples as traditional custodians of the lands on which we work, and we extend our deep respect to all Elders, past, present and emerging.



Aboriginal
Health & Ageing Program



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Presenting Our Work: ACI Aboriginal Chronic Conditions Network (ACCN) conference in Sydney

The Aboriginal Health and Ageing Program team joined in the ACI Aboriginal Chronic Conditions Network (ACCN) conference in Sydney, presenting on our Caring for Spirit and Sharing the Wisdom of Our Elders projects. Mr Terry Donovan and Dr Wendy Allan talked about Sharing the Wisdom of Our Elders, which gathers insights about growing old well from our participants; we will be producing a resource to showcase this knowledge that is already in our communities and promote ageing well from young ages. Ms Lauren Poulos and Ms Sharon Wall gave an outline and a preview of our Caring for Spirit website, which we are developing as a culturally appropriate and highly relevant tool for people living with dementia and their carers. The conference was excellent and the team is grateful to the organisers at ACCN for putting together such a great program. We acknowledge how important it is that Aboriginal and Torres Strait Islander led initiatives, programs and events are created and sustained. Keynote speaker Janine Mohamed, who is a Narrunga Kurna woman from Point Pearce in South Australia, and is CEO of the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM), attested to the challenges of ensuring Aboriginal health practitioners undertake self-care while also caring for their communities. Calls for working together over the long term (in a context where funding and policy are often geared towards short term goals) are a timely reminder of the ongoing challenges faced by Aboriginal health practitioners and researchers - an important message for researchers, policy makers and services.

Pictured: Terry Donovan, Wendy Allan and Lauren Poulos at Who Ya Gunna Call? Coffs Harbour NAIDOC 2018



'Sharing the Wisdom of Our Elders' will develop ageing well resources that feature work by Aboriginal Artists of all ages from NSW. If you, or someone you know, are interested in submitting photographs of original artworks for this project, we are now taking expressions of interest until the end of September. Selected artists will receive \$500 for the permission to use photographs of their artwork as part of this project, which is supported by the Lowitja Institute. Further details on submission, selection and copyright can be found [here](https://www.neura.edu.au/sharingthewisdom/):

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