

HOT Newsletter MAY 2022

Reconciliation Week

May 26 is National Sorry Day. On this day, we commemorate Aboriginal and Torres Strait Islander people who were forcibly removed from their families under government policies during the Assimilation era (officially 1910-70).



Those children stolen from their families have become known as the Stolen Generations. Many survivors have provided an account of the violence they endured and the ongoing pain they experience as they try to find their families. While some have managed to find their families, many have not. This has left an indelible pain that resonates in all aspects of their lives.

While this is a national day of commemoration, shamefully, it would seem hardly rated a mention the media. Aboriginal and Torres Strait Islander people

and communities however, never forget.

The exact number of children who were removed may never be known. However, there are very few families who have been left unaffected. In some families, children from three or more generations were taken.

On this day, we acknowledge the ongoing grief and loss experienced by many individuals and families, and we recognize the pain and intergenerational trauma that continues. If you can watch *Rabbit Proof Fence* this is a true family's story.

We acknowledge the traditional custodians of the land on which we live and work and pay our respects to the elders past and present.





National Reconciliation Week 2022 27th May to 3rd June

The National Reconciliation Week 2022 theme, “Be Brave. Make Change.” is a challenge to all Australians— individuals, families, communities, organisations and government—to *Be Brave* and tackle the unfinished business of reconciliation so we can *Make Change* for the benefit of all Australians. Next week is the start of National Reconciliation Week. A time to learn about our history and the impact on Aboriginal and Torres Strait Islander people and to build relationships for better communities and better health.

Why is it a week?

Reconciliation week recognises these key dates:

- 26 May 1998 - National Sorry Day when the Australian Government acknowledged the trauma and loss experienced by families and individuals impacted by the Stolen Generation. Over 100,000 Aboriginal children were forcefully removed from their families by the Government. The people removed are now in their 60’s and 70’s and their descendants are over 300,000 people. Most Aboriginal families still feel the impact of these policies.
- 27 May 1967 - 90% of Australians voted in a Referendum to include Aboriginal and Torres Strait Islander people in Australia’s laws and recognise them in the Census.
- 3 June 1992 - Australia’s High Court delivered the Mabo decision challenging ‘terra nullius’ (nobody’s land) and recognising Aboriginal people as the Traditional Custodians and Owners of the land. This paved the way for native title.

How can I be involved?

- **Join POWH&CHS Smoking Ceremony and discussion on how we can reconcile** - Friday 27 May 2022, 9.00 am – 9.30 am at the Edmund Blacket Courtyard. See invite attached with details. Please distribute through your teams.
- **Educate your team** - arrange a Close the Gap education session for your in-service or a session on Understanding and Responding to Racism

- **Educate yourself about how history is impacting Aboriginal people today:**

Watch this four-minute video by the Healing Foundation

- <https://www.youtube.com/watch?v=vlqx8EYvRbQ>

Visit our intranet page for other learning resources

- http://seslhdweb.seslhd.health.nsw.gov.au/POWH/Aboriginal_Health/Learn_more.asp

- **Refer patients and promote our SESLHD Aboriginal Health Services**

- http://seslhdweb.seslhd.health.nsw.gov.au/POWH/Aboriginal_Health/Services.asp

Reconciliation is the work of all Australians. Be brave. Make change.



National Reconciliation Week—held every year from 27 May to 3 June—is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

What's the significance of 27 May and 3 June?

27 May marks the anniversary of the 1967 referendum when Australians voted to remove clauses in the Australian Constitution that discriminated against Aboriginal and Torres Strait Islander peoples.

3 June marks the historic 1992 Mabo decision in which the High Court of Australia recognised native title—the recognition that Aboriginal and Torres Strait Islander peoples' rights over their lands did survive British colonisation.

The day before National Reconciliation Week, 26 May, is National Sorry Day, which was first held in Sydney in 1998 and is now commemorated nationally to remember and honour the Stolen Generations.

What is reconciliation in relation to Aboriginal and Torres Strait Islander peoples?

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians. For Aboriginal and Torres Strait Islander peoples, Australia's colonial history is characterised by devastating land dispossession, violence, and racism.

Over the last half century, however, many significant steps towards reconciliation have been taken. Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful change, future gains are likely to take just as much, if not more, effort.



Why is National Reconciliation Week important?

National Reconciliation Week provides a focus for working towards our goal of a just equitable and reconciled Australia. National Reconciliation Week is an ideal time for organisations, schools, universities, community groups and workplaces to advance understanding of reconciliation within their own places and their own lives.

National Reconciliation Week provides a focus for working towards our goal of a just equitable and reconciled Australia. It began as a Week of Prayer for Reconciliation in 1993, supported by

Australia's major religious groups. Three years later it evolved into National Reconciliation Week under the guidance of the Council for Aboriginal Reconciliation (now Reconciliation Australia).



Who organises National Reconciliation Week?

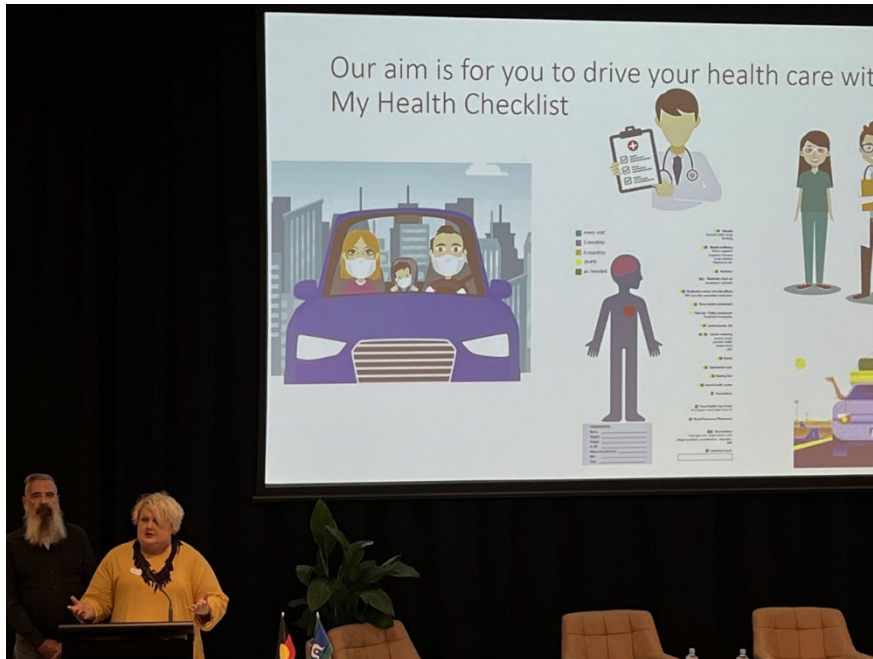
National Reconciliation Week is organised by Reconciliation Australia; an independent, not-for-profit organisation established in 2000. It is the national organisation responsible for building and promoting reconciliation between Aboriginal and Torres Strait Islander peoples and other Australians. Reconciliation Australia creates a theme for National Reconciliation Week each year. Reconciliation Australia also works with state reconciliation organisations in New South Wales, Queensland, Victoria, Western Australia, South Australia and the ACT to organise local events and activities for National Reconciliation Week. Thousands of workplaces, schools, early learning services, universities, councils, and more organise their own private or public activities for National Reconciliation Week.

How can I or my group or organisation get involved?

Visit the Reconciliation Australia website for more information and to discover what activities and events are taking place in your local area during National Reconciliation Week. On a personal level, you can think about what you can do locally and take the time to learn about the rich Aboriginal and Torres Strait Islander cultures that exist in Australia. And, importantly, find the time to talk with your family and friends about why it's important for all Australians to build respectful relationships with each other, and especially with Aboriginal and Torres Strait Islander peoples.

What can I do for the rest of year?

While National Reconciliation Week is an excellent time to think about these issues, you can still take action through the year to work towards reconciliation. Visit our websites: www.reconciliation.org.au or nrw.reconciliation.org.au or follow us on social media for more information.



Population and Community Health Consumers, Carers and Community Forum

HOT Consumers Participated in the PaCH Population and Community Health Consumers, Carers and community Forum on 26th May 2022.

We were able to showcase our resource that was co-designed with HOT Staff and Consumers, MY HEALTH CHECKLIST.

If you haven't seen it ask your case manager for a copy and give it a go.

What is MY HEALTH CHECKLIST?

My Health Checklist is a tool that is able to assist you in being in control of ensuring your team of health specialist and GP's provide you with the optimal care you want.



We at HOT understand and encourage your need to ensure you have a voice that is heard in your healthcare. It can be difficult navigating multiple health care providers and with this tool it simplifies this process and puts you the consumer in the driving seat of your health.

You are encouraged to go through this initially with your case-manager who will show how you can use this tool to ensure you never miss those important checks to optimise your health.

You are the specialist in knowing your body and its needs.

Why do late diagnosed and long term survivors need special support with HIV?

- Co-morbidities (Multiple chronic illnesses)
- Cancers
- Cardiovascular disease
- Neuro-Cognitive decline
- Skeletal frailty
- Early ageing and need for navigated care
- Navigating multiple health services
- Social Isolation
- Stigma
- Homelessness
- Losses including loved ones, income, careers, families and the potential of what could have been



People living with HIV long term or late diagnosis can develop health issues at an early age that can include...

Stigma is what makes HIV different from other health conditions which can impact on social determinants of health often for people living with HIV navigating multiple health services a challenge.

How is My Health Checklist assisting our consumers?



Lets ask Paul a former consumer of HOT who not only inspired this project but used it himself...



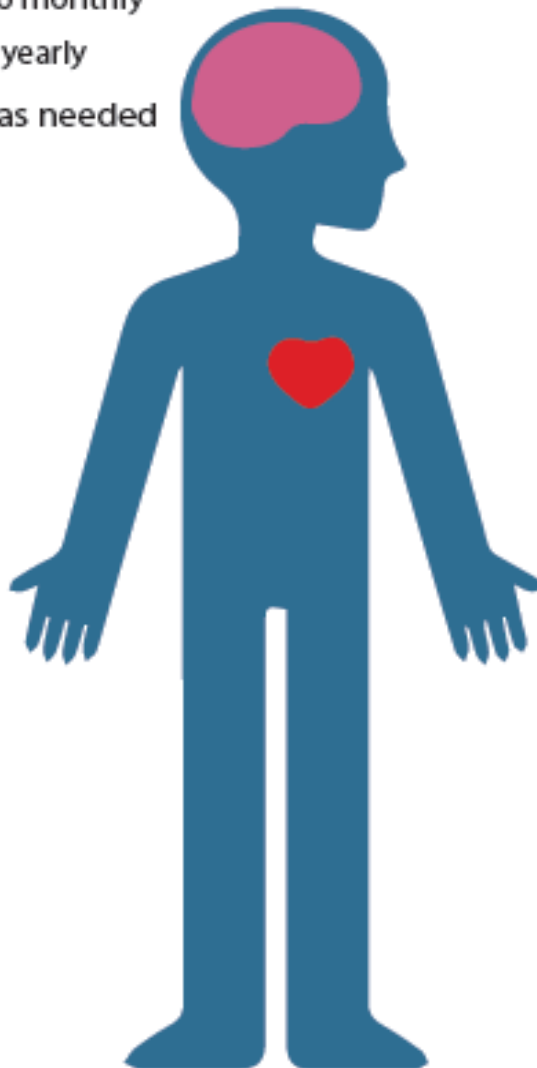
Paul who spoke on stage at this presentation shared his sudden heart health resulting in a quadruple bi-pass drove his clinician to look at developing a tool which resulted in My Health Checklist driven by consumers and specialist clinicians in a co-design effort. We are certainly glad Paul is still with us and grateful he was able to work with us on creating a valuable tool for all of HOT clients to use.

Thank you Paul.

I encourage you to talk with your case manager to support you obtaining and using this valuable tool. As we said you know your body and you can drive your health needs by being your best advocate in talking to your team of health care providers.

If you want to join the HOT Consumer Advisory Committee please contact us or talk to your case manager to let Dianne know and get you onto the pathway of using your voice to work on needed projects like the MY HEALTHCARE CHECKLIST.

- every visit
- 3 monthly
- 6 monthly
- yearly
- as needed



OBSERVATIONS

Name _____

Weight _____

Height _____

P/ BP _____

Waist circumference _____

BMI _____

Date _____

■ ■ **Lifestyle**
Alcohol/ other drugs
Smoking

■ ■ **Mental wellbeing**
Neuro-cognitive
Cognitive Function
Social isolation
Depression etc.

■ ■ **Nutrition**

■ ■ **Metabolic check up**
cholesterol / diabetes

■ ■ **Medication review and side effects**
ARV and other prescribed medication

■ ■ **Bone density assessment**

■ **Falls risk / Frailty assessment**
Peripheral neuropathy

■ ■ **Cardiovascular risk**

■ ■ ■ **Cancer screening**
cervical screen
prostate health
breast check
HPV

■ ■ **Dental**

■ ■ **Optometrist-eyes**

■ ■ **Hearing Test**

■ ■ **Sexual health screen**

■ **Vaccinations**

■ **Travel Health Care Check**
Prescription travel letter from Dr

■ **Blood Pressure at Pharmacist**

■ ■ **Observations**
vital signs and weight (every visit)
height and Waist circumference (annually)
BMI

■ **Individual needs**

Enjoy this Newsletter and contact us on 0449545751 if you would like to add content. HOT Consumer Advisory Group

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of the land on which we live and work and
pay our respects to the elders past and present.



HOT Consumer Tick

