



The Aboriginal flag flies on the Sydney Harbour Bridge.

## It's time to stand up: There's still much to learn and understand

LAST week was NAIDOC Week – a celebration of the history, culture, and achievements of Aboriginal and Torres Strait Islander people.

This year's theme – Get Up. Stand Up. Show Up – encourages everyone to champion institutional, structural and collaborative change while celebrating those who have already led change in Aboriginal and Torres Strait Islander communities over generations.

While we have come a long way in some areas, in aged care and health care we still have a way to go.

There is still significant mistrust in the health and care system among First Nations people.

Healthy ageing has often been unattainable for many, driven by an earlier onset of chronic disease when compared to the general Australian population.

Life expectancy also remains significantly lower than the rest of the Australian population.

Issues of respiratory and cardiovascular disease, diabetes, chronic kidney disease and long-term musculoskeletal disease remain higher, impacting on healthy ageing.

How can we help build older Aboriginal and Torres



MEL OTTAWAY

Strait Islander people's confidence in engaging with health and aged care? How do we meet their needs?

Understanding culture and its impact on health can improve the quality of service delivery.

Connection to culture is important to Aboriginal and Torres Strait Islander people, and integrating this into care significantly contributes to improving care delivery and outcomes.

Cultural care is often absent or neglected in care delivery. This includes considering issues of history, geography and ethnicity.

We need to foster communities where people feel safe, welcome, share common goals, trust and respect each other.

We still have so much to learn to ensure all people, regardless of their background feel safe, supported and equal.

We all can do better when it comes to understanding others.

**Mel Ottaway is Uniting Communities' executive manager, services for older people**



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# Taking care of business:

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Alec MacBeath, who at 91 is the oldest Over 21 Club member, says his involvement in Adelaide Jaycees played a key role in his own career development.

"In 1947, at the age of 16, I secured a job as office boy in the T&G Life Society in Adelaide," he says. "Little did I know or think that sometime in the future I would become branch manager of the same organisation. Some years into my career with the T&G, management sponsored me to join the Junior Chamber of Commerce – or Jaycees as it was generally known.

"That organisation was quite an eye-opener for me, but it enabled me to gain skills in public speaking, debating, chairmanship and man-

agement. I certainly believe that it was those attributes that enabled me to progress in the company and ultimately to become branch manager."

Mr Nankivell says members had plenty of opportunity to show initiative in identifying opportunities of social need and to then implement successful projects to help address them. Among the various community projects started or co-founded by the club, KESAB and the SA Apprentice of the Year remain going concerns.

### A CLEAN IMAGE

KESAB – Keep South Australia Beautiful – was Australia's first permanent anti-litter organisation.

KESAB was co-founded in

1966 by the Adelaide Jaycees to fight litter and assist beautification work throughout SA. Other founding partners were Advertiser Newspapers, Australian Glass Manufacturers (now Owen Illinois Glass), the Royal Automobile Association of South Australia, South Australian Brewing Company and General Motors Holden.

Chairman of the body's formation committee, Adelaide Jaycees senator Colin Hill – who is also aged 91, a member of the Over 21 Club and patron of KESAB – outlined the philosophy behind the organisation in a 1966 newspaper article.

"Local Government simply cannot cope with the collection of all the litter the community leaves in its trail – but the litter

that municipal authorities do collect costs approximately 17 cents a pound for collection," he was quoted as saying.

"This means that a community faces a choice between living in litter, or directing money from other useful projects to clean litter up. Local Government, retailers, and industries that generate litter, and the people of the state all have a vested interest in stamping out litterbugging and protecting the beauty of SA.

"Experience overseas shows that results can be achieved only through planned and continuing effort – and KESAB is the key to this in South Australia."

### WORLD VIEW

Early winners of the long-running SA Apprentice of the

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