



Council for
Intellectual Disability



Aboriginal Health Worker Guide

Easy Read

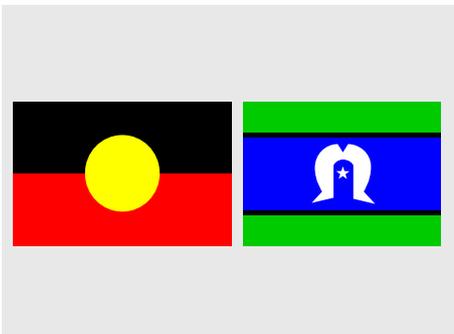


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Aboriginal Health Worker Guide



This information guide is for First Nations people with intellectual disability and their supporters.



In this guide we say **First Nations people**.

First Nations people means Aboriginal and Torres Strait Islander people.



CID works on many First Nations lands in NSW.

CID respects all First Nations people.

We can learn many things all together.



First Nations people should be aware that this guide may have pictures of people who have died.

What is an Aboriginal Health Worker?



An **Aboriginal Health Worker** is a type of health worker.

Aboriginal Health Workers support First Nations people to receive the right health care.



Aboriginal Health Workers are also First Nations people.



Aboriginal Health Workers can support you to

- Not get sick
- Have better health
- Stay healthy.



They can support you to speak up about your needs.

They can support you to get to health appointments.



Aboriginal Health Workers give you **culturally safe** health care.

Culturally safe means your culture is understood and respected.

They might ask if you want your health appointment

- Outside in nature or
- At a local Aboriginal Medical Service.



Aboriginal Health Workers can support you to use **traditional healing practices** safely.

Traditional healing practices can be things like

- To crush lemon myrtle leaves
- Go to a smoking ceremony
- Listen to healing songs and dance.



Aboriginal Health Workers can support you to

- Understand important information
- Connect to other health services.



They can work with your family or support person.



They can help other health workers understand you.

This can help you feel more comfortable.

Types of Aboriginal Health Workers



There are different names for Aboriginal Health Workers.

They might be called

- **Aboriginal Health Practitioner**
- **Aboriginal Liaison Officer.**



Aboriginal Health Practitioners can do medical things like

- A check up
- Take blood pressure
- Give people a vaccine
- Make a healthcare plan.



You can find Aboriginal Health Practitioners in

- The community
- Aboriginal Medical Services.

We say **AMS** for short.



An **Aboriginal Liaison Officer** supports you to see people in hospital and clinics to get good health care.

We say **ALO** for short.



An ALO works in a hospital.

They can support you to speak up about your needs.



You can ask to talk to an ALO if you are in hospital.

Where can I find an Aboriginal Health Worker?



You can find a map of Aboriginal Medical Services on the **National Aboriginal Community Controlled Health Organisation** website here

www.naccho.org.au/naccho-map

NACCHO for short.



You can call NACCHO on **02 6246 9300**.



For more information you can contact the Aboriginal Health Unit in your **Local Health District**.

A **Local Health District** is the health name for the area you live in.

LHD for short.

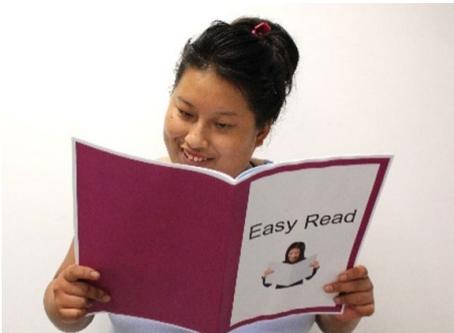


You can ask your doctor what LHD you live in.



Or if you are in NSW you can find out what LHD you live in here

www.health.nsw.gov.au/lhd/pages/default.aspx



View all our CID Easy Read health information guides here

www.cid.org.au/issues/health



We made this guide together with people with intellectual disability and Aboriginal Health Workers.

We want to thank everyone who helped make it.



Meleisa Cox made the art on this guide.

The artwork is about **Yindyamarra**.

Yindyamarra is a Wiradjuri word that means respect.

It shows our connection to everyone who supports us.



Contact CID



1800 424 065



info@cid.org.au



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Council for Intellectual Disability made this document Easy Read.
CID for short. You need to ask CID if you want to use any pictures in
this document. You can contact CID at health@cid.org.au

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Services to make this guide.