



NINTI ONE: CRC REMOTE ECONOMIC PARTICIPATION

POSTER 5: HOLISTIC HEALTH SERVICES CULTURE AND THE INTERPLAY OF SERVICES FOR BODY AND MIND IMPROVES WELLBEING

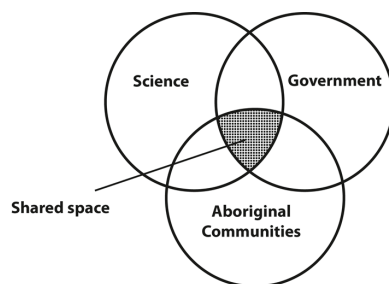
INTERPLAY WELLBEING FRAMEWORK FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE IN REMOTE AUSTRALIA

OUTCOMES

- Culture is integrated for successful health services
- Integrating services for physical and mental health problems improves wellbeing
- Holistic approach to health services needed

METHODS

- Participatory action research was used to translate 'stories' into 'numbers'
- Our 'shared space' model was applied to develop the Interplay Wellbeing Framework and Survey tool
- 842 Aboriginal adults were surveyed from 4 different remote communities
- Interrelationships were identified with structural equation modeling



What do the numbers and arrows mean?

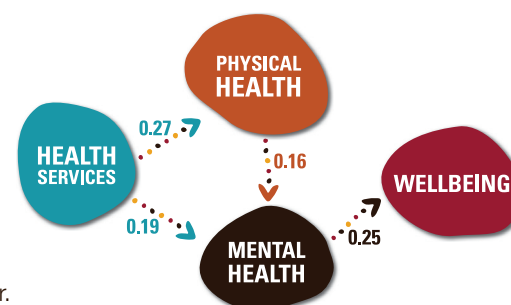
Numbers show how strongly connected the different areas are. Higher scores show stronger connections. Positive scores show that when one area gets stronger, the other area gets stronger. Negative scores show that if one area gets stronger the other area gets weaker.

Aboriginal knowledge is passed on through stories, and governments mainly speak the language of numbers, so we brought together stories and numbers, for the two worlds to meet.

The Interplay Wellbeing Framework brings together Aboriginal priorities of **culture, empowerment and community** with government priorities of **education, employment and health**.

'Interplay' means that everything is interrelated.

FRAMEWORK DOMAINS	SURVEY ITEM
Health services	Culture and language Transport Cost / money
Physical health	Daily activities Work / study Energy levels Socialising
Mental health	Anxiety symptoms Depression symptoms
Wellbeing	How you feel about your life?



Team Members: Tammy Abbott, Amunda Gorey, Jessica Yamaguchi, Byron Wilson, Stephen Quinn, Eva McRae-Williams, Rosalie Schultz, Lyn Allen, John Wakerman plus over 40 Aboriginal Community Researchers

Interplay Project:
www.crc-rep.com.au/interplay

Interplay Wellbeing Framework:
www.crc-rep.com/wellbeingframework

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Interplay Between Health, Wellbeing, Education and Employment