

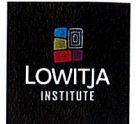
Evaluating the culturally responsive elements, effectiveness and transferability of online dementia education and training with Aboriginal and Torres Strait Islander communities



Lauren Poulos¹, Dianne Baldock², Kylie Radford¹, Lyn Goldberg³, Sharon Wall¹, Terrence Donovan¹, Louise Lavrencic¹

1. Neuroscience Research Australia (NeuRA)
2. Rural Health Tasmania
3. Wicking Dementia Centre at the University of Tasmania

3RD INTERNATIONAL INDIGENOUS HEALTH AND WELLBEING CONFERENCE
14-16 JUNE 2023, CAIRNS, AUSTRALIA



Dementia in Aboriginal and Torres Strait Islander peoples

Aboriginal and Torres Strait Islander peoples experience rates of dementia 3-5 times higher than the general Australian population.

This has now been well quantified over several studies undertaken across Australia. Consistently high dementia rates have been observed despite significant demographic differences between urban and remote Aboriginal peoples, and people of the Torres Strait Islands. Moreover, the types of dementia diagnosed in these studies are similar to that seen in non-Indigenous communities (Parker, 2014; Radford et al., 2015; Smith et al., 2008; Strivens & Flicker, 2013).

Project Overview

Aim

Dementia health literacy and education is a priority for research and translation in Aboriginal and Torres Strait Islander communities across Australia. This project builds on work already undertaken by the Aboriginal Health and Ageing Program at NeuRA and the University of Tasmania.

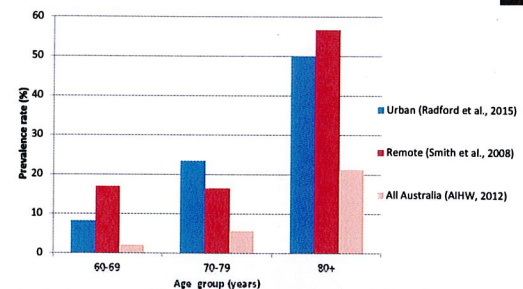
The project aim is to evaluate the effectiveness and transferability of an online Aboriginal and Torres Strait Islander dementia training program with partnering Aboriginal communities and to identify the key elements underpinning successful online dementia literacy approaches with Aboriginal and Torres Strait Islander communities. It will propose a framework to guide the design of culturally responsive online dementia health literacy programs and tools.

Project Methods/Approach

This project uses an Indigenous participatory research methodology and will be guided by the CREATE framework. Consultation forms a fundamental part of this project. This distinction of 'working with' is vital, as it is only by working in genuine consultation and partnership with Aboriginal and Torres Strait Islander people, that we can ensure culturally appropriate information is provided and that Aboriginal communities maintain a rightful sense of ownership of the information provided.

The project is being undertaken with a community in Northern Tasmania to identify the key elements that support successful and culturally appropriate online dementia education approaches. The methodology includes:

- The systematic review of online health education for Indigenous peoples, with a focus on dementia, ageing and chronic conditions
- Participants completing the Caring for Spirit Aboriginal and Torres Strait Islander dementia training program in a group setting
- Yarning Circles to further explore the perceived value of the training, learning outcomes and successful elements
- Complete dementia questionnaire
- Findings being returned to the community participants via a second Yarning Circle



Graph 1: Source: Radford K., et al. (2015). Alzheimer's & Dementia

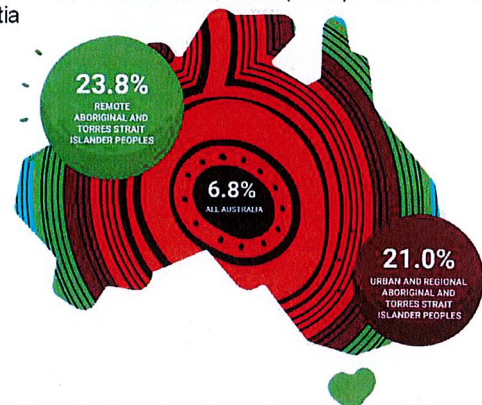


Figure 1: Prevalence rates shown here are for older people, aged 60 years and older.

Project Outcomes

The project serves to:

- Make recommendations for further development and implementation of Aboriginal culturally designed dementia training
- Contribute to the development of models of health prevention and education that benefit Aboriginal communities around Australia
- Evaluate the transferability of Caring for Spirit and develop recommendations for culturally responsive online dementia education approaches

Acknowledgments/Thanks

- Aboriginal Health and Ageing Team NeuRA
- Wicking Dementia Research and Education Centre (University of Tasmania)
- Northern Tasmania Aboriginal Community
- Australian Association of Gerontology Strategic Innovation Program Funding
- Steering Committee/Aboriginal Reference Group
- Community Partners

Contact Information:

Name: Lauren Poulos
Organisation: Neuroscience Research Australia (NeuRA)
Email: l.poulos@neura.edu.au

