



Indigenous Community Support Pack

Caring for your mob during crisis





Table of Contents

Checklist - Healthy, Strong and Connected	2
Hygiene Guide	3
Organisations Available to Support Your Needs	
Time For Grandparents	4
Pastoral Care	5
UnitingCare Services	6
Blue Care	7
Lifeline	8

**If you are feeling unwell,
don't be shame. You can...**

**Call your local medical service, health
clinic or someone you trust in the
community.**

**Call the 24 hour National Coronavirus
Helpline on 1800 020 080.**



Check your health

UnitingCare and its agencies believe the health and wellbeing of Aboriginal and Torres Strait Islander People and communities is vital, particularly during times of crisis and uncertainty. We have put this pack together for you to stay safe and keep mob healthy.

It's important to take care of ourselves, our family, friends and community. Doing things for your mental health and wellbeing is more important now than ever. Remember, being physically isolated doesn't mean you can't yarn. Call your friends and family on your phone, try making video calls, or have a yarn from the yard.

Keeping Healthy, Strong and Connected:

During this time, it's important to keep ourselves and our families as healthy as possible. Here's a small checklist to assist you in keeping healthy during this time.

To ensure you are set up and ready to go in your new role as quickly as possible, take a look at the list of important actions below:

- I have a healthy range of food available to me, including fruits and vegetables
- I am up to date with my appointment and check-ups - give Elders and older people in the community a ring to make sure they are too
- I am up to date with a 715 health check - many health clinics are providing these through telehealth, a video call or phone call with a Doctor or health practitioner. Call your medical service to check if telehealth is available
- I am up to date with the flu shot - it is free for Aboriginal and Torres Strait Islander peoples over six months old. Call your doctor first and ask if they have the vaccine yet, or to let them know you are coming so you aren't sitting in the waiting room for too long.
- I am drinking water regularly and staying hydrated
- I am engaging with Aboriginal and Torres Strait Islander services for connection and support services
- I am staying connected to country and nature - go for a walk or have a tea outside if that's available to you, it's important to stay connected as much as possible.
- I am staying connected to mob - make sure you call or video chat with your family and friends as much as possible, families need to stay strong during times of crisis.
- Each morning before rising, take a moment to reflect on what's happening for you today. Self-care is vital before you can help others.

Hygiene Guide

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.



Follow these five every time

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Avoid close contact

- Avoid close contact with people who are sick
- Maintain social distancing

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, taps and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Hand washing and hygiene instructions

- **Before, during, and after** preparing food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **Before** and **after** a meeting
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** catching public transport, communal areas
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- **After** changing a nappy or cleaning up a child who has used the toilet

Time for Grandparents Program

Jar-jum Nim-bul-ima (Children Return)

Supporting eligible grandparents raising their grandchildren, the program offers:

- Funding for sports, recreational activities and school camps
- Overnight cultural camps for Grandfamilies
- Telephone information, referral and support

This free program is funded to provide support and time out from the grandparents' carer role and to improve the wellbeing of both grandparents and their grandchildren.

This state-wide service is for grandparents who are full-time carers of their grandchildren and not receiving the Kinship Carer payment or have a care plan through the Department of Child Safety.

Support includes information, referrals and telephone support. There may also be financial assistance for grandchildren's school camps and to join fun recreational activities such as dance, guides, scouts, football, soccer, netball and much more.

Dependant on numbers of families and accommodation availability in a local area, the program can provide one or two day cultural camps for grandfamilies. This gives grandparents the opportunity for some time out and to talk about any issues of concern with professionals. Grandchildren are supported by qualified Outdoor Education Instructors and a Cultural worker to participate in adventure and cultural activities.

Call 1300 135 500 to find out more about the Time for Grandparents Program and to discuss your needs.

At your request you can ask to speak with our Aboriginal worker.



Dulcie Bronsch Aboriginal and Torres Strait Islander Projects Time for Grandparents Program

📍 Level 1, 766 Gympie Road
Chermside QLD 4032

📞 07 3867 2511

✉️ dulcie.bronsch@
ucommunity.org.au

For the cost of a local call, contact the
Grandparents Information line - a free
statewide information and referral
service for Queensland seniors

📞 1300 135 500

✉️ grandparentsinfo@ucommunity.org.au

grandparentsqld.com.au

Funded by
 Queensland
Government



Spiritual and Pastoral Care

Spiritual Care

Our belief is that all people are created in the image of God, therefore, we believe that spirituality is core to all people. We understand spirituality to be more than about religion. Every person, regardless of belief, has a need for spiritual care.

We seek meaning, purpose and connectedness.

Our chaplains offer spiritual care to all people regardless of belief, culture, gender, ethnicity or sexuality.

Pastoral Care

As an expression of the Uniting Church, UnitingCare provides pastoral care to the people we serve, families and care-givers and to our staff.

Pastoral care encompasses the rich traditions of compassionate care, built upon the example of Jesus for over 2000 years.

Pastoral Care is about being a listening presence, compassionate care, healing, prayer, spiritual support and sustaining people through faith, hope and love.

For more information, contact:

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Life in all its fullness.

Every day in the community, we engage with people from all walks of life. We deliver skilled, evidence-based interventions for those facing adversity and utilise our reach and vision to confront injustice. We are leaders in crisis response, the protection of vulnerable children, financial resilience and family well being. We meet people where they are and walk alongside them to achieve positive change and growth.

Right across Queensland, UnitingCare supports thousands of people living with a disability in redefining what's possible in their lives.

- Family and Disability Services
- Family Relationships Services
- Child Contact Centres
- Mediation Services
- Domestic and Family Violence Services
- Financial Counselling and Literacy Education
- Parenting and Family Support
- Foster and Kinship Care and Family Reunification
- Out of Home Care Residential Services
- Men's Behaviour Change Programs
- Homelessness Services
- Childcare Services
- Outback Families and Community Support Programs
- Seniors Support, including Seniors Enquiry Line and Elder Abuse Prevention Unit
- Disability Services, including Employment and Early Childhood Early Intervention Services (ECEI)

unitingcareqld.com.au/family



Live life your way.

Since 1953 Blue Care has been committed to empowering you to live life your way. Today, our people make more than three million visits to Queenslanders each year, providing the same holistic care, service and companionship that's been our hallmark since the very beginning. We put our customers and their loved ones first, and this focus on individuals has helped us become one of Queensland's largest and most trusted providers of in-home care, residential aged care, disability services and independent and supported retirement living.

- Home Care support including:
 - Cleaning
 - Nursing
 - Personal Hygiene and Grooming
 - Transport
 - Social Activities
- Allied Health services including:
 - Exercise Physiology
 - Podiatry
 - Music Therapy
 - Speech Therapy
 - Respite Care
- In your Home, at a Centre or in Residential Care
- Residential Care
- Forty-three purpose built homes across Queensland
- Dementia Care/Memory Support
- Disability
- Retirement Living

[bluecare.org.au](https://www.bluecare.org.au)



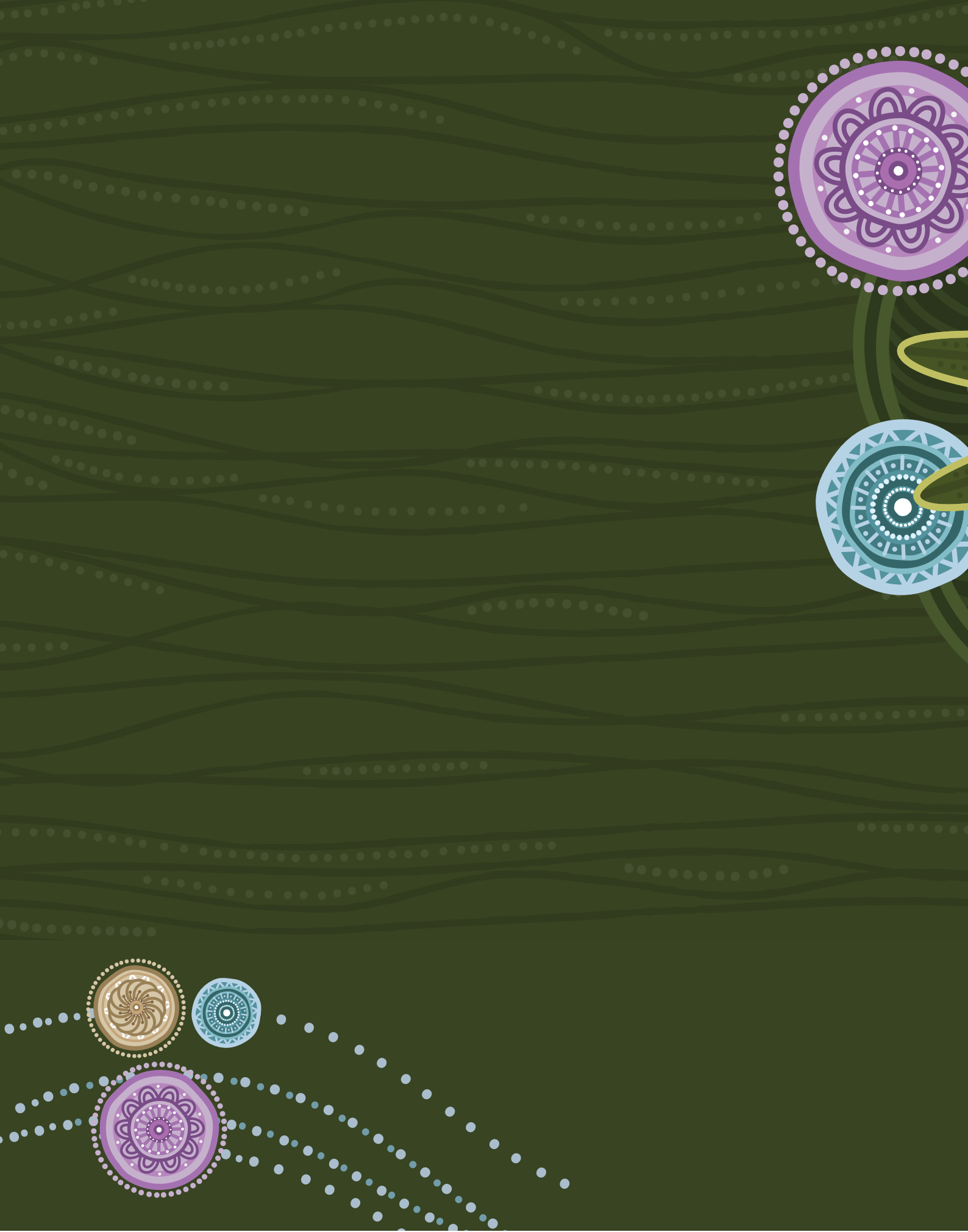
Keeping Queenslanders safe.

Lifeline is committed to bringing hope to Australians doing it tough. A trusted national charity, we're driven by the belief that Australian lives lost to suicide can be prevented. In Queensland we deliver our 24-hour 13 11 14 Lifeline Crisis Support line through 10 Lifeline centres - providing suicide prevention services with a non-judgemental and compassionate listening ear. Backed by more than 6500 volunteers, our network of 130 Lifeline retail shops sell new, donated and pre-loved goods to help fund our crisis support services. We also export to overseas communities, sell rags to industry and run our Lifeline Bookfest and other events to further support our services and help save lives.

- Retail Shops
- Crisis Support - 13 11 14, Online Chat and SMS Crisis Support
- Community Recovery
- Rag Sales
- Peer Skills Training
- Corporate Training
- Events, including Bookfest
- Community Engagement - Suicide Prevention
- Domestic and Family Violence Training

lifelineqld.org.au





Proudly representing
Blue Care | Lifeline | ARRCs | The Wesley Hospital | Buderim Private Hospital
St Stephen's Hospital | St Andrew's War Memorial Hospital

