

ABORIGINAL HEALTH WORKERS

Aboriginal Health Workers are based at the Aboriginal Health Service and are there for you and your family. They provide a range of support based on your needs. And they can travel to outlying areas so even if you don't live in the main centres, they are still here for you. Call us on 1800 132 260.

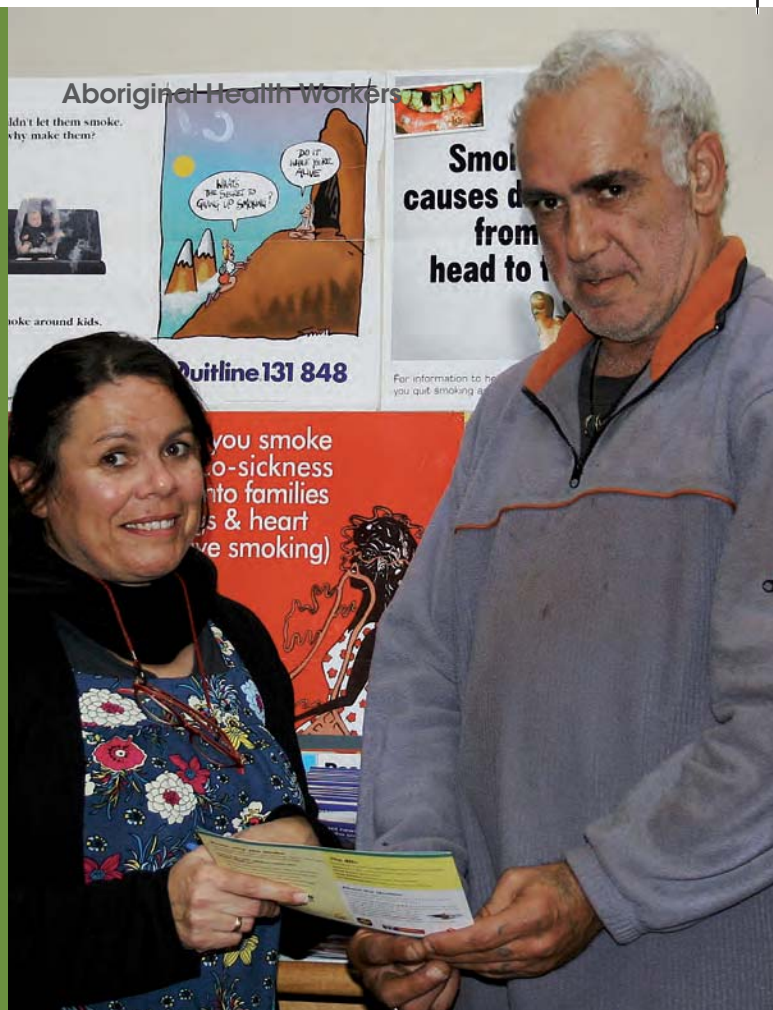
Aboriginal Health Service (Tasmanian Aboriginal Centre)

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ABORIGINAL HEALTH WORKERS

An important part of our multi-disciplinary team providing primary health care to Aborigines and their families.



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

Who are Aboriginal Health Workers?

They are Aboriginal people who have a qualification in Aboriginal health. They have lots of on-the-job training and experience and are passionate about helping you make life better for yourself, your family and your community.

They are people from the community who know the kinds of issues that Aborigines face.

How Can They Help?

Aboriginal Health Workers can help everyone in the Aboriginal community. They focus on you: not just physically but socially, emotionally and culturally.

They support you in looking after yourself and staying healthy. They can't do everything for you, but whatever you need, they can help you to get. They work as a team with other health staff, including doctors, nurses, family support workers, and many others such as QUIT counsellors, fitness instructors, dieticians, dental therapists, staff from detoxification centres, counsellors and so on.

If the Aboriginal Health Worker can't help you directly, they will know how to put you in touch with someone who can.

Aboriginal Health Workers Assist by:

- Promoting good health
- Educating for healthy lifestyles
- Supporting the development of healthy children
- Detecting the early signs of chronic disease and preventing it;
- Carrying out home visits to provide health care, support and information
- Carrying out some health-related procedures
- Ongoing care of clients
- Promoting other TAC programs
- Providing support when using non-Aboriginal services

When you talk to an Aboriginal Health Worker, you can feel confident that they have the right training to help you, that what's your business remains your business and that they are backed up by a team of other health professionals all trained in their own areas of expertise.