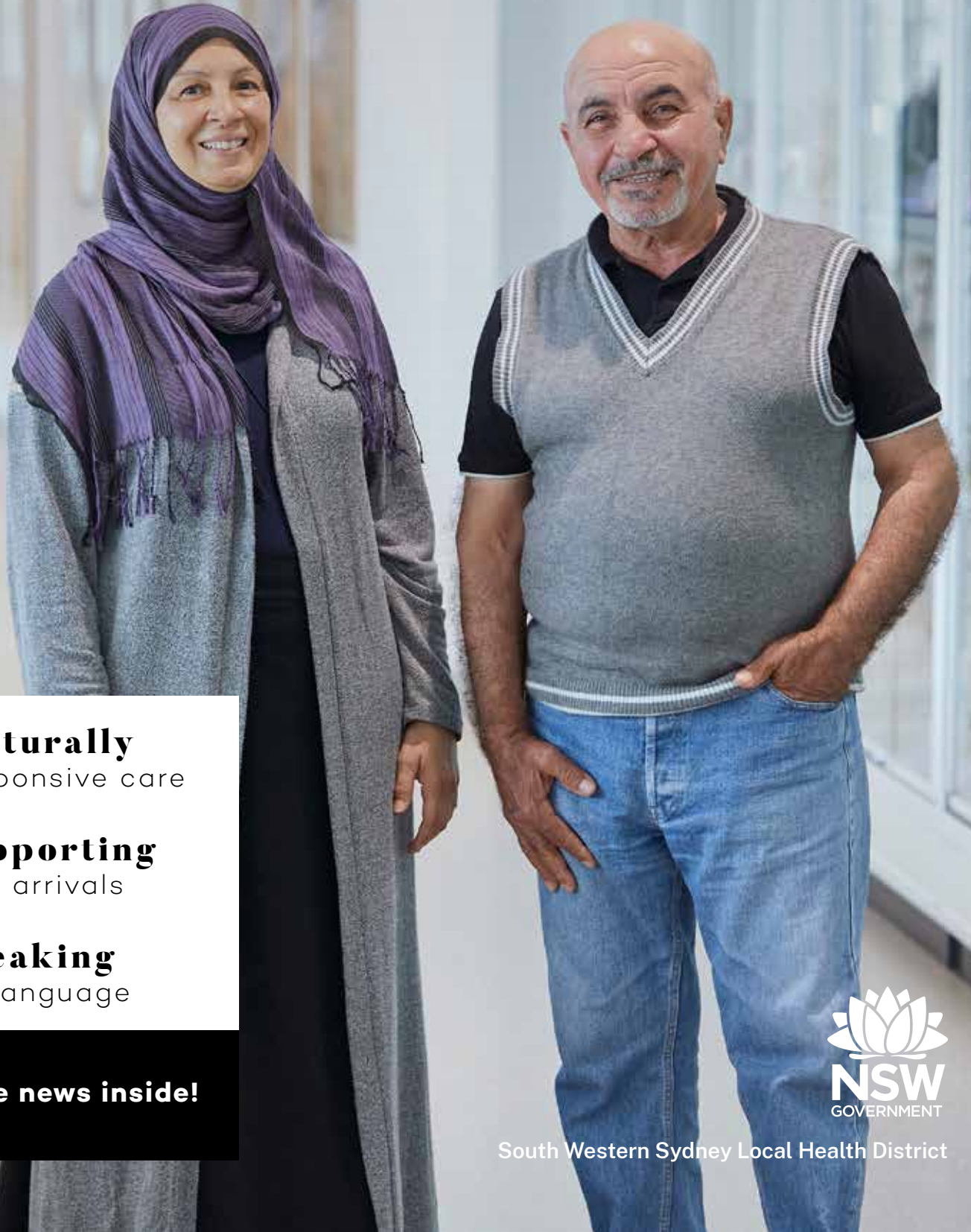


#18 Summer 2023

South West

THRIVE

Leading care, healthier communities



Culturally

Responsive care

Supporting

New arrivals

Speaking

My language

More news inside!



South Western Sydney Local Health District

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South Western Sydney Local Health District Strategic Communications and Media Unit

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CE message

One of the greatest strengths of south western Sydney are our vibrant and diverse communities.

Our district is home to people from across the world, from Traditional Owners to new arrivals. This wonderful diversity is reflected not only in our community but in our staff.

It is ingrained throughout our organisation, ensuring we take the time to understand different perspectives and health needs, adjust our models of care and tailor our services.

Our Multicultural Services work closely with communities to understand needs and support frontline teams to provide appropriate care and in-language support.

Our Aboriginal Health services have established deep partnerships with local Aboriginal organisations, whose expertise in health and culture enable the delivery of culturally-responsive care.

Seeking and implementing feedback from our consumers and patients drives service improvements and helps us transform the patient experience. We seek input in many ways including through formal consultation, patient feedback and through our consumer representatives.

By working together, we're able to reduce barriers, connect people to health services and ensure that the needs of our many communities are considered.

In this edition of Thrive we celebrate the fantastic work that has come from embracing our differences.

Amanda Larkin
Chief Executive
South Western Sydney Local Health District



Participants at our inaugural Multicultural Forum

Valued partners

As one of the most diverse regions in Australia, it's vital people from all cultural backgrounds receive personalised and high-quality care.

"Our team in Multicultural Services focuses on improving health outcomes for people from culturally and linguistically diverse communities," District Multicultural Services Director Katina Varelis said.

"We work together with the many cultural groups in the region, which helps the District provide culturally-responsive care and services."

"Our multicultural health officers, including language-specific staff, work to enhance access, equity and communication with our diverse community members," Ms Varelis said.

During the COVID-19 pandemic, the Multicultural Services team helped to provide important public health messaging to the

diverse community, encouraging vaccination and saving lives.

"The collaboration with the many cultural leaders helped form our response and reach our diverse community."

Seeing the phenomenal achievements made by working together, the District launched the inaugural annual Multicultural Forum in November 2022.

Twenty-eight representatives from 20 different community organisations attended, sharing their experiences of healthcare and discussing what is currently working well and what we can do better to support the needs of multicultural communities.

Leaders, clinicians and service managers from the District,

as well as representatives from Multicultural NSW, South Western Sydney Primary Health Network and Western Sydney University, were on hand to hear their feedback.

"Different cultural groups require different supports, and the Forum provided us with a great opportunity to hear directly from a broad spectrum of people from south western Sydney about how we can tailor our approaches," said Sue Colley, Executive Director Allied Health and Community Services.

"We've now established the south western Sydney Multicultural Partnership Committee to continue building on the great work and turn insights into action."

Making south west Sydney home

“I was five when I left Afghanistan with my mum and younger sister. Our transit country was Indonesia and one of the memories that has stuck with me is floating beds,” said Soumaiya Amaan.

“Flooding is a big issue there and often where we were staying would get flooded and we’d have to evacuate.”

By the age of seven, Soumaiya had already lived in two countries before resettling in Australia, at first living with her aunt in Auburn.

“Because I’m the oldest, I had to grow up much faster and try and make sense of things with my mum. It was tough, we didn’t know the language or many people,” she said.

Over the years the family grew to adjust and call Australia home, and Soumaiya found her passion.

“Growing up I saw a lot of people struggling and I remember being back in Afghanistan and just wanting to help everyone. That’s why I wanted to become a nurse.”

It was while working as a midwifery nurse that Soumaiya met a refugee patient who was receiving support from the NSW Refugee Health Service (RHS).

Based in Liverpool and run by South Western Sydney Local Health District, RHS provides a range of clinical services and medical assessments for recently arrived refugees and asylum seekers.

The state-wide service is also a powerful advocate for refugees in health policy and delivers community information sessions on topics including oral health, nutrition and chronic diseases.

In 2012, RHS established the Refugee Health Nurse Program which provides

nurse-led assessment clinics across Sydney. Over the past decade, the program has doubled in size and provided clinical care to more than 20,000 refugees across NSW.

It’s through this program that Soumaiya now supports refugees as a registered nurse, almost 20 years after resettling in Australia herself.

In her role, Soumaiya conducts health assessments, refers patients to other services as needed and regularly checks in on their progress.

“Resettling and adjusting to your new country’s way of life can be really challenging. A lot of patients are apprehensive at first as the health system can be quite complex and they’re not sure how to navigate the system given their limited knowledge or language barriers.

“But as someone with a similar background I can empathise with them and help them work through their concerns. It’s been amazing getting to draw on my own experiences to help others find their way and show them how much better things can get.”

Director of RHS Dr Mitchell Smith said the District is well-placed to serve as the base for the state-wide service and help break down these barriers for refugees.

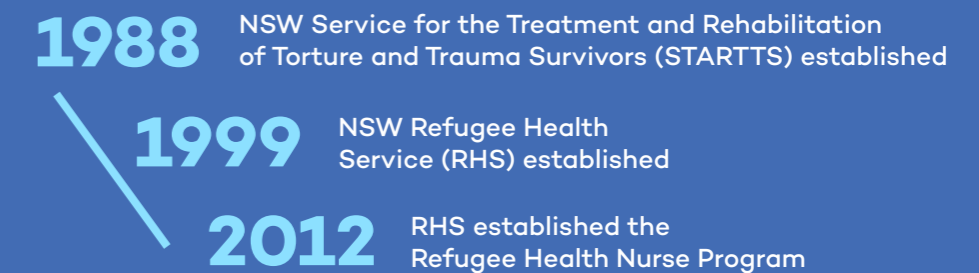
“Our District is an incredibly vibrant and multicultural region, and our refugees are such an important part of it. Understanding and supporting them with their health needs can make a big difference to how they adjust to living in Australia,” Dr Smith said.

“We have individuals of all different backgrounds living and working here and by learning from and supporting one another, we can refine and enhance our services for the benefit of our entire District.” **T**

Our work with refugees



More than **2,500** refugees settle in south western Sydney every year.



Developed long-standing health education and support programs for newly arrived refugees and healthcare professionals



Started a disability support team, including nurses, social worker, bilingual educators and a GP to support refugees living with disability



Established regular primary care clinics in south western and western Sydney, for asylum seekers without Medicare



Established school-based health checks at intensive English centres in south west and western Sydney



Developed Australia’s first ever dedicated Child & Family nurse home visiting program

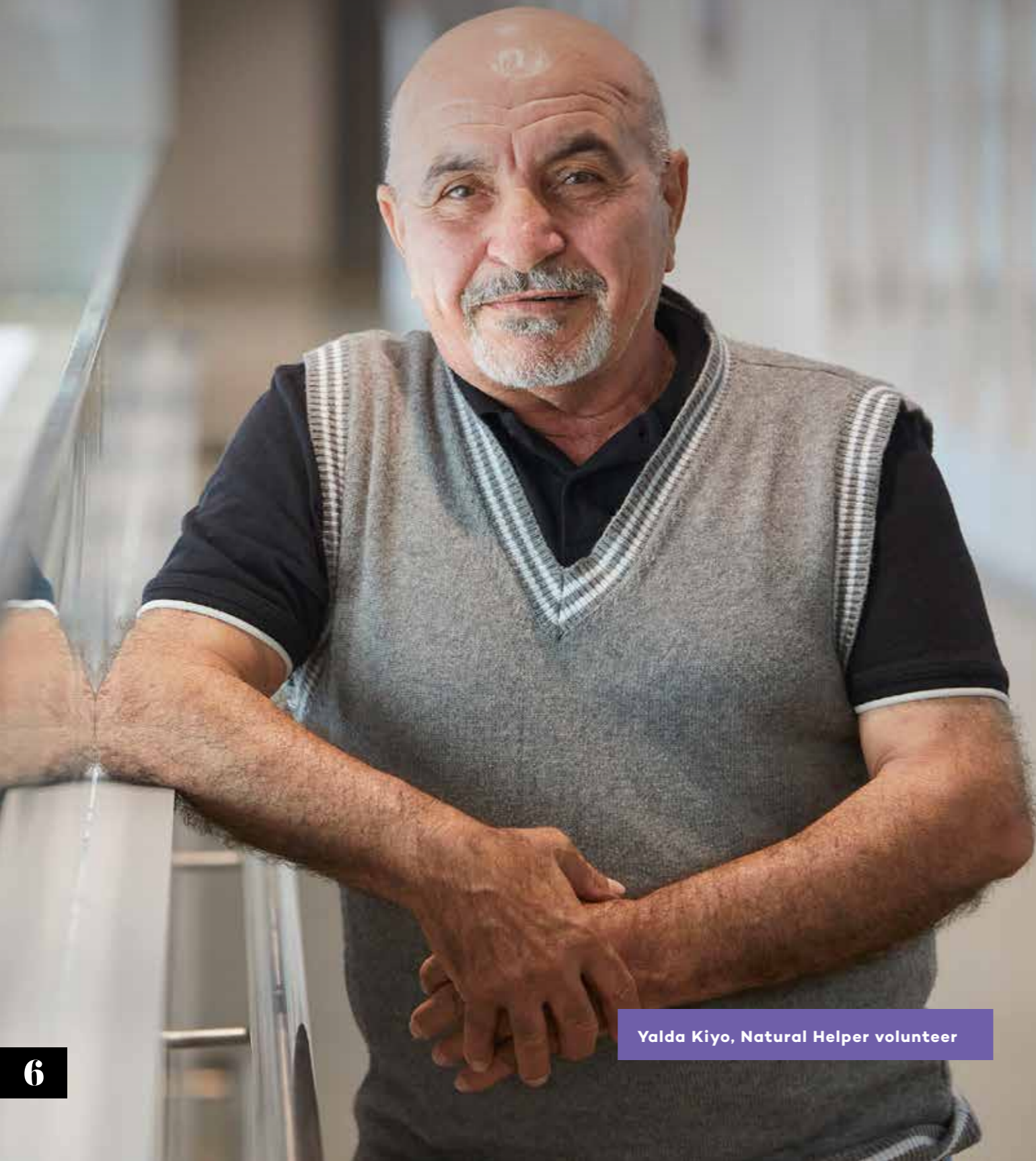


Developed the Appointment Reminder Translation Tool, which provides appointment letters for health professionals in 40+ languages



Soumaiya Amaan, Registered Nurse

Community ambassadors



Yalda Kiyo, Natural Helper volunteer

Grandfather of 11 Yalda Kiyo is delighted he has the opportunity to “give back to the country which has given me so much” as a volunteer with the Natural Helpers Mentoring Program.

“When I came to this country, it supported me a lot. Now I am doing something for my country to give back and show my appreciation,” he said, speaking through Assyrian Multicultural Health Officer Paul Gorgees.

An initiative of South Western Sydney Local Health District’s Multicultural Services, mentors from Arabic, Assyrian, Vietnamese and Pasifika backgrounds with lived experience of the health system are engaged and trained to support patients from their own culture while they are receiving care.

Mr Kiyo, from Syria, supports patients from an Assyrian cultural background, while fellow mentor Mona Dawoud, born in Sudan, assists those from the Arabic speaking community as part of the program conducted across south western Sydney public hospitals.

After recovering from heart surgery, Mr Kiyo has been supporting patients from the Assyrian culture who may be experiencing similar health issues.

“I love to give and I feel better when I am giving. I speak to the patients who may not speak English so they understand what is happening to them and help them to recover,” he said.

Ms Dawoud has supported clients at Liverpool Hospital’s Chronic Pain Clinic as a mentor for a number of years and is now helping to further develop the Natural Helpers program across the District as a consumer advisor.

“I encourage participants at the hospital’s exercise centre to achieve their goals. I know what it’s like as I have had similar experiences myself,” she said.

Dr Bernadette Brady, Physiotherapy Clinical Researcher and research lead for the program, said the Natural Helpers volunteers were a valuable part of the healthcare team.

“Our natural helpers have successfully completed their treatment and are willing to share their experiences with others from a similar culture,” she said.

“They listen to patients and support them. They make a fantastic contribution to our care.”

To volunteer as a Natural Helper, contact the project team on **02 8738 8199**.



Mona Dawoud, Dr Brady, Paul Gorgees, Yalda Kiyo and Project Coordinator Golsa Saberi

Speaking my language



Ramziyah Shaba and Christina Telo

Christina Telo, who is expecting her third baby, a girl, has a huge smile for her interpreter Ramziyah Shaba.

The Arabic, Chaldean and Assyrian interpreter is an essential part of Ms Telo's multidisciplinary team at the Fairfield Hospital Gestational Diabetes Clinic, ensuring the busy mother fully understands her care.

"Ramziyah is so helpful and supportive. I understand what I need to do to look after myself because of her help," Ms Telo, speaking through Ms Shaba, said.

Ms Shaba said she was privileged to have the opportunity to interpret for Ms Telo, from Syria, and the many other inpatients and outpatients she supports at the hospital and across South Western Sydney Local Health District.

The long-serving interpreter is part of the District's Health Language Services team, which provides professional and confidential interpreting services to culturally and linguistically diverse clients in more than 100 languages and dialects, including Auslan.

The team includes 55 staff as well as about 180 contracted interpreters.

The District's Multicultural Services Director Katina Varelis said effective communication between patients, families and their carers and health services was critical to ensure accessible, safe and high-quality care for people who were not fluent in English or who were deaf.

"Our professional interpreters are essential to ensuring equitable social and healthcare outcomes," Ms Varelis said. "They play a vital role in facilitating communication which enhances care and saves lives."

Ms Shaba, who started her career as an interpreter in 1996, joined the District in 2012 and became the first interpreter employed full-time under the Assyrian and Chaldean languages in 2018.

"I love my work and love to be able to help my community. Every day is different and rewarding and I love being part of a great team of interpreters," Ms Shaba said.

transforming your experience

Your voice

Sammi Sayad is a familiar face around Fairfield Hospital. She volunteers in various ways, particularly with Arabic and Assyrian speaking patients.

"For TYE, I go around the wards and assist patients to complete the survey, both with English speakers and Arabic or Assyrian speakers," Mrs Sayad said.

"It's important to speak to the patients, because sometimes they can see what we cannot."

"They find it very comforting to speak to people in their own language," Mrs Sayad said.

TYE Director Natalie Wilson said the My Experience Matters Survey is available in nine languages and is an important tool to enhance patient care.

Formerly a theatre nurse at the hospital, Mrs Sayad has continued her passion for helping people into retirement.

"It works on several levels, but most importantly, it gives our patients, consumers and carers a platform to share their voice," she said.

She volunteers with patient safety, end-of-life care and Transforming Your Experience (TYE), the District's program to enhance the experience of patients, consumers, carers and staff.

"It highlights any areas that may need improvement. Often we will get specific suggestions.

Part of the TYE program involves collecting feedback through the My Experience Matters Survey.

"My favourite aspect, though, is the many compliments we receive through the survey. It gives our people a real boost to see that they are appreciated."



Sammi Sayad, consumer representative and SWSLHD volunteer

Care of the spirit



Members of Camden and Campbelltown Hospital's Pastoral Care Committee

Caring for people's spiritual and cultural needs along with their physical needs has been a strong consideration in the redevelopment of Campbelltown Hospital.

The 12-storey Clinical Services building, opened in 2022, includes multi-faith spaces as well as the Uncle Ivan Lounge – a space dedicated to Aboriginal and Torres Strait Islander people and named after a beloved local Elder.

Camden and Campbelltown Hospital Pastoral Care Committee Chairman Larry Voegt said the hospital's holistic approach to care recognised spiritual health as important for patients, consumers and their loved ones.

"Many people have some kind of faith and people are looking for hope.

For many people, their hope lives in their faith," he said. "Caring for a person's spiritual side is part of holistic healing."

The multi-faith space offers people of all faiths a place for quiet contemplation or prayer.

"The space is beautiful and it's a multi-faith centre, so open to everyone," Mr Voegt said.

Volunteers generously give their time to provide a pastoral care service which can be accessed by patients, their families and by staff. Services are available in person and by phone and can be delivered at the bedside.

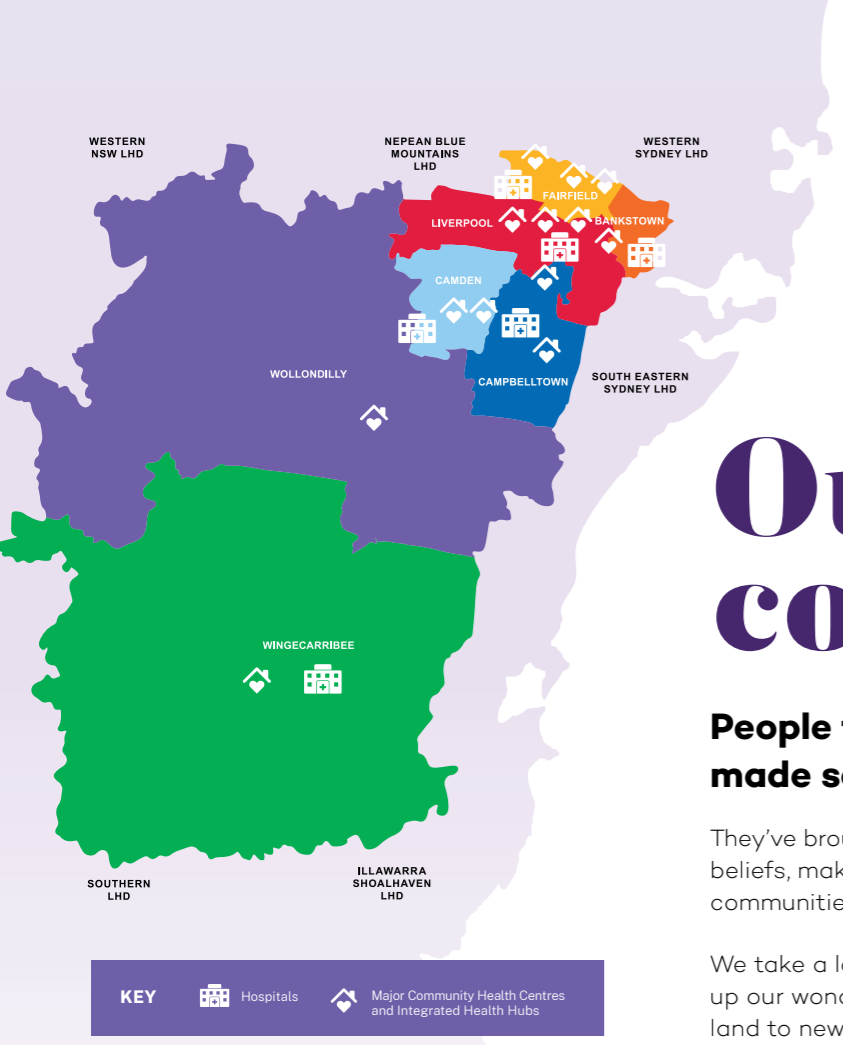
Senior Aboriginal Liaison Officer Raylene Blackburn said the Uncle Ivan Lounge was named after Uncle Ivan Wellington, who has had a close relationship with the hospital for many years.

"We moved the Uncle Ivan room over from the previous building. We surveyed patients and staff about what they would like to see in the room and set up the space," she said.

"It has couches, a TV, a kitchen area and an ensuite. It also has an interview room if we need to have a family conference. It's good for joyful events like family meeting a new baby and it can be used for Sorry Business."

Aboriginal artwork features throughout the new building and the site includes a healing circle of rocks selected by local Aboriginal Elders from Appin Quarry. A plaque at its entrance acknowledges the Dharawal people who are the Traditional Owners of the land.

"It all shows the commitment the hospital has to the Aboriginal community," Ms Blackburn said. **T**



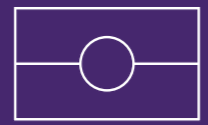
Our community

People from across the world have made south western Sydney their home.

They've brought with them languages, cultural traditions and beliefs, making the region one of the most culturally diverse communities in Australia.

We take a look below at the cultural backgrounds that make up our wonderful community, from Traditional Owners of the land to new community members.

Estimated total population
1,095,092



Aboriginal or Torres Strait Islander people
21,800

Born overseas
35%



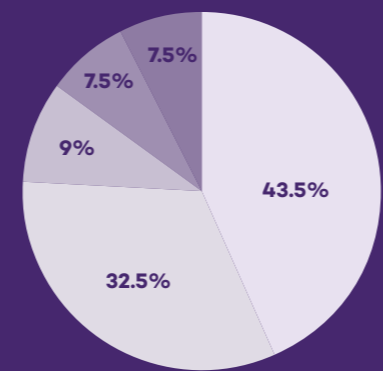
The top five countries of birth, other than Australia, were:

- Vietnam
- Iraq
- Lebanon
- India
- China



The top 5 languages, other than English, spoken at home were:

- Arabic 43.5%
- Vietnamese 32.5%
- Assyrian Neo-Aramaic 9%
- Cantonese 7.5%
- Mandarin 7.5%



In south western Sydney, the most common religious affiliations in 2021 were:

- Christianity 49%
- No religion, secular beliefs or other spiritual beliefs 19%
- Islam 13%
- Buddhism 7%
- Hinduism 3%

Partnering to Close the Gap



Helen Dunicliff, Aboriginal Metabolic Clinic participant

When colonialists arrived in Australia just over two centuries ago, First Nations lands were taken, traditional practices suppressed and government policies implemented which continue to cause trauma across generations.

The cumulative effects of our past has resulted in a life expectancy gap between Aboriginal and non-Aboriginal people.

Culturally-responsive programs from antenatal to aged care underpin the District's long-term strategy to close this gap.

Informing these programs are deep and robust partnerships with local Aboriginal organisations whose expertise in health and culture enable the delivery of culturally-responsive care.

Aboriginal Health Director Nathan Jones said the District has built strong

partnerships with Tharawal Aboriginal Corporation, Gandangara Local Aboriginal Land Council and KARI.

"They're an important part of our connection to the communities we service," he said. "Our collaboration helps us foster trust with our communities."

The partnerships are formal and made through the highest levels of each organisation, based on trust and openness.

Tharawal Chief Executive Officer Darryl Wright values the long-standing connection between his organisation and the District.

"The lines of communication are always open," he said.

“We want to be able to close that gap and that means working together to improve the health of Aboriginal people.”

Mr Wright said the District worked closely with Tharawal on a range of programs, building trust and connection to health services in the community over time.

"It makes people feel better about coming to see their doctor or get their check-up and that rubs off on the whole family," Mr Wright said.

Mr Jones said while the principles of the District's partnerships with Tharawal Aboriginal Corporation, Gandangara Local Aboriginal Land Council and KARI were the

same, the services and priorities varied. "Tharawal is a medical corporation, Gandangara is a land council with a health outreach arm and KARI is an out-of-home care provider," Mr Jones said.

"Working with KARI we are able to deliver access to paediatric services, like allied health,

while through Tharawal and Gandangara, we deliver care that spans the whole lifespan."

These vital partnerships build the cultural capability of healthcare provided in hospitals and delivered through District and community health services. **1**



Psychiatrist Dr Saretta Lee, Dietician Sophia Maile, Clinical Nurse Consultant Kathy Grundzinskas and Endocrinologist Dr Nic Kormas work together to provide holistic care to people like Helen Dunicliff

Holistic care

Helen Dunicliff is the healthiest she's been in a long time thanks to a clinic set up as a wraparound health service for local Aboriginal people at Tharawal Aboriginal Medical Centre.

"I had a stroke a few years ago and since then, it's been really hard to stay active and healthy. If it wasn't for the clinic, I'd 100 per cent be sitting at home with high blood sugars," she said.

"Here I get support, education, exercise and information on better things to eat. If you have trouble making the group, they can pick

you up. I just feel really comfortable here. They understand the culture and they support you."

A partnership between the District, Tharawal Aboriginal Medical Service and South Western Sydney Primary Health Network, the clinic offers a tertiary-level metabolic program delivered at Tharawal.

Dr Nic Kormas, an endocrinologist, is the clinical lead for the program and says it's about tailoring care to the needs of Aboriginal people in a space they feel totally comfortable in.

"We tailor it to make it work on their Country. People feel comfortable and familiar, which has been translating to much higher attendance rates among Aboriginal patients at the Tharawal Clinic than at the hospital."

Following its success for participants like Helen, the program has attracted a Transitional Research Grant to evaluate the health and social outcomes as well as the potential for expansion.

Culturally safe care



Dr Alexander Nguyen, Dearne Khan, Dr Melissa Williams (centre back), Tina Taylor and Louise Murphy

A collaborative and holistic approach to care in a culturally safe space has been a recipe for success for the Drug and Alcohol Clinic at Gandangara in Liverpool.

The weekly clinic is provided through a close partnership between Gandangara Local Aboriginal Land Council and South Western Sydney Local Health District's Drug Health Services.

Aboriginal Program Coordinator Tina Taylor said the clinic ran with an Aboriginal health worker and a drug and alcohol nurse practitioner, who can make assessments and referrals.

“It’s designed for mob that doesn’t necessarily use mainstream services,” she said.

“Some of our consumers have never used a hospital in our District. We give them treatment through the clinic, and we can link them to other programs and make sure they get the care they need. We don’t case manage per se, but we’re there for them as long as they need us.”

Gandangara Chief Executive Officer Dr Melissa Williams said the clinic was an excellent demonstration of the deeper partnership between the two organisations.

“It looks at lifestyle, supporting people to improve their health, saving people’s lives, even

preventing suicide. If that’s not a closing the gap initiative, I don’t know what is,” she said.

“One participant at a time we can change that life.”

Gandangara Local Aboriginal Land Council works to build a closer, healthier and stronger community. They operate a general practice service and have recently expanded into allied health.

“We take a holistic approach to health and wellbeing,” Dr Williams said.

“As a Local Land Council, our role is to protect and foster our community and health is a part of that. Healthy land, healthy people.”

The Drug and Alcohol Clinic is the result of a collaborative process, with valuable input from Gandangara and the District.

“This program, and others we work on together, is co-created. We’re working on these issues together,” Dr Williams said. ■



Mani Sidara, Health Promotion Officer

Passion for healthcare

As a Youth Services Health Promotion Officer, Mani Sidara delivers workshops to the youth of south west Sydney. Born in Laos, she's so committed to the health of her own community that she hosts a series of videos relaying health information in Lao in her own time.

"I first moved to Australia as a refugee in 1990 as a teenager and I remember how stressful it was trying to make sense of things with limited knowledge of the language and culture. When I started these videos, I wanted to help take some of that stress out for people in my community," she said.

It first started when Mani wanted to help her Lao community receive information as soon as possible during the COVID-19 pandemic. She joined with our Multicultural Services who were covering a range of health topics in short videos. She filmed herself relaying the rapidly changing information in her native Lao language.

She produced and shared these videos across social media in her own time, in conjunction with her role as a

Health Promotions Officer at Fairfield/Liverpool Youth Health Service, where she facilitates group workshops for young people aged 12-14 on a range of health topics including mental health, sexual health, healthy relationships, drug and alcohol.

"The videos became so popular that I actually started getting stopped out in public because people were recognising me," Mani said.

Seeing the positive response and realising how much people valued hearing information directly from someone as opposed to simply reading the latest news, Mani started hosting live videos where viewers could tune in and ask her questions in real time. The topics covered have now evolved to include mental health, stroke awareness and even education pathways.

"I think people in the Lao community felt they could really trust me because I work in health and was able to take my knowledge and share it with them in a way they understood," Mani said.

For her fantastic work supporting the community through the pandemic, Mani was awarded with a Governor-General's Medallion in 2022.

"I'm so happy to know I've been able to make even a small difference. Even if only one person out of 100 who watch gets something out of it, that's still one person more I've helped." ■

Working together

We work in partnership with local communities to deliver our services in a range of ways. Our partners contribute their time, skills or donations to support their local hospitals and health services.

For more than a decade, the Vietnamese-Australian Medical Association has been a valued partner of Bankstown-Lidcombe Hospital, raising funds for revolutionary new equipment.

The Association's Golden Heart Charity recently supported the hospital to purchase the Revolix HTL Thulium Laser to treat kidney stones and benign prostate disease.

Bankstown-Lidcombe Hospital General Manager Peter Rophail said the support has been instrumental in delivering on the hospitals' commitment to providing outstanding care with the latest technology.

"This is a wonderful partnership and we greatly appreciate the Association's decades-long commitment to our hospital and our community," Mr Rophail said.

The Vietnamese-Australian Medical Association is among a dedicated group of organisations and individuals who show their passion for healthcare and their community in a range of ways.

They are true partners in providing safe and high-quality care to the people of south western Sydney.

We thank everyone who contributes to the health of our community. ■



The Vietnamese-Australian Medical Association with Bankstown-Lidcombe Hospital General Manager Peter Rophail (far right).



Consumer and Community Council members

Voice of the community

In any given week Sharon Smith might attend a Board meeting, present to a hospital executive leadership team, propose a change to a health service or provide feedback on any aspect of patient care.

While this may sound like the role of a senior health employee, Sharon is one of 70 volunteers who have formal consumer representative roles across the District.

These volunteers partner with leaders, clinical experts and frontline teams, advocating for patients, consumers, carers, the community and staff to transform their experience of health services.

Sharon is Chair of the South Western Sydney Local Health

District Consumer and Community Council (CCC). She first became involved as a consumer representative 22 years ago when her newborn twins, Georgina and Lachlan, were born prematurely at 27 weeks.

“I was spending a lot of time using hospital services as a patient through my pregnancy and then as a carer after they were born,” Sharon said.

“When I heard the District was looking to hear consumer perspectives, I knew I wanted to be involved from the very beginning.

“Consumer representatives have influence at all levels across healthcare. We’re given the opportunity to speak to the Board, health decision makers and doctors directly.”

Barbara Schmidt, CCC Deputy Chair enjoys seeing feedback in action.

“It’s important that patients are seen as partners in their own care,” Barbara said.

“We make life easier for people wherever we can by advocating for them, giving people a platform who might not have the opportunity to speak up themselves.”

CCC Executive Member Nasrin Delshad finds her contribution to health services incredibly rewarding.

“I get the opportunity to talk directly to the General Manager and clinicians in the hospital and provide feedback or ideas,” she said of her role with Fairfield Hospital’s Consumer and Community Participation Network.

“The feedback we gather from patients I meet while they are attending the hospital has led to many improvements.

“We even changed hospital signage to make it easier for community members who don’t have English as a first language to find their way around the hospital,” Nasrin said.

District CCP Manager Kate Jesus said the District will continue developing new channels for communication between staff and the many diverse consumers across the District.

“We’ve already achieved some great results with our CCC and want to continue building on this great partnership with our consumers.” ■



Building trust

Inclusion and understanding are at the heart of Robyn El-Khair’s role as Community Participation Manager at Fairfield Hospital.

“My role is engaging with the diverse community and organisations within south western Sydney to create awareness and better access to our health services,” she said.

“It also builds capacity and empowers our communities to be involved in their health decision-making.”

Robyn acts as a conduit between the hospital and its dedicated group of volunteers, who provide valuable insights to various aspects of the service provided at the hospital – from brochures, to signage and even models of care.

“Consumer and Community Participation provides a platform to have positive partnerships with our diverse population that strengthens and promotes healthier communities,” Ms El-Khair said.

“The role is very important because at its core it is about inclusion and understanding different cultures and health views. It’s a role where better health is for everyone. The role builds trust between the health system and the consumer.”

During the COVID-19 pandemic, the deep relationships Ms El-Khair built with the community of Fairfield were a vital part of South Western Sydney Local Health District’s effort to ensure all communities had timely and accurate information.

“One highlight of my career was my involvement with the multilingual videos that I featured in to assist with the pandemic and provide information about COVID-19 safety and vaccination,” she said.

“I also assisted in the vaccination clinic as a point of contact for Arabic speaking community members.”

Get to know our staff...



Full name: Yvonne Santalucia

Position: Senior Multicultural Health Advisor

What is your role: To provide cultural advice and support to clinicians and at the same time engage with multicultural communities to create a pathway between the two.

What do you love most about your job? What I'm passionate about is making the little differences. We can unpack issues with a service, with a community, with a consumer and come up with a different way of looking at things. Potentially, over time, this can change future outcomes for patients and even whole communities.

The other thing I love is giving people a voice. I've been lucky in my life that other people took the time to give me a voice, so my journey has been to give others a voice.

What is your greatest career achievement?

Very early on in my career I worked in aged care and while dementia was a recognised issue there had been no work on how it affects multicultural communities.

I actually initiated the first research project on the issue with people from multicultural communities who were living with dementia.

I negotiated with what is now the Ministry of Health and they gave me funding for the first research discussion paper in the country.

That paper grew into positions being created and 25 years of work being done in this space.

Really get to know our staff...

What are your interests or hobbies?

The one thing that stops my brain from trying to save the world is a needle and thread. I love having that space, making dresses, embroidery, crochet.

Who inspires you? Strong women who are not afraid to make changes in their life.

Talent you wish you had? More patience, but that's what makes me who I am – seeking to get things done.

What did you think you were going to be when you grew up? I was going to study medicine and work for Medicine Sans Frontiers.