

## Notes

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Cardiovascular  
Disease



Diabetes



Kidney  
Disease



Musculoskeletal  
Conditions



Respiratory  
Disease



Your Aboriginal Health Worker can  
provide you more information

## Upcoming appointments

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

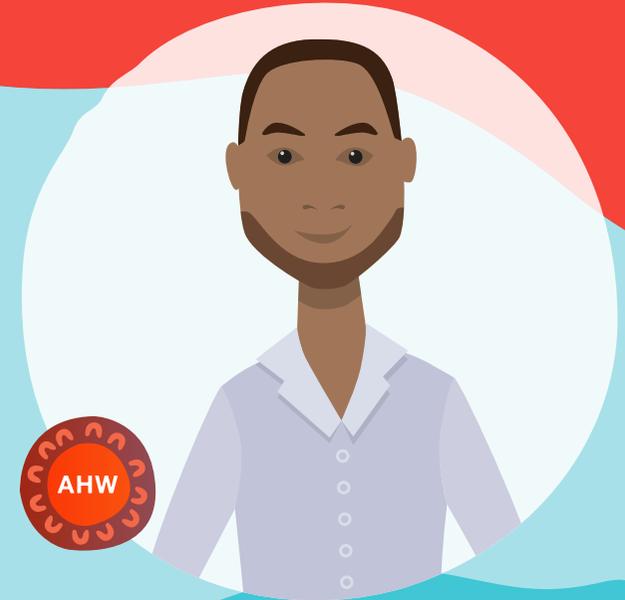
Bring

### Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



Aboriginal  
Health & Medical  
Research Council  
of NSW



# Aboriginal Health Worker

Resource three of the

**Living Longer Stronger Resource Kit**

2nd edition

## Who are they?

An Aboriginal Health Worker works as part of a healthcare team and play a key role in building relationships between Aboriginal patients and other health professionals. Aboriginal Health Workers often are involved with providing patient support and health education, and often work in community and hospital settings.

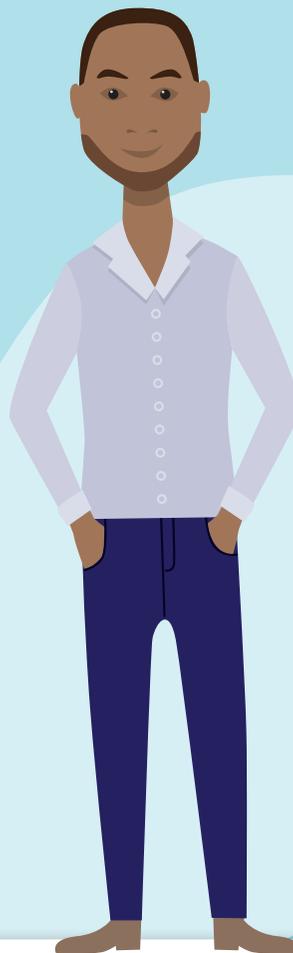
An Aboriginal Health Worker may be involved with any of the following:

- + Community engagement and outreach
- + Patient advocacy
- + Providing cultural support and safety
- + Health promotion and disease prevention (e.g. smoking, alcohol, drugs, nutrition, etc.)
- + Planning, delivering, and evaluating health programs



## How can I access one?

You may find an Aboriginal Health Worker in your local AMS or local hospital. Please feel free to ask if a health service has an Aboriginal Health Worker available for you to see.



## Aboriginal Health Worker

A key team member who supports patients, and advocates for better health outcomes and access to health services, as well as providing health education.

## What should I do when meeting with an Aboriginal Health Worker?

It is the goal of an Aboriginal Health Worker for you to be as comfortable as possible and by being open and honest, they can help you as best as possible throughout your health journey.

## How much does it cost?

There are usually no costs to see an Aboriginal Health Worker. Some visits with an Aboriginal Health Worker can attract a Medicare item number and can help cover some of the costs of their services.

## What to expect during the appointment?

- + Listen carefully to your Aboriginal Health Worker, as they may have lots of information to help you manage your condition.
- + Your AHW may help to link you to other people for further support, or may give you other details such as websites, helplines or local support groups.