

# Walykumunu Nyinaratjaku: To live a good life

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# Background

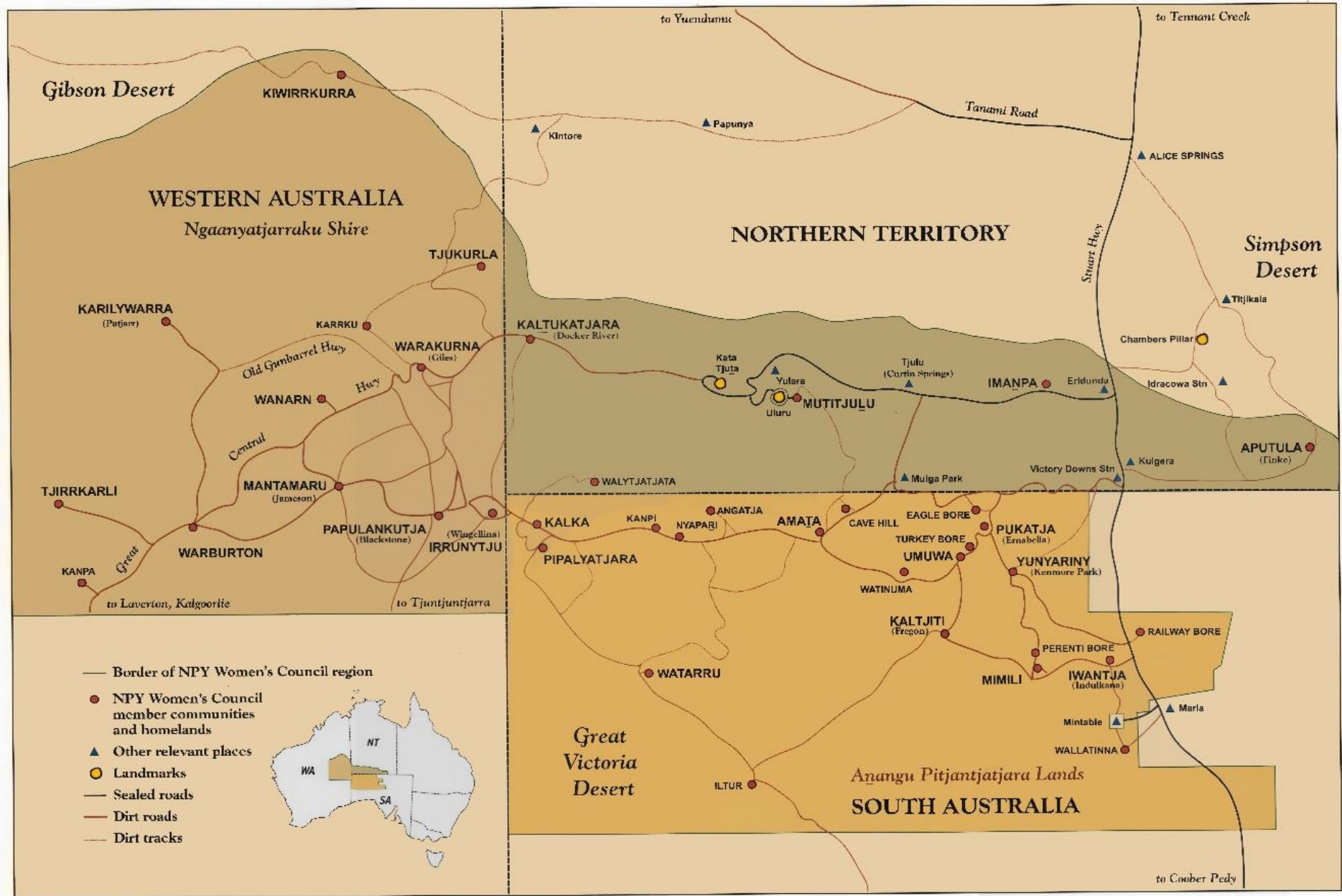


- Disability rates for Aboriginal Australians twice that of non-Indigenous population
- Limited service access
- People living in remote areas face dilemma of having to leave their Country and family to access services
- Widely recognised relationship between connection to Country and health and wellbeing

This study aimed to understand what Anangu (Aboriginal people from remote Central Australia) with disability considered as 'a good life'.

25 Communities  
 3 States  
 3 main languages

We are all one family, we are all of one land and all of us have one law



NGAANYATJARRA PITJANTJATJARA YANKUNYTJATJARA WOMEN'S COUNCIL

# The Research Team



# Introduction by Margaret Smith, Vice Chairperson NPYWC

- Video



# Participation

- People wanted to tell their stories
- We talked to:

7 carers

## **Adults with disability**

55 people living on the Lands

- 27 adults with disability
- 28 carers

7 people with disability living off the Lands

## **Workers**

47 workers from 16 service provider organisations

# A Good Life for Adult Anangu with disability: Themes

- *Anangu connection to the Lands*
  - Living on the Lands
  - Being with family
  - Being surrounded by culture
- *Services connecting with Anangu*
  - Desire for 'Proper Way' help
  - Workers' understanding of Anangu culture



# Anangu connection to the Lands

**Living on the Lands**  
**Being with family**

(This place) is my *ngura*, my own home community. It has lots of good firewood, and very beautiful scenery. I was born here a long time ago, right here.

I go often to see my family on the weekends, and we go out hunting for meat. We travel around, and then we come back home with the meat. We go out every Saturday or every Sunday.

I was in a 'home' (institution) once, and I was so sad ... so when I came home here to my home and my family, I was happy again.

# For people not living on the Lands...

Dreams....

I miss too many Christmas

I like to go back home

I'm on dialysis, but I am worrying to go back

I want to go to [place] and stay in [place] for ever

I want to go back. See my families.

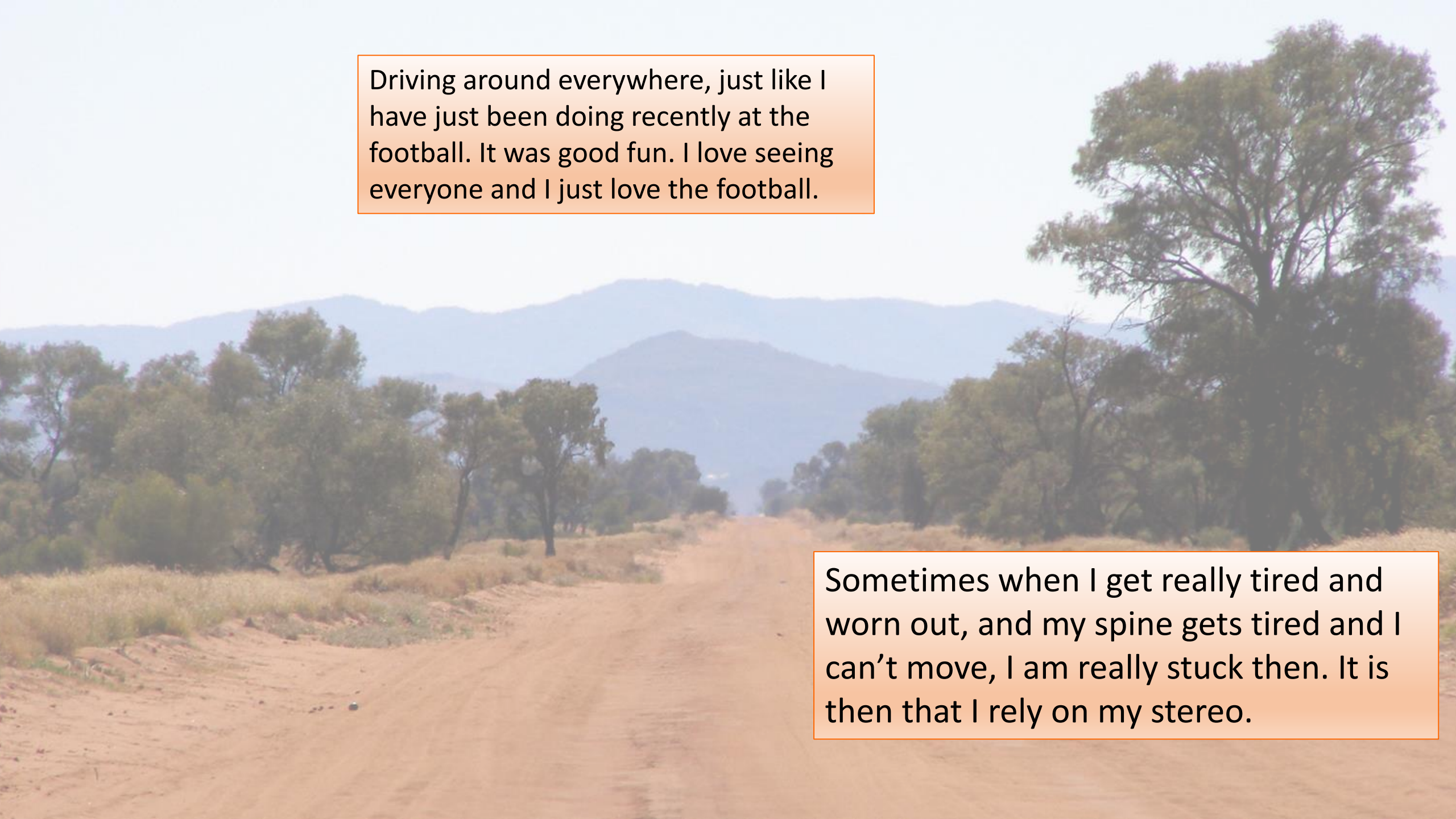
I just wanna live my own life like other people

# Being surrounded by culture

Participating in valued activities:

- Cultural connection
- Social aspects
- Developing or maintaining skills
- Sense of achievement



A wide-angle photograph of a dirt road stretching into the distance. The road is flanked by dry grass and scattered trees. In the background, a range of blue mountains is visible under a clear sky. The overall scene is bright and open.

Driving around everywhere, just like I have just been doing recently at the football. It was good fun. I love seeing everyone and I just love the football.

Sometimes when I get really tired and worn out, and my spine gets tired and I can't move, I am really stuck then. It is then that I rely on my stereo.

# Desire for 'Proper Way' help

## Helpers who:

Take time  
Consistent  
Kind  
Dependable

One man [worker] has already written down my entire history...and because of that I had the understanding that there would be some help and things would improve, and I felt optimistic for a while. But nothing happened and my spirits crashed, and I got really depressed after that. I am worn out from being the sole carer for all these years, no aunties, no cousins. I am always recounting my story to piranpa (whitefellas) who come and ask me questions, asking if I need any help. But it never comes.

We don't want the [workers] to just come here see the person and ... just go away again. We want someone to come here and talk good way and help. That's what we want, you know?

Someone who is really kind to her and will take her out...that's when ... she starts trusting that person. That's when it builds up and she will say, 'Hey, you are a good person! I like you! I want to go out with you'.

# Workers' understanding of Anangu culture

I remember sitting down with this Aboriginal family and thinking ... I don't know if this is actually worth a trip...because we're actually not in tune with each other at all.

The first thing that I do is to make a connection with people...build a relationship with them first and then from there try and engage. But you can't engage until you've built the capacity to communicate. Your capacity to communicate comes down to that trust factor that you've built with them first.

I'm a whitefella so for some people...there might be perhaps a little bit more leniency, a bit more slack allowed. These people are very generous. They know we white fellas [are] a bit ignorant and so we make mistakes all the time... I'm very impressed with how many accommodations they make and how many allowances they make for [whitefellas].

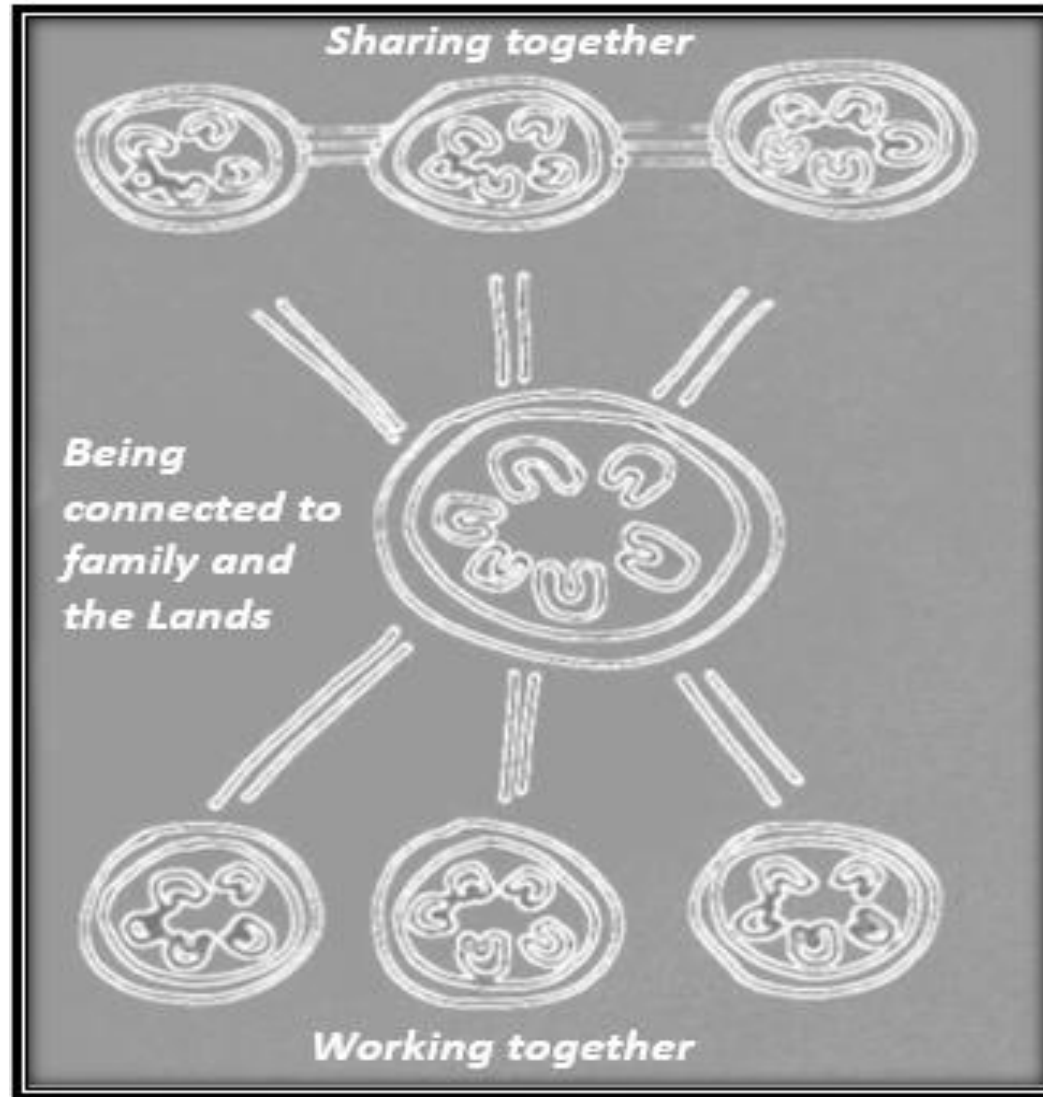


# Challenges

- Remoteness
- Lack of infrastructure
- Lack of services
- Staff turnover
- Cultural safety

most of those more specialised, whether it be psychiatric or physio, OT, paediatrics, they're often fly-in, fly-out or drive-in, drive-out and they've got the whole ... range of the communities to cover so they come in and they're there for like two hours that morning and 'I've got to get to the next clinic by that afternoon'.

# A Good Life for Anangu with disability



Artist: Aileen Brady

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## Research team:

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