

# POLICY OPTIONS

## Developing a Wellbeing Framework for Aboriginal and Torres Strait Islander Peoples Living with Chronic Disease (Wellbeing Study)

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### Policy context

Addressing a need identified by Aboriginal and Torres Strait Islander peoples and their primary healthcare providers, this study developed a Wellbeing Framework for managing chronic disease in a manner that also supports wellbeing.

Chronic care models that are currently in use usually focus upon the systems, resources and policies that are required to deliver care. The important roles of culture, spirituality, Country and family in maintaining health and wellbeing are notably absent from such models.

Re-defining the way in which care is delivered to reflect Aboriginal and Torres Strait Islander peoples' needs and values is essential for improving the accessibility and acceptability of primary healthcare services.

### Key findings

This study identified two **core values** that are fundamental to the provision of care for Aboriginal and Torres Strait Islander peoples were identified. The study also found four **essential elements** each underpinned by four **key principles** that would assist primary healthcare services to support the wellbeing of Aboriginal and Torres Strait Islander peoples living with chronic disease. Importantly, this Study also identified **practical and measurable applications** that suggest ways in which that each of the principles could be applied. Primary healthcare services, in consultation with their communities, are encouraged to use the core values, elements, principles and applications included within this Wellbeing Framework to shape their own Wellbeing Models that specifically address the needs of their communities.

In order to ensure that this evidence-based comprehensive Wellbeing Framework, which was developed by and for Aboriginal and Torres Strait Islander peoples, is implemented, a staged process is now recommended, involving:

**Stage One:** *Broadly disseminate the Wellbeing Framework – which details the core values, elements and principles, as well as practical suggestions for how the Framework could be applied.*

**Stage Two:** *Identify and, where necessary, develop resources to assist primary healthcare services to apply the principles within the Wellbeing Framework.*

**Stage Three:** *Pilot the Wellbeing Framework and resources in two Aboriginal Medical Services and one mainstream primary healthcare service.*

**Stage Four:** *Consider adapting the Wellbeing Framework to meet the needs of other Aboriginal and Torres Strait Islander populations.*