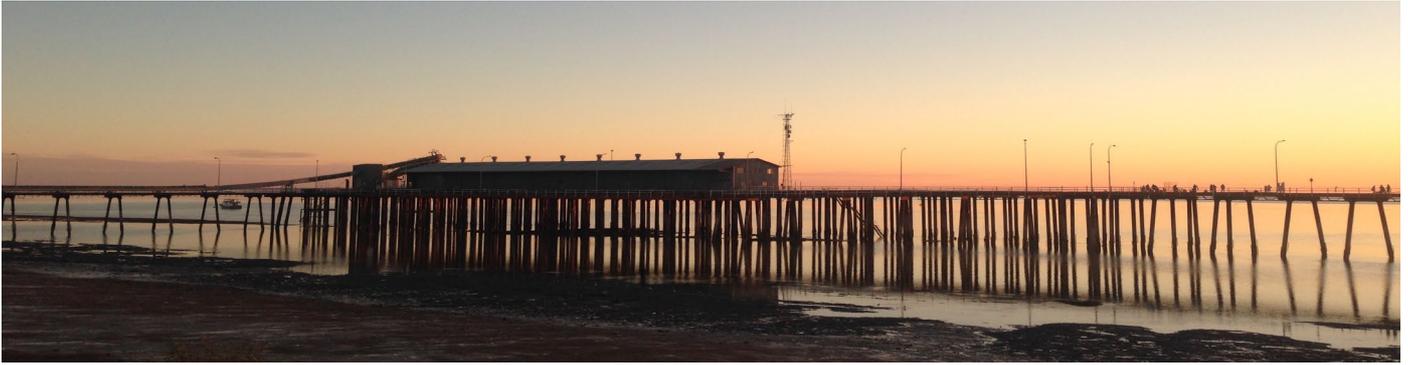


Young Aboriginal people's perspective on access to health care in remote Australia: hearing their voices



What is the issue?

- Young Australian Aboriginal people experience poor health outcomes but have low utilisation of health care.

Why was this study done?

- To find out what helps and hinders adolescent and young adult Aboriginal people in seeking health care at a remote Western Australian Aboriginal Community Controlled Health Service.
- To improve access to health care in this group of young people.

What did we do?

- We interviewed 16-25 year old Aboriginal people from Derby and surrounding communities to find out what they thought about accessing health care.

What did we find?

- The young people interviewed valued good communication and relationships with health care staff, and identified that local, long term, gender matched Aboriginal staff were best placed to provide this.
- Confidentiality was very important to the participants.
- Shame was a barrier to seeking health care.
- The participants identified that health education and promotion for young people was important.

Who should care most?

- Community members and primary health care managers who establish primary health facilities for people who are under-utilising health care services, particularly young people.
- Primary health care stake-holders involved in staff recruitment, retention and training.
- Young people who need to access health services.

Recommendations for action

- Primary health care providers should be involved in health promotion and education targeted to young people.
- Primary health care facilities should be intentional in recruiting, training and retaining appropriate staff to work with young people.
- Good communication and strong relationships should be emphasized in provision of health care services.

Publication

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