

THE AFRICAN AUSTRALIAN SENIORS ANTI-RACISM PROJECT STAKEHOLDER EDUCATION/AWARENESS

Workshop Description

This workshop will address understanding the issues that confront African Australian seniors' experiences of access to quality and safe support and care that are culturally appropriate. This includes some positive experiences of aging in Australia and the challenges they have faced in their aging journey. Additionally, personal experiences of racism will be discussed. Groups and service providers, particularly how to navigate the system to access equitable services will be discussed.

Objectives/Learning Outcomes:

1. Present findings from the African Australian Seniors Ageing project.
2. Discuss what diversity constitutes with a focus on aging and aged care.
3. Define racism, discrimination, and elder abuse.
4. Explore how racism, discrimination, and elder abuse can impact both individuals and communities.
5. Suggest what can be done to combat racism, discrimination, and elder abuse experienced by African Australian seniors in aged care, with a focus on the current reporting structures.

Overview of Learning Activities

The workshop will run for 2 hours. The reporting of the findings from the African Australian Seniors Ageing project will prompt the introduction of the importance of culture in a multicultural Australia. This will include the definition and understanding of racism, racial discrimination, and elder abuse. Participants will work in small groups to discuss the cultural needs of caring for African-Australian seniors. Additionally, the discussion will be on participants' personal experiences with racism, discrimination, in particular, age discrimination, and how participants can address these issues as individuals and members of the community. Their personal experiences with elder financial, sexual, and substandard care abuse will be explored in a culturally sensitive way.

WORKSHOP PROGRAMME

FORUM OF THE AFRICAN AUSTRALIAN SENIORS ANTI-RACISM PROJECT STAKEHOLDER EDUCATION/AWARENESS

At the end of this workshop, participants should:

- Understand the requirements for the workshop program.
- Identify issues that confront African Australian Seniors to culturally sensitive quality care.
- Define racism, discrimination, and elder abuse.
- Understand how to address racism, discrimination, and elder abuse.
- Explore the reporting structures to address racism, discrimination, and elder abuse.

5 minutes	Registration (Start – Welcome & Opening remarks).
5 minutes	Workshop Opening – Facilitator explaining the requirements of the workshop.
5 minutes	Introductions & Group Activity (Activity: Facilitator to devise an ice-breaker activity)
15 minutes	Highlights of findings from the African Australian Seniors Ageing project and where to access information. Activity: Participants to discuss what they have learned from the findings
15 minutes	Understanding culture in Australia “as a multi-cultural society” Activity: Participants consider the different cultures represented within our society with a focus on caring for the elderly, particularly within the African cultural context.
15 minutes	Break/refreshments
30 minutes	What is the difference between racism and discrimination? What is elder abuse? What are the types of elder abuse? Activity: Participants to explore their experiences with racism, discrimination, and elder abuse. How can they address these as individuals and members of their community? Focus on African Australian seniors’ issues of quality care that can be free from racism.
25 minutes	Guest Speaker: What can be done to combat racism and elder abuse experienced by African Australian seniors in aged care? Looking at the relevant legislation and the current reporting structures.
5 minutes	Closing remarks.