

In Home Support for Aboriginal Families

The Journey



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The Evidence



- The early years are crucial in setting the stage for later life
- Young children develop through their relationships with others
- Children's development is shaped by the balance between risk and protective factors
- Supporting families effectively requires a comprehensive, coordinated family centered service system.
- International and Australian Literature informs us that Home Visiting programs actually make a difference

What the Victorian Government has done



- \$5.813 million over 4 years for In Home Support initiative
- In 2006/07 an additional \$3.9 million over four years.

Five sites selected



- Five Koori Maternity Services sites selected
- These sites are:
 - Mildura Aboriginal Cooperative
 - Rumbalara Aboriginal Cooperative
 - Gippsland and East Gippsland Aboriginal Cooperative
 - Victorian Aboriginal Health Service
 - Wathaurong Aboriginal Cooperative

What is; In Home Support for Aboriginal Families



- An early intervention service model aimed at producing positive health, development, learning, safety and wellbeing **outcomes** for children, parents and the wider Aboriginal community.
- Building on the service delivery strengths implemented through Koori Maternity Services
- Linking families to Universal Services and delivering additional supports where needed

Target Group



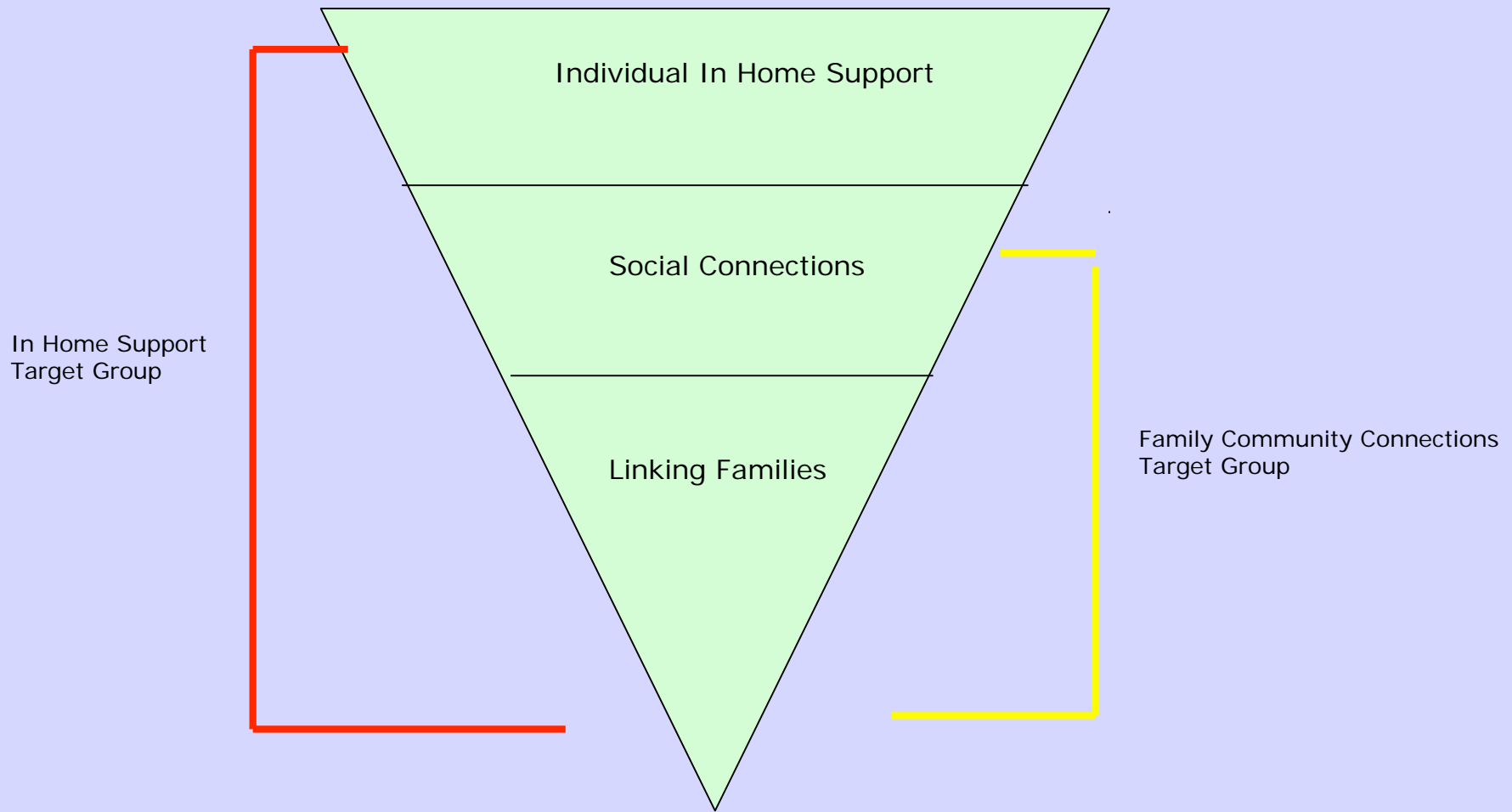
- All Aboriginal women with new babies who may also have other small children and their families.
- All parents to participate in group and community activities
- Families requiring more intensive parenting support will be provided with individual support from an in home support worker.

Service elements of In Home Support

- Individual support
- Group/social connection
- Linking families with community



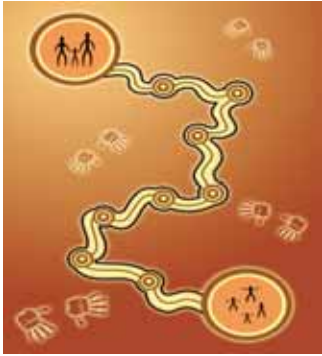
Priority of Action



Individual support



- Providing one on one support to families including:
 - Supporting mothers to breastfeed and linking them to expert advice when they experience difficulties
 - Supporting parents to reduce exposure to smoking
 - Supporting parents to reduce drug taking and alcohol consumption
 - Role modelling developmentally appropriate play experiences in the home
 - Coaching parents in positive parenting techniques to manage toddler behaviour
 - Assisting families with appointments and attendance at key milestone events such as maternal and child health visits, immunisation sessions, annual health check.



Group/social connection



Developing and implementing family and children's group activities focusing on positive educational, health and wellbeing outcomes for children and families by

- Involving community Elders in group/community activities.
- Establishing/facilitating playgroups.
- Establishing/facilitating parent education programs
- Providing, or assisting families to access, transport to enable attendance at group activities.

Linking families with community



Facilitating access and participation in broader community activities, programs and events by:

- Developing appropriate community events.
- Promoting and providing information.
- Promoting positive health behaviours.

Contributors for success



- Professional Qualified Staff
- Trusting Relationships
- Empowerment
- Staff should be non judgemental and respectful of the family