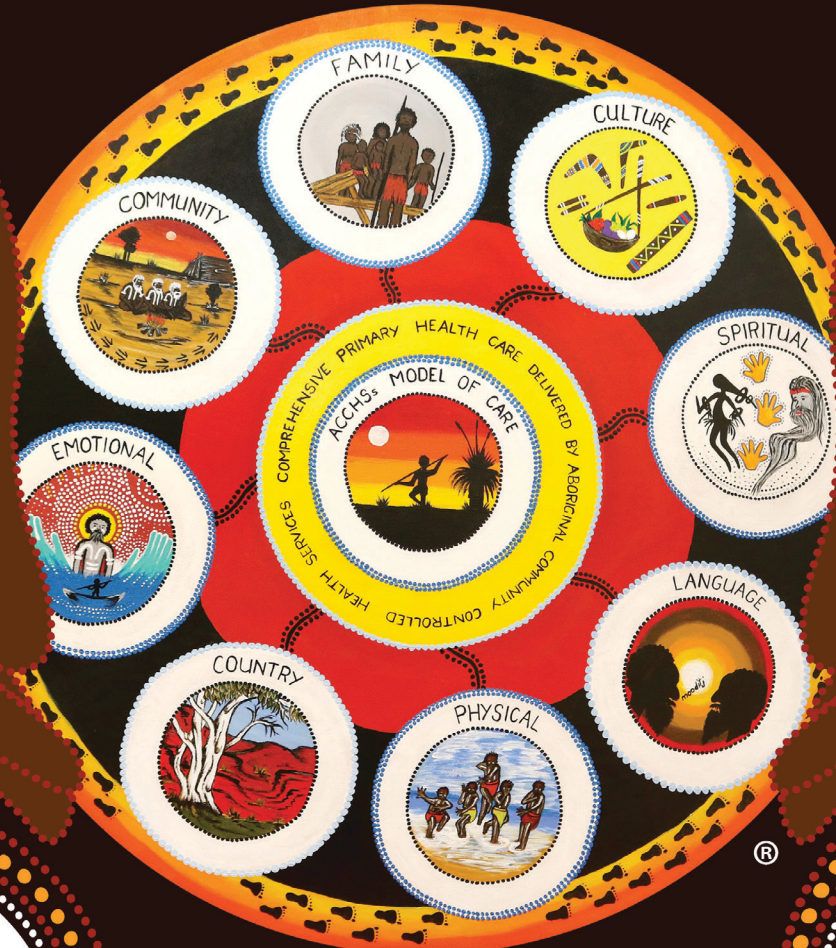


# ACCHS Model of Care

The Aboriginal Community Controlled Health Services (ACCHS) Model of Care is underpinned by eight determinants that are required for the wellbeing of Aboriginal and Torres Strait Islander People and their Communities.

## Definition of Health



### Community Engagement

Involving local community members in service delivery enables the Practice to engage clients in appropriate healthcare. Aboriginal people must be included in leadership positions and decision making processes.

### Multi-disciplinary Team Approach

Utilising the skills and knowledge of a variety of healthcare professionals allows for the complex care needs of clients to be met.

### Aboriginal Workforce

An Aboriginal workforce delivering primary healthcare ensures a culturally safe environment.  
**Roles include:** Aboriginal Health Worker/Practitioners and other Health Professionals, Transport Drivers, Health Promotion Officers, Liaison Officers, Practice Managers, SEWB Workers, Receptionists, and Environmental Health Workers

### Cultural Safety

It's important for clients to feel safe, welcome, and empowered.  
**This can include:**  
 Aboriginal staff - familiar faces, Family environment, Layout of clinic, Longer appointments, Use of local artwork/posters, Communication style, Service is holistic addressing the social determinants of health, Respect for cultural protocols

# MY WELLNESS WHEEL

Name

.....



**AHCWA**  
Aboriginal Health Council of Western Australia

AHCWA aims to promote and strengthen the ACCHS model of care. A model that is built around the delivery of comprehensive, holistic and culturally secure primary health care services.

Healthway acknowledges the Aboriginal Health Council of WA (AHCWA) for the use of the Aboriginal Community Controlled Health Services (ACCHS) Model for Care. For more information visit [www.ahcwa.org.au](http://www.ahcwa.org.au)



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# PART 1

Date .....

## Staying spiritually and culturally connected in community has a positive effect on mental health.

The first step is to determine how you feel about each area of your life, use the key to colour in each section representing how you feel in each area. For information on each area, please turn over.



Next, look at the wheel, where can you make improvements? Set 3 goals to work on over the next four weeks, you can set small goals that grow over time!

My Wellness Goals:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

# PART 2

Date .....

## Checking in regularly is a good way to stay physically and mentally healthy.

Have your feelings changed since you first completed your wellness wheel?



### WELLNESS TO REMEMBER:

- Family** I spend time with family, family provides me strength and links me to my ancestors.
- Emotional** My capacity to communicate, to think and feel, my thoughts, feelings and emotions are important.
- Community** I feel connected to county and understand my cultural heritage.
- Culture** I respect my culture and have strong values and beliefs.
- Language** I feel connected with my language and heritage, it helps me understand and engage effectively.
- Country** I feel linked to the land and country through culture and identity.
- Physical** I keep active and this helps me connect with my mind, body and spirit.
- Spiritual** I feel connected to my faith.