

CARING OUR WAY

A resource for clinicians to support caregivers in the Torres

Strait and Northern Peninsula Area



The Healthy Ageing Research Team

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1. Overview of the caregiver experience in the Torres Strait

A 2024 study by the Healthy Ageing Research Team (HART) explored the cultural perceptions and experiences of caregiving among Aboriginal and Torres Strait Islander Peoples in the Torres Strait and Northern Peninsula Area (NPA), Queensland, Australia. See HART website for publication link <https://www.jcu.edu.au/academy/research-centres-and-programs/hart>

Interviews with carers and service providers revealed four major themes: (1) caring as a cultural norm; (2) joy and fulfilment in caring; (3) collective responsibility versus individualism; and (4) external stressors impacting care.

Participants viewed “looking after” older family members as a normal expectation, grounded in cultural values of reciprocity, kinship, and community support. This challenged the use of Western terms such as “carer” and “burden” when describing the carer experience in the Torres Strait. Findings underlined the importance of culturally responsive assessment and service provision.

When assessing caregivers’ needs, wellbeing, and support requirements, it is important to consider:

- For most, caring is an honour and privilege and looking after family members and other community members is part of Torres Strait culture.
- Providing care is embedded in collective responsibility and kinship systems. This means there can be many family and/or community members that share the care.
- Many of the stressors experienced by caregivers relate to external factors and not the actual role of caring.
- Often it is the unknown that elevates stress levels.
- Caring can be a means of keeping culture and language strong.
- Caring can provide joy and fulfillment to both the caregiver and the care recipient.

The following tips and resources aim to provide a guide to support caregivers in the Torres Strait and NPA.

For clarity the term “*care recipient*” is used for the family member being looked after and “*caregiver*” is the term used for a person looking after a family/community member.

2. Assessing the situation

It is important to recognise that, as well as the positive impacts that being a caregiver has, providing care can have a physical, emotional, mental and financial strain on caregivers. Advice and support should be tailored to the specific situation.

Consider:

2.1 The care recipient's needs:

- Transfers – do they need help getting in and out of bed? On / off the toilet?
- Mobility – do they need assistance mobilising inside or outside the home?
- Dressing – do they need help to get dressed/undressed?
- Showering – do they need help to shower?
- Toileting - do they need help with going to the toilet? Are they continent of bladder/bowels?
- Activities of Daily Living – do they need help with shopping, cooking, cleaning laundry or transport? Do they need help managing their finances? Do they need help managing their medications?
- Social activities – do they need help accessing the community and engaging in hobbies and community activities?

Also consider, the care recipient's medical conditions and specific needs relating to their health care.

Overall, what is the type, frequency and intensity of the care needed?

2.2 The caregiver's needs:

- What is the network of support?
- What other family/community/work/education responsibilities impact on being able to care?
- What is the health of the caregivers?
- What formal services are in place?
- What education around the care recipient's health condition is needed?
- What type of assistance is sought (emotional, practical, respite etc.)?

Overall, what areas do the caregivers need additional help with?

3. Checking in with caregivers

It is important to recognise the physical, emotional and mental toll of providing care. Caregivers need to be encouraged to look after their own health and wellbeing. Encouraging self-care is important. The following areas should be considered:

3.1 Sleep

Ensuring the caregiver gets adequate undisturbed sleep is important because the physical, emotional and mental demands are higher for caregivers. Sleep deprivation

- weakens the immune system
- increases risk of chronic diseases
- lowers mental and emotional resilience
- impairs cognitive functioning
- can lead to caregiving burnout.

Tips for getting good sleep:

- Prioritise sleep – it is an essential part of caregiving. Even short naps can help.
- Have a consistent sleep schedule.
- Optimise the sleep environment - keep the bedroom dark, quiet and cool.
- Practice relaxation techniques before bed such as meditation, deep breathing or reading.
- Limit screen time before bed - avoid phones, tablets, or TVs at least 30–60 minutes before sleep to reduce blue light exposure, which can disrupt melatonin production.
- Watch what you eat and drink - avoid caffeine and heavy meals in the hours before bedtime.
- Be physically active during the day - regular movement can promote better sleep but avoid intense exercise close to bedtime.

3.2 Taking care of your health

It is crucial that caregivers take care of their own health because:

- Caregivers' wellbeing directly impacts the quality of care they can provide.
- Caregiving can be physically demanding and if a caregiver neglects their own health, they risk exhaustion or injury.
- A healthy caregiver is more alert, patient, and emotionally resilient, all of which translate into better, safer care for the person they're supporting.
- Good health supports better mood regulation and coping skills, helping caregivers manage the emotional challenges of their role.
- Sustained good health helps caregivers provide care over months or years without needing to step back prematurely due to their own health issues.

Tips for looking after your health:

- **Schedule Regular Health Check-Ups** - Don't skip your own doctor appointments, screenings, or vaccinations. Staying on top of your health can catch issues early.

- **Eat Balanced, Nutritious Meals** -Fuel your body with wholesome kai kai—fruits, veggies, lean proteins, and whole grains. Avoid relying on fast food or skipping meals.
- **Stay Hydrated** - Drink plenty of water throughout the day to maintain energy and focus.
- **Get Regular Exercise** - Even short walks, stretching, or simple exercises can boost mood, energy, and physical health.
- **Prioritise Sleep** - Make sleep a priority—aim for consistent, restful nights whenever possible (see earlier sleep tips).
- **Practice Stress-Relief Techniques** - Find what works for you—meditation, deep breathing, or hobbies. Regular stress management helps prevent burnout.
- **Set Boundaries and Say No** - It's okay to decline extra responsibilities or ask for help. Protect your time and energy.
- **Stay Connected Socially** - Maintain friendships and support networks. Isolation can increase stress and negatively affect health.
- **Avoid Harmful Coping Mechanisms** - Limit alcohol, smoking, or other unhealthy habits that may seem to relieve stress but harm long-term health.
- **Time - management** – Balance caregiving with your personal life.
- **Practice mindfulness** – You cannot always change your circumstances, but you can change the way you respond to challenges. Mindfulness can help you manage the challenges in your caring role and life.

Some useful resources including Apps and websites include:

- Smiling Mind <https://www.smilingmind.com.au/>
- Mindful <https://www.mindful.org/>
- Buddhify <https://buddhify.com/>
- Conscious In the App store
- 1 Giant Mind <http://www.1giantmind.org/>
- Free Mindfulness <https://www.freemindfulness.org/download>

4. Informal and formal supports

Accessing support both formally and informally is important for caregivers to:

- **Reduce isolation and the emotional load** - Informal support—from family, friends, or community groups provides emotional comfort, companionship, and understanding, which helps reduce feelings of isolation and stress.
- **Provide practical help and relief** - Formal support (like aged care services, respite care, or counselling) and informal support (help from loved ones) can share caregiving duties. This gives caregivers much-needed breaks to rest, run errands, or attend to their own health.
- **Improve quality of care** - Accessing expertise through formal support ensures the care recipient receives professional attention, while informal support

provides consistent help and companionship—together enhancing overall care quality.

- **Access to resources and information** - Formal support systems can connect caregivers to educational resources, support groups, and financial or legal assistance—information that can make caregiving easier and less stressful.
- **Builds a safety net** - Having both formal and informal support means there are multiple layers of help, reducing risk if one source becomes unavailable.

Tips for finding and building informal supports:

- **Reach out to family and friends** - Talk openly about your caregiving role and needs, be specific about how they can help (e.g., run errands, sit with the care recipient, or just check in), schedule regular help to create a routine and share the load.
- **Join caregiver support groups** - Look for local or online groups where you can connect with others in similar situations. These groups can provide emotional support, advice, and understanding.
- **Use social media and apps** – some platforms have caregiver groups
- **Utilise community connections** - Engage with neighbours, church groups, clubs, or social organisations.

Tips for managing care

- **Having, and understanding, the care recipient's care plan can avoid confusion and help plan care in advance.** Have a medical care plan with the care recipient's doctor and PHCC. The plan should be one that the carer understands and agrees to. For example, if the care recipients' health status changes, have an action plan that identifies what needs to be actioned and how to go about that.
- **Having a plan for the informal supports.** Plan with family what future care looks like for you all. Put in place back-ups for if the primary caregiver is unwell, needs to leave the community, or other commitments that impact in their ability to provide care.
- **Regularly review your support network.** Needs change, so keep checking in and adjusting who helps and how.

Don't wait until you're burnt out. Early access to supports is better than crisis mode.

4.1 Formal supports

Tips for finding and building formal supports:

- **Consult local Social Workers, Navigators or Case Managers** - they can help navigate resources, supports, benefits and financial aid.

As well as the **formal services listed** below consider assistance from:

- The Torres and Cape Hospital and Health Service Ph: 4030 6112
- Torres Health Ph: 4090 3380
- NPA Family and Community Services Ph: 4212 2000
- Elder Care Support via Apunipima Ph: 4037 7217
- Torres Strait Island Regional Council (Aged & Community Support)
Ph: 4034 5700 or email tsirc.agedcare@tsirc.qld.gov.au
- NPARC Aged Care and Disability Services (NPA) Ph: 4048 6615
- Torres Strait Aged Care Association Incorporated (TASCAI) (TI)
Ph: 4090 3885
- Mura Kosker Sorority Ph: 4069 1663 email: info@muraksoker.org.au

4.1.1 Carers Queensland

This is the national peak body representing unpaid carers in Australia. They provide information, advocate for carers' rights and collaborate on programs

[Home - Carers Australia](#)

[Home - Carers Queensland](#) - On this site is a page specifically for First Nations Peoples:

[First Nations - Carers Queensland](#)

Carers Queensland Carers Advisory Service Ph: 1800 242 636

4.1.2 Carers Gateway

Carer Gateway is a free service provider to help carers access a range of free services and support just for carers. These services can be accessed in-person, over the phone (1800 422 737) or online through this website: <https://www.carergateway.gov.au/>

There are specific resources for First Nations Peoples: [First Nations | Carer Gateway](#)

In Queensland, *Wellways* is the service provider that provides services through the Carer Gateway. The services provided can be viewed at [Carer Gateway - Wellways](#) or phone 1300 111 400 or by emailing carergatewayservices@wellways.org. They also have a series of podcasts to support carers available at <https://www.wellways.org/resources/tune-in-to-care-podcast/#season-1>

Services include: counselling, coaching, peer support groups, respite planning, help with home-help and equipment.

4.1.3 Arafmi Qld

Arafmi provides free support for mental health carers in Queensland. Their services include a 24-hour Carer Support Line, individual and group support, workshops and respite accommodation.

<https://arafmi.com.au/>

Phone 1300 554 660

4.1.4 Support Group Queensland

This free service helps individuals, families, and carers seek and sustain support groups.

<https://supportgroups.org.au/>

4.1.5 Queensland Government information page

This website provides a variety of resources and links to support services. Some links are specific to groups such as parents, grandparents, young carers and so on.

[Support for carers | Community support | Queensland Government](#)

4.1.6 Queensland Community Support Scheme

This service can help link people with formal and informal supports and services in their community.

<https://www.qld.gov.au/community/getting-support-health-social-issue/community-home-care-services/queensland-community-support-scheme>

4.1.7. Australian Carers Guide

This is a quarterly publication packed full of helpful, practical and entertaining content all in one easy-to-read magazine designed especially for carers and can be accessed for free online at : <https://australiancarersguide.com.au/>

4.1.8. Carer Help

This is an online information and resources for carers with a section dedicated to Aboriginal and Torres Strait Islander carers.

<https://www.carerhelp.com.au/>

5. Respite

Respite care is when someone else looks after the person you usually care for, giving you the chance to take a break. This time away can help you catch up on daily tasks, relax, manage stress, and focus on your own wellbeing.

As a carer, it's important to take regular breaks to rest and recharge.

Respite care can be provided by family members, friends, or professional respite services. It may take place in

- your home
- the community
- a day centre
- a residential care facility.

Respite care can be:

- Short-term, such as a few hours each week
- Longer-term, including overnight stays or weekends or longer

Services provided through **My Aged Care** and the **NDIS** may be able to support respite for you (see below). The **Carer Gateway** can help you find out about respite services.

Through the Commonwealth Government care recipients are entitled to 63 days per year of residential respite funding. It can be taken as one big block or can be divided up into week slots.

6. My Aged Care

The My Aged Care website tells you about support you can get if you care for an older person. The website also arranges for an assessment for older adults to access Commonwealth aged care supports.

For more details see: <https://www.myagedcare.gov.au/> Ph: 1800 200 422

7. National Disability Insurance Scheme (NDIS)

The NDIS provides funding to eligible people with disability (between age 9 and 65 years) to gain more time with family and friends, greater independence, access to new skills, jobs, or volunteering in their community, and an improved quality of life.

The NDIS also connects anyone with disability to services in their community.

For more details see: <https://www.ndis.gov.au/> Ph: 1800 800 110

8. Financial support

Services Australia (Centrelink) has links to resources and information relating to different types of payments and allowances

<https://www.servicesaustralia.gov.au/caring-for-someone>

<https://www.servicesaustralia.gov.au/getting-payment-if-youre-carer>

8.1 Carer payment

Carer Payment is if you give constant care to someone with disability, a medical condition, or an adult who's frail aged. Constant care means you provide care for a large amount of time daily. This roughly equates to a normal working day. If this care stops you from working full time, this payment could be for you.

To get the Carer Payment both the caregiver and care recipient need to be eligible and meet an income and assets test.

For more details see: <https://www.servicesaustralia.gov.au/carers-payment>

8.2 Carer allowance

Carer Allowance is a supplementary payment if you care for someone who needs daily support. If the person you care for has a terminal medical condition, or needs ongoing daily assistance for at least 12 months, this payment could be for you.

For more details see: <https://www.servicesaustralia.gov.au/carers-allowance>

8.3 Carer Supplement

This is an annual payment which helps cover costs when caring for someone with disability or a medical condition. You'll get this automatically if you are receiving the Carers Allowance, Carers Payment, DVA Carer Allowance or DVA Carer Service Pension

For more details see: <https://www.servicesaustralia.gov.au/carers-supplement>

8.4 Essential Medical Equipment Payment

A yearly payment to help with energy costs to run essential medical equipment or heating or cooling used for medical needs.

For more details see: <https://www.servicesaustralia.gov.au/essential-medical-equipment-payment>

8.5 Carer Business Discount Card

The Queensland Government's Carer Business Discount Card provides discounts on goods and services at participating businesses throughout Queensland.

For more details see: <https://www.qld.gov.au/community/support-for-carers/carer-card/applying-carer-card>

8.6 Companion Card

If you have a disability and a lifelong need for 'attendant care support' in order to participate in community activities and attend venues, the Companion Card can help you with the costs of getting out and about with the support of a companion.

For more details see: <https://www.qld.gov.au/disability/out-and-about/subsidies-concessions-passes/companion-card/about-companion-card>

8.7 Queensland Seniors Card

This card offers the following benefits:

- Eligibility for certain Queensland Government concessions
- Discounts on goods and services at participating outlets throughout Queensland
- Access to the free Senior Shopper service.

For more details see: <https://www.qld.gov.au/seniors/legal-finance-concessions/seniors-card/seniors-card-types-benefits>

8.8 No interest loans

No Interest Loans (NILs) are a safe and affordable way to pay for essentials (loans up to \$2,000) and for items like bond and rent in advance and if you've been affected by a natural disaster (loans up to \$3,000). Loans not available for cash.

Good Shepherd administers NILs in partnership with not-for-profit community organisations across Australia.

Eligibility

- Earn less than \$70,000 annual income (before tax) as a single person or \$100,000 annual income (before tax) if you have a partner or children
- OR have experienced family or domestic violence in the last 10 years
- OR have a Health Care Card / Pension Card
- AND You can show you can afford to repay the loan

For more details see: <https://goodshep.org.au/services/loans/>

The NILS provider in the Torres Strait and NPA is NPAFACS

Contact details are:

NPA Family and Community Services
10 Adidi Street, Bamaga QLD, 4876
(07) 4212 2000
reception@npaws.com.au

8.9 Centrelink

Centrelink can assist with determining eligibility for payments, allowances and pensions.

For more details see: www.centrelink.com.au Ph: 13 63 80

9. Dementia specific support services

9.1 Dementia Support Australia

<https://www.dementia.com.au/>

Dementia Support Australia (DSA) provide strategies to help carers and residential aged care homes with managing changes in behaviour caused by dementia. Behaviour changes that cause worry may include feeling cranky, restlessness, anxiousness, more worried or sad, not wanting to do activities anymore, trouble using the toilet or shower, eating too much or not enough, trouble sleeping or sleeping too much, calling out, wandering off, acting not like themselves etc.

DSA can also provide advice to help make home easier for someone living with dementia. We work to help people feel more settled and improve their independence.

DSA has a 24-hour helpline, seven days per week on PH: 1800 699 799. DSA can provide telehealth support, yarning over the phone, and face to face consults when able. Our local Cairns Senior Consultant, Michelle, visits the Torres Strait throughout the year.

To get support from DSA, please contact the helpline or make a referral online. Or for more information and resources, please visit the website; <http://www.dementia.com.au>

10. Housing

10.1 Managing your home and money

The Queensland Government Department of Housing website provides information for Aboriginal and Torres Strait Islander People on:

<https://www.qld.gov.au/firstnations/managing-home-money/housing-support>

This includes information on:

- **Cost of living support**
 - Information about concessions, support from charities and help with your living expenses.
- **Housing support**
 - Help with renting
 - Buying a house
 - Public and community housing
 - Remote community housing
 - Emergency and temporary accommodation
 - Aged care housing
- **Electricity, gas, water and internet services**
 - How to get discounts and save money on your energy & water bills. Find out where to access free internet.
- **Managing your benefits and payments**
 - A range of services are available to help you manage your money and meet essential household needs and expenses.
- **Banking and financial advice**
 - Where to get advice on banking, money matters and superannuation.
- **Budgeting and shopping**
 - Tips about how to make good decisions to manage your money.
- **Borrowing money**
 - It's tempting to borrow money, but before you do, know how much the money you borrow will really cost.

10.2 Equipment and home modifications

Having home modifications or adaptations and equipment in the home can support caregivers to provide care more easily and safely, within the home environment.

An Occupational Therapist (OT) can help assess what equipment or modifications are required. Occupational Therapists work within the Torres and Cape Hospital and Health Service. Ph: 4030 6112

11. Health professionals

11.1 Allied Health services

Allied Health (AH) professionals include **physiotherapists, occupational therapists, social workers, psychologists, dietitians and nutritionists, exercise physiologists, podiatrists, and speech pathologists**. They can play a key role in supporting caregivers. This can be through support direct to the caregiver or by providing services to the care recipient which supports the caregivers.

The type of support offered includes:

- **Education and skill building for caregivers** - AH can provide practical knowledge to manage care more effectively, such as teaching safe manual handling and transfer techniques, correct positioning and mobility. They can also provide education on nutrition, special diets and meal planning.
- **Advising on home modifications and equipment** - including assistive technology, mobility aids, communication aids and environmental adaptations.
- **Emotional and Psychological support** – AH can provide mental health support and coping strategies including counselling and therapy, stress management, sleep, grief, loss and anxiety support, and resilience training.
- **Information and connection to services** – including connecting and facilitating access to community services, respite care, financial support, aged care services, and provide advocacy. They can help navigate complex systems such as the NDIS, My Aged Care, Centrelink and Housing.
- **Holistic care co-ordination** - AH can communicate with other health care teams such as doctors, nurses and Indigenous Health Workers to input into care plans and health management.

AH within the region can be accessed across a range of services including:

- Torres & Cape Hospital and Health Service (TCHHS) Ph: 4030 6112
- NPA Family and Community Services (NPAFACS) Ph: 4212 2000
- Wakai Waian Healing Ph: 1300 732 850
- JCU – Top End of Australia Project Ph: 4212 3621
- CEQ Community Nutrition program PH: 0447 915 160

11.2 Geriatric services

A team of specialist medical doctors and allied health professionals that work in the care of older adults provide visiting face to face clinics across the Torres Strait and NPA. Referrals to the service can be made through TCHHS and NPAFACs via the GP.

The service provides diagnosis and ongoing management of many conditions of old age including memory problems, dementia, frailty, and falls.

Based on Thursday Island, the Post Acute, Rehabilitation and Aged Service (PARAC) team, provide clinical and aged care support to residents on Thursday Island and Hammond Island. Ph: 4069 0411

11.3 Nursing services

Nurses play a central role in supporting caregivers in the region.

The type of support provided to both the care recipient and the caregiver includes:

- **Clinical care**
- **Nurse navigation** to assist with complex care journeys
- **Advocacy and support**
- **Mental health support**

Nursing care is accessed through the Primary Health Care Centres and Hospitals in the Torres and Cape Hospital and Health Service.

11.4 Indigenous Health Workers / Support Workers / Aged care workers / Indigenous Allied Health Assistants

Indigenous Health Workers (IHW), support workers, aged care workers, Indigenous Allied Health Assistants (AHAs) are essential in supporting caregivers. They can:

- **Connect families with health services and aged care services** – providing a bridge between caregivers, care recipients and the health and aged care services.
- **Educate and facilitate in areas of health promotion, chronic disease management and nutrition and lifestyle guidance.**
- **Emotional support** – including check-ins with caregivers who may be experiencing stress or grief.
- **Support balancing caring obligations with community responsibilities.**
- **Offer spiritual and cultural support**-including interpreter and translation.
- **Provide advocacy** including within a multidisciplinary health care setting.

11.5 Palliative care

Palliative care and End-of-Life care for Aboriginal and Torres Strait Islander Peoples must be culturally safe and responsive, incorporating the social, emotional and cultural wellbeing of the person, their family and the community.

Several resources have been developed for Aboriginal and Torres Strait Islander Peoples.

<https://palliativecare.org.au/resource/aboriginal-and-torres-strait-islander-peoples-palliative-care-resources/>

<https://www.health.qld.gov.au/clinical-practice/referrals/statewide-specialist-services/pallconsult/first-nations-palliative-care-project>

<https://www.qaihc.com.au/resources/palliative-care-resources/pallconsult-end-of-life-care-support-service-for-clinicians>

<https://www.caringathomeproject.com.au/support-for-carers-and-families/resources-for-aboriginal-and-torres-strait-islander-families/>

<https://palliativecare.org.au/campaign/aboriginal-torres-strait-islander-discussion-starter/>

<https://www.ahmrc.org.au/resource-category/palliative-care/>

<https://www.health.gov.au/topics/palliative-care/planning-your-palliative-care/advance-care-planning>

<https://palliativecare.org.au/project/carerhelp/>

<https://healthinonet.ecu.edu.au/learn/health-system/palliative-care/>

https://pepaeducation.com/wp-content/uploads/2020/12/PEPA_CulturalConsiderationsFlipbook_Web.pdf

The Torres and Cape Hospital and Health Service provide a local palliative care service (Pop-Up Palliative care – PUPs). The team supports terminally ill Aboriginal and Torres Strait Islander people and their families from across the Torres Strait, and Northern Peninsula Area who wish to return home to pass away on country.

11.6 Advance Care Planning (ACP)

ACP is a process of discussing and documenting plans for future health care to ensure that the patients' values, beliefs and preferences are respected regarding medical treatment and care. ACP is important in ensuring that patients receive the care they want, improving ongoing and EOL care, improving satisfaction with care, and reducing anxiety and stress in relation to health care.

- ACP with Aboriginal and Torres Strait Islander peoples should empower the person and involve the family and community, where appropriate, in line with a family and community-centred approach.
- Various documents used to complete ACPs include:
 - an Advance Care Directive (ACD): a legal document that outlines the patients' preferences about their future health care.
 - Enduring Power of Attorney (EPOA): a legal document that provides chosen attorney(ies) with the legal authority to act for the patient and make decisions on their behalf. This includes decisions around finances, health, lifestyle and accommodation.
 - a Statement of Choices: not a legal document but a values-based statement that allows the client to record their values and preferences for health care into the future.

Some useful resources include:

<https://palliativecare.org.au/resource/discussing-choices-indigenous-advance-care-planning/>

<https://palliativecare.org.au/resource/aboriginal-and-torres-strait-islander-discussion-starter-booklet/>

<https://www.advancecareplanning.org.au/understand-advance-care-planning/what-is-advance-care-planning>

<https://www.advancecareplanning.org.au/understand-advance-care-planning/advance-care-planning-explained>

12. Dementia education and information services

12.1 HART Podcasts

HART produced locally developed podcasts over 4 episodes:



1. *Understanding Dementia*
2. *Diagnosing Dementia*
3. *Reducing Dementia risks*
4. *Dementia support*

The podcasts are free to access and can be found on the following platforms:

Spotify:

<https://open.spotify.com/show/4KDOrgjuJdrzMKEeLDCbbf>

Soundcloud

[Stream Let's Yarn! Ageing well in the Torres Strait | Listen to podcast episodes online for free on SoundCloud](#)

Apple

<https://podcasts.apple.com/us/podcast/letss-yarn-ageing-well-in-the-torres-strait/id1764182498>

11.2 Dementia Australia

<https://www.dementia.org.au/>

This organisation has many resources to provide education and information on Dementia. There are specific resources for Aboriginal and Torres Strait Islander Peoples.

<https://www.dementia.org.au/dementia-and-aboriginal-and-torres-strait-islander-people>

11.3 Dementia Training Australia

<https://dta.com.au/>

There are resources to support the care of Aboriginal and Torres strait islander People living with dementia.

<https://dta.com.au/?s=Aboriginal+and+Torres+Strait+islander+resources>

11.4 Caring for Spirit

<https://caringforspirit.neura.edu.au/>

This website provides accessible information, education and training for people living with dementia, their families and carers.

11.5 The Wicking Dementia Research and Education Centre

This centre runs free online courses such as “Preventing Dementia” and “Understanding Dementia”

<https://mooc.utas.edu.au/>