





## **VISION STATEMENT**

The South East Tasmanian Aboriginal Corporation (SETAC) exists to facilitate the empowerment of the Aboriginal people of South East Tasmania so that, through self-determination, we can make decisions that affect our lives and share in Australia's land, wealth, and resources, contributing equitably to the nation's economic, social, and political life, with full recognition of, and support for the ongoing enjoyment and development of our Indigenous cultural heritage.

#### **VALUES**

Accountability Doing the Right Thing

Excellence Developing Superior Skills and Abilities

Commitment Here to Stay

Resilience Empowerment in the Face of Adversity

Community Within + Outside SETAC

Respect Valuing Each Other

Ethical Our Deepest Values

Stewardship Honouring Our Culture





As a SETAC client, you have the right to:

- Be treated with dignity, respect, and cultural sensitivity.
- Access safe, inclusive, and high-quality services.
- Be involved in decisions about your care and give informed consent.
- Have your privacy protected and personal information kept confidential.
- Raise concerns or complaints without fear.
- Use an advocate or support person if needed.
- View your personal file (with one working day's notice).

## **CLIENT RESPONSIBILITIES**

As a SETAC client, you are expected to:

- Treat others with respect.
- Provide accurate information to support your care.
- Participate in your care and ask questions if unsure.
- Follow safety procedures and use equipment appropriately.
- RSVP to events and notify SETAC of cancellations (at least 24 hours in advance).
- Be ready for transport at the agreed time or advise if not needed.
- Report hazards, accidents, or unsafe situations immediately.





## **Primary Health**

SETAC runs a nurse-led, culturally safe clinic providing care for all ages, from babies to seniors. Services include:

- Child & family health
- Chronic condition management
- Health promotion & education
- Health screening
- Wound care
- Advocacy on health matters
- Allied Health Services

Our Clinical Team provides proactive care, wellness support, diabetic advice, foot care, referrals, and community development.

# Integrated Team Care (ITC)

A wrap-around program for managing chronic health conditions. Coordinators work with your GP, allied health, and specialists to help with care plans, follow-ups, medical aids, transport, and faster access to urgent or specialist care. Available to Aboriginal and Torres Strait Islander clients with a GP management plan and referral.

# **HEALTH SERVICES**

## **Aged Care**

SETAC supports Elders to live safely and independently at home in the Huon Valley and Channel regions through the Commonwealth Home Support Program. Services include home garden maintenance, social support, transport, and other brokered support arranged through your aged care provider.

**Aged Care Charter of Rights:** All SETAC clients receiving aged care have rights protected under the Aged Care Charter of Rights.

**Visit:** www.health.gov.au/our-work/aged-care/aged-care-rights-and-responsibilities

Scan:



# Home & Community Care (HACC)

The HACC program supports Aboriginal and Torres Strait Islander mob under 50, and other eligible individuals under 65, living with disability, chronic illness, or mental health conditions. SETAC provides personal care, domestic assistance, post surgical support, social support, and transport through this program.



SETAC partners with visiting specialists to bring free health care to you, mainly at our Cygnet clinic, with some services in Dover and Geeveston. Services include:

- Acupuncture
- Counselling
- Dermatology
- Diabetes education
- Footcare

- Hearing
- Kids Clinic
- Optometry
- Physiotherapy
- Remedial massage
- Speech Therapy

To book, call (03) 6295 1125, and we'll help you find the right service.

# **MOBILITY & FITNESS**

Join at Korunah, 7393 Channel Highway, for gentle physiotherapy classes designed to help older community members improve strength, balance, and confidence.

who	Men's Physio Fitness
WHEN	Monday 10:00 am-11:00 am

WHO	Mobility
WHEN	Friday 11:00 am - 12:30 pm

# **SOCIAL SUPPORT**

#### **Children & Youth**

Building strong roots for children, teens, and families. Programs support early childhood development, school engagement, nutrition, emotional well-being, and culture. Activities include playgroups, holiday programs, parenting support, and more.

# **Aboriginal Redress Support Services**

The National Redress Scheme helps people who experienced institutional child sexual abuse. It offers financial compensation, counselling, and the option for a personal apology.

SETAC provides trauma-informed, confidential, and judgement-free support to Aboriginal people applying to the scheme. We help you through every step, face-to-face, online, or by phone, so your voice is heard and your journey respected.

• Applications Close: 30 June 2027

• Program Ends: 30 June 2028

More information, visit: <u>www.nationalredress.gov.au</u>



## Rarynna Playgroup

For Aboriginal & Torres Strait Islander families with children 0–4 years. Play, learn, and connect.

**When:** Wednesdays, 10:00 am (except school holidays)

## **Tughrah Mabbyle**

Monthly lunches with the mob to catch up, share stories, and learn about culture, wellbeing, and healthy living.

When: Last Thursday of each month

# Men's (Palawah Poeita) & Women's (Lowanna Riawunna) Groups

Monthly gatherings to strengthen cultural connections, relationships, and wellbeing.

WHERE	Port Cygnet Cannery 60 Lymington Road
INFO	Check our Group Calendar on Facebook or in the monthly SETAC Newsletter.
JOIN	P. (03) 6295 1125 E. <u>reception@setac.org.au</u>

# **WORKING ON COUNTRY**

SETAC's Working on Country program supports

Aboriginal rangers in caring for our land and sea
Country, guided by Aboriginal knowledge and
perspectives. Activities include controlled burning,
habitat restoration, and protecting important sites.
The program also provides meaningful employment
and helps the community stay deeply connected to
Country.

## **CULTURE AND HISTORY**

Culture and history are part of everything we do, guided by an Aboriginal cultural framework.

During NAIDOC Week and Reconciliation Week, we reflect on shared histories and acknowledge the strength and resilience of Aboriginal and Torres Strait Islander peoples.

A significant cultural site is the Granny Smith Living History Museum in Nicholls Rivulet. The first services were held there in 1901 (124 years ago). Today, we continue to gather at the church, keeping her legacy alive and connecting past and present generations.



