

# Engaging community and enabling menopause care for Aboriginal peoples

Learnings from the NSW Menopause Initiative

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## Aim

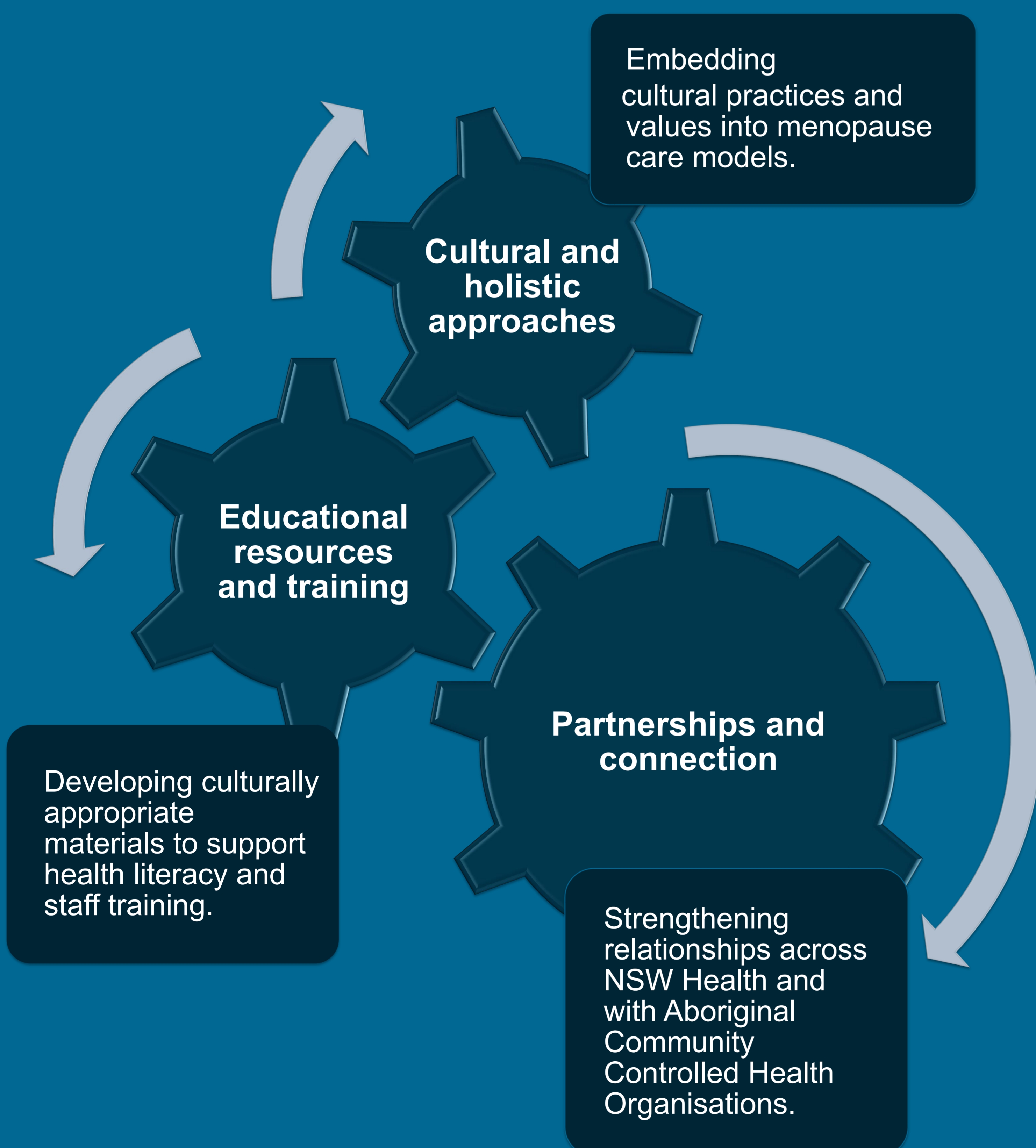
Increase access to care for Aboriginal women who transition through menopause to improve midlife health and close the gap in chronic disease burden.

## Method

- Sistapause (Statewide Aboriginal Working Group) was established to guide culturally respectful engagement.
- Yarning was used for storytelling, supported by the 8 Aboriginal Ways of Learning and the SOAR (Strengths, Opportunities, Aspirations, Results) frameworks to identify community-driven priorities and actions.

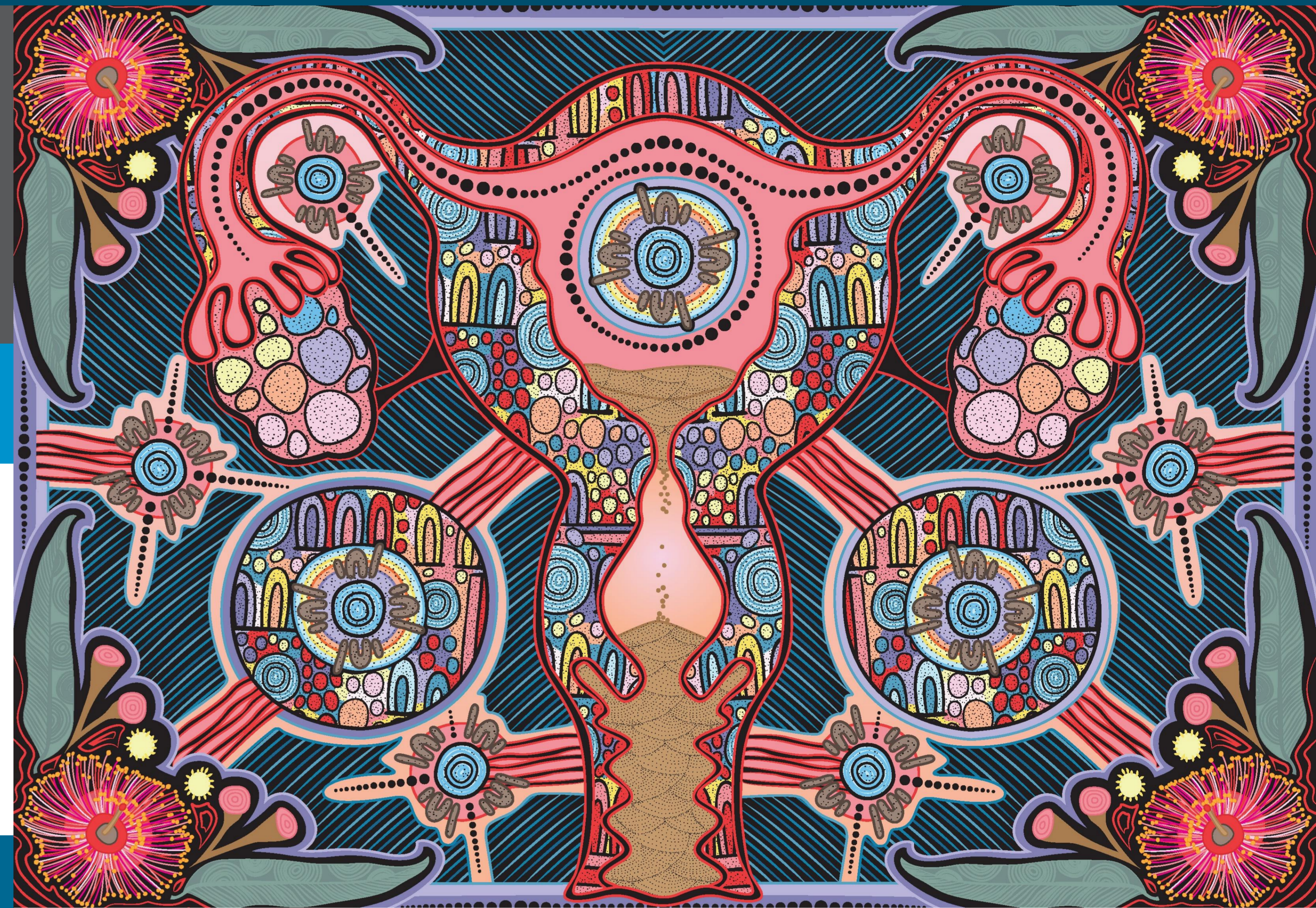
## Results

Three key themes were identified to guide implementation:



## Conclusion

Aboriginal women are accessing care for menopause and midlife health by implementing education and outreach services where women feel comfortable.



Aboriginal artwork developed to support the NSW Menopause Initiative titled by artist Carissa Paglino, from the Wanaruah nation, living and working on Awabakal country. The story of the artwork can be accessed through the website QR code below.

## Reflections

Cultural safety and engagement were enhanced using Aboriginal artwork and merchandise to support clinical yarning. Outreach and education were delivered where women already access care. An Aboriginal workforce network was established to foster peer support and shared learnings.



Engaging with Aboriginal communities takes time and is non-linear.

Storytelling and Aboriginal leadership builds trust with communities and peer support for non-Aboriginal staff.



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### Acknowledgements

Sistapause Working Group Members, Local Health District/Network project leads, clinical coordinators and clinical teams making connections and working with community to close the gap for Aboriginal women.

### Contact

For further information please see the ACI Statewide Menopause Initiative website via the QR code or contact [ACI-menopause@health.nsw.gov.au](mailto:ACI-menopause@health.nsw.gov.au)

