



Multicultural  
Aged Care

## CQ Wellness Checklist for Working with Older People

### 1. Person-Led Decision Making

- Older person is supported as an active decision-maker
- Cultural communication preferences are respected
- Interpreter is used where required
- Consent is obtained in a culturally appropriate manner
- Understanding is confirmed without pressure or rushing

Wellness Focus: Empowerment, dignity, informed choice

### 2. Strengths-Based Assessment

- Assessment identifies abilities as well as support needs
- Cultural strengths (family support, routines, traditions) are recognised
- Existing skills (food preparation, self-care, mobility) are documented
- Traditional health practices are discussed respectfully

Reablement Focus: Build on existing capacity

### 3. Culturally Meaningful Goal Setting

- Goals reflect what matters to the older person
- Cultural routines and religious practices inform goal setting
- Family involvement preferences are respected
- Goals support independence at home and in the community
- Goals are realistic, time-limited and measurable

Wellness Focus: Motivation, engagement, cultural identity

### 4. "Doing With" Not "Doing For"

- Support workers encourage participation in daily tasks
- Assistance is graded to promote independence
- Confidence-building strategies are used
- Tasks are adapted rather than replaced
- Cultural pride and dignity are maintained

Reablement Focus: Skill retention and independence

## **5. Communication & Engagement**

- Language needs are documented
- Interpreter use is embedded into service delivery
- Respectful communication style is used
- Non-verbal cues are recognised
- Trust-building is prioritised

Wellness Focus: Engagement, understanding, inclusion

## **6. Family Partnership**

- Family involvement is clarified with the older person
- Boundaries and roles are documented
- Family is engaged to support reablement goals
- Cultural expectations around caregiving are respected
- Independence is encouraged alongside family support

Reablement Focus: Collaborative support model

## **7. Cultural Nutrition & Daily Living**

- Food preferences are documented
- Culturally familiar meals support appetite and nutrition
- Religious dietary needs are respected
- Meal preparation skills are encouraged
- Nutrition supports wellness goals

Wellness Focus: Healthy ageing and routine maintenance

## **8. Health Literacy & Medication Safety**

- Health information is explained clearly
- Use of herbal remedies is discussed
- Medication interactions are monitored
- Education is culturally appropriate
- Understanding is confirmed

Reablement Focus: Self-management and safety

## **9. Cultural Safety in Personal Care**

- Gender and privacy preferences are respected
- Touch boundaries are observed
- Personal dignity is maintained
- Consent is sought before physical support
- Cultural comfort is prioritised

Wellness Focus: Trust and emotional safety

## 10. Social Participation & Community Connection

- Participation in cultural celebrations is encouraged
- Community groups and Vietnamese networks are promoted
- Isolation risk is monitored
- Social goals are included in care planning
- Cultural belonging is supported

Reablement Focus: Social wellbeing and community engagement

## 11. End-of-Life Preferences (Where Relevant)

- Cultural beliefs are discussed early
- Family and spiritual preferences are documented
- Home-based preferences are respected where possible
- Cultural mourning practices are supported
- Advanced care planning is culturally sensitive

Wellness Focus: Dignity and respectful planning

## 12. Review, Monitoring & Documentation

- Goals reviewed regularly
- Progress toward independence documented
- Cultural needs updated
- Changes in capacity addressed
- Care plan adjusted accordingly

Reablement Focus: Continuous improvement

## 13. Workforce Capability & Resources

- Staff trained in cultural competence
- MAC Library resources utilised
- Cultural briefings available to staff
- Interpreter services embedded
- Practice reflects MAC Diversity Framework

Wellness Focus: Workforce quality and sustainability



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