



**UNSW**  
SYDNEY



## Ageing well: First Nations Peoples

**Community driven, multidisciplinary research is critical to generate solutions to improve the health of First Nations Peoples through the life-course, drawing on the strengths and experiences of Elders and guided by First Nations research methodologies and leadership.**

### Competitive advantage

- Contributed to the global understanding of First Nations health and ageing for over a decade
- Holistic social, spiritual and emotional approaches to ageing well
- Collaborative approach seeks solutions to community priorities through research and knowledge exchange

### Impact

- Clinical and public health improvements in the wellbeing of older First Nations peoples
- Co-creation, development and evaluation of feasible, evidence-based capacity-strengthening programs and services that reflect community priorities

### Successful outcomes

- Aboriginal community led co-creation of a fall-prevention program that reduced fall risk factors and improved health and wellbeing
- Development of community partnerships to co-design impactful research

### Capabilities and facilities

- Epidemiology and statistical analysis of First Nations Peoples' health and wellbeing, including enhancing data quality and its use to guide policy and service provision
- Promotion and measurement of empowerment and well-being among individuals, families, organisations and communities
- Enhancement of Primary Health Care and Mental Health, Drug and Alcohol, Justice Health and other programs and services to achieve better health and well-being outcomes
- Integrated service delivery, promotion of culturally safe models of health care for First Nations populations

### Our partners

- Yuwaya Ngarra-li: a community-led partnership between the Dharriwaa Elders Group, Walgett, and UNSW
- Indigenous Marathon Foundation

### More Information

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