

Young Aboriginal People's Perspective on Access to Health Care in Remote Australia: Hearing Their Voices

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What Is the Purpose of This Study?

- To find out what helps and hinders adolescent and young adult Aboriginal people in seeking health care at a remote Western Australian Aboriginal Community Controlled Health Service.
- To improve access to health care in this group of young people.

What Is the Problem?

- Young Australian Aboriginal people experience poor health outcomes but have low use of health care.

What Are the Findings?

- The young people interviewed valued good communication and relationships with health care staff, and identified that local, long-term Aboriginal staff were best placed to provide this.
- Confidentiality was very important to the participants, as well as staff with the same gender as the participants.
- Shame was a barrier to seeking health care.
- The participants identified that health education and promotion for young people was important.

Who Should Care Most?

- Community members and primary health care managers who establish primary health facilities for people who are underusing health care services, particularly young people.
- Primary health care stakeholders involved in staff recruitment, retention, and training.
- Young people who need to access health services.

Recommendations for Action

- Primary health care providers should be involved in health promotion and education targeted to young people.
- Primary health care facilities should be intentional in recruiting, training and retaining appropriate staff to work with young people.
- Good communication and strong relationships should be emphasized in the provision of health care services.