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To our youth,

This booklet "Your Future, Our Health - Footsteps towards Health Careers for Young Koories" was written to give you, our young people, the information & hopefully the inspiration to get you thinking about a career path in health.

As Auntie Melva Johnson says, 'Whatever your special interests or the educational level you reach at school, and whatever area of Victoria you live in, there's a job in health for you. Aboriginal community controlled health services across the state need your skills, commitment and energy.'

Foreword: Melva Johnson, Chairperson of VACCHO

Happy reading and we hope to see you in at VACCHO, 5-7 Smith Street Fitzroy, to yarn about a career in health.

Yours in health,

Glenys

Glenys Watts, Workforce Project Manager VACCHO

N BY LAURA THOMPSON & FIONA MOOR

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This is a project of the VACCHO Workforce Project, the Victorian component of the NACCHO Recruitment and Promotions Program, coordinated by Glenys Watts.



VACCHO is pleased to acknowledge the

Coordinating Unit for Rural Health Education in

Victoria (CURHEV) for their funding and support,
in particular their placement of Fiona Moore at VACCHO.

Over the past eighteen months, the VACCHO/CURHEV

partnership has worked collaboratively on a

number of initiatives to improve health outcomes

for Aboriginal communities in Victoria.



FOREWORDS

In January 1997, the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) employed Glenys Watts as Workforce Project Manager to work towards the National Aboriginal Community Controlled Health Organisation's (NACCHO) Recruitment & Promotion Project. This is a nationwide program that aims to build a workforce in Aboriginal health.

The program has initiated a number of strategies to strengthen and skill-up our existing health workforce and attract more of our people into health careers. We are particularly keen to get Koori people into our Aboriginal health services as the most effective way to improve retention rates, ensure culturally appropriate services and generate employment.

This booklet was written to give our young people the information - and hopefully the inspiration - to get them on a career path in health. We have included interviews with some young Koories who are already making a wonderful contribution to improving the health of our communities. Their comments drive home the message: you can make a difference.

Whatever your special interests or the educational level you reach at school, and whatever area of Victoria you live in, there's a job in health for you. Aboriginal community controlled health services across the state need your skills, commitment and energy.

I hope you'll use this booklet and follow up on its suggestions.

Melva Johnson, Chairperson of VACCHO

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The Coordinating Unit for Rural Health Education for Victoria (CURHEV) is delighted to be associated with the production of this guide for Koori secondary school students and other young people who may be interested in health-related jobs.

A few years ago CURHEV produced a booklet titled *A Great Career Where You Live* which informed secondary school students in rural and remote Victoria about their career options, and showed that you don't have to live in the city to work in a health profession.

Your Future, Our Health: Footsteps towards health careers for young Koories has taken this information further, by more than doubling the range of health jobs that have been included and targeting it specifically at young Koori people - in both rural and metropolitan communities.

Congratulations to VACCHO for taking on this very important project. We hope that Koori students will find this directory useful and look forward to seeing more Aboriginal people in all areas of the health professions in the future.

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This project has been developed through the VACCHO/CURHEV partnership that we hope will continue to grow into the future. Congratulations to Glenys Watts, Fiona Moore, Laura Thompson and everyone else who has contributed to this booklet.

Elizabeth Lavender, Chair of Pre-Tertiary Sub-Committee, CURHEV



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Thank you to the young Koori people who agreed to be interviewed for this booklet. Their stories add personal insight and real life experience that we enjoyed and learned from - and hope others will too. They are: Karen Adams, Tanya Aitken, Salina Bernard, Lisa Briggs, Megan Briggs, Nicole Casser, Paula Crilly, Simon Holmes, Dean Jennings, Scott McCartney, Justin Mohammed, Jimi Peters, Paul Stewart and Marc Williams.

Thanks too, to Di Wyatt and the Coordinating Unit for Rural Health Education in Victoria for their participation and support, financial and otherwise, for this project.

And finally, a special thanks to Nicole Tye who researched information for this project while on her cadetship placement with the Office for Aboriginal and Torres Strait Islander Health (OATSIH). Thankyou to Nancy Walke, State Manager of OATSIH, for making Nicole available.

In writing this booklet, we relied heavily upon the Job Guide for Victoria 1999, published by the Department of Education, Training and Youth Affairs. In future years we hope we can up-date this booklet in partnership with them.

Fiona Moore
Laura Thompson
Glenys Watts

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Glossary @ Abbreviations G

ABSTUDY - Abstudy is an allowance which helps Aboriginal and Torres Strait Islander people who want to stay at school and go on to further education. More information see page 8

ATAS - Aboriginal Tutorial Assistance Scheme helps Abstudy students, by providing a tutor to help you with your work.

More information see page 8

Bachelor - the undergraduate level of study at university which gives you a degree.

Classification - the title or level of a job covered by an award agreement.

ENTER - Equivalent National Tertiary Entrance Rank which replaced TER (Tertiary Entrance Rank) in 1998. This score ranks students' performance. For example, if your ENTER was 75.00 that would mean that you performed better than at least 75 % of the other students who did their VCE that year.

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F/T - Full time

Graduate - A name given to students after they have completed their studies successfully.

HECS - Higher Education Contribution Scheme which covers course fees (you either pay this up-front or when you've started work and are earning a reasonable income).

Honors - Further study undertaken once you have completed a degree. Usually, focusing specifically on one particular area, relating to the degree already held.

ary & Abbreviations Glossary & A

Major - An area of study that you focus on during your course, representing a principal interest in the area.

Masters - a post-graduate degree, following a Bachelors (undergraduate) degree at university

Post-graduate - Study at university once you have already completed a degree.

Prerequisite - A subject or qualification required to be able to do a particular course of study.

P/T - Part time

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RPL - Recognition of Prior Learning - what you can prove that you already know. Credit given to previous experience or training used for entry to, or credit towards, further study.

TAFE - Technical and Further Education (usually at a local college). In some states it means Training and Further Education.

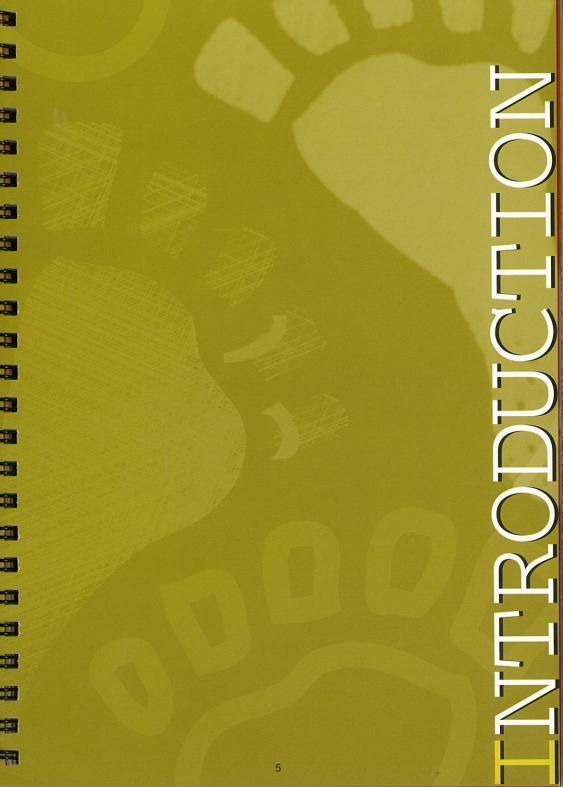
TER - Tertiary Entrance Rank - this was replaced by ENTER (Equivalent National Tertiary Entrance Rank) in 1998. Entry into some courses is determined by your score.

Tertiary - Education undertaken after completing secondary school.

Traineeship - a system where a person is paid to work in a job, under supervision, and do some relevant study.

VCE - Victorian Certificate of Education - year 12

VTAC - Victorian Tertiary Admissions Centre



Soon you'll be finishing up at school and perhaps you're still confused, or haven't quite made up your mind about what sort of work you'd like to do in the future.

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Have you ever thought about a career in health, perhaps working at your local Aboriginal health service?

Working in health doesn't just mean being a doctor or a nurse. You don't have to have achieved fantastic marks in your VCE and you don't necessarily need to do years of study. Nor do you need to leave your family and community to take on a health career – the training and job opportunities might be found right where you live.

You'll probably be amazed at just how many different sorts of jobs there are in health, including at your local Aboriginal health service. The jobs are as varied as the people in them and there are lots of ways you can contribute to improving the health and well being of your community.

Whether it's as a dentist or dental assistant, a driver or administrator, an Aboriginal health worker or in health promoter, a sports coach or physiotherapist – there's a good chance that you'll find something here that interests you.

In this booklet we've tried to include as many jobs as we can. You'll find information about jobs that are only found in Aboriginal health services, as well as mainstream jobs in hospitals, clinics, industry and research.

You'll find jobs that you can enter straight from school, jobs that require a TAFE course and jobs that you'll need to do a degree at university for. We've also included information about the various support programs that have been set up to help Aboriginal people like you to go on to further study.

By working in health you can help yourself and help your community. There's plenty of interesting jobs out there and one is sure to suit your personality and interests.

The days when people went into a job straight from school and stayed there until they retired are long gone. No decisions are final and it's estimated that many people change career paths up to five times in their lifetime.

Alongside factual information about what different jobs are like and the training you need to do to get them, we've included a number of real-life interviews with young Koories who are working in a range of health careers. Their lives have taken many twists and turns along the way and they're still thinking about new skills and challenges.

It's all a matter of taking that first step.



What sort of job would suit me?

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Think about the sorts of activities you enjoy doing most of all - perhaps it's playing sport, talking to people, reading and researching, making things, fixing things or babysitting your sister's children.

Look for a job that relates to your hobbies and special interests. Let's say you enjoy babysitting, then you could be an Aboriginal Health Worker specialising in working with young children. Or if you're particularly keen on netball or football, look up the information about becoming a sports coach, a physiotherapist, a sports masseur or a dietitian.

Everyday duties like housecleaning, shopping or driving are all skills that could get you a job at an Aboriginal health service. Drivers, for instance, are often employed to take patients to medical appointments. Home and Community Care (HACC) workers cook, clean and generally care for Elders, people with disabilities or others who need personal care and practical assistance. They play a vital role in keeping people healthy and able to stay out of hospitals or institutional care.

What if I don't want to study any further, are there still health jobs for me?

There are some jobs you can do without formal qualifications. Some of these positions will offer on-the-job training or encourage you to study part-time (maybe by paying your course fees or giving you some time off each week to attend classes). However, the range of jobs is much greater if you are prepared to do some further study – whether it's a short TAFE course or a number of years at university.

If you are looking to go straight into a job, try the following:

- Check the notice boards at your Aboriginal health service and other Aboriginal community organisations.
- Look at the employment section in your local papers, The Herald Sun (including the hospital/medical vacancies) and the Koori Mail.
- Take the direct approach and contact the Chief Executive Officer or
 Administrator, by phone or letter. Even if they've got nothing at the moment,
 you may be kept in mind for future work as you have showed initiative and
 willingness to work.
- Call into the Centrelink office in your area and use their touch screens.

- Ask around your friends and family.
- Ring the Workforce Projects Manager, Glenys Watts, at VACCHO phone (03) 9419 3350. She often knows of jobs going at Aboriginal community controlled health services and can give advice on health careers, work experience placements, health traineeships and apprenticeships.
- Traineeships are really worth looking at for a range of jobs in health and also sport. A traineeship is normally a 12 month employment program combining paid practical work experience with formal off the job training.
- Ask the Careers Teacher at your local high school for assistance. That's their job and sometimes they will help you even if you've already left school.

Support Programs for Aboriginal Students

Perhaps you're the only one in your family who has ever tried to go to university. Unfortunately there are still way too few Aboriginal people who successfully complete tertiary study. To build up the low numbers of Koori students in higher education and in recognition of the special difficulties you may face in getting there, there are a number of special programs and services to support you in your studies. Some of these are listed here:

ABSTUDY:

Money is available for Aboriginal students. It is government funding paid to full-time students studying an ABSTUDY approved course.

To receive an Abstudy claim form and information guide, contact Centrelink on 132 317.

ATAS:

Aboriginal Tutorial Assistance Scheme helps ABSTUDY students by providing a tutor to improve your study skills and help with course assignments. If your application is approved you are entitled to up to 2 hours per week per subject of tutoring.

Contact details: through Centrelink on 132 317.

Aboriginal Liaison and Support Units

An Aboriginal support and liaison person or unit is located within most universities and TAFE colleges. These units and staff aim to make your stay at uni or TAFE more enjoyable. They can help you with all the enrolment procedures and can act on your behalf if you need to take up matters with the administration or course lecturers. They also play a part in developing courses that are about Aboriginal people, their history, culture and community issues.

General information about applying for courses

How do I apply to go to university or TAFE? What happens if my school results are not good enough?

The application procedures of the different universities and TAFE colleges vary a lot between each institution. Aboriginal and Torres Strait Islander students are normally encouraged to apply – there is such a need for trained and qualified Koori people, especially in health - so it's not always based solely on your VCE ranking score (ENTER). If your ENTER falls below the cut-off for the course you're interested in, it's still worth applying through the Aboriginal Support and Liaison Unit (Contact details page 114). There are special application forms for Aboriginal and Torres Strait Islander people. Entry to some courses is also based on an interview or letter, so your personal qualities and experience will count as well as your academic results.

Recognition of prior learning

If you've already completed some subjects at a university or TAFE college, you might be able to get credit for them. This may reduce your work load or the length of your course. Recognition of prior learning can also apply to skills that you've developed through working in a related job. The Koori Support and Liaison Unit at the university or TAFE college should be able to help you negotiate this. (See page 114)

If you left school early -

Many university and TAFE courses are flexible enough to recognise previous work and life experience as well as academic qualifications. You may need to do a bridging course to polish up your writing and study skills or just have some extra tutoring (see details about the ATAS - page 8). You can also do catch up courses in subjects like maths, physics and chemistry which are needed for some health courses.

Is there an age limit?

People of all ages are encouraged to take up further study. If you are over 21 (sometimes 24), you are called a mature age student and course entry requirements may take more account of your work and life experience. Many universities and colleges have special support officers to help mature age students juggle the competing demands of study, family and work.

Your Careers Teacher

The Careers Teacher at your school should have all the relevant information about courses and application procedures. If they don't already have the specific information that relates to Koori students, ask them to get it for you. Don't forget – there are special entry points for Aboriginal and Torres Strait Islander students that you are entitled to use.

Work in Aboriginal health community controlled health services

Most areas of Victoria (and Australia) have their own health service run by and for the local Aboriginal community.

Some of these are very small organisations, employing just a couple of Aboriginal Health Workers and/or nurses. Some of these organisations work on health business alongside other Aboriginal Cooperative functions such as housing, children's programs or Community Development Employment Programs (CDEP). Others are large stand-alone health services that offer a wide range of medical and specialist programs.

An example of a small service is the Bung Yarnda Lake Tyers Aboriginal Trust in East Gippsland. Bung Yarnda runs a number of programs to assist its community members, but only has one Aboriginal Health Worker and one Community Nurse.

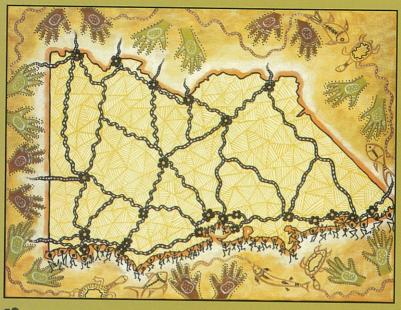
In contrast, the Victorian Aboriginal Health Service in Fitzroy is the biggest Aboriginal community controlled health organisation in Victoria. Currently it employs about eighty staff, including both general and specialist Aboriginal Health Workers, doctors, dentists, therapy assistants, administrative workers, cleaners and drivers.

All of the Aboriginal health services in Victoria are members of VACCHO – the Victorian Aboriginal Community Controlled Health Organisation. VACCHO is the statewide umbrella body that coordinates their activities and represents their interests to government. There'll be a VACCHO member organisation not too far from wherever you live in Victoria. Have a look at the map on page 12.

Here is a list of the VACCHO member organisations and their telephone numbers:

Ballarat & District Aboriginal Cooperative	Ballarat	5331 5344
Bunurong Medical Centre	Dandenong	9794 5933
Central Gippsland Aboriginal Health & Housing Co-op	Morwell	5134 1323
Corranderk Koori Cooperative	Healesville	5962 5839
Dhau Wurd-Wurrung Elderly Citizens Association	Portland	5521 7535
Dja Dja Wrung Aboriginal Cooperative	Bendigo	5441 5367
Enmaraleek Incorporated	Dallas	9302 2742
Gippsland & East Gippsland Aboriginal Cooperative	Bairnsdale	5152 1922
Goolum Goolum Aboriginal Cooperative	Horsham	5382 5033
Gunditjamara Aboriginal Cooperative	Warnambool	5561 5954
Kirrae Community Health Service	Purnim	5567 1270
Koori Diabetes Services	statewide	9482 9211
Lake Tyers Aboriginal Trust iBung Yarndaî	Lake Tyers	5156 5554
Mildura Aboriginal Cooperative	Mildura	5022 1852
Moogi Aboriginal Council East Gippsland	Orbost	5154 2133
Mungabareena Aboriginal Corporation	Wodonga	0260 247599
Murray Valley Aboriginal Cooperative	Robinvale	5026 4329
Ngwala Willumbong	St Kilda	9510 3233
Njernda Aboriginal Cooperative	Echuca	5482 3075
(Health House)	Echuca	5480 6254
Ramahyuck District Aboriginal Cooperative	Sale	5143 1644
Rumbalara Aboriginal Cooperative	Mooroopna	
	/Shepparton	5825 2333
Swan Hill & District Aboriginal Cooperative	Swan Hill	5032 2964
Victorian Aboriginal Health Service	Fitzroy	9419 3000
Wathaurong Aboriginal Cooperative	North Geelong	5277 0044
Winda Mara Aboriginal Cooperative	Heywood	5527 2051





prepresents VACCHO member organisation.

Artwork by Lyn Briggs.

LISTING OF HEALTH JOBS

There are too many different jobs in health-related areas to attempt to provide detailed information about every single one. What you'll find here is wide range of jobs both in Aboriginal community controlled health services and in mainstream hospitals, community health services, specialist clinics and private practice.

Each year new courses are starting up and old courses change, so after 1999 you'll need to check the specific details listed under each job. Ask your Careers Teacher and/or get a copy of the VTAC Guide and DETYA Jobs Guide that should be available from your local newsagent. We've listed the course prerequisites as they appear in the Jobs Guide, but don't forget to check with the Koori Liaison Unit at the relevant university or TAFE college, because alternative pathways and entry points may be possible.

We've listed each job under a general subject area. Hopefully this will make it easier for you to go straight to the sorts of jobs that appeal to you most.

Aboriginal
Health Workers

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Hospital Liaison Officers Aboriginal Health Workers are the first points of contact for many patients at an Aboriginal health service. They're the "on the ground" workers who deliver culturally appropriate health services to Aboriginal people and contribute to improving the health of the local community. Aboriginal Health Workers have a holistic view of health. This means that being healthy doesn't just mean not being sick but includes a person's physical, emotional and spiritual wellbeing – and that of their family and community as well.

Aboriginal Health Workers do a wide range of jobs. Some Aboriginal Health Workers look after everyone's health while others specialise in a particular area such as drug & alcohol work, women's health, youth programs or mental health. These roles however, are not limited by their position, workplace or employment hours. Most Aboriginal Health Workers say that they'll do whatever is required - whether it's written in their job description or not, to help a patient and their family.

Some of the common duties done by Aboriginal Health Workers are:

- Helping Aboriginal people to use mainstream services, talking on the patient's behalf (if necessary) and supporting them in their dealings with specialist doctors or hospitals, where they may not feel comfortable or confident about what is happening to them.
- Providing transport and practical assistance in getting medical treatment.
- Counselling, providing emotional and practical support to the patient and their family.
- Clinical work such as taking blood pressures, assisting with injections or bandaging an injured person.
- Office work such as keeping patients' medical records, ordering medical supplies and writing reports and submissions.
- Making appointments and reminding patients about specialist appointments.
- Developing and delivering new programs.

- Providing outreach and home visiting services.
- Health promotion and community education about health and lifestyle issues.
- Sterilising instruments and making sure that the surgery is clean.
- Working with a pharmacist supplying medication for patients, once prescribed by the doctor.

These are just some of the jobs Aboriginal Health Workers do every day. They are truly multi-skilled health professionals.

While still working in a holistic way, specialist Aboriginal Health Workers focus on a particular area such as:

Drug and Alcohol - Aboriginal Health Workers who counsel and assist members of the community who have problems with substance misuse. They develop action plans with the patient and his/her family to help in recovery. They also do a lot of outreach, as many people with drug and alcohol problems won't come into the health service.

Men's health - Aboriginal Health Workers who develop activities, networks and special programs to support Aboriginal men to become healthy and to deal with issues about their role in the family and community.

Mental Health/Emotional and Spiritual Wellbeing - Aboriginal Health Workers who provide counselling and other appropriate support in these areas. Outreach work in the community, and with the whole family, is an important part of the job. They may also need to refer people to other mental health agencies and assist Koori people who are in psychiatric hospitals and institutions.

Sexual Health - Aboriginal Health Workers who educate the community about sexually transmitted diseases, including HIV/AIDS, and support Koori people in getting appropriate medical treatment and social support. They work particularly with gay Koori people and encourage sensitivity and understanding in the general Koori community about gay issues.

Women and Children - Aboriginal Health Workers who provide education, health promotion and many different support programs of support for the Koori community about issues surrounding women and children's health. These might include Boorai (baby) classes, contraception advice, pap tests and breast screening

programs. Aboriginal Health Workers work closely with midwives, maternal and child health nurses and other health professionals, helping them to deal with patients in a culturally sensitive manner.

Eye or Ear Health Workers - Aboriginal Health Workers who work alongside doctors and health specialists such as optometrists (eye) and audiologists (ear), doing the initial health screening and testing of patients. They also inform and educate community members about how to take good care of your eyes or ears.

What sort of person makes a good Aboriginal Health Worker?

An Aboriginal Health Worker has to be caring, compassionate and committed to improving the health of the Koori community. You need to be prepared to work irregular hours and be flexible about what tasks you're called upon to do. You will need good communication skills. You must understand your community and be able to cope with stressful situations.

Where can I work?

Most Aboriginal health services in Victoria employ at least one Aboriginal Health Worker. The bigger the service the more Aboriginal Health Workers are employed. See the list of Victorian Aboriginal community controlled health services on page 11.

What training do I need?

Until 1989 (when it closed), most Aboriginal Health Workers trained at Koori Kollij and Victoria led the way in culturally appropriate education for health workers. At the moment, most Aboriginal Health Workers in Victoria are trained on the job through in-house training and skill-sharing with other, more experienced, Aboriginal Health Workers. Sometimes they do short courses in specific areas of health need (for example, in managing asthma, diabetes, or eye health). Many Aboriginal Health Workers have already done some mainstream health training, such as nursing or a welfare course.

All this will change soon because the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) is in the process of setting up an Aboriginal Health Worker course for Victoria. Hopefully the course will be running by the start of 2000 and will be offered at a number of campuses across Victoria so students won't have to travel outside their regions. This course will also lead into other tertiary education for health careers.

ABSTUDY approved Aboriginal Health Worker courses are currently available in other Australian states and territories.

Koori Hospital Liaison Officer

A Koori hospital liaison officer is employed by mainstream hospitals and health services to raise staff awareness about the particular needs of Aboriginal clients and their families. They aim to make the Koori patient's experience at a mainstream health service as comfortable and non-threatening as possible. They try to ensure that the Koori patient has all the information about their medical condition, treatment options and rehabilitation so that they can make an informed decision about their health care.

The Koori hospital liaison officer often acts as a "go between" between the Koori community and the mainstream health service - to encourage the community to use that service and to ensure that services are delivered in a culturally appropriate way. To assist this process, they may run cross-cultural education on Koori issues for health care staff and students.

What kind of person makes a good Koori hospital liaison officer?

You need to have a good understanding of Koori culture and health issues and to be well accepted by the local Koori community. Good communication skills are essential, as you must be able to put Koori people at ease in what may feel like a scary and unfamiliar environment. You also need to be able to communicate well with hospital administration staff and health professionals. You need to be assertive and stand up for the Koori patient, without losing your cool, if a conflict arises.

What training do I need?

There is no specific course available for the Koori hospital liaison officer role. Previous experience in the health care area is the main requirement along with an understanding of the local Koori community, culture and health issues. You'll also need a good knowledge and understanding of hospital regulations and procedures.

Tanya Aitken
23 years old
Aboriginal Health Worker
Winda Mara Aboriginal Co-op
(Heywood, Victoria)
Part-time 3 days per week.

Since I was young girl, I've always wanted to be a nurse.



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So after completing my VCE, I began a Registered Nurse course at Deakin University in Warrnambool. I deferred this course because I found it to be too difficult.

I later started a one-year TAFE course to become a Division Two nurse. I completed this course and was employed by Winda Mara Aboriginal Co-op as an Aboriginal Health Worker. At the moment while I am working, I'm doing a Visual Arts degree at Deakin University in Geelong. I'll graduate in October of this year.

While I'm on the job at Winda Mara, I've continued my training in the health area. I've done clinical placements and I've learnt more about specialist areas such as eyes, ears and diabetes. I also hold a recent first aid certificate.

I've always wanted to work in health because I like caring for people. My job as an Aboriginal Health Worker allows me to chat with Elders and work with the community. These are aspects of the job I really enjoy. My job often requires me to work a lot of over-time as there is just so much work to do. My duties - just to name a few - include setting up programs, home visits and taking patients to see specialists.

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Simon Holmes

Adolescent Mental Health Outreach Worker Victorian Aboriginal Health Service (VAHS)

After finishing high school, I got a traineeship at the VAHS and undertook a certificate in Office Administration and Computer Programs at TAFE. When the traineeship finished I stayed at the VAHS working on the medical reception desk, as a Health Worker, and later I got the job of an Adolescent Mental Health Outreach Worker - all the time still going to school and studying. This can be difficult, but going to school reinforces a lot of the work that you're already doing and it teaches you skills and information that you can bring back into the work place. I did a one year Graduate Diploma in Health Promotions at Sydney University. I'm also halfway through a course in Aboriginal Health at Western Australia University.

My job as an Adolescent Mental Health Outreach Worker involves working with young people and providing support services and help to those in need. My outreach work takes me everywhere.

but I go mainly to
places such as Turana
and Juvenile Justice
Centres. I liaise
with other mental
health specialists as
well as other program
workers here at VAHS.
I really enjoy doing



this type of work because I hope to make a difference in the lives of some Aboriginal youth who are in trouble or experiencing difficulties.

I would encourage kids into a career in health as there are many options and avenues for employment. Working in health also teaches people to better look after their own and their family's health and well being.



NOILIVALISINI CLAMENT ANAGEMENT

In this section we have focused on the range of administration and management jobs which can be found in Aboriginal health services. Many of these positions will also be found in mainstream health services and hospitals. The training details we've provided here are relevant to both Aboriginal and mainstream settings.

The size of the administration section of your local Aboriginal health service will depend on the level of funding and what positions are needed to keep the service running smoothly.

There are many different roles in running a service effectively: the Chief Executive Officer (CEO), program managers and coordinators, people dealing with the financial accounts and receptionists - to name just a few. All these staff play an important part in the day to day functioning of an Aboriginal health organisation.

Managers

The Chief Executive Officer (CEO) has the overall responsibility for the organisation.

Program/Project Managers and Coordinators have responsibility for managing particular services within the organisation.

People in management positions are responsible for ensuring that the service or program is running effectively and meeting its target goals on time and within the budget. These jobs involve coordinating, supervising and supporting other staff.

What sort of person makes a good manager?

A good manager (or boss) should be able to lead and inspire other people, to support and bring out the best in their staff. They need to be very well organised, cool-headed and be able to communicate effectively - both directly with other people and in writing.

A manager is often the public face of the organisation, representing the health needs of the local Aboriginal community to other agencies (e.g. hospitals, community services or local council) and government. This is particularly true of CEOs, so they need to be confident, articulate and have a strong understanding of the relevant issues.

What training do I need?

Many people working in management positions at your local Aboriginal health service have got there through years of experience and on the job training. They usually have moved up the ranks. For example, they may have started as a project officer or health worker and taken on further responsibilities and promotion, as they grew in skills and the senior positions became available.

However, there is a specific course in health management available at La Trobe University (Bundoora), 3 years full time. Also your local TAFE college will offer various management courses. These courses are recommended, as they will prepare you for the job and provide the specific skills training that you can then apply to your local setting. VACCHO is also currently developing training programs for existing managers and administrators of its member organisations.



Justin Mohammed 28 years old General Manager Rumbalara Aboriginal Cooperative

I grew up in Queensland and did most of my schooling there. I didn't enjoy school all that much and at the conclusion of year 10, I was seriously considering leaving. My parents said that they would only allow

me to leave school if I got a job. So in the school holidays I looked for employment and I began a panel beating apprenticeship, which I continued to do for six years.

My family and I made a decision to move to Shepparton in Victoria. I did a bit of panel beating in Shepparton before applying for the job of Aboriginal Liaison Officer with the local Council. I saw the job advertised and I just

went for it. I never expected to get it, but I was successful and worked in this role for eight months.

I then worked for two years as a juvenile justice worker, while I continued with further study at TAFE. During this time I did a lot more administrative type work - for instance, writing submissions. I found that this kind of work appealed to me and I decided that I would like to advance in the administration area. I sometimes made mistakes in the job, but I learnt from these.

A community development position came up at Rumbalara Cooperative that I applied for and was successful. While I was employed in the community development role, the CEO at the time fell ill and I was asked to fill this position for a couple of weeks. In a way, I was fortunate to be picked up and thrown in the deep end, as I learnt to deal with things the best I could.

Whilst working in this role I completed a two year diploma in management.

This course made me look at the job I was doing from another perspective. I learnt different techniques to deal with conflicts, plus much more. I found that I could use my experience on the job to help me with school and vice versa.

Eventually, when the General Manager position was advertised, I applied. Even with the on the job experience and skills I had gained in my Health Services Manager appointment, I was still hesitant. I wasn't sure if I was the right person and ready to be doing this job on a full-time basis for a long period of time.

I went for the position anyway and got the job. I don't regret it. My job is great as we are very much involved with the Aboriginal community. We work towards providing programs and services to try and play a small part in improving the quality of lifestyle - in a health sense - of Aboriginal people in the area. Other aspects of the job I enjoy are negotiating for funding and bringing resources into the area. Planning and seeing the programs grow is also very rewarding, along with meeting new people.

My job can be frustrating and hard at times. Sometimes there is no solution to the problem and you can only do so much to help someone because of the provision of funding and services. You're also faced with making some hard decisions on behalf of the community or an individual. For example, we may have three families in desperate need of housing and only one house available. I try to remain open and honest at all times, keeping the community informed of issues. People seem to get upset, frustrated and angry when they're kept in the dark, avoided or not told the reasons behind decisions.

I'd still like to study management on another level, maybe get a degree, so I can have a bit more education backing me. I was offered a scholarship to do a Masters of Public Health three years full time in Melbourne, but I pulled out at the last minute.

MILITARY I

I guess I'm lucky to be where I am today, but I've never been afraid to take on new challenges. I've given everything my best go. That's all you can really do: be willing to give your all and work to the best of your ability.

Dean Jennings 25 years old Office Co-ordinator/Personal Assistant Koorie Diabetes Service

I didn't know what I wanted to do when I was at school. I just stayed at school till I got a job and then I left. In year 10 I was employed by Telstra as an apprentice business technician and I stayed with them for seven years. I've also worked in education and with young people and police.



I've now been working at the Koorie Diabetes Unit for about six months and I really enjoy it here. I'm basically in charge of the office and I make sure that the place runs smoothly. As well as looking after the administration side of the Koorie Diabetes Unit, I do a variety of other roles such as referring people to other organisations, networking and attending conferences.

At the Koorie Diabetes Unit we all help each other. We work together for the same objective - to provide a service and educate those who need information or help about healthy living, food, diabetes and associated health problems.

I'm into computers and whilst I work five days a week at the Koorie Diabetes Unit, I'm also studying for a diploma in Business and Programs at the Computer Power Training Institute two nights per week. The course is very helpful to the work I do at present. I often help and teach other staff about computers and all the things that they're capable of doing.

Eventually, I'd like to work with computers full-time and offer these services to the Aboriginal community. I want to work with the community and share the knowledge that I've learnt. I feel Aboriginal people need someone they can trust when buying computers and software. The possibility is open for me to still continue to work in the health area, as it is very broad and nearly all jobs can relate to health in one way or another.



Financial Services

The finance and accounts area of your Aboriginal health service is responsible for keeping accurate financial records of all activities within the organisation, paying staff their wages, paying bills and ensuring that the various health programs are operating within their budgets. There are a number of jobs in this area, including an Accountant or a Bookkeeper. Assistant or training positions may also be available, depending on the size of the health service.

Accountant

Accountants keep records of incoming and outgoing money, the organisation's profit and loss, income and expenditure. They write financial reports and give advice and information to management about budgets and financial planning. Accountants perform different tasks depending upon their area of specialisation and the needs of their employer.

Accurate and effective financial management is an essential part of an organisation's survival and success.

What sort of person makes a good accountant?

An accountant needs to be good at maths, enjoy working with computers and have excellent organisational skills. You need to be a logical thinker who is able to solve problems and present financial information to management, so that they can understand what is going on. You must always be discrete and confidential about your employers financial affairs.

Where can I work?

Most organisations either employ their own accountant or contract out that work to an outside accountancy firm. Accountants can work in public or private organisations (such as an accountancy firm or large business). In the health area, accountants are needed in Aboriginal health services, hospitals and community health services. Government organisations also employ people with backgrounds in accountancy.

What training do I need?

You have to study at either a university or TAFE college, depending on what level and what sort of accountant you hope to be. Once you've finished your training, you must be registered with a professional accounting body in order to practice.

QUALIFICATIONS

Diploma courses:

- TAFE, various locations

Degree courses

- Charles Sturt University, Murray campus
- Deakin University, various campuses
- La Trobe University, various campuses
- Monash University, various campuses
- RMIT, various campuses
- Swinburne University of Technology, various campuses
- University of Ballarat
- University of Melbourne
- Victoria University of Technology, various campuses

VCE PREREQUISITES

English and mathematical methods

Accounts Clerk/Bookkeeper

Account clerks keep records of financial transactions of a business or organisation. Part of their job is to receive and record invoices and payments. They also do wages, apply for loans, prepare financial statements, and record and report back to management with summaries of the finance for that period. In bigger organisations, the account clerk's jobs may be split between bookkeepers, collection officers, cost clerks, lending officers and payroll clerks.

What kind of person makes a good accounts clerk/bookkeeper?

You need to be good at maths and be able to met deadlines. Computer skills are also important along with a methodical approach to work.

Where can I work?

Most businesses and organisations, including Aboriginal health services, have an accounts department or person who keeps track of spending and incoming money.

What training do I need?

This varies depending on the level of the job. There are a number of TAFE certificate courses available and often these will accept students who have completed year ten in specific subjects. You may need higher level qualifications or experience for a diploma course.

QUALIFICATIONS

Certificate courses:

- TAFE, Wimmera Institute

Certificate III in Accounting, 1FT 2PT

Swinburne University of Technology

Advance Certificate in Credit Procedure and Practices, 2PT

Diploma courses:

- TAFE Various locations:
 Advanced Diploma of Business (Accounting) 2FT or 4PT
- Swinburne University of Technology
 Associate Diploma of Business (Credit Management) 2FT or 4PT
- Victorian University of Technology
 Associate Diploma of Business (Credit Management) 2FT or 4PT

Essential Support Roles

There are many support jobs in Aboriginal health services which are essential to keeping the organisation running smoothly and meeting the health needs of the community. The positions of a driver, administrative assistant, receptionist and a cleaner are just a few of them. These jobs don't require much or any further schooling, but without them an Aboriginal health organisation (or indeed most mainstream services) would not function.

Administration Assistant

An administration assistant may also be called a receptionist, clerical worker or secretary. A personal assistant (PA) also does nearly all the same tasks as an administration assistant, but usually only works with one person such as the CEO.

Most administration assistants are multi-skilled: they answer the phones, keep files, process the mail, send out faxes and emails, type up letters and much more. In a medical service they'll probably also make patient/client appointments.

What kind of person makes a good administration assistant?

The administration assistant is usually the first point of contact that people have with the health service, so the way you relate to the public creates the image for the whole organisation. An administration assistant should be friendly and helpful. You need to be well organised and have good written and communication skills.

Where can I work?

You can find work in virtually any organisation that has an office or staff, including Aboriginal health services and hospitals. Because administrative assistants are usually the first points of contact with the community, it is important that Koories are in these jobs so that Koori clients feel welcome and at home in what otherwise can be a very intimidating environment.

What training do I need?

Most local TAFE colleges offer a range of different secretarial and administration courses. However, it is also possible to be offered a job or traineeship straight from school and be trained on the job. The different pay rates for each level of administration assistant reflect the varied levels of responsibility, experience, qualifications and skill level expected in the job.

QUALIFICATIONS

TAFE courses available:

Certificate courses:

TAFE various locations:

Certificate in Office Administration, 18 weeks FT or 32 weeks PT. After completion of this certificate you can go on to an Advanced Certificate of Office Administration or the Associate Diploma of Business (Office Administration).

- Certificate in Occupational Studies (Business/Office), 18-26 FT or equivalent PT.
- Advanced Certificate in Office Administration, 1FT.

Diploma courses:

TAFE various locations:
 Associate Diploma of Business (Office Administration), 2FT.

Many traineeships are also available in this area. At the completion of your traineeship you will receive a Certificate of Competency from the Office of Training and Further Education.

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Megan Briggs

19 years old Administration Assistant VACCHO

I was brought up in Shepparton, Victoria. This is where I completed most of my schooling. I didn't have much of an idea of what I wanted to do and



at the time I felt like school was a lost cause. That was the main reason why I left mid way through year 11, to find a job.

I decided to come to Melbourne to live and look for employment because at the time there weren't many job prospects available in Shepparton. I applied for a couple of jobs before getting a 12-month administration traineeship, at VACCHO. I completed the traineeship and have continued to work at VACCHO in the role of administration assistant.

My duties as an administration assistant include reception work, organising and preparing information for meetings, handling some financial matters - along with a lot of general administration tasks. I basically look after the everyday operations of VACCHO. This year I've also taken on board a new challenge: coordinating the VACCHO newsletter.

Eventually, I'd like to move out of the administration assistant role and on to something a bit more challenging.

I've considered going back to school (university), possibly to study psychology along with other areas I'm interested in.

Although I think you can have a career without having a degree. All you need is determination and to believe in yourself and what you want to achieve.



Drivers

Drivers play a very important role in Aboriginal health services, as they offer direct practical assistance to patients before and after treatment. Drivers ensure the safe travel of the patient to the health service, specialist appointments or hospital. They assist passengers with their belongings, help passengers into and out of the vehicle if they need assistance, and maintain proper safety standards such as wearing seatbelts.

Looking after the vehicle, making sure it is clean and maintained is another aspect of the job.

What kind of person makes a good driver?

You have to be able to handle all situations in a sensitive manner, as often your passengers may be anxious about treatment, in pain or otherwise disorientated. You need to be able to work flexible, irregular hours and not mind spending a lot of time out on the road.

Where can I work?

Most Aboriginal community controlled health organisations employ drivers and many mainstream services do as well. In country areas, Aboriginal Health Service drivers often make many trips to the city for hospital or specialist care.

What training do I need?

There are no special educational requirements or courses. You must have a full current driver's licence, so you'll have to be over 21 years of age. In some cases you may need a bus driver's licence. Advanced driving skills are important as safety is of utmost concern. First aid training would also be useful.

Caretakers/Cleaners/Maintenance Workers

Caretakers, cleaners and maintenance workers are all vital jobs that ensure that the service is safe, clean and in good working order. In smaller Aboriginal health services, the one person often performs all these roles.

What kind of person makes a caretaker, cleaner or maintenance worker? You need to be trustworthy and reliable as you'll probably be responsible for

opening and closing the service. If you are a maintenance worker you need to be handy with tools and be good at fixing practical problems.

What training do I need?

There are no specific educational requirements for these occupations. However, some courses are offered for cleaners and this might help you get a job.

QUALIFICATIONS

Certificate courses:

- Holmesglen and Northern Melbourne Institutes of TAFE:
 Certificate in Industrial and Commercial Cleaning, 8 weeks FT or 20 weeks PT
- Eastern and Holmesglen Institutes of TAFE:
 Certificate I in Hospitality (Housekeeping), 6 months FT

ALLIED HEALTH POSITIONS

"Allied health" is a catch-all term that covers a wide range of jobs, mainly associated with the therapies (occupational therapy, physiotherapy etc), that make up a health team. There are many different opinions on just what is an allied health professional, but we've grouped a lot of jobs under this category for convenience sake.

Allied Health Assistant

An allied health assistant works under the direction of an occupational therapist (page 49), physiotherapist (page 56) or speech pathologist (page 64) in the treatment and rehabilitation of patients.

Under direct supervision, allied health assistants perform a range of duties including: reporting on how the patient is going (physically and mentally) to the therapist; maintaining patient records; making, repairing and maintaining healing aids as directed and required; and assisting the patient to practice exercises or other forms of treatment that the therapist has prepared for them.

What kind of person makes a good allied health assistant?

An allied health assistant has to have good communication skills and an ability to relate to people. In some areas of work, you'll need to be very physically fit so you can lift and transfer patients.

Where can I work?

Allied health assistants usually work in hospitals, day care centres, rehabilitation centres, community health centres and aged care facilities.

What training do I need?

All you need is a year 10 level of high school, followed by an Allied Health Assistant Certificate course. Previous experience working with elderly or disabled people will greatly improve your chances of getting a job, but it is not absolutely necessary.

OUALIFICATIONS

Allied Health Assistants Certificate Course, 19 weeks FT
Mayfield Education Centre
2-10 Camberwell Road
Hawthorn Vic
Ph: (03) 9822 7644

Ambulance Officer

Ambulance officers provide emergency medical treatment and quickly transport people to hospital. They also transport sick and injured people to medical and hospital appointments. Their quick and skilled attention often saves lives, particularly in cases of heart attacks, severe asthma attacks and drug overdoses.

Other duties include reporting injuries, maintaining and using life saving equipment, and attending large events where there are lots of people and accidents and health emergencies may occur.

What kind of person makes a good ambulance officer?

To be an ambulance officer, you have to be able to think clearly and quickly, and be able to handle stressful situations calmly and with confidence. You'll want to be involved in community services and enjoy working with people from a variety of different backgrounds. Someone working as a driver in an Aboriginal health service might want a career path into the ambulance service.

Where can I work?

Just as in many other sorts of health jobs, there is a major shortage of Koori people working as ambulance officers so you'd find work easily once you're qualified. Ambulance services cover every part of Victoria, based in the major regional centres, so once you've completed your basic training in Melbourne you can work in your local area.

Opportunities exist for qualified ambulance officers to go on to specialise as Mobile Intensive Care Ambulance (MICA) Paramedics, Aeromedical Officer/Paramedics, Clinical Instructors, Clinical Support Officers and MICA Team Managers.

What training do I need?

To become an ambulance officer you must hold a full current driver's license, so you have to be over 21 years of age. You have to pass a pre-employment selection

process to see whether you are suited to the profession. The selection process includes an aptitude assessment, police and driving license record investigations, a medical and fitness examination, a driving assessment and a panel interview.

Once employed as a student ambulance officer, you'll start training for the Associate Diploma of Health Science - Ambulance Officer (ADHS-A/O) course at the Ambulance Officers' Training Centre. The ADHS-AO course is like an apprenticeship. It involves on-road and theory training. There is a high degree of competition for entry to the course, although less in rural areas.

If you are interested in a career as an ambulance officer, you should apply for pre-employment selection through one of the Ambulance Service regional centres listed below. The regional centres do the recruiting and then send students to the Ambulance Officers' Training Centre.

South Eastern Region:

PO Box 148 Morwell, Vic, 3840

Ph: (03) 5120 0244

South Western Region:

PO Box 87 Geelong, Vic 3220 Ph: (03) 5228 2810

Western Region:

PO Box 1617 Ballarat, Vic 3354

Ph: (03) 5333 6455

North Eastern Region:

PO Box 126

Wangaratta, Vic 3677 Ph: (03) 5720 0600

North Western Region:

PO Box 666

Bendigo, Vic 3550

Ph: (03) 5444 6988

Metropolitan Ambulance Service:

375 Manningham Road Doncaster, Vic 3108

Ph: (03) 9480 3500

After 2000, selection and training will be run through the Metropolitan Ambulance Service (see contact details above) and the Rural Ambulance Service:

Rural Ambulance Service Locked Bag 000 Ballarat, Vic 3354

OUALIFICATION

TAFE Associate Diploma of Health Science, 3FT Ambulance Officers' Training Centre

VCE REQUIREMENTS

English, Maths (any), and one of Biology, Chemistry, Physics

From 2000, training will be conducted through Monash University's Frankston Campus. The course will be called the Monash University Ambulance Paramedic Studies.

Audiologist

An audiologist checks a person's ears and tests their hearing, using a wide range of equipment. An audiologist also helps people who have a hearing loss to improve their communication skills - for example by teaching them how to lip read or by fitting them with a hearing aid.

What kind of person makes a good audiologist?

You need to be patient and enjoy working with people of all ages and levels of hearing, especially elderly people. You'll need to feel comfortable using technological equipment - instruments for the ear are often very small and detailed.

Where can I work?

Audiologists may be employed by community health centres, hospitals, industries, private practice and special development schools - in all parts of Victoria. Few Aboriginal health services can afford their own audiologist, but many services have set up an arrangement with a local audiologist to work with their people. Audiologists can also be employed in research, studying the effect of different kinds and levels of sound. Because so many Aboriginal people suffer from hearing loss resulting from infections when they were children, we really need more qualified Aboriginal audiologists.

What training do I need?

You can either do a four year degree in Speech Pathology or do an undergraduate degree, followed by a Masters of Audiology. Your undergraduate degree could include major studies in psychology, linguistics, speech pathology, education of the hearing impaired, or nursing.

QUALIFICATION

Degree course:

La Trobe University, Bundoora campus Bachelor of Speech Pathology, 4FT or equivalent PT

Postgraduate course:

University of Melbourne Masters of Clinical Audiology, 2FT

VCE PREREQUISITES

For Bachelor of Science, Melbourne University: English and Maths Methods, and two of Biology, Chemistry, additional Maths, and Physics. Other universities' requirements will vary but you will need some science subjects in your VCE.

Audiometrist

Audiometrists test people's hearing and measure noise levels in workplaces and other settings. They also help people by fitting them with hearing aids and noise protection devices (such as earplugs) in noisy workplaces.

What kind of person makes a good audiometrist?

You'll need good communication skills, as well as an ability to work with equipment and instruments for the ear which are often very small and detailed. You have to be patient, as you will be dealing with people whose hearing is poor, especially elderly people.

Where can I work?

These days people are more aware of the effects of a noisy workplace on workers' hearing, so there are an increasing number of jobs for audiometrists in industry. You can also work in community health settings alongside other health professionals.

What training do I need?

Some people are trained on the job. There is only one course available and, after completion, students must seek approval from the Department of Health and Aged Care to carry out industrial screening of ears.

OUALIFICATION

Certificate Course:

RMIT

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Certificate III in Health, Audiometry, Carlton Campus

Chiropractor

Chiropractors help people who have problems with their bones, especially their spine. Chiropractors diagnose and attempt to correct the problem. They provide treatment to muscles and tissues to heal after injury. They improve nerve functioning through adjustment (manipulation) and often use massage to help recovery. Chiropractors may also provide exercises and advice on nutrition and lifestyle.

What kind of person makes a good chiropractor?

As with many other health careers, you'll need good communication skills, a desire to help people suffering from pain, and respect for people of all ages and backgrounds.

Where can I work?

Most chiropractors work in private practice or clinics, treating patients who either come in off the street or have been referred to them by doctors. You can also work in research or teaching.

What training do I need?

You can either do a five year undergraduate course or a general science degree followed by a two year masters degree in chiropractic studies.

QUALIFICATION

Degree courses:

RMIT: Bundoora campus

Bachelor of Applied Science (Clinical Science)/ Bachelor of Chiropractic

Science, 5 FT.

Post graduate courses:

Macquarie University Centre for Chiropractic and Osteopathy NSW,

Master of Chiropractic, 2 FT

VCE PREREQUISITES

English and Chemistry, and one of Maths (Methods or Specialist) or Physics

Other jobs relating to muscles and bone injuries are:

Osteopath - see page 54

Physiotherapist - see page 56

Allied Health Assistant - see page 36

Dietitian/Nutritionist

Dietitians work with individuals, groups or whole communities to provide education about healthy eating. They also work with people who have particular health problems or dietary needs. Because of the large numbers of Aboriginal people who suffer from diabetes, we desperately need more Koories with expertise in dietetics.

What kind of person makes a good dietitian?

Dietitians work with people of all ages, states of health and backgrounds. You need to have strong communication skills and a desire to help people with all kinds of dietary needs.

Where can I work?

Dietitians work in all areas of Victoria - in hospitals, nursing homes, private practice, sporting groups and community health centres. You may also be employed in health promotion, research, teaching, government departments or in the food industry (e.g. in areas of production, processing, handling/storage and marketing of foods). Jobs in Aboriginal community organisations may also come up, especially in relation to diabetes, sports training and healthy lifestyle programs.

What training do I need?

You can either do a specific three year applied science degree, or do a general science degree followed by a Masters of Nutrition and Dietetics.

QUALIFICATION

Degree courses:

- Deakin University, Burwood Campus
 Bachelor of Applied Science (Health Sciences), 3FT, 6PT
 Bachelor of Applied Science (Food Science & Nutrition), 3FT, 6PT
- La Trobe University, Bundoora campus Bachelor of Applied Science (Nutrition), 3FT, 6PT

Postgraduate courses:

 Deakin University, Burwood Campus Master of Nutrition and Dietetics, 2FT

VCE PREREQUISITES

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For Bachelor of Science: VCE English, Maths & Chemistry.

For Master of Nutrition and Dietetics or Master of Human Nutrition: You'll need a Bachelor of Science degree majoring in Biochemistry and Physiology.



Marc Williams 25 years old Sexual Health Project Officer Victorian Aboriginal Community Controlled Health Organisation (VACCHO)

I've been employed in many different sorts of jobs in my life and I've never passed up any opportunity to work. As a result, I've worked in areas ranging from education to tourism.



When this job came up I just went for it. I thought this is what I want to do - I wanted to do something positive for the future health of the community by educating Aboriginal people, including myself, about sexual health.

I've been working as a Sexual Health Project Officer for six months now. I work as part of a team, to promote good health and educate people of all ages about HIV, STD's and other blood borne viruses. We offer information,

refer people to appropriate services and encourage well person health checks. Our job also involves developing and putting in place a Sexual Health Strategy which will hopefully reduce the spread of HIV, STD's and other blood borne viruses in the Aboriginal community.

As part of my job I deal with many health professionals such as doctors and nurses who have contact and look after sick people. As an Aboriginal person, I feel that I can offer some balance and understanding for both Aboriginal patients and the white professionals. It's about communicating with people in a culturally appropriate way and understanding the cultural significance of what's happening to them.

I'm thinking of going on to further study - maybe in the area of psychology, sociology, environmental health or legal studies. However it would be great to continue the job I'm doing at the same time. Because VACCHO is the peak health organisation in Victoria it has a lot to offer. We have great people working here and I'm proud to be associated with it.

One of my best moments, work-wise, was when one of my team members received a medal of the Order of Australia for her work in the HIV/sexual health area. It's very special to work with people like that.

Health Promotion

Health promoters educate and inform the community about a range of health and safety issues. Examples of recent healthy lifestyle and risk awareness campaigns are QUIT, the Slip Slop Slap skin cancer message, Road Safety campaigns, the Don't Drink & Drive awareness program, promotion of safe sex and the

prevention of HIV/AIDS, and drugs and alcohol awareness. Health promotion campaigns go out to the general public as well as being targeted at specific high risk groups in the community.

What kind of person makes a good health promoter?

You need to be a friendly outgoing person with excellent communication skills and a genuine interest in promoting good health. People will see you as a role model, so you will need to practice what you preach.

Where can I work?

Health promoters may work in Aboriginal health services, hospitals, private practice, government agencies, community health centres and sporting groups. Organisations that work on behalf of people suffering from specific illnesses or conditions often employ health promoters who go out to schools and community groups to spread their message - e.g. the Arthritis Foundation, Diabetes Institute, Kidney Foundation, Heart Foundation, Anti-cancer Council and HIV/AIDS Council. Health promoters may need to travel and after-hours' work is often required to reach the wider community.

What training do I need?

There are a number of ways of getting a job in health promotions. Some people have done training like dietetics, nursing or teaching. Others complete a special degree in health science.

QUALIFICATIONS

Degree Courses:

- Deakin University, Burwood campus:
 Bachelor of Applied Science in either Health Promotion or Health Sciences,
 3FT or 6PT.
- La Trobe University, Bundoora campus:
 Bachelor of Health Sciences (Health Promotion), 3FT, PT available
- La Trobe University, Bendigo campus:
 Bachelor of Public Health, 3FT, PT by arrangement

SUGGESTED VCE SUBJECTS

English and a selection from Biology, Chemistry, Health Education, Human Development, Mathematics (any), Physical Education, Psychology

Paul Stewart

24 years old

Research Assistant

Victorian Aboriginal Health Service (VAHS)

Actually when I was younger I wanted to be a carpenter. Instead of that I went to TAFE and did an Aboriginal welfare course. I worked for a while at the Aboriginal Advancement League working as a welfare and family support officer. This involved providing both financial

and moral support as needed to assist the community.

Later I studied for my Graduate Diploma in Health Promotions at Sydney University.

Before moving into the health research area, I was doing health promotions at the VAHS (Victorian Aboriginal Health Service) for two years. In this job I tried to promote the VAHS as widely as possible via the



radio, newspapers and holding Open Days. I also provided students with information for assignments that may be on Aboriginal health.

I decided to move into research because it provided me with a new challenge. My job now involves the collection, comparison and analysis of data regarding the health and well being of young Koori people in the Melbourne community.

It shows the importance of our own health and body and how what we do affects them. For me, the research has created an interest in other health areas.

Naturopath

A naturopath helps to prevent and treat illness without the use of extensive medication or surgery. Naturopaths believe that the body has its own ability and power to heal disease, with the assistance of natural forms of treatment. These can include changing a person's diet by the addition or removal of certain foods, minerals, vitamins or even herbal substances. Sometimes naturopaths recommend massage, exercise and relaxation enhancing activity (such as yoga) to stimulate health.

What kind of person makes a good naturopath?

A naturopath needs to have an interest in alternative and preventative health. You need to be mature, a good listener and have a strong desire to help people. You also need to practise what you preach.

Where can I work?

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Alternative health and well-being treatments are growing in popularity and community acceptance. Most naturopaths are self employed and set up private practices. Other career options are limited but may include community health agencies, research and industry.

What training do I need?

This varies depending on the sort of natural medicine you're interested in. See the courses listed below.

QUALIFICATIONS

Diploma courses:

Melbourne College of Natural Medicine:
 Advanced Diploma of Applied Science (Naturopathy), 3FT, PT available.

Degree courses:

Melbourne College of Natural Medicine:
 Bachelor of Health Science (Naturopathy), 4FT, PT available.

- Southern School of Natural Therapies:
 Bachelor of Health Science, 4 FT or 5 PT
- Victorian University Of Technology and Western Melbourne Institute of TAFE: Bachelor of Health Science (Natural Medicine), 1 FT or 2 PT

VCE PREREQUISITES

Some prerequisites may apply to some courses.

Nutritionist: see Dietitian

Occupational Health and Safety Practitioner

Occupational Health and Safety practitioners investigate work sites and community spaces for their safety and develop strategies to make them as safe as possible. An important part of their job is advising and educating management, workers and community groups about safety at work. They may also advise on accident compensation matters and work with other health care professionals to run awareness campaigns.

What kind of person makes a good occupational health and safety practitioner?

As well as having a strong interest in the practical applications of science, you must be well organised and be a good communicator.

Where can I work?

Occupational health and safety practitioners are employed in many workplaces, in private enterprises and in government agencies. They may be employed as safety advisers, consultants, trainers, researchers and risk managers. Many are self-employed as consultants, but an increasing number are employed in permanent positions within large companies, including insurance companies, or with large government or semi-government organisations, such as the Safety Council of Australia.

Both community expectation and government legislation demand a high level of protection for employees and the community at large. As a result employment prospects for graduate occupational health and safety practitioners are currently excellent.

What training do I need?

You can complete either a certificate, diploma or degree course with a major study in occupational health and safety.

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QUALIFICATION

Certificate Courses:

- TAFE, Various locations:

Certificate III in Occupational Health and Safety, 1 FT, internal or external

Diploma Courses:

- TAFE, Various locations:
 Diploma in Occupational Health and Safety, 2FT, 3-4 PT
- Victorian University of Technology:
 Diploma of Health (Occupational Health and Safety) 3.5 PT

Degree course:

RMIT, Bundoora campus:

Bachelor of Applied Science (Occupational Health and Safety), 3FT

VCE PREREQUISITES

English and one of biology, chemistry, or physics

ENTRY

For entry into TAFE all you need is a year 11 pass. For certificate and degree courses successful completion of VCE is usually required.

Occupational Therapist

Occupational therapists help people who are having trouble coping with every day physical tasks due to physical, social, emotional, mental and developmental problems. There are all sorts of ways in which occupational therapists offer assistance: for example, helping a child to improve their movement skills through play activities or visiting an elderly person to help them rearrange their home and furniture to improve safety and mobility.

What kind of person makes a good occupational therapist?

Most of all, occupational therapists must be creative and patient. You need to listen to peoples' needs, be sensitive to their abilities and disabilities, and come up with strategies to improve your clients' independence, mobility and capacity to cope with every day tasks.

Where can I work?

Occupational therapists can work in hospitals, community health services and in private practice. Often they are employed by specialist centres such as children's hospitals and early intervention services, aged care nursing homes, rehabilitation

centres, day centres for people with disabilities, special schools, prisons and local councils. There are jobs in country areas as well as in the city. There are very few Koories who are qualified in this area of health work, so you'd be in high demand.

What training do I need?

You need to complete a four year degree course with a major study in occupational therapy.

QUALIFICATION

Degree courses:

- Charles Sturt University, Albury campus:
 Bachelor of Health Science (Occupational Therapy) 4FT
- La Trobe University, Carlton Campus:
 Bachelor of Occupational Therapy, 4FT

VCE PREREQUISITES

La Trobe University: English and one of Biology, Chemistry, Maths (any)

Charles Sturt University: None

See also ALLIED HEALTH ASSISTANT (page 36)

Optometrist

Optometrists test people's eyesight and give advice on eye care and eye safety. Optometrists usually work with patients on a one-to-one basis, often using the latest technology for eye testing and sight correction. Usually, optical glasses and contact lenses are recommended and fitted to improve the person's vision. If a patient is diagnosed as having an eye disease, the optometrist will refer them on to a specialist eye doctor.

What kind of person makes a good optometrist?

To be suited to a career as an optometrist, you need to get on well with people of all ages and backgrounds and have a genuine desire to help people. As with other areas in health, because knowledge and technology is always improving, you must be prepared to keep your skills up-to-date.

Where can I work?

Most optometrists work in private practice, however some do work in hospitals and community health centres. A few of the larger Aboriginal health services

employ optometrists on a regular basis or else make arrangements with a local optometrist to care for their people. Koori people qualified in optometry are much needed in the community. Some optometrists work in industry, research or teaching.

What training do I need?

To become an optometrist, you need to complete a degree with a major in optometry.

OUALIFICATION

Degree Course:

- The University of Melbourne, Parkville Campus Bachelor of Optometry, 4FT, PT available.

VCE PREREQUISITES

English, Maths Methods, and two of Biology, Chemistry, Physics or additional Mathematics.

Lisa Briggs (30 y.o.) and Jimi Peters (27 y.o.)

Coordinator and Project Officer for the Eye Care Program VACCHO

The Eye Care Program has
been running in Victoria for
almost two years and will
continue to be funded for
the next three years. In
Victoria the program is

a joint project with the Centre for

Eye Research Australia and VACCHO.

Lisa and Jimi both play an important role in reducing eye damage from diabetes and raising awareness of eye care issues in the Koori community. They're working to ensure that all Aboriginal health workers across Victoria are offered eye health training. This training program was

conducted around the Aboriginal health services last year and was very successful.

Jimi and Lisa travel the state visiting Aboriginal communities and trying to create partnerships with local eye-care services. They are also currently developing the curriculum for a week-long training program for Aboriginal people at the Victorian College Optometry.

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LISA: We want Koori teenagers to take an interest in eye health and consider going to the College for their work experience. We know that a lot of school kids have a family member who is a diabetic and we want to raise their awareness of how diabetes can damage a person's sight. Maybe it will encourage them to spread the word to other family members.

It's just circumstances really that got me into this job. I'd always wanted to work in the health area. I've done two years of training to be a registered nurse but I went to the Victorian Aboriginal Health Service where I stayed for 12 years as an Aboriginal Health Worker. I'm still on the Board of Management there.

JIMI: I've only been in this job for a bit over a month, but I'm loving it. Everything about it - I'm learning heaps and getting out around the state sharing what I'm learning and giving back to the community outside of Melbourne. Before this, I'd worked mainly in administration and childcare. But I'm glad I've made this move - it's all really interesting to me.



Orthoptist

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Orthoptists have particular expertise in treating people whose eye muscles are not working properly or who may have an eye disease. They also educate communities about the importance of eye care.

They can specialise in areas such as sight in pre-school or intellectually disabled children, the rehabilitation of sight in stroke patients or working with people who may have damaged their eyes in a car or motor bike accident.

What kind of person makes a good orthoptist?

Like optometrists, orthoptists need to enjoy working with people of all ages and backgrounds. As the eye is such a delicate organ, you also need to have good coordination and concentration.

Where can I work?

Orthoptists may work in hospitals, special schools, disability services, eye clinics or private practice.

What training do I need?

You will need to complete a degree course with a major study in Orthoptics.

OUALIFICATION

Degree course:

- La Trobe University- Bundoora campus:

Bachelor of Orthoptics, 3 FT plus external clinical placements.

VCE PREREQUISITES

English and one of Biology, Chemistry, Maths (any), Physics

Other health jobs relating to eyes:

Aboriginal Health Worker with eye health expertise - see page 14 **Optician** - maker or seller of optical glasses and contact lenses

Orthotist: see Prosthetist page 58

Osteopath

Osteopaths treat people who have pain and problems to do with muscles and bones. Osteopaths mainly treat people who have suffered an injury or muscle strain - for example playing sport, at work or in a car or motor bike accident. The aim is to maximise movement and to relieve pain in muscle tissue and bones. Various tests, often including X-rays, are used to find out the cause of the problem. Treatment ranges from moving, stretching and manipulating the joints, to the use of special creams or ultrasound equipment. Osteopaths also advise people about how to prevent further injuries.

What kind of person makes a good osteopath?

You need to enjoy working with people of all ages, backgrounds and varied states of health and well being.

Where can I work?

Most osteopaths are self-employed or work in private osteopathic clinics. Employment opportunities are good, as osteopathy is an expanding profession.

What training do I need?

You must either complete a five year degree in science (applied or clinical) with a major study in osteopathic science, or a general science degree followed by a masters in osteopathy.

QUALIFICATION

Degree courses:

- RMIT, Bundoora campus:
 Bachelor of Osteopathic Science or Bachelor of Applied Science (Clinical Science), 5FT
- Victoria University of Technology, St. Albans campus:
 Bachelor of Science (Clinical Sciences), 3FT, then Master of Osteopathic Science, 2FT

VCE PREREQUISITES

RMIT: English and Chemistry and one of Maths (Specialist or Methods) or Physics Victoria University of Technology: English, Chemistry, Biology, and one of Physics or Maths (any)

Other jobs relating to muscles and bone injuries are:

Allied Health Assistant - see page 36

Chiropractors - see page 41

Physiotherapist - see page 56

Pharmacist (or Chemist)

Pharmacists supply medicines on a prescription from a doctor and provide advice about how the medicine should be taken properly, to minimise side effects. They also develop, research and test medical drugs, and work with other health care professionals to educate and provide advice on the correct use of specialist medicines.

What kind of person makes a good pharmacist?

People often seek the advice of a pharmacist before they go to a doctor or other health professional. This means you need to be friendly, helpful and willing to listen, as well as being up to date in your knowledge of pharmaceuticals.

Where can I work?

Pharmacists mostly work in private pharmacies (chemist shops), health centres and hospitals. However you can also work in other settings such as the pharmaceutical industry (where medicines are developed and made), in government agencies concerned with health and safety, poisons, drug control and testing, and teaching. Job prospects are good, especially in rural areas, because there is a shortage of pharmacists who are prepared to work outside Melbourne and the big country towns. It would be great to have Aboriginal people working as pharmacists. At the moment, the Victorian Aboriginal Health Service in Fitzroy is the only Koorie service that employs pharmacists.

What training do I need?

You need a Bachelor of Science or Applied Science degree with a major study in pharmacology.

QUALIFICATION

Degree courses:

- Monash University, Clayton Campus:
 Bachelor of Science (major in pharmacology and toxicology), 3FT
 Bachelor of Biomedical science, 3FT
- The University of Melbourne Bachelor of Science (major in pharmacology), 3FT

VCE REQUIREMENTS

English, Chemistry and Maths Methods.

Physiotherapist

Physiotherapists assist people whose movements are restricted for one reason or another - often due to injury, illness or disability. They design remedial exercise programs and give treatments using a range of techniques such as massage, the application of heat or electrical impulses, lasers and ultrasounds. Physiotherapists also teach people the right way to perform physical tasks (e.g. correct sitting or lifting) and to play sports without causing injury to the body. They work with all sorts of people including highly trained athletes, babies and children, pregnant women, people with permanent disabilities, asthmatics, and people needing recovering from injury after accidents, illness or surgery.

What kind of person makes a good physiotherapist?

You need to be friendly, helpful and feel comfortable about working with people of all ages, backgrounds and states of health. You also need to be successful academically as physiotherapy is a very competitive course to get into.

Where can I work?

You can work in hospitals, disability services, private practice, rehabilitation centres, community health centres, sports medicine and sports-related organisations, maternity clinics, aged care centres and educational institutions. Employment opportunities are good in all areas of Victoria. Koori physiotherapists are especially needed to work in all sorts of community settings.

What training do I need?

You must complete a four year degree course.

QUALIFICATION

Degree courses:

- La Trobe University, Bundoora campus:
 Bachelor of Physiotherapy, 4FT, PT available
- The University of Melbourne, Parkville campus: Bachelor of Physiotherapy, 4FT, PT available

VCE PREREQUISITES

La Trobe University: English and two of Biology, Chemistry, Maths (any), Physical Education, Physics

University of Melbourne: English, Chemistry, Maths (any), plus one of Maths (any) Physical Education, Physics, Psychology

Other jobs relating to muscles and bone injuries are:

Allied Health Assistant - see page 36

Chiropractors - see page 41

Osteopath - see page 54

Podiatrist

Podiatrists look after people's feet and ankles. They deal with problems to do with the bones, joints, skin and nails - such as bunions, toe and foot deformities, ingrown toenails, injuries and infections. They advise on special footwear to assist leg and foot movement. They help young children with unusual walking patterns or older people who may have damaged their feet in a lifetime of wearing unsuitable footwear. Podiatrists also educate people about how to take good care of their feet.

It is especially important that we train more young Koories as podiatrists because of the large number of Aboriginal people who suffer from diabetes. Diabetes can cause serious foot problems that can even result in foot amputations.

What kind of person makes a good podiatrist?

You need to have a commitment to helping people of all ages and from all backgrounds. You also need to be focused and coordinated because you'll be using sharp instruments.

Where can I work?

Most podiatrists work in private practice but some are employed in hospitals, community health centres, nursing homes or specialist clinics. Depending on their size and funding, some Aboriginal health centres employ a podiatrist on a regular basis, while others may make an arrangement with a local podiatrist to care for their people.

What training do I need?

You need to complete a degree course.

QUALIFICATION

Degree courses:

- La Trobe University, Bundoora Campus: Bachelor of Podiatry, 3.5 FT

VCE PREREQUISITES

English, Chemistry an Physics strongly recommended.

Prosthetist/Orthotist

A prosthetist/orthotist designs and fits artificial limbs to people who have lost an arm or a leg, in full or part (e.g. a hand) and keeps monitoring the patient long-term to make sure everything is working well. Prosthetists/orthotists also provide supportive appliances such as braces, splints and calipers for people with muscular or skeletal disorders to help them have the greatest possible movement and relieve pain.

What kind of person makes a good prosthetist or orthotist?

You will need well-developed skills of communication, problem solving and visual perception. A career in prosthetics/orthotics is very rewarding for those who wish to combine manual skills with working with people in a health care environment.

Where can I work?

Prosthetists/orthotists are usually employed in hospitals and private prosthetic/orthotic facilities.

What training do I need?

To be a prosthetists/orthotists you must complete a Bachelor degree of Prosthetics and Orthotics.

QUALIFICATION

Degree course:

La Trobe University, Bundoora Campus:
 Bachelor of Prosthetics and Orthotics, 3.5FT

VCE PREREQUISITES

English and two of Biology, Chemistry, Maths (any), Physical Education and Physics

Psychologist (Counsellor)

Psychology is the study of human behavior and experience. Psychologists assist people to get over the emotional, mental or spiritual problems that are upsetting them, and that often cause stress to those they are closest to. Psychologists focus on personal events such as trauma, abuse, grief and loss. Through counselling and other techniques they help people to deal with the pain and behavioral patterns caused by such events. They see patients of all ages and backgrounds, mostly one to one but sometimes in groups (families, couples or special groups of people with similar problems). Some areas of specialisation are:

Counsellors - provide assessment, counselling and therapy to groups and individuals. They help people cope with the stresses and pressures of everyday life and emotional pain.

Forensic psychologists - work within the legal and criminal justice system. They provide expert opinions on issues such as child abuse, criminal behavior and custody battles.

Sports psychologists - work in the sports and fitness area with coaches, athletes and teams to improve achievement, interaction and enjoyment at all levels.

Psychologists can also specialise in clinical psychology, neuropsychologists, community and group behaviour, educational and learning development, organisation and industry, academic and research psychology.

What kind of person makes a good psychologist?

You must have in interest in human behavior and good problem solving skills. Patience and excellent communication skills, both oral and written, are also needed.

Where can I work?

Psychologists can be self-employed or work in the public or private sector. Depending on your specialisation and areas of interest, you can work in a range of settings including: hospitals, schools, industry, sports institutions, government departments, universities and research institutes - and your local Aboriginal health service. Koori counsellors and psychologists are badly needed to help community members deal with issues like grief, loss and the impact of families being broken up by past government policies - the Stolen Generations.

What training do I need?

To become a registered psychologist you need a four year undergraduate degree with a major study in psychology, followed by two years of full time experience or postgraduate qualifications. Degree courses with a major in psychology are available at most universities.

VACCHO is currently developing a proposal for an Emotional and Spiritual Training Centre. The Centre will offer courses and support for Koories who want to learn culturally appropriate counselling skills and other information that will help community people to deal with issues of trauma, grief and loss. Contact VACCHO for further details.

QUALIFICATIONS

Degree Courses:

- Deakin University, Burwood Campus:
 Bachelor of Applied Science (Psychology), 4 FT or equivalent PT
- La Trobe University, Albury Wodonga, Bendigo and Bundoora campus: Bachelor of Behavioral Science, 3 FT or equivalent PT
- Monash University, Gippsland Campus:
 Bachelor of Behavioral Neuroscience, 3 FT or equivalent PT
- RMIT University, Bundoora Campus:

 Bachelor of Applied Science Psychology, 3 FT or equivalent PT
- Swinburne University of Technology- Hawthorn Campus:
 Bachelor of Applied Science (Psychology and Psychophysiology), 3 FT or 6PT
 Bachelor of Applied Science (Psychology and Biochemistry), 3FT or 6PT
- University of Ballarat, Ballarat Campus: Bachelor of Psychology, 4FT
- Victorian University of Technology, Werribee Campus: Bachelor of Psychology, 4FT

VCE PREREQUISITES

Each university will have its own preferred subjects.

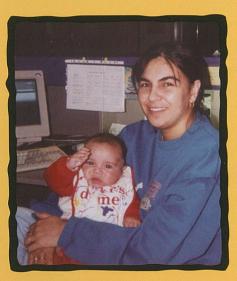
Related jobs:

Social Worker - see page 71
Youth Worker - see page 74

Nicole Casser 23 years old Koorie Kids Mental Health Worker Victorian Aboriginal Health Service

When I was at school, I always wanted to be a social worker. However, after I completed my VCE, I did an in -work scholarship with the Aborigines Advancement League in the accounts department as a bookkeeper. This traineeship went for one year and I stayed in the job for another year and a half. While I was working, I started doing an Associate Diploma of Accounting at Preston TAFE.

I then worked as an accounts clerk for two years at the Victorian Aboriginal Health Service (VAHS) before getting the Koorie Kids Mental Health Worker job. In between, I've



done casual administration work at both VACCHO and the Fitzroy Stars Gymnasium.

My job as a Koori
kids' mental health
worker involves working
with young Koories and
their families who are
having problems. We do
assessments of families
and children and try to
help them resolve issues.

I love the job. At times it can be stressful although at the end of the day it's very rewarding, especially if you have helped someone. I work four days per week and one day each week is spent at Melbourne University, at lectures and studying. I've just completed a one year Post-Graduate Diploma in Developmental Psychiatry and I'm now studying a two year Graduate Diploma in Child, Adolescent and Family Mental Health Sciences. I received a scholarship from Aboriginal Affairs Victoria that pays for two-thirds of my course fees.

I'm also a member of the Fitzroy Stars Gym Board and work with the Yarta Wirta youth group. The youth group started from a healthy lifestyle camp. Since then I've been helping them keep going by fundraising, organising a debutante ball and sports carnivals. The youth group is also involved with other organisations - for example, we help out with the VAHS homework centre.

In 1998, I was nominated and received the Victorian Young Achiever Award for the work I had done with youth, kids and in community services. I was flown to Broome in Western Australia for the national titles, where I was presented with the National Aboriginal Youth of the Year award.

I'd encourage all young people to try their best at whatever they choose to do. Keep working hard, even if at times you feel you're not being recognised for your work - because eventually someone will and all the hard work will pay off.

Radiographer

Radiographers help locate and manage injuries by producing images of the organs, bones and structure of the human body - mostly using X-rays and ultra sound equipment. These images are then sent to a radiologist, a medical specialist or a doctor, so that an accurate diagnosis of the patient's condition or injury can be made. Some radiographers specialise in treating patients using medical radiation therapy (see Radiation Therapist, below).

What kind of person makes a good radiographer?

An important part of your job involves putting patients at ease and making them feel comfortable in a very high technology environment. Concern for the patient and your own safety is very important. The radiographer must ensure that proper safety measures are in place and that the patient receives the lowest possible amount of radiation.

Where can I work?

Radiographers generally work as part of a medical imaging/radiation team within hospitals, private medical imaging clinics, breast screening, obstetric and gynecological services and cancer treatment units.

What training do I need?

You must complete a degree course specialising in radiography. Then graduates must complete a professional development year before they receive full accreditation for the course.

QUALIFICATION

Degree course:

- RMIT, City Campus:

Bachelor of Applied Science (Medical Radiations), 3FT

VCE PREREQUISITES

RMIT: English, Physics, and Maths Methods or Specialist Maths

Recommended subjects: Chemistry, Biology

Other related jobs:

Radiation Therapist: Radiation therapists usually work with people who have illnesses such as cancers and tumours. They treat these people with various forms of radiation therapy to destroy the abnormal cells.

Speech Pathologist

Speech Pathologists help people of all ages to improve their speech by working on their language development, voice, fluency, hearing or swallowing. Communication difficulties may develop following surgery or with people who have had strokes, head injuries or who have experienced some kind of trauma. Emotional, psychological or learning difficulties can also be responsible for speech disorders. A speech pathologist uses a range of techniques to improve a person's speech to the best possible level.

What kind of person makes a good speech pathologist?

You need to enjoy working with people of all ages, backgrounds and abilities (although you can choose to specialise - for example, in working with children or in stroke rehabilitation). You must be patient, friendly and have a strong interest in language and they ways people communicate.

Where can I work?

Speech pathologists are employed in hospitals, rehabilitation centres, specialist child-care services, disability services, private practice and in school support units. We need Koori people to be trained in this area of work.

What training do I need?

You need to complete a four year degree course in speech pathology..

QUALIFICATION

Degree courses:

- Charles Sturt University, Albury/Wodonga campus: Bachelor of Health Science (Speech Pathology), 4FT
- La Trobe University, Bundoora campus:
 Bachelor of Speech Pathology, 4FT, PT available

PREREQUISITES

La Trobe: English, and two of Biology, Chemistry, Contemporary Society, Health Education, Human Development, Information Technology, Mathematics (any), Physical Education, Physics, Psychology, Science

Charles Sturt University: None

Other related jobs:

Allied Health Assistant - see page 36

COMMUNITY
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WELFARE SUPPORT

This section covers jobs that focus on organisational change as well as jobs that provide direct personal and practical support to individuals in need. Many Koories will be well suited to these kinds of jobs because they require people who are community minded and can draw on their own personal experiences. Like many other health careers, jobs in these areas require a high level of dedication and some after-hours and weekend work.

Community Development Worker

A community development worker helps community groups to identify their needs (for example in the health, welfare or recreation area) and to develop appropriate services and facilities to meet these needs. They also help to raise community awareness and get action on various local issues. A community development worker often works as a "go-between" between the community, the local municipal council, other community groups and government bodies. They spend a lot of time organising community meetings and then following up on implementing (putting into practice) the directions and decisions that the community has made.

What sort of person makes a community development worker?

A community development officer needs energy and commitment. You must want to change the way things are done, for the benefit of your community. It helps if you can speak and write well, have an interest in social research, and an ability to manage and help resolve conflict.

Where can I work?

Local Aboriginal community organisations and cooperatives, municipal councils and other community agencies employ community development workers.

What training do I need?

You can get some community development jobs on the basis of your personal skills and previous work and life experience. However, a tertiary qualification will certainly help you and there are specific courses in community development.

QUALIFICATIONS

Degree Courses:

Deakin University, Burwood Campus:
 Bachelor of Arts (Community Development)

- La Trobe University, Bundoora Campus: Bachelor of Arts/Bachelor of Health Services, 3FT or equivalent PT.
- Swinburne University of Technology, Hawthorn, Higher Education Division: Bachelor of Social Science-Community Department, 3 FT or equivalent PT
- University of Ballarat Bachelor of Arts- Rural Social Welfare.
- Victorian University of Technology Bachelor of Arts (Community Development), 3FT or equivalent PT

VCE PREREOUISITES

English

Related jobs:

Recreation Officer - see page 108 Social Worker - see page 71

Welfare Worker - see page 73 Youth Worker - see page 74





28 years old **Project Coordinator for the Regional Training Centre for Emotional and Spiritual** Wellbeing. VACCHO

I really enjoyed my time at high school although I had no real ambition or career direction. At the end of year 10, I undertook a 13 week traineeship at

the Aboriginal Legal Service over the Christmas holidays, working in the administration area. I was living at the Marj Tucker Hostel at the time. While working, I got used to having money and really missed it when I went back to school to do year 11. So after a few months I left school and ended up on the dole.

As time went by staff at the Marj Tucker Hostel were pushing me to get a job, so I applied for the receptionist position at the Aborigines Advancement League on three separate occasions. I never got an offer. Probably because they saw me as being fresh out of school with no real hands on skills. One day they needed a relief worker to fill in, so they gave me a call. I went in as relief while they advertised the position.

On my first day I must have cut off a hundred people which proved them right in that I had no real hands on experience, but I learnt and applied and was interviewed for the job and finally I was successful. I remained at the Aborigines Advancement League for 7 years in various positions. I was never just promoted - I had to apply for each position. I moved up from receptionist, to secretary, to welfare program coordinator and then to project coordinator. All the skills I have I learnt on the job, through lots of hard work and life experience.

I left the Aborigines Advancement League to work at the Museum of Victoria as the Aboriginal Training Coordinator for 15 months. I then went on to work at the Elizabeth Hoffman House Women's Refuge as the coordinator for three and a half years.

Now I'm at VACCHO. For nine months I worked as the secretariat co-ordinator. I love administration because it is simple and easy but I got bored. I needed a job

with a bit more depth, something to really think about, so I applied for the position of project coordinator for the Regional Training Centre for Emotional and Spiritual Wellbeing, which I got. This position is about putting together a program that will deliver training and other activities to communities across Victoria that will promote and assist in the provision of individual and community emotional and spiritual wellbeing or improved mental health.

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My duties in this position include many things but generally there are a lot of meetings, consultations, research and analysing information as well as report writing. This job allows me to be creative because it's a new area. It also allows Aboriginal people themselves to be included in the development of the overall concepts and how the information or program can be delivered to communities. I get to meet lots of new people and we talk about cultural, spiritual, emotional and social issues. It's a real buzz talking about these things as they do affect us all and impact on who we are as individuals and as a people.

The Emotional and Spiritual Training Centre project has a big vision and sometimes I need to pull myself back, so I don't blow some aspects of the project out of proportion. This project will change and evolve as thinking and society changes with the needs of the times. The project will be built up step by step, though still keeping in mind the bigger picture.

I started at the bottom and worked my way up by myself.

This way you learn a lot of lessons in the process and are more informed. You learn not to rely on other people and it makes you a stronger person, both personally and

professionally. No matter what the job, you should strive to be your best - do your job and do it well. It's not about position and power. Circumstances got me where I am today. I was lucky to get a break and without the support of peers I wouldn't be where I am. I think if many young Koories are given the chance and opportunity to do a job and are encouraged, nurtured and supported, they may do better than you ever expected.

Overall, health is a very rewarding area to work in. It can be a hard and sensitive area at times, but this is true of Aboriginal affairs generally. There are many careers available in health that young Koories can tap into. You can make a contribution no matter what the position.

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Environmental Health Officer

Environmental health officers promote good health and hygiene. They implement and enforce laws and regulations to do with public health, visiting places such as restaurants and sandwich shops, body piercing shops, food manufacturing industries and swimming pools to check that they're complying with health regulations. Some environmental health officers provide advice and reports to local Aboriginal communities regarding environmental health matters.

What kind of person makes a good environmental health officer?

Good communication skills are a must. You must be firm but not offensive, and be able to make quick decisions while still remaining polite.

Where can I work?

Local councils, government agencies, and private industry and businesses employ environmental health officers.

What training do I need?

You need to do a degree - the Bachelor of Applied Science (Environmental Health).

OUALIFICATIONS

- Swinburne University of Technology
Bachelor of Applied Science (Environmental Health), 4FT including 1 year of salaried industrial-based learning.

VCE PREREQUISITES

English and one of biology, chemistry, physics, mathematical methods or a high grade average in further mathematics.

Related jobs:

Health Promotion Officer - see page 44 **Occupational Health and Safety Officer** - see page 48

Social Worker

Social workers help people in a variety of ways - sometimes working with individuals and their families, or with a larger group or community. Social workers counsel clients who may be distressed due to a death or sickness in the family, relationship breakdown or other reasons. They also provide practical assistance in ensuring their clients get the housing, pensions or other forms of benefits that they're entitled to. They may also help set up small support groups within communities so people can help themselves and research community problems. They write reports, do social research and support the work of other health and welfare staff.

Social workers might choose to specialise in a particular area such as: family, youth and child welfare services, medical and health services, mental health, juvenile and family law courts, aged care and working with people with a disability, income support or mediation.

We definitely need more Koori people in this area of work, to empower individuals and communities to help themselves.

What kind of person makes a good social worker?

You need to be emotionally mature, non-judgmental and enjoy working with people from all different backgrounds and cultures. A commitment to social justice, equality and empowering your clients is important. You should be able to work independently and as part of a team. Good organisational and communication skills are essential.

Where can I work?

Social workers can be employed by government departments, welfare organisations, hospitals, mental health institutes and at your local Aboriginal health service or cooperative. Social workers may also choose to go into private practice, research or teaching.

What training do I need?

You must complete a university degree in social work. To take account of personal skills and life experience, special and mature age entry may apply for entry to some courses - check with the universities and their Koori Support Units. You can commence studying a Bachelor of Arts or Social Science degree, then transfer to the Bachelor of Social Work degree.

QUALIFICATIONS

Degree courses:

- Deakin University, Geelong campus: Bachelor of Social Work, 4FT
- La Trobe University, Albury Wodonga and Bundoora Campuses:

 Bachelor of Social Work, 4FT or 2 years following completion of 2 years with a degree with specified subjects.
- Monash University, Clayton Campus:
 Bachelor of Social Work, 2 years following completion of 2 years with a degree with specified subjects.
- RMIT, City Campus: Bachelor of Social Work, 4FT

VCE PREQUESTITES

English

Related jobs:

Community development worker - see page 66

Welfare worker - see page 73

Psychologist - see page 58

Welfare Worker

Welfare workers help sort out problems such as emotional, social or financial difficulties - experienced by an individual, a family or a larger group. They try to empower their clients to help themselves by providing counselling and practical support, and boosting their confidence. Welfare workers may specialise in particular areas of interest such as child protection, support for teenagers, working within the courts and justice system, family and parenting support or working with victims of crime and/or violence and violent offenders. Welfare workers take on all sorts of roles and Koori people are very much needed in these positions.

What kind of person makes a good welfare worker?

You must be non-judgmental and enjoy working with people of all backgrounds and cultures. It helps if you're the sort of person who can think on their feet and be able to deal with stressful situations.

Where can I work?

Aboriginal community organisations, government agencies, local councils, hospitals, health centers, unions and a range of community groups all employ welfare workers. Koori workers are in high demand.

What training do I need?

You need relevant work and life experience and/or a formal qualification - from the TAFE certificate level to a university degree.

QUALIFICATIONS

Certificate Courses:

- RMIT, city campus:
 Certificate IV in Social and Community Services Management, 2FT
 Diploma Courses:
- TAFE, various locations

 Diploma of Community Services (Welfare Studies), 2FT
- RMIT, city campus
 Diploma of Social Services, 4PT
- La Trobe University, Albury-Wodonga campus
 Associate Diploma in Welfare Studies, 2FT

Degree Courses:

- La Trobe University, Albury-Wodonga and Bundoora Campuses: Bachelor of Behavioral Science, 3FT or 6PT

- Monash University, Gippsland Campus:
 Bachelor of Social Welfare, 3FT or 5PT or external.
- Swinburne University, Hawthorn and Lilydale campuses: Bachelor of Social Sciences,4FT
- University of Ballarat: Bachelor of Arts (Rural Social Welfare), 3FT or equivalent PT

VCE PREREQUISITES

English

Related jobs:

Community Development Worker - see page 66

Recreation Officer - see page 108

Social Worker - see page 71

Youth Worker - see page 74

Youth Worker

Youth workers work with young people to help them deal with whatever problems they may be facing whether it's problems with school, in the family, relationship issues, drug and alcohol misuse, depression or financial troubles. Youth workers try to create good community based support structures that encourage the involvement of young people. They run programs to assist young people to participate in healthy recreation, to find employment or continue their education, find suitable accommodation, get income support benefits and further counselling if they need it.

Koori people are in high demand in these sorts of jobs.

What kind of person makes a good youth worker?

You need to be non-judgmental and understanding, to be able to deal with stressful situations and keep your cool. Most of all, you must enjoy working with young people and be a good communicator.

Where can I work?

Youth workers work in various places and often outside regular business hours. Youth clubs, recreational services (e.g. groups that run camps and sports-related activities), municipal councils, various welfare organisations and church groups often employ youth workers. Some Aboriginal community organisations do as well.

What training do I need?

Some positions require formal qualifications while others will look most closely at your personal skills and work and life experience. Traineeships are often available in this area of work. Formal qualifications start at the TAFE based certificate level and go up to university degree courses.

QUALIFICATIONS

Certificate Courses:

TAFE, various locations:

- Certificate IV in Community Services (Youth, Child and Family)

Diploma courses:

Victoria University of Technology, Footscray, St Albans and Sunbury campuses:

- Diploma of community services (Youth Work), 2FT

Degree Courses:

- Deakin University, Geelong Campus: Bachelor of Social Work, 4FT or PT equivalent
- RMIT, Bundoora campus: Bachelor of Arts (Youth Affairs), 3FT

VCE PREREQUISITES

English

Related jobs:

Social Worker - see page 71

Welfare Worker - see page 73

Recreation Officer - see page 108

MEDICAL DENTAL

Doctor (also called a Medical Practitioner)

A doctor's role is to prevent, diagnose and treat illness and injuries. Their main aim is to help people stay healthy.

Across Australia, we desperately need more Aboriginal doctors. At the moment there is only one Koori doctor in Victoria. The aim is for every Aboriginal person to have the choice of seeing an Aboriginal doctor, if they want to. The community needs young people like you to consider studying medicine.

The first point of contact with a doctor is usually a General Practitioner (GP), sometimes known as a family doctor. They look after a patient's general health and treat everyday illnesses and injuries. If the patient needs specialist medical treatment or diagnosis (finding out what the problem is), the GP refers them to a specialist doctor. There are many different kinds of specialists - almost one for each part of the body (eyes, ears, mind etc) or body system (reproductive system, neurological [nervous] system, digestive system etc).

What kind of person makes a good doctor?

You must have good people skills as well as academic ability. You need to be prepared to work hard but the rewards, both personally and financially, are very high.

Where can I work?

Doctors work in hospitals, clinics, private practices, community health centres and in Aboriginal health services. Specialist doctors may also work in organisations ranging from research institutes and pathology laboratories to psychiatric clinics. You can work in all sorts of places - from inner city to suburban locations, as well as rural and bush practices. You can also get jobs overseas.

What training do I need?

You need to do six years of full-time study at university, and then work under supervision in a hospital before you can apply for registration. After that you may decide to go on to further study to become a specialist. Whether or not you decide to specialise in a particular branch of medicine, as a practicing doctor you'll still be involved in continuing education programs to keep your skills up to date.

The University of Newcastle in NSW has the best track record in educating Aboriginal students in medicine. It has a very successful special program of entry and support for Aboriginal students from all over Australia. It gives special attention to personal experience and other qualities, as well as academic results. Contact their Aboriginal Unit for further details:

Discipline of Aboriginal Health Studies

Aboriginal and Torres Strait Islander Student Liaison Office

Faculty of Medicine and Health Studies

Medical Science Building

University of Newcastle

Callaghan NSW 3238

Ph: (02) 4921 5640 Fax: (02) 4921 7166

Email: aslo@mail.newcastle.edu.au

QUALIFICATIONS

Monash University, Clayton Campus:
 Bachelor of Medicine/Bachelor of Surgery, 6FT

- The University of Melbourne, Parkville Campus: Bachelor of Medicine, Bachelor of Surgery, 6FT

VCE PREQUISTIES

English, Chemistry Specialist Maths or Mathematical Methods and Physics or Biology.

SPECIALIST TRAINING

There are lots of areas of specialised medicine such as psychiatry, ophthalmology (eyes), pediatrics (children/babies), Surgery (performs operations), neurology (nervous system) - to name just a few. To become a specialist, you first have to become a fully qualified doctor - so you've got plenty of time to think about it.

Dentist

Dentists help people with problems of the mouth, teeth and gums. They treat tooth decay, abcesses, root and gum disease and injuries such as broken teeth. Dentists also perform cosmetic repairs to improve appearance. Some dentists, especially those employed by Aboriginal health services, spend a lot of time educating the community about oral health and hygiene.

What kind of person makes a good dentist?

You'll need good eye and hand co-ordination, concentration and the ability to perform detailed work. Being friendly and able to communicate well are also important, as the dentist must explain what they're doing and help the patient to relax.

Where can I work?

Most dentists work in private practice, although some work in hospitals or in community health centres. Some of the larger Aboriginal health services employ their own dentists. If the Victorian Aboriginal Health Service employs you for example, you may be expected to work on the Dental Mobile Van, which travels around to Aboriginal communities around the state.

We really need young Koori people to train up to become dentists. Your skills would be in high demand and you'd never be short of work. It's a rewarding area to work in, both personally and financially.

What training do I need?

Students must complete a Bachelor of Dental Science through the University of Melbourne. Clinical experience begins in the second year, with practical classes in the School of Dental Science and clinical sessions in the Royal Dental Hospital of Melbourne.

QUALIFICATION

Bachelor of Dental Science, 5 FT

University Of Melbourne, Parkville Campus

VCE PREREQUISITES

English, Chemistry, Maths Methods or Specialist Maths, and one of Biology, Physics, another Maths.

POSTGRADUATE TRAINING AND SPECIALIST DENTISTRY

It is possible for students to do postgraduate training to specialise in a number of areas such as:

Pediatric dentistry (children's dentistry)

Periodontics (tissue and structures surrounding the teeth)

Orthodontics (correction of poorly positioned teeth, e.g. fitting braces)

Prosthetic dentistry (replacement of lost teeth and tissue with artificial appliances, e.g. false teeth)

Dental Assistant

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Dental assistants get patients ready for mouth examinations and help the dental operator (dentist, dental therapist and dental hygienist) perform their duties. Tasks that may be performed include recording findings from the oral examination, clearing a patient's mouth of saliva and dental materials used in treatment, cleaning and sterilising instruments used after treatment and re-stocking dental supplies. Often dental assistants also carry out office duties such as preparing accounts and making appointments.

What kind of person makes a good dentist assistant?

Dental assistants must be good team players and be prepared to follow directions. You'll need to be able to work under pressure, have good concentration and eye and hand coordination - as you'll be working in a small space. A friendly pleasant manner is important because you need to help the patient to relax.

Where can I work?

You can work at the Royal Dental Hospital in Melbourne, in private dental practices and community health centres right across Victoria. An increasing number of Aboriginal health services provide dental care to their local Aboriginal communities and they all need dental assistants.

What training do I need?

To get into the course you must be currently employed by an Australian Dental Association member and have completed six months full-time employment as a dental assistant. Year 11 or a mature background (life experience) is expected. Traineeships are often available, in both the public and private sectors.

QUALIFICATIONS

Certificate Course:

RMIT, city campus

Certificate III in Dental Assisting, 1PT

Other jobs relating to Dentistry:

Dental Therapists examine and treat pre-school, primary and secondary school children's teeth. To become a dental therapist you need to complete a Diploma in Dental Therapy. This is a two year course at the University of Melbourne School of Dental Science, Parkville campus.

Dental Hygienists teach people about how to maintain good mouth care and prevent problems of the teeth and gums. To become a dental hygienist, you need to complete a Diploma of Oral Health Care Therapy, 2FT, University of Melbourne School of Dental Science, Parkville campus. English and Biology are the two VCE prerequisite subjects.



Paula Crilly 22 years Old Dental Assistant Victorian Aboriginal Health Service (VAHS)

When I was younger I wanted to be a nurse. But after I left

school I did a course at Northern Metropolitan TAFE - an Office Administration certificate. I also worked for a while as a receptionist at the VAHS.

Now I'm working at VAHS as a Dental Assistant and doing the Dental Assistant course at RMIT. The course goes for one year and while I'm working I go there one day per week.

I really enjoy this job - it's different and interesting. I also like working in the community and teaching people the importance of looking after their teeth.

Travelling with the mobile dental van is also good because you get to meet other Aboriginal people and communities. But you begin to miss your own family.

I recommend this job. It gives people a new outlook on oral and dental care. In the future I'd like to go on to further study and become a Dental Therapist so I can work with kids. I think working with kids is a lot easier than working with adults.

related patient-care positions

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There are a wide range of jobs and levels in the nursing field, some of which don't require too much in the way of formal or education qualifications. You can also move between different roles in the healthcare team, perhaps studying part-time to build on your qualifications while you're working. For example, some nurses start out as a nursing assistant (200 hours of training) or enrolled nurse (one year of training), then go on with further study to become a registered nurse. After that, the sky's the limit. At all these levels you're developing nursing skills and caring for patients.

There is also plenty of scope in nursing to specialise in an area of health that you're particularly interested in - for example community health, working with new mothers and young babies, or in cancer treatment units.

Nurses are often the people who spend the most time with patients. If you have a genuine interest in caring for sick people and improving the health and well-being of individuals, their families and communities - then you'll find a career in nursing can be very rewarding.

Registered Nurse - Division I

Registered nurses are highly skilled in the care, treatment and assessment of patients. They can work in many different health settings and areas of specialisation, and can work up to very senior (and well-paid) positions.

In most hospitals and health services, registered nurses (division 1) do the following tasks:

- Provide physical, social and emotional care and support to patients.
- Talk to the patient's family, provide information and support as needed.

- Give the patient medicine and other forms of treatment, as prescribed by the doctor.
- Monitor and adjust hospital and other medical equipment.
- Prepare patients before and after operations.
- Assist in the patient's recovery with special exercises and other forms of rehabilitation.
- Supervise the arrival and discharge of patients.
- Assist in the training and supervision of student nurses, division 2 nurses and other hospital staff.





KAREN ADAMS
Registered Nurse currently Project Officer
Aboriginal Health Worker
Training Project
VACCHO
31 years old

After I completed school and my Higher School Certificate (now it's called VCE) I wanted to get a paid job. This was the main reason why I went into nursing. At this time, hospital state enrolled nurses were trained on the job for 1 year and they got paid. Nursing was an option a lot of women took because you were guaranteed employment, pay and training. I began my training at the Prince Henry Hospital, just when nurse hats and capes were being phased out.

The benefits of nursing include being able to work in a wide range of places. The money is decent and because of shift work, the hours are flexible. You get to work with and meet some really great and different people. The only

down-side is that the job can be both physically and emotionally tiring.

I left the hospital after a few years and went to work at ACES (Aboriginal Community Elders Service). Whilst working at ACES, I decided to study for a further 3 years at La Trobe university to become a registered nurse. I made this decision because it allowed me to move into other areas of health.

I found it really difficult to do a mainstream nursing course at university while working in an Aboriginal organisation. We were taught white mainstream health care principles which didn't relate to the environment in which I was working. The course was not culturally appropriate to Aboriginal people, so it was up to me to use the information I was taught in mainstream and interpret it so it could relate to the Aboriginal community.

I didn't get all that much support at university and at times I was ready to throw the course in. But there was this Aboriginal woman Elder I met at ACES - she had completed a nursing course. This inspired me and I thought if she can get through it, so can I.

I went on to do a graduate year at Fairfield Hospital working with people with AIDS. I also did a post-graduate qualification through the Indigenous Koorie Education Unit at Deakin University. I had considered going on to specialise in midwifery or maternal and child-care, but I finally settled on a Cultural and Heritage Interpretation course. I did that because, I wanted to look at health from a Koori perspective and the nursing course didn't allow me to do that.

After that I was employed by Deakin University as a lecturer in Health Promotion for one year. I left to have my baby, Sam. A friend told me about a job going at VACCHO to do with training of Aboriginal Health Workers. I decided to go for it although I was a bit hesitant because Sam was still a young baby. I job share at VACCHO and they don't mind if I bring Sam into work.



Specialist nursing

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Registered nurses can specialise in areas such as mental health, midwifery, maternal and child health, aged care, intensive care, operating theatre, emergency and casualty, community health, remote area nursing, research, management, health promotion and education, and workplace health and safety. Here's a brief description of some of these areas of specialisation:

Mental health nurse: provide care to patients with mental and emotional problems.

Community health nurse: work in the wider community providing nursing care, health education, counselling, health program planning and delivery to particular groups in the community.

Nurse managers: are responsible for managing staff and making sure that specific health programs and units are safe, functioning effectively and not running over budget.

Nurse educators: help develop and teach a range of staff training, health education and community health promotion programs.

Nurse researchers: research a range of health issues - work in universities, hospitals and other health services and research institutes.

Clinical nurse consultants: coordinate and supervise the delivery of care in specific clinical wards or in community settings. They work with clinical nurses to give direct care to patients with difficult caring needs, teach other staff and are involved with research programs.

Midwives: care and provide advice to women during pregnancy, labour and child birth. They also care for women and babies after birth (post-natal care).

Where can I work?

Registered nurses care for patients in a wide range of settings including public and private hospitals, nursing homes, community and home-based services, in industry and in Aboriginal health services. Defense forces, nursing agencies and the Royal Flying Doctor service can also employ nurses. Many nurses work shifts, so you need to be prepared to work irregular hours.

What kind of person makes a good Registered Nurse Division 1?

You need to be calm and confident in difficult situations, be a good team player, and be mentally and physically fit. Tolerance, patience and tact when dealing with people from a range of backgrounds, ages and cultures is a must. Most people find hospitals pretty frightening places - especially if you're very ill and feeling fragile anyway.

What training do I need?

You need to pass your VCE, complete a degree in nursing and then apply for registration with the Nurses Board of Victoria. People who already hold certificates and diplomas in nursing or other areas of health (such as Aboriginal Health Worker training) can use recognition of prior learning to get credits for some subjects, thereby shortening the time it takes to complete their degree.

QUALIFICATIONS

Degree courses:

- Australian Catholic University- Aquinas and Mercy campuses: Bachelor of Nursing, 3FT
- Deakin University- Burwood, Geelong and Warnambool campuses: Bachelor of Nursing (pre-registration), 3FT
- La Trobe University- Albury/Wodonga, Bendigo and Bundoora campuses: Bachelor of Nursing, 3FT (PT available at Bendigo)
- Monash University- Gippsland and Peninsula campuses: Bachelor of Nursing, 3FT, PT available
- RMIT- Bundoora Campus: Bachelor of Nursing, 3FT
- University of Ballarat Bachelor of Nursing, 3FT

Victorian University of Technology- St Albans Campus:
 Bachelor of Health Science- Nursing 3FT, PT available

VCE PREREQUISITES

English and other prerequisite subjects (particularly maths, science and health subjects).

Alternative entry may be available for Aboriginal students, contact the institution for more details.

Opportunity also exists to build on training. You may be entitled to special entry if you already hold a Division 2 Nursing Certificate.

Registered Nurse - Division 2 (used to be called an Enrolled Nurse)

Division 2 nurses work under the direction of Division 1 nurses to care for patients in hospitals, nursing homes and other health settings. Although, they carry out all the tasks performed by a Division 1 nurse, they are still a very skilled and important part of the nursing team.

Division 2 nurses may do the following tasks:

- Help with initial and ongoing health assessments of patients.
- Observe, measure and record patient's temperature, pulse, breathing and blood pressure. They also report changes in the patient's condition.
- Make sure that the patient is hygienic and clean by helping with showering, dressing and bed making.
- Assist patients with meals.
- Help patients become mobile and assist with programs to improve recovery.
- Assist in dressing wounds and cuts.
- Help in emergency situations.
- Provide education on health and lifestyle issues.

What kind of person makes a good Registered Nurse Division 2?

Good communication and being happy to work as part of a team are important skills. You will need to be able to follow instructions accurately and be physically and mentally fit. You should enjoy working with people, especially those who are sick and needy.

What training do I need?

You need to do a one year Certificate IV in Health (Nursing) and then register with the Nurses Board of Victoria.

Training takes place at TAFE colleges with clinical work placements in hospitals and nursing homes. Traineeships (paid training positions) are also available.

QUALIFICATIONS

Certificate IV in Health (Nursing), 1FT or 2PT available at a number of TAFE colleges across Victoria.

Contact local TAFE or Nursing Board of Victoria (ph: (03) 9613 0333)

Nursing Assistant

A nursing assistant performs many of the important tasks that keep a patient comfortable, clean and well cared for. This can include delivering food trays and helping feed those patients who can't feed themselves, changing and making beds and cleaning equipment such as instruments and trays. They also accompany and escort patients for exercise or social activities. Dressing, undressing and bathing a patient is not uncommon.

What kind of person makes a good nursing assistant?

You need to be strong and healthy to be able to lift and move patients. You should enjoy working with people of all ages and backgrounds because you'll be in constant contact with patients, their families and other visitors. Nursing assistants have to be prepared to perform tasks that may cause embarrassment or discomfort in some people.

Where can I work?

Hospitals, nursing homes and hostels all employ nursing assistants in all areas of Victoria. You can also work in Koori aged care services such as the Aboriginal Community Elders' Service (Brunswick).

What training do I need?

Sometimes you can get a job as a nursing assistant without any formal training - a more experienced staff member will show you what to do. Some hospitals and nursing homes prefer trained staff.

QUALIFICATIONS

Certificate III in Community Services (Home and Community Care), 200 hours FT Various TAFE colleges and registered training organisations.

Patient Services Assistant

Patient services assistants help other staff by performing non-medical duties. These duties include housekeeping, food delivery and the movement of patients and equipment. Patient services assistants deliver and retrieve meal trays. They make beds, clean bathrooms, showers, office areas and equipment such as wheel chairs, bed pans, rinse trays and bowls.

Employment opportunities are found in hospitals, nursing homes, Koori and mainstream aged care facilities and a range of both public and private health services and clinics.

What training do I need?

You might get a job without it, but you can do a certificate course to become a patient service assistant. There are no educational requirements for entry into the course.

QUALIFICATIONS

- Certificate in Patient Services (Traineeship)
- Certificate II in Community and Health Services (Support Worker Traineeship)
- Care Skills (NETTFORCE)
- Certificate in Patient Services, 6 months FT TAFE, various locations

Ward Assistant

Ward assistants help nursing staff with the care of patients and make sure that the wards are clean and tidy. They work in both public and private hospitals. Employment can also be found in clinics, nursing homes, hospices and after care centres.

A ward assistant assists nursing staff with lifting and turning patients who are unable to move by themselves. Under the supervision of a registered nurse, a ward assistant can shower, bathe and shave patients. They are also responsible for

transporting patients in wheelchairs and movable beds. A ward assistant may handle the maintenance of any non-medical supplies.

Ward assistants may specialise and become:

Porters - collect and transport medical equipment and supplies.

Theatre attendants/orderlies - sterilise instruments and check that operating and theatre lights and machinery are functioning properly.

What training do I need?

Training for this occupation is provided on the job. Satisfactory completion of year 10 is preferred.

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Home Based Care

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CHILD CARE

In these positions you are contributing to the health and well being of your community without the pressure of years of further education. You can make a huge difference to the quality of life of your clients and this is very personally rewarding. You can work with a range of people from the very young (family day care provider) to the very old (home care worker).

Some of the jobs we've included here won't fit some people's ideas about what constitutes a health career, but we've put them in because they sit within an Aboriginal understanding of holistic health and have a vital role in creating a healthy and more caring community.

Child Care Worker

A child care worker is responsible for the social, emotional, mental, physical and educational needs of babies and young children. The child care worker plans and put programs in place that will help a child's development (both behavioral and social) through play and learning about the world around them. They keep track of the child's progress and report back to the parents.

There are many different titles for a child care worker, depending on their level of qualification and responsibility. The forms of care range from creche and long day care for infants to before and after school care. Creating a safe, clean, stimulating and happy environment that meets the individual needs of each child is their overall goal, whatever the age or background of the child.

What kind of person makes a good child care worker?

You must be alert and tuned into what's going on because the safety of the children in your care is vitally important. You'll need to enjoy and get along with babies and children - and their parents as well. You need to be reasonably fit, as you'll be on your feet all day, lifting and carrying children and equipment.

Where can I work?

Child care workers work in child care centres, private homes, residential centres, playground groups and before /after school care centres. Some Koori community organisations have created positions for child care workers running playgroups and parenting support programs, and many Koori communities run their own child care centres that are staffed by Koori people.

What training do I need?

A qualified child care worker requires an accredited child care diploma.

Unqualified child care assistants are also employed in some settings, but it will help if you've had previous experience with children or done some introductory child care training. First aid training is also useful. The Diploma of Community Services (Child care, Koori) course is available for Aboriginal and Torres Strait Islander people. The minimum age requirement for entry into any course is 16.

QUALIFICATIONS

- Certificate IV in Community Services (Child Care)

 Care Skills
- Certificate III in Children's Services (Early Childhood Care), 1PT
- Certificate III in Children's Services (Out of School Hours Care), 1PT
- Certificate in Child Care (Home based), 1PT
- Diploma of Community Services (Child Care), 2FT
- Diploma of Community Services (Child Care, Koorie), 2FT
 TAFE, various locations

VCE PREREQUISITES

Not all courses require a VCE.

ENTRY REQUIREMENTS

Diploma of Community Services (Child Care, Koorie) - applicants may be required to sit an entry test and attend an interview.

Related jobs:

Family day care provider (home based) - see page 97

Youth worker - see page 74

Disability Services Instructor

A disability services instructor helps meet the educational needs of people who have an emotional, intellectual and/or physical disability. They work with parents, residential care workers, community groups, employers and other organisations to develop a range of education and training programs to enable the disabled person to develop to their maximum potential.

Disability services instructors usually specialise in areas including education (teaching lifeskills, maths, reading, writing etc), employment skills (both general and specific to particular jobs) or recreation and leisure activities.

What kind of person makes a good disability services instructor?

You have to be able to communicate with a wide range of people and have a patient, friendly and encouraging manner. It is important that you are supportive of the rights of people with disabilities to participate in the wider community and be accepted as individuals.

Where can I work?

Disability services instructors work in community centres, day activity centres, job training organisations, disability services, special schools, private clinics and hospitals.

What sort of training do I need?

Some employers will take you on without formal qualifications if you have the right personal qualities and attitudes and/or life and work experience. It will certainly help if you have at least a certificate course in disability - you don't need a VCE to get into this course.

OUALIFICATION

Certificate level:

 Certificate IV in Community Services - Disability, 804 hours FT Various locations and campuses

Degree courses:

- Bachelor of Applied Science (Disability Studies), 3FT
 Deakin University, Burwood Campus
- Bachelor of Applied Science (Intellectual Disability), 3FT RMIT, Bundoora campus

VCE PREREQUISITES

English and any two units of mathematics

Related jobs:

Allied Health Assistant - see page 36

Occupational therapist - see page 49

Family Day Care Provider

Family day care providers supply a safe, healthy and supportive environment for pre-school children and children needing before and after school care - usually in the carer's own home. Safety is always the most vital consideration. Tasks may include: transporting children to and from school, preparing healthy meals, playing with the children and meeting each individual child's special needs and interests, providing minor first aid or medicine if prescribed, and keeping the parents informed about their child's day.

What kind of person makes a good family day care provider?

As your whole day is spent working with children, often without other adults around, you really have to enjoy their company. You need to be warm, encouraging and fair, and be able to handle the children's behavior in a positive way. You need to be mature, calm and able to act quickly in emergency situations.

Where can I work?

A family day care provider usually looks after children in the carer's own home, so you need a safe, clean home with a list of emergency numbers near by.

What training will I need?

You can often find jobs without formal qualifications if you're the right sort of person, although child care training, first aid and a driver's license will help you to become a registered care giver. Experience with children is probably the most important requirement. You have to be at least 18 years of age and go through a home safety check. There are courses specifically designed for Aboriginal and Torres Straight Islander people.

QUALIFICATIONS

- Certificate in Child Care (Home based), 3 months FT Acacia College, Melbourne
- Certificate in Child Care (Home based), 3 months FT TAFE, various locations
- Certificate III in Children's services (Traineeship), 1PT TAFE, various locations
- Advanced Certificate in Koori Child Care, 855 hours PT East Gippsland Institute
- Diploma of Community Services (Child Care), 2FT
 Acacia College, Melbourne

- Diploma of Community Services (Child Care),4PT East Gippsland Institute
- Diploma of Community Services (Child Care), 2FT TAFE, various locations

Related jobs:

Child care worker - see page 94

Home and Community Care Worker (HACC)

Health and community care workers provide assistance and support for people who are unable to care for themselves or their families due to sickness, disability or old age. Some of the duties include: providing personal care such as washing or dressing the client; helping with household tasks such as cooking, cleaning and washing; taking the client out on shopping trips and social activities. More than anything else a HACC worker provides companionship, friendship and emotional support. HACC workers can specialise as attendant care workers (helping the disabled), family care workers (helping parents by taking care of the children) or mother's helpers (helping new mothers).

What kind of person makes a good home and community care worker?

You need to have a caring nature combined with good organisational and people skills. You need to be able to perform domestic duties effectively while respecting your client's dignity and their family's privacy.

Where can I work?

HACC workers are mostly employed by local municipal councils, health, disability and aged care services. Many Aboriginal community organisations and health services employ HACC workers to look after needy people in the Koori community. Mostly HACC workers work in their client's home. After hours and weekend work is not uncommon.

What training do I need?

Often training is on the job. Most HACC workers are selected on experience, ability and attitude. You can also do a course through TAFE or a registered training organisation.

QUALIFICATIONS

Certificate III in Community Services (Home and Community Care), 200 hours FT or PT or by open learning.

TAFE, various locations

This course is also offered by a number of registered training organisations, including:

- Acacia College
- Adult Migrant Education Services (AMES)
- Child and Family Care Network, Glen Waverly
- Council of Adult Education, Melbourne
- Echuca Workskills Inc.
- Essendon Community Group
- Kyabram Community Group
- Morrison House Inc
- Nillumbuck Shire Council Living and Learning Centre
- St Mirins International, Frankston
- Workwise Training Group

RELATED JOBS

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Nursing assistant - see page 90

Personal Care Worker - see below

Personal Care Worker

A personal care worker looks after patients in hospitals, nursing homes, private clinics or in the home, helping with their client's daily routine. This involves helping them with bathing, dressing, eating, toileting and all other aspects of their every day life. Their goal is to assist their client to live as independently as possible. Personal care assistants get advice from their client's doctors, physiotherapists and other health professionals.

What kind of person makes a good personal care worker?

You need to believe that the elderly and disabled have a right to live independently and in a dignified manner. You need to be patient, kind and encouraging - and be able to respond quickly in an emergency situation.

Where can I work?

Aged care hostels (including Koori aged care services) and a range of disability services employ personal care workers. You'll often provide outreach assistance and will be required to work shifts that include weekends and nights.

What training do I need?

There are no specific educational qualifications required for this job, however some form of experience is an advantage. Training is usually provided on the job but you can do a certificate course and/or a traineeship.

QUALIFICATIONS

- Certificate on Home and Community Care, (Traineeship)
- Certificate III in Community and Health Services (Personal Carer), (Traineeship)
- Care Skills Netforce
- Certificate in Home and Community Care, 200 hours PT TAFE, various locations
- Certificate IV in Community Services, 1PT TAFE, Bendigo, Berwick, and Wodonga campuses

RELATED JOBS

Allied health assistant - see page 36 Home and community care worker - see page 98 Patient Services Assistant - see page 91

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If you're interested in scientific research into diseases and medical conditions and/or new advances in medical equipment and technology, there are plenty of career opportunities for you. We've only listed a few of them here, but ask your careers teacher or consult the DETYA Job Guide for more information. It's worth noting that there are also a number of technical roles in jobs relating to dentistry (teeth), audiology (ears) and optometry (eyes).

Medical Laboratory Technician

Medical laboratory technicians carry out regular checks and tests on equipment used in laboratories. They set up the equipment and make sure it is clean and in good working order. They collect blood samples, prepare slides of microorganisms and communicate the results of their findings to doctors or people working as part of a medical team.

You can choose to specialise in areas such as:

- **medical microbiology** taking samples from wounds and urine and looking for diseases and evidence of microorganisms
- anatomical pathology studying tissue samples
- **cytology** taking smears of body tissue and looking for cancerous cells
- haematology studying blood samples
- medical chemistry.

Medical technicians are also needed to maintain and service machines used for treating diseases and disorders of the body (for example, kidney dialysis machines). These must be checked out regularly and thoroughly to ensure that they are running correctly and have no problems.

What kind of person makes a good medical laboratory technician?

You must play close attention to detail and be able to work accurately without supervision. You need patience to do the same tasks many times over, without losing concentration.

Where can I work?

Employment exists in the CSIRO, large industrial organisations, medical laboratories, pathology and cytology departments within hospitals, private pathology clinics, government health agencies and specialist clinics.

What training do I need?

You'll need to complete an Associate Diploma or Diploma of Applied Science (Medical Laboratory).

QUALIFICATIONS

Diploma courses:

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TAFE- RMIT, Victorian University of Technology and Barton Campuses: Diploma of Applied Science (Medical Laboratory Technology), 2FT or 4PT.

VCE PREREQUITES

English and other prerequisite studies. Check with the TAFES individually.

Related jobs:

Audiometrist - see page 40

Medical Scientist - see below

Medical Scientist

Medical scientists do all sorts of tests and research to discover and analyze information about the prevention, diagnosis and treatment of diseases and medical conditions. For example, they may do any of the following: identify and screen for blood borne diseases (such as HIV/AIDS and hepatitis); cross-match bone marrow, kidneys and other organs for transplants; examine slides with body tissues (e.g. PAP smears) to see if any cancerous or abnormal cells are present. Medical scientists also examine DNA and genes to help with the treatment and diagnosis of a range of medical conditions.

What kind of person makes a good medical scientist?

You need to pay close attention to detail and be able to work accurately without supervision. You have to make clear and exact observations from data and be well organised and thorough in your work methods and records. You need an inquiring mind and a keen interest in science.

Where can I work?

Public and private medical and scientific laboratories, hospitals, tertiary institutions and research institutes, private industry.

What training do I need?

You'll need to do a degree course. Some of the courses involve a year of industrial experience following full time study.

QUALIFICATIONS

Degree courses:

- RMIT, City Campus:
 Bachelor of Applied Science (Medical Laboratory Science), 4 FT, part-time available.
- La Trobe University, Bundoora Campus:
 Bachelor of Science (Medical Science), 3 FT, part time available.
- Swinburne University of Technology, Hawthorn Campus:
 Bachelor of Applied Science (Medical Biophysics and Instrumentation), 3 FT,
 plus one year paid employment experience.

VCE PREREQUITES

English and other prerequisite studies.

Related Jobs:

Medical Laboratory Technician - see page 101

SPORTS-RELATED jobs

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If you have a strong interest in sport and love to keep fit, there's a whole range of jobs that would probably really appeal to you. Fitness is an essential aspect of health and well being. By working in this area you can make a huge contribution to your own health and the health of your community. It's also a great way to make a career out of what you enjoy doing most, whether it's working out at your local Koori gym or the YMCA, or coaching and managing teams in your local sporting club. The levels of expertise, study and physical fitness vary between different positions but, whatever the job, a keen interest in sport and physical activity is the main prerequisite.

We've listed just a few of the many jobs in the sports area. These include positions in which you're responsible for organising and running a sporting club or program (sports administration); "hands on" positions that get you actively participating in physical activities (fitness instructor); and jobs that combine both (coach, recreation officer).

You may be able to get a traineeship in this area of work (for example, the YMCA is currently offering a number of traineeship positions), whereby your employer is encouraged to take on new workers while you get pay, work experience and training.

Fitness Instructor

There are many different sorts of fitness instructor such as an aerobics instructor, a fitness programmer at a gym, or a personal trainer. It's also possible to specialise in a particular form of exercise such as resistance training, water activities or exercises suitable for pregnant women or the elderly. As well as demonstrating the exercises, the fitness instructor has to look out for safety - this means making sure people use equipment properly and are doing the exercises correctly so they don't injure themselves.

What kind of person makes a good fitness instructor?

You need to be fit and have a healthy lifestyle because clients will see you as a role model. You also need an outgoing personality and be friendly, approachable

and encouraging. You'll probably also need to be flexible about your working hours because fitness instructors often have to work nights and early mornings to fit in with everyone else's working day.

Where can I work?

If your community has one, you can work at the local Koori gymnasium or run get-fit classes at the local Aboriginal health service. Mainstream health and fitness clubs, sports centres and community recreation facilities are other places of employment.

What sort of training do I need?

You have to have completed a minimum level of qualification to register with the Victorian Council on Fitness and General Health (VICFIT) before you can work as a fitness instructor.

Sometimes training is provided on the job as well as through registered training organisations, including TAFE. If you like, you can study at university for a degree in human movement which will qualify you for all sorts of jobs in the sports health area.

QUALIFICATIONS

Certificate courses:

- TAFE, Various locations: Certificate in Fitness Instruction, 6 months PT

Degree courses:

- RMIT, Bundoora campus: Bachelor of Applied Science (Human Movement), 3FT
- University of Ballarat, Ballarat Campus: Bachelor of Applied Science (Human Movement), 3 FT or equivalent PT
- Deakin University, Burwood Campus:
 Bachelor of Applied Science (Human Movement), 3FT or 6PT



Recreation Officer

A Recreation officer organises sport and recreation programs and events for communities. They can work in a range of areas including recreational planning and research, managing sports and recreation facilities or working as youth leaders, sport coaches and outdoor activity leaders.

What kind of person makes a good recreation officer?

You need strong organisational abilities to plan and conduct recreational activities, sporting competitions and community functions - on time and within the budget. You need to enjoy working with people (especially young people) and be a good communicator - to motivate them while supervising activities to ensure everyone's personal safety.

Where can I work?

Most recreation officers are employed within municipal councils and community organisations, including your local Aboriginal cooperative or gym. After school care and school holiday programs are another area of employment.

What training do I need?

Recreation officers may be employed on a casual or permanent basis. Most casual positions require only that the applicant be 18 years of age, preferably have completed year 12 and have sporting ability. Permanent positions usually require tertiary qualifications, as competition for jobs is high. Again, strong sporting experience and success will count highly in your favour. Courses range from one semester to four years of study, depending on the level of qualification.

QUALIFICATIONS

Certificate Courses:

- Holmesglen Institute.

 Certificate in Occupational Studies (Recreation), 17 weeks FT
- TAFE various locations

 Certificate IV in Recreation (Sports Coaching/Administration),1FT

Diploma Courses:

- TAFE various locations
 Diploma in Recreation (Sports Coaching/Administration), 2FT
- Victoria University of Technology, Melton campus
 Associate Diploma in Arts (Recreation/Fitness Leadership),2FT

Degree Courses:

- Australian Catholic University
 Bachelor of Health Science and Movement, 3FT or 7PT
- Deakin University, Burwood Campus:
 Bachelor of Applied Science (Human Movement), 3FT or 6PT
- La Trobe University, Bendigo campus:
 Bachelor of Arts (Outdoor Education), 3FT
- RMIT, Bundoora campus:
 Bachelor of Applied Science (Human Movement), 3FT
 Bachelor of Applied Science (Physical Education), 4FT
- University of Ballarat: Bachelor of Applied Science (Human Movement), 3FT or 6PT
- Victoria University of Technology, Footscray campus:
 Bachelor of Applied Science (Human Movement), 3FT or equivalent PT
 Bachelor of Arts (Recreation Management), 3FT or 6PT. This course is also being run in conjunction with the Njernda Aboriginal Cooperative in Echuca for Koori students.
- Victoria University of Technology, Melton campus: Bachelor of Arts (Fitness/Recreation Leadership), 3FT or 6PT

Sports Administrator

Sports administrators are involved with the running of sporting clubs, teams and associations. Promotion, getting sponsorship, marketing, team and player development, facility management and defining the rules and regulations of the club are all part of the job.

What kind of person makes a good sports administrator?

A sports administrator must be passionate about their sport and have the ability to communicate this to people around them. You also need a good head for business and must be keen to develop your management skills.

Where can I work?

Your local Koori gym and sporting teams are good places to start. The job is very broad so you can work in many sports and recreational bodies, local municipal councils and youth programs.

What training do I need?

There are no specific educational requirements. However employees often prefer some sort of tertiary qualification - there are courses dealing specifically with sports and recreation administration, but general management and business courses would also be relevant.

QUALIFICATIONS

Certificate Courses:

- TAFE, various locations: Certificate IV in Recreation (Administration), 1FT

Diploma Courses:

TAFE, various locations:
 Diploma in Recreation (Administration), 2FT

Degree Courses:

- Victoria University of Technology, Sunbury Campus:
 Bachelor of Arts (Sports Administration), 3FT
 Bachelor of Arts (Sports Administration)/ Bachelor of Business Management,
 4FT or equivalent PT
- University of Ballarat:
 Bachelor of Applied Science (Human Movement), 3FT
 Bachelor of Applied Science (Human Movement)/ Bachelor of Management,
 4FT or equivalent PT
- Deakin University, Burwood Campus
 Bachelor of Applied Science (Sports Coaching and Administration), 3FT or equivalent PT.

Sports Coach

A sports coach teaches individuals or teams how to improve their skills in a particular sport. Sports coaches can be either paid professionals or unpaid volunteers. Voluntary positions are a good way of getting some hands on experience.

What kind of person makes a good sports coach?

You must be passionate about your sport and have the ability to communicate this. You need to be a good motivator and be creative in finding ways to better your player's performance to reach their full potential. You must have an excellent

understanding of the sport, probably from playing it yourself. You'll have to work after hours and on weekends and be prepared to travel.

Where can I work?

Sports coaches are employed by sporting clubs and teams, schools, sports and recreational organisations and facilities, and sometimes holiday resorts.

What training do I need?

Some positions won't specify educational requirements, however in-depth knowledge of the sport is a must and some formal qualifications are an advantage.

QUALIFICATIONS

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Certificate Courses:

- TAFE various locations: Certificate IV in Recreation (Sports Coaching), 1FT

Diploma Courses:

- TAFE various locations:
Diploma in Recreation (Sports Coaching), 2FT

Degree Courses:

- Deakin University, Burwood campus:

Bachelor of applied Science (Sport Coaching and Administration), 3FT Bachelor of Applied Science (Human Movement), 3FT is offered by the following institutions:

Australian Catholic University, Christ campus

Deakin University, Burwood campus

RMIT, Bundoora campus

University of Ballarat

Victoria University of Technology, Footscray campus

Other jobs in sport:

Sports Medicine (doctor) - see page 78

Physiotherapist - see page 56

Dietitian - see page 42

Psychologist - see page 58



Scott McCartney 21 years old Youth Worker/Sports manager Ngwala Willumbong (drug and alcohol service)

My best moment was when I
was awarded a scholarship to
study and play football at
Assumption College, which
is a boarding school. Without
this scholarship my parents
could never have afforded
to send me there. After
completing my VCE I went
straight from school into
a Trainee Youth Worker
position at Ngwala. However,



my ambition was to become a physiotherapist.

I've now finished my traineeship but I'm still employed as a youth worker. I'm also in my third year at Deakin University in Geelong studying law, which I study in block release - that means I can work and study at the same time.

Being a youth worker can be very rewarding if you help somebody get back on the right track, but it is demanding and can be both stressful and frustrating at times. To be a good youth worker it takes a person who can listen, understand, work long hours and go out of their way to help other people. My job mainly consists of counselling people who are suffering from family break ups, sexual

abuse and other ordeals or experiences that may cause them pain. I also refer these people on to mainstream organisations, find them accommodation and educate people about drugs and alcohol. We educate people by going to schools and giving talks, or sometimes we use Aboriginal AFL footballers as role models to do footy clinics.

It was from these football clinics, and from representing a client in court, that I thought maybe I could manage AFL footballers. I did a one-year Diploma in Business Management and Marketing at TAFE and a six-week accredited player management course with the AFL and I heard that an Aboriginal player needed a manager. I spoke to him about it and he gave me a chance. The word spread about there being an Aboriginal manager and I now manage seven Aboriginal AFL football players, as well as some other sports people such as kick boxers.

As a Sports Manager I talk on the players' behalf and negotiate salaries, contracts and sponsorships. I also care about their well being and welfare. Whatever they need or want, I'll do my best to provide those services. As far as my wage is concerned, together the sports person and I work out a percentage of their contracts and sponsorships.

In the future I hope to do Sports Management full-time - once I finish my law degree. But being a youth worker has provided me with many skills such as counselling and dealing with young and professional people. This all helps me in the Sports Management role.

ABORIGINAL LIAISON OFFICERS AND SUPPORT UNITS

Here are the contact details for Aboriginal liaison and support units in Victorian universities and TAFE colleges. It's worth contacting them even before you decide on a course - they'll give you heaps of good advice.

Universities

We haven't listed names here, because there's likely to be more than one person working in the unit who could be of assistance to you.

AUSTRALIAN CATHOLIC UNIVERSITY

Ballarat Campus

Contact: Aboriginal Liaison Officer

Phone: (03) 5336 5406 Fax: (03) 5336 5305

DEAKIN UNIVERSITY

Institute of Koori Education Phone: (03) 5227 2538 Fax: (03) 5227 2019

LATROBE UNIVERSITY

Albury/Wodonga Campus

Aboriginal Liaison Officer

Ph: (02) 6058 3753 Fax: (02) 6058 3777

Bendigo Campus

Aboriginal Tertiary Support Unit

Ph: (03) 5444 7812 Fax: (03) 5444 7382

E-mail: atsu@bendigo.latrobe.edu.au

Website:http://redgum.bendigo.latrobe.edu.

au/~pola/

Bundoora Campus

Aboriginal Liaison Officer

Ph: (03) 9479 3817 Fax: (03) 94791863

E-mail:alo@latrobe.edu.au

Web site:

http://www.latrobe.edu.au/www/alo

Shepparton Campus

Aboriginal Liaison Officer (part-time)

Ph: (03) 5833 2504

Mildura Sunraysia Campus

Associate Director for Higher Education

Ph: (03) 5022 3704 Fax: (03) 5022 3600

E-mail: rbroad@pegasus.sunitafe.edu.au

MONASH UNIVERSITY

Clayton Campus

Centre for Indigenous Studies

Ph: (03) 9905 4200 Fax: (03) 9905 5043

Gippsland Campus

Centre for Indigenous Studies

Ph: (03) 9902 6763

RMIT

Koori Unit

Phone: (03) 9660 4885 Fax: (03) 660 2500

SWINBURNE UNIVERSITY

Lilydale campus

Aboriginal Liaison Officer

Phone:9215 7000 Fax: 9215 7070

THE UNIVERSITY OF MELBOURNE

Centre for Indigenous Education

Ph: (03) 9344 7722

UNIVERSITY OF BALLARAT

Aboriginal Education Centre Phone: (03) 5327 9795

Fax: (03) 5327 9545

VICTORIAN UNIVERSITY OF TECHNOLOGY

General Information: (03) 9688-4000

St Albans Campus

Equity and Social Justice- Koori Unit

Phone: (03) 9365-2193

TAFE Colleges

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Ms Vicki Walker Koori Liaison Officer

Bendigo Regional TAFE

Echuca Campus

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Phone: (03) 5480 2717 Fax: (03) 5480 2395

Ms Tarsha Spear Koori Liaison Officer

Casev TAFE

Dandenong Campus Phone: (03) 9212 5304

Fax: (03) 9212 5150

Ms Paula Morrison Koori Liaison Officer Central Gippsland TAFE

Newborough campus Phone: (03) 5127 0247 Fax: (03) 5126 1226

Mr. Scott King Koorie Liaison Officer **East Gippsland TAFE**

Bairnsdale Campus Phone: (03) 5152 0700 Fax: (03) 5152 6317 Ms Kathy Travis Koori Liaison Officer Gordon TAFE Geelong Campus

Phone: (03) 5480 2717 Fax: (03) 5480 2395

Koori Liaison Officer Goulburn Valley TAFE Shepparton Campus

Phone: (03) 5833 2543 Fax: (03) 5833 2551

Mr. Trevor Barker Koori Liaison Officer **Kangan TAFE**

Broadmeadows Campus Phone: (03) 9279 2357 Fax: (03) 9279 2302

Ms Ros Lowe Koorie Liaison Officer **Murray Valley TAFE** Swan Hill Campus Phone: (03) 5033 2884

Fax: (03) 5033 2795

Ms Anne Jenkins Koorie Liaison Officer **Eastern TAFE**

Wantirna South Campus Phone: (03) 9210 1100 Fax: (03) 9800 3369

Ms Cathy Adams Koorie Liaison Officer RMIT

City Campus Phone: (03) 9660 4885 Fax: (03) 9660 2500

Mr. Brian Leon Koorie Liaison Officer School of Mines & Industries Ballarat Campus

Phone: (03) 5327 8000 Fax: (03) 5327 8001

Ms Linda Haynes Lachlan Eckles Koorie Liaison Officer South West TAFE Warnambool Campus Phone: (03) 5564 8911 Fax: (03) 5564 8846

Mr. Len Siabb Koorie Liaison Officer **Sunraysia TAFE** Mildura Campus Phone: (03) 5022 3621

Fax: (03) 5022 3600

Mr. Barry Fary Koorie Liaison Officer **Bendigo Region TAFE** Bendigo Campus Phone: (03) 5434 1555

Fax: (03) 5434 1569

Mr. Ron Johnson Koorie Liaison Officer **Northern Melbourne TAFE** Preston Campus

Phone: (03) 9270 1343 Fax: (03) 9270 1202

Mr. Brett Westblade Koorie Liaison Officer Victorian College of Agriculture & Horticulture Terang Campus Phone: (03) 5557 8255

Ms Leanne Brooke Koorie Liaison Officer **Victorian University of Technology** City Campus Phone: (03) 9365 2228

Ms Jenny Beer Koorie Liaison Officer Wimmera TAFE Horsham Campus Phone: (03) 5362 2600 Fax: (03) 5382 0821

Fax: (03) 9365 2578

Ms Pam Griffin Koorie Liaison Officer Wodonga TAFE Wodonga Campus Phone: (03) 6055 6638 Fax: (03) 6055 6611

Ms Cinamon Stewart Koorie Liaison Officer Melbourne Institute of Textiles Brunswick Campus

Brunswick Campus Phone: (03) 9389 9130 Fax: (03) 9389 9143





5-7 Smith Street, Fitzroy 3065 Postal Address: PO Box 1328

Collingwood 3066 Ph: 03 9419 3350 Fax: 03 9417 3871

email: glenys@vaccho.com.au

