

Ways of knowing, being and doing

You are the expert about your story and your body. Nobody knows your journey better than you do, and everyone's journey is different. Here are some questions you can yarn about with your health professional to help them understand what's important to you.

- Where do you feel safe to talk about your heart health?
- Who do you trust to talk about your heart health with?
- Are there any stories you want to share about your heart health?
- What is true for you about your heart health?
- How can your community and family support your heart health?
- How can physical and spiritual connections help you on your heart journey?
- How can your culture and connection to land and sea help you on your heart journey?
- How might your personal experiences affect your heart health?
- What do you need to support your physical, social and emotional wellbeing?

“I guess you know being Indigenous...it's hard for us to talk to non-Indigenous people...it's good to talk with mob you know who could break it down for us and explain it. You felt comfortable enough to ask more questions then.”

- Community member

See your GP if you have questions or concerns about your Heart Health

This tool uses the “Finding Your Way” model of shared decision making to guide conversations about cardiovascular disease prevention. It was codesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the “Finding Your Way” guide here: www.aci.health.nsw.gov.au/shared-decision-making

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

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