

## About Apunipima Cape York Health Council

“Cape York communities own solutions to live long healthy lives, strengthening our culture and regaining our spirit”

Apunipima Cape York Health Council emerged out of an Indigenous health conference held at Pajinka Wilderness Lodge, near Injinoo, in 1994. The conference was attended by representatives of 17 Cape York communities and associated homelands concerned about poor health status of Cape York Aboriginal and Torres Strait Islanders.

Apunipima was officially established on 14 September 1994 as a health advocacy organisation, mandated to inform the Cape York Land Council and the ATSIC Regional Council about health issues on Cape York.

In the two decades since its inception Apunipima has evolved from a small advocacy organisation to the largest Aboriginal Community Controlled Health Organisation (ACCHO) in Queensland.

Apunipima has over 150 staff and delivers comprehensive primary health care to 11 Cape York communities. Apunipima’s Primary Health Care team includes GPs, Nurses, Midwives, Paediatricians, Aboriginal and Torres Strait Islander Health Workers, Diabetes Educators, Podiatrists, Nutritionists, Dietitians, Health Promotion officers, Tackling Smoking and Healthy Lifestyle officers, Exercise officers, and a Social Worker, Audiologist and Speech Therapist.

Apunipima has a range of facilities on Cape York including the award winning Mossman Gorge Primary Health Care Centre, Kowanyama’s Atharpuch Mums n Bubs Family Health Centre and offices in Cooktown, Mapoon and Coen.

Apunipima adheres to a family centred model of comprehensive primary health care which sees clients as people embedded in families and communities.

In 2006 a Deed of Commitment to transition health services in Cape York to community control was signed by Apunipima, Queensland Health, Mookai Rosie Bi-Bayan, the Royal Flying Doctor Service, Far North Queensland Rural Division of General Practice, Queensland Ambulance Service and the Department of Health and Ageing.

## Our Services

Apunipima Cape York Health Council provides comprehensive primary health care to 11 Cape York communities via a dedicated team of medical officers and Healthy Lifestyles, Men's Health and Family Health teams. Apunipima also runs a Care Coordination and Supplementary Services program which provides support to Aboriginal and Torres Strait Islanders with a chronic disease in accessing specialist services.

### Healthy Lifestyles

Our Healthy Lifestyles team includes the Health Promotion team, Diabetes Educators, Nutritionist and Dietetics team, Podiatry service and the Tackling Smoking Healthy Lifestyles team.

The Healthy Lifestyles team delivers clinical services in addition to running preventative health and education programs. The team work closely with local health staff and members of the community to ensure the relevance of programs and services.

### Family Health

Our Family Health Team is made up of Midwives, Nurses, Doctors, Maternal and Child Health Workers and a Paediatrician, Social Worker, Audiologist, Speech Therapist. The Family Health team supports the people of Cape York to have a quality healthy family from birth through to adulthood.

### Care Coordination and Supplementary Services

The Care Coordination and Supplementary Services support Aboriginal and Torres Strait Islanders who are suffering from a chronic disease. The Program provides Care Coordinators who support clients with appointments, transport and accessing medical equipment.

### Medical Services

Apunipima has Medical Officers in most communities and a Paediatrician that covers all of Cape York.

## Community Control

“For the community, by the community”

Apunipima, a membership - based organisation, is governed by a Board of Directors who are elected by members.

Directors must be members and they are held to account by co-members, the community and Health Action Teams (community - based groups committed to improving local health).

### Community control:

- Is based on the right to self-determination;
- Allows community members to control their health service; and
- Is independent and autonomous;

### Aboriginal Community Controlled Health Organisations:

- Are for the community and by the community;
- Give local people a say about their health services;
- Are controlled by the local community
- Provide culturally appropriate health care; and
- Meet the health needs of the community they serve.

Apunipima works with communities to make sure local people receive the local health services they need and want keeping the patient/client at the centre of the service.

Community members can have their say by establishing a Health Action Team. Health Action Teams are made up of local people and health professionals, look at the health needs of the local population and work together to design a health service specifically tailored for the community.

Community controlled health services utilise the current best practice and clinical evidence base and have a highly competent and professional health workforce, who work with communities to provide the best possible service.

[apunipima.org.au](http://apunipima.org.au)

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