



# An activity to raise awareness of the importance of identity, culture and diversity

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[agedcarequality.gov.au](http://agedcarequality.gov.au)

## Purpose

The Aged Care Quality Standards focus on improving outcomes for consumers and treating consumers with dignity and respect.

This activity is brought to you by Standard 1 of the Aged Care Quality Standards and demonstrates the importance of engaging with the consumers as individuals. It can also help to improve staff awareness of the need to deliver care and services that are culturally safe.

We encourage you to undertake this activity with your team and reflect on the importance of your own identity, culture and diversity.

For further information about the Quality Standards and to access the Commission's guidance materials and resources, go to [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

## Instructions

Imagine you are entering residential aged care. You are now designing your care. What would you like your carers to understand about you?

1. Choose five descriptors that define you from the 'Descriptor examples' list, things you would want your aged care service to know about you. These descriptors encompass multiple elements of identity such as social identity, cultural identity, heritage or language identity, religious, spiritual, psychological, medical and care needs, and your interests. You can add your own, if you think of some that are not already listed.
2. Number your five choices in order of priority/importance to you. These elements of your identity will shape your care plan and the way that support is provided to you.
3. Circle some interests that are important to you from the 'My interests' list. You can also add your own to this list.
4. Share your care priorities with others in the group to illustrate the different needs and priorities of individuals.
5. Discuss how you could engage with your consumers to better value their identity, culture and diversity.

**Descriptor examples (choose approx. five) – you can also add your own**

- I was born in
- I think of myself as Australian first, and x second
- I think of myself as (another culture first and Australian second)
- I speak the following languages - list
- I want my children and grandchildren involved in my life
- I am gay, bisexual, intersex, heterosexual
- I want to be groomed immaculately, light makeup, and nails done, glasses and watch on.
- I must start each day with...
- I need a hair appointment, colour and cut every six weeks
- Weekly massage
- My favourite meal is... and I want it x times a week, month, year
- I would like a glass of ... with my meal every night
- I love to listen to podcasts, classical music...
- I like to read ...
- I want to be showered by...
- I have visited.. (list of countries)
- I want a double bed and share my room with my partner
- I don't like to be hugged by carers
- I don't like to be called love, darl
- My career was ...
- I want to go outside every day

1.

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2.

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3.

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4.

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5.

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**Important Interests** – note these are things that you are interested in: this could be as a current or previous participant, but also as a fan or spectator. You can also add your own.

3D printing	Axe throwing	Bowling	Coffee roasting
Acrobatics	Backpacking	Boxing	Coin collecting
Acting	Badminton	Brazilian jiu-jitsu	Collecting
Action figure	Baking	Breadmaking	Color guard
Air sports	BASE jumping	Breakdancing	Coloring
Aircraft spotting	Baseball	Bridge	Comic book collecting
Airsoft	Basketball	Building	Composting
Amateur astronomy	Baton twirling	Bus spotting	Computer programming
Amateur radio	Beach volleyball	Butterfly watching	Confectionery
American football	Beatboxing	Cabaret	Cooking
Animal fancy	Beauty pageants	Calligraphy	Cosplaying
Animation	Beekeeping	Camping	Couponing
Antiquing	Billiards	Candle making	Craft
Antiquities	Birdwatching	Canoeing	Creative writing
Aquascaping	Blacksmithing	Canyoning	Cricket
Archery	Blogging	Car fixing & building	Crocheting
Art collecting	BMX	Card games	Cross-stitch
Association football	Board sports	Cartophily (card collecting)	Crossword puzzles
Astronomy	Board/tabletop games	Caving	Cryptography
Audiophile	Bodybuilding	Cheerleading	Cue sports
Australian rules football	Book collecting	Cheesemaking	Curling
Auto audiophilia	Book discussion clubs	Chess	Cycling
Auto racing	Book restoration	Climbing	Dance
		Clothesmaking	

Dancing	EuroBillTracker	Fusilately (phonecard collecting)	Homebrewing
Darts	Exhibition drill		Hooping
Debate	Experimenting	Gaming (tabletop games and role- playing games)	Horseback riding
Deltiology (postcard collecting)	Fantasy sports		Hula hooping
Diary writing	Fashion	Gardening	Hunting
Die-cast toy	Fashion design	Genealogy	Hydroponics
Digital arts	Fencing	Geocaching	Ice hockey
Disc golf	Field hockey	Ghost hunting	Ice skating
Distro Hopping	Figure skating	Gingerbread house making	Inline skating
Djing	Fishing	Glassblowing	Insect collecting
Do it yourself	Fishkeeping	Gold prospecting	Jewelry making
Dog sport	Flag football	Golfing	Jigsaw puzzles
Dolls	Flower arranging	Gongoozling	Jogging
Dowsing	Flower collecting and pressing	Graffiti	Judo
Drama		Graphic design	Juggling
Drawing		Gunsmithing	Jujitsu
Drink mixing	Flower growing	Gymnastics	Jukskei
Driving	Flying disc	Handball	Kabaddi
Eating	Flying	Herbalism	Karaoke
Electronics	Football	Herp keeping	Karate
Element collecting	Foraging	Herping	Kart racing
Embroidery	Foreign language learning	High-power rocketry	Kayaking
Ephemera collecting	Fossil hunting	Hiking/backpacking	Kendama
Equestrianism	Freestyle football	Hobby horsing	Kite flying
Esports	Furniture building	Home improvement	Kitesurfing
			Knife collecting

Knife making	Marbles	Painting	Rappelling
Knife throwing	Marching band	Parkour	Rapping
Knitting	Martial arts	Perfume	Reading
Knot tying	Meditation	Pet adoption & fostering	Record collecting
Kombucha brewing	Metal detecting	Philately	Refinishing
Lace making	Metalworking	Phillumeny	Road biking
Lacrosse	Meteorology	Photography	Robot combat
Lapidary	Microscopy	Playing musical instruments	Rock balancing
LARPing	Mineral collecting	Podcast hosting	Rock climbing
Laser tag	Model aircraft	Poi	Rock tumbling
Learning	Model building	Poker	Roller derby
Leather crafting	Model engineering	Polo	Roller skating
Lego building	Motor sports	Pottery	Rubik's Cubing
Letterboxing	Mountain biking	Powerlifting	Rugby league football
Listening to music	Mountaineering	Practical jokes	Rugby
Listening to podcasts	Movie and movie memorabilia collecting	Pressed flower craft	Running
Lock picking	Mushroom hunting/mycology	Puzzles	Sailing
Longboarding	Nail Art	Quilling	Sand art
Lotology (lottery ticket collecting)	Needlepoint	Quilting	Satellite watching
Machining	Netball	Quizzes	Scouting
Macrame	Nordic skating	Racquetball	Scrapbooking
Magic	Orienteering	Radio-controlled car racing	Scuba diving
Magnet fishing	Origami	Rafting	Sculling or rowing
Mahjong	Paintball	Rail transport modeling	Sculpting
Makeup			Scutelliphily



Sea glass collecting	Sports memorabilia	Trapshooting	Welding
Seashell collecting	Squash	Travel	Whale watching
Sewing	Stamp collecting	Traveling	Whittling
Shoemaking	Stand-up comedy	Triathlon	Wikipedia Editing
Shoes	Stone collecting	Ultimate frisbee	Winemaking
Shogi	Stone skipping	Urban exploration	Wood carving
Shooting sport	Stuffed toy collecting	Vacation	Woodworking
Shooting	Sun bathing	Vegetable farming	Word searches
Shopping	Surfing	Vehicle restoration	Worldbuilding
Shortwave listening	Survivalism	Video editing	Wrestling
Singing	Swimming	Video game collecting	Writing
Skateboarding	Table football	Video game developing	Yoga
Sketching	Table tennis	Video gaming	Yo-yoing
Skiing	Taekwondo	Videophilia	
Skimboarding	Tai chi	Vintage cars	
Skydiving	Taxidermy	Vintage clothing	
Slacklining	Tea bag collecting	Volleyball	
Slot car racing	Tennis polo	Walking	
Snowboarding	Tether car	Watching movies	
Soapmaking	Thriftig	Watching television	
Soccer	Ticket collecting	Water polo	
Social media	Topiary	Water sports	
Softball	Tour skating	Weaving	
Speed skating	Toys	Weight training	
Speedcubing	Trainspotting	Weightlifting	
Sport stacking			