

# Tools that make the difference

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**When it comes to aged care, especially for people from culturally and linguistically diverse (CaLD) backgrounds, access to the right information, and in the right language, can make all the difference. Whether you're a family member, a support worker, or a health professional, having clear and practical resources at your fingertips can ease the journey for everyone involved.**

Earlier this year, I refreshed a publication that has been part of our resources' library for many years: *Cultural Background Resources*. The new [Caring for CaLD Seniors Toolkit](#) is packed with useful links and ideas for those supporting older people from different backgrounds, both in the home and in aged care settings.

It starts with resources from the Department of Health and Aged Care, highlighting initiatives that support older people who speak English as a second language. But then it dives into more everyday things: how to improve communication and signage, including ready-to-use indications in over 60 languages; where to find books, radio, and news in different languages, and even where to access recipes that bring the flavours of home to the dining table.

And yes – food matters! *The Strengthened Quality*

*Standards* coming into effect in July will place even more focus on the dining experience. It's not just about nutrition, it's about enjoyment, identity, and dignity.

There's also a whole section on interpreting and translation services. I know I often sound like a broken record, but it's so important to repeat this: these services are free, and so many people, including seniors and staff, still don't realise that! Language support should never be a barrier when it comes to accessing care.

We've also included health care resources because, as we age, things can get more complex. Being able to understand what's happening – and what support is available – in your preferred language is essential.

This brings me to another great resource I've been meaning to share: the *Moving Pictures* project and their Draw-Care website ([movingpictures.org.au](http://movingpictures.org.au)). These resources were updated just last month, and they're fantastic. Now available in Arabic, Cantonese, Greek, Hindi, Italian, Mandarin, Spanish, Tamil and Vietnamese, they're all about dementia: what it is, how to prevent it, and how to care for someone living with it.

What I really love is how simple and relatable the videos are. They're short, practical, and available in different languages. You don't need to be tech-savvy to use the website, and you can pick and choose what you watch depending on what you need help with. It's divided into three areas:

Understanding Dementia, Preventing Dementia, and Dementia Care. Each video is full of tips and advices that actually feel useful.

Most videos come as comic-style animations, each with its tip sheet: bite-sized bits of advice that don't take long to read but offer real value, especially if you're tired, overwhelmed, or just trying to figure things out one step at a time.

I also stumbled across the *Moving Pictures India Films* section ([see it here](#)). Even though it's designed with the Indian community in mind, the English subtitles make it easy to follow, and the themes, like challenging behaviours, or Food, Eating and Dental Care, are universal. The challenges of caring for someone with dementia don't change that much from culture to culture, and the strategies these films share can really help anyone.

So whether you're a family member, support worker, or health provider, these two resources, [Caring for CaLD Seniors Toolkit](#) and [Moving Pictures](#) are there to help. They're practical, accessible and designed to support you as you support others.

If you want a copy of the *Caring for CaLD Seniors Toolkit*, you can download it from [cotant.org.au/picac/caring-for-cald-seniors-toolkit](http://cotant.org.au/picac/caring-for-cald-seniors-toolkit).

If you need help using these tools, contact:

• **PICAC NT (08) 8941 1004**  
Office hours: 9am to 3pm,  
Monday to Friday (excluding  
public holidays).



*Bite-sized tips and advice in the Moving Pictures project are all about caring for someone living with dementia. Now available in more languages. Talk to PICAC NT for more information and help with the language you need.*



*The **Caring for CaLD Seniors Toolkit** is available at no cost. If you wish to have a printed copy, contact PICAC NT.*

*The **Caring for CaLD Seniors Toolkit** is one of a range of free brochures produced by PICAC NT to help those caring for seniors from diverse cultural backgrounds. These are available to download from the COTA NT website.*