Rural Social Inclusion Framework

This is a joint initiative of the Loddon Mallee Region Primary Care Partnerships
Socially inclusive rural communities are those in which all men, women, people with varied abilities, young and old, aboriginal people, differing sexual orientation, those resourced with little and those with a lot, and those from many cultures, are able to feel welcome in their communities and to fully participate in all aspects of rural community life regardless of difference.

### Key Determinants and Contributing Factors

<table>
<thead>
<tr>
<th>Social Determinants</th>
<th>Life stages</th>
<th>Life changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Early childhood</td>
<td>Commencing and or leaving school</td>
</tr>
<tr>
<td>Education</td>
<td>Adolescents</td>
<td>Moving out of the family home</td>
</tr>
<tr>
<td>Housing</td>
<td>Adulthood</td>
<td>Becoming a parent</td>
</tr>
<tr>
<td>Participation in leisure/social activities</td>
<td>Older age</td>
<td>Becoming unemployed</td>
</tr>
<tr>
<td>Access to health services, security/welfare support and community services</td>
<td></td>
<td>Retirement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaving prison, hospitals or hostels</td>
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</tbody>
</table>
Vulnerable Populations

Rural communities disproportionately experience barriers to social inclusion including poorer access to housing, transport and support services therefore these can be exacerbated in people who are most at risk of social exclusion due to experiencing multiple and complex problems – Financial, Social, Physical, Psychosocial.

**Populations most vulnerable to or at risk of social exclusion include:**

- People
  - With a disability
  - Who are homeless
  - Who are older (especially pensioners)
  - Refugees
- Groups
  - Racial and ethnic minorities
  - Religious
- Places
  - With limited employment opportunities (particularly women)
  - With a drug addiction
  - In temporary accommodation
  - Early school leavers
  - Sex workers
  - Long term unemployed/under employed
  - Lesbian, gay, bi-sexual, transgender

### Partners for Action

<table>
<thead>
<tr>
<th>Community Organisations</th>
<th>Communities of Place</th>
<th>Disability</th>
<th>Education</th>
<th>Employment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government</td>
<td>Health</td>
<td>Housing</td>
<td>Justice</td>
<td>Welfare</td>
</tr>
</tbody>
</table>
RURAL SOCIAL INCLUSION FRAMEWORK

**ENGAGE**
- invite.
- listen.
- involve.
- facilitate.

Community engagement to involve everyone in the decisions that affect them and facilitate finding their own solutions.

**EMPOWER**
- learn.
- strengthen.
- encourage.
- participate.

Embrace knowledge, skills and confidence of individuals and communities, strengthen resources and influence towards empowerment and self-determination.

**CHANGE**
- collaborate.
- integrate.
- systemic.
- include.

'Joined-up' approaches that link and change systems, sectors and structures that promote the inclusion of individuals and communities in genuine participation.

**ACCEPT**
- understand.
- respect.
- adapt.
- celebrate.

Genuine relationships built with trust, acceptance and understanding of diversity, cultures, beliefs and history.

**TOGETHER**
- unite.
- build.
- harness.
- enhance.

Build and enhance collective action and cooperation for mutual benefit and increased social capital.

**principles of action**
## Long Term Benefits and Outcomes

<table>
<thead>
<tr>
<th>Societal</th>
<th>Community</th>
<th>Organisational</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equitable access to opportunities and resources</td>
<td>All people feel welcome in their community and they are able to fully participate in all aspects of rural life</td>
<td>Individuals experiences and data is used in planning and decision making processes</td>
<td>Socially connected</td>
</tr>
<tr>
<td>Freedom from discrimination</td>
<td>Participation of communities in decision making</td>
<td>Effective evidence based programs are delivered that foster inclusion</td>
<td>Strong self esteem and pride</td>
</tr>
<tr>
<td>Devolution of power to communities</td>
<td>Community sees strengths in its differences and diversity</td>
<td>Being responsive to community issues and characteristics and able to prioritise activity</td>
<td>Increased health and wellbeing</td>
</tr>
<tr>
<td>Improved productivity</td>
<td></td>
<td>Open transparent inclusive communication</td>
<td>Control over own health</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Increased sense of belonging</td>
</tr>
</tbody>
</table>
Rural Social Inclusion Framework – The Package

- Welcome and Introduction
- Key Concepts
- A3 Framework
- Principles of Action
  - Description of principles
  - Examples of action for each principle
  - Local case studies
- Planning Tools
YES! I’d like to know more about the Rural Social Inclusion Framework

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Or we can contact you; how can we help?

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Phone:
Email:

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