


Individual quality of life among at risk Indigenous youth


Kate Senior
Richard Chenhall
David Cole (Balanu Foundation)

discovery for a healthy tomorrow



Background

- Balanu Foundation formed in 2004
- Response to Indigenous youth being involved in a recurring pattern of criminal offences.
- Residential camps for youth
- Culturally appropriate, utilising strengths from within the local Indigenous community.



Evaluation: impact on youth

- Youth experiences of the camp
- Effects of camps on youth quality of life and sense of self esteem.
- Long term follow up of youth, including their involvement in education & employment.
- Re-offending rates
- Youth being involved in mentoring other youth in the program



What do we hope to demonstrate?

- Improvement from baseline
- Sustainability of improvement
- The intervention is responsive to the needs of youth
- The youth are actively involved in the intervention; design, mentoring, evaluation.

Baseline data

- Self perceived quality of life-SEIQoL
- Interviews-individual profile
- Group work: life courses
- Mastery and control- Pearlin's 7 item Mastery and Control Scale.

SEIQoL-DW

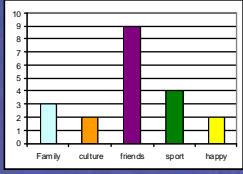
- O'Boyle et al, 1996.
- Instrument to develop quality of life from an individual perspective.
- Does not presuppose categories- as with a traditional questionnaire.
- "For a valid measure of quality of life a measure is needed that evaluates each individual on the basis of the areas of life that he or she considers to be the most important"

SEIQOL

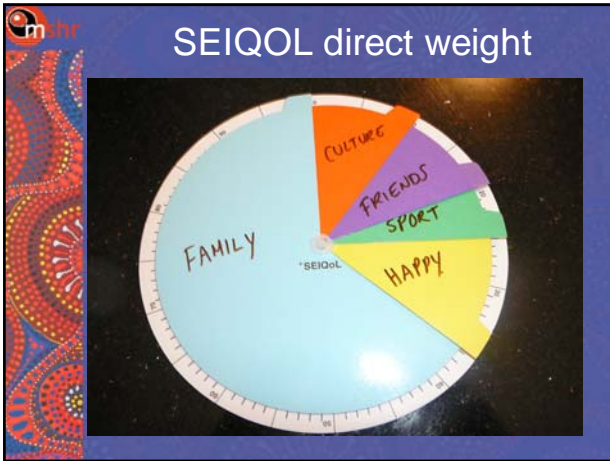
- Asks the individual to nominate the five most important things in their life.
- For example they may say:
 1. Family
 2. Being in touch with my culture
 3. friends
 4. sport
 5. Being happy

SEIQOL

- The instrument then asks the person to make an assessment on how well they are doing in each life area.



Life Area	Assessment Score
Family	3
culture	2
friends	9
sport	4
happy	2

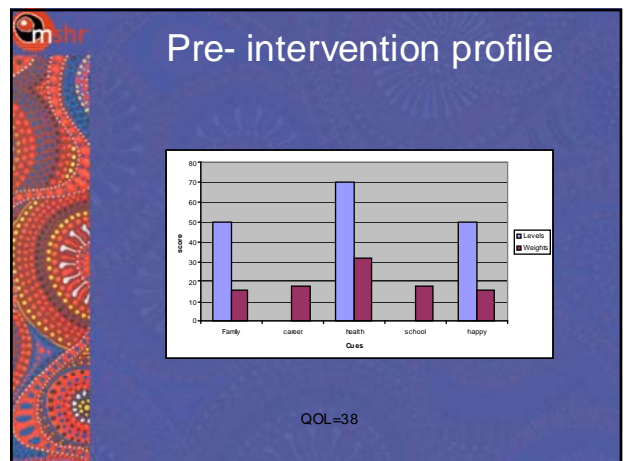


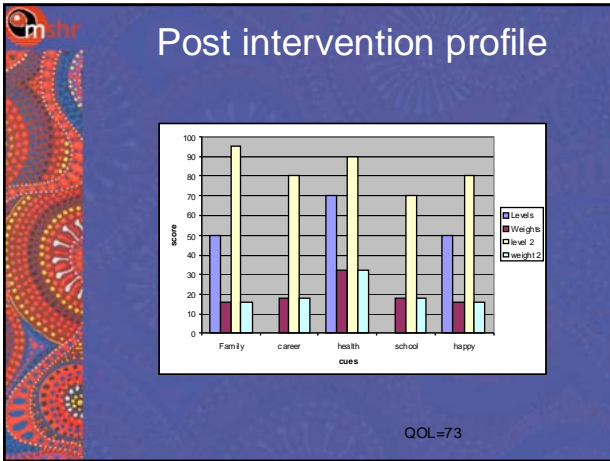
- ### Results
- Profile
 - Single index
 - Calculated by multiplying the individual's current self weighting on each cue, by the corresponding cue weight and summing the products across the five cues.

Important life areas

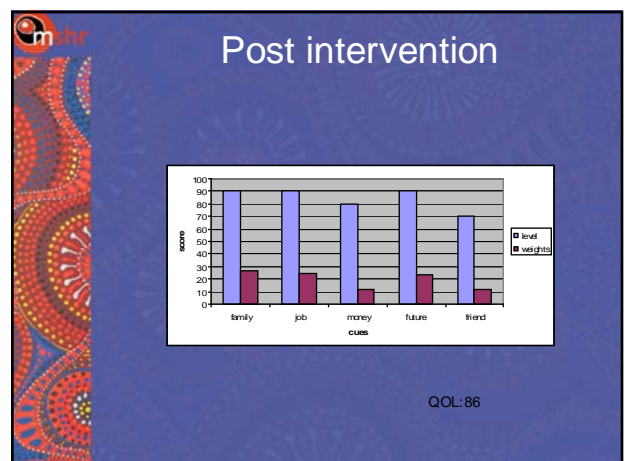
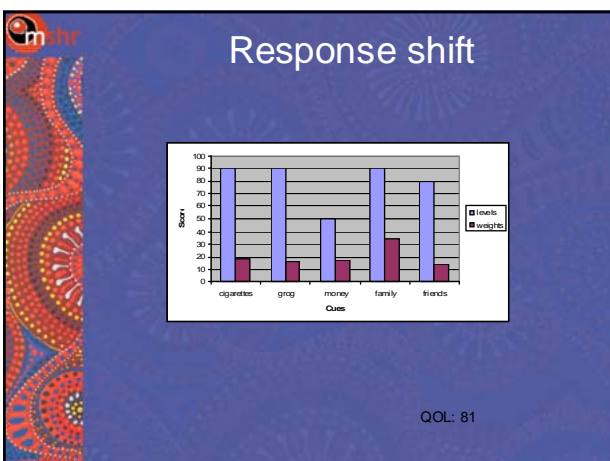
Life area	Number of times mentioned
Family	14
School	6
Career	4
Friends	3
Health	3
Sport	2
Survival	1
Relationships	1
Staying out of trouble	1
Making strong choices	1
Avoiding drugs	1
Future	1
Cigarettes	1
Grog	1
money	1


(n=9)






- ### Response shift
- Life areas change pre and post intervention.
 - Options and ideas broadened by being involved in the camp.





Summary of results

- All nine respondents demonstrated improvement in their quality of their life pre and post intervention.
- These results were supported by the other data collected:
“It was a really good learning experience, something different, something that will always be there to carry on with for the rest of my life”



Conclusions

- SEIQoL was well understood by this group of Aboriginal youth.
- It was able to show change from baseline
- It was a useful tool to generate a conversation about life quality and hopes for the future.