

Working together as a catalyst for change: The development of a peer mentoring model for chronic disease prevention in Australian Indigenous communities

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This paper outlines the development of a model for an Indigenous peer mentoring program aimed at improving the health of Indigenous people to be implemented in the western suburbs of Melbourne, Australia. While the benefits of peer mentoring are well documented, and particularly in relation to disease prevention, there is little written about specific benefits for Indigenous people. In the development of this model it became apparent that to be successful, peer mentoring programs for Indigenous people need to be flexible, informal, and draw on the knowledge and skills of the local community in partnership with local services.