

RURAL SOCIAL INCLUSION FRAMEWORK

Socially inclusive rural communities are those in which every individual is able to feel welcome in their community and have the opportunity to fully participate in all aspects of rural community life.

KEY DETERMINANTS AND CONTRIBUTING FACTORS

Social Determinants

- Employment • Education
- Housing • Participation in leisure/social activities
- Access to health services, security/welfare support and community services

Life stages

- Early childhood
- Adolescents
- Adulthood
- Older age

Life changes

- Commencing and or leaving school
- Moving out of the family home
- Becoming a parent
- Becoming unemployed
- Retirement
- Leaving prison, hospitals or hostels

VULNERABLE POPULATIONS

Rural communities disproportionately experience barriers to social inclusion including poorer access to housing, transport and support services therefore this 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
- With a drug addiction
- In temporary accommodation
- Early school leavers
- Sex workers
- With chronic illness
- Long term unemployed/under employed
- Lesbian, gay, bi-sexual, transgender

Groups

- Racial & ethnic minorities
- Religious

In Places

- With limited employment opportunities (particularly women)

PARTNERS FOR ACTION

- Community
- Organisations
- Communities of Place
- Disability
- Education
- Employment
- Government
- Health
- Housing
- Justice
- Welfare

LONG TERM BENEFITS AND OUTCOMES

Societal

- Equitable access to opportunities and resources
- Freedom from discrimination
- Devolution of power to communities
- Improved productivity

Community

- All people feel welcome in their community and they are able to fully participate in all aspects of rural life
- Participation of communities in decision making
- Community sees strengths in its differences and diversity

Organisational

- Individuals experiences and data is used in planning and decision making processes
- Effective evidence based programs are delivered that foster inclusion
- Being responsive to community issues and characteristics and able to prioritise activity
- Open transparent inclusive communication

Individual

- Socially connected
- Strong self esteem and pride
- Increased health and wellbeing
- Control over own health
- Increased sense of belonging

PRINCIPLES OF ACTION

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 individual 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 promotes 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

UNITE

- together • build • harness • enhance •

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

Using the Rural Social Inclusion Framework

The Framework presents and summarises the key ideas related to rural social inclusion in a single page format to guide understanding of the many factors that can influence social inclusion within a rural context. The aim of the framework is to introduce a social inclusion lens to planning, implementation and evaluation processes without it becoming a complex activity.

The elements of the Rural Social Inclusion Framework are interconnected and therefore action in one area will impact on another. It is important that this is considered in using the framework to guide action. As a result, there is no one way to use the framework, it has simply been designed to provide starting points for action.

RURAL SOCIAL INCLUSION CONCEPT DEFINITIONS

Social Exclusion

Social exclusion describes what occurs when individuals or communities experience multiple disadvantages simultaneously, making it difficult for them to participate in their community.

Key determinants and contributing factors

This section identifies the social determinants of health (key determinants) that contribute to social exclusion. The World Health Organisation (WHO) defines the social determinants of health as the conditions in which people are born, grow, live, work and age. Contributing factors such as particular life stages and life changes have also been identified.

Vulnerable Populations

In society there are individuals, groups and in some instances places that have a higher risk or are more vulnerable to poorer health. This section highlights those groups particularly vulnerable to rural social exclusion.

Partners for action

Partners for action may involve settings, sectors, communities or organisations that can reach and implement change with those most vulnerable to rural social exclusion.

Principles of action

Five key principles have been identified to promote and support rural social inclusion. Building these five actions into our plans, policies and everyday work will act to increase rural social inclusion.

Long term benefits and outcomes

Long term benefits and outcomes are the result of changes in the determinants of health and provide examples of what can be achieved by addressing rural social exclusion.