



Catalyst
Foundation

Wellness Framework - *Wellness as a **philosophy** is based on the premise that, even with frailty, chronic illness or disability, people generally have the desire and capacity to make gains in their physical, social and emotional wellbeing and to live autonomously and as independently as possible. (Living well at home: CHSP Good Practice Guide 2015).*

Inclusive	Catalyst embraces consumer diversity, taking into account consumers' individual interests, customs, beliefs and backgrounds. Catalyst is all-encompassing regardless of race, religion, sexuality, gender identity, beliefs and health status.
Self-Determination	Catalyst will support the removal of barriers that consumers may face in the pursuit of community participation and personal decision making.
Partnership & connections	Through the development of respectful and balanced partnerships, consumers will be able to make informed choices through self-direction. Catalyst acknowledges its own answerability to the partnership with accountable working processes.
Openness & clarity	Catalyst will willingly provide full and open disclosure to consumer and/or advocates. Enabling consumers to make a true informed choice regarding support and service provision.
Aspiration & direction	Catalyst understand while a consumer might experience challenges in their life, our wellness approach starts from the point of view that we will support people to achieve goals, have roles that are meaningful and continue to make a contribution to society through the enjoyment of life.
Health Literacy	Catalyst recognises consumer rights to obtain, read, understand and use healthcare information to make appropriate health decisions. The healthcare information must be relevant to the consumer using inclusive language that recognises special cultural or individual requirements.

The Wellness Framework is further supported by the accountability frameworks for CALD, Aboriginal and Torres Strait Islander, LBGTIQA+ and Dementia.



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