

CSRH Tackling Stigma in Health Care Conference 2024

Care protocol

The Tackling Stigma Conference promote conversations and debate regarding systemic and structural issues that contribute to experiences of stigma in health care settings. A very important aspect of this conference will be to discuss novel strategies to overcome stigma as a barrier to health care.

In setting up this conference, we have been guided by an advisory group of people with a range of living/lived experiences related to identities or health or social conditions that are stigmatised and we thank them for generously giving their time and expertise. One of the recommendations of this group was to develop this care protocol.

We hope, with your help, to deliver an exciting and inspiring two days – and to do this with care and sensitivity. We encourage everyone to take care of themselves and others when attending the Tackling Stigma Conference. We have provided some guidance below on the values that we ask everyone to bring to the conference. We do this so we can work towards providing a safe experience for everyone attending the conference.

Value statement

- The conference is open to everyone and aims to be a safe and inclusive space for all
- We value the expertise of people with living and lived experiences
- The topics discussed might be concerning or distressing – we encourage people to take breaks from the sessions where they feel they need to
- We encourage participants to listen and learn from the experience and expertise of others
- We come with generosity, sensitivity, and care and want to promote connectedness across our various expertise
- We recognise that discussing stigma raises opportunities and challenges
- We take a rights-based approach to discussing stigma
- We ask everyone to look after people's confidentiality and privacy
- We acknowledge that some people and practices are subject to criminalisation, which reinforces stigma

Language

Please take care with the language you use when presenting at the Tackling Stigma Conference. Language can perpetuate negative attitudes and stereotypes, reinforcing stigma towards communities. The way we talk about stigma and the conditions, identities, and practices that are the target of stigma is therefore important and can play a role in addressing this issue.

Words matter. We encourage the use of person-centred language that focuses on the person. We have included a range of language guides on our conference website that can help guide you on appropriate language to use.

Sharing personal experiences during the conference

We recognise that you may have lived and living experience of stigma and of health conditions, identities, or practices that are stigmatised. Some people really value sharing living and lived experiences and people find it empowering to share their story and talk with others who have similar experiences. You might want to think in advance about what you want to share about your personal experiences – including thinking through the consequences of sharing information about yourself. You may hear about other people's experiences and some topics might be triggering. Thinking through in advance what will help if that happens can be useful.

Taking images of presentations or presenters

We welcome sharing of the conference themes on social media. You can use the hashtag #TacklingStigma2024. We also want all conference attendees to respect the wishes of presenters who do not want their presentation or image shared on social media. We will ask presenters to make this clear at the beginning of their presentation. If you would like to share an image and are not sure, please ask the person for their permission.

Self-care during the conference

Please pace yourself when attending the Tackling Stigma Conference. You may wish to take breaks, sit outside the venue, or go for walk on the campus. We also encourage you to undertake breathing exercises, which can reduce any feelings of stress. You can access a guide [here](#).

We have trained crisis responders, social workers, and overdose responders available to assist at the conference. Please contact the registration desk or call 0482 043 080 to access their support.

You can also email us at stigmaconference@unsw.edu.au if you have any questions or concerns or would like referrals to additional support services.

Here are some additional resources that you might find helpful:

- Beyond Blue Wellbeing Action Tool: <https://www.beyondblue.org.au/mental-health/wellbeing-action-tool>
- Lifeline Self-Care: <https://toolkit.lifeline.org.au/articles/techniques/self-care-for-mental-health-and-wellbeing>

Health and wellbeing

When attending the conference, we encourage you to take precautions to keep everyone safe.

Get tested even if you have very mild symptoms.



Fever



Cough



Sore/scratchy
throat



Shortness
of breath



Loss of smell



Loss of taste



Runny nose

Source: [UNSW COVID-19 advice](#)

- Please stay at home if you are unwell, have any respiratory symptoms or have tested positive for COVID
- You may choose to wear a face mask while attending the conference
- Clean your hands by washing them often and thoroughly
- Sanitise your hands as required
- Sneeze into your elbow or cover your face with a tissue when you cough or sneeze
- During the breaks, please feel free to go outside the venue to get some fresh air

There will be masks and sanitiser available at the conference.

Accessibility

The Colombo venue is wheelchair accessible, and an accessible toilet is available. The venue is adjacent to High Street and has vehicular access. If you are being dropped off at the venue, such as by taxi or rideshare, you can tell the driver to drop you off at Gate 4 High St (entrance on Fig Tree Lane).

Public transport is available via light rail and bus. For public transport route and payment options see: <https://transportnsw.info/trip#/trip>

For information on parking on campus, please see:

<https://www.estate.unsw.edu.au/getting-here/parking-campus>

Hearing loops are available in the lecture theatres. If you need this, please reach out to us in advance of the conference at stigmaconference@unsw.edu.au so that we can arrange this for you.

Site information

To connect to the WiFi, navigate to your WiFi settings and select 'UNSW Guest' Network. You can then follow the prompts to join the Network. There are step-by-step instructions on how to join the Guest Network [here](#).

Gender neutral and wheelchair accessible toilets are available at the venue and on campus.

You can find out about UNSW prayer, meditation, and reflection spaces [here](#).

UNSW Kensington Campus has a coin operated syringe dispensing machine that operates 24 hours a day, 7 days a week. The machine is located to the left of the Patricia O'Shane Building (formerly known as Central Lecture Block) which is E19 on the UNSW campus map, located [here](#). The following equipment is dispensed at the machine: 1ml combined N/S, cotton, spoons, swabs, water, sharps disposal containers. You can also find other NSP locations in Sydney [here](#). There is also a needle disposal bin at this site. Please note that there is no disposal bin at the conference venue, so please ensure that you dispose of equipment at the machine located to the left of the Patricia O'Shane Building.

UNSW is a smoke-free campus, which includes all forms of tobacco smoking, including cigarettes, cigars, e-cigarettes (vaping), and water pipe tobacco smoking. Please note that there are no longer designated smoking areas on campus. If you wish to smoke, you can do so on High Street. We ask that you place your cigarette butts in the large ashtray at the top of Fig Tree Lane (opposite the venue).

Safety and security

UNSW Protective Services has a comprehensive 24-hour security presence on campus and maintains security monitoring services for the University.

For general enquiries, phone 02 9385 6000

For emergencies, phone: 02 9385 6666

Any questions?

If you have any questions in the lead up to the conference, please do not hesitate to reach out to our team at stigmaconference@unsw.edu.au. If you have any questions while attending the conference, please visit our registration desk or speak with one of our team, who will be introduced on the day.