

## **Chinese Speaking Communities Profile**

**PLEASE NOTE:** This profile provides an overview of some of the cultural information relating to the diverse groups of Chinese speaking population who live in the Eastern Region of Melbourne. This description may not apply to all people as individual experiences may vary. However this profile can be used as a guide to some of the issues that may concern your clients. This is an update of the profile in the Home and Personal Care Kit developed by the MIC in 2004.

### **Introduction:**

Chinese speaking communities in the Eastern Metropolitan Region (EMR) of Melbourne are diverse in their countries of origin, languages spoken, cuisine, and cultural values.

### **Migration:**

- Overseas-born Chinese speaking people migrated to Australia from a number of different countries - China, Hong Kong, Taiwan, Malaysia, Singapore, Vietnam, Cambodia, Indonesia, and other countries.
- Many Chinese speaking people share the same cultural heritage although they migrated to Australia from different countries. For more cultural information about Chinese speaking communities from Cambodia, Malaysia, Singapore and Vietnam please refer to the Cultural Profile relating to that country of birth.

### **Language:**

- Mandarin and Cantonese are the two main languages/dialects spoken by the Chinese speaking communities in Australia.
- Other major languages/dialects are: Teo Chew, Hokkien, Hakka, Shanghainese (Wu) and many more.
- There are two forms of Chinese written language: Traditional Form and Simplified Form.
- Traditional Form is used by most of the Chinese newspapers and publications in Australia and is used by Chinese speaking people aged 60 and over. Many Chinese language schools in Australia teach Simplified Chinese and the governments' publications in Australia use both forms.

## Language: Chinese-speaking people in the Eastern Region

Local Government Area	Chinese Languages	Total No of Chinese speaking population	50-59 years	60-69 years	70-79 years	80 years and over	Total number of Chinese speaking people aged 65 and over	Chinese speaking people aged 65+ as a % of the Chinese speaking population
City of Boroondara	Cantonese	4769	800	374	203	81	480	10%
	Mandarin	5257	563	146	122	30	213	4%
	Other Chinese Languages	672	108	53	33	9	69	10%
	<b>Total</b>	<b>10698</b>	<b>1471</b>	<b>573</b>	<b>358</b>	<b>120</b>	<b>762</b>	<b>7%</b>
City of Knox	Cantonese	3494	644	199	118	42	235	7%
	Mandarin	2038	269	130	49	12	126	6%
	Other Chinese Languages	617	116	49	32	23	74	12%
	<b>Total</b>	<b>6149</b>	<b>1029</b>	<b>378</b>	<b>199</b>	<b>77</b>	<b>435</b>	<b>7%</b>
City of Manningham	Cantonese	8145	1474	609	364	143	784	10%
	Mandarin	4683	604	230	129	32	261	6%
	Other Chinese Languages	620	151	84	34	10	71	11%
	<b>Total</b>	<b>13448</b>	<b>2229</b>	<b>923</b>	<b>527</b>	<b>185</b>	<b>1116</b>	<b>8%</b>
City of Maroondah	Cantonese	643	115	55	26	14	68	11%
	Mandarin	545	48	30	12	7	32	6%
	Other Chinese Languages	188	25	9	0	0	9	5%
	<b>Total</b>	<b>1376</b>	<b>188</b>	<b>94</b>	<b>38</b>	<b>21</b>	<b>109</b>	<b>8%</b>
City of Monash	Cantonese	7898	1159	507	259	95	567	7%
	Mandarin	9910	829	333	207	55	431	4%
	Other Chinese Languages	1143	184	62	42	25	87	8%
	<b>Total</b>	<b>18951</b>	<b>2172</b>	<b>902</b>	<b>508</b>	<b>175</b>	<b>1085</b>	<b>6%</b>
City of Whitehorse	Cantonese	6742	942	421	292	164	654	10%
	Mandarin	6301	612	240	204	60	376	6%
	Other Chinese Languages	908	136	58	53	22	89	10%
	<b>Total</b>	<b>13951</b>	<b>1690</b>	<b>719</b>	<b>549</b>	<b>246</b>	<b>1119</b>	<b>8%</b>
Shire of Yarra Ranges	Cantonese	176	28	19	8	3	18	10%
	Mandarin	322	29	11	0	0	9	3%
	Other Chinese Languages	77	8	0	6	0	6	8%
	<b>Total</b>	<b>575</b>	<b>65</b>	<b>30</b>	<b>14</b>	<b>3</b>	<b>33</b>	<b>6%</b>
Eastern Region	Cantonese	31867	5162	2184	1270	542	2806	9%
	Mandarin	29056	2954	1120	723	196	1448	5%
	Other Chinese Languages	4228	728	315	200	89	405	10%
	<b>Total</b>	<b>65151</b>	<b>8844</b>	<b>3619</b>	<b>2193</b>	<b>827</b>	<b>4659</b>	<b>7%</b>

(ABS Census 2006 & MAV Data 2006)

## Key Chinese Festivals / Significant Dates:

Chinese people celebrate traditional festivals following a lunar calendar:

- Chinese (Lunar) New Year *1<sup>st</sup> day of the 1<sup>st</sup> lunar month*
- Lantern Festival *15<sup>th</sup> day of the 1<sup>st</sup> lunar month*
- Qing Ming (Tomb Sweeping Day/Mourning Day) *4<sup>th</sup> or 5<sup>th</sup> of April*
- Duan Wu (Dragon Boat Festival) *5<sup>th</sup> day of the 5<sup>th</sup> lunar month*
- Mid-Autumn (Moon Cake) Festival *15<sup>th</sup> day of the 8<sup>th</sup> lunar month*
- National Day (China, Hong Kong & Macau only) *1<sup>st</sup> of October*

\* For other significant dates related to religious observances, refer to the Christian and Buddhist religious profiles.

### Timetable of Chinese Traditional Festivals (2010-2012)

Year	Chinese New Year	Lantern Festival	Qing Ming Festival	Dragon Boat	Mid-autumn Festival
2010	Feb. 14	Feb.28	Apr. 5	Jun. 16	Sept. 22
2011	Feb. 3	Feb.17	Apr. 5	Jun. 6	Sept. 12
2012	Jan. 23	Feb. 6	Apr. 4	Jun. 23	Sept. 30

\* To search for exact dates of key cultural and religious events, festivals and national days for this year, visit: <http://www.immi.gov.au/living-in-australia/a-diverse-australia/calendar-australia/>

## Local services and activities useful for older Chinese speaking people in EMR

### Settlement Services

Provide Information, referral, casework for refugees and family migrants who arrived in the last five years.

Name	Address	Contact
Migrant Information Centre (Eastern Melbourne)	Suite 2, Town Hall Hub, 27 Bank Street, Box Hill, Vic 3128	9285 4888
New Hope Migrant and Refugee Centre	18 Chester Street, Oakleigh, Vic 3166	9563 4130
Chinese Community Social Services Centre Incorporated	Suite 11, level 1, Professional Suites, Centro Box Hill North, 17 Market Street, Box Hill, Vic 3128	9898 1965
Federation of Chinese Associations	1/64-66 Kings Way, Glen Waverley Vic 3150 (Tuesdays only) 1A Palmerston Grove, Oakleigh, Vic 3166 (Wednesdays 1:00pm - 4:30pm)	9650 1293

## Aged Care & Disability Support Services

### Chinese Planned Activity Groups (High Need)

Name of Organisation & Contact Details	LGA	Venue	Time / Day
Chinese Community Social Services Centre Incorporated 14 Livingstone Close, Burwood Vic 3125 Ph: 9888 8671 / 9888 8493	<b>Whitehorse</b>	14 Livingstone Close, Burwood, 3125	Wednesdays & Thursday
	<b>Manningham</b>	St Mark's Anglican Church 6 Dellfield Drive Lower Templestowe, 3107	Tuesdays
	<b>Monash</b>	Mulgrave Community Centre 355 Wellington Road, Mulgrave 3170	Fridays
Chinese Community Social Services Centre Incorporated 14 Livingstone Close, Burwood Vic 3125 Ph: 9888 8671 / 9888 8493	<b>Knox</b>	Knox Gardens Community Hall Argyle Way Wantirna South, 3152	Thursday
	<b>Manningham</b>	177 -179 Tindals Road, Donvale, 3111	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays Dementia Specific

### Chinese Planned Activity Groups (Core)

Name of Organisation & Contact Details	LGA	Venue	Time / Day
Chinese Community Social Services Centre Incorporated 14 Livingstone Close Burwood Vic 3125 Ph: 9888 8671 or 9888 8493	<b>Whitehorse</b>	14 Livingstone Close Burwood, 3125	Wednesday & Thursday

## Other Social Support Groups for Chinese Seniors

Name of Organisation & Contact Details	LGA	Venue	Time / Day
<b>Doncare Chinese Walking Group</b> Social Support for Seniors Program, C/- Doncare, 8 Montgomery Street, East Doncaster, 3109 Ph: 9841 4215	<b>Manningham</b>	Doncaster East Uniting Church Anderson's Creek Rd East Doncaster, 3109	Wednesday morning (in school term)
<b>Chinese Carers Group</b> Manningham City Council C/- Aged and Disability Support Service, 699 Doncaster Rd, Doncaster, 3108 Ph: 9840 9700	<b>Manningham</b>	Koonarra Hall Bulleen, 3105	1 <sup>st</sup> Tuesday
<b>Ashburton Support Service Chinese Seniors Group</b> C/- Ashburton Support Service 296 High Street, Ashburton 9885 3815	<b>Boroondara</b>	296 High Street Ashburton	Thursdays
<b>Monash Volunteer Resource Centre Chinese Elderly Social Support Group</b> C/- Monash Volunteer Resource Centre, 5 Myrtle Street, Glen Waverley 9562 0414	<b>Monash</b>	5 Myrtle Street, Glen Waverley	Fridays

### Migrant Information Centre Aged & Disability Services

Address: Suite 2, Town Hall Hub, 27 Bank Street, Box Hill Vic 3128

Ph: 9275 6905 (direct) or 9285 4888.

The aged and disability team aims to increase access to aged care and disability services for CALD communities in the EMR through working with CALD communities to promote those services, provide information and referral, and supporting organisations to provide culturally appropriate care. The team also receives funding for specific projects in this area.

### Chinese Community Social Services Centre Incorporated

*Home and Community Care (HACC) Program provides (in addition to PAG above):*

- Supported Access Pilot Project
- Volunteer Coordination

Address: 14 Livingstone Close, Burwood Vic 3125

Ph: 9888 8671

*Community Aged Care Packages (CACPS) Program*

*Community Partner Program*

Address: Suite 11, Level 1, Professional Suites, Centro Box Hill North  
17 Market Street, Box Hill Vic 3128

Ph: 9898 1965

*On Luck Chinese Nursing Home*

Address: 177-179 Tindals Road, Donvale Vic 3111

Ph: 9844 3813

**Senior Citizens Groups:** For more information please contact local councils or Migrant Information Centre (Eastern Melbourne) on 9275 6905.

Name of the Club	LGA	Venue	Time / Day
Boroondara Chinese Senior Citizens Association Inc.	<b>Boroondara</b>	45 Talbot Ave, Balwyn, 3103	Mondays 10am to 3pm
Eastern Senior Chinese Association Inc	<b>Boroondara</b>	Kew Senior Citizens Centre 533 High St, Kew, 3101	Wednesdays 10am to 3pm
Camberwell Senior Centre (Chinese Group)	<b>Boroondara</b>	Church Hall, 910 Toorak Road, Camberwell, 3124	Thursdays 10am to 2pm
Chinese Senior Citizens Club of Manningham	<b>Manningham</b>	Manningham City Council Function Centre 699 Doncaster Road, Doncaster, 3108	Wednesdays 10am - 2pm
Monash Chinese Friendship Association	<b>Monash</b>	Mt Waverley Community Centre, 47 Miller Crescent, Mt Waverley	Tuesdays, 10am to 3pm
Waverley Chinese Senior Citizen's Club Inc	<b>Monash</b>	Senior Citizens Centre 700 Waverley Road, Glen Waverley, 3150	Mondays & Thursdays 10am to 12noon, 1pm to 3pm
Box Hill Chinese Senior Citizens' Club	<b>Whitehorse</b>	Box Hill Senior Citizen's Centre 79 Carrington Road, Box Hill, 3128	Wednesdays 10am – 3:30pm
Jing Song Senior Chinese Men's Inc	<b>Whitehorse</b>	The Pines Senior Citizens Centre 25 Central Rd, Blackburn, 3130	Tuesdays 9am – 12.30pm
Victoria Hua Xin Chinese Women's Association	<b>Whitehorse</b>	Wesley Uniting Church 4 Oxford Street, Box Hill, 3128	Fridays 9am – 12pm
Eastern Region Chinese Social Club	<b>Whitehorse</b>	Meeting Room D, Town Hall Hub 27 Bank Street, Box Hill, 3128	Last Friday of the month 1pm – 2:30pm

Name of the Club	LGA	Venue	Time / Day
Knox Chinese Elderly Citizen's Club	<b>Knox</b>	Carrington Park Leisure Centre 20 O'Connor Rd, Knoxfield, 3180	Fridays 9am to 2pm
Knox City Chinese Social Club	<b>Knox</b>	Knox Library, 425 Burwood Hwy, Wantirna South, 3152	Mondays 1pm to 3pm

### **Other Support Services**

#### **Chinese Cancer Society of Victoria**

Address: 784 Station Street, Box Hill Vic 3128

Ph: 9898 9575

Provides information, family support, community education, and support groups to cancer survivors, carers, and their family members.

#### **Chinese Health Foundation of Australia**

Address: Suite 12, Town Hall Hub, 27 Bank Street, Box Hill Vic 3128

Ph: 9285 4812

Provides information, community education, and support groups to Chinese communities on health issues.

### **Mental Health Support Group**

Name of Organisation & Contact Details	LGA	Venue	Time / Day
<b>Action on Disability in Ethnic Community (ADEC)</b>  Chinese Mental Health Support Groups Ph: 9480 1666 or 1800 626 078	<b>Monash</b>	Mt Waverley Youth Centre 45 Miller Crescent Mt Waverley	3 <sup>rd</sup> Thursday of the month 11am – 2:30pm

# China-born Chinese Cultural Profile

**PLEASE NOTE:** This profile provides an overview of some of the cultural information relating to the diverse groups of Chinese speaking people who were born in China and live in the Eastern Region of Melbourne. This description may not apply to all people as individual experiences may vary. However this profile can be used as a guide to some of the issues that may concern your clients. This is an update of the profile in the Home and Personal Care Kit developed by the MIC in 2004.

## Migration:

- There is a long history of migration from China to Australia, as far back as the gold rush in the 1850's.
- An increasing number of elderly parents have also recently migrated from China to live with their adult children, often helping to look after their grandchildren.

## Local Demographics: China-born residents in the Eastern Region

Local Government Area	Total China-born Population	50-59 years	60-69 years	70-79 years	80 years and over	Total number of China-born people aged 65 and over	People aged 65+ as a % of the China-born population
City of Boroondara	4148	464	228	227	89	438	11%
City of Knox	1440	213	127	90	44	208	14%
City of Manningham	4550	747	417	342	150	696	15%
City of Maroondah	480	50	49	26	19	69	14%
City of Monash	8313	761	386	329	122	647	8%
City of Whitehorse	5791	592	317	371	163	696	12%
Shire of Yarra Ranges	220	28	29	8	3	20	9%
Eastern Region	24942	2885	1553	1393	590	2774	11%

(ABS Census 2006 & MAV Data 2006)

## Language:

- The official spoken language of mainland China is Mandarin (Putonghuo). Other major dialects include Cantonese, Wu (Shanghainese), Hakka, Hokkien, Teo Chew and many more. 64.9% of Victoria's China-born speak Mandarin at home, 24.4% speak Cantonese.
- All languages use the same written characters (Simplified Chinese) and can be read by any person literate in Chinese, regardless of their spoken dialect.
- 31.4 % of the China-born population in Victoria who speak a language other than English at home, assessed themselves as speaking English 'not well' or 'not at all'. A higher portion of people aged over 60 had low English proficiency (ABS Census 2006).

## Religion:

- According to the ABS 2006 Census, 60.8% of China-born people in Victoria have no religion. Others may practice Buddhism, Confucianism or Taoism or a mixture of these belief systems. The worship of ancestors may still be very strong in the belief system.

- There are a number of China-born people practicing Christianity.
- Some older people born in China may have small family shrines or sacred spaces within their homes that only family members are allowed to touch or clean.

### **Attitudes and Issues with Ageing:**

- Traditionally in China, children and family members care for the elderly.
- Many older Chinese in Australia have become frustrated by their inability to speak or read English. They have to rely on their children for transportation and communication with service providers and the government is also a source of frustration.
- The existence of Chinese Senior Citizen's groups and other services for the Chinese speaking communities, in most areas, has helped to reduce their social isolation.
- The Chinese view age positively and as a sign of wisdom. There is a respect for, and a sense of duty towards elders and parents.
- Some older Chinese may experience intergenerational conflict with their Australian-born grandchildren.

### **Attitudes to Disability and Mental Illness:**

- The China-born community regards disability as shameful, and a strong cultural stigma is attached to mental illness in particular.
- A China-born person with a disability and their family may believe that they are paying a debt that is owed, in other words that the disability is punishment for wrongdoing by the person or the family in a previous life.
- Parents are responsible for their children's wellbeing. China-born parents of a child with a disability may feel this responsibility more heavily if they are exposed to social criticism.

### **Attitudes to Death and Palliative Care:**

- For further information please see resource:

*Palliative Care for Culturally and Linguistically Diverse Communities: Cultural profiles to assist in providing culturally sensitive Palliative Care*, 2009, Migrant Information Centre (Eastern Melbourne), [http://www.miceastmelb.com.au/documents/pdaproject/Palliative\\_care\\_resource\\_for\\_workersAug2009.pdf](http://www.miceastmelb.com.au/documents/pdaproject/Palliative_care_resource_for_workersAug2009.pdf)

### **Customs / Values:**

- China-born people regard 'saving face', and not being publicly embarrassed or causing shame to the family as important. Emotional self-control is highly valued and arguments or disagreements are kept to a minimum.
- The family is the core unit. Family structure is traditionally hierarchical and patriarchal, with the eldest adult male the primary decision-maker in health and other matters. Older children have precedence over younger children and male children over female children.
- China-born people may express loyalty and affection through practical gifts.
- Families tend to be private and reluctant to discuss family issues or conflict with non-family members.

### **Communication Styles:**

- China-born people prefer to display little emotion. Passivity is often a response to conflict.
- Some China-born people may interpret assertiveness as aggressiveness.

- Some China-born people may feel that saying 'no' is impolite. They may answer 'yes' to questions, acknowledging that they are listening, rather than that they are in agreement.
- Touching someone's head is an offensive behaviour to Chinese elderly.

### Naming Conventions:

- Chinese names are traditionally written with the surname first, followed by the given name. China-born women retain their own surnames but some add their husband's surname to their own on marriage. Many Chinese people have adopted the Australian style of naming, they have adopted 'western' first names.
- China-born people generally prefer to be addressed by their title. For example, Mr, Mrs and Dr.

### Health Beliefs and Practices:

- Chinese people consider health to be a state of harmony between forces of Yin (negative) and Yang (positive), and that illness is a result of disharmony or imbalance between these forces. The purpose of treatment interventions is to assist in restoring harmony and balance.
- Chinese people may use a combination of traditional and biomedical practices. Traditional health practices include acupuncture, acupressure and Chinese herbs.
- Cupping is a remedy used for a range of ailments. Usually performed on the forehead, the abdomen, and the base of the nose, between the eyes and on the neck, chest or back. This practice can result in bruises or marks, it is important not to mistake the resulting marks as a sign of abuse.
- There is a tendency to assume a passive sick role, relying heavily on other family members.

### Greetings:

English Greeting	Mandarin	Closest English Pronunciation
Hello (How are you?)	你好嗎	NI HAO MA
Good Morning	早上好	JAO SHANG HAO
Goodbye	再見	ZAI JEN
Yes	是	SHI
No	不是	BU SHI
Thankyou	謝謝	SHEA SHEA

For Cantonese greetings see Hong Kong Chinese cultural profile.

# Hong Kong-born Chinese Cultural Profile

**PLEASE NOTE:** This profile provides an overview of some of the cultural information relating to the diverse groups of people from Hong Kong who live in the Eastern Region of Melbourne. This description may not apply to all people as individual experiences may vary. However this profile can be used as a guide to some of the issues that may concern your clients. This is an update of the profile in the Home and Personal Care Kit developed by the MIC in 2004.

## Migration:

- The Hong Kong-born community in Melbourne is primarily Cantonese speaking, tertiary educated professionals or business people.
- The community has increased rapidly in size since the mid-1980s.
- The largest populations in Melbourne reside in Manningham and Monash.

## Local Demographics: Hong Kong-born Residents in the Eastern Region

Local Government Area	Total Hong Kong-born Population	50-59 years	60-69 years	70-79 years	80 years and over	Total number of Hong Kong-born people aged 65 and over	People aged 65+ as a % of the Hong Kong-born population
City of Boroondara	1752	322	96	39	17	113	6%
City of Knox	789	161	24	18	5	36	5%
City of Manningham	2763	621	155	72	9	153	6%
City of Maroondah	180	44	6	5	0	10	6%
City of Monash	2491	403	95	35	11	92	4%
City of Whitehorse	1910	278	71	36	25	95	5%
Shire of Yarra Ranges	88	11	3	3	0	6	7%
Eastern Region	9973	1840	450	208	67	505	5%

(ABS Census 2006 & MAV Data 2006)

## Language:

- Chinese (Mandarin and Cantonese) and English are the official languages of Hong Kong. However, Cantonese is most widely spoken. Traditional Form is used as the written Chinese language.
- English proficiency is generally high in the younger generations and business circles. In general the older generation have lower levels of English.

## Religion:

- Hong Kong-born Chinese may practice Buddhism, Confucianism or Taoism. There are also a number of Hong Kong-born people who are practicing Christians.
- Many of the religious observances are closely connected to specific events such as births, deaths and marriages.

- Some people born in Hong Kong may have small family shrines or sacred spaces within their homes that only family members are allowed to touch or clean.

### **Attitudes and Issues with Ageing and Aged Services:**

- In Hong Kong the elderly are traditionally cared for by their children and other family members.
- Many of the elderly in Australia become frustrated by their inability to speak or read English.
- Older people have to rely heavily on their children for transport and communication with social support services and the government.
- The existence of Chinese Senior Citizen's groups and other services for the Chinese speaking communities in most areas has helped to reduce their social isolation. The availability of authentic Chinese food, magazines and newspapers in local shops has also eased this transition.
- Many older people in Australia take a role in caring for grandchildren.
- Unlike the China-born Chinese, Hong Kong born Chinese people may be more familiar with the Australian service system due to the influence of the British in Hong Kong in the past. They may have more understanding of government provided aged care services and be more familiar with the different types of services provided.

### **Attitudes to Disability and Mental Illness:**

- Hong Kong-born people regard disability as shameful and a strong cultural stigma is attached to mental illness in particular.
- Anecdotally, local disability organisations find it difficult to access families, as they are reluctant to use mainstream services.

### **Customs / Values:**

- The family is traditionally hierarchical and patriarchal in structure. The eldest adult male is generally the primary decision-maker in health and other matters. Older children have precedence over younger children and male children over female children.
- Families tend to be private and reluctant to discuss family issues or conflict with non-family members.
- A respect for and a sense of duty towards elders and parents are important cultural values.
- There is a desire to avoid 'loss of face' or the bringing of shame to the family. It is important to conform to family and societal norms. Hong Kong-born people in general, exhibit emotional self-control, particularly in public. They desire to keep arguments or disagreements to a minimum.

### **Communication Styles:**

- Some Hong Kong-born people may interpret assertiveness as aggressiveness.
- Some Hong Kong-born people may feel that saying 'no' is impolite. Sometimes they may answer 'yes' to questions when they are acknowledging that they are listening. However they may not have understood what has been said. They may smile to conceal embarrassment or the fact that they do not understand.
- Touching someone's head is an offensive behaviour to Hong Kong-born elderly.

## Naming Conventions:

- Chinese names are traditionally written with the surname first, followed by the given name. Some Hong Kong-born people have adopted the Australian style of naming. A number of Hong Kong-born Chinese have also adopted 'western' first names. Women traditionally retain their own names or add their husband's surname to their own on marriage.
- Hong Kong-born people generally prefer to be addressed by their title, for example: Mr., Mrs. and Dr.

## Health Beliefs and Practices:

- Hong Kong-born people tend to assume a passive sick role, relying heavily on other family members.
- Hong Kong-born people may use a combination of traditional and biomedical practices. Traditional health practices include acupuncture, dietary restrictions and Chinese herbs.
- Cupping is a remedy used for a range of ailments and is usually performed on the forehead; the abdomen, the base of the nose, between the eyes and on the neck; chest or back. This can result in bruises or marks, it is important not to mistake the resulting marks as a sign of abuse.

## Greetings:

English Greeting	Cantonese	Closest English Pronunciation
Hello (How are you?)	你好嗎?	LAY HO MA
Good Morning	早晨	CHO SAN
Good Afternoon	午安	NG ON
Goodbye	再見	ZHOI KING
Yes	係	HAI / HO (OK)
No	唔係	NG HAI / NG HO (NOT OK)
Thankyou	多謝	DOOR ZEY

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