

原住民族部落健康與文化主權：  
磯崎復健站的自主性發展歷程

**Indigenous health promotion and cultural sovereignty in Taiwan:  
The autonomy of the Kaluluan senior rehabilitation center**

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摘要

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本文將以花蓮縣豐濱鄉磯崎部落長者復健站運作為基礎，揭露多族群的原住民部落健康促進行動以族群和諧為目標，熟稔運用在地社會關係、深度理解地方人情義理，並與醫護專業協作的自主性老人照顧模式。磯崎部落為一涵納撒奇拉雅族、阿美族、噶瑪蘭族以及布農族的多族群聚落，在族群性相對複雜的生活脈絡中，部落頭人自發性地籌設長者復健站，以自身之力召集部落長者參與，並透過己力接送、在地青年投入、共餐共食等，在資源侷限的條件中發展貼近生活的行動策略。為回應聚落內各族群長者的健康需求、避免族群間資源傾軋與排除現象，復健站跳脫單一化的、原住民形象的族群文化的表現形式，回歸復健醫護專業以及在地生活人際互動網絡，發展出面向實地生活且族群間相互關照的健康促進行動。諸如以在地資源自行製作復健設備、活動設計以復健專業為核心、捨棄原住民老人照顧多以編織、舞蹈等具備原住民文化形象的行動概念，在不強調原住民傳統文化形式表現的健康促進行動中，反而讓不同族群的參與者真實地吐露自身文化，在復健行動的日常實踐中，呈顯原住民文化邏輯與在地智慧的內涵。

關鍵字：原住民族健康、部落健康、文化主權、文化照顧、磯崎村

## Abstract

Based on experiences at the Kaluluan (磯崎) elder's physical rehabilitation center, this paper explores ways in which autonomy of indigenous senior health care is established through utilization of community collaboration, social relations and local knowledge, in connection to external medical professionals. Kaluluan is a rural community located on the east coast of Taiwan with Sakizaya, Pangcah, Kavalan and Bunun indigenous peoples. Members of this multi-ethnic community took the initiative to set up the rehab program, through collective efforts they went door-to-door to encourage elders' participation, coordinated transportation, built rehabilitation equipment using recycled materials and contributed home-grown ingredients for the communal lunch. Given limited resources and the rural location, yet critical of the imposing responsibilities that may follow upon accepting external funding, Kaluluan responds to the divergent needs of community elders and avoids resource allocation conflicts and possible exclusions by allowing heterogeneous identities within the community to sprout organically. The center becomes a site of interactions of social relations and cross-cultural dialogues, which is in itself a concrete expression of local knowledge and claim to cultural sovereignty. Counter-intuitively, Kaluluan's choice to prioritize the rehabilitation profession and local network as basis to develop health promotion initiatives, opens up space for its multi-ethnic participants to reveal their authentic cultural diversities, where indigenous cultural logic and local wisdom are vividly and fluidly present in daily practice.

Keywords: Indigenous health, cultural sovereignty, cultural care, Kaluluan