

Able ziauali epe dali mir barkak osmeli a bautarda lukup le lam. Lukup le pe uridli nurses, doctors a experts able dorge ge pe wi au kimiar a au koskir nasesereda. Able orwai ge pe ziauali de detautli mese ma bakiamu able uteb em pe au kimiar a au koskir kem nasesereda mara ati wakai perper obai. Ma mirem eutmerwa wader ziauali pe noke nagri mari upiatidarem. Able dorge pe nagriwerteda ma downloadem iker: www.10questions.org.au

Ma able ziauali ia nardarare merbim au barkak wanagri:

- Ma able utebem dasmerer Residential Aged Care Facility nade gair lu barkak onagri.
- Ma okabatagrer nako able orwaige penoko wi uridili, able kerkar uteb ge.
- Mari doge pa dike ma dasmerwa nako iaba orwai a asesered paikai ikeredi. Iaba tonar okakise dikeredi.

E barkak dike ma dasmerwa able dorge le uridli, nurses waurder mari aseserdem. Ma iabi nautmerauem wi nako pe iabi nasesereda able uteb ge pe uridli.

Au mitkar dorge le uridili wi okakwairwair wali amieda. Ma nole dikepwarwa wi okakwairwair wali amida, nole dike wi netat uridli. Pe uridli wi nole okakwairwair uridli:

Registered Nurse (RN) e emetu tabara three urut Bachelor of Nursing course erpeida. Wi umele able dorge waikerare nursing ira, nursing procedures, manage pain medication, a upiatidar iaba ko ike mari onameger, ia waiakai ma umerkak hospitilem bau.

Enrolled Nurse (EN) e kirim nursege, RN ilam keubu dali. Wi okakise bautariae able regulatory gem ge. Iaba registration e barkak waikase iabi dorge ge. Ia waiakai mi legiz merbi wadaseseredlare.

Maikle nursing ge, AIN (Assistants in Nursing) a Care Workers/Care Service Employees (CSE) wi doge ikereda muige nurses ira asesered, residential aged care facilities able dorge pe wi ikereda, iaba dorge nole okakise wi waikelare. Iaba roles a training epe nole okakwairwair dike.



E MARA RIGHT IKE MA EUTMERWA

Ese ma laglag debe meta a uteb marim, ma baka dasmerawem wader meta a uteb pe noko nagri.

Ese ma laglag wader information able aged care services nagriwerteda mari doge maikakar ge, ma no contact ikai wa

My Aged Care
 **1800 200 422** myagedcare.gov.au

Nerut ziauali ma iabilam erpae, epe dali Charter of Aged Care Rights. Ese ma laglag wader information a questen mara nagri ma bakamu able internet ge: www.agedcarequality.gov.au/consumers/consumer-rights

Able ziauali ra autar, e bautarda iabi alam:




Ese ma laglag wader supporting organisations pe noko uridili ma bakamu internet em a dasmerwa www.10questions.org.au


Ese ma laglag wader mir residential aged care facility em, ma iabi contact nakerawem:



Australian Government
Aged Care Quality and Safety Commission

 1800 951 822


www.agedcarequality.gov.au



10 Questions

FOR ABORIGINAL & TORRES STRAIT ISLANDER PEOPLES A MA KO EUTMERWA NADE MA ABLE RESIDENTIAL AGED CARE MA DERAIMELI.

(Meriam Mir)



Aukaka esoau bakamuda iabim pe Mingaletta Aboriginal and Torres Strait Islander Corporation – Umina Beach Elders Group, Fairfield Liverpool Elders and the Aboriginal community in the Blacktown/ Nepean area apkorep iaba upiatidar bakamuda able leaflet autarem.

www.10questions.org.au

Ma bakiamu wader le daratagrauem Elders uridli a Local Council a Lukup Meta nagri, keubu ma dikepwar ma bakiamu Star of The Sea Home em a wader Home pe noko nagri south ge. Wi ia mari upiwanatidalare nagadim ma baka. Buaigiz pe noko uridli uteb ge iabi ko nautmerauem pe noko gedge uridli nako tonar ike able Home ira. A nerut lu ike ma eutmerwa ese able Home ira Reconciliation Action Plan (RAP) ike. RAP e nole able mir dali e ziz batkiri able meta lam a wader meta em. Nole e mari natomeretli debe asesered care a treatment merbim Aboriginal and Torres Strait Islander Peoples. Ia waikereder able ginara ya obakedi a gair lu no sikak onagri.

1. Naket Aboriginal/Torres Strait Islander buai able uteb ge uridli?
Marim sikak ko waike ese ma umele nawer mara buai mari tonar tonar gedlam, a mir detaudeda mari kaise, pe uridli able uteb ge. lawakai wi mari wonataglare nalu debele a adud able uteb ira. No mari doge ike ese ma laglag able uteb ikaiwa sererserer uteb obai marim. No mari doge pe ike. Buai uridli able uteb ge wi au laglag mari onakairare iaba tebud bai.

2. Naket Aboriginal/Torres Strait Islander dorge le, dorge ikereda able uteb ge?
Wi debele Aboriginal and Torres Strait Islander legiz onakerare dorge waikerawem able uteb ge. Mi mir asreretlare naket guliguli buaigize dorge ikereda Recruitment Strategies ge a nako mi iabi upidaratidalare obakiaware dorge em. Ese ma sirip ge nawa ma eutmerwa netiba guliguli legize pe dorge ikereda. Ia waiakai ma siripkai nawer iabi doge. Ma nole geum ge akai no mari doge ike ma no eutmerwa. Ese able dorge le mari gemgem le dali, a mari ged lam, e dorge ikeli able uteb ge, e mari wanaseserder sikak nade ma tabakamu bau able uteb ge.

3. Able utebide ikeli cultural safety training a etomeretli gair dorge le em?
Able utebira tonar nade kerker dorge le otaba obau emeret dorge le waiosmer. Cultural safety training epe ike kerker dorge le em a pako refresher training ike dorge le uridli debe niai niai dorge ikerda able uteb ge. Gair le em able gelar pe dali ma irmir. Dorge le uridli a pako le uridli utebge. Ma eutmerwa nako wi sirdamieda able racial conflict. E nako ia wairmir.

4. Nako ma ia kari upinatidar kara cultural identity Home ge?
Wa iabi nautmerauem na korep lewer wi erweda a wi adge wairwawem. Auka barkak dike wa eutmerwa iabim, na mebbe penoko celebrations nagri able au gerger ira. Events mokakalam NAIDOC week, Mabo Gerger a National Sorry Day a wader local cultural celebrations pe mi ikereda gair urutge merbi gedge.

5. Nako ma ia kari upinatidar kara cultural identity Home lam adge?
No mari doge dike, ma mena ikerwa nalu pe ma ikeli mari community ge. Eutmerwa, nako pe upiatidar nagri marim ese ma laglag baka adem Home lam? Ese ma ia baka, ma dorge le itmerwa nako pe transport ike marim. Keubu ma transport em baka, ma eutmerwa kikem naket bakir waike able ati em. Ese ma kirgir nali a ma dudum dudum lu ikeli aukaise pe wader buai uridli Home ge, ma dorge le itmerwa iaba upiatidar marim nalu lu ma laglag nali.

6. Ma nako ma dasmeli a support ike past trauma em?
Dorge le uridli wi berwereda ko le onaseseredlare able legize pe wi asidigieda institutional abuse, racism a trauma including historical separation from family, kin, a Country, la waiakai wi umele waurder merbi tonar orawai ge. Pota, painting, lubabat a tribal flag mara, a wader lu pe noko nagri, epe dali mokalam statement mari alam acknowledging Country or ged mara. Dorge Le uridli able asmerge wi umele waurder a understanding iaba waike ma na gedlam nali.

7. Nako mara upiatidar waike mari buai a kaimeg pa uridli?
Mara buaigiz a kaimeg pa uridli wi umele obakiaware mari asmer em. Eutmerwa na war ki a gerger ge penoko sika dikeredi mari asmer em. Pako utem mari uteb ge. Eutmerwa nako ma buaigiz a kaimeg darataglare ma nalu laglag nali able uteb ge. Ma dasmer wa mari uteb ge ese au kes ike gedub em a amrir em a pako lewer akasir em a miratager em.

8. Nako wi ia kari upiwanatidrare ese kari gimide onatuti a kara asemur ia waike.
Eutmerwa ese buai gedlam otaba mari doge utem a mari onardar nako ma gimim nali a no ma meta ge nazirkedi. Ma ko eutmerwa ese sikak ike buai otabakiaware mari asmer em a mari doge waurder. Eutmerwa nalu pardar able dorge lera ike buai onamarkare gedim. Torres Shire Council a TSIRC wi mari ia upiwanatidarare funeral costs em. Able dorge le e mas umele odawa nalu upiatidar ia waike funeral em.

9. Bes eutmerwa Doctor ge e otabasker merbi asmer em gair kerker ge.
Doctor dali maikakar ge e umerkak obakamu mari asmer em, ma no iabi daratagrauem ma baka Telehealth ge. Ablegem, Doctor ide mari onasmerwa online ge diagnosis em. Registered nurse epe dali maikakar ge, e gair lu sirdamier. E auka barkak dike gair dorge nurses uridli wi barkak dorge waikerawem. Eutmerwa Doctor ge ese e mir waisreretwa muige Aboriginal and Torres Strait Islander health lelam.

10. Wi nako kari gimlam onaseseredlare?
Epe gelar ike no netat registered nurse mas odawa able home ge 24/7. Able dorge le nurses uridli wi gair le upionatidrawem. Eutmerwa naket nursegeize dorge ikereda a naket au le a au koskir kem uridli Home ge. Ia wakai nurses uridli wi sikak iabi onaseseredlare.