

Leaflet ngaatja series tjunu nurses munu doctors tjutangku munu experts tjuta experience tjarra aged care-ku. Series ngaatjalu aim-milani nyuntupa journey residential aged care-kutu. Nyawa kutjupa leaflets, ala questions tjapintjaku specific care needs tjarra. Ngaat-tjuta downloaded mila:

[www.10questions.org.au](http://www.10questions.org.au) ala

Tjinguru ngatja leaflets useful tjuta nyuntupa, panya:

- Nyuntulu ngurrini high quality residential aged care facility aku.
- Nyuntulu tjinguru kulini nyuntupa ngurra wurrurritja jana, ngaaku residantial aged care facility-aku.
- Choose-milala ngurra kutjarra residential aged care facilities look same kutjarra.

Important ngaatja registered nurses tjuta warrkani nyinantjaku, panya tjutaku meets palyantjaku. Questions tjapila yaaltji-yaaltjili tjäna nyuntunya kanyini.

Staff tjuta uniforms same tjuta tjarra. Anangu ntululu nyanganyi nurse nganpa tjana wiya nurse. Ngaatja difference tjuta:

**Registered Nurse (RN)** palurulu completed milanu 3 years Bachelor of Nursing course. Tjana nurse warrkarringanyi pany procedurës tjutala munu pain medicine unganyi munu tjanalu help milalpayi hospital - angla tjarrpantjaku marra.

**Enrolled Nurse (EN)** warrkarringanyi RN directions-ala. Paluru kutjarra registered regulatory body-ala. Registration-alu nyanganyi professional standards panya protect-i milani public-ala.

**Assistants in Nursing (AIN) Care Worker/Care Service Employees (CSE)** jana warrkarringanyi supervise munu direct-i milani nurses tjutalu munu tjana provide milani care residential aged care facility, ala munu community-alu. Kutjupa kutjupa levels jana kanyini training aku munu roles, aku.

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## NYUTUPA RIGHTS TJAPINTJAKU.

Ngurra mantjintjaku nyawa ngurra kutjupa-kutjupa wurrurritja.

Nintirrintjaku aged care services tjutaku munu yaaltji panya local ngurra tjuta ngaranyi, ring-i milala My Aged Care.

My Aged Care

☎ 1800 200 422 [myagedcare.gov.au](http://myagedcare.gov.au)

Tjana nyuntunya copy Charter of Aged Care Rights tjarra - tjapila tjana questions panya information-aku: [www.agedcarequality.gov.au/consumers/consumer-rights](http://www.agedcarequality.gov.au/consumers/consumer-rights)

Leaflet ngaatja palyanu munu endorsed milanu:



List tina supporting organisation tjarra nyawa  
[www.10questions.org.au](http://www.10questions.org.au)

If ntuntulu concerns kanyini residential aged care facility tjarra ring milala tjana:

☎ 1800 951 822



Australian Government  
Aged Care Quality and Safety Commission

[www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)



# 10 Questions

## FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES ACUTE TJAPINYJAKU NGURRAKU RESIDENTIAL AGED CARE KU.

(Pintupi Luritja)



Special thanks ngaranyi Mingaletta Aboriginal munu Torres Strait Islander Corporation-ku - Umina Beach Elders Group, Fairfield Liverpool Elders-ku munu Aboriginal community Blacktown/ Nepean area, ala panya help-aka leaflet ngaatja palyntjaku

[www.10questions.org.au](http://www.10questions.org.au)

*If nyuntulu ngurrini ngurraku tjinguru tjapila local elders council, Land Council tjinguru Aboriginal Medical Service. Munu wangka nyuntupa Anangu tjuta tjarra community-ala. Nyawa if nyuntupa ngurra Reconciliation Action Plan (RAP) tjarra. RAP angku wiya unganyi ngurra palya. Tjana recognise milani care munu treatment Aboriginal munu Torres Strait Islander tjutaku, munu jana action palyani tjuta palya kanyintjaku#.*

## **1. Nya number panya Anangu munu Torres Strait Islander nyinanyi ngaangka?**

Tjinguru help-milani Anangu tjuta panya language tjarra nyinantjaku, cultural values tjarra munu life experience-ala panya nyinangutja. Friends wiya nina anyone tjarra kea nyuntunya relax nyinanyi supportive environment.

## **2. Aboriginal munu Torres Strait Islander tjuta Anangu warrakarringanyi?**

Tjanaku ngaranyi employ milantjaku Aboriginal munu Torres Strait Islander Peoples. Check-i milala Anangu staff-aka munu nyaa-nganpa recruitment strategies jana kanyini panya apply-rringuntjaku. Tjinguru nyuntu kurnta questions tjapintjaku, anangu staff-aku wangka panya break-i milantjaku barriers-aku. Ngurlu-wiya questions tjapintjaku - nyuntupa rights tjarra nyuntu. If staff tjuta nyinanyi cultural values tjarra tjinguru jana nyuntunya help-milani settke nyinantjaku.

## **3. Nyuntulu run-i milani cultural safety training staff aku?**

Staff turnover panya high ngaranyi kala palya check-i milantjaku cultural safety training unganyi staff tjutaku munu tjana unganyi refresher training. Policy munu cultural respect staff-aka unganyi munu residents tjutaku. Tjapila manage milantjaku racial conflicts tjuta.

## **4. Yaaltjingkarna mantjini ngayuku support ngayuku cultural identity-aka ngurrangka?**

Tjapila tjäna nya-ngaampa nyuntupa routines panya time-aku munu space-aku munu mai ngalkuntjaku munu bush tucker garden tjarra mai tjuta enjoy-milantjaku. If ngaatja important nyunuku, tjapila tjana NAIDOC week-ala, Mabo Day-ala munu National Sorry Day-ala tjana panya celebrate milalpayi ngaatja events tjuta.

## **5. Yaaltjingki nyuntulu support milani ngayuku cultural identity ngurrangka?**

Active part nyina nyuntupa community-aka. Check-i milala yaaltjingu nyuntunya support milani outdoors nyinantjaku nyuntupa community-ala, tejana transport unganyi katintjaku. Tjinguru ngaatja maniyi tjarra, kala check-i milala. Nyuntu tjinguru young nyinanyi, check-i milala support panya ungkuntjaku.

## **6. Yaaltjingu nyuntulu recognise milani munu support milani past trauma?**

Staff-aku unganyi training panya support milantjaku anangu panya sufferringu institutional abuse munu racism munu family munu country jana separate nyinanyi. Kanyintjaku artwork tjuta munu paintings munu ngurraku stuff panya ngurrangka kanyintjaku munu flag munu staff panya ninni nyinantjaku understand milantjaku culture-ku.

## **7. Yaaltjingu nyuntulu support milani contact family munu friends tjarra?**

Nyuntupa family munu friends-all nyuntunya visit milani. Check-i milala visiting hours munu anangulu nyuntunya visit-aku. Check-i milala arrangements panya friend munu family aku wangkantjaku nyuntupa needs-aku munu changes nyuntupa care-ku. Nyawa outdoor room-aka panya nyinatjaku munu kuka mai kutjantjaku.

## **8. Yaaltjinga ngayunya support milani if ngayulu pika pulka tjarra?**

Check-i milala family nyinantjaku nyuntulana room-angka munu tjutangku anangulu nyakunytjaku. Check-i milala nya-ngaampa experience jana kanyini panya help-milantjaku ananguku. Aboriginal Land Council, alu unganyi many funeral-aku. Staff panya aatjiku nintu nyinantjaku.

## **9. Doctor palaja ngurrangka nyinanyi?**

Tjinguru nyuntupa doctor ananyi nyuntuku nyakuntjaku if wiyangka tjana use-milani TeleHealth. Doctor-lu nyuntunya nyanganyi online diagnosis. Alatjingka, nurse tjutalu help-milani doctor-nya panya treatment-aku. Important tjuta nurse kanyintjaku. Tjapila doctor if paluru ninti Aboriginal menu Torres Strait Islander health-aku munu advise mantjintjaku.

## **10. Yaaltjingi tjäna look after milani ngayuku health?**

Law ngaranyi kutju registered nurse ngurrangka nyinantjaku 24/7. Tjuta panya nurse warrkarringuntjaku nganana needs-aku. Check-i milala panya naya nurse warrkarringanyi munu yaa anangu tjuta nyinanyi ngurrangka.