

Ina nabi thusinu muynu kedha palayinga nurse'al doctor'aw nabi laganu nanga kulba apu a thathi kikirin gasaman. Thanamuniya senabi zagethapa kuthin mepa senabi kikiripa danalpathepa. Nabi migina thusinu muynu yadupalgan kedha nginu zageth thoewpala koey mabaygapa danalpathay lagoenu. Ngi ngulayg wara migina thusinu muya nagiz nginu nanga lak wara mina ngulaygoepa gasamaypa. Ibupuydhan senabi danalpan nginu koey mabaygoepa. Itha thabi yadayl lak muynu wanimoeypa: www.10questions.org.au

Nabi migina thusinu muynu ngidh ngibepa koezi wara ngulayg gasaman:

- Kasa kedha wara kapu koey mabaygaw danalpoethay lagapa noegaypa.
- Nginu wakay thamamoeypa ina wara koey mabaygaw danalpoethaypa lag matha ngoedhagidh sew maypa.
- Kasa lak imaypa kedha ina wara koey mabaygaw age care lag ngoedha kalmel matha kedha ngadhalinga.

Imaypa kedha sew zagethaw registered nurse-al mura sew mabaygal balbayginga koey mabaygal danal pathepa. Ngidh thana yapu poeybamoeyn kedha thana ngin nurse-an balbayginga dana poethaypa ngi nanga senabi lagoenu mepa.

Koeygoesar zagethaw mabaygal matha kedha rugalgal sena muynu zageth ulaypa. Kasa mina nagepa wara kedha thana sew nurse-al lawnga. Itha thabi nelpa nagaypa:

Registered Nurse (RN) thana thanamun ngurpay zageth (3) three wathalnga aymadhin nabi zagethapa gasamaypa, three wathaw kalanu Bachelor gasaman wigel (RN) Registered Nurse aymiz. Thana thanamun zageth mina ayman a nginu merisinal balbayginga palimoeyn. Nginu lak kuniya moeythayle ospetalpa.

Sena **Enrolled Nurse (EN)** thana apal Registered Nurse (RN) thana apal RN-aya zageth ulaypa. Palay kalmel registered mayzinga regulatory body-nu. Registration nan balbayginga palan kedha mina ngadha thiyay ayman mura mabaygapa danalpoethaypa.

Assistants in Nursing (AIN)/Care Workers/Care Service Employees (CSE) danapathay zagethaw mabaygal, thanamun zageth apal nurse-aya mepa matha kedha ngalpan koey mabaygoepa danalpathaypa, thanamun aged care laganu muynu. Thanamun ngurpay a thanamun zageth ayman kedha thanamun ngurpay mi level-pa aymadhin thanamun training-anu.



SENA MATHA NGINU UBINU MEPA NGI NGULAYG LAK THANAMULPA KUNIYA YAPUPOEYBIZ

Mina lagaw doegampa nanga imaypa ubi ngi ngulayg wara lagoepa imaypa nagiz, thana wara lagal midh ngibepa balbayginga.

Lak nanga mina ngulayg gasaman kedha koey mabaygaw danalpoethay lagaw doegamul midh? Ngidh thana yapu poeybamoeyn ngibepa kedha lagal ngibepa ngalaga amadhan marsimoeypa. Lak thana mabaygan ngulayg palan.

My Aged Care

☎ **1800 200 422** myagedcare.gov.au

Thana nanga ngibepa wara thusi imaypa manin nabi thusi Charter of Aged Care Rights - lak thanamulpa yapu poeybiz, lak ngidh mina ngulayg gasaman:
www.agedcarequality.gov.au/consumers/consumer-rights

Ina nabi thusi aymayinga:




Ina kedha wara ibopuydhay dagampa in iman nabi address poelayzinga:
www.10questions.org.au

Ngi nanga mamu ngulayg lawnga, nan yapu poeybay ayman sepa koey mabaygaw danalpathay lagoepa. Na ngidh yapu poeybay ayman:



☎ 1800 951 822


www.agedcarequality.gov.au



10 Ya Poeyban

ATSI MABAYGAL MURA NGALPAN MABAYGAL NGITHA NGULAYG YAPU POEYBEMIN, NGI NANGA RESIDENTIAL AGE CARE LAGIYA LUMEPa

(Kalaw Kawaw Ya)



Koeyma eso Mingaletta, Mingaletta a Sew Lagalgal a Zenadh Kes Corporation – Umina Beach Buway Mabaygal Group, Fairfield Liverpool Buway mabaygal, sew goegathal Blacktown/Nepean doegan thanamulpa lak eso poeyban nabi moegina thusipa.

www.10questions.org.au

Matha kedha ngi yapupoebiz wara buway mabaygoepa, nginu ubi Star of the Sea lagoenu maypa. Wara kedha ngidh ngulayg mulupa Southapa yapupoebiz ayman wara kedha thana ngin ibopuydhan. Wara kapu za kedha ngidh wara mabaygoepa yapupoebiz nginu community-nu. Yapupoebiz ayman kedha si laganu Reconciliation Action Plan (RAP) mepa. Sena RAP kedha zapa ngalpan mabaygal balbayginga danalpathepa. Thana nanga gegeyadh danalpathoepa aypa Aboriginal and Torres Strait Islander People. RAP'an, senabi pawa adhapa manin. Koey mabaygaw mina dandpoethay thanamuniya (RAP) mepa.

1 Kay midh mura Aboriginal/Zenadh Kesanu memayipa kedha thunara?

Matha kedha urapu yangkukul mabaygal nanga kamal nipa, thanamun goeyga koeygarsar kalmel gerhah zapul aymoeypa (kalmel kulay gegeyadh niyay thunara). Sepa kedha ngi kasa koerawayg mura mabaygoengu thana kay ngin balbayginga danapoethaypa.

2 Kedha thunara Aboriginal/Zenadh Kesaw mabaygan kay zageth ulaypa?

Thana mamu nay Aboriginal a Zenadh Kesaw mabaygal koew zagethapa mamayipa. Kulay mamu yapupoebiz ayman, a kuyk wakayan, sey midh mura ngalpan mabaygan zageth ulaypa. Wabi zagethapa thana midh paru kuyk wakayan koew zugethapa gasamoeypa. Wara kedha ngi yan aymiz sew zagethaw mabaygiya yapa. Ngalpan mabaygan nanga sena zageth ulaypa ngibepa kay sew zagethapa zapul mura thoewpalimoeyn. Ngi akan maygi yapa yapu poeybaypa - sena matha ngibiya kurusipa. Thanamuniya nanga sena ngalpan mabaygan kalmel zageth ulaypa, nginu zageth kay thoewanga. Minguz kedha ngalpan mabaygan thanamulpa ngurpay aympa ngalpan ngadha thiyay midh a ngalpan igililnga yadupalgan.

3 Ngitha nanga mura thonara sena zageth ulaypa, ngitha thanamulpa ngalpan igililmay ngurpay aympa?

Zageth mabaygal nanga koeygoersar imaypa kedha zagethaw mabaygal lak ngurpamoeyn ngalpan mina ngadha thiyay midh, a wara thanamulpa kodhanu zagethaw mabaygapa lak muynu ngurpamoeyn. Thanamulpa ngalpan ngadha thiyaypa lak ngurpay ayman a thana ngaru yakampa mina pawa a koeyma apasimaypa kidhkidhan setha mi mabaygan sena zageth ulaypa. Yapu poeybay ayman, kedha nanga za aymiz wara doegamu mabaygapa thana ya midh sepa balbaytidan.

4 Ngidh kay nguzu lagoenu ngayapa mi ngadha thiyay ipudhaypa aympa?

Thana yapu poeybemin kedha thanamun mura goeygiw zagethal midh a thonara wara thanamulpa adhaw aygudapa a sepa thonarpa thonar miyay thaman. Yapu poeybay ayman thanamulpa koey thonaraw goeygipa NAIDOC, MABO Goeyga, National Sorry Day a wara koey thonaraw goeygil.

5 Ngidh ngayapa midh nguzu ngadha thiyay ibupudhan ngi nanga lagoengu adhal mepa?

Kapu za kedha ngidh ngaru mina zageth aympa muynu nginu goegathapa a mura doegamuya. Imaypa kedha ngidh wara doegampa adhapa nginu zageth midh yakampa lak thana ngin ibupudhaypa in muynu goegathanu. A sew zagithaw mabaygan ngulayg ngibepa yabugud manin nginu nanga ubi ngi gudapa thuriz thanamulpa. Lak thana zagithaw mabaygal pathemin ngibiya. Wara kedha sena modhab gimal ngidh kasa yapupoebiz ayman sepa yabugudapa. Ngi nanga kayn mabayg, ngidh thanamulpa yapu poeybiz kedha thana kayn kazil lak thana kedha danalpathepa?

6 Ngi midh wakay thayiz a senabi mabayg kapaypa kulay kikirilayg meparu kulay thonara?

Zageth kazi kedha imaypa ngurpemin ibupudhaypa kikir gamungu adhapa manin war thunara mabay muynu kikiriw laganu mepa, mabaygiya ngulayg kikir koeyza aymiz. Zagethaw mabaygan ngulayg kikir mabaygal wati pawan mamayipa. Wara kedha pamle mabaygan nanga imaypa mabaginga kikir keosimiz a war thanamun imabayg thana kantringu adhapa manin a muynu kikiril lagoenu muynu aran. Nginu kuthinaw minaral a mawal nabi zamiyakan ngin nginu igililmaypa yadupoegalpa. Nginu mina yapa – thamay ina mepa. Zugubal, buwaynu muynu. Mina pawa ngi apa pudhiz, gudapa thuriz, nabi thunara buwaynu flag a clan uzimaypa.

7 Ngidh midh paru nginu buwaypa a igalgapa ibupuydhay aympa?

Sena balbayginga kedha kazil a igalgal ngulayg matha ngibiya imaypa mangemipa. Ngidh danalpathay mabayg kulay yapupoebiz thonara midel ngapa pamle mabaygapa imaypa sew lagawnu moengaypa a matha kedha nguzu buway kazipa ngulayg ngaybiya kubil ukaman. Ngidh danalpathay mabayg kulay yapu poeyban thonara midel ngapa pamle mabaygapa imaypa sew moengaypa a matha kedha nguzu buway kazipa ngulayg ngaybiya kubil ukaman. Ngidh sew lagaw ega kulay dan pathun aymuyapa lag ngalaga ayman a wara sagulpa sagulaw buth ayman adha doegam. Wara kedha kapu iradal puynu apal niyay lag ayman nginu pampe mabaygiya sagulpa.

8 Ngoena midh paru kay danalpathaypa/ ngay kay nanga mina koey kiker tharepa?

Yapu poeyban kedha nginu buway kazipa ngibiya maypa kalmel nginu kikiriw thonara balbayginga thanamulpa ngibiya kalmel maypa. Thanamuniya ngulayg mepa kedha ibupuydhaypa aymaypa ngin kuniya manin nginu lagoepa. The Torres Shire Council a TSIRC thanamulpa yapu poeybemin kedha ibupuydhay dagampa matha balbayginga, a wara sakariya ngayapa.

9 Doctor kayki mangepa a?

Wara kedha the Doctor ginga thana Telehealth ayman. Sepa iman kedha doctor ngibepa online ya muliz nginu kikiriw dagamuyu ngibiya mi kikir muynu gamanu. Doctor-an nanga iman kikiril gamu ngibiya nuyd treatment'al yadu palgan nurse-apa nurses-an senabi zageth ayman senabi thonara nurse-san ngaru purka wanan kikiril mabaygiya. Nga nanga mi doctor gulgupipa nuy ngulayg Kawa Lagalgal a Zenadh Kes Mabaygal thana sike nanga koerawoeygal thana ngaru yapa yapu poeybay ayman.

10 Sena bangal nanu bangal nguzu gamu ngadh danal pathaypu kikiringu?

Sew sabi kedha ngaybiya ngaru urapun registered nurse lagoenu mepa 24/7. Matha kedha nurse'al zageth ulaypa thana ngaru sew mura mabaygapa danalpathaypa ngaru apa kupiya zageth aympa kikiril mabayg nanga yoewdiz ubilmaypa ibupudhaypa mura. Yapu poeybemin sey midh mura nurse-an si zageth ulaypa a midh mura nurse-an sey memayipa. Thanamulpa balbayginga kedha thana mura kikiril mabaygal danalpathepa.