

Nganki jurra ngarra ngini ngaji series pikirimi awuta nurses, doctors amintiya experts ngini experience kapi papurruluwiwi wupamangi. Ngarras series nangki kapi wurrikirimi ngini ngijila jarrumoka kapi jajuja papurruluwiwi wupamangi. Nyirra kuluwunyi ngini yingwampa jurra kiyi ngirramini ngini nangita wurimiwi specific ngini wutimarti wupamangi. Nangki wurrikirimi ngini downloaded kapi: www.10questions.org.au

Nginja wiwi kulala nangki jurra pupuni awungarri nginja wiwi:

- Kulala wurimi ngini kuruyu pupuni jajuja papurruluwiwi wupamangi facilities.
- Thinking ngini nangki pupuni ngini ngijila jajuja papurruluwiwi wupamangi ngini wutawa.
- Nyirra kuluwunyi nangki 2 papurruluwiwi wupamangi facilities wuta ngini watiyati.

Naki important ngini kapi ngingarti registered nurses wupamurrumi kapi pili wupapijngi taiyikuwapi ngini wutimarti. Nginja wiwi nanginta ngirramini ngini wuta wupamangi nginja ngini nginja nyimpurumu awungaji.

Nyingarti kapi naki alawuru wiwi wurikuripiya ngini wutiyati uniforms. Pili kami nyingwampa purruwuragi anginangki nurse wuta kalu ngini wuta awuta. Nangki wuta nyingwampa:

Registered Nurse (RN) wuta purukuri ngangki minimum yirrajirrima-year Bachelor ngini Nursing course. Wuta wiwi wupamurru nursing procedures kapi jana mirrjini amintiya wuriwani prevent ngini kuta kamini hospital admissions.

Nangki **Enrolled Nurse (EN)** ampamurrumiwi kapi nangki direction kapi nangki RN. Wutiyati kapi naki registered wiwi kapi regulatory punikapa. Registration wuta wiwi professional standards wiwi maintained amintiya wupamangi kapi public.

Assistants kapi Nursing (AIN)/Care Workers/ Care Service Employees (CSE) wupamurrumi kapi nangki supervision amintiya direction kapi nurses amintiya wurikinini naki tayikuwan ngini wupamangi kapi jajuja papurruluwiwi wupamangi facilities amintiya community. Wuta wunyi nyoni levels kiyi training amintiya roles.



NGINJA AWARRA NGINI NYINJILA NGINI NANGINTA.

Nginja pupuni nangki kiyi tanyiyi naki jajuja ngini nginja nyimpirtimarti kiyi tuwari kapi yingwampa.

Wiwi tanya wuwawanga information ngini papurruluwiwi wupamangi services kiyi maka wuta jajuja kapi yingkitayi nginja contact angilawa papurruluwiwi wupamangi.

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

Nginja nyimpirtimarti wiwi nyimpakirayi nangki copy ngini nangki charter pili papurruluwiwi wupamangi Rights - takirimi nangki nyinja nanyinta ngirramini ngini nyimpirtimarti tayikuwani information www.agedcarequality.gov.au/consumers/consumer-rights.

Nangki pikaringi ngarra waya made amintiya approved by:



Nginaki ngini yingarti yintanga kiyi supporting nyirriwaripa kapi www.10questions.org.au

Nginja nyinja nyimpini kutakamini ngini awarra jajuja papurruluwiwi wupamangi facility contact:



Australian Government
Aged Care Quality and Safety Commission

☎ 1800 951 822

www.agedcarequality.gov.au



Wamu-tirrara Ngirramini

NGINI TUWUNUWIWI AMINTIYA TORRES STRAIT ISLANDERS TUWIWI NGINI NANGITA WURIMIWI KARRI KULALA JAJUJA PAPURRULUWIWI WUPAMANGI.

(Tiwi)



Ngarikuriwani awuta kapi naki Mingaletta Tuwunuwuwiwi amintiya Torres Strait Islander Corporation - Umina Beach Papurruluwiwi Group, Fairfield Liverpool Papurruluwiwi amintiya kapi tuwunuwuwiwi community kapi wuta Blacktown/Nepean area ngini wuta wiriwani kapi developing nangki jurra.

www.10questions.org.au

Karri nginja wiya nyimpinga nangki jajuja kiyi kulala nyimpirimi kiyi wuriwani ngini nginja nyimarra kapi nyinja nuwiyati papurruluwiyi Council kiyi Tuwunuwuyi Medical Service. Plus nyinja wiya nyimarra nyimpirimi kapi tuwiyi kapi nyinja takarima. Kulala tami kapi jajuja ngini naki Reconciliation Action Plan (RAP). Ngini naki RAP ngarra nuka yati jajuja kiyi pupuni ngini ngaji nyoni. Ngini ngaji wuta wurimjawu inequalities kapi nangki wupamangi amintiya mirrijini wuta Tuwunuwuyi amintiya Torres Strait Islanders tuwiyi amintiya ngini wurrimarririyi action pili wurikirimi amintiya wurikirimi naki pupuni.

1. Awunganari Tuwunuwuyi/Torres Strait Islander tuwiyi wurimu awungara waya?

Wuta wiya wumaniwani ngini tuwiyi ngini wuta wuriwanti ngini nginjila nyimpangira, yoyi values amintiya life experiences (including possible past traumatic events) ngini ngaji kapi pirimu. Nginja anuke yimpirtimarti ngini nangki yinjamentawu kapi tayikuwapi, kiyi nginja wiya arrami kuta nyimpirtimati wiya relax kapi naki supportive environment.

2. Wuta kapi nangki Tuwunuwuyi/Torres Strait Islanders kapi wupamurrumi ngini ngaji wupamurrumi?

Ngini wurtimarti wuta wumaniwani pili wupamurrumi Tuwunuwuyi amintiya Torres Strait Islander tuwiyi. Nyirra kuluwunyi awunganari tuwunuwu wiya alawuruwi wuta wuni amintiya kami recruitment strategies wuta wuni pili wutimarti wupamurrumi pili apply. Ninja arrami kuta alirang ngini nanginta ngirramini pili arrami tuwunuwuyi alawuruwi wupamurrumi awungaji, wuta wiya wumaniwani tawurrini down barriers. Ngajiti aliranga pili nganginta ngirramini nyinja ngini nginjila awarra. Ngini nyinja nyimpini alawuruwi kapi wuriwani nginja yoyi values amintiya wurimu experiences ngini wuta wuriwani nginja nyimpirtimarti karri nyinja tuwaripa awungarra.

3. Ngini nyinja nimpamurrumi nangki yoyi puranji training kapi alawuruwi?

Allawuruwiyi turnover wuta wiya kuriyu api nyirra kuluwunyi ngini yoyi yimpangini training kiyi wupakirayi kapi tayikuwapi awuranguwi alawuruwi amintiya awungari yingampini existing

alawuruwi wuta wiya wupakirayi training. Wuta arrami kuta wiya policy wiya yoyi respect kapi tayikuwapi alawuruwiyi amintiya kapi wurumu awungaji. Nangita awunga wuta wurukirimi racial conflict ngini wurikirimi.

4. Awungana wiya nyinja wuruwani angilawa yoyi identity kapi nangki jajuja?

Nangita tami wurikiri nyimpamurrumi wuta wuni nangki ngini nyinja nyimpirtimarti amintiya yiming amintiya space kiyi nyimpapa outdoors amintiya ngini nginja pupuni awarra yinkiti. Nyini nangiki important kapi nyinja nanginta ngini National events ngini ngaji NAIDOC week, Mabo Day amintiya National Sorry Day wuta celebrated ngini ngaji ngini ngawa yoyi ngimpirimi.

5. Awungana wiya nyinja angawila yoyi wupakuluwuni kapi wuta jajuja?

Ninja wiya Anapa kiyi active part kapi numa jajuja ngini nyinja nyimpirtimarti. Kulala tabi nyinja ngini wuriwani kiyi wumaniwani kapi outdoors amintiya kapi nyinja jajuja amintiya kapi alawuruwi amintiya amppurupunguluwarri wiya wumaniwani ngini wutimarti. Arami kuta kuwunawuni yingarti kiyi nanginta tami pakinya. Ninja arrami kuta kirigini amintiya yingarti active ngini ngaji yingwampa tuwiyi kapi naki jajuja, kiyi nanginta awunga ngini wuriwani awuranguwiji tuwiyi ngini wutimarti.

6. Awungani ngini nginja nyimpakuluwunyi amintiya nyimpiruwani kapi trauma?

Alawuruwi wuta wiya trained kapi wuruwani tuwiyi ngini wuta wuni jana institutional abuse, racism amintiya truma ngini ngaji palingarri separation kapi family, kin amintiya murrakupuni amintiya wuta wiya wuriwani tuwiyi ngini wutimarti yoyi appropriate counselling services ngini wutimarti. Ngini wuni tutuni jilamara amintiya kuta kami kapi naki kurrampali ngini wuntiyati nginja kapi ngini nginjila yoyi amintiya yiminga wellbeing kapi nyinja flag amintiya kiyi statement ngini wurimajawu murra kupuni ngarra awarra pupuni sign ngini nangki allawuru wiya wuni wurimajawa amintiya wurimungurumi nangki nyinja yoyi.

7. Awungananyinja nyimpiruwani contact kapi wuta rringanuwiyi wuta ampiyi amintiya wuta mamanta?

Nginjia rringanuwiyi nginja ngilipi amintiya nginja mamanta. Nyirra kuluwunyi kami awarra karri wunuwuri yiminga amintiya nyini tuwiyi

wutimarti wunuwuriyi nyinja outside nangki yiminga, including ngini wurimajirripi. Nyirra kuluwunyi nangki arrangements pili nimarra wurimi kapi wuta rringanuwiyi wuta ngilipi wuta naruwiyi wuta mamanta ngini nyinja nyimpirtimarti amintiya ngini kuta kamini awarra changes kapi nyinja wupamangi. Tayiakuluwunyi kapi nangki ngini yingarti nangki outdoor garden space ngini nyimpurumawa nyimpawumi amintiya nyimarra freely.

8. Awunga ngini ngiya nguwtimarti nguriwani ngini ngiya wuta jana/karri kuwapi wuriwani ngiya karri ngiya yinkitayi nguwuja?

Tayiakuluwunyi nangki nginja rringani nginja naringa nginja ngilipi kapi murrakupuni ngini pumatamu kanyi yinja kapi nginja room nyini nginja waya jana amintiya awunganari family wuta wuniwuri kangi yinja kiyi wuriwajipa kangi nginja. Tayiakuluwunyi kami wupamurrumi wuta wuni wutiriyi tuwiyi pili wuriyi kapi wuta murrakupui. Kapi naki tuwunuwiyi Land Council wuta arrami nangki wuriwani karri puwaji ngani cost kiyi takinimi ngini alawuruwiyi wuni wurimajawu ngini wuta wuriwaniyi kiyi available kangi nginja.

9. Nawa ngaji nanki regular Doctor ngini apakuluwunyi?

Arramukuta kalu awungaji nangki Local Doctor ngini awuriyi kapi nginja kiyi wuta arramini kuta Telehealth. Kiyi arramukuta nganki Doctor ngarra wiya apakuluwunyi nyinja online pli arikirimi wiya diagnosis. Karri naki awungani, Doctors depend kapi nangki registration nurses ngini whit marti gini buta recommended mirrihini, kyi naki important pili warikirimi kirija nurses what wupamurrumi kiyi yingarti yiminga. Nanginta ngini nangki Doctor ngini wunuwuri wurimajawa ngini Tuwunuwuyi amintiya Torres Strait health kiyi wiya ngini wunga ngirramini.

10. Awungana wunimi ngini wupakuluwunyi angilawa jana?

Nangki law api wuta kapi nanki yati registered nurse kapi nangki jajuja 24/7. Naki important ngini kapi ngingarti registered nurses wupamurrumi kapi pili wupapijingi tayikuwapi ngini watimarti. Takirimi naki yiningaji naki yingarti nurses wupamurrumi awungaji pili wupapijingi tayikuwapi ngini wutimarti.