

Dis smol buk i paswan blo sam nada buk wanem sam nurs, dokta ane pipol uda sabe plenti baut lukapta old pipol. Dem buk i gad plan po elp wen i kam taim po yu po go residential aged care Lukaut po nada smol buk wea i tokabut dem spesil care yu mait nidem Yu ken download demwan prom: www.10questions.org.au

Dem smol buk mait bi gud po yu wen:

- Yu luk po prapa gud residential aged care ples
- Yu wande tinkbaut wiskain care yu gedem wea da ples yu stap nau
- Yu wande disaid bitwin tu residential aged care ples wea i luk seimkain.

Em prapa impotant po sabe ip i gad inap register nurs wea dem nada staf po mit nid blo ebriwan. Yu mas ask kweston baut wiskain ol go mit dem helth care nid blo mi.

Plenti dem staff wear seimkain klos. Nomata sambodi wear klos wase luk laik em nurs, i no min em nurs. Ya nau dem dipren pipol:

A **Register Nurs (RN)** bin trein wea Bachelor of Nursing kors po mo dan 3 yiaz. Dempla ken do ebridem zob blo nurs, gibe tablet po pein, ane dempla ken elp solong pipol no nid po kam hospital ip dempla no nidem.

Dem **Enrolled Nurs (EN)** meke wok wanem dem RN spik dempla po mekem. Dem tu dipren nurs e register wea ples uda meik sure dempla bin gede da prapa training. Dis register e meik sure dat dem nurs pole ol dem spesil rul baut nursing ane em kip pipol seip.

Assistants in Nursing (AIN)/Care Workers/ Care Service Employees (CSE) meke wok wanem dem RN spik dempla po mekem. Dempla prapa care po dem pipol wea dem residential age care ples ane wea komuniti. Treining ane da wok dempla mekem e dipren.



YU GAD RAIT PO ASKE

Da bes wei po paindaut baut dem residential aged care ples e po go luk dem dipren ples.

Po paine dem wan klostun po yu, o gede mo inpomeisan baut dem aged care ples yu ken kontakt.

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


Yu spostu gede kopi blo da Charter of Aged Care Rights – meik sure yu ask kweston ip yu nid po gede mo inpomeisan
www.agedcarequality.gov.au/consumers/consumer-rights

Dis smol buk e bin raitem ane sapotem bai:



Ip yu wande gede list blo ebridem organisation wanem sapot dis wok, pliz go po www.10questions.org.au

Ip yu gad wori baut da residential aged care ples yu ken kontakt:

 1800 951 822

 Australian Government
 Aged Care Quality and Safety Commission
www.agedcarequality.gov.au



10 Kweston

PO TORES STREIT AILAN ANE ABORIGINAL PIPOL PO ASKEM WEN DEMPLA WANDE RESIDENTIAL AGED CARE (Yumplatok)



Mina big eso po da Mingaletta Aboriginal and Torres Strait Islander Corporation – Umina Beach Elders Group, Fairfield Liverpool Elders ane da Aboriginal komuniti wea Blacktown/ Nepean po da elp dempla gibem po meke dis smol buk.

www.10questions.org.au

E mait bi gud po tok po dem Elders Council, Land Council o Tores Streit o Aboriginal medical senta wen yu wande paine dem ples ane luk dem. Ane em gud aidia po tok po dem pipol wea komuniti blo yu. Paindaut ip dempla gad wan Reconciliation Action Plan (RAP). Ip dempla gad RAP e no min dat dempla mobeta dan nada ples. Bat ip dempla gad RAP e min dat dempla sabe tritment blo Tores Streit ane Aboriginal pipol e samtaimz bin nogud ane dempla nau stat po trai mekem mogud#.

1 Aumas Tores Streit ane Aboriginal pipol olredi lib ya?
Em mait bi gud ip e gad pipol de uda gad seim langus ane seimkain kalsa wase yu, ane seimkain ad laip uda olredi lib de. Yu no nid po meke pren wea ebriwan, bat e gud ip yu pil yu ken rilaks wen yu sabe pipol go sapot yu.

2 E gad eni Tores Streit ane Aboriginal pipol uda olredi wok de?
Dempla bin trai ad po gede Tores Streit ane Aboriginal pipol po kam wok de. Paindaut ip e gad Tores Streit ane Aboriginal pipol wok de ane wiskain dempla bin trai po gede dempla po ask po zob. Mait yu no rekon e gud ples ane yu prait po ask kweston so e gud ip e gad staff de uda sabe seimkain laip ane mekem izi po yu po tok Yu gad rait po ask demkain - so yu no prait. Ip e gad staff uda gad seimkain kalsa ane sabe seimkain laip wase yu e go mekem mo izi wen yu stat po lib de.

3 Yupla gibe gud training po dem staff baut dipren kalsa?
Staff no oltaim stap wea da seim zob po longtaim so ask ip dempla gibe gud training po niu staff baut kalsa blo dipren pipol. Ane ip dempla gibe niu training dem longtaim staff. Dempla mas gad rul dat dem staff ane nada pipol uda lib de gad rispekt po pipol uda gad dipren kalsa. Wiskain dempla maniz problem ip e gad argiu bitwin pipol baut kalsa.

4 Wiskain yupla go sapot kalsa blo mi wea da ples?
Ask ip dempla lau yu po spene taim po kaikai ausaid ane ip dempla gad bush kaikai wea yu ken kaikai dat kaikai. Ip dem deit e important po yu, ask ip dempla sapot dem spesil taim wase NAIDOC week, Mabo Day ane National Sorry Day ane eni nada kalsa dei wea yu lib.

5 Wiskain yupla go sapot mi ane kalsa blo mi wen ai go po luk mai komuniti?
Ip yu wandem yu ken stil bi pat blo komuniti blo yu. Paindaut ip dempla ken gibe sapot ip yu wande spene taim ausaid o go visit komuiti blo yu, ane ip e gad staff ane transport ip yu nidem. Paindaut pas bikoz yu mait nid po pei po diswan. Maitbi yu mo yang dan dem nada pipol uda libe de, so paindaut ip dempla sapot dem nid blo yang pipol.

6 Wiskain yupla sabe ane ken sapot pipol uda bin gad ad laip bipo?
Dem staff spostu gad training po sapot pipol uda bin suffer prom gede nugud tritment wea nada ples, o bikoz prom kalsa, o bikoz dempla bin teke pipol prom pamle ane komuniti. Mait dempla gede training po gibe sapot po pipol wea dempla sabe nid blo kalsa blo pipol Ip da staff laue art, piksa ane nadating wanem spikbaut kalsa ane spirit wei blo yu, wase flag, ane statement wea em rekognaiz Country blo yu, em prapa gud bikoz e min dem staff gad sabe ane andastan baut kalsa blo yu.

7 Wiskain yupla go mekem izi po mi po luk pamle ane pren blo mi?
Pamle ane pren lau po kam luk mi. Paindaut wattaim pipol e lau po kam visit ane ip dempla ken kam apta dem taim, wase stap obanait. Paindaut wanem yu go nid po mekem po kontakt pamle and pren baut dem ting yu nidem ane ip samtung e seinz wea care blo yu. Lukraun ip e gad plenti ausaid area po sidaun relax, kuk kaikai ane yarn.

8 Wiskain ol go sapot mi ip ai kam sik/wen taim kam klostun po paswei?**
Paindaut ip pipol prom komuniti ken kam stap wea mai rum ip ai kam sik ane aumas pipol ken stap de wea wan taim. Paindaut wanem dempla mekem po sapot pipol go baik po komuniti o ailan blo dempla. Dem dipren Land council mait gibe elp wea dem kost blo funeral solong staff ken sabe wanem elp yu mait gedem.

9 E gad dokta uda kam de ebritaim?
Dempla mait nogad dokta uda ken kam po luk yu so dempla mait yuze Telehealth. Telehealth go min dat da dokta ken tok po yu online ane paindaut wanem rong wea yu. Ip diskain ting e apen den da dokta ken aske dem registered nurs po gibe da tritment wanem da dokta spik, so em prapa impotant e gad inap nurs de ebritaim. Ask ip da dokta uda kam de sabe o ken gede adbais baut health blo Tores Streit ane Aboriginal pipol.

10 Wiskain ol go mit dem helth care nid blo mi?
Da law spik i mas gad wan register nurs wea da ples ebritaim. Paindaut ip i gad inap nurs po da namba ane nid blo ebriwan uda lib de.