

**NGANAMPA
NGURA
MUTITJULU-
NYA FLEXIBLE
AGED CARE**

MUTITJULU

Who we are

Australian Regional and Remote Community Services (ARRCS) provides care and support to people in regional and urban communities, throughout the Northern Territory.

Our work began in 2014 with aspirations to improve the quality of life for people living in regional and remote areas of Australia. Today, our commitment remains stronger than ever. We provide support to people from Darwin to Kaltukatjara (Docker River), through aged care services, childcare and regional home care services, residential aged care and school nutrition programs. We take a holistic approach, and a deep respect for all Elders and Aboriginal cultures is at the heart of our work.

What We Do

Building partnerships is central to all that we do. We work together – respectfully, side-by-side, knowing that everyone brings experiences, culture and skills with them, which ensures our journey together is stronger. Across the breadth of our programs and services, ARRCS ensures that the people and families we work with are making informed decisions. To support their choices, we partner with communities, government departments, regional support providers, health clinics, Aboriginal Medical Services and local GPs.

Our staff and volunteers are compassionate and knowledgeable members of the local community, who are committed to providing personalised care and support. More than a service provider, we understand that we are an important part of the regional and remote communities in which we work and acknowledge our responsibility to ensure our people are connected to those communities, people and cultures.

Where we work

ARRCS has eleven residential aged care facilities across seven locations and offers home care assistance and packages to a large portion of the Northern Territory.

Alice Springs is home to:

- Flynn Lodge
- Hetti Perkins Home for the Aged
- Old Timers Village
- Home Care - Central Region
- School Nutrition Program

Darwin is home to:

- Juninga Centre
- Terrace Gardens
- Home Care - Top End

Kaltukajara (Docker River) is home to:

- Tjilpi Pampaku Ngura Flexible Aged Care
- Kaltukajara Home Care

Katherine is home to:

- Katherine Hostel
- Rocky Ridge Nursing Home
- Katherine Home Care

Mutitjulu is home to:

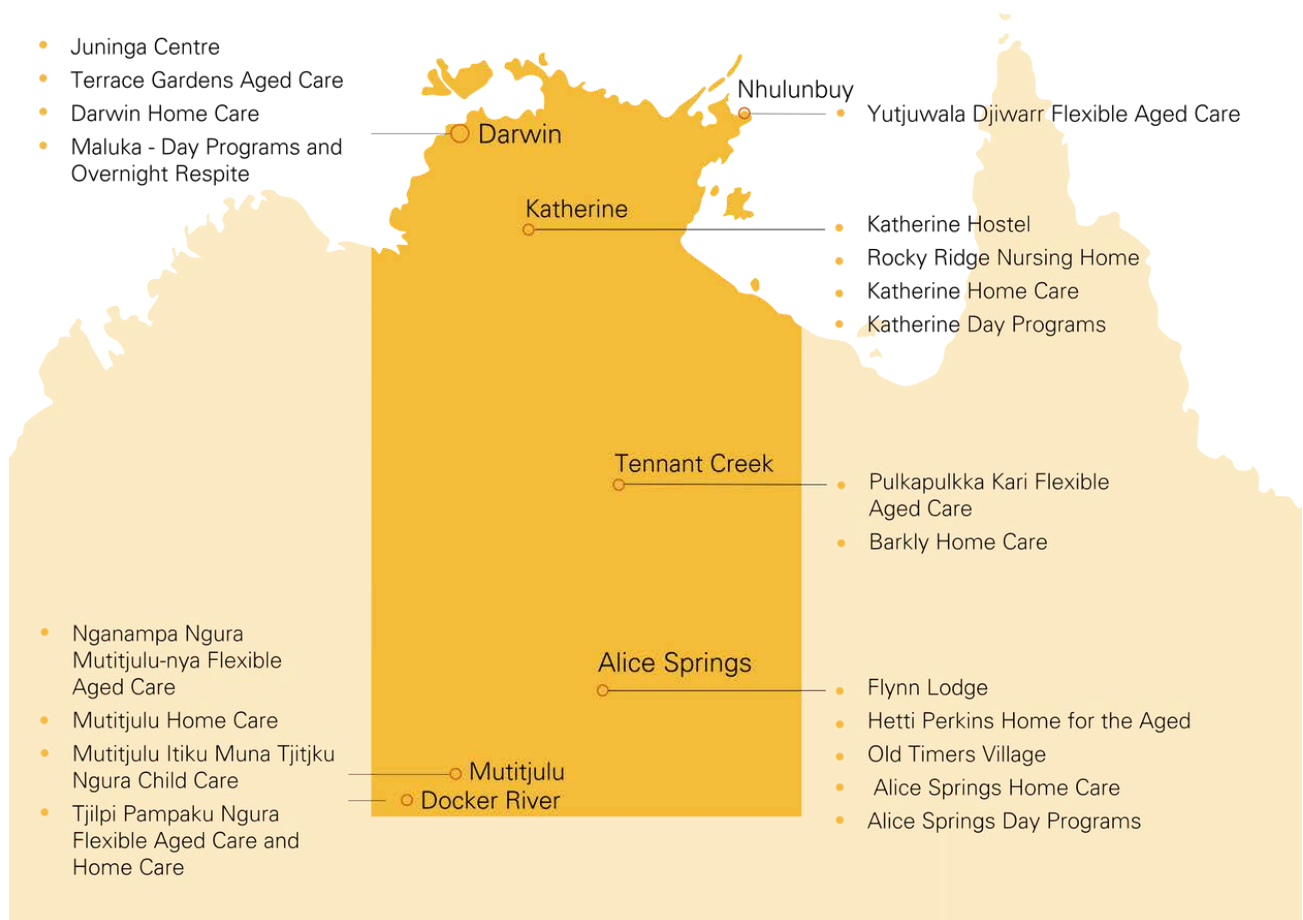
- Naganampa Ngura Mutitjulu-nya Flexible Aged Care
- Mutitjulu Home Care
- Mutitjulu Itiku Munu Tjitjiku Ngura Childcare

Nhulunbuy is home to:

- Yutjuwala Djiwarr Flexible Aged Care
- Nhulunbuy Home Care

Tennant Creek is home to:

- Pulkapulka Kari Flexible Aged Care
- Barkly Home Care



Nganampa Ngura Mutitjulu-nya Flexible Aged Care

Traditional knowledge is respected at our Nganampa Ngura Mutitjulu-nya Flexible Aged Care facility at Mutitjulu. Creativity abounds as you may find our residents painting, weaving baskets or perentie (goannas), using raffia or tjumpi grass that is collected from the country around. You may also see the making of bush medicine, using olive oil and beeswax and irmangka irmangka plants that have been collected locally. Our residents strip the plants of their leaves and brew them up according to a traditional recipe.

We provide transport to the cultural centre, which houses the galleries of Walkatjara and Maruku Arts. A lot of our residents' artwork is sold through these galleries, which are only a short ride away, and groups of ladies visit frequently to sit and paint and yarn. Wood carving is also facilitated, with branding tools used to blacken and add detail.

You can also find the first of its kind in a remote setting, our Sensory Room - Ngura Kulila Ninanyi. This room an immersive experience that uses video, sound and colour lighting to help reduce stress and induce relaxation. It has been created with specialised equipment, items of significance, artworks, and artefacts to provide a peaceful and tranquil place for our First Nations residents.

There are 18 beds, and some of the rooms are shared. All rooms have access to verandas, where daybeds are available for resting and sleeping in the summer.

Nganampa Ngura Mutitjulu-nya Flexible Aged Care also provides services to consumers in the community.

Mutitjulu

Mutitjulu is located 350km west southwest of Alice Springs is in the Uluṛu-Kata Tjuṛa National Park. The people of Mutitjulu are also the traditional owners of Uluṛu and joint managers of the park with Parks Australia. The majority of the Anangu (people) are Pitjantjatjara but there are also associated Yankunytjatjara, Luritja, and Ngaanyatjarra people. Much of the economy of Mutitjulu comes from tourism at Uluṛu and nearby Yulara, a small proportion of which is funnelled back to the local economy.

Mutitjulu is a remote community with a population of approximately 296 with most of the population identifying as First Nations People. Mutitjulu is 1,433km south of Darwin, 350km southwest of Alice Springs. Closest town to Mutitjulu is Yulara which is 26km southwest approximately 30-minutes by road.

City	Distance from Mutitjulu	Time to travel from Mutitjulu
Yulara	26 km	30-minute drive
Alice Springs	470 km	5-hour drive
Darwin	1,965 km	2-hour 5-minute flight from Alice Springs
Melbourne	2,328 km	2-hour 40-minute flight from Uluru
Brisbane	3,234 km	3-hour 10-minute flight from Uluru
Adelaide	1,603 km	4-hour 55-minute flight from Uluru
Sydney	2,850 km	2-hour 55-minute flight from Uluru

Amenities

There is a local shop that offers a limited stock, however please note that fresh produce can be expensive. Alternatively, Woolworths and Coles offer online delivery through their Bush Orders that are delivered fortnightly to the freight yard for collection. Most other stores in Alice Springs may also offer this service. Yulara offers an IGA, Post Office, Service Station and many cafe and restaurants ranging from fast food to fine dining.

There is also a Medical Clinic to service our facility, however, we suggest that you bring with you any prescription medication you require regularly as it may not be stocked at the clinic.



Weather

The temperature during summer averages slightly higher than Alice Springs and the winters can be reasonably colder. Our November, December and January temperatures can rise as high as 40 degrees and May, June July temperatures can go below 4.

The facility has an open space design and there are times where you will find yourself working outdoors in the veranda areas. Staff are encouraged to pack light comfortable clothing for the summer and appropriate winter clothing for the colder months.

	January	February	March	April	May	June
Mean Maximum temperature °C	38.4	37.1	34.7	30.0	24.3	20.5
Mean Minumum temperature °C	23.0	22.2	19.6	14.6	9.3	5.6
Average Rainfall (mm)	29.8	35.4	30.9	13.9	13.0	19.1
	July	August	September	October	November	December
Mean Maximum temperature °C	20.8	23.9	28.9	32.5	35.0	36.7
Mean Minumum temperature °C	4.5	6.0	10.8	15.2	18.5	21.0
Average Rainfall (mm)	15.2	4.7	8.4	22.1	32.9	41.5

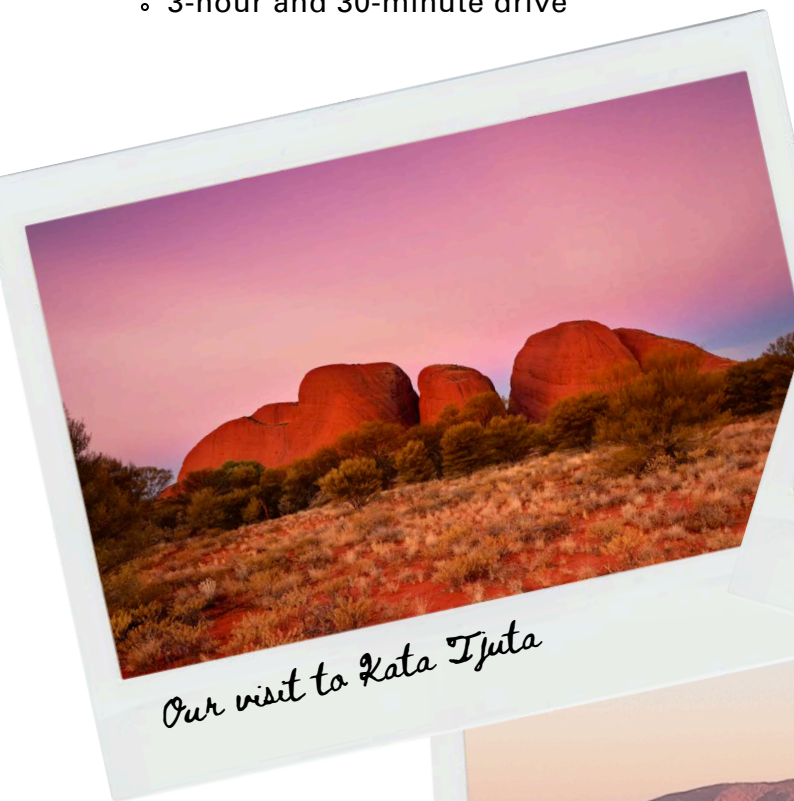
Data courtesy of the Bureau of Meteorology - <http://www.bom.gov.au/climate/data/>

Things to do

During your down time, you can read, watch movies or television, visit with your co-workers or enjoy staff BBQs.

The Facility owns a 4 wheel drive which may be available for you to use to drive to visit the nearby sites. Those include:

- Yulara Town Centre
 - 26 km, 30-minute drive
 - <https://www.voyages.com.au/>
- Explore the Uluru-Kata Tjuta National Park which includes Uluru and Kata Tjuta (the Olgas)
 - Many tours and activities are available throughout the park including: Field of Light, Wintjiri Wiru Drone Show, various walks, ranger guided activities, bike tours, segway tours, and galleries
 - <https://parksaustralia.gov.au/uluru/>
 - <https://www.voyages.com.au/>
- Kings Canyon and Watarrka National Park
 - 3-hour and 30-minute drive



Working for Nganampa Ngura Mutitjulu-nya Flexible Aged Care

Accommodation is provided to all our employees. Depending on availability we have single units and shared accommodation which are fully furnished and secure. You will need to bring toiletries and medication and other personal items, and you may bring your own bed linen if you wish. Duty meals are provided while on shift. Please note, Telstra mobile service is the preferred service to provide adequate coverage.

When you are on your 2 weeks off or if on leave, your accommodation may need to be occupied by other relieving staff.

Typically, the facility runs a 6-week rotating roster and two weeks off. Flights to your nearest capital city are offered for your two weeks off. Shifts are between 10 and 12 hours daily depending upon operational and staffing requirements with 1 to 2 days off per fortnight. Work duties can be quite diverse; ranging from personal care, cleaning, laundering and cooking/kitchen hand duties. As we are such a small facility, everyone helps with everything.



Things to note

- Mutitjulu is remote, however, Yulara town centre is only 30-minute drive away
- Residents can become agitated or aggressive. If this does happen, we have a safe area within the day room/office
- Weather - the weather at Mutitjulu can reach extreme heats of 40 to a low of 3. These are the extremes, however the averages range between 30 and 16.
- Due to the natural environment, we are prone to have a variety of creepy crawly fauna (snakes, spiders, lizards etc.)
- We are a dog friendly facility with a number of furry companions by our resident's sides. Our resident dogs play an important role in the everyday life of our people and are vet checked to ensure they remain happy and healthy too.
- Mutitjulu is a great place to work as you gain experience and insight into working in a remote community.
- Please note: Mutitjulu is a dry community. Alcohol is not permitted. However, Yulara is not.

Contact us

ARRCS People and Culture Team

08 8982 5200

people@arrcs.org.au

www.arrcs.org.au



Check List prior to arriving at Nganampa Ngura Mutitjulu-nya Flexible Aged Care

- ☐ **1** Details for payroll
 - Bank account details, tax file number, superannuation details, passport and work visa for non Australian Citizens
- ☐ **2** Culturally appropriate clothes for summer and winter
 - Collared shirts, long pants, shorts, jumpers/jackets, gloves socks and a hat. Please also bring coat hangers
- ☐ **3** Appropriate work clothes
 - Long work pants, two pairs of covered work shoes. Uniform shirts will be provided
- ☐ **4** Clothes for leisure time
 - Swimwear and sunscreen for trips
 - Sandals, walking boots, running shoes also suggested
- ☐ **5** Required personal medication
- ☐ **6** Money to see you through to your first pay
- ☐ **7** Toiletries, alarm clock, torch and any personally preferred cleaning supplies
- ☐ **8** Electronics and personal items
 - Mobile phone and charger (Telstra is preferred for coverage), camera, radio, tablet, laptop, books, etc

NOTES



NOTES





ARRCS AUSTRALIAN
REGIONAL & REMOTE
COMMUNITY SERVICES

CONTACT US

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