



*Julalikari
Council
Aboriginal
Corporation*

LIVING STRONG PROGRAM



Remote Tenancy Support





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Council
Aboriginal
Corporation*

Acknowledgment

We respectfully acknowledge the Traditional Owners of this Country.

We recognise their continuing connection to the land we are on today, their water and their culture. We pay our respects to their Elders past, present and emerging.

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Introduction

The Living Strong Program is a Tenancy Support Program designed for Aboriginal and Torre Strait Islander Housing in Remote Communities. This program will support tenants with improving their life skills, increasing their ability to manage their household and ultimately Living Strong.

9 Healthy Living Practices

The Living Strong Program will be structured around the 9 Healthy Living Practices. These practices will be broken down in depth to suit each client's individual needs.

These practices consist of:



Washing people



Washing clothes and bedding



Removing wastewater safely



Improving nutrition



Reducing the impact of crowding



Reducing the impact of animals, insects, and vermin



Reducing the impact of dust



Improved temperature control



Reducing minor trauma



Living and Environmental Conditions and Influences of Tennant Creek

Housing is Julalikari Council Aboriginal Corporation (JCAC) Priority One of the Local Decision-Making Agreement. This means that JCAC will work with everyone to bring about change that makes a difference in the lives of Aboriginal people.

The goal of JCAC is to improve the standard of Aboriginal housing within Tennant Creek and the Barkly Region. Supporting Aboriginal people to access and maintain appropriate homes that support the needs of their family and their health. To achieve this JCAC, with the support of Territory Families, Housing and Communities will work with tenants to fairly balance the rights and duties of the tenant/s and landlord/s and to ensure that tenants are provided with safe and habitable premises and will facilitate landlord/s receiving a fair rent for providing the accommodation.

Tennant Creek is predominantly hot, dry and dusty but during the wet session it can also be cold, wet and muddy. These environmental conditions make living in our remote community difficult at times. Our Remote Tenancy Support Program aims to support tenants in managing the challenges associated with these conditions.

Consideration needs to be given to items such as dust suppression, cooling and managing environmental impacts while balancing the needs of the tenant, the availability of resources, additional workload and the costs associated with maintaining them.

The responsibility of maintenance rests with the tenant and therefore needs to be manageable and sustainable into the future. “Many hands make light work” and so it is essential that the whole house understands that they all have a part to play in maintaining their home and reaping the rewards such as comfort, security and pride.

Throughout this program the Remote Tenancy Support Team will work with tenants to manage rubbish, reduce erosion, maintain a healthy home, plant grass and trees, report faults and identify maintenance needs within their homes to ensure that they are enjoying the benefits that come with having a home and comply with the responsibilities associated with managing a home.

New tenants may find this process overwhelming initially but we are here to work with each tenant in the home to ensure that they navigate this program in their own time, to achieve real outcomes and embed the change to make sure they are achievable and sustainable into the future.

Household Tips

- Full house dusting once a week to reduce asthma and or lung related diseases / infections.
- Replacing dirt with grass to reduce mud in our wet season and dust in our dry season.
- Planting of trees and lawn will also help with cooling as it reduces the heat conducted through the dirt and creates shaded areas around the home.
- Due to our dusty conditions cleaning your air conditioners filters once a month will reduce its struggle cooling your house. This will keep your air conditioner in good condition therefore saving money on repairs and power consumption.
- It is essential to clean your toilet and bathroom once a week as the town water is hard water meaning it is high in calcium, causing hard stains and build up in water areas.
- Cleaning with vinegar as it is a natural disinfectant and cheaper than other cleaning products. Vinegar also has no harsh chemicals therefore a great alternative for people with allergies.
- Opening windows to allow air flow through the house during both day and night will help with air / temperature circulation and control.

Tenancy Agreement



When moving into a house you will be required to sign a Tenancy Agreement. The Tenancy Agreement is a legal document. This legal document will outline the rights and responsibilities under the Agreement for both the Tenant's and the Housing Department.

By signing a Tenancy Agreement, it means that you agree to do the things within the agreement like looking after your house, making a bond deposit, paying rent on time, and ensuring all your visitors follow the rules.

If by any chance you do not understand or have questions about your Tenancy Agreement, the Department staff and interpreters are available to assist with answering questions and helping you understand both your Tenancy Agreement and your rights and responsibilities as a Tenant.

Tenancy Agreement Link

[Start your public housing tenancy | NT.GOV.AU](#)

Educational Videos

Rent Video

Tenancy meeting with your housing officer - Kriol - YouTube
The Prouds - Ep 04 Rent money - YouTube

Cleaning video

Everyone cleans up house and yard - English - YouTube

Tenant Responsibility

The Prouds – Ep 10 Tenant Responsibility - YouTube
Rights and responsibilities under the RTA - English - YouTube

Visitors

The Prouds – Ep 08 Managing visitors - YouTube

Module 1



1 What is Hygiene?

Hygiene is the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of disease. Having good hygiene leads to a healthy lifestyle for you and your family.

2 Washing people (Personal Hygiene)

The health hardware required to support the first Healthy Living Practice: the ability to wash people, particularly children, this includes a private, functional wet area with a hot and cold-water supply, a bath or tub for washing children, a hand basin (sink) and working drainage.

Maintaining good personal hygiene is not only about looking good, but ensuring we clean ourselves properly. If you take care of your body, you can prevent sickness and disease. Staying on top of your personal hygiene helps reduce the spread of diseases such as flu's, gastro, scabies and COVID-19. No one likes to be sick because you feel yuck and can't enjoy yourself.

Let's list some steps to help us improve our Personal Hygiene:

- Showering both in the morning and before we go to bed;
- Using soap to wash our whole body;
- Washing our hair with shampoo and conditioner twice a week;
- Brushing our teeth with toothpaste in the morning and at night;
- Using deodorant on our armpits before we put on our clothes;
- Brushing our hair and tying it up;
- Cleaning our ears with earbuds;
- Washing our faces and eyes;
- Cleaning under our fingernails;
- Blowing our noses;
- Wearing clean clothes;

Below is a YouTube link that will provide you with a visual run through on personal hygiene and its importance.

<https://youtu.be/jQ2e0KH5Wrl>



3 Washing clothes and bedding (Laundry Hygiene)

Laundry hygiene involves practices that prevent disease and its spread via soiled clothing and household linens such as towels and bed sheets. Maintaining laundry hygiene is important because if we keep our body clean but don't clean our bedding and clothes, we can still get sick and pass our sickness onto our family and friends.

Regular washing of clothes and bedding helps remove bacteria, dirt, fleas and mites that may be on your clothing. By washing these items, we help reduce the risk of infectious diseases such as gastro, respiratory infections, scabies, skin infections and COVID-19.

The ability to wash clothes may simply require a water source, designated area to wash clothes, a place to safely store laundry detergents out of the reach of children and the safe disposal of the wastewater generated.

Drying clothes is important and sun drying may help disinfect clothes and bedding. Electric drying will be a low priority due to its power consumption – this makes it very expensive. Depending on the weather, some days you may need to dry your clothes under a shade structure to protect them from rain.

Let's list some steps to help us improve our Laundry Hygiene:

- Wearing clean clothes;
- Placing dirty clothes in a laundry basket;
- Washing bedding once a week;
- Washing towels every third day;
- Washing clothes when your laundry basket is full;
- Washing clothes as needed;
- Using washing powder in washing machine;
- If hand washing clothes use warm water and soap;
- Hanging wet clothes on the clothesline in direct sun.



Hygiene Pop Quiz

You will now be asked to sit a mandatory quiz. This 10-question pop quiz will consist of basic hygiene questions. You will be required to answer all these questions correctly to pass Module 1 of the Living Strong Program.

Module 2



1 What is wastewater?

Wastewater is used water. This water includes substances such as human waste, food scraps, oils, soaps and chemicals. In homes, this includes water from sinks, showers, bathtubs, toilets, washing machines and dishwashers. Wastewater is broken up into two types, these being grey water and Black water. Wastewater is NOT to be reused for human consumption.



2 Grey Water

Grey water is relatively clean wastewater that comes from baths, sinks, washing machines, and other kitchen appliances. This type of wastewater CAN be reused to water your garden. If grey water is not properly collected, treated, and disposed of, it may have negative health effects on residents.



3 Black Water

Black water is wastewater that contains urine and feces. This type of wastewater contains bacteria's that spread diseases. This wastewater is NOT to be reused because it can make us very sick.

4 Removing wastewater safely

To remove any wastewater, you should make sure you have the appropriate PPE (Personal Protection Equipment). This could consist of gloves, glasses, closed in shoes, masks, buckets, and cleaning products to ensure germs and bacteria are reduced in that area.

By simply reporting any damage to our drains we can eliminate the chance of gray water building up in our sinks or tapped areas like the bathroom due to blockages – This will help reduce the risk of household sickness caused from these water build ups.

If your toilet is blocked, you can use a plunger to remove the blockage. If this doesn't work, you should call a plumber and request an urgent repair. The water in your toilet is classed as black water if it contains urine and feces, this is water you don't want to be touching as it can make you sick – plumbers are trained to work in these conditions that's why calling your maintenance provider is very important.

Below is a list of some items that should NOT be flushed or put down our drains and toilets.

- Nappies;
- Tampons and sanitary pads;
- Hot oil, as this will solidify in our drains;
- Wet whips don't decompose the way toilet paper does;
- Clothing items;
- Food;
- Children's toys;
- Hair;
- Rubbish;
- Paint.

Reusing your household wastewater is very common. As long as you reuse it safely it can be very beneficial for your garden, lawn and finances. If you are wanting to reuse your wastewater the safest and easiest wastewater provider or contributor in your house is your washing machine. The average water consumption your washing machine uses per load is 130 liters. This is 130 liters of water you could be reusing on your yard, instead of watching it go down the drain.

The wastewater that is produced by your washing machine is harmless for your garden, meaning reusing it is safe – as long as you use it correctly. To ensure you don't create any health risk for your family, make sure you don't leave any bodies of wastewater around your yard and make sure it soaks into the ground. If the wastewater doesn't soak in, you can water it down with tap water, so it dilutes the wastewater. By connecting a hose and sprinkler to your washing machine drainage hose you can water your lawn as you wash your clothes – this will decrease the risk of bodies of water appearing as it will spread the water across the lawn evenly.

Module 3



1 Improving Nutrition; the ability to store, prepare and cook food

Aboriginal and Torres Strait Islander people have one of the highest rates of health complications caused from poor nutrition, these four main conditions consist of:

- Obesity;
- Diabetes;
- Cardiovascular disease;
- Renal disease.

In remote communities like Tennant Creek, it can be hard to eat healthy and keep up with a nutritious in take over time due to many factors. The three main factors are:

- Low household income
- High cost of food
- and the ability to store, prepare and cook food at home.

2 Storage

Unfortunately, most kitchens within the CLA's don't have functional shelving and cupboards. This is due to the generic building plans these houses are constructed around. Due to this most houses may not have the ability to store food in cupboards away from vermin like others do. To store food, residents need storage that is cool, dry, well ventilated, and protected from dogs, rodents, insects and other pests. If in your case you don't have this luxury, you can store food in sealed containers to ensure creatures like mice and cockroaches don't contaminate your food.

The ability to store food safely and hygienically will reduce the household cost of groceries because less food will go to waste. This will ensure more money is available for future groceries. If money is saved on groceries not wasted this will give the household the ability to afford healthier options, therefore improving the household's diet and nutrition.



NON-HYGIENIC PREPARATION AREA



3 Prepare

The ability to prepare food hygienically starts with the availability of a well-constructed bench top, and splash back that is easy to clean as this helps with kitchen hygiene. Most benches and splash backs in the CLA's are made from metal. This is ideal as it increases the ability to be more hygienic.

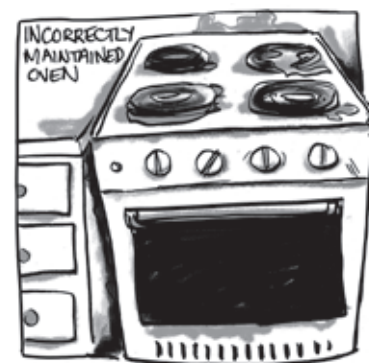
Your kitchen should remain clean and sterile each day. You can maintain a hygienic kitchen space by cleaning after each use. By doing this it will reduce the attraction of vermin and insects as there are no scraps laying around for them to reach. Cleaning as you go makes for an easier, faster and more functional overall clean.

4 Cooking

Cooking preference and needs vary between households. Some

households will use just a stove to cook, while other houses will use many other kitchen appliances such as: over, rice cooker, electric frying pan, toaster, and an electric kettle. Areas in which households prefer to cook will differ as well. Some households prefer to cook outside as they enjoy using a fire and or barbeque while others prefer to use the kitchen inside.

The ability to cook food is dependent on whether you have functioning kitchen appliances. To maintain functioning appliances, you need to ensure these appliances are well looked after. If these appliances are not looked after correctly, they will deteriorate and stop working over time ending up with a household financial loss due to repairing or replacing specific items.



Improving Nutrition task

To complete Module 3 of the Living Strong program, you will be required to create a cookbook with a few meals specific to your household. These meals will have to be of nutritious value. Once this book is completed you will be provided with a copy to keep in your kitchen for future use.

Module 4



1 What is over-crowding?

Household over-crowding is when the number of people living in a dwelling is more than it should hold when taking into count the health and safety aspect. For example – A house that is only capable of holding a family of 4, shouldn't have 15 people living / long term visiting at the dwelling.

Crowded living conditions increase the risk of spreading infectious diseases, such as meningococcal, rheumatic fever, tuberculosis and respiratory infections. In a crowded house it can also be more difficult to access health hardware such as a working shower, toilet, hot water and washing machines. Increasing house size does not guarantee reduced crowding, increasing house function does.

2 Reducing the impact of over-crowding (HOW?)

Reducing overcrowding and the effects it has on your household is difficult. It is understood that the things you will be required to do to remove this effect are hard. But there are support networks that can assist with taking some pressure off yourself.

Tackling over-crowding starts with you

If you are struggling with overcrowding in your household or have family and friends coming in and staying with you, you should encourage them to go back home after visiting. Although having visitors is ok you should always make it clear that you can not have them stay visiting long term. If at any point you feel uncomfortable in asking family and friends to leave, housing staff are here to help. By coming into the Housing office to inform staff of your situation you are taking the first step in resolving your problem. Housing staff can then attend your dwelling and request for your unwelcome visitors to leave.



Module 5



1 Reducing the impact of animals, insects and vermin

Rodents have teeth that grow very quickly, and they need to gnaw on hard things to wear them down. One of their favourite things on the menu is electrical wires and this can then cause house fires. Rodents love crawling around sewers and rubbish piles feasting like kings and then make themselves at home in your kitchen.

Rats and mice don't make a house nice!!

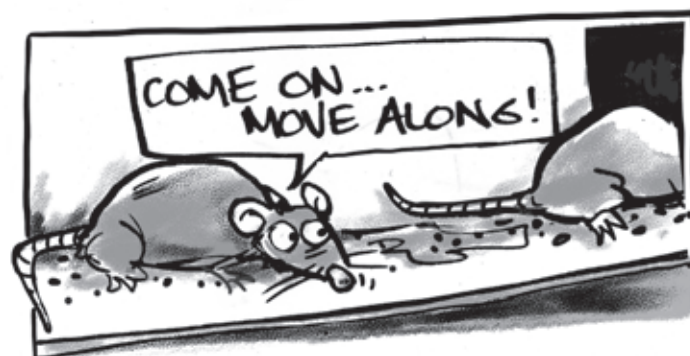
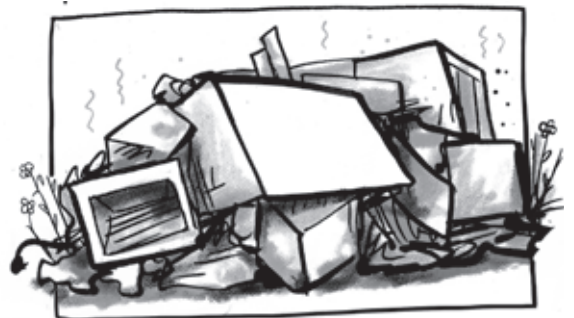


2 Types of Mice



3 Where do they come from and how do I know they are here?

They live in rubbish piles, below heaps of wood, high grass, under houses and in bushes and wherever humans can be found, there will be food for rats and mice. Look for dropping and tracks along the floor, you may also see chewed paper and wood as well as being able to hear them scurrying especially at nighttime.





4 How do they make me sick?

They walk all over sewerage and collect bacteria and then crawl around your kitchen and drop the bacteria everywhere. This can give you **food poisoning and salmonella** which comes from food that has had urine and poo from rodents on it. Always wash your hands after handling a mouse or rat trap. They can also spread fleas.

They can cause a house fire which puts you and your family at risk.

When Rats and Mice chew through electrical wires they leave a hot exposed metal which can then causes a spark and if there is something nearby like paper or wood it can catch a light and cause a house fire that could put you and your family at risk.

5 How do they get in?

Through the roof, holes in walls, under doors and unscreened windows. They can jump and climb very well – scaling vines, pipes and rough walls to gain access to food and shelter. If there's a hole in your house that is big enough to fit your pinkie finger in, then a mouse will get in as well.

6 Why are they here?

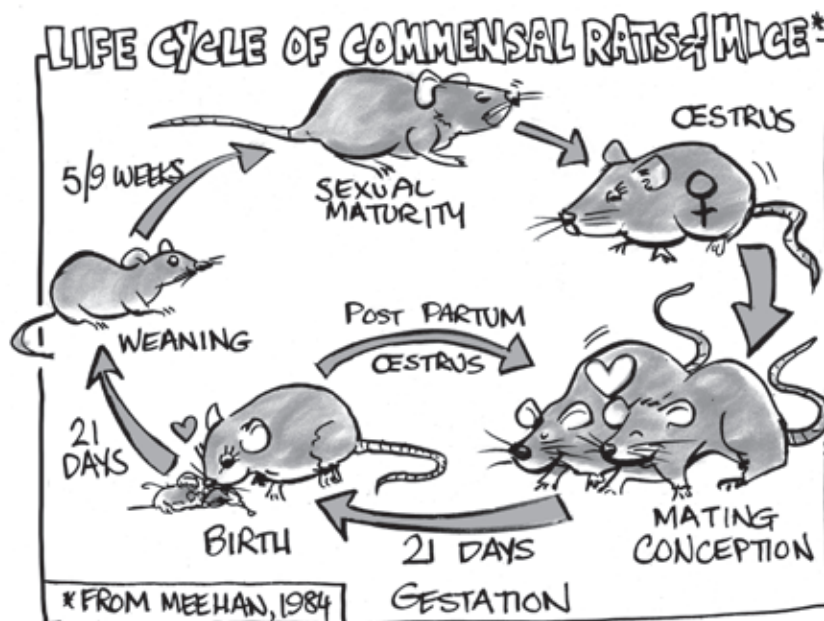
They are scavengers and will find food and shelter wherever they can. They rely on smell and taste to explore so if there's food, they will find it.

7 Life Cycle

Mice are pregnant for only 19 – 21 days and give birth to up to 14 young. One female mouse can have 5 to 10 litters of babies per year, so the mouse population can increase very quickly.

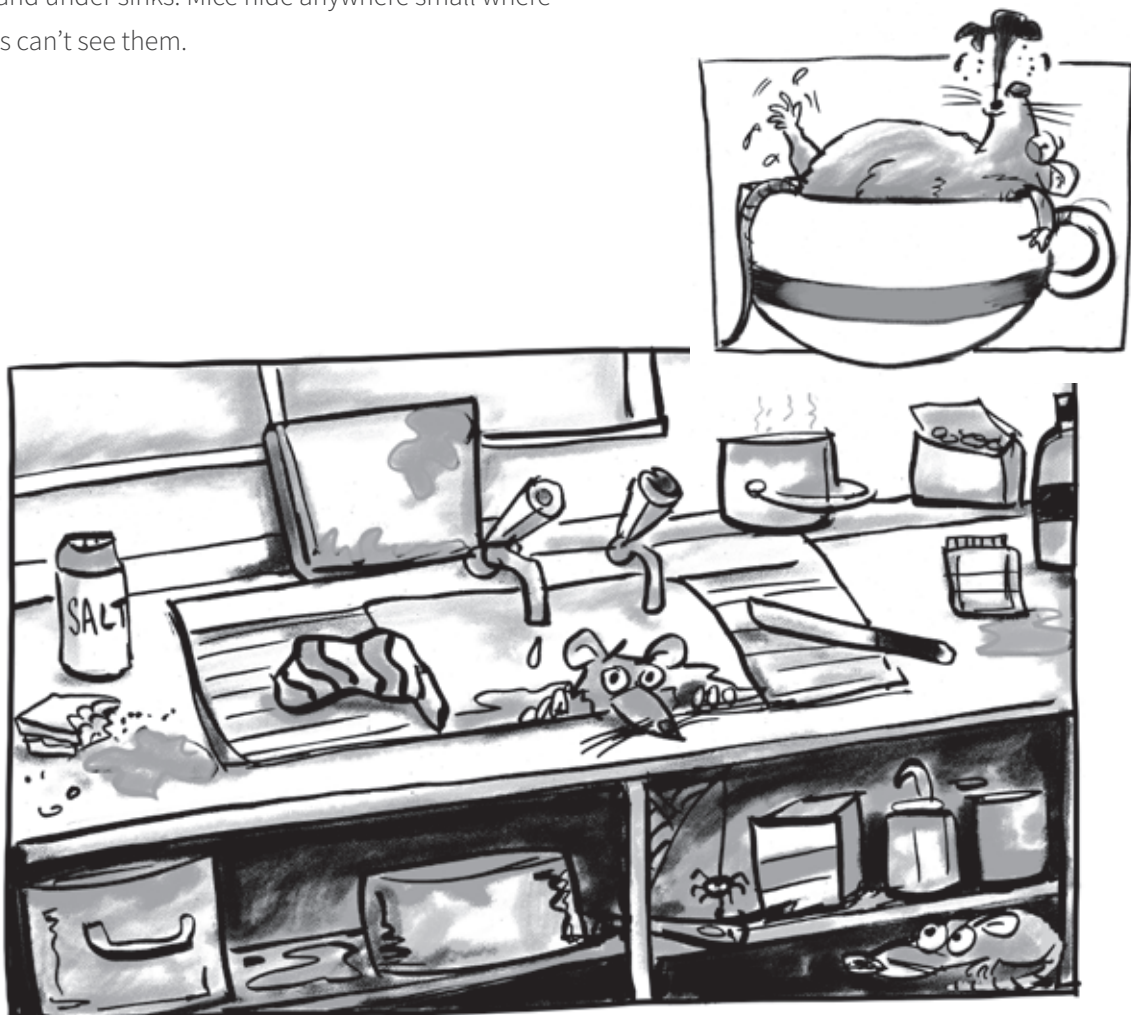
Fun Fact – A rat can live for 2 years and have 2000 babies in that time. To put this into perspective, it is like one mouse giving birth to almost the population on Tennant Creek.

Mice breed very quickly and this is why we need to stay on top of our household cleanliness.



8 Where do they hide?

In the middle of walls, cramped basements and rooms, in cupboards, cabinets and empty draws, behind fridges, stoves and under sinks. Mice hide anywhere small where humans can't see them.



9 The Three Stages of elimination of rats and mice

1. Keep your house clear of food and clutter, this includes pet food bowls with leftovers

2. Seal your rubbish bin with a tight secure lid

3. Seal all holes that let them inside

Remember they are looking for food, warmth and water so clean up all food crumbs and spills, don't leave pet food bowls out with leftovers in it and store opened food in sealed containers or even in the fridge so that rodents can't get at it.

REMEMBER

- Clean up all food crumbs
- Don't let clutter build up
- Keep the lid on your bin



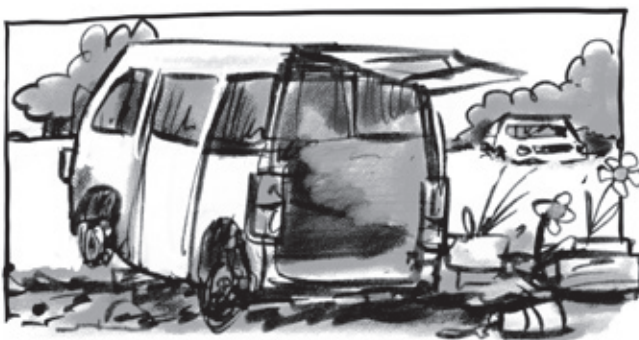
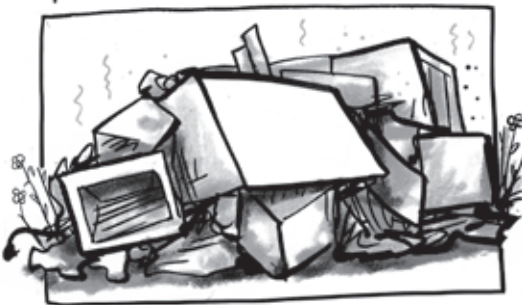
KICK PESTS OUT OF YOUR HOME FOR GOOD!!



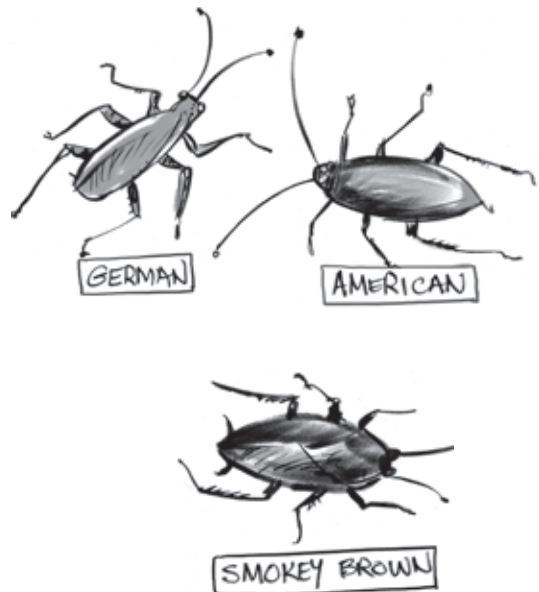
You get up at night to get a midnight snack and turn on the light and there they are scurrying around! COCKROACHES!!!! They love the nightlife and hate the daytime so if you see a cockroach during the day it means you have hundreds hiding in your house and that cockroach has been pushed out of the nest because there is no room.

1 Where do they come from?

Cockroaches the same as mice, live in old rubbish piles, unused cars, gardens and anywhere they can be hidden from humans.



2 There are 3 main cockroaches





3 How do they get in?

They hitch a ride inside old cartons, boxes, grocery bags, through tiny holes in walls, under doors, through roofs and unscreened windows.



4 Life Cycle

Again, like mice, cockroaches breed very quickly. Just one cockroach is capable of producing 40 babies every 6 weeks and these babies can then start breeding at just 2 weeks old. Over 12 months of a life cycle a cockroach can produce thousands of babies.

Cockroaches don't lay singular eggs or live babies. Instead they produce cases of different sizes with some able to fit up to 40 babies inside.



5 Why are they here?

Cockroaches look for moisture, warmth and food. In most cases if they are in your house it might mean you have food scraps laying around and warm places for them to nest. It is very common to find cockroaches in your bathroom area due to the moisture it provides for them. Due to this you must stay on top of your bathroom cleanliness to ensure they don't hang around. By spraying your bathroom with insect spray this will put a layer down and deter them from the area.

6 Where do they hide?

In the middle of walls, cramped basements and rooms, in cupboards, cabinets and empty draws, behind fridges, stoves and under sinks. Cockroaches hide anywhere small where humans can't see them.



HOW DO THEY MAKE ME SICK?



7 How do they make me sick?

Cockroaches can make you sick because they carry lots of bacteria on their legs from walking over sewerage, rubbish and more. They then crawl around your kitchen and other household areas dropping this bacterium everywhere. This can give you food poisoning, salmonella, boils, abscesses, diarrhoea and infections in your urinary tract. In bad cases their poo can cause particles to get into the air and make asthma worse. These critters can also crawl into your ears while you sleep.

8 The 4 Stages of elimination of cockroaches

1. Inspection of your home to see where they are hiding

2. Removal of all food crumbs

3. Blocking off all entry points and cleaning up any places they can hide

4. Pest Control

Remember they are looking for food, warmth and water so clean up all food crumbs and spills, don't leave your dirty dishes overnight for them to feast on and store opened food in sealed containers or even in the fridge so that cockroaches can't get at it.

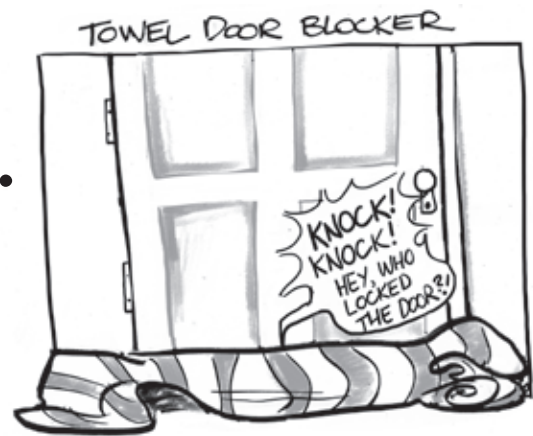


REMEMBER

- Keep a lid on your rubbish bin
- Clean up all food crumbs
- Wipe down benches
- Don't let clutter build up
- Get that first cockroach and stop the breeding cycle



Module 6



1 Reducing the impact of dust

The south region of the Northern Territory is known for being the red center due to the colour of our dirt. Tennant Creek falls part of this region, which means there are a few things we need to do to reduce the dust factor within our homes.

Dust can cause direct health problems by irritation of the skin and parts of our bodies that secrete mucus, which contributes to eye diseases such as trachoma. Dust can also have a contribution to our respiratory health such as asthma. We also need to be aware that dust within our homes can make healing of wounds on our body more difficult leading to longer healing periods. By actively monitoring the dust within your home you can help reduce these health factors affecting yourself and your family members.

2 How to reduce dust within your home?

- Dusting all surfaces within your home once a week
- Cleaning all air conditioner filters once a month
- Closing windows on windy days
- Having grass or cement surrounding your house
- Watering the dirt around your house to insure it is not loose and able to blow through your windows
- Placing door blockers or a rolled-up towel over floor door gaps

By implementing these procedures into your routine, it should help reduce the dust within your home immensely.

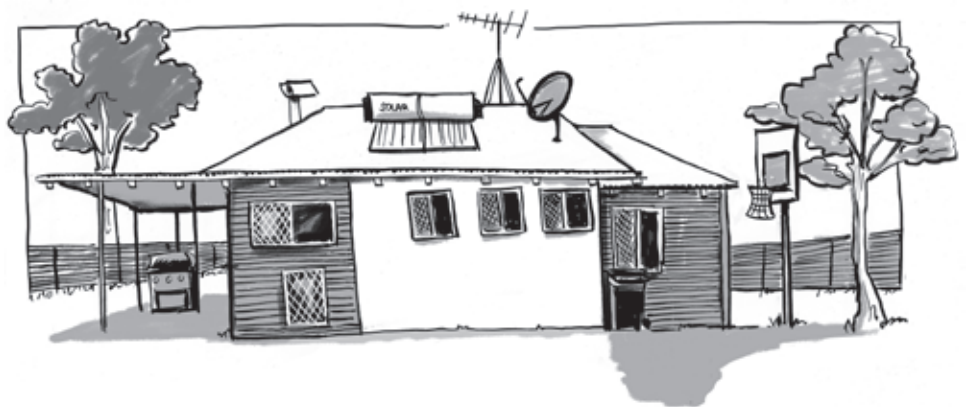


1 Improved temperature control

Living in housing that is too cold or too hot can contribute to a range of physical illnesses. When exposed to cold temperatures this can increase the likelihood of developing a chest infection and pneumonia. When also exposed to hot temperatures this can increase the likelihood of becoming dehydrated and developing heat stroke. These effects are more likely to impact young children and elderly people.

Tennant Creek has more high temperature days than it does low. On our hotter days we should either open all windows to let the wind circulate air through the house or, close all windows and place the air conditioner on 25 degrees to ensure an appropriate temperature is flowing through all rooms of the house. Due to the cost of running an air conditioner for a long period of time, you can also turn the air conditioner on for 15 minutes and then place the fans on to circulate the cold air continuously after the air conditioner has been turned off. On our colder days we can turn all cooling appliances off and switch them to heating mode. It can be expensive to do this so as an alternative we can dress in warmer clothing or keep all windows closed so the Barkly breeze does not enter the house.

When it comes to the exterior of your house you can help with cooling by having shaded structures surrounding your home. These structures don't have to be steel structures, they can also be large trees or bushes to ensure cool air is blown through hot areas of your patio. Having shaded structures don't only help with cooling but they also help generate heat on our colder days.





Module 8



1 Reduce minor trauma

At some point in time everyone comes across a difficult stage in life. This stage may be hard for you to get through on your own and that is normal.

If you ever stumble across this stage in your life and need support, please contact the organisations below:

Anyinginy Health Aboriginal Corporation

1 Irvine Street,
Tennant Creek

8962 2633

OR

Tennant Creek Hospital

45 Schmidt Street,
Tennant creek

8962 4399





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Julalikari Council Aboriginal Corporation

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08 8962 2699

www.julalikari.org.au