



# A zawpengmi kum upa, lungmolh zawtnak a ngeimi zohkhennak?

## Hodah kan bawmh lai?

Lungmolh zawtnak, kum 65 cung a zawpengmi, mah bantuk zawtnak a ngeimi inn chungkhar hawi kom rualchan vialte kan bawmh hna.

Mah mizaw he nan um ti zawng ah umti lo zawngah a poi lo.

## Nangmah le nangmah i zohkhen nak

Mizaw pakhat na zohkhen lio can ah cun nangmah le nangmah i zohkhenh can na ngeitawn lo. Mah hi nih hawikom le rualchan zohkhen khawhnak ca-ah harnak a kan pek tawn.

Vawikhat te i dinhnak can na lak ah cun na zohkhen mi ca-ah le nangmah ca-ah a tha. Mah hi respite (cantawi te i dinhnak) ti-ah an ti.

## Respite (cantawite i dinhnak) a phun phun:

- Riantuantu kha na inn ah a ra lai-i cantawite chung na zohkhenh mi mizaw kha an in zohkhen piak lai. Mah Respite nih cuncan tawite chung i dinhnak le leengah va chuah khawh nak an in pek lai
- Riantuantu nih na mi zawkha inn in an hruai piak lai-i a duh mi le a lung thlite-in a ruahmi kha a tuah piak lai
- Zankhawdei an um pi lai a si lo ah inn i sau deuh zohkhenhnak in na zohkhenh mi mizaw cu an zohkhenh piak lai

## Zeitin dah kan in bawmh hna lai?

- Na bia ngai le chawnh ding ca-ah hika ah kan um
- Respite kan in tawltre piak lai, tangka he zawng bawmh khawh asi
- Topic a thami thim i zohkhentu pawl sinah thawngthanhnak kan pek hna
- Kum upa zohkhennak respite (cantawite i dinhnak) kong kha thawngthanhnak kan in pek hna
- Midang an bawm kho ding riantuantu kong zawng kha thawngthanhnak kan in pek hna
- A lomi kong ah zohkhenhtu a bawmh khomi khuika ah hmumh khawh asi timi kha kan in chimkhawh
- Nan inn zawngah rak leenkhawh asi ko.(A herh can ah cun holhlettu he zawng kan ra ko lai)

## Carers Victoria Respite Connections

Local cozah area chung asimi, Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham chung i a um mi a zaw pengmi kum upa, thluak molh zawtnak a ngeimi zohkhentu inn chungkhar le a zohkhentu kha kan bawmh.

Kan mah specialist program hna cu: kum upami, Mitlinglomi (kutke cawlcang kholo mi), Thluaklei zohkhennak, Zohkhentu rian le mino zohkhen nak hi asi.

**Thawngtam deuh theih na duh ah cun (03) 9396 9550 ah auh i chawnh khawh asi.**

**Holhlettu na herh asi ah cun 131 450 ah auh ko hna.**

Chin Hakha

# Caring for someone who is frail aged or has dementia?

## Who do we help?

We help people who are caring for a relative or friend. This person may have dementia, or be aged over 65 and frail.

The person being cared for may or may not live with you.

## Looking after yourself

When you are looking after another person you may not get enough time to look after yourself. This can make it more difficult to care for your relative or friend.

Having a break and some time to yourself can be good for both you and the person you are caring for. This is called respite.

## Different kinds of respite may be:

- A worker coming to your home for a short time to look after the person you are caring for. Respite can give you some time to relax or go out
- A worker taking the person you are caring for to an interesting activity away from home
- An overnight stay or longer for the person you are caring for, in a residential care setting

## How can we help?

- We are here to listen and talk to you
- We arrange respite and may be able to help with the costs
- We give information to groups of carers on relevant topics
- We give information about appropriate respite in aged care settings
- We give you information about other services that may be able to help
- We can tell you about carer support groups where you can meet other people in similar situations
- We may be able to visit you in your own home (with an interpreter if needed)

## Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley and Wyndham.

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

**To find out more please call (03) 9396 9550**

**If you need an interpreter call 131 450**