



တၢ်အံးထွဲကွၢ်ထွဲ ပှၤသ့ၣ်ကုသးပှၤလၢအၢ်အဘၢၢ် မ့တမ့ၢ် ပှၤလၢအလီၤဖိသၣ်?

ပမၤစၢၤမတၢၤတဖၣ်လဲၣ်

ပမၤစၢၤပှၤတဖၣ်လၢ အအံးထွဲကွၢ်ထွဲ အဘူးအတၢ်မ့တမ့ၢ် အဟံၣ်ဖိယီဖိလီၤ.ပှၤတဖၣ်အံၤ ဘၣ်တဘၣ် ကလီၤဖိသၣ်.အသးကပှၢ်န့ၢ်ဒီး ၆၅ နံၣ် မ့တမ့ၢ် အနီၢ်ခိအၢ်ဘၢၢ် တလၢပှၤတဖၣ်လီၤ.

ပှၤလၢတၢ်ဘၣ် ကွၢ်ထွဲတဖၣ် ဘၣ်တဘၣ် ကအိၣ်ဆိးဒီးန့ၢ် မ့တမ့ၢ် တအိၣ်ဒီးန့ၢ် တပှၤယီၤဘၣ်.

တၢ်အံးထွဲကွၢ်ထွဲလီၤသး

ဖဲအံးထွဲကွၢ်ထွဲ ပှၤလၢအခါန့ၢ် နတအိၣ်ဒီး တၢ်ဆၢကတီၢ် အလၢအပှၤလၢ နကအံးထွဲ ကွၢ်ထွဲလီၤနသးဘၣ်.တၢ်အံၤဒုးအိၣ်ထီၣ် တၢ်ဂ့ၢ်ကီ လၢတၢ်အံးထွဲကွၢ်ထွဲက့ၤ နဘူးနတၢ်မ့တမ့ၢ် နတံၤသကိးန့ၢ်လီၤ. ဖဲနဘၣ်ကွၢ်ထွဲပှၤလၢအခါ ဘၣ်တဘၣ် နတအိၣ်ဒီး တၢ်ဆၢကတီၢ်လၢလၢပှၤလၢ နကကွၢ်လီၤက့ၤနသးဘၣ်န့ၢ်လီၤ.တၢ်ဂ့ၢ်အံၤ ဒုးအိၣ်ထီၣ်ဝဲ တၢ်ကီတၢ်ခဲ လၢကကွၢ်ထွဲ နဘူးနတၢ် မ့တမ့ၢ် နတံၤသကိးန့ၢ်လီၤ.

တၢ်ဟံးန့ၢ် တၢ်အိၣ်ဘုးအိၣ်သါ မ့တမ့ၢ် ဟံးန့ၢ်န့ၢ် ကစၢ်ဆၢကတီၢ် ကမ့ၢ်ဝဲ တၢ်ဂ့ၢ်တမံၤ လၢနၤဒီး ပှၤလၢ နဘၣ်ကွၢ်ထွဲအဂီၢ်လီၤ.အအံၤန့ၢ် တၢ်ကိးအီၤလၢ တၢ်ဟံးန့ၢ် တၢ်အိၣ်ဘုးန့ၢ်လီၤ.

တၢ်ဟံးန့ၢ်တၢ်အိၣ်ဘုးလၢအလီၤဆီလီၢ်သးတဖၣ်ကမ့ၢ်ဝဲ

- ပှၤမၤတၢ်ဖိတဂၤ ကဟဲလၢနဟံၣ် လၢကကွၢ်ထွဲ ပှၤလၢနကွၢ်ထွဲအီၤ လၢကတီၢ်ဖုၣ်အဂီၢ် ဒီးနကဒီးန့ၢ်ဘၣ် တၢ်တၢ်ခွဲးတၢ်ယၢ်လၢ နကမၤလီၤကဆၣ် နသးတစီၢ်တလီၢ် မ့တမ့ၢ် နကဟးကသ့ၣ်လၢတၢ်ချၢအဂီၢ် န့ၢ်လီၤ.
- ပှၤမၤတၢ်ဖိ ကလဲၤစီၢ် ပှၤလၢနဘၣ်ကွၢ်ထွဲတဂၤ ဆူတၢ်လီၢ်လၢအယံၤဒီးဟံၣ် လၢတၢ်သးဖဲတၢ်ဟူးတၢ်ဂဲၤ တခါခါအဂီၢ်
- တၢ်အံးထွဲကွၢ်ထွဲန့ၢ် ပှၤလၢနဘၣ်ကွၢ်ထွဲအီၤ လၢတၢ်အံးထွဲကွၢ်ထွဲဝဲလီၢ် လၢဒီးတနၤကျၢၤမ့ၢ်ဂ့ၤ ယံၣ်န့ၢ်အန့ၢ်မ့ၢ်ဂ့ၤ

ပမၤစၢၤတၢ်သ့လၢကျဲၣ်လဲၣ်

- ပအိၣ်ကတဲာ်ကတီၢ်သးလၢ ပကဒိကန့ၢ်ဒီး တဲသကိးတၢ်ဒီးန့ၢ်လီၤ.
- ပရဲၣ်ကျဲၣ်န့ၢ် တၢ်အိၣ်ဘုးအိၣ်သါအဂီၢ် ဒီး ဘၣ်တဘၣ် ပဟ့ၣ်မၤစၢၤစ့ၢ်ကိး တၢ်ဘူးတၢ်လဲ သ့စ့ၢ်ကိးလီၤ.
- ပဟ့ၣ်စ့ၢ်ကိး တၢ်ကစီၣ် လၢအဘၣ်ထွဲလိာ်သးတဖၣ် လၢပှၤကွၢ်ထွဲတၢ် ကရူၢ်တဖၣ်အဂီၢ် စ့ၢ်ကိးန့ၢ်လီၤ.
- ပဟ့ၣ်စ့ၢ်ကိး တၢ်အိၣ်ဘုးအိၣ်သါလၢအဘၣ်ဘျီးဘၣ်ဒါ လၢအံးထွဲကွၢ်ထွဲ ပှၤသ့ၣ်ကုသးပှၤတကပၤလီၤ.
- ပဒုးသ့ၣ်ညါစ့ၢ်ကိး တၢ်မၤစၢၤအဝဲၤကျိၤ အဂ့ၤအဂၤ တဖၣ်အဂ့ၢ်လၢ ကထီၣ်တၢ်မၤစၢၤတဖၣ် စ့ၢ်ကိးန့ၢ်လီၤ.
- ပဘိးဘၣ်သ့ၣ်ညါန့ၢ် ဘၣ်ထွဲ ကရူၢ်မၤစၢၤ ပှၤအံးထွဲကွၢ်ထွဲတဖၣ် လၢနထံၣ်လီၢ် အိၣ်သကိးသ့ လၢတၢ်အိၣ်သး လၢအဒ်သိးလီၢ်သး အဂ့ၢ်အဖိခိၣ်လီၤ.
- ဘၣ်တဘၣ် ပကလဲၤအိၣ်သကိးန့ၢ် လၢနဟံၣ်ဒုၣ်နဲ (အလီၢ်မ့ၢ်အိၣ် တၢ်ကလဲၤကိးယုာ်ဒီး ပှၤကျိးထံတၢ်)

ဘံးထီၣ်ရံၤပှၤ ပှၤကွၢ်ထွဲတၢ် တၢ်အိၣ်ဘုးအိၣ်သါ တၢ်ဘၣ်ထွဲလီၢ်သး

ပမၤစၢၤ ပှၤအံးထွဲကွၢ်ထွဲတၢ်တဖၣ် လၢအအိၣ်ဆိးဖဲ ဩဘဲး, ဟိးစၢ်ဘု, မဲရံၢ်ဩနီၢ်, မဲလံာ်, မဲလံာ်တဲာ်န့ၢ်, မူနံၢ်ဘဲလ့ၢ် ဒီး ဝဲၣ်ဒါၣ် လီၢ်ကဝီၤပဒိၣ် ဟီၣ်ကဝီၤတဖၣ် တဖၣ်လီၤ.

ပတၢ်ရဲၣ်တၢ်ကျဲၣ်လီၤဆီတဖၣ် န့ၢ်အိၣ်ယုာ်ဒီး- ပှၤသးပှၤ, ပှၤတလၢတပှၤ, ပှၤသးတဘၣ်ဘျီးဘၣ်ဒါ Carers@Work and Young Carers.

လၢနကသ့ၣ်ညါအါထီၣ် တၢ်ဂ့ၢ်အဂီၢ် ဝံသးစူၤကိးဘၣ် (03) 9396 9550

နမ့ၢ်လိာ်ဘၣ် ပှၤကျိးထံတၢ်ဒီး ဝံသးစူၤကိးဘၣ်ဖဲ 131 450 တက့ၢ်.

Karen



Respite Connections

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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