



# Qed iddur b'xi ħadd li huwa/hija anzjan/a debboli jew li jbati/tbati bid-dimenzja?

## Lil min ngħinu?

Aħna ngħinu lin-nies li jkunu jduru b'xi qarib/a jew ħabib/a. Din il-persuna tista' tkun tbati bid-dimenzja jew tkun anzjana ta' 65 jew fuqhom u debboli..

Il-persuna li tkun qed iddur biha tista' tkun jew ma tkunx toqgħod miegħek.

## Tieħu ħsieb tiegħek innifsek

Meta tkun iddur b'xi persuna oħra jista' ma jkollokx ħin biżżejjed biex tieħu ħsieb tiegħek innifsek. Dan jista' jagħmilha iktar diffiċli biex iddur bil-qarib/a jew ħabib/a.

Li tieħu brejk u ftit tal-ħin għalik innifsek jista' jiswa ta' ġid kemm għalik kif ukoll għall-persuna li tkun iddur biha. Dan jissejjaħ mistrieħ (respite).

## Kwalitajiet ta' mistrieħ jistgħu jkunu:

- Impjegat/a li jiġi/tiġi f'darek għal ħin qasir biex jieħu/tieħu ħsieb il-persuna li inti tkun qed iddur biha. Il-mistrieħ jista' jagħtik ftit tal-ħin biex tirrilassja jew toħroġ.
- Impjegat/a jieħu/tieħu lill-persuna li inti tkun qed iddur biha għal xi attività interessanti 'l barra mid-dar
- Il-persuna li inti tkun iddur biha tmur għal lejli jew iktar fit-tul f'post ta' kura residenzjali

## Kif nistgħu ngħinu?

- Aħna qegħdin hawn biex nisimgħuk u nkellmuk
- Aħna nirrangaw il-mistrieħ u nistgħu nkunu kapaċi ngħinu fil-ħlasijiet
- Aħna nagħtu tagħrif lill-gruppi ta' dawk li jduru b'xi ħadd dwar suġġetti rilevanti
- Aħna nagħtu tagħrif dwar mistrieħ xieraq f'postijiet ta' kura għall-anzjani
- Aħna nagħtuk tagħrif dwar servizzi oħra li jistgħu jkunu ta' għajjnuna
- Aħna nistgħu ngħidulek dwar gruppi ta' support għal dawk li jduru b'xi ħadd fejn tkun tista' tiltaqa' ma' nies oħra fl-istess sitwazzjoni
- Aħna aktarx inkunu nistgħu inżuruk f'darek stess (ma' interpretu jekk ikun meħtieġ)

## Carers Victoria Respite Connections

Aħna nissapportjaw lil dawk li jduru b'xi ħadd fil-familja li joqogħdu fl-inħawi tal-gvernijiet lokali ta' Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley u Wyndham.

Il-firxa tal-programmi speċjalisti tagħna jinkludu: L-Anzjanità, Diżabbiltà, Saħħa Mentali, Carers@Work u Żgħażaġh li jduru b'xi ħadd.

**Biex tkun taf iktar jekk jogħġbok ċempel (03) 9396 9550**

**Jekk tinħtieġ interpretu ċempel 131 450**

Maltese

# 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**