



Daryeellida qof waayeel ah ama hilmaan qaba?

Yaanu caawinaa?

Waxaanu caawinaa dadka daryeella qaraabo ama saaxiib. Qofkaani wuxuu qabi karaa hilmaan, ama qof ka weyn 65 sanadood oo waayeel ah.

Qofka la daryeellayaa wuxuu noqon karaa mid kula nool ama aan kula noolayn.

Daryeellida naftaada

Markaad daryeelayso qof kaleeto, waxaa laga yaabaa in aadan helin waqti aad isku daryeesho. Taasi waxay sii adkayn kartaa inaad daryeesho qaraabadaada ama saaxiibkaa.

Inaad qaadata waqti aad naftaada u nasiso waxay noqon kartaa mid u fiican adiga iyo qofka aad daryeelayso. Taasna waxaa loogu yeeraa nasniin.

Noocyada kala duwan oo nasniinta ayaa noqon kara:

- Shaqaale imanaya gurigaaga waqtiyo gaaban si uu u daryello qofkaad daryeelayso. Nasniintu waxay ku siin kartaa waqti aad nasato ama aad guriga dibada uga baxdo.
- Qof shaqaale ah oo u kaxeeya qofkaad daryeesho xarakaadyo xiisa leh oo ka durugsan guriga
- Qofka oo habeen dhax ama ka badan u jooga, meel la degan yahay

Sidee u caawin karaa?

- Waxaan halka u joognaa in aan ku dhegaysano kulana hadalo
- Waxaan qabanqaabinaa nasniin waxaana laga yaabaa in aan kharajka kaa caawino
- Waxaanu ka siinaa macluumaad kooxo daryeellayaal ah mawduucyo muhiima
- Waxaanu macluumaad ka siinaa nasniinta ku haboon meel qof weyn lagu daryeellayo
- Waxaanu ku siinaa macluumaad ku saabsan adeegyo kale kuwaas oo laga yaabo inay ku caawimaan
- Waxaan kuu sheegi karaa kooxda kaalmada daryeellaha halkaas oo aad kula kulmi karto dadka kale oo xaalladaada oo kale ay haysato
- Waxaa laga yaabaa in aan kugu booqano gurigaaga (iyada oo mutarjum joogo)

Carers Victoria Respite Connections

Waxaanu kaalmaynaa daryeelayaasha qoyska ku nool agagaaraha xaafadaha Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley iyo Wyndham.

Barnaamijyadayada takhasuska ah ee kala duwan waxaa ka mid ah: kuwa dadka gaboobay, kuwa iinta leh, Caafimaadka Dhimirka, Daryeellayaasha shaqeeya iyo daryeellayaasha dhalinta yar.

Si aad wax badan uga ogaato wac (03) 9396 9550

Haddii aad u baahan tahay mutarjum wac 131 450

Somali

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