



# Mitling lo mi (kutke cawlcang kholomi) zohkhenh nak?

## Ho dah kan bawmh hna lai?

Kan bawmh mi hna cu ho poh inn chungkhar le hawikom rualchan kutke a cawlcaang kholomi le a ngandam lo mi cansau pi a zaw a fak mi 0-65 kum kha a zohkhenh mi vialte hi an si. A zohkhenhmi he an um ti ahsi seh umti lo ahsi seh a poi lo.

## Nangmah le nangmah i zohkhennak

Midang a zawmi na zohkhenh lio can ah, nangmah le nangmah i zohkhenh can ngeih khawh a si lo. Cu asi caah hawikom le rualchan zohkhennak ca-ah harnak an in pek khawh cu.

I dinhcan lak hi nangmah le na zohkhenmi caah thatnak a chuahpi khawh. Mah hi respite (cantawi te chung i dinhnak) cu asi.

## Respite (cantawi te i dinhnak) a phun phun;

- Na innah riantuan tu rat-ih cantawi te chung na zohkhenhmi kha an in zohkhenh piak lai-i mah can chungte kha innah a silole inn lengleiah va chuah i va kal khawh asi
- Riantuantu nih na mizawkha an chuah an vah pi lai-i an lungduh mi kha an va tuah piak hna lai. Cu cante ah nang cu i dinh can na hmu lai
- Nifatin te nan tuah tawn mi na innchung rian si seh, a leenglei va chuahnak ah siseh phundang deuh ten na tuah mi zawng kha asi ko

## Zeitindah kan in bawmh khawh lai?

- Nanmah chawnh le na bia ngai ding ah hika ah kan um
- Respite (cantawite chung i dinhnak) ca tawrel piak khawh asi i tangka lei-in zong bawmh khawh asi
- Theihna duhmi kong he zawng topic pek-i zohkhentu sinah thawng thanh nak kan pek hna
- Mi bawm kho tu a dang hna kong zongkha thawngthanh na si lai. Mah hna nih na zohkhenh nak ning zong kha an in bawmh khawh

## Kum upa (Tar) inn chungkhar bawmhna le ruahchannak project (rian)

Kum 65 cung nulepa, kum 45 cung Abawrigenal (hmasa cemi ummi mi phun) le Torres Strait Islander hna nih zohkhenh a herhmi le can sau pi a zawmi fanu fapa nan ngeih ah cun kan bawmh hna.

Mah program kong theih duh kan um ah cun 9396 9550 ah auh ih hal khawh asi. Kum upa tar innchungkhar bawmhna le ruahchannak project riantuan tu kha hal ko hna.

## Carers Victoria Respite Connections

Local cozah chung asimi, Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham chung i a ummi, mi tlinglomi (kut ke cawlcang kholomi) a 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 zohkhenh nak hi asi.

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

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

Chin Hakha

# Caring for someone with a disability?

## Who do we help?

We help people who are caring for a relative or friend who has a disability or serious long term illness and is aged 0-65 years old. 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 so that you can relax at home or go out
- A worker taking the person you are caring for to an interesting activity away from home, to give you a break (respite)
- A family activity or outing that you would not normally do can be respite (change of routine)

## How can we help?

- We are here to listen and talk to you
- We can arrange respite and may be able to help with costs
- We give information to groups of carers on topics of interest
- We give information about other services. These services may be able to help you in your caring role

## Older Families Support and Planning Project

We may also be able to help parents over the age of 65 or an Aboriginal or Torres Strait Islander carer over the age of 45 if you are caring for a son or daughter who has a life-long disability.

For further information about this program call 9396 9550. Ask for the Older Families Support and Planning Program Worker.

## 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**