



တၢ်အံးထွဲကွၢ်ထွဲ ပှၤလၢအတလၢတပှၤ တဖၣ်?

ပမၤစၢၤမတၢ်တဖၣ်လဲၣ်

ပမၤစၢၤပှၤတဖၣ်လၢ အံးထွဲကွၢ်ထွဲ အဘူးအတၢ် မ့တမ့ၢ်အဟံၣ်ဖိယိဖိလၢ အတလၢတပှၤတဖၣ် မ့တမ့ၢ် ဆါယံၣ်ဆါထၢ လၢအသးန့ၣ်အိၣ် ၀-၆၅ န့ၣ်တဖၣ်န့ၣ်လီၤ. ပှၤလၢဘၣ်တၢ်ကွၢ်ထွဲတဖၣ် ဘၣ်တဘၣ် ကအိၣ်ဆိးဒီးန့ၣ်မ့တမ့ၢ် တအိၣ်ဒီးန့ၣ် တပှၤလီၤဘၣ်.

တၢ်အံးထွဲကွၢ်ထွဲလီၤသး

ဖဲနအံးထွဲကွၢ်ထွဲပှၤဂၤအခါန့ၣ် နတအိၣ်ဒီး တၢ်ဆၢကတီၢ် အလၢအပှၤလၢ နကအံးထွဲကွၢ်ထွဲလီၤနသးဘၣ်.တၢ်အံးထွဲအိၣ်ထီၣ် တၢ်ဂ့ၢ်ကိ လၢတၢ်အံးထွဲကွၢ်ထွဲက့ၤ နဘူးနတၢ်မ့တမ့ၢ် နတံၤသကိးန့ၣ်လီၤ. နအိၣ်ဘူးအိၣ်သါ မ့တမ့ၢ် ဟံးန့ၣ် နနီၢ်ကစၢ်ဆၢကတီၢ် ကမ့ၢ်ဝဲ တၢ်ဂ့ၤတမံၤ လၢနၤဒီးပှၤလၢနဘၣ်ကွၢ်ထွဲအဂီၢ်လီၤ. အအံးန့ၣ် တၢ်ကိးအိၣ်လၢ တၢ်ဟံးန့ၣ် တၢ်အိၣ်ဘူးန့ၣ်လီၤ.

တၢ်ဟံးန့ၣ်တၢ်အိၣ်ဘူးလၢအလီၤဆီလိာ်သးတဖၣ်ကမ့ၢ်ဝဲ

- ပှၤမၤတၢ်ဖိတဂၤ ကတဲလၢနဟံၣ် လၢကကွၢ်ထွဲ ပှၤလၢနကွၢ်ထွဲအီၤ ဒီးနကဒီးန့ၣ်ဘၣ်တၢ်ခွဲးတၢ်ယာ်လၢ နကအိၣ်လၢဟံၣ်ဒီးဟံးန့ၣ်တၢ်အိၣ်ဘူး မ့တမ့ၢ် ဟးကသုၣ်လၢတၢ်ချၢ န့ၣ်လီၤ.
- ပှၤမၤတၢ်ဖိ ကလဲၤစီၣ် ပှၤလၢ နဘၣ်ကွၢ်ထွဲတဂၤ ဆူတၢ်သးဝဲတၢ်ဟူးတၢ်ဂဲၤ တခါခါ လၢအအိၣ်ယံၤဒီးနဟံၣ် လၢနကန့ၣ်ဘၣ်တၢ်အိၣ်ဘူးအိၣ်သါအဂီၢ်
- ဟံၣ်ဖိယိဖိတၢ်ဟူးတၢ်ဂဲၤမ့တမ့ၢ် တၢ်ဟးကသုၣ်ဆူတၢ်ချၢ လၢနတမၤညီၣ်န့ၣ် ကဲထီၣ်ဝဲတၢ်အိၣ်ဘူးအိၣ်သါ လၢနဂီၢ်သ့စ့ၢ်ကိးလီၤ.

ပမၤစၢၤတၢ်သ့လၢကျဲၣ်လဲၣ်

- ပအိၣ်ကတဲၣ်ကတီၢ်သးလၢ ပကဒိကန့ၣ်ဒီး တဲသကိးတၢ်ဒီးန့ၣ်လီၤ.
- ပရဲၣ်ကျဲၣ်န့ၣ် တၢ်အိၣ်ဘူးအိၣ်သါအဂီၢ် ဒီး ဘၣ်တဘၣ် ဟ့ၣ်မၤစၢၤစ့ၢ်ကိး တၢ်ဘူးတၢ်လဲ သ့စ့ၢ်ကိးလီၤ.
- ပဟ့ၣ်စ့ၢ်ကိး တၢ်ကစီၣ် လၢအဘၣ်ထွဲလိာ်သးတဖၣ် လၢပှၤကွၢ်ထွဲတၢ် ကရၢၢ်တဖၣ်အဂီၢ် စ့ၢ်ကိးန့ၣ်လီၤ.
- ပဒုးသ့ၣ်ညါစ့ၢ်ကိး တၢ်မၤစၢၤအဝဲၤကျိၤ အဂ့ၤအဂၤ တဖၣ်အဂ့ၢ်လီၤ. ဝဲၤကျိၤတဖၣ်အံၤ ကဲထီၣ် တၢ်မၤစၢၤ လၢနဂီၢ် ဒ်န့ၣ် ပှၤအံးထွဲကွၢ်တၢ် တဂၤအသိး စ့ၢ်ကိးန့ၣ်လီၤ.

တၢ်မၤစၢၤဆီၣ်ထွဲ တၢ်ရဲၣ်တၢ်ကျဲၣ် ဟံၣ်ဖိယိဖိလၢအသးပှၤ တဖၣ် အတၢ်တီၢ်ရဲၣ်ကျဲၣ်

ပကမၤစၢၤစ့ၢ်ကိး မိၢ်ပၢ်လၢ အသးန့ၣ် ၆၅ န့ၣ်ဆူအဖိခိၣ်တဖၣ် မ့တမ့ၢ် ပှၤထူလံၤဖိ ဒီးပှၤထီၣ်ရဲး ကျိၢ်ဖိလၢ အသးအိၣ် ၄၅ န့ၣ်ဒီး ဆူအဖိခိၣ်တဖၣ်, လၢအဘၣ်အံးထွဲကွၢ်ထွဲ နဖိခွါ မ့တမ့ၢ် ဖိမ့ၣ်လၢ အတလၢတပှၤတစီၤသး တဖၣ်.

လၢတၢ်ကသ့ၣ်ညါအါထီၣ် ဘၣ်ထွဲဒီး တၢ်ရဲၣ်တၢ်ကျဲၣ်အံၤအဂီၢ် ဝံသးစူၤကိးဘၣ် 93969550 တက့ၢ်.ယုထီၣ်ဘၣ် တၢ်မၤစၢၤဘၣ်ထွဲ ဟံၣ်ဖိယိဖိ လၢအသးပှၤ ဒီး တၢ်ရဲၣ်တၢ်ကျဲၣ် အပှၤမၤတၢ်ဖိတက့ၢ်.

ဘံးထီၣ်ရဲၣ်ယၤ ပှၤကွၢ်ထွဲတၢ် တၢ်အိၣ်ဘူးအိၣ်သါ တၢ်ဘၣ်ထွဲလိာ်သး

ပမၤစၢၤပှၤအံးထွဲကွၢ်ထွဲတၢ်တဖၣ်လၢအအိၣ်ဆိးဖဲ ဩဘး, ဟီးစၢ်ဘု, မဲရံၢ်တြီနီၢ်, မဲလံာ်, မဲလံာ်တဲၣ်န့ၣ်, မူနီၢ်ဘဲလုာ် ဒီး ဝဲၣ်ဒၢၣ် လီၢ်ကဝီၤပဒိၣ်အဟီၣ် ကဝီၤတဖၣ် အပှၤလီၤ.

ပတၢ်ရဲၣ်တၢ်ကျဲၣ် လီၤဆီတဖၣ်န့ၣ် အိၣ်ယုာ်ဒီး- ပှၤသးပှၤ, ပှၤတလၢတပှၤ, ပှၤသးတဘၣ်ဘျီးဘၣ်ဒါ Carers@Work and Young Carers. လၢနကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်အဂီၢ်ဝံသးစူၤကိးဘၣ် (03) 9396 9550 နမ့ၢ်လိာ်ဘၣ် ပှၤကျိးထံတၢ်ဒီးဝံသးစူၤကိးဘၣ်ဖဲ 131 450 တက့ၢ်.

Karen



Respite Connections

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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