



Qed iddur b'xi ħadd li għandu/għandha xi diżabbiltà?

Lil min ngħinu?

Aħna ngħinu lin-nies li jkunu jduru b'xi qarib/a jew ħabib/a li jkollhom xi diżabbiltà jew xi marda serja għal żmien twil u jkollhom sa 65 sena. 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/tigi f'darek għal ħin qasir biex jieħu/tieħu ħsieb il-persuna li inti tkun qed iddur biha biex tkun tista' tirrilassja fid-dar jew toħroġ.
- Impjegat/a jieħu/tieħu lill-persuna li inti tkun qed iddur biha għal xi attività interessanti 'l barra mid-dar biex jagħtik/tagħtik brejk (mistrieħ).
- Attività fil-familja jew ħarġa li ma tkunx soltu tagħmel tista' tkun ta' serħan (bdil tar-rutina)

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 ta' interess
- Aħna nagħtu tagħrif dwar servizzi oħra. Dawn is-servizzi jistgħu jkunulek ta' għajjnuna fix-xogħol tiegħek meta ddur b'xi ħadd

Proġett ta' Sapport u Ippjanar għal Familji Anzjani

Aħna aktarx inkunu nistgħu ngħinu wkoll ġenituri li jkollhom 'l fuq minn 65 sena jew Aboriginu jew Torres Strait Islander li jduru b'xi ħadd u jkollhom 'l fuq minn 45 sena jekk tkun iddur b'xi iben jew bint li jkollhom diżabbiltà għal tul ħajjithom.

Għal iktar tagħrif dwar dan il-programm ċempel 9396 9550. Saqsi għall-Older Families Sapport and Planning Program Worker (Haddiem tal-Programm ta' Sapport u Ippjanar għal Familji Anzjani).

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 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