



# Ma daryeeshaa qof iin leh?

## Yaanu caawinaa?

Waxaanu caawinaa dadka daryeella qaraabada iyo saaxiibada qaba iinta aadka u daran da'dooduna tahay 0-65 sanadood. Qofka la daryeellayaa wuxuu noqon karaa mid kula degan ama mid aan kula deganayn.

## 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 waqti naftaada u qaadato marmarka qaarkood waxay u fiican tahay adiga iyo qofka aad daryeelayso. Taasna waxaa loogu yeeraa nasniin.

## Noocyada kala duwan oo nasniinta ayaa noqon kara:

- Shaqaale guriga kuugu imanaya muddo gaban si uu u daryeello qofka aad daryeelayso si aad ugu nasato guriga ama banaanka u aado
- Shaqaale kaxaynaya qofka aad daryeesho oo u kaxaynaya xarakaadyo banaanka ah oo guriga ka fog, si uu kuu siiyo biririf (nasniin)
- Xarakaadyada qoyska ama dibad u baxa aadan caadatan samayn karin ayaa lagu nasin karaa (bedelida hawlmaalmeedka)

## Sidee u caawin karaa?

- Waxaan halkaan u joognaa inaan ku dhegaysano kula hadalo
- Waxaan qabanqaabin karaa nasniin waxaana laga yaabaa in aan kaa caawino qiimaha
- Waxaanu bixinaa macluumaad mawduucyo badan khuseeya oo kooxaha daryeelka
- Waxaanu bixinaa macluumaad ku saabsan adeegyada kale. Adeegyadaani waxa laga yabaa inay kaa caawimaan doorkaaga daryeelka.

## Kaalmada Qoysaska Da'da ah iyo Mashruuca Qorshaynta

Waxaa kaloo laga yaabaa in aan caawino waalidiinta ka weyn da'da 65 sanadood ama daryeellaha Aborijinaal ama Torres Strait Islander ka weyn 45 sanadood haddii aad daryeellayso wiil ama gabar qabta iin aan tegayn inta qofku noolyahay.

Macluumaad intaas ka badan oo ku saabsan barnaamijkaan wac 9396 9550. Weydiina Kaalmada Qoyska Dadka Da'da ah iyo Shaqaalaha Barnaamijka Qorshaynta.

## 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 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**