



တၢ်အံးထွဲကွၢ်ထွဲပုၤလၢအအိၣ်ဒီးတၢ်သးတဘၣ်လိာ်ဘၣ်စးတဖၣ်?

တၢ်သးတဘၣ်လိာ်ဘၣ်စးမ့ၢ်တၢ်နီၤလဲၣ်တဖၣ်လဲၣ်

ပုၤလၢအိၣ်ဒီးတၢ်သးတဘၣ်လိာ်ဘၣ်စးတဖၣ်န့ၣ် ကအိၣ်ဒီး တၢ်ဂ့ၢ်ကိလၢအဘၣ်ယးဒီး တၢ်ကတိၤ, တၢ်ဆိမိၣ်, သးအတၢ်တူၢ်ဘၣ် ဒီး တၢ်ဟံၣ်သ့ၣ် ဟံၣ်သးတဖၣ်အပူၤန့ၣ်လီၤ. အဝဲသ့ၣ် အတၢ်ကတိၤ,တၢ်ဆိမိၣ်,သးအတၢ်တူၢ်ဘၣ် ဒီးတၢ်ဟံၣ်သ့ၣ်ဟံၣ်သးတဖၣ် အပူၤယၢလုာ်လိာ်သးတဘျီယီ သ့ဝဲစ့ၢ်ကိး န့ၣ်လီၤ.တၢ်အံၤ ဒုးအိၣ်ထီၣ်ဝဲ ပုၤအအိၣ်ဒီးတၢ်တဘၣ်လိာ်ဘၣ်စး ဒီး ပုၤလၢအကွၢ်ထွဲတၢ် ဒီးဟံၣ်ဖိယီဖိ ဒီးန့ၣ်ညါ အတၢ်ကိတၢ်ခဲသ့ဝဲန့ၣ် လီၤ.တၢ်သးတဘၣ်လိာ်ဘၣ်စးန့ၣ် တမ့ၢ်ပုၤတဂၤဂၤ အတၢ်ကမၣ်ဘၣ်အသိး တမ့ၢ်တၢ်လၢအလီၤမဲာ်ဆူးဘၣ်န့ၣ်လီၤ.

မတၢ်မ့ၢ်ပုၤကွၢ်ထွဲတၢ် တဖၣ်လဲၣ်

မ့ၢ်ပုၤတဖၣ်လၢ အအံးထွဲကွၢ်ထွဲ အဘူးအတၢ် မ့တမ့ၢ်အဟံၣ်ဖိယီဖိလၢ ဒီဖျိ တၢ်ဆိၣ်ထွဲလၢ နီၣ်ခိ မ့တမ့ၢ် သးသဟီၣ်အဂ့ၢ်မ့ၢ်ဂ့ၤတဖၣ်လီၤ. တၢ်အံးထွဲကွၢ်ထွဲ ဘူးတၢ် မ့တမ့ၢ် ဟံၣ်ဖိယီဖိ လၢအအိၣ်ဒီး တၢ်သးတဘၣ်လိာ်ဘၣ်စးန့ၣ် မ့ၢ်တၢ်အကါဒိၣ်မးတခါ န့ၣ်လီၤ. ပုၤဒ်သိးအံၤတဖၣ်န့ၣ် တၢ်ကိးလၢ ပုၤကွၢ်ထွဲတၢ်ဖၣ်ဒီး ကမ့ၢ်ပုၤလၢအသးန့ၣ် အိၣ်ဝဲအကလုာ်ကလုာ်န့ၣ်လီၤ.

တၢ်ဟံးန့ၢ်တၢ်အိၣ်ဘျးန့ၣ်မ့ၢ်မနုၤလဲၣ်

ဖဲနဘၣ်အံးထွဲကွၢ်ထွဲ ပုၤလၢအသး တဘၣ်လိာ်ဘၣ်စးတဖၣ် န့ၣ်နကသးပုၤနီၣ်ကွံာ် နအိၣ်ဆူၣ်အိၣ်ချၢ ဒီးနတၢ်ဘၣ်မ့ၢ်အဂ့ၢ်န့ၣ်လီၤ. နအိၣ်ဆူၣ်အိၣ် ချၢဒီး နတၢ်ဘၣ်မ့ၢ်အဂ့ၢ် န့ၣ် မ့ၢ်တၢ်လၢအကါဒိၣ် စ့ၢ်ကိးန့ၣ်လီၤ.တၢ်ဟံးန့ၢ်ဆၢကတီၢ် တဘျီဘျီ လၢ နမၤကဆုၣ်လီၤသး ဒီးမၤတၢ်တမံၤမံၤလၢ နဘၣ်သးမ့ၢ်မၤန့ၣ် ကမ့ၢ်တၢ်တမံၤလၢ ကမၤမ့ၢ်နုၤဒီး ကဲထီၣ်တၢ်မၤစၢၤလၢနတၢ်အံးထွဲကွၢ်ထွဲပုၤဂၤ အပူၤန့ၣ်လီၤ. တၢ်အံၤ တၢ်ကိးညီၣ်န့ၣ်လၢ တၢ်ဟံးန့ၢ် တၢ်အိၣ်ဘျးအိၣ်သါန့ၣ်လီၤ.

တၢ်သးတဘၣ်လိာ်ဘၣ်စး တၢ်ရဲၣ်တၢ်ကျဲၤ

တၢ်မၤစၢၤ ပုၤသးတဘၣ်ဘျီဘၣ်ဒါကရူၢ် မၤစၢၤပုၤလၢအံးထွဲကွၢ်ထွဲတၢ် ဒီး ဟ့ၣ်တၢ်ကစီၣ်ဆူၣ် ပုၤတဝၢအအိၣ် လၢအဘၣ်ယးဒီး ပုၤကွၢ်ထွဲတၢ်တဖၣ်ဒီး ပုၤဟံၣ်ဖိယီလၢအအိၣ်ဒီး ပုၤသးတဘၣ်လိာ်ဘၣ်စးတဖၣ် အတၢ်လိာ်ဘၣ်တဖၣ်န့ၣ်လီၤ.ပဆိၣ်ထွဲမၤစၢၤတၢ်သ့ဝဲ တၢ်သဘံၣ်သဘုၣ် အဆၢကတီၢ်,မ့ၢ်ဆုၣ်မ့ၢ်ဂီၤတၢ်လိာ်ဘၣ်တဖၣ်ဒီးဖဲ တၢ်ရဲၣ်ကျဲၤဆီလီၤသးလၢ ခါဆူၣ်ညါအဂီၢ်လီၤ.ပနၢ်ပၢ်ဘၣ်ထွဲဒီး တၢ်သးတဘၣ်လိာ်ဘၣ်စး, ပုၤအံးထွဲကွၢ်ထွဲတၢ်အဂ့ၢ်အဝီတဖၣ် ဒီး တၢ်သးတဘၣ်ဘျီဘၣ်ဒါ အဝဲကျဲၤ အဂ့ၢ်တဖၣ်န့ၣ်လီၤ.

ပမၤစၢၤပုၤအံးထွဲကွၢ်ထွဲတၢ်တဖၣ်လၢကျဲၣ်လဲၣ်

- ပဟ့ၣ်နီၤတဂၤစုာ်စုာ်တၢ်ဆိၣ်ထွဲလၢ တၢ်မၤစၢၤပုၤကွၢ်ထွဲတၢ်တဖၣ်
- တၢ်ဟ့ၣ်နီၤလီၤတၢ်ကစီၣ်, တၢ်တဲန့ၢ်ခးတၢ် ဒီးတၢ်ဆဲးကျိး ဒုးဘၣ်ထွဲလိာ်ဒီး ဝဲကျဲၤအဂ့ၢ်အဂၤတဖၣ်
- တၢ်ရဲၣ်ကျဲၤန့ၢ် တၢ်အိၣ်ဘျးအိၣ်သါ အတၢ်မၤစၢၤဖဲ တၢ်ယုထီၣ်အိၣ်ထီၣ်အခါ
- တၢ်မၤစၢၤဆိၣ်ထွဲဒီး တၢ်ကရၢကရိထီၣ်န့ၢ်စၢၤ ကရူၢ်မၤစၢၤပုၤအံးထွဲကွၢ်ထွဲတၢ်တဖၣ်န့ၣ်လီၤ.
- တၢ်ဟံၣ်လီၤ တၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်လၢ တၢ်ဆိၣ်ထွဲမၤစၢၤပုၤ အံးထွဲကွၢ်ထွဲတၢ်တဖၣ်အဂီၢ်

ဘံးထီၣ်ရံၤပုၤ ပုၤကွၢ်ထွဲတၢ် တၢ်အိၣ်ဘျးအိၣ်သါ တၢ်ဘၣ်ထွဲလိာ်သး

ပမၤစၢၤ ပုၤအံးထွဲကွၢ်ထွဲတၢ်တဖၣ် လၢအအိၣ်ဆိးဖဲ ဩဘဲး, ဟိးစၢ်ဘ့, မဲရံၢ်ဩနီၢ်, မဲလံာ်, မဲလံာ်တဲာ်နံ, မူနံာ်ဘဲလုာ်, ဝဲာ်ဒၢာ် ဒီးဟ့ၣ်မံ (ထဲစ့ၢ်ရံၢ်ဩ) လီၤကဝီၤပဒိၣ်ဟီၣ်ကဝီၤ တဖၣ်လီၤ.

ပတၢ်ရဲၣ်တၢ်ကျဲၤ လီၤဆီတဖၣ်န့ၣ် အိၣ်ယုာ်ဒီး- ပုၤသးပုၤ, ပုၤတလၢတပုၤ, ပုၤသးတဘၣ်ဘျီဘၣ်ဒါ Carers@Work and Young Carers.

လၢနကသ့ၣ်ညါအါထီၣ် တၢ်ဂ့ၢ်အဂီၢ် ဝံသးစူၤကိးဘၣ် (03) 9396 9550

နမ့ၢ်လိာ်ဘၣ် ပုၤကျိးထံတၢ်ဒီး ဝံသးစူၤကိးဘၣ် ဖဲ 131 450 တက့ၢ်.

Karen



Respite Connections

Carers Victoria Respite Connections
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Caring for someone with a mental illness?

What is mental illness?

People with a mental illness can have problems in the way they speak, think, feel or behave. Their speech, thinking, feeling and behaviour can be all mixed up. This can make life very hard for the person with the illness, the carer and the whole family. Mental illness is no one's fault and is not something to be ashamed of.

Who is a 'carer'?

A carer is a person who provides physical and/or emotional support to a family member or close friend. Looking after a family member or close friend with a mental illness is very important. A person who does this is called a 'carer'. Carers can be anyone of any age.

What is 'respite'?

Often when you care for someone with a mental illness your own health and wellbeing gets forgotten. Your health and wellbeing is also very important. Taking some time for yourself to relax or do something you enjoy can help you to stay well and be better able to look after the person you care for. This is often called 'respite'.

The Mental Health Program

The mental health team helps carers and informs the community about the needs of carers and families of people living with a mental illness. We can offer support in times of crisis, everyday needs and when planning for the future. We understand mental illness, carer issues and mental health services.

We can assist carers by:

- Providing a personal service to help carers
- Providing information, advocacy and linking to other services
- Organising respite services when requested
- Supporting and resourcing carer support groups
- Organising programs to support carers health and wellbeing

Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham and Hume (Sunbury only).

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