

### 3.2 Ma waxaad tahay qof weyn oo raadinaya xalalka madadaalada?

#### Maxaa Golahaagu bixin karaa?

Golahaaga ayaa laga yaabaa inuu kugu xiriirin karo barnaamijyo badan oo madadaalo waxaana laga yaabaa inuu kaa caawimo asaasida koox madadaalo ama isboorti.

Golayaasha badankood ayaa shaqaaleeyey sarkaalka **Access for All Abilities (AAA)** kaas oo awoodi doona inuu kuu sheego waxa goluhu ku siin karo xagga xalalka madadaalada. Kaas waxaa ka mid noqon kara xarumaha raaxaysiga ee uu maamulo goluhu ama goobaha kale. Waxaa kaloo laga yaabaa inay hayaan tusaha xalalka ee agtaada laga heli karo. Waxaa laga yaabaa inaad rabto akhrinta macluumaadka kitkan 4.7 'sidaan ku helli karo adeega golahayga'.

#### Yaa kale oo bixiya tas-hiilaadka barnaamijyada madadaalada kaas loo dhan yahay lana wada helli karo?

**YMCA** agtaada ahi wuxuu wadaa barnaamijyo kala duwan sida aerobics sahlan (kaas oo ay ku jiraan aerobics-ka biyaha) xiisadaha jiiimka (jimicsiga). Waxay kaloo qabtaan kaamam dadka qaangaarka oo maalmaha sabtida iyo Axada. Waxaad ka ogaan kartaa YMCA adiga oo wacaya 9480 1177.

**Neighbourhood House** agtaada ah ayaa leh xarakaadyo madadaalo oo kala duwan. Si aad u ogaato Neighbourhood House kuugu dhow la xiriir golahaaga ama haddii kale wac Jimciyada Neighbourhood Houses & Xarumaha Barashada tel: **9654 1104**.

#### Maxay xaq u yeelashada qaarkeed ugu egtahay da'da 64 sanadood?

Haddii Dawladu kharaj ku bixiso barnaamij waxaa laga yaabaa dadka ka qaybgelayaa inay ku eg yihiin 64 sano. Sababta sidaas loo sameeyey waa dadka jira 65 sano ama ka weyn waxay hoos imanayaan kharajbixinta 'da'da' halkii ay hoos iman lahaayeen 'iinta'. Haddii aad welwel ka qabto xaq u yeelashadaada la hadal adeeg bixiyaha.

#### Ma jeclaan lahayd macluumaad intaas ka badan oo ku saabsan madadaalada iyo xalalka safarka?

**Care For You** waxay ku siin kartaa macluumaad iyo talo ku saabsan madadaalada iyo xalalka safarka tel: 1300 785 350. [www.careforyou.com.au](http://www.careforyou.com.au)

**Impact Leisure Services** waxay leedahay barnaamij fasax oo ay ku jiraan Sabtida iyo Axada iyo fasaxyada dhaadheer wac tel: 9568 6144.

**Commonwealth Respite and Carelink Centre (CRCC), Carerlinks North (Northern suburbs) ama Respite Connections (Xaafadaha galbeedka)** ayaa laga yaabaa inay ka caawimaan kharajbixinta si ay qiimaha qaar uga bixiyaan. Wac 1800 059 059 wixii intaas ka badan.

#### **Faahfaahin muhiima oo madadaalada**



**Scope (Community Inclusion)** 9894 8966  
**Art Reach** (qofkaa qof arkaa) 9486 6413  
**People Outdoors** (kaamkaa) 9350 5116  
**YMCA** 9480 1177

**Sailability** 9597 0066  
**Ambleside Tours** 9720 9800  
**Yooralla Recreation Service** 9916 5801