

3.3 Waa maxay xalalka nasniinta oo ay heli karaan dadka waaweyni?

Waa maxay nasniintu?

Adeega nasniintu wuxuu siiyaa qofka iinta leh waqti ay kaga maqnaadaan qofka daryeella si ay ugu raaxaystaan waaya-aragnimo wax ku oolla halka qofkii hayey qaadanayo fasax gaaban.

Taas macnehedu maaha inay ku salaysnaadaan xarunta mana aha in loogu yeero 'nasniin'. Tusaale ahaan, qof waqti ku luminaya xarakaadka madadaalada ayaa loogu yeeri karaa daryeelayaal ama nasniin.

Respite Connections oo ku yaalla xaafadaha galbeedka ama **Commonwealth Respite and Carelink Centre, Carer Links North** oo ku yaalla xaafadaha waqooyiga ayaa ah meesha ugu horaysa oo aad la xiriirayso si aad u hesho dhamaan xalalka laga heli karo agagaarkaaga. Nambarkoodu waa 1800 059 059 waxayna bixiyaan macluumaadka kaalmada telefoonka. Waxay kaloo leeyihiin meel laga hello macluumaadka oo ah www.respitenorthandwest.org.au

Waa maxay xalka kale ee nasniinta oo la heli karo?

Royal District Nursing Service (RDNS) waxaa laga yaabaa inay kaa caawimi karaan daryeelka caafimaadka wixii baahi weyn oo caafimaad. Wac 1300 627 265 si aad ula hadasho Xafiiska kuugu dhow ee RDNS.

Waa maxay Home And Community Care (HACC)?

Golaha agtaada ahi wuxuu leeyahay adeeg hoos yimaada **Home And Community Care (HACC)** waxaana heli kara dadka iinta qaba.

Adeega HACC waxaa ka mid ah:

Daryeelka Nasniinta - xarakaad kasta oo siiya daryeelle fasax ay ka qaataan hawshooda.

Daryeelka Guriga – caawimo gurigaaga shaqo laga qabanayo, iyo dukaamaysi

Daryeel shakhsiyeed – caawima shakhsiyeed oo nadiifineed sida u qubayn, u lebisid

Adeegyadaani waxay ku kacaan kharaj waxaana loo xisaabiyaa si ku xiran dakhligaaga.

Si aad ula hadasho qof wixii khuseeya cidda xaqa u leh waxaad la xiriiri kartaa Kooxda Qiimaynta iyo Ku Daryeelida Guriga. Hadday suurtagal tahay la xiriir Intake Response oo ka tirsan Wasaarada Adeega. Waxaa laga yaabaa inaad akhrido xaashida macluumaadka kitkan 4.7 'Sidaan ku heli karaa golahayga degmada'

Maxa dhacaya haddii aan rabo in aan helo adeeg dhaqan ku salaysan ama/iyo aanan afka Ingiriiska ku hadlin?

Migrant Resource Centres (MRC) waxay bixisaa nasniin ku salaysan xarunta iyo guriga dadka waaweyn dhaqan iyo af ahaan kala jaadjaadka ah. Nasniinta ku salaysan xarunta waxaa ka mid noqon kara gaadiidka sii-socod iyo soo-socod iyo weliba cunto dhaqan ahaan ku haboon maalinimada.

Northern Migrant Resource Centre
Preston, 9484 7944
Migrant Resource Centre North West Region
St Albans 9367 6044
Migrant Resource Centre
Xafiiska weyn 93913355

Action on Disability within Ethnic Communities (ADEC) ayaa laga yaabaa inay caawimaan tel: 9480 1666.

Waxaa laga yabaa inaad akhrido macluumaadka xaashida kitkan 4.1 'ma ku hadashaa luqad aan ka ahayn afka Ingiriiska.

Haddii aad u baahan tahay nasniin dedgeg ah wac:

Commonwealth Respite and Carelink Centre,	
CarerLinks North and Respite Connections	1800 059 059
DHS Intake & Response	1800 783 783
Annecto (Adeeg degdeg ah oo Nasniinta saacadaha shaqada ka dib)	1800 727 280