

4.2 Ma daryeeshaa qof iin leh mana jeclaan lahayd kaalmada dad la da' ah?

Ma jeclaan lahayd inaad la kulanto waalidiin xaallada aad ku jirto ku jira?

Northern Parent Support Program (NPSP) oo ku yaalla xaafadaha waqooyiga iyo barnaamijka **Parent to Parent West program** oo ku yaalla xaafadaha galbeedka ayaa ku caawimi kara xagga helitaanka kaalmada kooxda ku haboon ee agtaada, haddii aad leedahay ilma iin leh.

Haddii ilmahaagu qayb ka yahay urur weydii xiriyaha haddii ay leeyihin kooxda kaalmada, maadama aanay badanaa xayeyiin. Sidoo kale, kuwa bixiya caafimaadka iyo adeega oo ku yaalla golahaaga degmada ayaa laga yaabaa inay hayaan kharaj yar oo la heli karo si ay kaaga caawinto xagga qabanqaabinta kooxdaada waalidiinta ee halka aad ku nooshahay.

Northern Parent Support Program 9385 3235

Parent to Parent West Program 9680 8444

Collective of Self-Help Groups waxay hayaan macluumaad ku saabsan dadka doonaya inay la xiriiraan kooxaha kaalmada. Waxaad kala xiriiri kartaa 9349 2301 ama booqo websaytkooda www.coshg.org.au

Ma jeclaan lahayd kaalmada dadka aad isku duruufka tihiiin oo aad ka geli karto kumbuyuutarka gurigaaga?

Waxaa jira xalal kaalmo oo kala duwan oo online-ah – kuwaan ayaa ah qaar ka mid ah!

Speaking From Experience – websayt bixiya cajlado la daawado oo bixinaya khibrada shakhsiyeed (oo dad qaba iin iyo jiro iyo qoysaskooda iyo daryeelayaashooda) arrimaha bulshada iyo caafimaadka. www.speaking-from-experience.com

Genetic Support Network Victoria – waa meel macluumaad iyo badan ay ka heli karaan dad noloshooda ay saamaysay loolan hida-raac. www.gsnv.org.au

Maxay yihiin xalalka la heli karaa marka laga saaro 'kooxda kaalmada'?

Waxaa jira kooxa kale oo wax guud wada qabta kuwaas oo laga yaabo inay ku siiyaan waqti aad baxdo. Tusaale ahaan neighbourhood house-ka agtaada ah ayaa laga yabaa inay leeyihiin kooxa isku dan ah oo kuu ogolaada adiga inaad samayso waxyaallo aad naftaadu ku raaxaysato.

Macluumaadka kaalmada kale oo wax ku oolka ah:

Association for Children with a Disability waxay bixisaa macluumaad iyo kaalmo 9818 2000 www.acd.org.au

Commonwealth Respite and Carelink Centre, CarerLinks North (xaafadaha waqooyiga) iyo **Respite Connections** (xaafadaha galbeedka) ayaa bixiya kaalmo telefoon iyo kaalmo ay ku jirto kaalmada bulshada iyo xarakaadyo kale oo daryeellaha. Wac 1800 059 059 wixii intaas ka badan oo ku saabsan agagaarahaaga.

Carers Vic wuxuu bixiyaa macluumaad, talasiin, latalin iyo kaalmada shakhsiyeed oo daryeelayaasha tel: 1800 242 636. waxay kaloo leeyihiin waxbarasho, tababar iyo maktabada daryeellaha.

Parentline 13 22 89 (0-18 sano)

Parentzone waxay bixisaa liiska kooxaha kaalmada (wixii gaar u ah iinta iyo kuwa kale) iyo weliba macluumaadka xayeysiinta macluumaadka iyo xiisadaha waxbarashada warsidayaashooda 84709999.

www.anglicarevic.org.au/parentzone

Brain Injury Matters (BIM) wuxuu u sahlaa isu-hadlida iyo waxbarashada bulshada dadka ku nool dhaawac ka gaaray maskaxda tel: 9639 7222

www.bim.org.au

Ma jeclaan lahayd inaad la kulanto lana hadasho dad aad isku dhaqan tihiiin?

Arag macluumaadka xaashida kitka 4.1 wixii faahfaahin ah oo la xiriirida kooxa dhaqameedka.

<http://www.cmaa.org.au>