

## 4.8

## Macluumaadka celin-la'aanta saxarada ee dadka iinta leh

**Ma u baahan tahay macluumaad iyo talo?**

**Khadka caawimada celin la'aanta saxarada (National Continence Help Line)** 1800 330 066  
[www.continence.org.au](http://www.continence.org.au)

Kalkaalisada celin-la'aanta saxarada ayaa siin karta macluumaad lacag la'aana, aqoon, talo iyo xawilaad dadka ay waxyeeshay ama kuwa daryeella debcida malawadka iyo kaadi haysta.

**Xarunta Victorian Continence Resource Centre** 9816 8266  
[www.continencevictoria.org.au](http://www.continencevictoria.org.au)

Xarunta Victorian Continence Resource Centre waxaa laga yaabaa inay hayaan sambal aad isku deyi karto. Websaytkooda ayaa isaguna bixiya macluumaadka iyo awood gelinta. Rugta ayaa iyaduna haysa liiska goobaha caafimaadka celin-la'aanta saxarada.

**Hadii aad jirto 5 ilaa 15 sano waxaad xaq u leedahay adeega kaalmada celin-la'aanta saxarada iyo Mashruuca Caawimada Gargaarka celin-la'aanta saxarada.**

**Mashruucyada kharajka dawladu bixiso:**

**Adeega Kaalmada celin-la'aanta saxarada**

Adeega Kaalmada Celin-la'aanta Saxarada waxaa heli kara carruurta jirta 5 ilaa 15 sano. Adeegu wuxuu khuseeyaa qalabka gargaara celin-la'aanta, qiimaynta celin-la'aanta iyo faragelinta la qorsheeyey ee kuwa jira 5 – 15 sanadood oo qaba iin. Carruurta waxaa la siiyaa waxyaalla isku jira oo la bedbedeli karo oo ku kacaya \$450 oo badeeco ah qiimayn iyo faragelinta dhan ku kacaysa \$450 muddo 12 bilood. Looma baahna in macmiiluhu wax ka bixiyo. La xirii Royal Children's Hospital tel 9345 5338 wixii intaas ka badan.

**Continence Aids Assistance Scheme wac 1300 366 455**

Mashruuca Caawimada qalabka gargaarka Celin-la'aanta Saxarada waa mashruuc Dawlada Australia. Waxaa heli kara carruurta jirta shan sano iyo ka weyn, kuwaas oo leh dhibaataada celin-la'aanta saxarada oo aad u daran.

Intouch Direct waxay ka shaqaysaa Mashruuca Caawimada qalabka gargaarka Celin-la'aanta Saxarada iyaga oo kuntaraad ka haysta Dawlada Australia. Macaamiisha Mashruuca Caawimada Qalabka gargaarka Celin-la'aanta Saxarada waxay helaan kabid dhan ilaa \$470 sanadii oo ah qalabka gargaarka celin-la'aanta iyaga oo ka dalbanaya Intouch Direct. Arjiilayaashu waxay u baahan doonaan inay bixiyaan warbixin caafimaad oo uu qoray mihnadle caafimaad sida dhakhtar ama kalkaalisada talasiinta wixii xaallada ku saabsan.

**Gadashada badeecada qalabka gargaarka celin la'aanta:**

Waa in had iyo jeer la sameeyaa qiimaynta celin-la'aanta saxarada ka hor inta aadan gadan badeecada celin-la'aanta saxarada ama hadaad wax ka bedelayso waxaad u baahan tahay. Markaad ogaato wixii baahidaadu tahay waxaa fiican inaad horay u sii gadato.

Kaalmada celin-la'aanta waxaa laga gadan karaa dhowr qolo oo iibisa waxaana ku jira:

Independence Solutions  
 1300 788 855.  
 Guriga ayaa la keeni adeega.

Fisher Lane  
 26 Victoria Crescent, Abbotsford  
 9419 2250

Intouch Direct  
[www.intouchcall.com.au](http://www.intouchcall.com.au) ama wac  
 1300 134 260.  
 Guriga ayaa la keeni adeega.

Wilcore Health 9576 1161

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