

## Planning and coordinating healthcare

## တၢ်တိၢ်ကျဲၤတၢ်ဒီးတၢ်ဒုးဘၣ်လိာ် ဖိးဒုးဆူၣ်ချတၢ်ကဟုကယၢ်

Managing your health is something you can do.

By being active and informed about your health, and aware of the healthcare options, you can make the most informed decisions for your needs and for those you care for.

There are six key areas for you to consider when managing your healthcare.

Preparation and research.

Making decisions on treatment and care.

Communicating openly and honestly.

Monitoring health and setting goals.

Understanding healthcare costs and payment.

And seeking help and support.

Being prepared includes taking the things you need to

your healthcare appointment, including a list of questions you want your healthcare professional to answer.

Being prepared is also about seeking reliable health information to educate yourself about your health issues or medical conditions.

If taking medication, take time to understand your medication, including what it is specifically for, any special instructions, and potential side effects.

When researching, seek out reliable sources such as from pamphlets at a doctor surgery,

တၢ်ပၤဆူၣ်ချတၢ်ကဟုကယၢ်အိၣ်ဆူၣ်ဆူၣ်ချန့ၣ်မ့ၢ်တၢ်တမံၤလၢန့ၣ်မ့ၢ်အိၣ်ဆူၣ်ချန့ၣ်လီၤ.

ခိဖျါတၢ်အိၣ်ဟူးအိၣ်ဂဲၤဒီးတၢ်အိၣ်ဒီးတၢ်သ့ၣ်ညါန့ၣ်ပၤတၢ်ဘၣ်ဃးဒီးနတၢ်အိၣ်ဆူၣ်ဆူၣ်ချဒီးတၢ်သ့ၣ်ညါဆူၣ်ချတၢ်ကဟုကယၢ်တၢ်ဃုထၢခွဲးယၢ်တဖၣ်န့ၣ်, နမၤတၢ်ဆၢတံၢ်လၢအပူၤဒီးတၢ်သ့ၣ်ညါန့ၣ်ပၤတၢ်သ့ၣ်ဒၣ်လၢနတၢ်လိာ်တဖၣ်ဒီးပူၤလၢနသ့ၣ်အိၣ်သးအိၣ်တဖၣ်အဂီၢ်လီၤ.

တၢ်လီၤကဝီၤခိၣ်သ့ၣ်အိၣ်ဝဲဃုတီၤလၢနကဆိကမိၣ်အိၣ်ဝဲတၢ်ပၤဆူၣ်ချတၢ်ကဟုကယၢ်အဂီၢ်အခါန့ၣ်လီၤ.

တၢ်ကတံၢ်ကတီၤဒီးတၢ်ဃုသ့ၣ်ညါမၤလိာ်တၢ်.

တၢ်မၤတၢ်ဆၢတံၢ်လၢတၢ်ကူၤစါယါကျါဒီးတၢ်ကဟုကယၢ်အဖီခိၣ်.

တၢ်ဆဲးကျါဆဲးကျါလၢအအိၣ်ဖျါဖျါဖျါဒီးတီတီလိာ်လိာ်.

တၢ်ကွၢ်ထံသမံၤသမိးတၢ်အိၣ်ဆူၣ်ဆူၣ်ချဒီးတၢ်ပၤလိာ်တၢ်ပညိၣ်ဖိတၢ်တဖၣ်.

တၢ်န့ၣ်ပၤတၢ်ဆူၣ်ချတၢ်ကဟုကယၢ်တၢ်လၢၤဘျီလၢန့ၣ်စ့ၤတဖၣ်ဒီးတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲၤ.

ဒီးတၢ်ဃုထံၣ်န့ၣ်တၢ်မၤတၢ်ဆၢဒီးတၢ်တီၤတီၤတီၤ.

တၢ်အိၣ်ဒီးတၢ်ကတံၢ်ကတီၤအံၤပုၤဃုဒီးတၢ်လဲၤတီၢ်တၢ်လၢနလိာ်ခိၣ်အိၣ်တဖၣ်ဆူၣ်

န့ၣ်ဆူၣ်ချတၢ်ကဟုကယၢ်တၢ်သ့ၣ်ဆၢဖးကတီၢ်အမုၢ်န့ၣ်, လၢပၤဃုထံၣ်ဒၣ်ဒီးတၢ်သံကွၢ်ကွဲးနီၣ်တဖၣ်လၢနအိၣ်ဒီးန့ၣ်ဆူၣ်ချတၢ်ကဟုကယၢ်အပူၤတဲၣ်နီၣ်ကစံးဆၢန့ၣ်န့ၣ်အဂီၢ်န့ၣ်လီၤ.

တၢ်အိၣ်ဒီးတၢ်ကတံၢ်ကတီၤန့ၣ်မ့ၢ်စ့ၣ်ကိးတၢ်ဃုထံၣ်တၢ်အိၣ်ဆူၣ်ဆူၣ်ချတၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်န့ၣ်န့ၣ်အိၣ်သ့ၣ်အဂ့ၢ်လၢကသိၣ်လိာ်န့ၣ်လိာ်န့ၣ်န့ၣ်ဘၣ်ဃးဒီးနတၢ်အိၣ်ဆူၣ်ဆူၣ်ချအဂ့ၢ်ကိတဖၣ်မ့ၢ်တမ့ၢ်တၢ်ဆူးတၢ်ဆါတၢ်အိၣ်သးတဖၣ်လီၤ.

မ့ၢ်တၢ်အိၣ်သ့ၣ်အဂီၢ်န့ၣ်,ဟံးန့ၣ်တၢ်ဆၢကတီၢ်လၢကန့ၣ်ပၤတၢ်အိၣ်န့ၣ်အဂီၢ်လၢအပူၤဃုဒီးတၢ်လိာ်တၢ်လိာ်ဆဲးလၢတၢ်မန့ၣ်အဂီၢ်လဲၣ်, မ့ၢ်တၢ်န့ၣ်လီၤအလီၤဆီတဖၣ်အိၣ်တမံၤမံၤမံၤ, ဒီးတၢ်လၢအဘၣ်ဒိဘၣ်ထံးကဒါက့ၤသ့တဖၣ်လီၤ.

ဝဲတၢ်ဃုထံၣ်သ့ၣ်ညါတၢ်အခါန့ၣ်, ဃုထံၣ်တၢ်အိၣ်ထံးခိၣ်ဘိလၢတၢ်န့ၣ်န့ၣ်အိၣ်သ့ၣ်တဖၣ်,ဒ်သိးဒီးတၢ်လၢအဟံးလၢလိာ်တၢ်ကစီၣ်ကဘျဲးတဖၣ်လၢအိၣ်ဝဲကသိၣ်သရၣ်အကသိၣ်ဒၢး,

pharmacies, and community health centres.

Government endorsed health websites and apps such as Better Health Channel, are also a reliable source of health information.

When making healthcare decisions, talk with your medical team in depth, and make sure you fully understand your options and the benefits and risks.

Ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis.

Planning includes setting goals for your health or healthcare combined with the ability to monitor your progress.

When planning for the future, it is important to be realistic about your future health and discuss this with your doctor.

Incorporating preventative measures into your plan, such as visiting you doctor for regular health checks, or improving diet and physical activity levels, are also important to overall wellbeing.

If taking medication, it is good practice to schedule time to review medications with your doctor.

Monitoring the changes in signs and symptoms you experience is also important.

And make sure you see your doctor when you first notice symptoms.

Open and honest doctor-patient communication is an important step in building trust.

Some healthcare issues may be difficult to discuss.

However, healthcare professionals are trained to deal with sensitive issues, and the different

ကသံကွဲတဖန်, ဒီးပုဇတတဆုဉ်ချွဲဝဲလီၤတဖန်န့ၣ်လီၤ. ပဒိၣ်အာၣ်လီၤမၤကၢၤမၤကၢၤပုၤဝဲဒၣ်ပုၤယဲၤန့ၣ်တဖန်ဒီးအဲၣ်ဖဲ (ခိၣ်ဖျါၣ်ထီၣ်ခိၣ်အိၣ်ပူၤတၢ်ရဲၣ်တၢ်ကျဲၤ) ဒိၣ်အမ့ၢ်ဆုဉ်ချွဲဝဲဒၣ်ပုၤဒိၣ်ထီၣ်သန့, တဖန်န့ၣ်မ့ၢ်တၢ်အိၣ်ထံးဒိၣ်ဘိၣ်လၢတၢ်န့ၣ်န့ၣ်အီၤသ့ၤလၢဆုဉ်ချွဲဝဲဒၣ်ပုၤတၢ်ကျဲၤတဖန်န့ၣ်လီၤ.

ဖဲတၢ်မၤဆုဉ်ချွဲဝဲဒၣ်ပုၤကဟုၤကယၢ်တၢ်ဆၢတၢ်တဖန်အခါန့ၣ်, ကတိၤလၢကိးတၢ်အိၣ်အယိၣ်ဒီးန့ၣ်သံၣ်ကသီၤအကရူၢ်, ဒီးမၤလီၤတၢ်လၢန့ၣ်ပၢၢ်န့ၣ်တၢ်ယုၤထၢၤခွဲးယၢ်လၢလၢပုၤပုၤဒီးအတၢ်ဘၣ်ဘျးဒီးတၢ်ဘၣ်ယိၣ်ဘၣ်ဘိၣ်တဖန်တက့ၢ်.

သံကွၢ်ကသံၣ်သရၣ်တဂၤလၢတၢ်ထံၣ်ခံမံၤလၢမံၤအဂီၢ်လၢန့ၣ်မ့ၢ်တလီၤတၢ်ဘၣ်ဘၣ်န့ၣ်န့ၣ်သန့ကသံၣ်သရၣ်အတၢ်ကူၤစါယါဘျါတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးမ့ၢ်မ့ၢ်အတၢ်န့ၣ်ဖျါထီၣ်တၢ်ဆါအကလုၢ်တဖန်န့ၣ်တက့ၢ်.

တၢ်ရဲၣ်တၢ်ကျဲၤန့ၣ်ပုၤယုၤဒီးတၢ်ပၤလီၤတၢ်ပညိၣ်ဖိတၢ်တဖန်လၢန့ၣ်အိၣ်ဆုဉ်ချွဲဝဲဒၣ်ပုၤမ့ၢ်တဖန်ဆုဉ်ချွဲဝဲဒၣ်ပုၤကဟုၤကယၢ်ပၤဖိၣ်ယုၤဒီးတၢ်သ့ၤတၢ်ဘၣ်လၢတၢ်ကွၢ်စူၣ်ကယၢ်န့ၣ်လဲၤထီၣ်လဲၤထီၣ်အဂီၢ်လီၤ.

ဖဲတၢ်ရဲၣ်တၢ်ကျဲၤတၢ်လၢခါဆုညါအဂီၢ်အခါန့ၣ်, အရူၤဒိၣ်ဝဲဒၣ်လၢကအိၣ်ဒီးတၢ်မ့ၢ်တၢ်တိၣ်ဘၣ်န့ၣ်န့ၣ်ခါဆုညါန့ၣ်အိၣ်ဆုဉ်ချွဲဝဲဒၣ်ပုၤအိၣ်ချီဒီးတၢ်ပိၣ်သကိးတၢ်ဂ့ၢ်အံၤဒီးန့ၣ်သံၣ်သရၣ်န့ၣ်တက့ၢ်.

တၢ်ဒုးပုၤယုၤတၢ်ဒိၣ်သဒၢန့ၣ်တၢ်ဖဲးတၢ်မၤပတီၢ်လၢန့ၣ်တၢ်တိၣ်ကျဲၤအပူၤ, ဒိၣ်အမ့ၢ်တၢ်လဲၤထီၣ်လိၣ်သးဒီးန့ၣ်သံၣ်သရၣ်လၢတၢ်သမံၤမိးကွၢ်ညါန့ၣ်တၢ်အိၣ်ဆုဉ်ချွဲဝဲဒၣ်ပုၤ, မ့ၢ်တဖန်တၢ်မၤဂ့ၢ်ဒိၣ်ထီၣ်တၢ်အိၣ်တၢ်အိၣ်ဒီးန့ၣ်ခိၣ်တၢ်ဟူးတၢ်ဂဲၤအပတီၢ်တဖန်န့ၣ်, အရူၤဒိၣ်စ့ၣ်ကိးလၢတၢ်အိၣ်မုၢ်အိၣ်ပၤခဲလၢအဖိခိၣ်လီၤ.

မ့ၢ်တၢ်အိၣ်ကသံၣ်အဂီၢ်န့ၣ်, တၢ်ရဲၣ်လီၤတၢ်ကျဲၤလီၤပတီၢ်တၢ်ဆၢကတိၤလၢတၢ်ကွၢ်ကဒါက့ၤကသံၣ်ကသီၤတဖန်ယုၤဒီးန့ၣ်သံၣ်သရၣ်န့ၣ်မ့ၢ်လုၢ်လၢလၢအဂ့ၤန့ၣ်လီၤ. တၢ်ကွၢ်စူၣ်တယၢ်တၢ်ဆိတလဲၤသးတဖန်လၢတၢ်ပနီၣ်ဒီးတၢ်ဆါပနီၣ်လၢန့ၣ်တၢ်ဘၣ်တဖန်န့ၣ်အရူၤဒိၣ်စ့ၣ်ကိးလီၤ.

ဒီးမၤလီၤတၢ်လၢန့ၣ်ထံၣ်လိၣ်သးဒီးန့ၣ်သံၣ်သရၣ်ဖဲန့ၣ်ပုၤယုၤပၤသးတၢ်ဆါပနီၣ်အဆိကတၢ်န့ၣ်တက့ၢ်.

ကသံၣ်သရၣ်-ပုၤဆါတၢ်ဆဲးကျါဆဲးကျါလၢဖျါဖျါဖျါဒီးတီတီလီၤလီၤန့ၣ်မ့ၢ်အပတီၢ်အရူၤဒိၣ်တခါလၢတၢ်သ့ၣ်ထီၣ်ဘိထီၣ်တၢ်န့ၣ်န့ၣ်လီၤ.

ဆုဉ်ချွဲဝဲဒၣ်ပုၤကဟုၤကယၢ်အဂ့ၢ်ကီၤတနီၤဘၣ်သ့ၣ်သ့ၣ်ကကီၤခဲဝဲလၢတၢ်ကတၢ်ပိၣ်အီၤန့ၣ်လီၤ.

ဘၣ်ဆၣ်ဒီး, ဆုဉ်ချွဲဝဲဒၣ်ပုၤကဟုၤကယၢ်ပုၤစဲၣ်နီၤတဖန်န့ၣ်တၢ်ဟ့ၣ်ပၤတၢ်သိၣ်လီၤလၢကကွၢ်ဆၢန့ၣ်မိးဒီးတၢ်ဂ့ၢ်ကီၤလၢဘၣ်ဒိဘၣ်ထံးညိတဖန်, ဒီးတၢ်ဆဲးတၢ်လၢလီၤခိၣ်လိၣ်သးအတၢ်လိၣ်ဘၣ်လၢ ပုၤလၢအကဟုၤကယၢ်ကွၢ်ထွဲဝဲတဖန်န့ၣ်လီၤ.

cultural needs of the people in their care.

If you see more than one healthcare professional, it helps to tell each of them about the other treatments you are having, or medication you are taking,

including over the counter, vitamins, and herbal supplements.

Your general practitioner, GP, is often the best person to coordinate all your healthcare treatments.

Healthcare costs will vary depending on the kind of treatment you are getting, whether you have private health cover, and what government services you are eligible for.

You can get a wide range of free and subsidised healthcare services through the Medicare system.

It is recommended that you ask about the fees for seeing a healthcare provider before you make an appointment.

By planning, managing, and coordinating your healthcare, you can get the best from the range of health services and options available to you.

For more information, visit:  
[betterhealth.vic.gov.au/planning](http://betterhealth.vic.gov.au/planning)

နမ့်ထံလိင်သးအါနုဒ်ဒံးဆူဂ်ချတဂ်ကဟုကယပ်ပုဇစဲဂ် နီတဂ်နုဒ်, တဂ်နုဒ်ကဲထီဂ်တဂ်မၤစၢၤလၢနကတဲဘဂ် အဝဲသ့ဂ်တဂ်လၢလၢဘဂ်ဃးဒီးတဂ်ကူစါယါဘျါအဂုဇ ဂၤတဖၣ်လၢနဒီးနုဒ်ဘဂ်အီၤ, မ့တမ့ဂ်ကသံဂ်ကသလၢ နအီအီၤ, လၢပဂ်ဃုဒ်ဒီးကသံဂ်လၢနပုဇဒ်နဲသ့, ဘံဂ် တဂ်မံဂ်, ဒီးသ့ဂ်ဂံၢ်ဝဂ်စဲတဖၣ်နုဒ်လီၤ.

နုဒ်ဖိထာဖိကသံဂ်သရၣ်, ကွံဂ်ဖံဂ်, နုဒ်မ့ၢ်ပုဇအဂုဇက တၢဂ်တဂ်လၢကဒုးဘဂ်လိင်ဖိဒုးဆူဂ်ချကဟုကယပ် တဂ်ကူစါယါဘျါတဖၣ်နုဒ်လီၤ.

ဆူဂ်ချတဂ်ကဟုကယပ်တဂ်လၢဘဂ်လၢစ့ၤတဖၣ်ကလီၤ ဆီလိင်အသး ဒီးသနုဇထီဂ်အသးလၢမ့ၢ်နအိၣ်ဒီးပုဇနီဂ်တဂ် ဒဂ်ဆူဂ်ချတဂ်အုဂ်ကီၤသးမ့ၢ်တအိၣ်ဘဂ်လဲၣ်, ဒီးပဒိၣ်အတဂ် မၤနုဒ်ခဲးလၢနကြးနုဒ်ဘဂ်အီၤတဖၣ်အဖိခိၣ်လီၤ.

နမၤနုဒ်ဆူဂ်ချတဂ်ကဟုကယပ်တဂ်မၤနုဒ်ခဲးကလီၤဒီးတဂ်ဟ့ၣ် မၤပုဇစၢၤနုဒ်နုဇတဖၣ်သ့ဝဲဒဂ်တဘျုးမံၤဖီဖျါလၢမဲဒံဂ်ခဲရဲ တဂ်ရဲဂ်တဂ်ကျဲၤနုဒ်လီၤ.

တဂ်ဟ့ၣ်ကွံဂ်ဟ့ၣ်ဖးအိၣ်ဝဲဒဂ်လၢနကသံကွၢ်တဂ်အဘူးအလဲ တဖၣ်ဘဂ်ဃးတဂ်ထံဂ်လိင်သးဒီးပုဇဟ့ၣ်မၤစၢၤဆူဂ်ချတဂ် ကဟုကယပ်တချုးဒီးလၢနမၤတဂ်သ့ဂ်ဆၢဖးကတီၢ်နုဒ်လီၤ.

ဒီဖျါလၢတဂ်ရဲဂ်တဂ်ကျဲၤ, တဂ်ပၢဆုၢ်ရဲဂ်ကျဲၤ, ဒီးတဂ်ဒုး ဘဂ်လိင်ဖိဒုးလိင်နဆူဂ်ချတဂ်ကဟုကယပ်အဃိ, နမၤ နုဒ်တဂ်အဂုဇကတဂ်လၢဆူဂ်ချတဂ်မၤနုဒ်ခဲးသ့တဘျုးမံၤ ဒီးတဂ်ဃုထာခွဲးယပ်တဖၣ်အိၣ်ပပ်လၢနဂီၢ်လီၤ.

လၢတဂ်နုဒ်အါထီဂ်တဂ်ဂုၢ်တဂ်ကျဲၤအဂီၢ်, နုဒ်လီၤကွၢ်ဖဲ [betterhealth.vic.gov.au/planning](http://betterhealth.vic.gov.au/planning) တက့ၢ်.