

**End of life and palliative care | တၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးလၢ  
ဘူးတ့ၣ်မးလၢကသံဒီးတၢ်သံတၢ်ပုၤအဂီၢ်**

Palliative care helps improve the quality of life for someone living with a life limiting illness.

Illness may limit what a patient can do, but there are many ways we can help.

Victoria offers a range of services, from inpatient to homeland community-based care.

"Australia has one of the best developed and advanced palliative care services in the world for community hospital and inpatient palliative care services. But increasingly people are focusing on management of illness as it progresses, chronic disease, non-malignant disease, diseases that need supporting, not only in the hospital sector, but also in the community sector."

"You couldn't wish for better services from anywhere, and the doctors and the nurses at the hospital have been exceptional."

"Services such as Eastern Palliative Care focus on people staying at home as long as possible. It's our job to provide comprehensive suite of palliative care services to people that have specialist palliative care needs."

Palliative care services include at home care, specialist inpatient palliative care, counselling, equipment and aids, volunteer support and hospital care.

"The fact is that people who have their symptoms well managed by a specialist palliative care team in the community do live longer than those who don't have that same kind of care and that's been proven in research."

As well as support from health professionals, for many, the primary carer is

တၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးန့ၣ်မၤဂ့ၣ်ထီၣ်စၢၤကံၤဖိပ တီၢ်ထီၣ်ဘးတၢ်အိၣ်မူလၢပုၤလၢဘၣ်အိၣ်ဒီးတၢ်ဆူးတၢ်ဆါ လၢကသံတ့ၣ်မးန့ၣ်လီၤ.

ဘၣ်သ့ၣ်သ့ၣ်တၢ်ဆူးတၢ်ဆါကကြီၤဃးတၢ်လၢပုၤဆါတကၤ မၤဝဲသ့တဖၣ်, ဘၣ်ဆၣ်ကျဲအိၣ်ဝဲအါမးလၢပမၤစၢၤသ့န့ၣ် လီၤ.

ဝံးထီၣ်ရံၤယါဟ့ၣ်လီၤတၢ်ဟ့ၣ်မၤယုၤတဘျုးမံၤ, စးထီၣ်လၢ ပုၤဆါဒီးတုၤဒၣ်လဲၣ်လၢဟံၣ်ဃီဒီးပုၤတဝၢကံၤခိၣ်ထံးတၢ်က ဟုကယၢ်န့ၣ်လီၤ.

အီးစကြၤလယၢ်အိၣ်ဒီးတၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးတၢ် မၤန့ၣ်ခဲးလၢအဂ့ၣ်ထီၣ်ပသီထီၣ်ဒီးအပတီၢ်ထီၣ်ကတၢ်လၢဟီၣ် ခိၣ်ချၢလၢပုၤတဝၢတၢ်ဆါဟံၣ်ပုၤဒီးတၢ်ကဟုကယၢ်အမၤ မုၢ်ထီၣ်သးတၢ်မၤန့ၣ်ခဲးတဖၣ်လၢပုၤဆါလၢတၢ်ဆါဟံၣ်ပုၤ အဂီၢ်လီၤ. ဘၣ်ဆၣ်ဒီးပုၤကညီတဖၣ်ကန့ၣ်ဃုၣ်တၢ်အါခိၣ် ထီၣ်ထဲလၢ တၢ်ပၤဆူရဲၣ်ကျဲၤန့ၣ်တၢ်ဆူးတၢ်ဆါဒ်အ တၢ်ဂ့ၣ် ထီၣ်ပသီထီၣ်ဝဲ, တၢ်ဆါအယံၣ်ထၢ, တၢ်ဆူးတၢ်ဆါလၢသံ တသ့ဘၣ်, တၢ်ဆူးတၢ်ဆါလၢလိၣ်ဘၣ်တၢ်တိစၢၤမၤစၢၤ တဖၣ်အသိး, တမ့ၢ်ထဲဒၣ်လၢတၢ်ဆါဟံၣ်အသန့ၣ်ဘၣ်, မ့ မ့ၢ်ဃုၣ်ဒီးပုၤတဝၢအသန့ၣ်န့ၣ်လီၤ.

န့ၣ်ဆၢန့ၣ်ဘၣ်တၢ်မၤန့ၣ်ခဲးလၢအဂ့ၣ်ဒိၣ်ထီၣ်အဂီၢ်တသ့နီၤတ ပုၤဘၣ်. ဒီးကသံၣ်သရၣ်ဒီးနးစံကသံၣ်သရၣ်လၢတၢ်ဆါ ဟံၣ်တဖၣ်န့ၣ်မ့ၢ်ပုၤလၢဂ့ၣ်လီၤဆီဒၣ်တၢ်န့ၣ်လီၤ.

တၢ်မၤန့ၣ်ခဲးဒ်သိးဒီးမ့ၢ်ထီၣ်တၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ် သးန့ၣ်ပညီၣ်ဝဲပုၤလၢအိၣ်လၢဟံၣ်ယံၣ်ယံၣ်ထၢထၢတသ့ ဝဲအသ့တဖၣ်န့ၣ်လီၤ. တၢ်န့ၣ်မ့ၢ်ပတၢ်မၤလၢကဒုးအိၣ်ထီၣ် ဒၢးတဖျိၣ်လၢပသီဃုၣ် တၢ်ကိးမံၤဒဲး လၢတၢ်မၤန့ၣ်ခဲးလၢ တၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးတဖၣ်ဆူပုၤလၢအအိၣ် ဒီးတၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးတၢ်လိၣ်လီၤလီၤဆီ ဆီတဖၣ်န့ၣ်လီၤ.

တၢ်ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးတၢ်မၤန့ၣ်ခဲးတဖၣ်ပၣ်ဃုၣ် ဒီးတၢ်ကဟုကယၢ်လၢဟံၣ်ဃီ, ပုၤစဲၣ်နီၤတၢ်ကဟုကယၢ်အ မၤမုၢ်ထီၣ်သးလၢပုၤဆါလၢတၢ်ဆါဟံၣ်ပုၤ. တၢ်ဟ့ၣ်ကူၣ် တဲသကိးတၢ်, တၢ်အပီးအလီဒီးတၢ်မၤစၢၤတဖၣ်, ပုၤလၢ အဟ့ၣ်လီၤအသးတၢ်တိစၢၤမၤစၢၤဒီးတၢ်ဆါဟံၣ်တၢ်ကဟု ကယၢ်တဖၣ်န့ၣ်လီၤ.

တၢ်ဂ့ၢ်လၢအမ့ၢ်အတီမ့ၢ်ဝဲဒၣ်ပုၤလၢအိၣ်ဒီးတၢ်ဆါပနီၣ်တဖၣ် န့ၣ် တၢ်ရဲၣ်ကျဲၤန့ၣ်အီၤဂ့ၣ်လၢပုၤစဲၣ်နီၤတၢ် ကဟုကယၢ်အမၤမုၢ်ထီၣ်သးအကရူၢ်လၢပုၤတဝၢပုၤတဖၣ် အိၣ်မ့ၢ်တၢ်ယံၣ်ဒိၣ်န့ၣ်ဒီးပုၤလၢတအိၣ်ဒီးတၢ်ကဟုကယၢ်တ မံၤဃီအသိးဘၣ်ဒီးတၢ်န့ၣ်တၢ်န့ၣ်ဖျါထီၣ်အီၤအမ့ၢ်အတီမ့ၢ်ဖျါ တၢ်ဃုၣ်ညါမၤလိကွၢ်န့ၣ်လီၤ.

ဒ်တၢ်တိစၢၤမၤစၢၤဟဲလၢဆူၣ်ချကံၤဖိပုၤပုၤတၢ်ဖိတဖၣ် အသိးန့ၣ်, လၢပုၤအါဂ့ၣ်အဂီၢ်, ပုၤလၢအကဟုကယၢ်တၢ် နီၢ်နီၢ်န့ၣ်မ့ၢ်အဟံၣ်ဖိပိတကၤန့ၣ်လီၤ.

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a family member.

"And when Dad got sick I'd noticed quite a while beforehand that his health was not quite right. And that's how I've sort of become Dad's carer."

A range of aids is available to help with moving around and other activities of daily living.

"He's got mobility aids to help him and before I just tried to help him the best I can. And now he's got his new scooter, that's made things a lot easier for him and me, I suppose."

"If you're going up a hill it's got a little button on it to give you a bit more power into the back end of the motor, so that's been very good."

"For carers, I think at some point, as a carer you do need some sort of respite for people you're helping out."

Talk with your palliative care service about support and respite care options.

Palliative care can be involved early in the illness, and at the same time as treatment, such as chemotherapy.

Increasingly, advance care plans are used, where the patient makes it clear in writing the way they want to be treated.

"I think it's really important that families talk to each other about what their wishes are at the end of life, so if we don't know where someone wants to die or where they want their care to be delivered or who they want involved, there's a lot of guessing that goes on for families and that adds to the stress."

So having those open discussions which can often lead to the development of an advance care plan for people, are really useful discussions to have."

ဒီးဖဲပါဆိးကုအခါန့ၣ်ယပပ်သ့ၣ်ပပ်သးဖဲဒၣ်တချူးဒီးဘၣ်လာအဆိးကုန့ၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချန့ၣ်တဘၣ်လိၣ်ကဲၣ်ဆိးဘၣ်န့ၣ်လီၤ. လၢတၢ်န့ၣ်အယိယယုထံၣ်န့ၣ်လၢတၢ်အိၣ်ဒီးခဲစၢၣ်တၢ်ဆါန့ၣ်လီၤ.

တၢ်မၤတၢ်တဖၣ်အိၣ်တဘျူးမံၤလၢတၢ်မၤတၢ်မၤတၢ်ဟးထီၣ်ဟးလီၤဒီးတၢ်ဟူးတၢ်ဂဲၤလၢတၢ်န့ၣ်တၢ်တန့ၣ်တၢ်အိၣ်မူအဂီၢ်န့ၣ်လီၤ.

အဝဲန့ၣ်ဘၣ်တၢ်ဟးထီၣ်ဟးလီၤအတၢ်မၤတၢ်မၤတၢ်မၤတၢ်မၤတၢ်အိၣ်ဒီးတချူးဒီးဘၣ်န့ၣ်ယကျဲးစးမၤတၢ်မၤတၢ်မၤတၢ်မၤတၢ်တၢ်ဂီၢ်ဒီးယမၤသ့အသိးန့ၣ်လီၤ.ဒီးခဲအံၤအဝဲန့ၣ်ဘၣ်စကူးထၢၣ်အသိတခိၣ်. လၢယဆိကမိၣ်လၢအဒူးညီဒိၣ်ထီၣ်န့ၣ်တၢ်ဖးဒိၣ်လၢအဝဲဒီးယၤအဂီၢ်န့ၣ်လီၤ.

နမ့ၢ်လဲၤထီၣ်ဆူတၢ်လုၢ်ဖိခိၣ်န့ၣ်, တၢ်န့ၣ်အိၣ်ဒီးအနီၣ်ဘံးဆိးဆိးဖိလၢအလီၤလၢတၢ်ဟ့ၣ်အိၣ်ထီၣ်န့ၣ်န့ၣ်လီၤသဟီၣ်ဆူစဲးအလီၢ်ခဲတကပၤ, လၢတၢ်န့ၣ်အယိတၢ်န့ၣ်ဂ့ၣ်ဒိၣ်မးလီၤ.

လၢပုၤကဟ့ၣ်ကယၢ်ကွၢ်ထွဲတၢ်အဂီၢ်, ယဆိကမိၣ်တၢ်ဂ့ၣ်တနီၤန့ၣ်, ဒိပုၤကဟ့ၣ်ကယၢ်ကွၢ်ထွဲတၢ်တဂၤအသိးန့ၣ်န့ၣ်လီၤဘၣ်တၢ်အိၣ်ဘံးတစိၣ်တလီၢ်လၢပုၤလၢန့ၣ်မၤတၢ်မၤတၢ်မၤတၢ်အဂီၢ်လီၤ.

ကတိၤတၢ်ဒီးတၢ်ကဟ့ၣ်ကယၢ်အမၤမုၢ်ထီၣ်သးအတၢ်မၤန့ၣ်ခဲဘၣ်ဃးဒီးတၢ်တိစၢၤမၤတၢ်မၤတၢ်မၤတၢ်အိၣ်ဘံးတစိၣ်တလီၢ်တၢ်ကဟ့ၣ်ကယၢ်တၢ်ဃုထၢၣ်ခွဲးယၢ်အဂီၢ်န့ၣ်တက့ၢ်.

တၢ်ကဟ့ၣ်ကယၢ်မၤမုၢ်ထီၣ်သးပၣ်ဃုၣ်ဝဲလၢတၢ်ဆူးတၢ်ဆါဒီးတဘျီယိၣ်တၢ်ကူစါယါဘျီအသိးသ့ဝဲဒၣ်, ဒ်သိးဒီးကံၣ်မိၣ်သရဲဖံၣ်တၢ်ယါဘျီတၢ်န့ၣ်လီၤ.

အပတီၢ်ထီၣ်တၢ်ကဟ့ၣ်ကယၢ်တၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်တၢ်သူအိၣ်ထီၣ်အိၣ်ကွၢ်ကွၢ်, ဖဲပုၤဆါကွဲးဖျါထီၣ်တၢ်ရဲၣ်ဖျါဖျါလၢအဝဲသ့ၣ်အဲၣ်ဒီးတၢ်ကူစါယါဘျီအိၣ်လၢကျဲၤလဲၣ်အခါန့ၣ်လီၤ.

ယဆိကမိၣ်တၢ်န့ၣ်အရူဒိၣ်နီၣ်နီၣ်လၢအုၣ်ဖိထၢဖိတဖၣ်ကကတိၤသကိးတၢ်တဂၤဒီးတဂၤဘၣ်ဃးဒီးတၢ်လၢအဝဲသ့ၣ်ဆၢဒီးန့ၣ်ဘၣ်ဝဲတဖၣ်ဖဲသးသမူကတၢ်ကွၢ်ဝဲဒၣ်, လၢတၢ်န့ၣ်အယိ, နမ့ၢ်တသ့ၣ်ညါပုၤတဂၤအဲၣ်ဒီးသံဖဲလဲၣ်, မ့တမ့ၢ်အဝဲသ့ၣ်အဲၣ်ဒီးတၢ်ကဟ့ၣ်ကယၢ်တၢ်ကဟ့ၣ်လီၤအိၣ်ဖဲလဲၣ်, မ့တမ့ၢ်အဝဲသ့ၣ်အဲၣ်ဒီးလၢမတၤကပုၤဃုၣ်ပုၤဂီၤလဲၣ်, တၢ်ဆိကမိၣ်တယၢ်ကအိၣ်ထီၣ်အိၣ်အိၣ်မးလၢအုၣ်ဖိထၢဖိတဖၣ်အဂီၢ်ဒီးတၢ်န့ၣ်ဒူးအိၣ်ထီၣ်သးအတၢ်ဆိၣ်သန့းန့ၣ်လီၤ.

လၢတၢ်န့ၣ်အယိ, တၢ်အိၣ်ဒီးတၢ်တၢ်ပိၣ်သကိးဖျါဖျါဖျါဒ်သိးအံၤန့ၣ်ညီန့ၣ်ဆုၢ်ပုၤဆူတၢ်မၤဂ့ၣ်ထီၣ်န့ၣ်အပတီၢ်ထီၣ်တၢ်ကဟ့ၣ်ကယၢ်တၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်လၢပုၤကညီအဂီၢ်န့ၣ်, မ့ၢ်တၢ်တၢ်ပိၣ်တၢ်ပိၣ်လၢအကဲဘျူးနီၣ်နီၣ်လၢကတၢ်အိၣ်ထီၣ်ဝဲန့ၣ်လီၤ.

Palliative care services are free or subsidised through Medicare.

However, there may be costs involved for some specialist equipment, medications, and treatments.

If you do choose private palliative care services, you will need to pay.

It's best to ask about costs before you make a decision.

Victoria offers home-based and specialist inpatient care where clients receive medical, nursing, social, and emotional support.

"My best advice is to engage early, advocate, push to your healthcare professionals to engage palliative care. We need to be part of the team early rather than late." To find out more, make sure you log on to [betterhealth.vic.gov.au/palliative](http://betterhealth.vic.gov.au/palliative).

တၢ်ကဟူကယၢ်အမၤမုၢ်ထီၣ်သးတၢ်မၤန့ၢ်ခဲးတဖၣ်န့ၣ်တၢ်ဟ့ၣ်ကလီၤအီၤမ့တမ့ၢ်တၢ်ဟ့ၣ်မၤစၢၤပဲၤန့ၢ်အီၤလၢမဲၣ်ခဲၣ်န့ၣ်လီၤ.

န့ၣ်သက့, တၢ်လၢၤဘူၣ်လၢၤစ့ၤကအိၣ်ဝဲသ့ၣ်သ့ၣ်လၢတၢ်ပိးတၢ်လီၤလီၤလီၤဆီဆီတနီၤ, ကသံၣ်ကသီတနီၤ, ဒီးတၢ်ကူၤဝါၤဘျါတနီၤန့ၣ်လီၤ.

နမ့ၢ်တယုထၢ နီၣ်ကစၢ်တၢ်မၤကိညၢ်လီၤက့ၤအတၢ်အံၤထွဲကွၢ်ထွဲတၢ်မၤန့ၢ်ခဲးဘၣ်ဒီး, နကဘၣ်ဟ့ၣ်တၢ်အဘူးအလဲန့ၣ်လီၤ.

တချုးလၢနမၤတၢ်ဆၢတၢ်အခါန့ၣ် မ့ၢ်အဂ့ၤကတၢ်လၢနကသံကွၢ်ဘၣ်ဃးတၢ်လၢၤဘူၣ်လၢၤစ့ၤန့ၣ်လီၤ.

ဝဲးထီၣ်ရံၤလၢ ဟ့ၣ်လီၤ တၢ်လဲၤဆူဟံၣ် ဒီးပုၤဆါကူၤဝါသးလၢဟံၣ်တၢ်အံးထွဲကွၢ်ထွဲပုၤစဲၣ်နီၤ ဖဲပုၤဆါ ဒီးန့ၣ်ဘၣ်ကသံၣ်ကသီ, နၢးစံ, ပုၤဂ့ၢ်ပိ,ဒီးသးအတၢ်တူၢ်ဘၣ်တၢ်ဆီၣ်ထွဲမၤစၢၤအလီၢ်န့ၣ်လီၤ.

ယတၢ်ဟ့ၣ်ကူၣ်အဂ့ၤကတၢ်န့ၣ်မ့ၢ်ဝဲဟံၣ်ဖျိၣ်မၤသကိးဆီ, ကတိၤခဲးန့ၢ်တၢ်, ဆုၤအီၤဆူ ဆူၣ်ချုၤကွၢ်ထွဲတၢ်ဖိအိၣ်ဒီးကံၢ်စီအအိၣ်ဒ်သိးကဟံၣ်ဖျိၣ်မၤသကိးတၢ်ဖဲတၢ်မၤကိညၢ်လီၤက့ၤအတၢ်ကွၢ်ထွဲအဂီၢ်လီၤ.ဂ့ၤလၢပကဘၣ်မၤဘၣ်ထွဲလိာ်ပသးဒီးကရူၢ်လၢအဆီအချုလၢတၢ်ဆၢကတီၢ်ဖဲၤခဲအလီၢ်န့ၣ်လီၤ.ဒ်သိးနကသ့ၣ်ညါအါထီၣ်အဂီၢ်မၤလီၤတၢ်လၢနန့ၣ်လီၤကွၢ်ဖဲ [betterhealth.vic.gov.au/palliative](http://betterhealth.vic.gov.au/palliative) တက့ၢ်.