

## Aged care

## | တၢ်ကဟုကယၢ်ကွၢ်ထွဲပုၤသးပုၤ

In Victoria, a broad range of services is available to support your health and well-being as you age. From home support services and other services that help support your independence at home, to residential aged care homes, there are numerous services to support your health and well-being as you age.

“We're very fortunate in Victoria to have an extremely comprehensive system of aged care. So people can spend a lot of time living in their own homes. There's multitude of services that can be provided from the community.”

“Human beings are meant to socialise and communicate, so it's necessary to be involved in the community, I think. I'm very interested in music. I always say when you retire, you find what you like. You know, there's something for everyone.

So as we get older, it's important to maintain good health, and that's not just good medical health, but it's also good social health, doing the things that make you feel good.”

As we get older, we face new challenges. So it's a good idea to discuss your plans and wishes for the future with your family or support network, and begin to plan ahead.

The key thing is to work with the experts and services that are available, and ask questions to ensure you understand the options available to you.

The Australian Government provides the majority of aged care services, including services to support you at home, and aged care homes or residential aged care services. My Aged Care is the national gateway for accessing these

လၢဝံးထီၣ်ရံၤအပူၤန့ၣ်, တၢ်မၤန့ၣ်ခဲးတဖၣ်အိၣ်အါမးလၢကတိၤစၢၤမၤစၢၤနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးတၢ်အိၣ်မုၢ်အိၣ်ပၤဒ်န့ၣ်သးဟဲပုၤထီၣ်ဝဲအသိးလီၤ. စးထီၣ်လၢဟံၣ်ဃီတၢ်မၤစၢၤတၢ်မၤန့ၣ်ခဲးဒီး တၢ်မၤန့ၣ်ခဲးအဂ့ၤတဖၣ်လၢအမၤစၢၤတၢ်တီၤစၢၤမၤစၢၤနတၢ်အိၣ်သဘူလၢဟံၣ်, တုၤလၢတၢ်ကဟုကယၢ်ကွၢ်ထွဲသးပုၤဟံၣ်တဖၣ်န့ၣ်, တၢ်မၤန့ၣ်ခဲးအိၣ်ဝဲအါမးလၢကတိၤစၢၤမၤစၢၤနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးတၢ်အိၣ်မုၢ်အိၣ်ပၤဒ်န့ၣ်သးဟဲပုၤထီၣ်ဝဲအသိးန့ၣ်လီၤ.

ပဘူၣ်ဂ့ၤတီၢ်ဂ့ၤဒိၣ်မးလၢဝံးထီၣ်ရံၤအပူၤလၢပအိၣ်ဒီးတၢ်ရဲၣ်တၢ်ကျဲၤအလၢအပူၤန့ၣ်နီၣ်လၢတၢ်ကဟုကယၢ်ကွၢ်ထွဲသးပုၤတဖၣ်အပီၤလီၤ. လၢတၢ်န့ၣ်အပီၤပုၤသ့တၢ်ဆၢကတီၢ်လၢတၢ်အိၣ်ဆိးလၢအကစၢ်ဒ်ဝဲဟံၣ်ပူၤသ့ဝဲဒ်အါမးန့ၣ်လီၤ. တၢ်မၤန့ၣ်ခဲးတဖၣ်အိၣ်ဂီၢ်မုၢ်ဂီၢ်ပၤလၢတၢ်ဟ့ၣ်မၤစၢၤလီၤအီၤသ့လၢပုၤတဖၣ်န့ၣ်လီၤ.

ပုၤကုၤပုၤကညီၣ်န့ၣ်ကဘၣ်ရူၤလိၣ်မုၢ်လိၣ်ဒီးဆဲးကျဲၤဆဲးကျိးလိၣ်အသးအပီၤ,ယဆိကမိၣ်အလီၢ်အိၣ်ဝဲဒ်လၢကပၢ်ဃုၣ်ပၢ်ဂီၤလၢပုၤတဖၣ်န့ၣ်လီၤ.ယသးစဲယဲဒိၣ်မးလၢတၢ်သ့ၣ်ဝဲဒ်သးဆၢပူၤန့ၣ်လီၤ.ယတဲထီၣ်တီၤလၢဖဲန့ၣ်အိၣ်ဘျးလၢတၢ်မၤပူၤန့ၣ်, ဃုထီၣ်န့ၣ်တၢ်လၢအဘၣ်န့ၣ်သးတက့ၢ်. နသ့ၣ်ညါလၢ, တၢ်အိၣ်ဝဲဒ်တမံၤမံၤလၢပုၤကတိၤဒီးအဂီၢ်လီၤ.

လၢတၢ်န့ၣ်အပီၤဒ်ပသးပုၤထီၣ်အသိးန့ၣ်, အရဲဒိၣ်ဝဲဒ်လၢပကကတီၤဃုၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢအဂ့ၤ,ဒီးတမ့ၢ်အိၣ်ဆူၣ်ထဲဒ်လၢတၢ်ဆူးတၢ်ဆါအပူၤဘၣ်, မ့မ့ၢ်တဒိအိၣ်ဆူၣ်စ့ၣ် ကီးလၢတၢ်ရူၤလိၣ်မုၢ်လိၣ်, တၢ်မၤတၢ်လၢအမၤမုၢ်န့ၣ်တဖၣ်န့ၣ်လီၤ.

ဒ်ပသးဟဲပုၤထီၣ်အသိးန့ၣ်, ပဘၣ်ကွၢ်ဆၢၣ်မံၣ်တၢ်တၢ်လၢအသီတဖၣ်လီၤ. လၢတၢ်န့ၣ်အပီၤဂ့ၤဝဲဒ်လၢကတၢ်ပီၣ်သကိးနတၢ်ရဲၣ် တၢ်ကျဲၤတဖၣ်,ဒီးတၢ်ဆၢဒီးန့ၣ်ဘၣ်အီၤတဖၣ်လၢခါဆူၣ်အဂီၢ်ဒီးန့ၣ်ဖိထာဖိ မ့တမ့ၢ်တၢ်တီၤစၢၤမၤစၢၤပုၤဘျးစဲ, ဒီးစးထီၣ်ရံၤကျဲၤ အီၤဆူၣ်န့ၣ်တက့ၢ်.

တၢ်အိၣ်သ့ၣ်န့ၣ်မ့ၢ်တၢ်မၤကိးတၢ်ဒီးပုၤစဲၣ်နီၤတဖၣ်ဒီးတၢ်မၤန့ၣ်ခဲးလၢတၢ်မၤန့ၣ်အီၤသ့တဖၣ်, ဒီးသံကွၢ်တၢ်သံကွၢ်တဖၣ်ဒ်သိးနကမၤလီၤတံၢ်မ့ၢ်န့ၣ်ပၢ်တၢ်ဃုထာခွဲးယၢ်လၢနမၤန့ၣ်အီၤသ့တဖၣ်န့ၣ်တက့ၢ်.

လၢအိးစကြူလယၢ်ပဒိၣ်ဟ့ၣ်မၤစၢၤအါဒ်တၢ်တက့ၢ်တၢ်ကဟုကယၢ်ကွၢ်ထွဲသးပုၤတၢ်မၤန့ၣ်ခဲးတဖၣ်, လၢပုၤဃုၣ်ဒီးတၢ်မၤန့ၣ်ခဲးတဖၣ်လၢတၢ်တီၤစၢၤမၤစၢၤန့ၣ်လၢဟံၣ်လၢဃီဒီးတၢ်ကဟုကယၢ်ကွၢ်ထွဲသးပုၤလၢဟံၣ်လၢဃီတဖၣ်မ့တမ့ၢ်တၢ်ကဟုကယၢ်ကွၢ်ထွဲသးပုၤအတၢ်မၤန့ၣ်ခဲးတဖၣ်န့ၣ်လီၤ.

services.

My Aged Care provides assistance with home services, such as domestic help, and if a stay in hospital is necessary, hospital staff can arrange for after-hospital or transition-care services through My Aged Care.

There are other services to support you to live independently too.

Personal alert systems or services can provide you with added confidence to live in your own home. Personal alert systems notify emergency services and caregivers of an accident, such as a fall.

The Victorian Government funds Personal Alert Victoria, a daily monitoring and emergency response service for frail, older Victorians and Victorians with disabilities.

There are also private services that can assist you.

Your GP can advise you and connect you with other health care professionals as needed.

Ask your GP about the free annual health assessment for people aged 75 years and over or 55 years and over for Aboriginal and Torres Strait Islanders.

For many people, it may become difficult to manage all their needs at home.

At this time, residential care is often the choice.

For care in an aged care home or residential services, My Aged Care can assist with range of services support. Note that any fees and eligibility for subsidies will be discussed and agreed upon with your service provider before the services are provided.

မဲဒ်အွဲခဲရဲမုာ်ဒီကလုာ်ကျဲတဲာ်ခါလာတဲာ်မးန့ာ်တဲာ်မးန့ာ် ခဲးတဖာ်အံၤအဂီၢ်န့ာ်လီၤ. မဲဒ်အွဲခဲရဲဟ့ာ်မးန့ာ်ခဲးတဖာ်ဒ်အမုာ်ဟံာ်ပူၤ ဃီပူၤတဲာ်မးန့ာ်ဒီးအလီၢ်မုာ်အိၣ်လၢ ဘာ်အိၣ်လၢတဲာ်ခါ ဟံာ်အယီၤန့ာ်. တဲာ်ခါဟံာ်အပူၤမးန့ာ်တဲာ်ဖိရဲၣ်ကျဲၤန့ာ်တဲာ်မး န့ာ်ခဲးတဖာ်လၢစံာ်လီၤတဲာ်ခါဟံာ်ဝံၤအလီၢ်ခဲးမုာ်တဲာ်ခါ လဲလိာ်သးအကတီၢ်အဂီၢ်ဒီဖျါလၢမဲဒ်အွဲခဲရဲသ့န့ာ်လီၤ. တဲာ်ဟ့ာ်မးန့ာ်အဂုၤအဂၤအိၣ်ဝဲဒ်လၢကတီၢ်တဲာ်မးန့ာ်န့ာ် လၢကအိၣ်ဘာ်ဒီးတဲာ်သဘျုးန့ာ်လီၤ.

နီၣ်ကစၢ်တဲာ်ဟ့ာ်ပလီၤသးတဲာ်ရဲၣ်တဲာ်ကျဲၤတဖာ်မုာ်တဲာ် မးန့ာ်ခဲးတဖာ်ဟ့ာ်မးန့ာ်န့ာ်သ့ဝဲဒ်လၢကအိၣ်ဒီးတဲာ်န့ာ် န့ာ်လီၤသးအလၢအပူၤလၢတဲာ်အိၣ်ဆိးလၢန့ာ်စၢ်ဒ်နဲဟံာ်အ ပူၤန့ာ်လီၤ. နီၣ်ကစၢ်တဲာ်ဟ့ာ်ပလီၤသးတဲာ်ရဲၣ်တဲာ်ကျဲၤတ ဖာ်ဒုးသ့ၣ်ညါဂ့ၢ်ဂီၢ်အူတဲာ်မးန့ာ်ခဲးတဖာ်ဒီးပုၤဟ့ာ်ကဟ့ာ်က ယာ်ကွၢ်ထွဲတဲာ်တဖာ်လၢဘာ်သးဒီး တဲာ်ဘာ်ဖုးဘာ်ပျီၢ်အသး, ဒ်အမုာ်တဲာ်လီၤန့ာ်လီၤ. ဝဲးထီၣ်ရဲၣ်ပုၤဒိၣ်ဟ့ာ်မးန့ာ်ကျိၣ်စုလၢဝဲးထီၣ်ရဲၣ်ပုၤနီၣ်ကစၢ် တဲာ်ဟ့ာ်ပလီၤသးတဲာ်ရဲၣ်တဲာ်ကျဲၤလၢကိးနဲၤဒဲးတဲာ်ကွၢ်စ့ၣ် ကယာ်တဲာ်ဒီးဂ့ၢ်ဂီၢ်အူတဲာ်စံးဆၢက့ၤအတဲာ်မးန့ာ်ခဲးလၢပုၤဝဲး ထီၣ်ရဲၣ်ပုၤဖိလၢဂံၢ်ဘါတအိၣ်, သးဟဲပုၤထီၣ်လၢအိၣ်ဒီးက့ၢ် ဂီၤက့ၢ်တဖာ်အဂီၢ်လီၤ.

တဲာ်ဟ့ာ်မးန့ာ်တဖာ်လၢဘာ်သးဒီးပုၤနီၣ်တဂၤဒ်အိၣ် စ့ၣ်ကိးလၢအမးန့ာ်န့ာ်လီၤ.

န့ာ်ကွၢ်ဖိၣ်ဟ့ာ်က့ၢ်ဟ့ာ်ဖးန့ာ်ဒီးဆဲးကျိးန့ာ်န့ာ်ဆူၣ်ချုၤတဲာ်က ဟ့ာ်ကယာ်အပူၤမးန့ာ်တဖာ်သ့ဝဲဒ်ဒ်အလီၢ်အိၣ်အသိးန့ာ် လီၤ.

သံကွၢ်န့ာ်ဟံာ်လၢတဲာ်ဂ့ၢ်ဘာ်သးဒီးတန့ာ်တဘျီတဲာ်သမံသ မိးကလီၢ်တဲာ်အိၣ်ဆူၣ်အိၣ်ချုၤ လၢပုၤသး ၅၅န့ာ်ဒီးတလၢ ကွၢ်ဝဲ, မုာ်တမုာ်၅၅န့ာ်ဒီးတလၢကွၢ်ဝဲဒ်လၢပုၤအဘီရဲကွၢ် န့ာ်ဒီးထီၣ်ရဲၣ်ပုၤကိးဖိတဖာ်အဂီၢ်န့ာ်တက့ၢ်.

လၢပုၤအါဂၤအဂီၢ်, တဲာ်န့ာ်ကကီဝဲဒ်သ့ၣ်သ့ၣ်လၢတဲာ်ပၤ ဆုၤရဲၣ်ကျဲၤအဝဲသ့ၣ်အတဲာ်လိာ်လၢဟံာ်ယီၤန့ာ်လီၤ.

ဖဲအကတီၢ်အံၤန့ာ်, တဲာ်ကဟ့ာ်ကယာ်ကွၢ်ထွဲလၢတဲာ်ကွၢ် ထွဲအလီၢ်န့ာ်မုာ်တဲာ်ဟ့ာ်ထၢခဲးယာ်လၢမးန့ာ်အသးန့ာ်လီၤ. တဲာ်ကဟ့ာ်ကယာ်လၢတဲာ်ကဟ့ာ်ကယာ်ကွၢ်ထွဲသးပုၤအဟံာ်မုာ် တမုာ်တဲာ်မးန့ာ်ခဲးတဲာ်ကဟ့ာ်ကယာ်ကွၢ်ထွဲတဲာ်တဖာ် အဂီၢ်န့ာ် မဲဒ်အွဲခဲရဲမးန့ာ်န့ာ်ဒီးတဲာ်တဲာ်မးန့ာ်မးန့ာ်ခဲးတ ဘျုးမဲၤသ့န့ာ်လီၤ. ပာ်သ့ၣ်ပာ်သးလၢအဘျုးအလဲတမံမဲၤ ဒီးတဲာ်ကြဲးဝဲ ဘာ်ဝဲဒီးစ့ဆီၣ်ထွဲအဂ့ၢ်န့ာ်တဲာ်ကတၢ်ပီၣ်သ ကိးအိၣ်ဒီးအာ်လီၤတူၢ်လိာ်အိၣ်ဒီဖျါလၢန့ာ်မးန့ာ်ခဲးတဲာ်တ ချုးတဲာ်ဟ့ာ်လီၤတဲာ်မးန့ာ်ခဲးတဖာ်ဒီးဘာ်န့ာ်လီၤ.

You may have to pay something towards the cost of your care.

“So residential care is, these days, very highly regulated. So there are very stringent standards to make sure that the care you receive is outstanding. Certainly, there are some wonderful residential facilities available that provide excellent care and a loving and welcoming environment.”

“What makes this feel like a home is, instead of living at home on your own, you’re just living with one great big family. Benefits of that are I'm no longer lonely. The social benefits are enormous. I'm outside doing quite a bit of work in the workshop, which helps a lot.”

“There are many things to consider in planning your future as you age. It is important to keep healthy and fit, be informed about aged care services, and plan ahead.”

To learn more about ageing and aged care services, visit My Aged Care, or call the contact centre on 1800 200 422.

For more information, visit [www.BETTERHEALTH.vic.gov.au/agedcare](http://www.BETTERHEALTH.vic.gov.au/agedcare)

ဘဉ်သ့ဉ်သ့ဉ်နကဘဉ်ဟ့ဉ်အဘူးအလဲတနီၤလၢတၢ်ကဟ့ကယၢ်ကွၢ်ထွဲန့ၤအဂီၢ်န့ဉ်လီၤ.

လၢတၢ်န့ဉ်အယိကတီၢ်ယံၣ်တၢ်ကဟ့ကယၢ်ကွၢ်ထွဲလၢမုၢ်မဆါတနံၤအံၤအဂီၢ်န့ဉ်တၢ်သိၣ်တၢ်သီၣ်ဒီးဒိၣ်မးလီၤ. လၢတၢ်န့ဉ်အယိအတီၤပတီၢ်တဖၣ်ဃးထီၣ်ဝဲလၢတၢ်ကမၤလီၤတၢ်န့ဉ်တၢ်ကဟ့ကယၢ်ကွၢ်ထွဲလၢနမၤန့ဉ်အီၤန့ဉ်ဂ့ၤလီၤအီၤဝဲလီၤ. နီၢ်ကီၢ်န့ဉ်, ကတီၢ်ယံၣ်တၢ်ကဟ့ကယၢ်ကွၢ်ထွဲလၢအလီၤလီၤလီၤလးအိၣ်ဝဲတနီၤလၢဟ့ဉ်တၢ်ကဟ့ကယၢ်ကွၢ်ထွဲဂ့ၤဂ့ၤကလဲၣ်ဒီးခိၣ်ဃၢၤလၢအပုၤဒီးတၢ်အိၣ်တၢ်ကွၢ်ဒီးတၢ်တူၢ်လိာ်မုၢ်န့ဉ်လီၤ.

တၢ်လၢအဒူးကဲထီၣ်တၢ်တူၢ်ဘဉ်ဒ်သီးဒီးဟံၣ်ဃီန့ဉ်မ့ၢ်ဝဲဒဉ်တၢ်အိၣ်ဆိးလၢဟံၣ်ထဲနကစၢ်ဒဉ်န့အလီၢ်န့ဉ်, နအိၣ်ဆိးန့ဒီးဒုဉ်ဖိတဖၣ်ဒီးဒိၣ်တဂ့ဉ်န့ဉ်လီၤ. တၢ်ဘဉ်ဘျူးတဖၣ်လၢတၢ်န့ဉ်အဂီၢ်န့ဉ်မ့ၢ်ဝဲဒဉ်ယတအိၣ်ဘဉ်လၢတၢ်သယုၢ်သထွဲအပူၤလၢၤဘဉ်. ပုၤဂ့ၢ်ဝီၤတၢ်ဘဉ်ဘျူးတဖၣ်အံၤဂ့ၤဒိၣ်နီၣ်မးလီၤ. ယအိၣ်လၢတၢ်ချၢလၢဖဲတၢ်မၤတၢ်တဆဲးတက့ၢ်လၢတၢ်မၤလီၢ်အပူၤလၢအကဲထီၣ်တၢ်မၤတၢ်ဒိၣ်မးလီၤ.

တၢ်အိၣ်ဝဲအါမးလၢတၢ်ဆိကမိၣ်ရဲၣ်ကျဲၤနတၢ်အိၣ်မူခါဆူညါအဂီၢ်ဒ်နသးဟဲပုၢ်ထီၣ်အသိးန့ဉ်လီၤ. တၢ်န့ဉ်အရူဒိၣ်ဝဲဒဉ်လၢနကအိၣ်ဒီးတၢ်အိၣ်ဆူဉ်အိၣ်ချ့ဒီးတၢ်ဂံၢ်တၢ်ဘါန့ဉ်လီၤ. အိၣ်ဒီးတၢ်သ့ဉ်ညါဘဉ်ဃးဒီးတၢ်ကဟ့ကယၢ်ကွၢ်ထွဲသးပုၢ်တၢ်မၤန့ဉ်ခဲးတဖၣ်ဒီးရဲၣ်ကျဲၤဆိပၣ်အီၤန့ဉ်တက့ၢ်.

လၢတၢ်မၤလီၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်န့ဉ်လီၤကွၢ်ဖဲဒီးတၢ်ကဟ့ကယၢ်ကွၢ်ထွဲသးပုၢ်တၢ်မၤန့ဉ်ခဲးတဖၣ်အဂီၢ်လဲၤဆူမဲၣ်အူးခဲရဲ, မ့တမ့ၢ်ကိးတၢ်ဆဲးကျိးဝဲလီၢ်ဖဲ ၁၈၀၀၂၀၀ ၄၂၂ တက့ၢ်.

လၢတၢ်န့ဉ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်န့ဉ်လီၤကွၢ်ဖဲ [www.BETTERHEALTH.vic.gov.au/agedcare](http://www.BETTERHEALTH.vic.gov.au/agedcare) တက့ၢ်.