|  |  |
| --- | --- |
| **Palliative care services** | **Adeegyada daryeelka xannuun ka dejinta** |
| Palliative care helps improve the quality of life for someone living with a life limiting illness. | Daryeelka dejinta wuxuu caawinayaa inuu hagaajiyo tayada Nolosha qofka nool ee qaba jirada haddideysa nolosha. |
| Illness may limit what a patient can do, but there are many ways we can help. | Jirada waxaa laga yaabaa inay xaddido waxa bukaanku uu sameyn karo, laakiinse waxaa jirta siyaalo badan oo aan u caawin karno. |
| Victoria offers a range of services, from inpatient to homeland community-based care. | Victoria waxay bixisaa adeegyo badan, laga bilaabo bukaan jiif ilaa guriga Iyo daryeelka ku saleysan bulshada. |
| "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." | Australia waxay leedahay mid ka mid ah adeegyada ugu horumarsan uguna casrisan ee daryeelka dejinta ugu fiican ee aduunka looguna talagalay isbitaalka bulshada iyo adeegyada daryeelka dejinta bukaan jiifka. Laakiinse dad sii kordhaya ayaa xoogga saaraya maareynta jirada isla markay sii socotaba, cududrada soo noqnoqda, cudurada aan aadka loo necbeyn, cudurada u baahan taageerada, oo aan ahayn oo kaliya qaybta isbitaalka, laakiinse sidoo kale qaybta bulshada. |
| "You couldn't wish for better services from anywhere, and the doctors and the nurses at the hospital have been exceptional." | Ma jeclaan kartid wax ka sii fiican Adeegyada meel kasta iyo dhakhaatiirka iyo kalkaaliyayaasha Isbitaalka waxay ahaayeen kuwo aad u fiican. |
| "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." | Adeegyada sida Daryeelka Dejinta ee Dariga wuxuu xoogga saaraa dadka jooga guryaha ilaa inta suurtagalka ah. Waa shaqadeena inaan bixino aqal wax walba u dhan yihiin ee adeegyada daryeelka dejinta dadka Qaba baahida daryeelka dejinta takhasuska u baahan. |
| Palliative care services include at home care, specialist inpatient palliative care, counselling, equipment and aids, volunteer support and hospital care. | Adeegyada daryeelka dejinta waxaa ka mid ah daryeelka guriga, daryeelka dejinta bukaan jiifka takhasuska leh, la talinta, caawinta iyo qalabka daryeelka isbitaalka iyo taageera iskaaga ah. |
| "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." | Xaqiiqdu waa in dad leh astaamahoodu ay si fiican u maareeyaan kooxda daryeelka Dejinta takhasuska leh Bulshada dhexdeeda inay noolaadaan wakhti ka dheer kuwa aan heysan daryeelka noocaas ah mid la mid ah iyo taasna waxaa lagu xaqiijiyey cilmi baaris. |
| As well as support from health professionals, for many, the primary carer is a family member. | Iyo sidoo kale taageero ka timid aqoon yahanada caafimaadka, kuwo badan, xannaaneeyaha muhiimka ah waa xubin ka mid ah qoyska. |
| "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 became Dad's carer." | Iyo Aaabe markii uu jiraday waxaan markiiba u ogaaday hore in caafimaadkiisu uusan aad u sax saneyn. Waana sidaan ku noqday Aabbe xannaaneeyihiisa. |
| A range of aids is available to help with moving around and other activities of daily living. | Tiro caawiyayaal ah ayaa la helayaa si ay kaaga caawiyaan dhaqdhaqaaqida iyo waxqabadka kale ee nolol maalmeedka. |
| "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." | Wuxuu leeyahay caawiyayaasha dhaqdhaqaaqa si ay u caawiyaan ka hor intaanan iskudeyin si aan u caawiyo isaga sida ugu fiican ee aan awoodo. Iyo haddana wuxuu heystaa scooter cusub, kaas oo waxyaalaha aad u fududeeyey isaga iyo anigaba, ayaan u maleynayaa. |
| "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." | Haddii aad buurta aad kor u fuuleyso waxay leedahay baton yar si uu u siiyo waxoogaa awood ah xagga dambe ee matoorka saa daraadeed taasi aad ayey u fiicneyd. |
| "For carers, I think at some point, as a carer you do need some sort of respite for people you're helping out." | Xannaaneeyayaasha, waxaan u malaynayaa ilaa xad, xannaaneeye ahaan waxaad u baahan tahay waxoogaa ka nasin ah dadka aad caawineyso. |
| Talk with your palliative care service about support and respite care options. | La hadal adeegaaga xannaanada dejinta ee ku saabsan fursadahaaga xannaanada ka nasinta iyo taageerada. |
| Palliative care can be involved early in the illness, and at the same time as treatment, such as chemotherapy. | Xannaanada dejinta waxay noqon kartaa ku lug yeelashada hore jirada, iyo sidoo kale daaweyn ahaan, sida kiimotharabi. |
| Increasingly, advance care plans are used, where the patient makes it clear in writing the way they want to be treated. | Si koror leh, qorshayaasha xannaanada horumarsan ayaa la isticmaalaa, halkaas oo bukaanku uu si cad ugu sameeyo qoraal siday rabaan in loola dhaqmo. |
| "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. | Waxaan rajeynayaa inay aad u muhiim u tahay in qoysasku isla hadlaan waxa ku saabsan waxyaalaha ay rabaan dhammaadka nolosha saa daraadeed, ma naqaano halka uu qof rabo inuu ku dhinto ama meeshay rabaan in xannaanadodu lagu bixiyo ama cidday rabaan inay ku lug yeelato, waxaa jira maleyn fara badan oo reeraha dhex marta taasi waxay ku daraysaa caddaadiska. |
| 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." | Saa daraadeed, yeelashada wada hadalada furan oo badanaa ku hogaamin kara horumarka qorshaha daryeelka hore ee loogu talagalay dadka, dhab ahaantii waa wada hadalo faa’iido leh in la yeesho. |
| Palliative care services are free or subsidised through Medicare. | Adeegyada daryeelka Dejintu waa bilaash ama lagu kabay Medicare. |
| However, there may be costs involved for some specialist equipment, medications, and treatments. | Si kastaba ha ahaatee, waxaa laga yaabaa inay jiraan kharashaad ku lug leh qalabka takhasuslaha qaarkood daawooyinka iyo daaweynta. |
| If you do choose private palliative care services, you will need to pay. | Haddii aad doorato adeegyada gaarka ah ee daryeelka dejinta, waxaad u baahan doontaa inaad bixiso. |
| It's best to ask about costs before you make a decision. | Waxaa wanaagsan inaad weydiiso wax ku saabsan kharashaadka ka hor intaadan sameyn go’aan. |
| Victoria offers home-based and specialist inpatient care where clients receive medical, nursing, social, and emotional support. | Victoria waxay bixineysaa wax guriga ku saleysan iyo daryeelka bukaan jiifka takhasuslaha Meeshay macaamiishu helaan daaweyn, kalkaalin, bulsheyn, iyo taageerada maskaxeed. |
| "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. | Taladeyda ugu wanaagsan waa inaad hore u howl gasho. u doodis, ku cadaad aqoon yahanadaada daryeelka caafimaadkasi aad uga hawlgasho daryeelka dejinta. Waxaan u baahan nahay inaan qayb ka noqono kooxeysi hore intii aad dib u dhici lahayn Si uu u helo wax badan, hubi inaad gashid BETTERHEALTH.vic.gov.au/palliative. |