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| **Palliative care services**  | **Huduma za utunzaji kupunguza maumivu** |
| Palliative care helps improve the quality of life for someone living with a life limiting illness. | Utunzaji wa kupungua maumivu unasaidia kuboresha ubora wa maisha kwa mtu anayeishi na ugonjwa wenye mipaka kwa maisha. |
| Illness may limit what a patient can do, but there are many ways we can help.  | Ugonjwa unaweza kuweka mpaka kwa mgonjwa anachoweza kufanya, lakini kuna njia nyingi tunazoweza kusaidia. |
| Victoria offers a range of services, from inpatient to homeland community-based care.   | Viktoria inatoa anuwai ya huduma, kuanzia utunzaji wa mgonjwa wadini na nyumbani na jamii. |
| "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 ina mojawapo ya huduma zilizofanuka na za juu za utunzaji wa kupungua maumivu za duniani kwa huduma za jamii, hospitali, na huduma za utunzaji kupungua maumivu. Lakini zaidi watu wanaweka fokasi kwa usimiamiaji wa ugonjwa unapoendelea, ugonjwa wa muda mrefu, ugonjwa usioleta kifo, magonjwa yanayohitaji usaidizi, sio kwa sekta ya hospitali tu, bali pia sekta ya jumuiya. |
| "You couldn't wish for better services from anywhere, and the doctors and the nurses at the hospital have been exceptional." | Huwezi kupata huduma nzuri zaidi kutoka kokote, na madaktari na wauguzi hospitalini wamekuwa wa pekee. |
| "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." | Huduma kama Utunzaji wa Kupungua Maumivu wa Mashariki unaweka fokasi kwa watu wanaokaa nyumbani kwa muda mrefu uwezekanavyo. Ni kazi yetu kutoa seti pana ya huduma za utunzaji kupungua maumivu kwa watu wanaokuwa na mahitaji kutunzwa na mabingwa. |
| Palliative care services include at home care, specialist inpatient palliative care, counselling, equipment and aids, volunteer support and hospital care. | Huduma za utunzaji kupungua maumivu ni pamoja na utunzaji pale nyumbani, utunzaji kupungua maumivu wa bingwa hospitalini, ushauri nasaha, vifaa na visaidizi, wasaidizi wa hiari na utunzaji hospitalini. |
| "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." | Ukweli ni kwamba watu wanaokuwa na dalili kusimamiwa vizuri na timu ya bingwa ya utunzaji kupungua maumivu katika jamii wanaishi muda mrefu zaidi kuliko wale wasio na aina sawa ya utunzaji na huo umethibitiwa na utafiti. |
| As well as support from health professionals, for many, the primary carer is a family member.  | Pamoja na msaada kutoka wataalamu wa afya, kwa wengi, mtunzaji mkuu ni mwanajamii. |
| "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." | Na wakati Baba alipoumwa nilikuwa nimeshaona kwa muda kabla huu kwamba afya yake haikuwa vizuri. Na hivyo ndivyo jinsi nilivyokuwa mtunzaji wa Baba.  |
| A range of aids is available to help with moving around and other activities of daily living.  | Anuwai ya visaidizi inapatikana kusaidia na kusogeasogea na mashughuli mengine ya kuishi kwa siku. |
| "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." | Ana visaidizi vya kuweza kwenda kumsaidia na zamani nilijaribu tu kumsaidia nilivyoweza. Na sasa ana skuta mpya yake, hiyo imerahisisha sana mengi\kwa yeye na mimi, nadhani. |
| "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." | Ikiwa unapanda mlima ina kitufe kidogo kipo kukupa nguvu zaidi kidogo kuingia sehemu ya nyuma ya mota, kwa hiyo ile imekuwa nzuri sana. |
| "For carers, I think at some point, as a carer you do need some sort of respite for people you're helping out." | Kwa watunzaji, naona kwa kipindi fulani, kama mtunzaji unahitaji aina yoyote ya kupumzika kwa watu unaosaidia. |
| Talk with your palliative care service about support and respite care options. | Zungumza na huduma yako ya utunzaji kupungua maumivu kuhusu uchaguzi wa msaada na mapumziko. |
| Palliative care can be involved early in the illness, and at the same time as treatment, such as chemotherapy. | Utunzaji kupungua maumivu unaweza kuhusishwa mapema wakati wa ugonjwa, na wakati uleule kama matibabu, kama tibakemikali. |
| Increasingly, advance care plans are used, where the patient makes it clear in writing the way they want to be treated.  | Kwa kuongezeka, mipango chambele ya utunzaji inatumiwa, mgonjwa anapoeleza wazi kutumia maandishi njia gani anavyotaka kutibiwa.  |
| "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. | Naona ni muhimu sana kuwa wafamilia wanaongeana pamoja kuhusu wanachotaka wakati wa mwisho wa maishani yao, ili tusipojua mahali ambapo mtu anataka kufariki au wapi wanataka utunzaji wao kupewa au wanataka nani kuhusika, kuna madhanio mengi yanayotokea katika familia na hayo yanazidi shinikizo. |
| 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." | Kwa hiyo kuwa na mazungumzo hayo wazi yanayoweza mara nyingi kumalizika na kuamua mpango chambele wa utunzaji kwa watu, ni mazungumzo yanayofaa sana. |
| Palliative care services are free or subsidised through Medicare. | Huduma za utunzaji wa kupungua maumivu hazina malipo au zina ruzuku kupitia Medicare. |
| However, there may be costs involved for some specialist equipment, medications, and treatments. | Hata hivyo, labda kuna gharama kuhusika kwa baadhi ya vifaa vya maalum, madawa na tiba. |
| If you do choose private palliative care services, you will need to pay. | Ikiwa unachagua huduma za binafsi za utunzaji kupungua maumivu, itabidhii ulipe. |
| It's best to ask about costs before you make a decision. | Ni nzuri zaidi kuuliza kuhusu gharama kabla ya kuamua maamuzi. |
| Victoria offers home-based and specialist inpatient care where clients receive medical, nursing, social, and emotional support.  | Viktoria inatoa utunzaji upo nyumbani na wa maalum hospitalini wateja wanapopokea msaada wa udaktari, uuguzi, kijamii na kihisia. |
| "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. | Ushauri wangu mzuri zaidi ni kushiriki mapema, tetesi, sukuma wataalamu wako wa utunzajiafya kushiriki katika utunzaji kupungua maumivu. Tunahitaji kuwemo timu mapema badala ya kuchelewa. Kugundua zaidi, hakikisha uingie BETTERHEALTH.vic.gov.au/palliative |