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| **Planning and coordinating healthcare services** | **ܡܲܪܝܲܙܬܵܐ ܘܩܲܪܩܲܙܬܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ** |
| Managing your health is something you can do. | ܡܕܲܒܲܪܬܵܐ ܕܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܚܲܕ ܡܹܢܕܝܼ ܝܠܸܗ ܕܐܲܚܬܘܿܢ ܡܵܨܝܼܬܘܿܢ ܕܥܵܒ݂ܕܝܼܬܘܿܢ ܠܸܗ. |
| 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. | ܒܗܘܵܝܬܵܘܟ݂ܘܿܢ ܥܵܒ݂ܘܿܕܸܐ ܘܒܝܼܕܵܥܝܵܐ ܠܟܠܚܲܕ ܡܹܢܕܝܼ ܒܘܼܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ، ܘܒܵܠܲܕ ܒܘܼܬ ܓܘܼܒܵܝܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ،ܡܵܨܝܼܬܘܿܢ ܕܥܵܒ݂ܕܝܼܬܘܿܢ ܠܐܵܢܝܼ ܩܛܵܥܝܵܬܸ̈ܐ ܒܘܼܫ ܗܵܘܢܵܢܸ̈ܐ ܠܹܡܠܵܝܲܝܗܝ ܣܢܝܼܩܘܼܝܵܬܵܘܟ݂ܘܿܢ ܘܣܢܝܼܩܘܼܝܵܬܸܐ ܕܐܵܢܝܼ ܕܡܲܣܘܼܡܹܐ ܝܬܘܿܢ ܒܵܠܵܐ ܐܸܠܲܝܗܝ. |
| There are six key areas for you to consider when managing your healthcare. | ܬܵܡܵܐ ܐܝܼܬ ܐܹܫܬܵܐ ܓܝܼܓ݂ܠܸ̈ܐ ܪܸ̈ܫܵܝܸܐ ܩܵܐ ܕܬܲܚܡܹܢܝܼܬܘܿܢ ܒܘܼܬ ܕܝܼܲܝܗܝ ܐܝܼܡܵܢ ܕܡܕܲܒܘܼܪܘܿܗ̇ ܝܬܘܿܢ ܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ. |
| Preparation and research. | ܡܗܲܕܲܪܬܵܐ ܕܓܵܢܵܐ ܘܒܘܼܨܵܝܵܐ. |
| Making decisions on treatment and care. | ܩܛܵܥܝܵܬܸ̈ܐ ܒܘܼܬ ܕܲܪܡܲܢܬܵܐ ܘܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ. |
| Communicating openly and honestly. | ܝܵܗܒ݂ܫܩܵܠܵܐ ܦܬܝܼܚܵܐܝܼܬ ܘܫܲܪܝܼܪܵܐܝܼܬ. |
| Monitoring health and setting goals. | ܡܲܪܗܵܝܬܵܐ ܕܥܲܝܢܵܐ ܥܲܠ ܚܘܼܠܡܵܢܵܐ ܘܡܲܬܲܒ݂ܬܵܐ ܕܢܝܼܫܸ̈ܐ. |
| Understanding healthcare costs and payment | ܦܲܪܡܵܝܬܵܐ ܕܛܝܼܡܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ ܘܦܘܼܪ̈ܥܵܢܸܐ. |
| And seeking heap and support. | ܘܛܠܵܒܬܵܐ ܕܗܲܝܲܪܬܵܐ ܘܕܣܢܵܕܬܵܐ. |
| Being prepared includes taking the things you need to your healthcare appointment, including a list of questions you want your healthcare professional to answer. | ܡܗܲܕܲܪܬܵܐ ܕܓܵܢܵܐ ܒܹܚܒ݂ܵܫܵܐ ܝܠܵܗ̇ ܫܩܵܠܵܐ ܠܡܹܢܕܝܼܵܢܸ̈ܐ ܕܣܢܝܼܩܸܐ ܝܬܘܿܢ ܕܠܲܒܠܝܼܬܘܿܢ ܠܗܘܿܢ ܠܘܲܥܕܵܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ،ܒܹܚܒ݂ܵܫܵܐ ܚܲܕ ܣܹܕܪܵܐ ܕܒܘܼܩܵܪܸ̈ܐ ܕܒܵܥܝܼܬܘܿܢ ܩܵܐ ܕܚܲܒܝܼܪܵܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܕܓ̰ܲܘܹܒܠܗܘܿܢ. |
| Being prepared is also about seeking reliable health information to educate yourself about your health issues or medical conditions. | ܐܵܦܙܸܐ ܡܗܲܕܲܪܬܵܐ ܕܓܵܢܵܐ ܝܼܠܵܗ̇ ܒܘܼܬ ܛܲܥܵܝܬܵܐ ܒܵܬ݇ܪ ܡܲܘܕܥܵܢܘܼܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܫܲܪܝܼܪܬܵܐ ܠܡܲܠܘܼܦܘܿܗ̇ ܓܵܢܵܘܟ݂ܘܿܢ ܒܘܼܬ ܨܒܘܼܝܵܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܝܲܢ ܡܲܪ̈ܥܸܐ ܕܐܝܼܬܠܵܘܟ݂ܘܿܢ. |
| If taking medication, take time to understand your medication, including what it is specifically for, any special instructions, and potential side effects. | ܐܸܢ ܒܹܫܩܵܠܵܐ ܝܬܘܿܢ ܕܲܪ̈ܡܵܢܸܐ،ܡܲܥܒ݂ܹܪܝܼܬܘܿܢ ܥܹܕܵܢܵܐ ܡܵܠܝܵܢܬܵܐ ܠܦܲܪܡܘܼܝܲܝܗܝ ܕܲܪ̈ܡܵܢܵܘܟ݂ܘܿܢ،ܒܹܚܒ݂ܵܫܵܐ ܡܘܿܕܝܼ ܝܠܸܗ ܢܝܼܫܲܝܗܝ، ܘܠܟܠܲܝܗܝ ܢܘܼܗܵܪܸ̈ܐ ܦܪ̈ܝܼܫܸܐ ܘܦܠܵܛܸ̈ܐ ܓܸܒܵܢܵܝܸ̈ܐ ܡܹܬܗܵܘܝܵܢܵܐ. |
| When researching, seek out reliable sources such as from pamphlets at a doctor surgery, pharmacies, and community health centres. | ܐܝܼܡܵܢ ܕܒܹܥܒ݂ܵܕܵܐ ܝܬܘܿܢ ܒܘܼܨܵܝܵܐ،ܛܲܥܝܼܬܘܿܢ ܒܲܬ݇ܪ ܡܒܲܘܼܥܸ̈ܐ ܡܹܬܬܲܟ݂ܠܵܢܸ̈ܐ ܐܲܝܟ݂ ܡ̣ܢ ܦܪ̈ܝܼܣܵܬܸܐ ܕܐܝܼܬ ܓܵܘ ܒܸܝܬ ܐܵܣܝܘܼܬܵܐ ܕܐܵܣܝܵܐ، ܓܵܘ ܨܲܝܕܵܠܝܼܸ̈ܐ ܘܩܹܢܛܪ̈ܘܿܢܸܐ ܕܚܘܼܠܡܵܢܵܐ ܕܟܢܘܼܫܬܵܐ. |
| Government endorsed health websites and apps such as Better Health Channel, are also a reliable source of health information. | ܫܵܘܦܵܢܸ̈ܐ ܘܠܘܼܚܵܡܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܥܲܠ ܫܲܒܟܵܐ ܕܐܹܢܬܹܪܢܸܝܬ ܡܫܘܼܪܹܪܸܐ ܒܝܲܕ ܫܘܼܠܛܵܢܵܐ ܐܲܝܟ݂ Better Health Channel ܐܵܦ ܐܲܢܸܐ ܝܼܢܵܐ ܡܲܒܘܼܥܸ̈ܐ ܡܹܬܬܲܟ݂ܠܵܢܸ̈ܐ ܕܡܲܘܕܥܵܢܘܼܬܵܐ ܕܚܘܼܠܡܵܢܵܐ. |
| When making healthcare decisions, talk with your medical team in depth, and make sure you fully understand your options and the benefits and risks. | ܐܝܼܡܵܢ ܕܒܹܥܒ݂ܵܕܵܐ ܝܬܘܿܢ ܩܛܵܥܝܵܬܸ̈ܐ ܕܐ݇ܣܝܼܪܸܐ ܝܢܵܐ ܒܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ، ܗܲܡܙܸܡܘܼܢ ܥܲܡ ܝܲܗܠܵܘܟ݂ܘܿܢ ܐܵܣܝܵܝܵܐ ܒܥܲܡܘܼܩܘܼܬܵܐ، ܘܗܵܘܝܼܬܘܿܢ ܚܲܬܝܼܬܸܐ ܩܵܐ ܕܦܲܪܡܘܼܝܸܐ ܝܬܘܿܢ ܒܡܹܠܝܘܼܬܵܐ ܠܟܠܲܝܗܝ ܓܘܼܒܵܝܸ̈ܐ ܕܐܝܼܬܠܵܘܟ݂ܘܿܢ ܘܠܝܘܼܬܪܵܢܸ̈ܐ ܘܠܩܸܘܲܢܕܸܢܘܿܣܸ̈ܐ. |
| Ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis. | ܛܠܘܿܒܘܼܢ ܡ̣ܢ ܚܲܕ ܐܵܣܝܵܐ ܕܝܵܗܒ݂ܹܠܵܘܟ݂ܘܿܢ ܚܲܕ ܪܹܥܝܵܢܵܐ ܬܪܲܝܵܢܵܐ ܐܸܢ ܠܵܐ ܝܬܘܿܢ ܚܹܕܝܸܐ ܒܘܼܬ ܕܲܪܡܲܢܬܵܐ ܐܵܣܝܵܝܬܵܐ ܝܲܢ ܒܘܼܬ ܫܘܼܘܕܵܥܵܐ ܡܘܼܚܫܹܚܸܐ ܒܝܲܕ ܐܵܣܝܵܘܟ݂ܘܿܢ. |
| Planning includes setting goals for your health or healthcare combined with the ability to monitor your progress. | ܡܲܬܲܒ݂ܬܵܐ ܕܚܲܕ ܣܘܼܪܵܛܵܐ ܒܹܚܒ݂ܵܫܵܐ ܝܠܵܗ̇ ܪܫܵܡܬܵܐ ܕܢܝܼܫܸ̈ܐ ܩܵܐ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܝܲܢ ܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܥܲܡܥܲܡ ܡܨܵܝܬܵܘܟ݂ܘܿܢ ܠܹܚܙܵܝܵܐ ܕܵܐܟ݂ܝܼ ܒܪܹܚܫܵܐ ܝܬܘܿܢ ܠܩܵܕ݇ܡܵܐ. |
| When planning for the future, it is important to be realistic about your future health and discuss this with your doctor. | ܐܝܼܡܵܢ ܕܡܲܬܘܼܒ݂ܸܐ ܝܬܘܿܢ ܣܘܼܪܵܛܸ̈ܐ ܩܵܐ ܕܲܥܬܝܼܕ، ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܗܵܘܝܼܬܘܿܢ ܫܲܪܝܼܪܸܐ ܒܘܼܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܒܕܲܥܬܝܼܕ ܘܕܕܵܪܫܝܼܬܘܿܢ ܠܸܗ ܐܵܗܵܐ ܢܘܼܩܙܵܐ ܥܲܡ ܐܵܣܝܵܘܟ݂ܘܿܢ. |
| 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. | ܚܒ݂ܵܫܬܵܐ ܕܡܲܪ̈ܝܲܙܝܵܬܸܐ ܡܢܲܛܪܵܢܸ̈ܐ ܠܓܵܘ ܣܘܼܪܵܛܵܘܟ݂ܘܿܢ، ܐܲܝܟ݂ ܣܲܚܒܲܪܬܵܐ ܕܐܵܣܝܵܘܟ݂ܘܿܢ ܩܵܐ ܨܲܚܨܵܝܵܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܪܸ̈ܐܙܵܢܵܝܸܐ، ܝܲܢ ܐ݇ܟ݂ܵܠܬܵܐ ܕܡܸܐܟ݂ܘܼܠܝܵܬܸ̈ܐ ܒܘܼܫ ܚܘܼܠܡܵܢܵܝܸ̈ܐ ܘܫܵܘܝܘܼܬܵܐ ܕܥܵܒ݂ܘܿܕܘܼܝܵܬܸ̈ܐ ܦܲܓ݂ܪܵܢܵܝܸ̈ܐ، ܐܵܦ ܐܲܢܸܐ ܐܵܢܲܢܩܵܝܸ̈ܐ ܝܢܵܐ ܩܵܐ ܩܢܵܝܬܵܐ ܟܠܵܢܵܝܬܵܐ ܕܛܵܒ݂ܘܼܬܵܐ ܘܒܲܣܝܼܡܘܼܬܵܐ. |
| If taking medication, it is good practice to schedule time to review medications with your doctor. | ܐܸܢ ܒܹܫܩܵܠܵܐ ܝܬܘܿܢ ܕܲܪ̈ܡܵܢܸܐ، ܚܲܕ ܨܦܵܝܝܼ ܥܝܵܕܵܐ ܝܠܸܗ ܠܹܪܫܵܡܵܐ ܚܕܵܐ ܥܹܕܵܢܵܐ ܠܨܲܚܨܘܼܝܲܝܗܝ ܕܲܪ̈ܡܵܢܸܐ ܡܹܢ݇ܕܪܸܫ ܥܲܡ ܐܵܣܝܵܘܟ݂ܘܿܢ. |
| Monitoring the changes in signs and symptoms you experience is also important. | ܡܲܪܗܵܝܬܵܐ ܕܥܲܝܢܵܐ ܥܲܠ ܫܘܼܚܠܵܦܸ̈ܐ ܒܐܘܼܪܚܵܐ ܕܪܹ̈ܡܙܸܐ ܘܪ̈ܘܼܫܡܸܐ ܕܡܲܪܥܵܐ ܕܡܢܲܣܘܼܝܲܝܗܝ ܝܬܘܿܢ، ܐܵܦ ܐܲܝܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇. |
| And make sure you see your doctor when you first notice symptoms. | ܘܪܵܒܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܚܵܙܝܼܬܘܿܢ ܠܸܗ ܐܵܣܝܵܘܟ݂ܘܿܢ ܐܝܼܡܵܢ ܕܩܵܐ ܓܵܗܵܐ ܩܲܕܡܵܝܬܵܐ ܒܝܼܕܵܥܝܵܐ ܝܬܘܿܢ ܒܘܼܬ ܪ̈ܘܼܫܡܸܐ ܕܡܲܪܥܵܐ. |
| Open and honest doctor-patient communication is an important step in building trust. | ܝܵܗܒ݂ܫܩܵܠܵܐ ܦܬܝܼܚܵܐ ܘܫܲܪܝܼܪܵܐ ܒܸܝܠ ܐܵܣܝܵܐ ܘܡܲܪܥܵܢܵܐ ܝܼܠܵܗ̇ ܚܕܵܐ ܦܵܣܘܿܥܬܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܩܵܐ ܒܢܵܝܬܵܐ ܕܗܲܝܡܵܢܘܼܬܵܐ. |
| Some healthcare issues may be difficult to discuss. | ܒܲܠܟܵܐ ܕܗܵܘܝܵܐ ܥܲܣܩܵܐ ܠܹܕܪܵܫܲܝܗܝ ܚܲܕܟܡܵܐ ܨܒܘܼܝܵܬܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ. |
| However, healthcare professionals are trained to deal with sensitive issues, and the different cultural needs of the people in their care. | ܐܝܼܢܵܐ، ܚܲܒܝܼܪܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ ܦܝܼܫܸܐ ܝܢܵܐ ܡܬܘܼܠܡܹܕܸܐ ܕܦܵܠܚܝܼ ܥܲܡ ܨܒܘܼܝܵܬܸ̈ܐ ܪܵܓ݂ܘܿܫܬܵܢܵܝܸ̈ܐ، ܘܥܲܡ ܣܢܝܼܩܘܼܝܵܬܸ̈ܐ ܡܲܪ̈ܕܘܼܬܵܢܵܝܸܐ ܦܪ̈ܝܼܫܸܐ ܕܐ݇ܢܵܫܸ̈ܐ ܕܡܲܣܘܼܡܸܐ ܝܢܵܐ ܒܵܠܵܐ ܐܹܠܲܝܗܝ. |
| 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. | ܐܸܢ ܒܹܚܙܵܝܵܐ ܝܬܘܿܢ ܩܵܐ ܙܵܘܕܵܐ ܡ̣ܢ ܚܲܕ ܚܲܒܝܼܪܵܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ، ܒܹܕ ܗܵܘܝܵܐ ܗܲܝܹܪܵܢܬܵܐ ܐܸܢ ܐܵܡܪܝܼܬܘܿܢ ܩܵܐ ܟܠܚܲܕ ܡܹܢܲܝܗܝ ܒܘܼܬ ܕܲܪ̈ܡܲܢܝܵܬܸܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܕܩܲܒܘܼܠܲܝܗܝ ܝܬܘܿܢ، ܝܲܢ ܕܲܪ̈ܡܵܢܸܐ ܕܒܹܫܩܵܠܲܝܗܝ ܝܬܘܿܢ، ܒܹܚܒ݂ܵܫܵܐ ܕܲܪ̈ܡܵܢܸܐ ܠܵܐ ܡܫܘܼܒܚܸ̈ܐ، ܒ݂ܝܼܬܵܡܝܼܢܸ̈ܐ، ܘܕܲܪ̈ܡܵܢܸܐ ܝܲܪ̈ܩܵܢܸܐ. |
| Your general practitioner, GP, is often the best person to coordinate all your healthcare treatments. | ܪܵܒܵܐ ܓܵܗܸ̈ܐ ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ ܝܼܠܸܗ ܗ̇ܘ ܦܲܪܨܘܿܦܵܐ ܒܘܼܫ ܠܚܝܼܡܵܐ ܕܩܲܪܩܹܙܠܗܘܿܢ ܟܠܲܝܗܝ ܕܲܪ̈ܡܲܢܝܵܬܸܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ. |
| 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. | ܛܝܼܡܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ ܒܹܕ ܗܵܘܝܼ ܦܪ̈ܝܼܫܸܐ، ܬܠܝܼܬܵܐ ܝܠܵܗ̇ ܥܲܠ ܦܹܨܠܵܐ ܕܕܲܪܡܲܢܬܵܐ ܕܩܲܒܘܼܠܘܿܗ̇ ܝܬܘܿܢ، ܐܸܢ ܐܝܼܬܠܵܘܟ݂ܘܿܢ ܥܲܪܵܒ݂ܘܼܬܵܐ ܕܝܼܠܵܢܵܝܬܵܐ ܕܚܘܼܠܡܵܢܵܐ، ܘܐܲܝܢܝܼ ܚܹܠܡܲܬܸ̈ܐ ܕܫܘܼܠܛܵܢܵܐ ܠܚܝܼܡܸܐ ܝܬܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܠܗܘܿܢ. |
| You can get a wide range of free and subsidised healthcare services through the Medicare system. | ܡܵܨܝܼܬܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܚܲܕ ܣܹܕܪܵܐ ܪܘܝܼܚܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ ܡܲܓܵܢܵܝܸ̈ܐ ܘܒܚܲܕ ܛܝܼܡܵܐ ܡܘܼܒܨܹܪܵܐ ܒܐܘܼܪܚܵܐ ܕܛܲܟ݂ܣܵܐ ܕ Medicare. |
| It is recommended that you ask about the fees for seeing a healthcare provider before you make an appointment. | ܦܝܵܫܵܐ ܝܠܵܗ̇ ܡܘܼܚܫܹܚܬܵܐ ܕܒܲܩܪܝܼܬܘܿܢ ܒܘܼܬ ܟܡܵܐ ܒܹܕ ܦܵܪܥܝܼܬܘܿܢ ܠܹܚܙܵܝܸܗ ܚܲܕ ܡܙܲܘܹܕܵܢܵܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ ܡ̣ܢ ܩܲܕ݇ܡ ܕܡܲܪܝܹܙܝܼܬܘܿܢ ܚܲܕ ܘܲܥܕܵܐ. |
| By planning, managing, and coordinating your healthcare, you can get the best from the range of health services and options available to you. | ܒܡܲܪܝܲܙܬܵܐ، ܒܡܕܲܒܲܪܬܵܐ ܘܒܩܲܪܩܲܙܬܵܐ ܕܝܲܨܝܼܦܘܿܬ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ، ܒܹܕ ܩܲܒܠܝܼܬܘܿܢ ܠܐܵܢܝܼ ܦܠܵܛܸ̈ܐ ܒܘܼܫ ܪܸ̈ܫܵܝܸܐ ܡ̣ܢ ܣܹܕܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܘܕܓܘܼܒܵܝܸ̈ܐ ܕܡܵܨܝܼܬܘܿܢ ܕܡܲܦܠܹܚܝܼܬܘܿܢ ܠܗܘܿܢ. |
| For more information, visit BETTERHEALTH.vic.gov.au/planning | ܩܵܐ ܒܘܼܫ ܙܵܘܕܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ،ܣܲܚܒܹܪܘܿܢ ܠ BETTERHEALTH.vic.gov.au/planning |