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| **Planning and coordinating healthcare services** | **Iskuduwida iyo qorsheynta adeegyada daryeelka caafimaadka** |
| Managing your health is something you can do. | Maareynta caafimaadkaaga waa waxaad sameyn karto. |
| 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. | Inaad noqoto mid firfircoon oo la wargeliyey wax ku saabsan caafimaadkiisa, oo ka warqaba fursadaha daryeelka caafimaadka, waxaad sameyn kartaa badiba go’aamada adoo ka warqaba baahidaada iyo kuwaas aad daryeesho. |
| There are six key areas for you to consider when managing your healthcare. | Waxaa jira lix meelood oo muhiim ah oo ah inaad tixgeliso markaad maareynayso daryeelka caafimaadkaaga. |
| Preparation and research. | Cilmi baarista iyo diyaarinta. |
| Making decisions on treatment and care. | Go’aan ka gaarida daryeelka iyo daaweynta. |
| Communicating openly and honestly. | Uga hadlida si daacad ah oo furan. |
| Monitoring health and setting goals. | La socoshada caafimaadka iyo dejinta ujeedooyinka. |
| Understanding healthcare costs and payment | Fahmida daryeelka caafimaadka lacag bixinta iyo kharashaadka |
| And seeking heap and support. | Iyo raadinta daryeel iyo caawimaad. |
| Being prepared includes taking the things you need to your healthcare appointment, including a list of questions you want your healthcare professional to answer. | Inaad diyaar tahay waxaa ka mid ah u qaadida waxyaalahaad u baahan tahay ballamaha daryeelka caafimaadkaaga, oo ay ku jiraan liiska su’aalaha waxaad rabtaa in aqoon yahanku daryeelka caafimaadka Inuu ka jawaabo. |
| Being prepared is also about seeking reliable health information to educate yourself about your health issues or medical conditions. | Diyaar ahaanshuhu wuxuu sidoo kale ku saabsan yahay raadinta macluumaadka caafimaadka laysku haleyn karo si aad wax u barto nafsadaada wax ku saabsan arimahaaga caafimaadka ama xaaladaha daawada. |
| If taking medication, take time to understand your medication, including what it is specifically for, any special instructions, and potential side effects. | Haddii aad daawo qaadatid, wakhti qaado si aad u fahamtid daawadaada, oo ay ku jiraan waxay gaar ahaan loogu talagalay, wixii tilmaame khaas ah iyo waxyeelada ka iman karta. |
| When researching, seek out reliable sources such as from pamphlets at a doctor surgery, pharmacies, and community health centres. | Markaad daraasada sameynayso, raadi Ilo macluumaad oo laysku haleyn karo sida buug yaraha yaal dakhtarka qaliinka, farmasiiyada, iyo xarumaha caafimaadka bulshada. |
| Government endorsed health websites and apps such as Better Health Channel, are also a reliable source of health information. | Website yada caafimaadka ee dawladu ogoshahay iyo apps ka Sida Janalka Caafimaadka ka Wanaagsan, sidoo kale waa ilmo macluumaad oo laysku haleyn karo macluumaadka caafimaadka. |
| When making healthcare decisions, talk with your medical team in depth, and make sure you fully understand your options and the benefits and risks. | Markaad sameynaysid go’aamada daryeelka caafimaadka, ula hadal si qoto dheer kooxdaada daawada, oo hubi inaad si buuxda u fahamtid fursadahaaga iyo khataraha iyo faa’iidooyinka. |
| Ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis. | Weydii dhakhtar fikrad labaad haddii aadan hubin wax ku saabsan dhakhtarkaagu daaweynta caafimaad ee uu soo jeedinayo ama wiisatadaada. |
| Planning includes setting goals for your health or healthcare combined with the ability to monitor your progress. | Qorsheynta waxaa ka mid ah dejinta ujeedooyinka daryeelka caafimaadkaga ama caafimaadkaaga oo ay iskuxiran yihiin awooda si loola socdo horumarka. |
| When planning for the future, it is important to be realistic about your future health and discuss this with your doctor. | Markaad qorsheynayso mustaqbalka, waa muhiim inaad xaqiiqda ka sheegto waxa ku saabsan mustaqbalka caafimaadkaaga oo kala hadal tan dhakhtarkaaga. |
| 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. | Iskuxirida cabiraada ka hortaga ee qorshahaaga, sida u booqashada dhakhtarkaaga wixii ah jeegareynta caafimaad ee joogtada ah ama hagaajinta cuntada isudheelitirin iyo heerarka nashaadka jireed, sidoo kale waa muhiim fiyoobaanta guud. |
| If taking medication, it is good practice to schedule time to review medications with your doctor. | Haddii aad daawo qaadaneyso, waa waxqabad wanaagsan inaad wakhtiga qorsheyso si aad dib ula eegto daawooyinka dhakhtarkaaga. |
| Monitoring the changes in signs and symptoms you experience is also important. | La socodka isbedelada calaamadaha iyo astaamaha khibradaadu sidoo kale waa muhiim. |
| And make sure you see your doctor when you first notice symptoms. | Iyo waa inaad hubisaa inaad aragtid dhakhtarkaaga marka ugu horeyso ee aad ogaato astaamaha. |
| Open and honest doctor-patient communication is an important step in building trust. | Wadahadalka bukaanka -dhakhtarka ee furan ee daacada ah waa talaabo muhiim ah oo lagu dhisayo kalsoonida. |
| Some healthcare issues may be difficult to discuss. | Arimaha daryeelka caafimaadka qaarkood waxaa laga yaabaa inay adkaadaan in laga wada hadlo. |
| However, healthcare professionals are trained to deal with sensitive issues, and the different cultural needs of the people in their care. | Si kastaba ha ahaatee, aqoon yahanada daryeelka caafimaadka waa tababaran yihiin inay maareeyaan arimaha xasaasiga ah iyo baahiyaha dhaqameed ee kala duwan ee dadka daryeelkooda ku jira. |
| 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. | Haddii aad aragto wax ka badan mid oo ah aqoon yahanada daryeelka caafimaadka, way caawineysaa in loo sheego mid kasta wax ku saabsan daaweynta kale ee aad qaadaneysid daaweynta kale ee aad qaadato, ama daaweynta aad qaadaneyso, oo ay ku jiraan taad adigu iibsato, vitamins, iyo kabayaasha geedaha. |
| Your general practitioner, GP, is often the best person to coordinate all your healthcare treatments. | Dhakhtarkaaga guud, GP, badanaa waa qofka ugu fiican si loo xiriiriyo dhammaan daaweyntaada daryeelkaaga caafimaadka. |
| 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. | kharashaadka daryeelka caafimaadka way isbedelayaan iyagoo ku xiran nooca daaweynta ee aad qaadato haddii aad heysato ceymiska caafimaadka gaarka ah, iyo waxaad adeegyada dawlada xaq ugu leedahay. |
| You can get a wide range of free and subsidised healthcare services through the Medicare system. | Waxaad heli kartaa waxyaalo fara badan oo kala duwan oo bilaash ah iyo kuwo la kabay oo ah adeegyada daryeelka caafimaadka ee nidaamka Medicare ka. |
| It is recommended that you ask about the fees for seeing a healthcare provider before you make an appointment. | Waxaa lagu talinayaa inaad wax ka weydiisid ku saabsan lacagta ujrada ee aad ku arkeysid bixiyaha daryeelka caafimaadka ka hor intaadan sameyn ballanta. |
| By planning, managing, and coordinating your healthcare, you can get the best from the range of health services and options available to you. | Adoo qorsheynaya, maareynaya iyo iskuxiriirinaya daryeelkaaga caafimaad, waxaad ka heli kartaa waxa ugu wanaagsan adeegyada caafimaad ee kala duwan iyo fursadaha aad heli karto. |
| For more information, visit BETTERHEALTH.vic.gov.au/planning | Wixii macluumaad dheeraad ah, gal BETTERHEALTH.vic.gov.au/planning |