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| **Planning and coordinating healthcare services** | **Kupanga na kuratibu huduma za utunzajiafya** |
| Managing your health is something you can do. | Kusimamia afya yako ni kitu unachoweza kufanya. |
| 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. | Kutenda na kufahamishwa kuhusu afya yako, na kujua uchaguzi wako wa utunzajiafya, unaweza kuamua maumuzi yanayofahamishwa sana kwa mahitaji yako na kwa wale ambao unawatunza. |
| There are six key areas for you to consider when managing your healthcare. | Kuna maeneo muhimu sita kwa kufikiria kwako wakati unaposimamia utunzajiafya wako. |
| Preparation and research. | Kuandaa na utafiti. |
| Making decisions on treatment and care. | Kuamua maamuzi kuhusu matibabu na utunzaji. |
| Communicating openly and honestly. | Kuwasiliana wazi na kwa kweli. |
| Monitoring health and setting goals. | Kufuatia afya na kuamua malengo. |
| Understanding healthcare costs and payment | Kufahamu gharama na malipo ya utunzajiafya. |
| And seeking heap and support. | Na kutafuta msaada na msaidizi. |
| Being prepared includes taking the things you need to your healthcare appointment, including a list of questions you want your healthcare professional to answer. | Kuandaa ni pamoja na kuchukua vitu unavyohitaji kwa miadi yako ya utunzajiafya, pamoja na orodha ya maswali unayotaka kujibiwa na mtaalamu wako wa utunzajiafya. |
| Being prepared is also about seeking reliable health information to educate yourself about your health issues or medical conditions. | Kuwa tayari pia ni kuhusu kutafuta habari ya kuaminika ya afya ili kujielimisha kuhusu masuala yako ya afya au hali za udaktari. |
| If taking medication, take time to understand your medication, including what it is specifically for, any special instructions, and potential side effects. | Ikiwa unatumia dawa, chukua muda ili kufahamu dawa yako, pamoja na ina sababu ya pekee gani, mafunzo yoyote ya maalum, na madhara yanayowezekana. |
| When researching, seek out reliable sources such as from pamphlets at a doctor surgery, pharmacies, and community health centres. | Wakati unapotafiti, tafuta kwa vyanzo vya kuaminika kama kutoka brosha iliyopo chumba cha daktari, famasia, na vituo vya afya ya jamii. |
| Government endorsed health websites and apps such as Better Health Channel, are also a reliable source of health information. | Tovuti na apps za afya ambazo zimekubaliwa na serikali kama Channel ya Afya Nzuri, pia ni vyanzo vya kuaminika vya habari za afya. |
| When making healthcare decisions, talk with your medical team in depth, and make sure you fully understand your options and the benefits and risks. | Wakati unapoamua maamuzi ya utunzajiafya, zungumza na timu yako ya udaktari kwa kina, na hakikisha unaelewa kabisa uchaguzi wako na faida na hatari. |
| Ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis. | Omba daktari maoni ya pili kama huna hakika kuhusu tiba au utambuzi uliodokezwa na daktari yako. |
| Planning includes setting goals for your health or healthcare combined with the ability to monitor your progress. | Kupanga ni pamoja na kuchagua malengo kwa afya yako au utunzajiafya kuungana na uwezo kufuatia maendeleo yako. |
| When planning for the future, it is important to be realistic about your future health and discuss this with your doctor. | Wakati unapopanga siku za baadaye, ni muhimu kuwa mwenye uhalisi kuhusu afya yako ya baadaye na kuzungumza hiyo na daktari yako. |
| 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. | Kuunganisha matendo ya kuzuia katika mpango wako, kama kutembelea daktari yako kwa kupimwa afya kila mara, au kuboresha mlio na viwango vya shughuli za kimwili, pia ni muhimu kwa ustawi wako wa jumla. |
| If taking medication, it is good practice to schedule time to review medications with your doctor. | Kama ukitumia dawa, ni zoezi zuri kupanga muda kukagua madawa na daktari yako |
| Monitoring the changes in signs and symptoms you experience is also important. | Kufuatia mabadiliko ya alama na dalili unazozipata pia ni muhimu. |
| And make sure you see your doctor when you first notice symptoms. | Na hakikisha umwone daktari wakati unapotaja dalili mwanzoni. |
| Open and honest doctor-patient communication is an important step in building trust. | Mawasiliano ya daktari-mgonjwa wazi na ya kweli ni hatua muhimu katika kujenga imani. |
| Some healthcare issues may be difficult to discuss. | Masuala mengine ya utunzajiafya yanaweza kuwa ngumu kuzungumza. |
| However, healthcare professionals are trained to deal with sensitive issues, and the different cultural needs of the people in their care. | Hata hivyo, wataalamu wa utunzajiafya wanafundishwa kushughulikia na mawuala yenye siri, na mahitaji tofauti ya utamaduni ya watu wapo katika utunzaji wao. |
| 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. | Ikiwa unawaona zaidi kuliko mtaalamu mmoja wa utunzajiafya, inasaidia kumwambia kila mmoja kuhusu tiba nyingine unazotumia, au dawa unayotumia, pamoja na ya dukani, vitamini, na nyongeza za majani. |
| Your general practitioner, GP, is often the best person to coordinate all your healthcare treatments. | Daktari yako ya jumla, GP, mara nyingi ni mtu mzuri sana kufanya uratibu wa tiba zote zako za utunzajiafya. |
| 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. | Malipo ya utunzajiafya zinabadili kutegemea aina ya matibabu unayopata, kama una bima ya afya ya binafsi, na huduma gani za serikali unazostahili. |
| You can get a wide range of free and subsidised healthcare services through the Medicare system. | Unaweza kupata anuwai pana ya huduma za utunzajiafya bila malipo au na ruzuku kupitia mfumo wa Medicare. |
| It is recommended that you ask about the fees for seeing a healthcare provider before you make an appointment. | Inasifiwa kuwa uulize kuhusu ada kwa kumwona mtoaji wa utunzajiafya kabla kupanga mkutano. |
| By planning, managing, and coordinating your healthcare, you can get the best from the range of health services and options available to you. | Kama ukipanga, kusimamia na kufanya uratibu utunzajiafya wako, unaweza kupata mazuri kutoka anuwai ya huduma za afya, na uchaguzi unaopatikana kwako. |
| For more information, visit BETTERHEALTH.vic.gov.au/planning | Kwa habari zaidi, enda BETTERHEALTH.vic.gov.au/planning |