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| **Aged care services** | **Adeegyada daryeelka duqowda** |
| In Victoria, a broad range of services is available to support your health and well-being as you age. From home support services and other services that help support your independence at home, to residential aged care homes, there are numerous services to support your health and well-being as you age. | Victoria gudaheeda, adeegyo fara badan ayaa la helayaa si loo taageero caafimaadkaaga iyo fiyoobaanta da’daada. ee adeegyada taageerada guriga iyo adeegyo kale oo kaa caawinaya taageerada guriga ee madaxa bannaan, ilaa degaanka guryaha daryeelka dadka waaweyn, waxaa jira tiro adeegyo ah oo taageeraya caafimaadkaaga iyo fiyoobidaada isla markaad sii weynaataba. |
| We're very fortunate in Victoria to have an extremely comprehensive system of aged care. So people can spend a lot of time living in their own homes.  There's multitude of services that can be provided from the community. | Aad baan nasiib u leenahay Victoria gudaheeda inaynu heysato nidaamka dhan oo weyn ee daryeelka dadka waaweyn Si dadku ay ugu qaadan karaan wakhti badan ku noolaanshaha guryahooda. Waxaa jira adeegyo fara badan oo laga bixin karo bulshada. |
| Human beings are meant to socialise and communicate, so it's necessary to be involved in the community, I think.  I'm very interested in music.  I always say when you retire, you find what you like.  You know, there's something for everyone. | Bani’aadamka waxaa loogu talagalay in ay wadahadlaan oo ay bulsheeyaan, saa daraadeed waa lagama maarmaan inaad ku lug yeelato bulshada, ayey ila tahay. Waxaan aad u xiiseeyaa muusig waxaan had iyo jeer iraahdaa markaad hawl gabto waxaad heshaa waxaad jeceshahay. Waxaad ogtahay, in qof waliba wax leeyahay. |
| So as we get older, it's important to maintain good health, and that's not just good medical health, but it's also good social health, doing the things that make you feel good.” | Saa daraadeed markaan sii weynaanoba, waa muhiim inaan ilaashano caafimaadka wanaagsan, oo aan ahayn oo kaliya caafimaadka daawada wanaagsan, laakiinse waa sidoo kale caafimaadka bulsho ee wanaagsan, sameynta waxyaalaha kuu yeela dareenka wanaagsan. |
| As we get older, we face new challenges.  So it's a good idea to discuss your plans and wishes for the future with your family or support network, and begin to plan ahead. | Markaan sii weynaano waxaan naga hor yimaada loolamo cusub. Saa daraadeed waa fikrad wanaagsan inaad ka hadasho qorshayaashaada iyo waxyaalahaad la jeceshahay mustaqbalka qoyskaaga ama netwaaga taageerada, iyo bilaabida hore u qorsheynta. |
| The key thing is to work with the experts and services that are available, and ask questions to ensure you understand the options available to you. | Sheyga ugu muhiimsan waa inaad la shaqeyso khubarada iyo adeegyada la heli karo su’aalona weydii si loo hubiyo inaad fahamtay fursadaha aad heli karto. |
| The Australian Government provides the majority of aged care services, including services to support you at home, and aged care homes or residential aged care services.  My Aged Care is the national gateway for accessing these services. | Dawlada Australia waxay bixisaa badi Adeegyada daryeelka dadka waa weyn, oo ay ku jiraan adeegyada in lagugu taageero guriga iyo guryaha daryeelka dadka waa weyn ama degaanka adeegyada daryeelka dadka waa weyn daryeelkayga da’da waa wadada qaranka ee lagu helayo adeegyadaan. |
| My Aged Care provides assistance with home services, such as domestic help, and if a stay in hospital is necessary, hospital staff can arrange for after-hospital or transition-care services through My Aged Care. | Daryeelkayga Da’du wuxuu bixiyaa caawimaada adeegyada guriga sida caawimaada guriga iyo haddii joogitaanka isbitaalku uu yahay lagama maarmaan, shaqaalaha isbitaalka ayaa kuu sameyn kara isbitaalka ka dib ama adeegyada daryeelka ku meelgaarka ah ee Daryeelka Da’deyda. |
| There are other services to support you to live independently too. | Waxaa jira adeegyo kale si laguu taageero si aad ugu noolaato si madax bannaan xitaa. |
| Personal alert systems or services can provide you with added confidence to live in your own home.  Personal alert systems notify emergency services and caregivers of an accident, such as a fall. | Nidaamka digitaanka shakhsiyeed ama adeegyada ku siin kara adiga kalsooni lagu daray si aad ugu noolaatid gurigaaga nidaamyada digitaanka shakhsiyeed ee adeegyada xaalada degdega ah wargelintooda iyo daryeel bixiyayaasha shilka, sida dhicitaanka. |
| The Victorian Government funds Personal Alert Victoria, a daily monitoring and emergency response service for frail, older Victorians and Victorians with disabilities. | Dawlada Victoria waxay maalgelisaa digitaanka shakhsiyeed ee Victoria xaalada degdega ah iyo la socoshada maalmeed adeega ujawaabida ee kuwa tamarta daran, Victoriyaanka da’da ah iyo Victoriyaanka iinta leh. |
| There are also private services that can assist you. | Waxaa sidoo kale adeegyo gaar ah oo ku caawin kara. |
| Your GP can advise you and connect you with other health care professionals as needed. | Dhakhtarkaaga (GP) ayaa kaala talin kara oo kula xiriirin kara aqoonyahanada daryeelka caafimaadka ee kale sida loo baahan yahay. |
| Ask your GP about the free annual health assessment for people aged 75 years and over or 55 years and over for Aboriginal and Torres Strait Islanders. | Weydii GP gaaga wax ku saabsan qiimeynta caafimaadka sannadeed ee bilaashka ah ee dadka da’doodu tahay 75 sanno ama ka weyn ama 55 sanno ama ka weyn ee Aborijiinka iyo Torres Strait Islanders. |
| For many people, it may become difficult to manage all their needs at home. | Dad fara badan, waxaa laga yaabaa inay adag noqoto si loo maareeyo dhammaan baahidooda guriga. |
| At this time, residential care is often the choice. | Wakhtigan, daryeelka degaanka badanaa waa doorashada. |
| For care in an aged care home or residential services, My Aged Care can assist with range of services support.  Note that any fees and eligibility for subsidies will be discussed and agreed upon with your service provider before the services are provided. | Daryeelka daryeelka da’da ee guriga ama adeegyada degaanka, Daryeelkayga Da’da wuxuu caawin karaa noocyo kala duwan oo adeegyo taageero ah. Ogow in wixii lacag ujro ah iyo xaq u yeelashada kabitaanka waa laga wada hadli doonaa oo laysku raaci doonaa adeeg bixiyahaaga ka hor intaan adeegyadaas la bixin. |
| You may have to pay something towards the cost of your care. | Waxaa laga yaabaa inaad wax ka bixisid xagga kharashka daryeelkaaga. |
| So residential care is, these days, very highly regulated.  So there are very stringent standards to make sure that the care you receive is outstanding.  Certainly, there are some wonderful residential facilities available that provide excellent care and a loving and welcoming environment. | Saa daraadeed daryeelka degaanku waa maalmahan mid aad sharcigiisa loo kontoroolo saa daraadeed waxaa jira heerar adag si aad u hubisid in daryeelka aad heshaa la bixiyey xaqiiqdii, waxaa jira qaar tasiilaad degaan qurux badan oo lahelayo bixiyana daryeel aad u wanaagsan iyo jewi soo dhaweyn leh iyo jaceyl. |
| What makes this feel like a home is, instead of living at home on your own, you’re just living with one great big family.  Benefits of that are I'm no longer lonely.  The social benefits are enormous.  I'm outside doing quite a bit of work in the workshop, which helps a lot. | Maxaa ka dhigaya tan inuu noqdo mid gurigii oo kale ah meeshii aad ku noolaan lahayn guriga keligaa, hadda waxaad la nooshahay hal qoys oo balaaran. Faa’iidada taasi waa inaanan cidlooneyn, faa’iidada bulshadu inay aad u badan tahay waxaan jiray bannaanka anoo ka qabanayo wax yar oo shaqo ah hoosada, oo wax badan caawineysa. |
| There are many things to consider in planning your future as you age.  It is important to keep healthy and fit, be informed about aged care services, and plan ahead. | Waxaa jira waxyaalo badan oo ay tahay inaad tixgeliso markaad qorsheynayso mustaqbalkaaga ee aad da’ sii noqotaba. Waa muhiim inaad ilaaliso inaad dhisan tahay oo caafimaad qabto, wax ka ogow ku saabsan adeegyad daryeelka dadka waaweyn, oo hore u qorsheyso. |
| To learn more about ageing and aged care services, visit My Aged Care, or call the contact centre on 1800 200 422. | Si aad u barato wax badan oo ku saabsan gabowga iyo adeegyada daryeelka da’da, booqo Daryeelkayga Da’da, ama wac xiriirka xarunta 1800 200 422. |
| For more information, visit www.BETTERHEALTH.vic.gov.au/agedcare | Wixii macluumaad dheeraad ah, booqo www.BETTERHEALTH.vic.gov.au/agedcare |