|  |  |
| --- | --- |
| **Aged care services** | **ܚܹܠܡܲܬܸ̈ܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ** |
| 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. | - ܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ، ܐܝܼܬ ܚܲܕ ܣܹܕܪܵܐ ܪܘܝܼܚܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܡܵܨܝܵܐ ܕܦܵܝܫܝܼ ܡܘܼܦܠܹܚܸܐ ܠܹܣܢܵܕܲܝܗܝ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܘܛܵܒ݂ܘܼܬܵܐ ܘܒܲܣܝܼܡܘܼܬܵܐ ܕܚܲܝܵܘܟ݂ܘܿܢ ܟܲܕ ܒܹܥܒ݂ܵܪܵܐ ܝܬܘܿܢ ܒܫܹܢܸ̈ܐ.ܕܒ݂ܘܿܩ ܡ̣ܢ ܚܹܠܡܲܬܸ̈ܐ ܕܣܢܵܕܬܵܐ ܓܵܘ ܒܲܝܬܵܐ ܘܚܹܠܡܲܬܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܕܟܸܐ ܗܲܝܸܪܝܼ ܒܣܢܵܕܬܵܐ ܕܚܸܐܪܵܘܬܵܘܟ݂ܘܿܢ ܓܵܘ ܒܲܝܬܵܐ ܕܓܵܢܵܘܟ݂ܘܿܢ، ܘܗܲܠ ܒܵܬܸ̈ܐ ܕܩܵܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ، ܬܵܡܵܐ ܐܝܼܬ ܚܲܕ݇ܕܲܪܝܵܐ ܚܹܠܡܲܬܸ̈ܐ ܠܹܣܢܵܕܲܝܗܝ ܚܘܼܠܡܵܢܵܘܟ݂ܘܿܢ ܘܛܵܒ݂ܘܼܬܵܐ ܘܒܲܣܝܼܡܘܼܬܵܐ ܕܚܲܝܵܘܟ݂ܘܿܢ ܟܲܕ ܒܹܥܒ݂ܵܪܵܐ ܝܬܘܿܢ ܒܫܹܢܸ̈ܐ. |
| “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.” | - ܐܲܚܢܲܢ ܪܵܒܵܐ ܓܲܕܵܢܸ̈ܐ ܝܘܲܚ ܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܟܲܕ ܐܝܼܬܠܲܢ ܚܲܕ ܛܲܟ݂ܣܵܐ ܟ̰ܹܡ ܓܡܝܼܪܵܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂̈ܐ.ܗܵܕܟ݂ܵܐ ܕܐ݇ܢܵܫܸ̈ܐ ܡܵܨܝܼ ܕܡܲܥܒ݂ܹܪܝܼ ܠܪܵܒܵܐ ܥܹܕܵܢܵܐ ܒܹܚܵܝܵܐ ܓܵܘ ܒܵܬܸ̈ܐ ܕܓܵܢܲܝܗܝ.ܬܵܡܵܐ ܐܝܼܬ ܚܲܕ ܡܹܢܝܵܢܵܐ ܓܘܼܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܐܲܝܢܝܼ ܕܡܵܨܝܵܐ ܕܦܵܝܫܝܼ ܡܘܼܩܪܹܒ݂ܸܐ ܡܓܵܘ ܟܢܘܼܫܬܵܐ. |
| “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. | - ܦܝܼܫܬܵܐ ܝܠܵܗ̇ ܣܒܝܼܪܬܵܐ ܡ̣ܢ ܒܢܲܝܢܵܫܵܐ ܕܫܲܘܬܹܦܝܼ ܘܫܵܩܠܝܼ ܘܝܵܗܒ݂ܝܼ ܥܲܡܚܕܵܕܸܐ، ܩܵܐ ܒܘܼܬ ܐܵܗܵܐ، ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܐ݇ܢܵܫܵܐ ܗܵܘܸܐ ܥܵܒ݂ܘܿܕܵܐ ܓܵܘ ܟܢܘܼܫܬܵܐ، ܒܲܚܫܲܒ݂ܬܝܼ.ܐܵܢܵܐ ܐܝܼܬܠܝܼ ܪܵܒܵܐ ܒܘܼܣܵܡܵܐ ܒܡܘܿܣܝܼܩܵܐ.ܗܲܡܵܫܵܐ ܟܸܐ ܐܵܡܪܵܢ ܩܵܐ ܕܐܝܼܡܵܢ ܕܫܵܠܝܼܬܘܿܢ ܡ̣ܢ ܦܘܼܠܚܵܢܵܐ، ܒܹܕ ܡܲܫ݇ܟ̰ܚܝܼܬܘܿܢ ܠܡܹܢܕܝܼ ܕܒܵܥܝܼܬܘܿܢ ܠܸܗ.ܐܲܝܟ݂ ܕܝܵܕܥܝܼܬܘܿܢ، ܬܵܡܵܐ ܐܝܼܬ ܚܲܕ ܡܹܢܕܝܼ ܩܵܐ ܟܠܚܲܕܼ. |
| 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.” | - ܘܗܵܕܟ݂ܵܐ ܟܲܕ ܒܹܥܒ݂ܵܪܵܐ ܝܘܲܚ ܒܫܹܢܸ̈ܐ، ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܚܲܡܲܚ ܠܵܗ̇ ܓܵܢܲܢ ܒܚܘܼܠܡܵܢܵܐ ܛܵܒ݂ܵܐ، ܐܵܗܵܐ ܠܵܐ ܝܠܸܗ ܐܲܚܟ̰ܝܼ ܒܹܚܒ݂ܵܫܵܐ ܚܘܼܠܡܵܢܵܐ ܐܵܣܝܵܝܵܐ ܛܵܒ݂ܵܐ، ܐܹܠܵܐ ܐܵܦ ܚܘܼܠܡܵܢܵܐ ܫܲܘܬܵܦܵܝܵܐ ܛܵܒ݂ܵܐ، ܥܒ݂ܵܕܵܐ ܡܹܢܕܝܼܵܢܸ̈ܐ ܕܡܲܥܒ݂ܘܼܕܸܐ ܝܢܵܐ ܕܪܵܓ݂ܫܝܼܬܘܿܢ ܒܚܲܕܘܼܬܵܐ ܘܒܒܲܣܝܼܡܘܼܬܵܐ. |
| 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. | - ܟܲܕ ܒܹܥܒ݂ܵܪܵܐ ܝܘܲܚ ܒܫܹܢܸ̈ܐ، ܒܹܬܦܵܩܵܐ ܝܘܲܚ ܒܡܘܼܪܵܝܸ̈ܐ ܵܕܬܸ̈ܐ.ܩܵܐ ܒܘܼܬ ܐܵܗܵܐ، ܨܦܵܝܝܼ ܬܲܚܡܲܢܬܵܐ ܝܠܵܗ̇ ܐܸܢ ܕܵܪܫܝܼܬܘܿܢ ܠܗܘܿܢ ܦܹܠܠܵܢܵܘܟ݂ܘܿܢ ܘܡܲܚܲܒܝܵܬܵܘܟ݂ܘܿܢ ܕܲܥܬܝܼܕܵܝܸ̈ܐ ܥܲܡ ܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ ܝܲܢ ܥܲܡ ܫܲܒܟܵܐ ܕܣܢܵܕܬܵܐ، ܘܒܗ̇ܝܓܵܗܵܐ ܫܲܪܝܼܬܘܿܢ ܡܲܪܝܘܼܙܸܐ ܩܵܐ ܕܲܥܬܝܼܕ. |
| 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. | ܗ̇ܘ ܡܹܢܕܝܼ ܐܵܢܲܢܩܵܝܵܐ ܝܼܠܸܗ ܕܦܵܠܚܝܼܬܘܿܢ ܥܲܡ ܚܲܒܝܼܪܸ̈ܐ ܘܚܹܠܡܲܬܸ̈ܐ ܕܡܵܨܝܼܬܘܿܢ ܕܡܲܦܠܹܚܝܼܬܘܿܢ ܠܗܘܿܢ، ܘܕܒܲܩܪܝܼܬܘܿܢ ܒܘܼܩܵܪܸ̈ܐ ܠܚܲܬܘܼܬܸܐ ܩܵܐ ܕܐܲܚܬܘܿܢ ܦܲܪܡܘܼܝܲܝܗܝ ܝܬܘܿܢ ܐܵܢܝܼ ܓܘܼܒܵܝܸ̈ܐ ܕܡܵܨܝܼܬܘܿܢ ܕܡܲܦܠܹܚܝܼܬܘܿܢ ܠܗܘܿܢ. |
| 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. | ܫܘܼܠܛܵܢܵܐ ܕܐܘܿܣܬܪܵܠܝܼܵܐ ܟܸܐ ܡܲܩܪܹܒ݂ ܠܣܵܗܡܵܐ ܙܵܘܕܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܩܵܐ ܣܵܒ݂ܸ̈ܐ، ܒܹܚܒ݂ܵܫܵܐ ܚܹܠܡܲܬܸ̈ܐ ܠܹܣܢܵܕܵܘܟ݂ܘܿܢ ܓܵܘ ܒܲܝܬܵܐ ܕܓܵܢܵܘܟ݂ܘܿܢ، ܘܓܵܘ ܒܵܬܸ̈ܐ ܕܩܵܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ ܝܲܢ ܚܹܠܡܲܬܸ̈ܐ ܡܲܫܟܢܵܝܸ̈ܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ. |
| 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. | My Aged Care ܝܼܠܸܗ ܗ̇ܘ ܬܲܪܥܵܐ ܐܘܼܡܬܵܝܵܐ ܩܵܐ ܠܹܡܛܵܝܵܐ ܠܐܲܢܸܐ ܚܹܠܡܲܬܸ̈ܐ.My Aged Care ܟܸܐ ܗܲܝܹܪ ܒܡܲܩܪܲܒ݂ܬܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܓܵܘ ܒܲܝܬܵܐ، ܐܲܝܟ݂ ܗܲܝܲܪܬܵܐ ܒܲܝܬܵܝܬܵܐ، ܘܐܸܢ ܕܡܵܟ݂ܬܵܐ ܓܵܘ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇، ܦܲܠܵܚܸ̈ܐ ܕܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܡܵܨܝܼ ܕܡܲܪܝܹܙܝܼ ܚܹܠܡܲܬܸ̈ܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܡ̣ܢ ܒܵܬ݇ܪ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܝܲܢ ܚܹܠܡܲܬܸ̈ܐ ܕܒܡܹܬܚܵܐ ܕܡܫܲܢܵܝܬܵܐ ܒܐܘܼܪܚܵܐ ܕ My Aged Care. |
| There are other services to support you to live independently too. | ܐܵܦ ܬܵܡܵܐ ܐܝܼܬ ܚܹܠܡܲܬܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܠܹܣܢܵܕܵܘܟ݂ܘܿܢ ܕܡܕܲܒܪܝܼܬܘܿܢ ܠܗܘܿܢ ܚܲܝܵܘܟ݂ܘܿܢ ܒܢܲܦ̮ܫܵܘܟ݂ܘܿܢ. |
| 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. | ܛܲܟ݂ܣܸ̈ܐ ܕܙܘܼܗܵܪܵܐ ܦܲܪܨܘܿܦܵܝܵܐ ܝܲܢ ܚܹܠܡܲܬܸ̈ܐ ܡܵܨܝܼ ܕܝܵܗܒ݂ܝܼܠܵܘܟ݂ܘܿܢ ܒܘܼܫ ܙܵܘܕܵܐ ܗܲܝܡܵܢܘܼܬܵܐ ܠܹܚܵܝܵܐ ܓܵܘ ܒܲܝܬܵܐ ܕܓܵܢܵܘܟ݂ܘܿܢ.ܛܲܟ݂ܣܸ̈ܐ ܕܙܘܼܗܵܪܵܐ ܦܲܪܨܘܿܦܵܝܵܐ ܟܸܐ ܡܲܕܹܥܝܼ ܩܵܐ ܚܹܠܡܲܬܸ̈ܐ ܕܥܪܝܼܨܘܼܬܵܐ ܘܩܵܐ ܡܲܣܹܡܵܢܸ̈ܐ ܕܒܵܠܵܐ ܐܝܼܡܵܢ ܕܚܲܕ ܓܹܕܫܵܐ ܩܲܘܘܼܡܸܐ ܝܠܸܗ، ܐܲܝܟ݂ ܢܦܵܠܵܐ. |
| The Victorian Government funds Personal Alert Victoria, a daily monitoring and emergency response service for frail, older Victorians and Victorians with disabilities. | ܫܘܼܠܛܵܢܵܐ ܕܒ݂ܝܼܟܬܘܿܪܝܵܐ ܟܸܐ ܡܲܘܹܠ ܠܸܗ Personal Alert Victoria، ܚܕܵܐ ܚܹܠܡܲܬ ܕܡܲܪܗܵܝܬܵܐ ܕܥܲܝܢܵܐ ܘܕܡܓ̰ܲܘܲܒܬܵܐ ܝܵܘܡܵܝܬܵܐ ܩܵܐ ܐܵܢܝܼ ܒܢܲܝ ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܕܡܚܝܼܠܸ̈ܐ ܘܣܝܼܒ݂ܸ̈ܐ ܝܢܵܐ ܘܩܵܐ ܒܢܲܝ ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܕܐܝܼܬ ܠܗܘܿܢ ܫܲܦܠܘܼܬܵܐ. |
| There are also private services that can assist you. | ܬܵܡܵܐ ܐܵܦܙܸܐ ܐܝܼܬ ܚܹܠܡܲܬܸ̈ܐ ܕܝܼܠܵܢܵܝܸ̈ܐ ܐܲܝܢܝܼ ܕܡܵܨܝܼ ܕܗܲܝܹܪܝܼܠܵܘܟ݂ܘܿܢ. |
| Your GP can advise you and connect you with other health care professionals as needed. | ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ ܡܵܨܸܐ ܕܝܵܗܒ݂ܹܠܵܘܟ݂ܘܿܢ ܒܘܼܫ ܙܵܘܕܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܘܕܡܲܡܛܸܐ ܠܵܘܟ݂ܘܿܢ ܠܚܲܒܝܼܪܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܐܲܝܟ݂ ܕܣܢܝܼܩܘܼܬܵܐ ܛܵܠܒܵܐ. |
| 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. | ܒܲܩܪܘܼܢ ܠܸܗ ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ ܒܘܼܬ ܡܲܕܩܲܪܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܫܸܢ݇ܬܵܝܬܵܐ ܩܵܐ ܐ݇ܢܵܫܸ̈ܐ ܕ 75 ܫܹܢܸ̈ܐ ܘܥܹܠܹܠ ܝܢܵܐ ܝܲܢ ܐܵܢܝܼ ܕܝܼܢܵܐ 55 ܫܹܢܹ̈ܐ ܘܥܹܠܸܠ ܡ̣ܢ ܥܵܡܪܵܢܸ̈ܐ ܐܲܨܠܵܝܸ̈ܐ ܘܡ̣ܢ ܥܵܡܪܵܢܸ̈ܐ ܕܬܘܼܪܹܥܬܵܐ ܕܬܘܿܪܹܣ. |
| For many people, it may become difficult to manage all their needs at home. | ܩܵܐ ܪܵܒܵܐ ܐ݇ܢܵܫܸ̈ܐ، ܒܲܠܟܵܐ ܕܗܵܘܝܵܐ ܥܲܣܩܵܐ ܕܡܕܲܒܪܝܼܠܗܘܿܢ ܟܠܲܝܗܝ ܣܢܝܼܩܘܼܝܵܬܲܝܗܝ ܓܵܘ ܒܲܝܬܵܐ. |
| At this time, residential care is often the choice. | ܒܗܵܕܟ݂ܵܐ ܥܹܕܵܢܵܐ، ܪܵܒܵܐ ܓܵܗܸ̈ܐ ܐ݇ܢܵܫܸ̈ܐ ܟܸܐ ܓܲܒܝܼ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܓܵܘ ܚܲܕ ܒܲܝܬܵܐ ܕܣܵܒ݂ܸ̈ܐ. |
| 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. | ܩܵܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܓܵܘ ܚܲܕ ܒܲܝܬܵܐ ܕܣܵܒ݂ܸ̈ܐ ܝܲܢ ܚܹܠܡܲܬܸ̈ܐ ܡܲܩܪܹܒ݂ܵܢܸܐ ܕܡܲܫܟܢܸ̈ܐ ܩܵܐ ܣܵܒ݂ܸ̈ܐ،My Aged Care ܡܵܨܸܐ ܕܗܲܝܸܪ ܒܡܲܩܪܲܒ݂ܬܵܐ ܕܚܲܕ ܣܹܕܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܣܢܵܕܬܵܐ.ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܠܹܝܕܵܥܝܵܐ ܩܵܐ ܕܟܡܵܝܘܼܬܵܐ ܕܦܘܼܪܥܵܢܵܐ ܘܠܚܝܼܡܘܼܬܵܐ ܠܩܲܒܘܼܠܸܐ ܒܘܼܨܵܪܸ̈ܐ ܒܹܕ ܦܵܝܫܝܼ ܕܪܝܼܫܸܐ ܘܣܘܼܙܓܹܪܸܐ ܥܲܠܲܝܗܝ ܥܲܡ ܡܙܲܘܹܕܵܢܵܐ ܕܚܹܠܡܲܬ ܕܝܼܵܘܟ݂ܘܿܢ ܡܩܲܕ݇ܡ ܕܚܹܠܡܲܬܸ̈ܐ ܦܝܵܫܵܐ ܝܢܵܐ ܡܘܼܩܪܹܒ݂ܸܐ. |
| You may have to pay something towards the cost of your care. | ܒܲܠܟܵܐ ܕܦܵܪܥܝܼܬܘܿܢ ܚܕܵܐ ܟܡܵܝܘܼܬܵܐ ܩܵܐ ܡܟܵܣܲܝܬܵܐ ܕܡܲܨܪܵܦܸܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܐܹܠܵܘܟ݂ܘܿܢ. |
| “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.” | - ܒܲܣ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܓܵܘ ܚܲܕ ܒܲܝܬܵܐ ܕܣܵܒ݂ܸ̈ܐ ܗܵܕܝܼܵܐ ܐܝܼܬܠܵܗ̇ ܪܵܒܵܐ ܩܵܢܘܿܢܸ̈ܐ.ܒܵܣ ܬܵܡܵܐ ܐܝܼܬ ܩܵܢܘܿܢܸ̈ܐ ܪܵܒܵܐ ܩܹܫܝܸ̈ܐ ܒܢܝܼܫܵܐ ܠܚܲܬܘܼܬܸܐ ܩܵܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܕܩܲܒܘܼܠܘܿܗ̇ ܝܬܘܿܢ ܟ̰ܹܡ ܪܸܫܵܝܬܵܐ ܝܠܵܗ̇.ܒܲܫܪܵܪܵܐ، ܬܵܡܵܐ ܐܝܼܬ ܚܲܕܟܡܵܐ ܕܘܼܟܵܢܸ̈ܐ ܪܸ̈ܫܵܝܸܐ ܕܩܵܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ ܕܟܸܐ ܡܲܩܪܹܒ݂ܝܼ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܪܸܫܵܝܬܵܐ ܘܚܲܕ ܡܲܚܕܘܼܪܵܐ ܚܘܼܒܵܢܵܐ ܘܩܲܒܠܵܢܵܐ ܒܫܲܝܢܵܐ. |
| “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.” | ܡܹܢܕܝܼ ܕܡܲܕܡܘܼܝܸܗ ܝܠܸܗ ܐܵܗܵܐ ܠܚܲܕ ܒܲܝܬܵܐ ܝܼܠܸܗ، ܕܡܓܸܝܒ ܕܚܵܝܝܼܬܘܿܢ ܓܵܘ ܒܲܝܬܵܐ ܒܢܲܦ̮ܫܵܘܟ݂ܘܿܢ، ܠܲܐܟ݂ܵܐ ܐܲܚܬܘܿܢ ܒܸܚܵܝܵܐ ܝܬܘܿܢ ܥܲܡ ܚܕܵܐ ܒܲܝܬܘܼܬܵܐ ܪܸܫܵܝܬܵܐ ܓܘܼܪܬܵܐ.ܝܘܼܬܪܵܢܵܐ ܕܐܵܗܵܐ ܝܼܠܸܗ، ܕܐ݇ܚܸܪ݇ܢܵܐ ܐܵܢܵܐ ܠܵܐ ܝܘܹܢ ܠܚܘܿܕܝܼ.ܝܘܼܬܪܵܢܸ̈ܐ ܫܲܘܬܵܦܵܝܸ̈ܐ ܪܵܒܵܐ ܝܢܵܐ.ܐܵܦܙܹܐ ܟܸܐ ܗܵܘܹܢ ܠܒܲܕܲܪ ܒܠܝܼܓܵܐ ܦܠܵܚܵܐ ܓܵܘ ܒܸܝܬ ܦܘܼܠܚܵܢܵܐ، ܘܐܲܝܵܐ ܟܸܐ ܗܲܝܹܪܵܐ ܪܵܒܵܐ. |
| “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.” | ܬܵܡܵܐ ܐܝܼܬ ܪܵܒܵܐ ܡܹܢܕܝܼܵܢܸ̈ܐ ܕܐ݇ܢܵܫܵܐ ܬܲܚܡܹܢ ܒܘܼܬ ܝܼܲܝܗܝ ܒܡܲܪܝܲܙܬܵܐ ܕܕܲܥܬܝܼܕܵܘܟ݂ܘܿܢ ܟܲܕ ܒܹܥܒ݂ܵܪܵܐ ܝܬܘܿܢ ܒܫܹܢܸ̈ܐ.ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܚܲܡܝܼܬܘܿܢ ܠܵܗ̇ ܓܵܢܵܘܟ݂ܘܿܢ ܒܚܘܼܠܡܵܢܵܐ ܘܕܗܵܘܝܼܬܘܿܢ ܠܚܝܼܡܹܐ، ܕܗܵܘܝܼܬܘܿܢ ܒܵܠܲܕ ܒܘܼܬ ܚܹܠܡܲܬܸ̈ܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ، ܘܡܲܪܝܹܙܝܼܬܘܿܢ ܩܵܐ ܕܲܥܬܝܼܕ. |
| To learn more about ageing and aged care services, visit My Aged Care, or call the contact centre on 1800 200 422. | ܠܸܝܕܵܥܝܵܐ ܒܘܼܫ ܙܵܘܕܵܐ ܒܘܼܬ ܣܲܝܒܘܼܬܵܐ ܘܚܹܠܡܲܬܸ̈ܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܠܣܵܒ݂ܸ̈ܐ ܣܲܚܒܹܪܘܼܢ ܠ My Aged Care، ܝܲܢ ܩܪܘܿܢ ܩܵܐ ܩܹܢܛܪܘܿܢ ܕܡܘܼܛܵܝܵܐ ܥܲܠ ܡܹܢܝܵܢܵܐ 1800 200 422. |
| For more information, visit www.BETTERHEALTH.vic.gov.au/agedcare | ܩܵܐ ܒܘܼܫ ܙܵܘܕܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ، ܣܲܚܒܹܪܘܿܢ ܠܫܵܘܦܵܐ www.BETTERHEALTH.vic.gov.au/agedcare |