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| **Aged care services** | **Huduma za kutunza wazee** |
| 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. | Hapa Victoria, anuwai kubwa ya huduma zinapatikana kusaidia afya yako na ustawi njema wako unapozeeka. Kuanzia huduma za msaada nyumbani na huduma zingine zinazokusaidia kujitegemea kwako kwa nyumbani, mpaka nyumba za makazi ya kutunza wazee, kuna huduma nyingi kusaidia afya na ustawi njema wako unapozeeka. |
| “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.” | Sisi tunabarikiwa hapa Viktoria kuwa na mfumo pana sana wa utunzaji wa wazee. Ili watu wanaweza kukaa kwa muda mrefu kwa nyumbani kwao. Kuna huduma nyingi sana zinazoweza kutolewa kutoka jumuiya. |
| “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. | Binadamu wakusudiwa kuishi pamoja na kuwasiliana, kwa hiyo ni lazima kushiriki katika jumuiya, naona. Napenda sana muziki. Nasema wakati wote unapostaafu unagundua unachopenda. Wajua, kuna jambo kwa kila mtu. |
| 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.” | Kwa hiyo tunapozeeka, ni muhimu kutunza afya njema, na hiyo sio afya njema ya uganga tu, bali ni afya njema ya kijamii, kufanya mambo yanayokufurahisha. |
| 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. | Tunapozeeka, tunakuta changamoto mpya. Kwa hiyo ni wazo nzuri kuzungumza mipango na matakwa yako na familia yako au mtando wa msaada, na anza kupanga kimbele. |
| 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. | Kitu cha muhimu ni kushiriki na wataalamu na huduma ambazo zinapatikana, na uliza maswali kuhakikisha unafahamu uchaguzi unaopatikana kwako. |
| 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. | Serikali ya Australia inatoa huduma nyingi za utunzaji wa wazee, pamoja na huduma kukusaidia kukaa nyumbani, na nyumba za kutunza wazee au huduma za makazi ya utunzaji wa wazee. Kutunza Kwangu kwa Wazee ni lango la taifa kwa kupata huduma hizi. |
| 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. | Kutunza Kwangu Kwa Wazee inatoa msaada na huduma za nyumbani, kama msaada wa nyumbani, na ikiwa kukaa hospitalini ni lazima, wafanyakazi wa hospitali wanaweza kupanga kwa huduma za baada-hospitali au za kutunza-mabadiliko kupitia Kutunza Kwangu kwa Wazee. |
| There are other services to support you to live independently too. | Kuna huduma nyingine kukusaidia kuishi ukijitegemea pia. |
| 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. | Mifumo ya kengele ya mtu binafsi au huduma kama hizo zinaweza kukupa matumaini ziada kuishi kwa nyumbani kwako mwenyewe. Mifumo ya kengele ya mtu binafsi inatangaza huduma za dharura na watunzaji kuhusu ajali, kama kuanguka. |
| The Victorian Government funds Personal Alert Victoria, a daily monitoring and emergency response service for frail, older Victorians and Victorians with disabilities. | Serikali ya Viktoria inafadhili Kengele ya Mtu Binafsi Viktoria, yaani, huduma za kufuatia kila siku na kuitika wakati wa hatari kwa wazee, wenye dhaifu wa Viktoria na watu wa Viktoria wenye ulemavu. |
| There are also private services that can assist you. | Pia kuna huduma za binafsi zinazoweza kukusaidia. |
| Your GP can advise you and connect you with other health care professionals as needed. | GP yako anaweza kukushauri na kukuunganisha na wataalamu wengine wa utunzaji wa afya inapohitajika. |
| 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. | Uliza GP yako kuhusu kadirio bure ya afya ya mwaka kwa watu wenye umri wa miaka 75 na zaidi au miaka 55 na zaidi kwa Watu wa Asili na Watu wa Visiwa vya Torres Strait. |
| For many people, it may become difficult to manage all their needs at home. | Kwa watu wengi, inaweza kuwa vigumu kusimamia mahitaji yao yote kwa nyumbani. |
| At this time, residential care is often the choice. | Kwa wakati kama hiyo, utunzaji wa makazi mara nyingi ni uchaguzi mzuri. |
| 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. | Kutunza katika nyumba ya kutunza wazee au huduma za makazi, Kutunza Kwangu kwa Wazee inaweza kukusaidia na anuwai ya huduma za msaada. Kumbuka kwamba ada zozote na ustahiki kwa ruzuku utazungumziwa na kukubaliwa na mtoaji wako wa huduma kabla huduma kutolewa. |
| You may have to pay something towards the cost of your care. | Labda itabidhii ulipe kiasi fulani kuchangia kwa gharama ya utunzaji wako |
| “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.” | Basi utunzaji wa makazi, siku hizi, una taratibu nyingi sana. Kwa hiyo kuna viwango vya nguvu sana kuhakikisha kuwa utunzaji unaopokea ni mzuri kabisa. Kwa hakika, kuna baadhi ya nyenzo makazi mazuri kweli zinapatikana zinazotoa utunzaji mzuri sana na mazingira yenye upendo na ukarimu. |
| “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.” | Kinachofanya mtu ajihisi kama yuko nyumbani ni, badala ya kuishi kwa nyumbani peke yako, unaishi tu na familia moja kubwa sana. Faida ya hayo ni mimi sisikii upweke tena. Faida ya jamii ni kubwa sana. Nipo nje kufanya shughuli kiasi pale karakana, kunakosaidia sana. |
| “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.” | Kuna mambo mengi ya kufikiria unapopanga siku zako za baadaye unapozeeka. Ni muhimu uendelee kuwa mwenye afya na mzima, ufahamishwa kuhusu huduma za utunzaji wa wazee, na panga kwa mbele. |
| To learn more about ageing and aged care services, visit My Aged Care, or call the contact centre on 1800 200 422. | Kujifunza zaidi kuhusu kuzeeka na huduma za kutunza wazee, tembelea Kutunza Kwangu kwa Wazee, au pigia simu kituo cha wasiliano kwa 1800 200 422. |
| For more information, visit www.BETTERHEALTH.vic.gov.au/agedcare | Kwa habari zaidi, tembelea www.BETTERHEALTH.vic.gov.au/agedcare |