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| **Carers, caring and respite care** | **Xannaaneeyayaasha, adeeygada daryeelka ka nasinta iyo daryeelida** |
| Being a full-time carer can be rewarding, but also challenging. | Anigoo ah daryeele wakhti buuxa waxay noqon kartaa mid abaal marin leh laakiinse sidoo kale leh loolan. |
| Victoria has a wealth of support services to help those that are carers and those being cared for.  The term "carer" can refer to paid and unpaid professional and lay carers. | Victoria waxay qani ku leedahay adeegyada taageerada lagu caawinayo kuwa ah xannaaneeyaha iyo kuwa la xannaaneeyo. Erayga “xannaaneeye” waxaa loola jeedi karaa aqoonyahanada lacagta la siiyo iyo kuwaan la siin iyo xannaaneeyayaasha aan khibrada lahayn. |
| Professional carers are people who are trained and paid to look after people, but many carers are family members looking after older parents, their child, or their partner. Or carers can be friends or neighbours. | Xannaaneeyayaasha aqoonta leh waa dadka tababaran iyo lacagta lagu siiyo si ay dadka u ilaaliyaan laakiinse xannaaneeyayaal badan waa xubnaha qoyska oo xannaaneynaya waalidkood gaboobey, ilmahooda, ama xaaskooda. Ama xannaaneeyaha waxay noqon karaan deris iyo saaxiibo. |
| As well as family members, partners, friends and neighbours caring for someone, there are a number of different professional carers known as care workers. | Iyo sidoo kale xubnaha qoyska sayga, deriska iyo saaxiibada oo daryeelaya qof waxaana jira kuwo kala duwan. daryeelayaasha aqoonta leh oo loo yaqaan shaqaalaha daryeelka. |
| Paid carers include home care workers, personal care workers, and disability support workers. | Daryeelayaasha lacagta la siiyo waxaa ku jira shaqaalaha daryeelka guriga, shaqaalaha daryeelka shakhsiyeed iyo shaqaalaha taageerada iinta. |
| All personal care workers in Victoria must have a Certificate Three in home and community care or related area such as disability or aged care, with the relevant personal care and first aid competencies. | Dhammaan shaqaalaha daryeelka shakhsiyeed ee Victoria waa inay heystaan shahaadada saddexaad ee daryeelka bulshada iyo guriga dhexdooda ama meesha la xiriirta sida daryeelka da’da ama iinta oo leh daryeelka shakhsiyeed ee khuseeya iyo aqoonta gargaarka degdega ah. |
| Aged care workers, for example, provide care and support to older people in residential facilities, clinics, hospitals, and private homes. | Shaqaalaha daryeelka da’da ah, tusaale sii taageero iyo daryeel dadka da’da ah ee ku jira tahsiilaadka degaanka, rugaha caafimaadka, isbitaalka iyo guryaha gaarka ah. |
| They help with personal care, such as showering, dressing and eating, domestic duties, preparing meals and cleaning, and managing illness, such as helping a person with medicines. | Waxay ka caawiyaan daryeelka shakhsiyeed sida qubeysiga, lebiska iyo cunto cunnida, shaqooyinka guriga diyaarinta cuntada iyo nadiifinta, iyo maareynta jirada sida ka caawinta qofka daawooyinka. |
| “What my job involves more is to look after residents’ three basic needs.  The first one is their physical needs.  The second one is social need.  And the third one is psychological emotional needs.  We help the residents to be independent, but also be there if they need us to help them. “ | Waxa shaqadeydu wax badan ku lug leedahay waa inaan ilaaliyo degenayaasha’ saddexdooda baahiyood ee aasaasiga ah. Mida koowaad waa baahidooda jireed. Mida labaad waa baahidooda bulshadeed. Iyo mida saddexaadna waa baahida dareenka cilmi nafsadeedka. Waxaan ka caawinaa degenayaasha inay madax bannaanaadaan, laakiinse sidoo kale inaan halkaas joogno haddii ay u baahan yihiin inaan caawino. |
| While many carers talk of the rewards of being a carer, it is important to consider how much is involved, especially as an unpaid carer looking after a loved one. | Iyadoo xannaaneeyayaal badani ay ka hadlaan abaal marinta Xannaaneeye ahaanshaha, waa muhiim in la tixgeliyo ilaa inta ku lugta leh khaas ahaan xannaaneeyaha aan lacagta la siin ee ilaaliya qofka ay jecel yihiin. |
| There could be reduced income if you give up your job, emotional and physical stress, or feeling isolated. | Waxaa jiri kara dakhliga oo yaraada haddii aad shaqadaada iska deyso, caddaadiska jireed iyo maskaxeed ama dareenka ka go’naanta. |
| That's where support comes in. | Waa halkaas Meesha ay taageeradu ka soo gasho. |
| “There are times where it’s a bit challenging.  It's great with palliative care, they've got their social workers and so forth, which is a great help for me as well as dad's, and they do a wonderful, wonderful job.” | Waxaa jira wakhtiyo halka ay yara loolan leedahay. Aad bay kugu fiican tahay daryeelka qaboojinta, waxay leeyihiin shaqaalahoodii bulshada iyo wixii lamid ah oo ii ah caawimaad weyn aniga iyo sidoo kale aabayaasha waxayna sameeyaan shaqo qurux badan shaqo qurux badan. |
| The Australian government offers support to carers caring for someone with a disability or mental illness, with a medical condition, after an illness or accident, or an older person with care needs. | Dawlada Australia waxay siisaa taageero daryeelka xannaaneeyayaasha ee qofkii iin leh ama Jiro maskaxeed ay la jirto xaalad caafimaad, ka dib Jiro ama shil ama qof weyn oo leh baahida daryeel. |
| Support is also available to carers of people with a terminal or life-limiting illness, including respite, personal support, financial support, information, education, counselling, networking opportunities. | Taageero ayaa sidoo kale la helayaa xannaaneeyayaasha dadka qaba jirada nolosha xaddideysa ama dhimashada leh oo ay ku jirto ka nasinta, taageerada shakhsiyeed, taageerada lacageed, macluumaad, waxbarasho, la talinta fursadaha netwaaga. |
| The carer payment provides financial support to people who cannot work insubstantial paid employment because they provide full-time daily care. | Lacagta xannaaneeyaha waxay ku siineysaa taageero lacageed dadka aan ka shaqeyn karin shaqo muhiim ah oo mushaari ah sababtoo ah waxay bixiyaan daryeel maalmeed wakhti dhan ah |
| Visit the Department of Human Services to find out more detailed information about carer payments. | Booqo wasaaradda adeega bani’aadamka si aad u ogaatid macluumaad faahfaahsan oo badan kuna saabsan lacag bixinta xannaaneeyaha. |
| There is a range of support to assist carers in the vital role they undertake.  For more information, visit: BETTERHEALTH.vic.gov.au/carers | Waxaa jira taageero kala duwan oo lagu caawinayo xannaaneeyayaasha ku jira door muhiim ah oo ay qaadeen Wixii macluumaad dheeraad ah, booqo BETTERHEALTH.vic.gov.au/carers |