

**Disability services**

**ကွဲကွဲကွဲ**

Across Victoria, people with a disability will receive services and support under a new national scheme.

The National Disability Insurance Scheme or NDIS replaces a complex mix of state and commonwealth programs and provides certainty of all Australians less than 65 years of age living with a disability.

For people over 65, the Australian government runs My Aged Care, which provides a range of services to support you once trendies commences in your area.

Until that time, the Victorian government will continue to provide some services.

The NDIS aims to improve services and support to people with a disability and their careers.

"The person is at the centre of the funded supports that they need. The person will have choice and control over the supports, how they'll access supports, and how they'll manage those supports. And because it's an insurance scheme, every Australian has the a surety that if they would require disability or they already have a disability, that the NDIS is there to give them the supports they will need to get on with their lives."

With NDIS came choice and opportunity to do the things that he wanted to do, things like cooking classes, not just with a disability support group, cooking classes in the Jamie Oliver."

"I've become very positive about everything. Some had said that my health has improved quite a, quite a large amount."

"How do people access the NDIS? Well there is

လၢတၢ်လီၤကိးပူၤဒဲးလၢဝံးထီၣ်ရံၤယါပူၤ, ပုၤလၢအိၣ်ဒီးကွဲကွဲကွဲတဖၣ်န့ၣ်, ကန့ၣ်ဘၣ်တၢ်မၤန့ၣ်ဒဲးတဖၣ်ဒီးတၢ်တိၤစၢၤမၤစၢၤလၢဒီးတကလုၣ်ညါတၢ်ကူၣ်အကျဲၤသီလီၤန့ၣ်လီၤ.

ဒီးတကလုၣ်ညါကွဲကွဲကွဲတၢ်အုၣ်ကီၤသးတၢ်ကူၣ်အကျဲၤတမ့ၢ် (NDIS) မၤပုၤကုၤကိၤခဲၣ်ဒီးထံၣ်ကီၤတဘျီအထံၣ်ကီၤဖိတၢ်ရဲၣ်တၢ် ကျဲၤလၢအဘၣ်ဘူၤဒီးယါယုၣ်သးတဖၣ်အလီၤဒီးဟ့ၣ်မၤလီၤတံၢ်န့ၣ်ပုၤအိၣ်စၢၤလၢယါဖိလၢသးန့ၣ် ဖြေၣ်န့ၣ်ဆူအဖီလၢလၢအိၣ်မူတၢ်ဒီးကွဲကွဲကွဲတဖၣ်လီၤ.

လၢပုၤသးန့ၣ် ဖြေၣ်န့ၣ်ဆူအဖီခိၣ်အဂီၢ်, အိၣ်စၢၤလၢယါပုၤဒိၣ်ဒုးအိၣ်ထီၣ်ခဲၣ်ဒုးခဲၣ်, လၢအဒုးအိၣ်ထီၣ်တၢ်မၤန့ၣ်ဒဲးတဘျီ: မံၤလၢတၢ်တိၤစၢၤမၤစၢၤန့ၣ်အဂီၢ်တဘျီပီၤဖဲ (NDIS) စးထီၣ်အသးလၢန့ၣ်လီၤကဝီၤပူၤန့ၣ်လီၤ.

တုၤပီၤလၢအဆၢကတီၢ်ဝဲန့ၣ်န့ၣ်, ဝံးထီၣ်ရံၤယါအပုၤဒိၣ်ကဆဲးဒုးအိၣ်ထီၣ်တၢ်မၤန့ၣ်ဒဲးတနီၤန့ၣ်လီၤ.

(NDIS) တိၣ်ပံၤလၢကမၤဂ့ၤထီၣ်တၢ်မၤန့ၣ်ဒဲးတဖၣ်ဒီးတၢ်တိၤစၢၤမၤစၢၤဆူပုၤလၢအိၣ်ဒီးကွဲကွဲကွဲဒီးအဝဲသ့ၣ်အပုၤကဟ့ၣ်ကယၢ်ကွဲၤထွဲတၢ်တဖၣ်အအိၣ်လီၤ.

ပုၤတဂၤန့ၣ်အိၣ်ဝဲလၢတၢ်တိၤစၢၤမၤစၢၤလၢဒီးန့ၣ်ကျိၣ်စ့တၢ်မၤစၢၤအလီၤခါၣ်သးတိၤတီၤလၢအဝဲသ့ၣ်လိၣ်ဘၣ်ဝဲန့ၣ်လီၤ. ပုၤတဂၤန့ၣ်ကအိၣ်ဒီးတၢ်ယုၣ်ထွဲၤယၢ်ဒီးတၢ်ပၤယၢ်တၢ် လၢတၢ်တိၤစၢၤမၤစၢၤတဖၣ်အဖီခိၣ်, လၢအဝဲသ့ၣ်ကမၤန့ၣ်ဘၣ်တၢ်တိၤစၢၤမၤစၢၤတဖၣ်ဒိလဲၣ်ဒီးအဝဲသ့ၣ်ကပၤအုၣ်ရဲၣ်ကျဲၤတၢ်တိၤစၢၤမၤစၢၤတဖၣ်န့ၣ်ဒိလဲၣ်အဂီၢ်လီၤ. ဒီးတၢ်န့ၣ်မ့ၢ်တၢ်အုၣ်ကီၤသးတၢ်ကူၣ်အကျဲၤအယိပုၤအိၣ်စၢၤလၢယါဖိကိးဂၤဒဲးအိၣ်ဒီးတၢ်အုၣ်ကီၤလၢအဝဲသ့ၣ်မ့ၢ်ကဲထီၣ်ဘၣ်ဖုးပုၤကွဲကွဲကွဲမ့ၢ်အိၣ်တုၤလံၤဒီးကွဲကွဲကွဲကွဲကွဲလၢ (NDIS) အိၣ်ထီၣ်ဝဲဖဲန့ၣ်ဒိသိးကဟ့ၣ်အဝဲသ့ၣ်တၢ်တိၤစၢၤမၤစၢၤတဖၣ်လၢအဝဲသ့ၣ်ကလိၣ်တၢ်ဖိးမံၤလိၣ်သးဒီးအဝဲသ့ၣ်အတၢ်အိၣ်မူန့ၣ်လီၤ.

ယုၣ်ဒီး (NDIS) အတၢ်ယုၣ်ထွဲၤယၢ်ဒီးတၢ်ခွဲၤဂ့ၤယၢ်ဘၣ်လၢကမၤတၢ်လၢအဝဲအိၣ်ဒီးမၤဝဲတဖၣ်, ဒ်အမ့ၢ်တၢ်ဖိအိၣ်တုၤအိၣ်တၢ်မၤလိတီၤတဖၣ်, တမ့ၢ်ထံၣ်ဒုၣ်ဒီးကွဲကွဲကွဲကွဲကွဲတၢ်တိၤစၢၤမၤစၢၤကရူၢ်ဘၣ်တၢ်ဖိအိၣ်တုၤအိၣ်တီၤအိၣ်လၢကွဲးမံၤအိၣ်လံၤဘၣ် (Jamie Oliver) ပုၤတဖၣ်စ့ၣ်ကိးလီၤ.

ယုၣ်ထံၣ်ထီၣ်ပုၤလၢအိၣ်ဒီးတၢ်ထံၣ်လၢအဂ့ၤဘၣ်ပးတၢ်ဂ့ၢ်ကိးမံၤဒဲးလီၤ. ပုၤတနီၤနီၤတဝဲလၢယတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်ဝဲထီၣ်ဖးဒိၣ်ဖးအါညါလီၤ.

ပုၤမၤန့ၣ် (NDIS) လၢကျဲၤလဲၣ်. ဖဲန့ၣ်တၢ်မၤန့ၣ်အိၣ်သ့ၣ်လၢကျဲၤလဲၣ်န့ၣ်အနီၣ်ထီၣ်အိၣ်ဝဲဒုၣ်လီၤ. လၢတၢ်န့ၣ်အယိဖဲန့ၣ်

an access criteria. So there's an age criteria, so people need to be under the age of 65. There's a residence criteria, so people need to be Australian citizens or permanent residents. And of course there's a disability criteria. So people have to have a permanent disability or a disability that's likely to be permanent, and that disability must have a significant functional impact on their daily life. "

"I'm a mother of five. My youngest two children both have disabilities. My daughter, Lindy, who is 22, has Downes syndrome. And my son, Josh, who is just about 17 is on the autism spectrum. And I also have a husband, had a stroke, which has left him with left-side weakness and some brain deficits. So as, it's now become an interesting household where we have multiple disabilities."

"We work on developing a plan. And the plan will have access to a whole range of supports that a person needs, personal care, any of those therapies, any of those supports that the person needs to get on and meet their goals and aspirations, and live their ordinary life. That's what the NDIS is there to provide support for."

"And he's been able to take responsibility for some of the things that he used to do that he was prevented to do, like going to the pharmacy and getting his own medication, taking Lindy down to have a swim lesson, and things like that. So it's been much more like a natural family."

"We know there's going to be more demand under the NDIS so we need service providers to emerge, to diversify, to go into areas that they haven't been into before because it's really important that NDIS participants have access to vibrant markets that they can choose from."

"So our world's gone from a very small

သးနံအနီနီထိအိပ်ဝဲဒပ်, အယိသတးဒီးလိပ်ဝဲဒပ်လၢ ပုၤသးနံကဘၣ်အိပ် ၆၅နံဆူအဖီလၢနီလီၤ. ဖဲနံတၢ် အိပ်တၢ်ဆိးအလီၢ်အနီနီထိအိပ်ဝဲဒပ်, လၢတၢ်န့ၣ်အယိပုၤ ကဘၣ်ကဲအိးစကြုလယၢၤထီဖိကီၢ်ဖိမ့တမ့ၢ်တၢ်န့ၣ်အိပ်ဆိး ဘၣ်အဂၢၢ်အကျၢၤန့ၣ်လီၤ. ဒီးနီၢ်ကီၢ်ဖိမ့တမ့ၢ်ဂီၤက့ၣ်အ နီနီထိအိပ်ဝဲဒပ်လီၤ. လၢတၢ်န့ၣ်အယိပုၤကဘၣ်အိပ်ဒီးက့ၢ် ဂီၤက့ၣ်ထီဖိမ့တမ့ၢ်က့ၢ်ဂီၤက့ၣ်လၢကကဲထီၣ်အသးသ့ ထီၣ်, ဒီးက့ၢ်ဂီၤက့ၣ်အဝဲန့ၣ်ကဘၣ်အိပ်ဒီးတၢ်လၢအမၤ ဘၣ်ဒိအတၢ်ဖံးတၢ်မၤအဒိၣ်အမုၢ်လၢအဝဲသ့ၣ်အတၢ်အိပ်မူတ နံၤဘၣ်တနံၤအဖီခိၣ်လီၤ.

ယမ့ၢ်ဖိယဲၣ်ဂၤအမိၢ်လီၤ. ယဖိအဆးကတၢ်ခံၣ်လိၣ်အိပ်ဒီး က့ၢ်ဂီၤက့ၣ်တဖၣ်လီၤ. ယဖိမုၢ်, လၢဒံၣ်, လၢအအိၣ်ၤၤန့ၣ် န့ၣ်အိပ်ဒီးခိၣ်န့ၣ်တပွဲၤဘၣ် (down syndrome) လီၤ. ဒီးယဖိခွါ, ကျိး, လၢအအိၣ်ဒိၣ် ၁၇နံန့ၣ်အိပ်ဒီး တၢ်တပံတဆူ (autism spectrum) န့ၣ်လီၤ. ဒီးယ အိၣ်စ့ၣ်ကိးဒီးယဝၤလၢ ကလံၤဖူးတၢ်ဆါ, လၢဘၣ်အိၣ်မူ တုၣ်လၢဂံၢ်ဘါလီၤစၢ်ဒီး အစုၣ်ဒိတကပၤဃုၣ်ဒီးခိၣ်န့ၣ်ဂံၢ် ဘါလီၤစၢ်တနီၤန့ၣ်လီၤ. လၢတၢ်န့ၣ်အယိ, ခဲအံၤကထီၣ် အသးလၢဟံၣ်ဖိယိဖိ လၢအလီၤသးစဲတခုၣ်ဖဲပအိၣ်ဒီးက့ၢ် ဂီၤက့ၣ်တဘျုးမံၤန့ၣ်လီၤ.

ပမၤတၢ်လၢတၢ်မၤဂၤဒိၣ်ထီၣ်တၢ်ရဲၣ်တၢ်ကျဲၤတခါန့ၣ်လီၤ. ဒီးတၢ်ရဲၣ်တၢ်ကျဲၤန့ၣ်ကအိၣ်ဒီးတၢ်မၤန့ၣ်တၢ်တိၤစၢၤမၤ စၢၤတဘျုးမံၤလၢပုၤတဂၤလိၣ်ဘၣ်ဝဲတဖၣ်, တၢ်ကဟုက ယၢ်ကွၢ်ထွဲလၢပုၤအနီၢ်ခိၣ်န့ၣ်ကစၢ်အဂီၢ်, တၢ်ကူစါယါဘျု တဖၣ်အံၤတခါလၢလၢ, တၢ်တိၤစၢၤမၤစၢၤတဖၣ်အံၤတခါမံၤ လၢလၢပုၤအဝဲန့ၣ်လိၣ်ဘၣ်ဝဲလၢက ဖိးမံၤဒီးဘၣ်လိၣ်အ သးဒီးတၢ်ပညိၣ်ဖိတၢ်တဖၣ် ဒီးတၢ်မုၢ်လၢကွၢ်စိတဖၣ်, ဒီးအိၣ်မူလၢအဝဲသ့ၣ်ပတီၢ်မုၢ်တၢ်အိၣ်မူအဂီၢ်လီၤ. တၢ်န့ၣ် မုၢ်တၢ်လၢ (NDIS) ဘၣ်အိၣ်ဝဲဖဲန့ၣ်ဒိသိးကဒုးအိၣ်ထီၣ် တၢ်တိၤစၢၤမၤစၢၤအဂီၢ်န့ၣ်လီၤ.

ဒီးအဝဲဒပ်ဟံးထီၣ်ဖိၣ်ထီၣ်မူဒါသ့ဝဲဒပ် တနီၤလၢအမၤညီန့ၣ်ဝဲ လၢမၤဝဲတန့ၣ်ဘၣ်လၢညါ, ဒ်အမုၢ်တၢ်လဲၤအကူကသံၣ်ကျဲးဒီးတၢ် မၤန့ၣ်အကသံၣ်ကသီဒပ်ဝဲ, တၢ်လဲၤကိးလုဒံၣ်လၢကမၤလိ သ့အသးလၢတၢ်ဖျိထံ, ဒီးတၢ်လၢအလီၤဂၢ်လိၣ်သးဒ်န့ၣ်တ ဖၣ်လီၤ. လၢတၢ်န့ၣ်အယိတၢ်အံၤဒိၣ်န့ၣ်ဒိးပတီၢ်မုၢ်ဟံၣ်ဖိယိ ဖိတခုၣ်န့ၣ်လီၤ.

ပသ့ၣ်ညါလၢတၢ်လိၣ်ဘၣ်လၢ (NDIS) အဖီလၢန့ၣ်က အါ ထီၣ်ဝဲဒပ်လၢတၢ်န့ၣ်အယိပလိၣ်ဘၣ်ပုၤလၢအဟ့ၣ်လီၤတၢ် မၤန့ၣ်ခဲးတဖၣ်ကဟဲအိၣ်ထီၣ်, လၢတၢ်မၤဒိၣ်ထီၣ်လဲၣ်ထီၣ်, တၢ်လဲၤန့ၣ်လီၤအလီၢ်ကဝီၤလၢအဝဲသ့ၣ်တလဲၤန့ၣ်လီၤဘၣ် ဒ်ဘၣ်လၢအပူၤကွံၣ်တဖၣ်မုၢ်လၢတၢ်န့ၣ်အရူဒိၣ်ခိၣ်န့ၣ် နီၢ်လၢ (NDIS) အပူၤန့ၣ်လီၤမၤသကိးဃုၣ်တၢ်တဖၣ်ကန့ၣ်ဘၣ် တၢ်မၤန့ၣ်တၢ်ဆါတၢ်ပုၤလီၢ်လၢအဒိၣ်အမုၢ်တဖၣ်လၢအဝဲ သ့ၣ်ဃုထာဝဲသ့န့ၣ်လီၤ. လၢတၢ်န့ၣ်အယိပဟီၣ်ခိၣ်တဘျုးအံၤတၢ်တအိၣ်လၢနီၤတ မံၤဘၣ်လၢတၢ်လီၢ်ဆိးကိၣ်ဖိပဝဲထီၣ်ဖိၣ်ထီၣ်မူဒါလၢအဃၢ

place where we carried a really heavy load of responsibility, it was very lonely, it was very isolated, our world's a much, much bigger place. He's become a teacher instead of a child with a disability."

"We're building the capacity of people with disabilities to engage in society, to engage in workforce, and to break down any of those stereotypes or barriers that can be done, to make sure that people with disability in this country have the same opportunity that all Australians have."

"There's so many things I'd like to say to people who haven't yet experienced NDIS. It's new, it's big, it's scary because it's unknown. It's different to how things have been done in the past, but I truly believe it's better. It's better for everyone. It's about choice. It's about options. And don't be afraid of what you might lose. Start to dream about what you might gain."

Contact the National Disability Insurance Scheme if you are under 65 years of age. Contact My Aged Care if you are over 65 years of age. For more information, visit: [BetterHealth.vic.gov.au/disability](http://BetterHealth.vic.gov.au/disability)

အစဉ်နီၣ်နီၣ်အလီၣ်, လၢအပူၤကွၢ်အအိၣ်သယုၣ်သတွၤ, အအိၣ်လီၤဖးယံၤဒီးပုၤကၤ, လၢပဟီၣ်ခိၣ်လၢအမ့ၢ်တုၣ်တၢ်ဖးဒိၣ်ဖးလဲၣ်အလီၣ်န့ၣ်လီၤ. လၢဖိသၣ်ဖိလၢက့ၢ်ဂီၤတလၢတပုၤဘၣ်အလီၣ်န့ၣ်အဝဲဒၣ်ကဲထီၣ်က့ၤလၢသရၣ်တခီန့ၣ်လီၤ.

ပသ့ၣ်ထီၣ်ဘျီထီၣ်န့ၣ်ပုၤကညီအတၢ်သ့တၢ်ဘၣ်လၢပုၤလၢအိၣ်ဒီးက့ၢ်ဂီၤက့ၢ်ကွၢ်တဖၣ်လၢတၢ်မၤဘျးစဲအသးလၢပုၤအဖုၣ်ကရၢပုၤ. လၢတၢ်မၤဘျးစဲအသးလၢတၢ်ဖဲတၢ်မၤပုၤ, ဒီးတၢ်မၤလီၤပီၣ်ကွၢ်တၢ်ထံၣ်သံတမံၤက့ၤတမံၤက့ၤတဖၣ်မ့ၢ်တမ့ၢ်တၢ်တြီၤဘၣ်တဖၣ်လၢတၢ်မၤအီၤသ့ဝဲ, လၢတၢ်မၤလီၤတၢ်န့ၣ်ပုၤအိၣ်လၢထံကီၢ်ဝဲအံၤအပူၤတဖၣ်ကဒီးန့ၣ်ဘၣ်တၢ်ခွဲးတၢ်ယၢ်တမံၤဒီးအိၣ်စၢၣ်လယၢ်ထံကီၢ်ဖိမၤန့ၣ်ဝဲခဲလၢၣ်န့ၣ်လီၤ.

တၢ်အိၣ်အါမးလၢယအဲၣ်ဒီးတဲဆူပုၤလၢတၢ်လဲၤဒီဖျိတအိၣ်ဒ်ဘၣ်ဒီး (NDIS) န့ၣ်လီၤ. တၢ်န့ၣ်မ့ၢ်တၢ်အသီ, တၢ်န့ၣ်မ့ၢ်တၢ်လၢအခိၣ်, တၢ်န့ၣ်မ့ၢ်တၢ်လၢအလီၤပျံၤမ့ၢ်လၢတၢ်တသ့ၣ်ညါအီၤဒ်ဘၣ်အယီၤလီၤ. တၢ်န့ၣ်အလီၤဆီလိၣ်အသးဒီးတၢ်လၢအပူၤကွၢ်တၢ်မၤအီၤဒ်လဲၣ်တဖၣ်, ဘၣ်ဆၣ်ယနၣ်နီၣ်ကီၢ်လၢတၢ်န့ၣ်ဂ့ၤဒိၣ်ဝဲဒၣ်လီၤ. တၢ်န့ၣ်ဂ့ၤဒိၣ်လၢပုၤကိးဂၤဒဲးအဂီၢ်လီၤ. တၢ်န့ၣ်ဘၣ်ဃးဒီးတၢ်ဃုထၢခွဲးယၢ်လီၤ. တၢ်န့ၣ်ဘၣ်ဃးဒီးတၢ်လၢတၢ်ဃုထၢအီၤသ့တဖၣ်လီၤ. ဒီးတဘၣ်ပျံၤတၢ်လၢနကရူၤကွၢ်အီၤသ့ၣ်သ့ၣ်န့ၣ်တဂ့ၤ. စးထီၣ်ဆိကမိၣ်တၢ်လၢဘၣ်သ့ၣ်သ့ၣ်နကန့ၣ်ဘၣ်အီၤန့ၣ်တက့ၢ်.

ဆဲးကျိးဒီကလုၢ်က့ၢ်ဂီၤတလၢတပုၤဘၣ်တၢ်အုၣ်ကီၤတၢ်ကူၣ်အကျဲလၢနမ့ၢ်ပုၤလၢသးန့ၣ်အိၣ် ၆၅န့ၣ်ဆူအဖီလၢန့ၣ်တက့ၢ်. ဆဲးကျိးမဲၣ်အ့းခဲရဲလၢနမ့ၢ်ပုၤလၢသးန့ၣ်အိၣ် ၆၅န့ၣ်ဆူအဖီခိၣ်န့ၣ်တက့ၢ်. လၢတၢ်န့ၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်န့ၣ်လီၤကွၢ်ဝဲ [BetterHealth.vic.gov.au/disability](http://BetterHealth.vic.gov.au/disability) န့ၣ်တက့ၢ်.