



Ngandamnak



Australia na phak tikah

Australia na phanh tikah na kong tawltreltu asilole an ko-au tu nih hihi tuahnak an in bawmh lai:



- siilei thlopnak bawmtu (Medicare) ah min pek



- siibawi sin kal:



- ngandamnak lei cheknak caah



- na chungkhar nih zawtkhamnak nan rak i tuahmi cu a tlingtlakmi si seh

Medicare



Medicare hi Australia rampi ngandam zohkhenhnak a si.



Medicare nih hi pawl caah cheukhat asilole a dihlak a liam lai:

- sii lei riantuan piaknak pawl
- siizung lei riantuan piaknak



Medicare ah min khumhnak tuah ding ah aho na si kha hliah a herh caah na khualtlawnnak catlap kha na ken lai – ahodah na si set.



Medicare kat pek na si lai.



Naa ken lengmang a hau, hihi na tuah fa te:

- siibawi naa zohter tikah



- siizung na kal tikah

Chungkhar siibawi



Na chungkhar caah siibawi kaw! nan duh te lai.



Siibawi pawl cu zawtnak a phunphun a thloptu(General Practitioners-GPs) tiah auh an si.



Ngandamnak lei harnak pawl sawhsawh siibawi pawl nih zawtnak a phunphun an thlop.



An zawtnak tihnung deuh a si ahcun asilole ngandamnak lei harnak a can cuahmah lio a si ahcun inn zongah an leng ko hna.



Siibawi va ton dingah siizung kal na hau lo.



Australia ah, siibawi pawl cu khuapi chung i a kideng sang ah a ummi zung va on asilole siikhan ah rian an tuan.



Na umnak pawng ah siibawi na hmuh khawh ko lai.



Na siibawi cu hihi a si awk a si:

- naa bochanmi minung pakhat khat



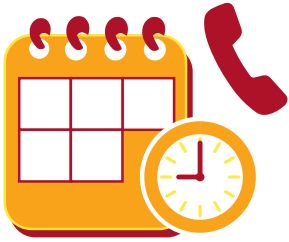
- nan chungkhar a hngalmi
- nan chungkhar ngandamnak lei a herhmi pawl aa fiangmi



Na siibawi nih rian an tuan piakmi pawl ah na lung a tlin lo ahcun thlen khawh a si.



Siibawi pawl nih Calehnak le Holhlehnak lei Riantuannak (Translating and Interpreting Service - TIS National) kha 13 14 50 ah chawnh in zeitik caan paoh ah a lak in hlohlettu hman khawh a si.



Siibawi he ton dingin nan i chawnh tikah holhlettu na herh ahcun zaangfahnak in na siibawi kha chim – anmah pawl hmuhton caan.

Sii lei le ngandamnak lei zohkhenhnak ah thiamsang siibawi



Sii lei asilole ngandamnak lei poipang kong ah thiamsang siibawi zohter na hau tiin na siibawi nih an ti khawh men.



Thiamsang siibawi timi cu sii lei asilole ngandamnak lei poipang phun zeimawzat ah a thiambak mi siibawi kha a si.



Na siibawi nih nangmah caah kuat chinnak ca a tial lai.



Kuat chinnak ca cu hi pawl kong a chimmi caa a si:

- zeibantuk sii lei asilole ngandamnak lei poipang dah na ngeih
- zeibantuk thiamsang siibawi nih dah zohter na hau

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Thiamsang siibawi zohter dingah tangka tam deuh a dih lai.



Thiamsang siibawi he tonnak ngeih colh dingin i caan hamnak hmuh colh cu a har ngai lai.



Anmah pawl na hmuhtonnak cu a zarh in asilole a thla hmanh in na hngah hna a hau men lai.

Sii-zung pawl



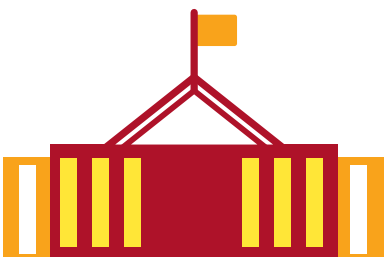
Australia i siizung pawl cu hi pakhat paoh an si:

- zapi siizung



- pompaak siizung

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Zapi siizung pawl caah cun Acozah nih tangka a pek.



Zapi siizung i thlopbulnak a man cu Medicare hmanna in a lak a si.

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Pumpaak siizung pawl i thlopbulnak caah tangka na pek a hau.



Medicare nih na hmanmi tangka cheukhat kha an pek than kho men.

A tangmi cu nangmah tein na pek a hau lai.

Sii dawr pawl le Sii-ai zuartu pawl

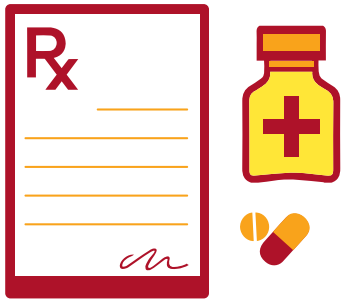


Sii dawr pawl cu hi hna hi an zuar :

- sii pawl
- ngandamnak lei caah chuahmi thilri pawl
- dawh/tamhnak lei caah chuahmi thilri pawl



Sii-ai zuartu ti zong in auh an si.



Na cawk khawhmi cu:

- sii sawhsawh pawl
- cawk d'ingin fialmi sii pawl



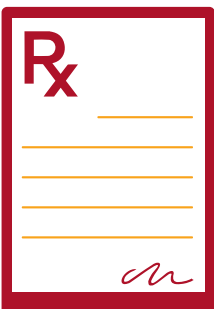
Sii sawhsawh pawl cu ngandamnak lei harnak pawl caah hman na herhmi sii pawl an si, nain hi kong ah siibawi zohter na hau lo.



Dawr nganpi pawl zongah na cawk khawh.



Cawk dingin siibawi nih fialmi sii pawl cu din na herh tiah siibawi nih a chimmi sii pawl kha a si.



Cawk dingmi pawl cu siibawi nih catial in an pek lai – catialmi a si lai i a chim dingmi cu:

- zeibantuk dah din na herh
- zeizat dah din ding
- zeitindah din lengmang ding

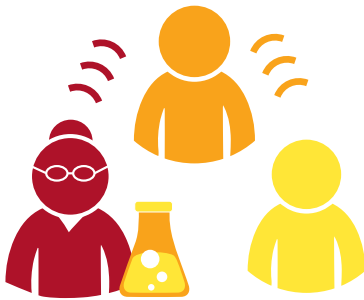


Cawk dingin fialmi sii pawl cu man fawi deuh in na cawkhawh men, hihi pawl na hmuhsak khawh hna a si ahcun:

- Medicare kat



- ngandamnak lei zohkhenhnak kat (A man thumhnak kat)



TIS National hmangin Sii zuartu pawl nih holhlettu an hman khawh hna.



13 14 50 ah TIS National na chawnh khawh hna.

Tar Zohkhenhnak (My Aged Care)



Tar Zohkhenhnak cu upa deuh minung caah riantuan piaknak a si.



An hman khawhmi riantuan piaknak pawl kong thawngthanh mi cu kumtar deuh minung, an chungkhar pawl le zohkhenhtu pawl a pek hna.



Thawngthanhmi tam deuh cu Kumtar Zohkhenhnak vuapsaih (My Aged Care) ah na hmuh khawh.

www.myagedcare.gov.au



Asilole 1800 200 422 chawnhnak in.

Hngal peng



Sii lei he aa pehtlaimi tonnak na ngeihmi paoh ah bawmh dingin TIS National na chawnh khawh hna.



Tangka fangkhat hmanh a dih lai lo.



13 14 50 ah TIS National na chawnh khawh.



TIS National kong tamdeuh cu an vuapsaih ah na hmuh khawh.

www.tisnational.gov.au/en/Non-English-speakers

Sii lei zohkhenhnak caah tangka peknak

Medicare

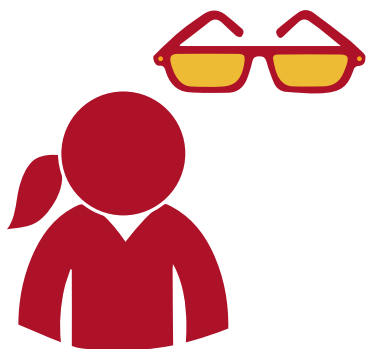


Medicare nih hi pawl sinin sii lei thlopbulnak dihlak asilole cheukhat cu a liam lai:

- siibawi pawl



- thiamsang siibawi pawl



- mit thlop a thiammi – mit siibawi pawl



Medicare nih hi pawl sinin na hmuhmi cheukhat thlopbulnak phun caah a liam kho men:

- haa siibawi pawl



- a dang ngandamnak lei zohkhenhnak riantuan piaknak pawl



Zapi siizung ah na kal ahcun, Medicare nih hi pawl caah a pek lai:



- na congghramnak
- na umnak man

Pumpak ngeihmi ngandamnak aamahkhan



Nangmahte in pumpak ngeihmi ngandamnak aamahkhan ah tangka na chiah khawh.



Medicare nih liam ding i aa tel lomi na pek dingmi thlobbulnak man cu pumpaak ngandamnak lei aamahkhan nih an in bawmh lai.



Hika hin hi riantuan piaknak pawl aa tel kho:

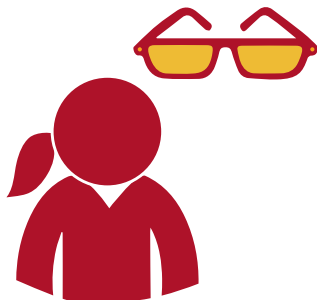
- pompaak siizung pawl



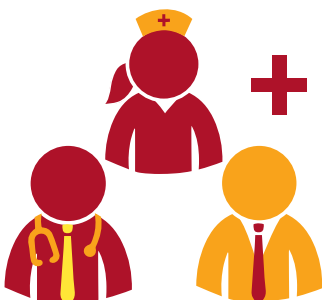
- siibawi pawl



- haa siibawi pawl



- thiamsang siibawi pawl, mit lei thlopbul a thiammi pawl telhchih in



- a dang ngandamnak lei zohkhenhnak riantuan piaknak pawl

Pek dingmi pawl



Aa dangmi riantuan piaknak pawl caah pek dingmi a man pawl cu Medicare nih a chiahpiak hna.

Cu pawl cu rikhiah piakmi pek dingmi pawl asilole pek caan khiah piakmi pek dingmi pawl tiah auh an si.

Medicare nih rikhiah piakmi pek dingmi lawng an in pekpiak lai.



Cheukhat siibawi pawl cu rikhiah piakmi pek dingmi nak in tam deuh an in lak lai.



A hlei in a man na pek a hau.

Tangka Hlawh Hlumpi



Cheukhat siibawi pawl cu pek hnga dingmi kha mi lungthin la dingin an tuah.



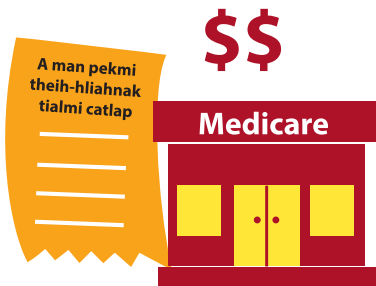
Pek hnga dingmi kha mi lungthin la dingin tuahnak timi cu rian an tuan piakmi caah rikhiah piakmi pek dingmi kha siibawi nih aa lak caan khi a si.



A sullam cu na lennak caah tangka pek na hau lo.



Na siibawi nih pek hnga dingmi kha mi lungthin la dingin a tuah lo ahcun, na len man kha na pek a hau lai.



Na dihmi tangka tialnak catlap kha Medicare sinah na kalpi ahcun na rak pekmi tangka chung in cheukhat kha an in pek than lai.

Pumtlinglo



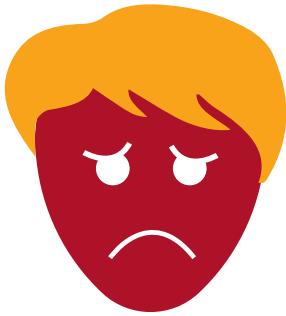
Mi tlamtling lo pawl, an chungkhar pawl le zohkhenhtu pawl bawmhnak prokarem an um.



Zatlangnun lei Riantuannak Zung vuapsaih (Department of Social Services - DSS) ah 'pumtlamtlinglo le zohkhenhtu pawl' ('disability and cares') timi na kaw! ahcun thawngthanhmi tam deuh na hmuh khawh lai.

www.dss.gov.au

Thinlung lei ngandamnak le fimchimh cawnpiaknak

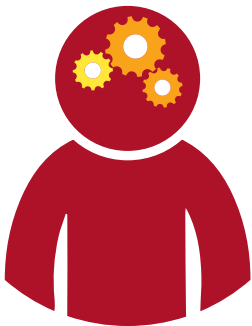


Nangmah bawmh ding ah minung pakhat khat na hmu khawh ko hna, hiti hin na um ahcun:

- na ngaihchiat asilole lungrawh ahcun



- Australia i tuah lengmangmi nunning ah harnak na ngeih ahcun



Hi pawl cu lungthin ngandamnak lei temtuarnak pawl tiah auh a si.



Hi bantukin khuaruahnak cu a um tawnmi a si ko.



An nunnak ah thlennak nganpi a ngeimi minung sinah a cang.



Lungthin ngandamnak lei temtuarnak pawl caah bawmhnak hmuh kha a biapi tuk.



Hi pawl cu takpum ngandamnak lei temtuarnak pawl tluk in a fak kho.



Fimchimh cawnpiaknak he thlopbul khawh an si.

Na siibawi sinah na chim ahcun hi pawl sinah an kuat chin kho:

- thinlung umtuning kong a hngalmi/thiammi
- fimchimh cawnpiaktu



Australia i a ummi minung aho poah caah thinlung lei ngandamnak bawmhnak pekmi riantuan piaknak pawl an um.



Thawngthanhmi tamdeuh caah, hika hin kal:

- www.beyondblue.org.au
- www.lifeline.org.au
- www.mindhealthconnect.org.au

Hremnak le Thinlung fahtuknak he a Nungmi pawl caah Australia Riantuan piaknak Tonpumhnak (Forum of Australian Services for Survivors of Torture and Trauma - FASSTT) nih thinlung fahtuknak asilole hremnak a tuarmi kha a bawmh hna.



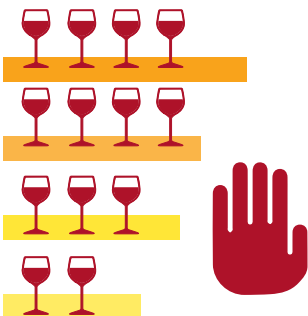
Thawngthanhmi tam deuh cu FASSTT vuapsaih ah na hmuh khawh ko lai.

www.fasstt.org.au

Ngandam in umnak



Zawtnak nangmah tein naa kham khawhnak lam tha bik cu a ngandammi nunning in nun a si.



Ngandamnak dingah na tuah dingmi thil pawl an um:

- zu na dihmi zat rihkhiahnak ngei



- kuak zu hlah



- cawlcanghnak tuah lengmang – hihi minung thar tonnack le damnak caah lam tha a si



- ngandamnak tirawl ei



Australia dawr pawl cu hi a tharhlammi tampi he an khat:

- thingthei
- anhringso
- sa

Hi ka a lonnak cahmai hi cu nganh ta hramhrammi a si

*Medicare kat hmanthlak hmannak cu timhmi langhtertu thil ca lawng ah a si i zapi nih
hnatlakpi mi a si lo.*



Australian Government
Department of Social Services

Mipeem Caah Tuantu Ramkip Huap Phu
nih Australian Cozah Zatlang Bawmhnak
Phu ai-awh in a cawnpiak hna

