



Ngandamnak

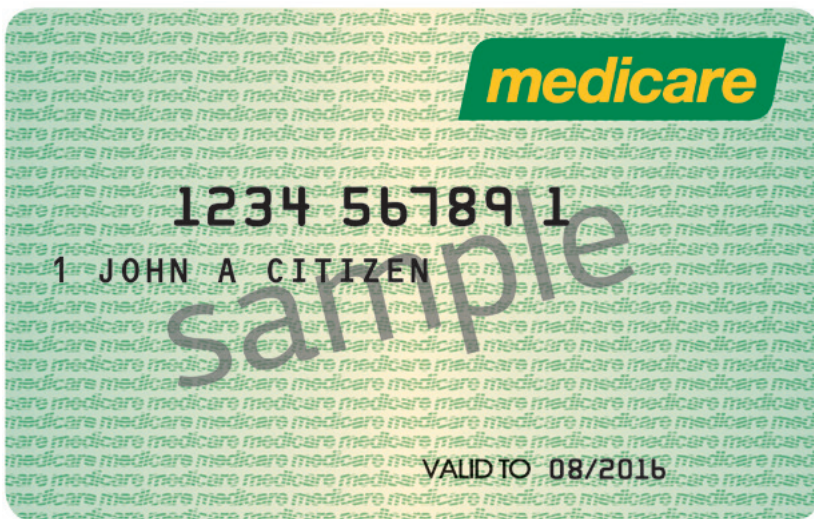
Australia na phak tikah

Na phakka tlawmpal in na riantuanpiaktu, asiloah an autu nih an in bawmh dingmi pawl:

1. Siilei thlopnak bawmtu Medicare ah min pek
2. Ngandam chek ah siibawi an in lenpi lai i, na chungkhar dinmi rai kham sii kha tharchuah fianh ding a si lai.

Siilei Thlopnak Bawmtu (Medicare)

Medicare hi Australia rampi ngandam zohkhenhnak a si. Medicare nih sii-zung luh le sii-ai man liampiak, asiloah, man lo in luh khawh, hmuh khawhnak a bawmh hna. Min i peknak caah, na khualtlawnnak catlap pawl kha na ID caah na herh hna lai. Medicare i min nai pek in Medicare card pek na si lai. Cu card cu, siibawi tonnak, asiloah, sii-zung i kal na herh caan paoh ah nai ken a herh lai.



Chungkhar siibawi, asiloah, zatlang siibawi

'Chungkhar siibawi' ton na duh lai; na zumhmi minung le na chungkhar ngandam herhbaunak a hngal dingmi siibawi an si lai. Hi siibawi pawl hi Zatlang Siibawi (General Practitioners – GP), asiloah GP tiah an kawh hna. Tlangrai mizaw thloptu le inn i saupi a kuah cangmi mingor thloptu an si. Siibawi ton duh ah sii-zung i va kal a herh hrimhrimmi ram thenkhat bantuk a si lo, Australian GP pawl hi inn in, asiloah, zung in, asiloah, khuahriang um siikhan in rian an tuan tawn. Mah le umnak inn kam siibawi hi an fuhpanh cio tawn hna. Siibawi nih an thlopnang ah na hna a ngam lo ahcun, asiloah, na lung a si lo ahcun, zalongte in siibawi dang i thlen khawh zungzal a si.

Siibawi fuhpanhnak caan na lak tikah, holhlethu na herh ahcun, GP siibawi sinah na ruahnak hei chim ko sawh. GP paohpaoh nih zei tik caan paoh ah Caleh le Holhleth Bawmhnak Tuantu Phu (TIS National) hmangin phone nambar 13 1450 hin holh an hei lehter khawh hna, man liam hau a si lo.

Thiamhlei Siibawi Thlopbulnak

Damlo cehlei thopbulnak caah, na chungkhar siibawi, asiloah GP ni thiamhlei siibawi sinah an kuat chin khawh. A tlangpi in, thiamhlei siibawi ton khawh nakdingah siibawi pakhat, asiloah, sii-zung nih thialnak ca tialpiak na herh lai.

Thiamhlei siibawi pawl hi Zatlang Siibawi GP pawl nakin i zohter man an fak deuh. Khulrang in thiamhlei siibawi tonnack caan hmuh hi a har ttheu tawn i, zarh tam ngai, asiloah, a thlathla in na hngah a herh men ko lai.

Sii-zung pawl

Australia ah cozah sii-zung le pumpak sii-zung tiin an um. Cozah sii-zung hi acozah pekmi chawva in a tuanmi an si i, Medicare a ngeimi mizaw caah man liam lo in i thlopnak a si. Pumpak sii-zung tu nih cun mizaw zohkhenh man an lak colh hna. Medicare nih pumpak sii-zung zohkhenh man hi a cheuchum in a pekpiak tawn hna nain zatceo kha mizaw nih peek hrimhrim a si.

Sii zuartu/siithiam

Siizuartu hi sii kong a thiammi an si i siibawi tialpiakmi sii din awk le ngandamnak le i ttamhmoihsak sii phun a petu a si. Mizaw din awk sii hi siibawi, asiloah, GP nih a tialmi ca lawnglawng in pek a si. Man thumhpiak in sii cawkh nakding ah, Medicare card le Centrelink ngandamnaklei zohkhenh card kha sii zuartu sinah va hmuhsak a hau.

Sii zuartu pawl nih hin sii a pek lio ah Caleh le Holhle Bawmtu Phu kha 13 1450 in hei chawh lai i, man lo in holhlepiaknak an hman khawh.

Siibawi, asiloah, GP tialpiakmi ca um lo in, siidawr ah va cawkh khawhmi sii le ai a um ve. Market ngan le eidin store dawr ah hman tammi sii phun zong va cawkh khawh an si men lai.

Tar Zohkhenhtu (My Aged Care)

Tar Zohkhenhtu nih tar pawl a bawmh hna, an chungkhar le zohkhenhtu pawl kha My Aged Care website hmang in tar zohkhenh kong hngalh awk kongkau a theihter hna. Hi kong tling deuh in hngalhnak caah, www.myagedcare.gov.au hi hei kau, asiloah, 1800 200 422 in My Aged Care zung hei chawh.

PHILH HLAH

Siibawi le sii-zung ton caan halnak caah man liam hau lo in Caleh le Holhle Bawmtu Phu hi na hman khawh. Hi kong tling deuh in hngalhnak caah, 13 1450 hin phone, asiloah www.tisnational.gov.au/en/Non-English-speakers hi hei kau.

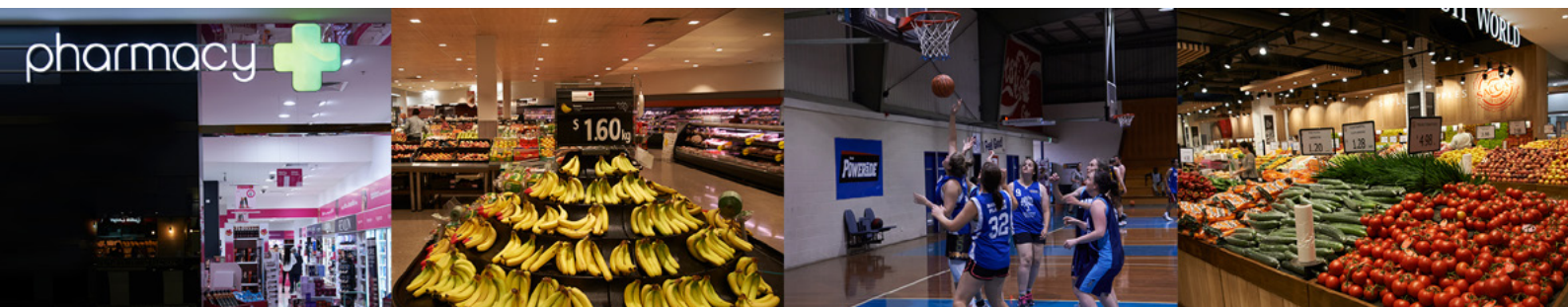
Thlopbulnak man peknak

Medicare

Medicare nih man pek hau lomi, asiloah, man liampiakmi thopbulnak a bawmh hna, zawt thlop a thiammi pawl, siibawi, thiamhlei siibawi, mit lei siibawi le zeimaw kong ah, haa siibawi le zatlawng siibawi dangdang a hman hna. Cozah sii-zung i a ummi zaran mizaw caah man lo thlopnak le man lo riahnak hmun a pek hna.

Pumpak ngeihmi ngandamnak aamahkhang

Nangmahte in pumpak ngeihmi ngandamnak aamahkhang ah tangka na chiah khawh. Hi aamahkhang nih hin pumpak sii-zung ah i thlopbul khawhnak an khanpiak lai i Medicare pekpiak lomi man, haa le mit thlopnak tel in zawt thlopnak thenkhat man an in pekpiak lai.



Tangka Hlawh Hlumpi

Siibawi thenkhat nih ‘hlawh hlumpi’ an timhlahm, a sullam cu, an tuan man kha tlingte in Medicare in an hmuh. Na siibawi kha ‘hlawh hlumpi’ a tuahmi a si lo ahcun, an zoh man kha na pek a hau lai i, na pekmi tangka kha a cheuchum in Medicare nih an cham naklai na va sok a herh lai.

Khiahmi Tangka

‘Khiahmi tangka’ hi acozah nih Medicare sii-ai bawmhna a phunphun caah man a khiahmi a si. Medicare sin in ‘khiahmi tangka’ lawng hi na liammi man khirh na si lai. Siibawi thenkhat nih cun ‘khiahmi tangka’ zat nak tam in thlop man an in lak lai i, ‘khiahmi tangka’ zat cungcuang paoh hi nangmahte nih liam hrimhrim awk a si lai.

Pumtlinglo

Pumtlinglo minung le an chungkhar le zohkhenhtu pawl bawmhna rian kong hngalhnak caah, www.dss.gov.au hi hei kau law ‘Disability and Carers’ (Pumtlinglo le Zohkhenhtu) timi kaw.

Lungzawtlei ngandamnak/fimchimhnak

Na ngaih a chia, asiloah, na lungre a thei, asiloah, Australia i nunning i sersiamna ah harsatna na ngeih ahcun, thinlung zawmi damna fimchimtu na kaw awk a si. Na siibawi sinah chim law, thinlung kong a thiammi, asiloah, fimchimtu sinah an in kuat khawh lai. Hi lung damlonak hi a cang lengmangmi a si kho, hleikhun in nunning thlennak nganpi na hmuhton tikah a cang khun. Lung damlonak kong ah bawmhna kaw hi a biapi ngai ko. Taksa dam lonak tlukte in a fakmi an si i, hlawhtlingte in thlop khawh ci an si ko.

The Forum of Australian Services for Survivors of Torture and Trauma (FASSTT) timi hi lau le hrem a ingtuarmi minung caah thlopnak tha hlei rian a tuantu an si. A kong tling deuh in hngalhnak caah, www.fasstt.org.au hi hei kau.

Hi riantuannak nih hin Australia ah a ummi poah lung damlomi thlopnak bawmhna a pek hna. A kong tling deuh in hngalhnak caah:

- www.beyondblue.org.au
- www.lifeline.org.au
- www.mindhealthconnect.org.au hi hei kau.

Ngandam in umnak

Zawt khamna ah lam tha bik cu, a ngandammi nun khuasakning in nun hi a si.

- Zu din rihma khiah
- Kuak zu hlah
- Caan hmante in pum cawlcanghnak tuah – hihi mithar va tonnak ding le damtthat pengnak caah lam tha ngai a si
- Ngandammi tirawl ei – Australia hi cinthlakna zung ngan pipi a ngeimi ram a si, cucaah dawr ah a tharhlammi thingthei, tisik anhnah le sa an khat.



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



Australian Government
Department of Social Services

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

