



Caafimaadka



Markaad timaaddo Australia



Markii aad timaaddo Australia garwadeenkaaga ama qofkii ku isboonsaray ayaa ku caawin doona:

- iska diiwaangeli Medicare



- booqo dhaqtarka:



- wixii hubinta caafimaadka ah



- si loo hubiyo in tallaalka qoyskaaga ay cusboonaysiisan yihiin

Medicare



Medicare waa nadaamka daryeelka caafimaadka qaranka Australia.



Medicare waxay bixisaa qaar ama dhammaan qarashyada:

- adeegyada caafimaadka
- adeegyada isbitaalka



Si laysugu diiwaangeliyo Medicare waxaad u baahan tahay dokumantiyadii safarkaaga oo caddayn u ah aqoonsigaaga – qof-kaad tahay.



Waxaa lagu siin doonaa kaarka Medicare.



Waxaad u baahan tahay inaad wadato markasta oo aad:

- arkayso dhaqtar
- aadayso isbitaalka



Dhaqtarka qoyska



Waxaad u baahan tahay inaad u hesho dhaqtar qoyskaaga.



Dhaqaatiirtaas waxaa kaloo loo yaqaan Dhaqaatiirta Guud ama GP-yada (General Practitioners - GPs).



Dhaqaatiirtaas waxay bixiyaan daaweynta caafimaadka guud ee dhibaatooyinka caafimaadka guud.



Waxay kaloo ku booqdaan dadka guriga haddii ay qabaan dhibaatooyin caafimaad oo daran ama joogta ah.



Uma baahnid inaad aado isbitaalka si aad u aragto dhaqtar.



Halkan Australia, dhaqaatiirtu waxay ka shaqeeyaan xaafadaha xafiisyada ama kilnikada.



Waxaad ka heli kartaa dhaqtar meel u dhow halkaad ku nooshahay.



Dhaqtarkaagu waa inuu:

- ahaadaa midaad ku kalsoon tahay



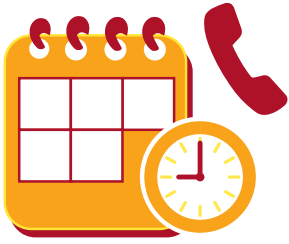
- bartaa qoyskaaga
- fahmaa baahiyaha caafimaad ee qoyskaaga



Waxaad baddeli kartaa dhaqtarkaaga haddii aadan ku faraxsanayn adeegga uu ku siiyo.



Dhaqaatiirtu waxay wici karaan si ay si lacag la'aan ah u adeegsadaan turjumaanada mar kasta ayagoo maraya Adeegga Fasiraadda iyo Turjumidda (Translating and Interpreting Service - TIS National) taleefanka 13 14 50.



Fadlan u sheeg dhaqtarkaaga haddii aad u baahan tahay turjumaan markii aad samaysanayso ballanta – waqtiga aad ku arkayso.

Daryeelka takhasuslaha daaweynta iyo caafimaadka



Dhaqtarkaagu wuxuu kuu sheegi karaa inaad u baahan tahay inaad aragto dhaqtar takhasus leh wixii ku saabsan dhibaato daaweyn ama caafimaad.



Takhasusluhu waa dhaqtar kaas oo khibrad u leh noocyada dhibaataada daaweyn ama mid caafimaad.



Dhaqtarkaagu wuxuu kuu qori doona meel-u-dirid.



Meel-u-diriddu waa warqad oranaysa:

- waxay tahay dhibaataada daaweyn ama caafimaad oo aad qabtaa
- nooca takhasuslaha aad u baahan tahay inaad aragto

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Qarash weyn bay ku kacaysaa si aad u aragto takhasuslaha.



Waxaa adag in ballan isla markiiba loogu helo takhasusle.



Waxaa laga yaabaa inaad sugto asbuucyo ama xataa bilo ka hor intaadan arag takhasuslaha.

Isbitaallada



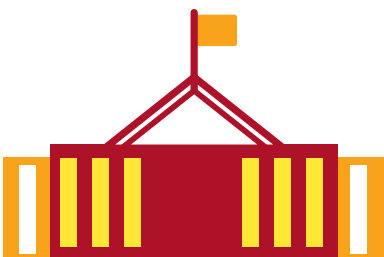
Isbitaaladu halkan Australia waa labo:

- kuwo dadweyne



- kuwo gaar ah

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Dowladda ayaa lacagta siisa isbitaallada dadweynaha.



Daaweynta laga sameeyo isbitaalada dadweynaha waa mid lacag la'aan ah marka la adeegsado Medicare.



Waxaad u baahan tahay inaad bixiso daaweynta isbitaallada gaarka ah.



Medicare ayaa kaa bixin karta qaar lacagtii aad qarash-garaysey.

Waxaad u baahan doontaa inaad adigu bixiso inta soo hartay.

Farmashiisteyaasha iyo kimistiyada

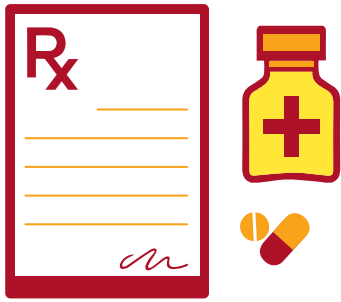


Farmashiyeyaashu waa dukaamo iibiya:

- daawooyinka
- walxaha caafimaadka
- walxaha laysku qurxiyo



Waxaa kaloo loo yaqaan kimisteyaasha.



Waxaad ka gadan kartaa:

- daawooyinka caadiga ah
- daawooyinka bareskiribshinka ah



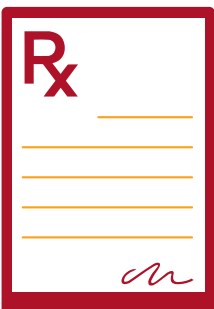
Daawooyinka caadiga ah waa daawooyinka aad u baahan karto si aad ugu isticmaasho dhibaatooyinka caafimaad oo aad qabto hase ahaatee uma baahnid inaad aragto dhaqtar.



Waxaad kaloo ka gadan kartaa subarmaarkidyada.



Daawooyinka bareskiribshinka ah waa daawooyin uu dhaqtarku sheegay inaad u baahan tahay inaad qaadato.



Dhaqtarka ayaa ku siin doona bareskiribshinka – oo ah foom daabacan oo sheegaya:

- waxaad u baahan tahay inaad qaadato
- imisa ayaad qaadanaysaa
- ilaa intee



Waxaad ku heli kartaa sicir jaban daawooyinka bareskiribshinka haddii aad tusto:

- Medicare kaarkaaga



- Kaarka daryeelka caafimaadka



Farmashiistuhu wuxuu adeegsan karaa turjumaano asagoo u maraya TIS National.



Waxaad ka wici kartaa TIS National taleefanka 13 14 50.

Daryeelka Da'dayda (My Aged Care)



Daryeelka Da'dayda waa adeeg loogu talagalay dadka da'da ah.



Waxay siisaa dadka da'da ah, qoysaskooda iyo daryeelayaashooda macluumaad ku saabsan adeegyada ay adeegsan karaan.



Waxaad ka heli kartaa macluumaad dheeraad ah oo ku saabsan websiteka My Aged Care.

www.myagedcare.gov.au



Ama adoo waca 1800 200 422.

Xusuusnow



Waxaad wici kartaa TIS National si uu kaaga caawiyo ballamaha caafimaadka.



Wax lacag ahna kuuguma kacayso.



Waxaad ka wici kartaa TIS National taleefanka 13 14 50.



Waxaad macluumaad dheeraad ah oo ku saabsan ka heli kartaa TIS National website-kooda.

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

Bixinta daryeelka caafimaadka

Medicare

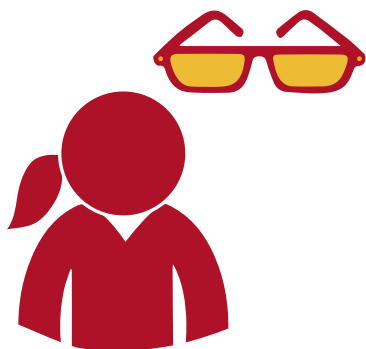


Medicare waxay bixisaa qaar ama dhammaan qarashka daaweynta caafimaadka oo ka socda:

- dhaqaatiirta



- dhaqaatiirta takhasuska ah

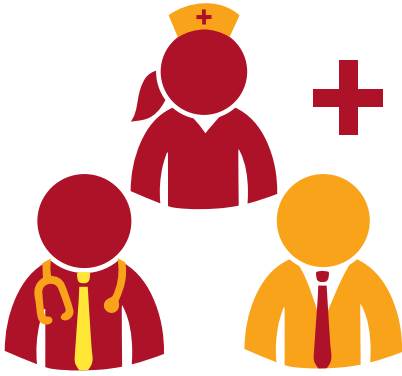


- optometeristaha – dhaqaatiirta indhaha



Medicare waxay bixisaa qaar noocyada daaweynta aad ka hesho:

- dhaqtarka ilkaha



- adeegyada daryeelka caafimaadka ee kale



Haddii aad aado isbitaalka dadweynaha, Medicare waxay bixin doontaa:



- daaweyntaada
- qarashka intaad joogto

Caymiska caafimaadka gaarka ah



Waxaad ka bixin kartaa caymiskaaga caafimaadka gaarka ah.



Caymiska caafimaadka gaarka ah waxay kugu caawinaysaa inaad bixiso qarashka daaweynta kaas oo aysan bixin Medicare.



Kana waxaa ka mid ah adeegyada ka socda:

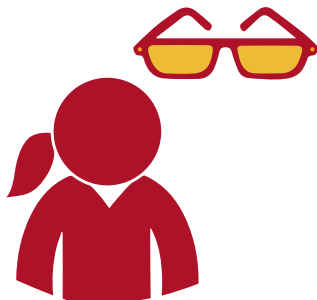
- isbitaalada gaarka ah



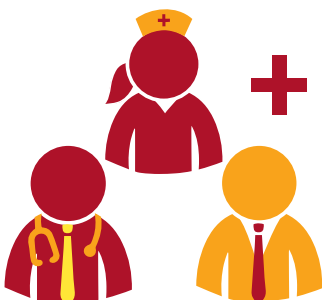
- dhaqaatiirta



- dhaqaatiirta ilkaha



- takhasuslayaasha, oo ay ku jiraan
obtometeristayaashu



- adeegyada daryeelka

Khidmadaha



Medicare waxay qorshaysaa qarashka dadka ay tahay inay ka bixiyaan adeegyada kala duwan.

Waxaa loo yaqaan khidmadaha caadiga ah ama khidmadaha go'an.

Medicare waxa keliya oo ay dib kaa siin doontaa khidmadda caadiga ah.



Dhaqaatiirta qaarkood waxay kaa qaadi doonaan wax ka badan khidmadda caadiga ah.



Waxaad u baahan doontaa inaad bixiso qarash dheeraad ah.

Biilka Bulk biling ah



Dhaqaatiirta qaarkood waxay ku shaqeeyaan nadaam lacagta oo dhan dawlada lagu dalacayo.



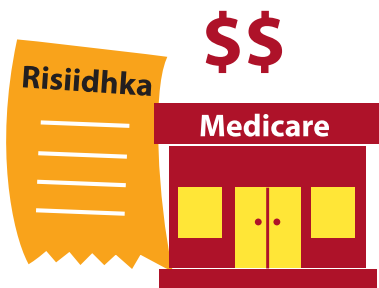
Biilka Bulk biling waa markii dhaqatrku kaa qaado khidmadda caadiga ah ee adeegyadooda.



Taas macnaheedu waa inaadan wax ka bixin lacagta dhaqtarka.



Haddii dhaqtarkaagu uusan samayn biilka bulk billing, waxaad u baahan tahay inaad bixiso khidmada oo dhan.



Haddii aad ugeyso risiidhka Medicare waxay kuu celinaysaa qaar ka mid ah lacagtii aad bixisay.

Iibinta



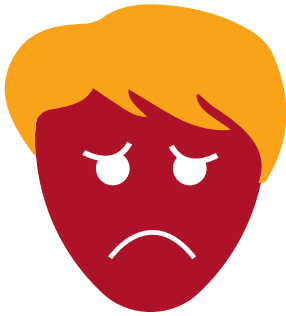
Waxaa jira barnaamijyo si aad u taageerto dadka qaba iinta, qoysaskooda iyo daryeelayaashooda.



Waxaad macluumaad dheeraad ah ka heli kartaa haddii aad ka baarto website-ka 'disability and carers' oo Wasaaradda Adeegyada Bulshada (Department of Social Services - DSS).

www.dss.gov.au

Caafimaadka dhimirka iyo la-talinta

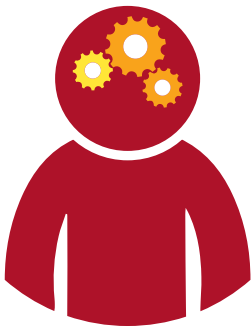


Waxaad heli kartaa cid ku caawisa haddii aad:

- dareemaysid murugada ama niyad-jabka



- aad qabto dhibaataada la-qabsiga nolosha Australia.



Kuwaasna waxaa loo yaqaan dhibaatooyinka caafimaadka dhimirka.



Waa wax caadi ah in la dareemo sidaas oo kale.



Way ku dhacdaa dadka kuwaas oo uu ku dhacay isbaddelo noloshooda.



Waxaa muhiim ah in caawimaad loo helo dhibaatooyinka caafimaadka dhimirka.



Waxay u daran yihiin sida kuwa dhibaatooyinka caafimaadka jidheed.



Waxaa lagula tacaali karaa la-talinta.

Haddii aad la hadasho dhaqtarkaaga waxay kuu diri karaan:

- cilmi-nafsi yaqaan
- la-taliye



Waa adeegyo siiya taageerada caafimaadka dhimirka cid kasta oo ku nool Australia.



Wixii macluumaad dheeraad ah, ka eeg:

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

Golaha adeegyada ee dadka ka badbaada jirdilka iyo saska ama aafuoyinka (Forum of Australian Services for Survivors of Torture and Trauma - FASSTT) waa adeegyo caawiya dhibaneyaasha rafaadka iyo jirdilka.



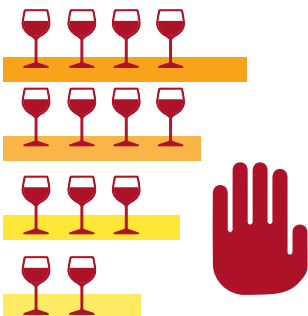
Waxaad ka heli kartaa macluumaad dheeraad ah websiteka FASSTT.

www.fasstt.org.au

Ku-jiridda caafimaad-qabka



Sida ugu fiican oo looga hortago jirada waa in lagu noolaado qaab-nololeed caafimaad qab ah.



Waxaa jira waxyaalo aad ku samayn karto si aad caafimaad-qab u noqoto:

- Xadid intaad khamri ka cabbayso



- ha cabbin sigaarka



- jimicsi samee badanaa – waa ka wanaagsan oo wax loogu qabto dadka cusub laguna xafido fiyoobidooda.



- cun cuntooyin caafimaad leh



Dukaamada ku yaal Australia waxaa ka buuxa waxyaalo badan oo fareesh ah:

- furuudka
- qudaarta
- hilibka

Boggan si ula kac ah ayaa loo baneeyey

*Adeegsiga muuqaalka kaarka Medicare waa ujeeddo muujineed keliya mana ahan
ogolaansho laga helay Commonwealth.*



Australian Government
Department of Social Services

Oo ay bixisay Haya'dda Caalamiga ee Socdaalka
ayadoo ka wakiila Wasaaradda Australia ee
Adeegyada Bulshada

