



KAREN

Palliative Care

Helping people with life-limiting illness, live well

တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်-မၤပၤပၤလၢအအိၣ်ဒီး တၢ်ဆိးကုဆါဘီလၢအသးသမူဖျၢ်လီၤတဖၣ်အကအိၣ်ဆိးမုၢ်မုၢ်ပၤပၤအဂီၢ်

What is palliative care?

Palliative care helps people with a life-limiting illness to have the best possible quality of life. It is available for everyone – of any age, race, culture, background or religion, and most services are free.

Depending on your needs, palliative care may include:

- Medicine and other therapies to relieve your pain and manage symptoms
- Support for your family members
- Help and equipment to live comfortably at home where possible
- Help to meet your spiritual, religious or cultural needs
- Regular visits from health workers and other care providers

If you choose to have palliative care, you can talk about your individual needs, ask any questions and make requests so you have the best care possible.

When using palliative care, the person with the illness and their family are always in control of decisions about their health, medical treatment and wellbeing.

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တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်မၤစၢၤဝဲဒၣ်ပၤလၢအအိၣ်ဒီးတၢ်ဆိးကုဆါဘီလၢအမၤဖျၢ်လီၤအသးသမူတဖၣ်ကအိၣ်ဒီးတၢ်အိၣ်မူအကံၢ်အစီလၢအဂၤကတၢၢ်တသ့ဝဲအသ့အဂီၢ်န့ၣ်လီၤ. တၢ်အံၤအိၣ်ဝဲဒၣ်လၢပၤကိးဂၤဒီး-သးနံၣ်, ကလုာ်န့ၣ်, လုၢ်လၢထူသန့, အတၢ်လၢခိဖျိတၢ်လီၤစၢၤမ့တမ့ၢ်တၢ်ဘျီတၢ်ဘိတခါလၢလၢအဂီၢ်ဒီး တၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤတဖၣ်အံၤအါတက့ၢ်န့ၣ်တလိၣ်ဟ့ၣ်အပူၤဘၣ်.

ဒီးသန့အသးလၢနတၢ်လိၣ်ဘၣ်တဖၣ်အဖီခိၣ်, တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အံၤဘၣ်တဘၣ်ကဟံးယုာ်-

- ကသံၣ်ကသီဒီးတၢ်ကူစါယါဘျါလၢအဂၤတဖၣ်လၢတၢ်ကမၤစၢ်လီၤတၢ်လၢအမၤဆါန့ၣ်ဒီးပၤဆုၢ်ရဲၣ်ကျဲၤတၢ်ဆါအပနီၣ်တဖၣ်
- တၢ်ဆိၣ်ထွဲမၤစၢၤလၢနဟံၣ်ဖိဖိတဖၣ်အဂီၢ်
- တၢ်မၤစၢၤဒီးတၢ်ဖိတၢ်လံၤလၢအကအိၣ်မူမုၢ်မုၢ်ပၤပၤလၢအဟံၣ်အဖီဖဲတၢ်လီၤလၢအသ့အဘၣ်ဝဲဒၣ်
- တၢ်မၤစၢၤလၢတၢ်ကတုၤထီၣ်ထီၣ်ဘးနနီၣ်သး,တၢ်ဘျီတၢ်ဘိဒီးလုၢ်လၢထူသန့အတၢ်လိၣ်ဘၣ်တဖၣ်
- တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အပူၤမၤတၢ်ဖိတဖၣ်ဒီးပၤဟ့ၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအဂၤတဖၣ်အတၢ်ဖဲအိၣ်သကိးခဲအံၤခဲအံၤတဖၣ်

ဖဲနမ့ၢ်ယုထၢလၢတၢ်ကမၤန့ၢ် တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အခါ, နတဲထီၣ်ဘၣ်ယးနနီၣ်တဂၤအတၢ်လိၣ်ဘၣ်တဖၣ်, သံကွၢ်ဘၣ်တၢ်သံကွၢ်တခါ လၢလၢဒီးမၤတၢ်ယုထီၣ်မ့ၢ်ဒီးသိးနကမၤန့ၢ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအဂၤကတၢၢ်တသ့ဝဲအသ့အဂီၢ်န့ၣ်လီၤ.

ဖဲတၢ်သ့ဝဲဒၣ် တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အခါ, ပၤတဂၤလၢအအိၣ်ဒီးတၢ်ဆိးကုဆါဘီလၢအသးသမူအဟံၣ်ဖိဖိန့ၣ်ထီၣ်ဘိမ့ၢ်ပၤလၢအအိၣ်ဒီးတၢ်စိကမီၤလၢအကမၤတၢ်ဆၢတံာ်တဖၣ်လၢအဘၣ်ယးဒီးအဝဲသ့ၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့, ကသံၣ်ကသီတၢ်ကူစါယါဘျါဒီးအတၢ်အိၣ်မုၢ်မုၢ်ပၤပၤအဂီၢ်လီၤ.



Palliative care does not mean the end

Palliative care can be used at any time in your illness, not just for people who are near the end of life. Using palliative care does not mean there is no hope, you have 'given up' or your families don't care. You can continue treatment at the same time as receiving palliative care.

You may be able to use complementary therapies or traditional medicine.

တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤ တၢ်အိၣ်ပညီတမ့ၢ်တၢ်အကတၢ်ဘၣ်

တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အိၣ်ပညီတမ့ၢ်တၢ်အကတၢ်ဘၣ် ဟံးကုဆါဘိအကတၢ်တခါလၢလၢအတီၢ်ပူၤသ့ဝဲဒၣ်. တမ့ၢ်ထဲဒၣ်လၢ ပူၤလၢအသးသမုၣ်ကတၢ်လံတဖၣ်အဂီၢ်မိၤန့ၣ်ဘၣ်. တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အိၣ်ပညီတမ့ၢ်တၢ်အကတၢ်ဘၣ် န "ဟ့ၣ်ကွၢ်အယၢ်လံ" မ့တမ့ၢ်နဟံၣ်ဖိယိဖိ တကန့ၣ်ယၢ်နၤလၢဘၣ်န့ၣ်ဘၣ်. နမၤန့ၣ်တၢ်ကူစါ ယါဘျီဆူညါတဘျီယီၤဟ့ၣ်ဒီး တၢ်မၤန့ၣ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်န့ၣ်သ့ဝဲဒၣ်လီၤ.

နမၤန့ၣ်သ့တၢ်ကူစါယါဘျီလၢအတၢ်ပညီၣ်ကမၤလၢထီၣ်ပွဲၤထီၣ်တၢ် တဖၣ်မ့တမ့ၢ်လုၢ်လၢ်ထူသန့ အကသံၣ်ကသီတဖၣ်န့ၣ်သ့ဝဲလီၤ.

Who provides palliative care?

Palliative care can be provided by your own doctor, specialist doctors and nurses, physiotherapists, religious or spiritual advisors and others.

မ့ၢ်မတၤဟ့ၣ်ဝဲဒၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်န့ၣ်လဲၣ်.

တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အိၣ်ပညီတမ့ၢ်တၢ်အကတၢ်ဘၣ် သံၣ်သရၣ်, ကသံၣ်သရၣ်လီၤဆီတဖၣ်ဒီးသရၣ်ကွၢ်ပုၤဆါတဖၣ်, သရၣ် ကူစါယါဘျီထူၣ်ပျၢ်တၢ်ဟူးသ့ဝဲဘၣ်ဝဲအတၢ်ဂ့ၢ်ကိတဖၣ်, တၢ်ဘူၣ်တၢ် ဘါဒီးနီၤသးအပူၤဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတၢ်တဖၣ်ဒီးပုၤအဂၤ တဖၣ်ဟ့ၣ်ဝဲဒၣ် သ့ဝဲန့ၣ်လီၤ.

Where can I receive care?

Depending on your needs and other factors, you may receive care at home, a hospital or hospice, or other care facility. Care in a hospital or a hospice is usually for a short time to treat your symptoms and pain so that you can return home if possible.

မ့ၢ်ယမၤန့ၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤ.

ဒီးသန့ထီၣ်အသးလၢနတၢ်လိၣ်ဘၣ်တဖၣ်ဒီးတၢ်ဂ့ၢ်လၢအဂၤတဖၣ် အဖီခိၣ်, ဘၣ်တဘၣ်န့ၣ် ကမၤန့ၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤ, လၢတၢ်ဆါဟံၣ်မ့တမ့ၢ်တၢ်လီၤလၢအဟ့ၣ် တၢ်ကူစါလၢအလီၤကိၤဒီး တၢ်ဆါဟံၣ်. မ့တမ့ၢ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်ကျဲလၢ အဂၤ တဖၣ်န့ၣ်လီၤ. တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်ဆါဟံၣ်ဒီးတၢ်လီၤလၢအဟ့ၣ် တၢ်ကူစါ လၢအလီၤကိၤသိးတၢ်ဆါဟံၣ်တဖၣ်န့ၣ်အိၣ်ဒၣ်ထဲတစီၢ်တလီၢ် လၢတၢ်ကူစါယါဘျီ တၢ်ဆါအပူၤနီၣ်ဒီးတၢ်လၢအဆူးအဆါတဖၣ်မ့ၢ်ဒ် သိးနက့ၤကဒါဆူဟံၣ်ဖဲအမ့ၢ်သ့မ့ၢ်ဘၣ် အခါန့ၣ်လီၤ.

Will I have to pay?

Most services are free but there may be some costs for equipment or medicines. Ask your local service to make sure you know if there are costs.

မ့ၢ်ယကဘၣ်ဟ့ၣ်တၢ်အလဲဧါ.

တၢ်မၤစၢ်အတၢ်ဖဲတၢ်မၤအါဒၣ်တၢ်တက့ၢ်န့ၣ်အပူၤတအိၣ်ဘၣ်သန့က တၢ်အလဲလၢတၢ်ဖိတၢ်လံၤမ့တမ့ၢ်ကသံၣ်ကသီတဖၣ်အဂီၢ်ကအိၣ်ဝဲဒၣ် တနီၤန့ၣ်လီၤ. သံကွၢ်ဘၣ်နလီၢ်ကဝီၤ အတၢ်မၤစၢ်အတၢ်ဖဲတၢ်မၤလၢ တၢ်ကမၤလီၤတၢ်န့ၣ်ညါဝဲဒၣ်တၢ်အပူၤကလံၤအိၣ်ဝဲဒၣ်ခါန့ၣ်တက့ၢ်.

What if I need to speak another language?

If you feel better speaking in your own language, let your palliative care service know. Most of them can organise an interpreter for free.

ဖဲယမ့ၢ်ကလိၣ်ကတီၤကျိၣ်လၢအဂၤတခါအခါမိၤ.

ဖဲနမ့ၢ်တၢ်ဘၣ်မ့ၢ်ဒိၣ်ဝဲဒၣ်လၢနကကတီၤနကစၢ်အကျိၣ်အခါန့ၣ်, ဒူး သ့ၣ်ညါဘၣ်န့ၣ် ပူၤလၢအဟ့ၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညၢ်မၤစၢ်လီၤတၢ်အတၢ်မၤစၢ်အတၢ်ဖဲတၢ်မၤန့ၣ်တက့ၢ်. အဝဲသ့ၣ်အါဒၣ်တၢ်တက့ၢ် န့ၣ် ကျဲၤန့ၣ်ပူၤကတီၤကျိၣ်ထံတၢ်လၢတလိၣ်ဟ့ၣ်အပူၤန့ၣ်သ့ဝဲလီၤ.





What about my family?

Palliative care also helps your family as they care for you. This may include:

- Help with doctors' and other appointments
- Help to make sure you have the right medicine and care
- Support to meet their needs
- A break from care
- Help to organise financial and legal support
- Support and advice after business hours

မုမ့်လၢယဟံၣ်ဖိယီဖိအဂီၢ်မိၤ.

တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညါမၤစၢ်လီၤတၢ်မၤစၢ်စ့ၢ်ကိးနဟံၣ်ဖိယီဖိဖဲအဝဲသ့ၣ် ကွၢ်ထွဲကဟုကယၢ်နၤအခါန့ၣ်လီၤ. တၢ်အံၤကဟံၣ်ယုၢ်-

- တၢ်မၤစၢ်လၢကလဲၤထံၣ်လိာ်ကသံၣ်သရၣ်တဖၣ်ဒီးတၢ်သ့ၣ်နံၤဖးသီလၢအဂၤတဖၣ်
- မၤစၢ်မၤလီၤတၢ်နအိၣ်ဒီးကသံၣ်ကသီဒီးတၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအဘၣ်
- တၢ်ဆိၣ်ထွဲမၤစၢ်လၢအကတုၤထီၣ်အဝဲသ့ၣ်အတၢ်လိာ်ဘၣ်တဖၣ်
- တၢ်ဆိၣ်ဘံးအိၣ်သါလၢတၢ်ကွၢ်ထွဲကဟုကယၢ်နၤ
- တၢ်မၤစၢ်လၢတၢ်ကကျဲၤစၢ်တၢ်ဂ့ၢ်ဘၣ်ယးကျိၣ်စ့ဒီးသဲစးတၢ်ဆိၣ်ထွဲမၤစၢ်တဖၣ်
- တၢ်ဆိၣ်ထွဲမၤစၢ်ဒီးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဖဲတၢ်တမၤလၢတၢ်အဆၢကတီၢ် အလီၢ်ခံတဖၣ်

Where can I get more information?

For more information, you can talk to:

- Your doctor
- Your local palliative care service

You can also call Palliative Care Victoria to find out more information or help you find your local service.

Freecall

1800 660 055 or
03 9662 9644

(9am – 5pm Monday to Friday)

A telephone interpreter can be arranged – please tell us what language you need.



မိုးယမာန့်တၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါသ့လၢ တၢ်လီၤဖဲလဲၣ်.

လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါအဂီၢ်, နကတိၤသကိးတၢ်ဒီး-

- နကသံၣ်သရၣ်
- နလီၢ်ကဝီၤ တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညါမၤစၢ်လီၤတၢ်အ တၢ်မၤစၢၤအတၢ်ဖဲတၢ်မၤ

နကိးဝဲဒၣ် Palliative Care Victoria (ဘံးထီၣ်ရံၣ်ယၢ် တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢအမၤကိညါမၤစၢ်လီၤတၢ်) လၢတၢ်ကယုထံၣ် န့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤမ့တမ့ၢ်မၤစၢၤန့ၢ်လၢတၢ်ကယုထံၣ်န့ၢ်နလီၢ်ကဝီၤ အတၢ်မၤစၢၤအတၢ်ဖဲတၢ်မၤတဖၣ်အဂီၢ်သ့ဝဲစ့ၢ်ကိးလီၤ.

တၢ်ကိးလီၤတဲစိလၢအပူၤကလံၤတအိၣ်

1800 660 055 မ့တမ့ၢ်
03 9662 9644

(ဂီၤ 9 နၣ်ရံၣ်-ဟါ 5 နၣ်ရံၣ်မ့ၢ်ဆၣ်-မ့ၢ်ဖိဖး)

တၢ်ကျဲၤန့ၢ်န့ၢ်/ပူၤကတိၤကျိးထံတၢ်ဖိဖိလီၤတဲစိတဂၤ သ့-ဝံသးစူၤတဲ တၢ်ပူၤကျိၢ်လၢနလိၣ် ဘၣ် အီၤန့ၣ်တက့ၢ်.



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Photography: Nay Chee Aung

Photos used in this brochure are for illustrative purposes only. တၢ်ဂီၤလၢတၢ်သူအီၤလၢလံာ်ဟ့ၣ်တၢ်ကစီၣ်တခါအံၤအပူၤတဖၣ်အံၤအတၢ်ပညိၣ်မ့ၢ်ထဲဒၣ်လၢတၢ်ဒီးကံၤဒီးဝုၤအီၤအဂီၢ်န့ၣ်လီၤ.