Palliative Care
Victoria

တၢ်လၢတၢ်ကွၢ်ထွဲကဟုကယဉ် မၤကိညၢ်လီၤကှၤတၢ်ဆါ တၢ်မၤစၢၤစံးတၢ်နှၣ်မ့ၢ်မနုၤလဲၣ်.

What is Palliative Care?

တၢ်ကွၢ်ထွဲကဟုကယဉ် မၤကိညၢ်လီၤကှၤတၢ်ဆါ တၢ်မၤစၢၤ မ့ၢ်ဝဲ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲ လၢ ပှၤလၢအိၣ်ဒီးတၢ်ဆူးတၢ်ဆါလၢအဘျါကှၤတသ့တဖၣ် အဂီၢ်နှၣ်လီၤ. တၢ်ပညိၣ်ကွၢ်ထွဲဝဲဒ်သိး ပှၤဆါဒီး အဒူၣ်ဖိထၢဖိတဖၣ် ကဒီးနှ့်တၢ်သးမံ, တၢ်ဆီၣ်ထွဲမၤစၢၤအီၤဒီး အတၢ်အိၣ်မူကအိၣ်ဒီး အကံၢ်အစီအဂီၢ် နှၣ်လီၤ. မ့ၢ် တၢ်မၤစၢၤ ပှၤကညီတဖၣ် ဒ်သိးကအိၣ်မူဘၣ်ဂ့ၤဂ့ၤအဂီၢ်ဒီး တသ့ဖဲအသ့ အသးသမူ ကထီအဂီၢ်နှၣ်လီၤ.

Palliative care is health care for people living with a terminal illness. It focuses on comfort, support, and quality of life for patients and their families. It helps people live as well as they can for as long as they can.

တၢ်ကွၢ်ထွဲကဟုကယဉ် မၤကိညၢ်လီၤကှၤတၢ်ဆါ တၢ်မၤစၢၤအံၤ တၢ်ကဒီးနှ့်အီၤ အဆၢကတီၢ် မတၢလဲၣ်.

တၢ်ကွၢ်ထွဲကဟုကယဉ် မၤကိညၢ်လီၤကှၤတၢ်ဆါ တၢ်မၤစၢၤအံၤ စးထီၣ်သးသ့ဖဲ တၢ်ဆူးတၢ်ဆါနးထီၣ်ဝဲတဆီဘၣ်တဆီအကတီၢ်ဒီး တမ့ၢ်ထဲလၢ တၢ်ဆၢကတီၢ်လၢခံကတၢၢ် လၢ အသးသမူကအိၣ်တ့ၢ်စ့ၢနှဲစ့ၢသီဘၣ်နှၣ်လီၤ. တၢ်အိၣ်သးတဖၣ်အဖီခိၣ် ပှၤတဂၤအံၤ အတၢ်ဆါအဂီၢ် ဒီးနှ့်ဝဲ တၢ်ကူစါယါဘျါ အဆၢကတီၢ်တဘျီဃီ ဟံးနှ့်ဝဲ တၢ်ကွၢ်ထွဲကဟုကယဉ် မၤကိညၢ်လီၤကှၤတၢ်ဆါ တၢ်မၤစၢၤသ့နှၣ်လီၤ.

When can palliative care start?

Palliative care can start at any time of a progressive illness, not just in the final weeks or days. In many cases, a person can receive palliative care while they are still receiving other treatments for their illness.

မ့ၢ်မတၤဟ့ဉ်တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါ တၢ်မၤစၢၤတၢ်နှဉ်လဲဉ်.

တၢ်ကွၢ်ထွဲကဟုကယဝ်မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါနှဉ်ဘဉ်တၢ်ဟ့ဉ်အီၤခီဖျိဆူဉ်ချ့အပှၤစဲဉ်နီၤတဂၤလၢ်လၢ်ဒ်သိးဒီးကသံဉ်သရၣ်ထီရီၤ, ကသံဉ်သရၣ်စဲဉ်နီၤမ့တမ့ၢ်သရၣ်သရၣ်မုဉ်ကွၢ်ပှၤဆါတဖဉ်နှဉ်သ့လီၤ.

ပှၤစဲဉ်နီၤလၢတၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါတၢ်မၤစၢၤတဖဉ် ပဝ်ဃုဉ်သ့ဖဲပှၤဆါတဂၤအတၢ်ဆါပနီဉ်မ့ၢ်ဘံဘူးထီဉ်အခါနှဉ်လီၤ. အဝဲသ့ဉ်တဖဉ် အံၤဘဉ်တၢ်နဲဉ်အီၤကျဲခီဖျိကသံဉ်သရၣ်မ့တမ့ၢ်သရၣ်သရၣ်မုဉ်ကွၢ်ပှၤဆါစဲဉ်နီၤတဖဉ်လၢကပၢၤဃဝ် အသးသမူလၢခံကတၢၢ် တၢ်ပနီဉ်လၢအမ့ၢ် တၢ်ဆါအ့ဉ်ထုးလၢအဆူဉ်,တၢ်ဘိုးပအုဉ်ထီဉ်,ဒီးတၢ်သါထီဉ်သါလီၤအတၢ်ကီတၢ်ခဲတဖဉ်အဂီၢ်နှဉ်လီၤ.

တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါ တၢ်မၤစၢၤ အကရူၢ်တဖုအံၤ ဆူညါ ကမၤသကိးဃုဉ်တၢ်ဒီး ပှၤကွၢ်ထွဲတၢ်အိဉ်ဆူဉ်အိဉ်ချ့ကရူၢ်လၢအအိဉ်ပဉ်နှဉ်ဝံၤပှၤလၢလဉ်တဖဉ်ကပဉ်ဃုဉ်-

- ကသံဉ်သရၣ်တဖဉ်
- သရၣ်သရၣ်မုဉ်ကွၢ်ပှၤဆါတဖဉ်
- သိဉ်မှံၤဆူဉ်ချ့အပှၤစဲဉ်နီၤတဖဉ်
- ပှၤဖီဉ်ကသံဉ်
- သးဂ့ၢ်ဝီကသံဉ်သရၣ်သရၣ်မုဉ်တဖဉ်
- နီၢ်သးဂ့ၢ်ဝီ မ့တမ့ၢ် တၢ်အိဉ်ဖှဉ်သရၣ်တၢ်ကွၢ်ထွဲအပှၤမၤတၢ်ဖိတဖဉ်
- တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါ တၢ်မၤစၢၤဂီၢ် ပှၤမုဉ်သးမၤကလီတၢ်တဖဉ်

မ့ၢ်တၢ်ကမၤနှ့ၢ်တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါ တၢ်မၤစၢၤတဖဉ် လၢကျဲဒ်လဲဉ်.

တၢ်ဆုၤဃီၤတခါဆူ တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၢ့ၤတၢ်ဆါ တၢ်မၤစၢၤနှဉ် ဒီးနှ့ၢ်အီၤသ့ ခီဖျိနီၢ်တဂၤမ့တမ့ၢ်ဟံဉ်ဖိဃီဖိမ့တမ့ၢ်ပှၤကွၢ်ထွဲကဟုကယဝ်တၢ်, မ့တမ့ၢ်တၢ်အိဉ်ဆူဉ်အိဉ်ချ့အပှၤစဲဉ်နီၤတဂၤလၢ်လၢ်နှဉ်သ့လီၤ.



Who provides palliative care?

Palliative care can be provided by any health professional such as a general practitioner, medical specialist or nurse.

Specialist palliative care services can be involved when a person's symptoms become more complex. They are usually led by a doctor or a nurse who specialises in controlling end of life symptoms such as strong pain, vomiting and difficulty in breathing.

A specialist palliative care team will continue to work in partnership with a person's existing healthcare team and may include:

- Doctors
- Nurses
- Allied health professionals
- Pharmacists
- Psychologists
- Spiritual or pastoral care workers
- Palliative care volunteers

How to get specialist palliative care services?

A referral to specialist palliative care services can be made by an individual or family member or carer, or any health professional.

တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ တၢ်မၤစၢၤတဖၣ်ဟ့ဉ်ဝဲ တၢ်မၤစၢၤမနုၤတဖၣ်လဲဉ်.

ပှၤစဲဉ်နီၤ တၢ်ကွၢ်ထွဲကဟုကယဝ်မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ တၢ်မၤစၢၤတဖၣ်ပဉ်ဃုဉ်-

- မၤစၢၤဖိဉ်ဂၢၢ်နိၢ်ခိအတၢ်ဆါပနီဉ်လၢအဘံဘူနးတဖၣ်
- တၢ်ဆီဉ်ထွဲဃုဉ်ဒီးပှၤဂ့ၢ်ဝီ, လုၢ်လၢ်တၢ်ဆဲးတၢ်လၢဒီးသးဂ့ၢ်ဝီအတၢ်ဘဉ်ယိဉ်တဖၣ်
- တၢ်တၢဉ်ပီဉ်ဟ့ဉ်ကူဉ်ဟ့ဉ်ဖးဒီးတၢ်ဘဉ်မိဉ်ဘဉ်မးအတၢ်ဆီဉ်ထွဲလၢပှၤဆါဒီးအဝဲသ့ဉ်အဟံဉ်ဖိဃီဖိမ့တမ့ၢ် ပှၤကွၢ်ထွဲကဟုကယဝ်တၢ်တဖၣ်အဂီၢ်

ပှၤစဲဉ်နီၤ တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ အတၢ်မၤစၢၤတဖၣ်နၣ်တၢ်ဟ့ဉ်အီၤလၢတၢ်လီၢ်မနုၤသ့လဲဉ်.

တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ တၢ်မၤစၢၤနၣ် တၢ်ဟ့ဉ်အီၤသ့ဖဲ-

- ဟံဉ်
- တၢ်ဆါဟံဉ်
- တၢ်ဆါဟံဉ်ဖိ
- တၢ်ကွၢ်ထွဲ ပှၤသးပှၢ် ဟံဉ်အလီၢ်အကျဲတခါအပူၤ
- တၢ်ဆီဉ်ထွဲလၢ သးနီၢ်ခိတဆူဉ်ချ့တလၢပဲ့ၤ တဖၣ်တၢ်အိဉ်ကဒုအလီၢ်

မ့ၢ်တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ တၢ်မၤစၢၤ တဖၣ်နၣ်အပှၤအိဉ်ထဲလဲဉ်.

တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ တၢ်မၤစၢၤ အါတကၢ်နၣ်တၢ်ဟ့ဉ်ကလီအီၤလီၤ. ကသံဉ်ကသီမ့တမ့ၢ်ပီးလီတနီၤအပှၤကလံၤကအိဉ်ဝဲဒဉ်ဒီးတၢ်ကတဲသကိးဖဲမ့ၢ်လိဉ်ဘဉ်အခါနၣ်လီၤ.

တၢ်ဆီဉ်ထွဲမနုၤတဖၣ်နၣ်အိဉ်ဝဲဒဉ်လၢဟံဉ်ဖိဃီဖိဒီးပှၤကွၢ်ထွဲကဟုကယဝ်တၢ်တဖၣ်အဂီၢ်လဲဉ်.

တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကၤ့ၤတၢ်ဆါ တၢ်မၤစၢၤနၣ် ဟ့ဉ်စ့ၢ်ကီးတၢ်ဆီဉ်ထွဲလၢ တၢ်မၤလၢစုသ့ဒီးသးတၢ်တူၢ်ဘဉ် အတၢ်ဆီဉ်ထွဲလၢဟံဉ်ဖိဃီဖိဒီးပှၤကွၢ်ထွဲကဟုကယဝ်တဖၣ်အဂီၢ်နၣ်လီၤ.

What care do specialist palliative care services provide?

Specialist palliative care services include:

- Help controlling complex physical symptoms
- Support with social, cultural and spiritual concerns
- Counselling and grief support for the person and their family or carers

Where can specialist palliative care services be provided?

Palliative care can be provided:

- At home
- In hospital
- In a hospice
- In a residential aged care home
- In supported disability accommodation

How much do specialist palliative care services cost?

Most palliative care services are free. There may be some costs for medicines or equipment which will be discussed if required.

What support is available for family and carers?

Specialist palliative care services also provide practical and emotional support for families and carers.

ဖဲတၢ်မ့ၢ်လိၣ်ဘၣ်ပှၤကတိၤကျိးထံတၢ်တဂၤအခါမီၤ.

အကါဒိၣ်လၢတၢ်ဒုးသ့ၣ်ညါတၢ်မၤစၢၤဖဲတၢ်မ့ၢ်လိၣ်ဘၣ်ပှၤကတိၤကျိးထံတၢ်လၢတၢ်လဲၤအိၣ်သကိးတခါအဂီၢ်နှၣ်လီၤ.

မ့ၢ်ယမၤန့ၢ်တၢ်မၤစၢၤတခါ မ့တမ့ၢ် မၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ ဆူညါကသ့ဒ်လဲၣ်.

- ကတိၤတၢ်ဒီးနကသံၣ်သရၣ်, ပှၤစဲၣ်နီၤမ့တမ့ၢ်ဆူၣ်ချ့ အပှၤစဲၣ်နီၤတဂၤလၢ်လၢ်တက့ၢ်
- ကိးဘၣ်နလီၢ်ကဝီၤ တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကွၤတၢ်ဆါ တၢ်မၤစၢၤ တက့ၢ်
- ဆဲးကျိးဘၣ်တၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကွၤတၢ်ဆါ တၢ်မၤစၢၤ ဘံးထိရံယါတက့ၢ်
  - » လီတဲစိ 03 9662 9644 (ဂီၤ 9နၣ်ရံၣ်တုၤဟါ 5နၣ်ရံၣ်, မုၢ်ဆၣ်တုၤမုၢ်ဖီဖး)
  - » အံမ့(လ)-info@pallcarevic.asn.au
  - » လဲၤကွၢ်ဘၣ်ပှဝ်ယဲၤသန့- https://www.pallcarevic.asn.au/

Interpreter

လီတဲစိတၢ်ကတိၤကျိးထံတၢ်တခါနှၣ်တၢ်ရံၣ်ကျဲၤန့ၢ်အီၤသ့လီၤ. ဝံသးစူၤတဲဘၣ်ပှၤကျိဉ်လၢနလိၣ်ဘၣ်အီၤနှၣ်တက့ၢ်.

What if an interpreter is needed?

It is important to let the service know if an interpreter is needed for a visit.

How do I find a service or get more information?

- Talk to your doctor, specialist or any health professional
- Call your local Palliative Care Service
- Contact Palliative Care Victoria
  - » Telephone 03 9662 9644 (9am to 5pm, Monday to Friday)
  - » Email: info@pallcarevic.asn.au
  - » Visit the website: https://www.pallcarevic.asn.au/

Interpreter

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

Palliative Care Victoria

တၢ်လၢတၢ်ကွၢ်ထွဲကဟုကယဝ် မၤကိညၢ်လီၤကွၤတၢ်ဆါ တၢ်မၤစၢၤစံးတၢ်နှၣ်မ့ၢ်မနုၤလဲၣ်.

စကဲ(နှ)လီၤလၢတၢ်ကကွၢ်ပပှဝ်ယဲၤသန့

Scan to view our website