Palliative Care
Victoria

Waa maxay Daryeelka Palliative?

What is Palliative Care?

Daryeelka loo sameeyo dadka la nool xannuunada/cudurada halista ah (Palliative care) waa daryeel caafimaad oo loogu talagalay dadka qaba cudur dilaa ah. Waxaa diirada lagu saaraa sidii xaaladooda loo wanaajin lahaa, taageerana loo siin lahaa, iyo sidoo kale tayada nolosha bukaanada iyo qoysaskooda. Waxay ka caawisaa dadka xannuunsan inay ku noolaadaan nolosha ugu fiican ee ay ku noolaan karaan ilaa inta noloshooda ka dhiman.

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.

Goorma ayaa la bilaabi karaa daryeelka loo sameeyo dadka la nool xannuunada/cudurada halista ah (Palliative care)?

Daryeelka loo sameeyo dadka la nool xannuunada/cudurada halista ah (Palliative care) waxaa la bilaabi karaa xilli kasta inta uu qofku la nool yahay xannuun halis ah, ma aha oo kaliya toddobaadyada ama maalmaha ugu dambeeya. Marar badan waxaa dhacda, in bukaanku helo daryeelkaas (Palliative care) ayagoo weli qaadanaya daaweyno kale oo loogu talagalay xanuunkooda.

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.

Yaa bixiya daryeelka loo sameeyo dadka la nool xannuunada/cudurada halista ah (Palliative care)?

Daryeelka loo sameeyo dadka la nool xannuunada/cudurada halista ah (Palliative care) waxaa bixin kara xirfadle kasta oo caafimaadka ah sida dhakhtar guud, khabiir caafimaad ama kalkaaliso caafimaad.

Adeegyada daryeelka palliative-ka ee takhasuska leh ayaa qeyb ka noqon kara marka calaamadaha xanuunka ee bukaanka haya ay kasii daraan. Badanaa waxaa hoggaamiya dhakhtar ama kalkaaliso caafimaad oo ku takhasustay xakamaynta calaamadaha xanuunka ee marka ay qofku noloshiisa gabagabo ku dhowdahay sida xanuuno aad u daran, matagga iyo neefsashada oo bukaanka ku adkaata.

Kooxda daryeelka palliative-ka ee takhasuska leh ayaa sii wadi doonta inay la shaqeyso kooxda daryeelka caafimaadka ee bukaanka waqti xaadirkaas la shaqeysa waxaana qeyb ka noqon kara:

- Dhakhaatiirta
- Kalkaalisooyinka caafimaadka
- Xirfadlayaasha caafimaadka ee Allied health
- Farmashiistayaasha
- Cilmi-nafsiga (Psychologists)
- Wadaadada ama shaqaalaha daryeelka diimeed
- Shaqaalaha si lacag la'aan ah ula shaqeeya daryeelka palliative-ka

Sidee loo heli karo adeegyada daryeelka loo sameeyo dadka la nool xannuunada/cudurada halista ah (Palliative care)?

U gudbinta adeegyada daryeelka palliative-ka ee takhasuska leh waxaa samayn kara qof ama xubin qoyska ka tirsan ama daryeele, ama xirfadle kasta oo caafimaadka ah.



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.

Somali

Daryeel noocee ah ayay bixiya adeegyada daryeelka palliative-ka ee takhasuska leh?

Adeegyada daryeelka palliative-ka ee takhasuska leh waxaa ka mid ah:

- In bukaanka laga caawiyo sidii loo xakameyn lahaa calaamadaha xannuunka jirka ee daran
- In laga taageero wixii ay ka walaacsan yihiin ee khuseeya dhanka bulshada, dhaqanka iyo diinta
- La-talin iyo taageero la siiyo qof murugeysan iyo qoyskooda ama daryeelayaashooda

Xaggee lagu bixin karaa adeegyada daryeelka palliative-ka ee takhasuska leh?

Daryeelka loo sameeyo dadka la nool cudurada halista ah ee loo yaqaan palliative care ayaa lagu bixin karaa:

- Guriga
- Isbitaalka
- Meelo lagu daryeelo dadka xanuunsan (hospice)
- Guryo caadi loo degan yahay oo lagu daryeelo waayeelada
- Hoy lagu taageero dadka naafada ah

Qiimaha ku bixi kara adeegyada daryeelka palliative ka waa immisa?

Adeegyada daryeelka palliative-ku badanaa waa lacag la'aan. Waxaa laga yaabaa inay jiraan kharash ku bixi kara daawooyinka ama qalabka la isticmaalayo taas oo lagu sheegi doono haddii loo baahdo.

Taageero noocee ah ayaa loo heli karaa qoyska iyo daryeelayaasha?

Adeegyada daryeelka loogu talagalay dadka xanuunada halista ah qaba (palliative) ee takhasuska leh ayaa sidoo kale bixiya taageero wax ku ool ah iyo mid shucuureed oo ay heli karaan qoysaska iyo daryeelayaasha.

English

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.

Maxaa dhacaya haddii aan turjubaan u baahnahay?

Waa muhiim inaad adeegga ogeysiiso haddii aad turjubaanu baahan tahay markaad booqaneyso.

Sidee u heli karaa adeeg ama macluumaad dheeraad ah?

- La hadal dhakhtarkaaga, takhasuska ah ama xirfadle kasta oo caafimaad
- Wac Adeegaaga daryeelka ee xannuunada halista ah ee deegaankaaga
- La xiriir Daryeelka Victoria ee xannuunada halista ah (Palliative Care Victoria)
  - » Telefoon 03 9662 9644 (9-ka subaxnimo ilaa 5-ta galabnimo, Isniinta ilaa Jimcaha)
  - » Iimayl: info@pallcarevic.asn.au
  - » Booqo bogga internetka: https://www.pallcarevic.asn.au/

Interpreter

Turjubaan taleefoon ayaa laguu heli karaa. Fadlan noo sheeg luqadda aad u baahan tahay.

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

Waa maxay Daryeelka Palliative?

Somali

Iskaan garee si aad u aragto mareegahayaga

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