Palliative Care
Victoria

ክንክን ሕማም መቃልለሊ እንታይ እዩ?

What is Palliative Care?

ክንክን ሕማም መቃልለሊ ምስ ዘይሓዊ ወይ ናብ ሞት ዘብጽሕ ሕማም ንዝነብሩ ሰባት ዝወሃብ ናይ ጥዕና ክንክን እዩ። እቲ ትኹረት ድማ ኣብ ምጽንናዕ፣ ደገፍን ከምኡ'ውን ንሕሙማትን ስድራቤቶምን ዝሓሸ ጽሬት ህይወት ኣብ ምርጋጽን እዩ። እዚ ድማ ሰባት ክሳብ ዝኽእልዎ ንነዊሕ እዋን ብዝተኻእለ መጠን ጽቡቕ ናብራ ንምንባር ይሕግዞም።

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.

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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.

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እቲ ናይ ፍሉይ ክንክን ሕማም መቃልለሊ ጉጅለ ምስቲ ናይቲ ሰብ ቀዋሚ ናይ ጥዕና ጉጅለ ብምትሕብባር ይሰርሕ፣ እዚኦም ድማ ዝጠቓለሉ፦

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- ነርሲታት
- ተሓጋገዝቲ ሰበ ሞያ ጥዕና
- ፋርማሲስት
- ስነልቦና ሞያተኛ/ሳይኮሎጂስት
- መንፈሳዊ ወይ ሃይማኖታዊ ደገፍ ዝህቡ ሰባት
- ወለንተኛታት ክንክን ሕማም መቃልለሊ

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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.

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- ማሕበራዊ፣ ባህላውን መንፈሳውን ስክፍታታት ደገፍ ምሃብ
- ነቲ ሕሙምን ስድራቤቱን ወይ ተኸባከብቱን ናይ ምኽሪ ደገፍ ምሃብ

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- ኣብ ፍሉይ ክንክን ዝዋሓበሉ ገዛ
- ኣብ ናይ ኣረጋውያን መንበሪ ገዛ
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ንስድራቤትን ተኸባከብትን እንታይ ደገፍ ኣሎ?

እዚ ኣገልግሎት ንስድራቤትን ተኸባከብትን ግብራዊን ስምዒታውን ደገፍ ይህብ እዩ።

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.

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- ናብቲ ከባቢያዊ ናይ ክንክን ሕማም መቃልለሊ ኣገልግሎት ደውሉ
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  - » ቴሌፎን፦ 03 9662 9644 (ካብ ሰኑይ ክሳብ ዓርቢ፣ ካብ ንጉሆ ሰዓት 9 am ክሳብ ድሕሪ ቐትሪ 5 pm)
  - » ኢመይል፦ info@pallcarevic.asn.au
  - » ኣብ ወብሳቲ ምርኣይ፦ https://www.pallcarevic.asn.au/



ብቴሌፎን ዝወሃብ ኣተርጓሚ ክመቻቸወልኩም ይኽእል እዩ። በጃኹም ዝደለኹምዎ ቋንቋ ንገሩና።

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/



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

Palliative Care Victoria

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Tigrinya

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