



Palliative Care
Victoria

တၢ်လၢတၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညၢ်လီၤက့ၤ တၢ်ဆါ တၢ်မၤစၢၤစံးတၢ်န့ၣ်မ့ၢ်မနုၤလဲၣ်.

What is Palliative Care?

"တၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤ မ့ၢ်ဝဲ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲ လၢ ပှၤလၢအိၣ်ဒီးတၢ်ဆူးတၢ်ဆါလၢအဘျါက့ၤတသ့တဖၣ် အဂီၢ်န့ၣ်လီၤ. တၢ်ပညိၣ်ကွၢ်ထွဲဝဲ ဒ်သိး ပှၤဆါဒီး အဒူၣ်ဖိထၢဖိတဖၣ် ကဒီးန့ၣ်တၢ်သးမံ, တၢ်ဆိၣ်ထွဲမၤစၢၤအီၤဒီး အတၢ်အိၣ်မူ ကအိၣ်ဒီး အကံၢ်အစီအဂီၢ် န့ၣ်လီၤ. မ့ၢ် တၢ်မၤစၢၤ ပှၤကညီတဖၣ် ဒ်သိးကအိၣ်မူဘၣ်ဂ့ၤဂ့ၤအဂီၢ်ဒီး တသ့ဖဲအသ့ အသးသမူ ကထီအဂီၢ်န့ၣ်လီၤ.

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.

တၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤအံၤ တၢ်ကဒီးန့ၣ်အီၤ အဆၢကတီၢ် မတၤလဲၣ်?

တၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤအံၤ စးထီၣ်သးသ့ဖဲ တၢ်ဆူးတၢ်ဆါနးထီၣ်ဝဲတဆီဘၣ်တဆီအကတီၢ်ဒီး တမ့ၢ်ထဲလၢ တၢ်ဆၢကတီၢ်လၢခဲကတၢ် လၢ အသးသမူ ကအိၣ်တုၢ်စ့ၤန့ၣ်လီၤ. တၢ်အိၣ်သးတဖၣ်အဖီခိၣ် ပှၤတဂၤအံၤ အတၢ်ဆါအဂီၢ် ဒီးန့ၣ်ဝဲ တၢ်ကူစါယါဘျါ အဆၢကတီၢ်တဘျီယီ ဟံးန့ၣ်ဝဲ တၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤသ့န့ၣ်လီၤ.

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.



မှတ်တမ်းတင်ကွဲကဟုကယံ မကိညှိ လီကတင်ဆါ တ်မစါတင်န့လဲန့.

တ်ကွဲကဟုကယံ မကိညှိလီကတင်ဆါန့ဘ်တ် ဟ့အီခီဖျိချ့အပုစဲနီတဂလ်လ်ဒ်သီးဒီးကသံသ ရှ်ထီရီ, ကသံသရဲစဲနီမုတမုသရဲသရဲမုကွဲပုဆါ တဖ်န့သ့လီ.

ပုစဲနီလါတ်ကွဲကဟုကယံ မကိညှိလီကတင်ဆါ တ်မစါတဖ် ပ်ဃုသ့ပုဆါတဂအတင်ဆါပနီမုဘ် ဘူနီးထီအခါန့လီ. အဝဲသ့တဖ် အံဘ်တင်န့အီကျဲ ခီဖျိကသံသရဲမုတမုသရဲသရဲမုကွဲပုဆါစဲနီတဖ် လါကပါယံ အသးသမူလါခံကတင် တ်ပနီလါအမု တ် ဆါအံထုးလါအဆူ, တ်ဘိုးပအံထီ, ဒီးတင်သီထီသီ လီအတင်ကိတင်ခဲတဖ်အဂီန့လီ.

တ်ကွဲကဟုကယံ မကိညှိလီကတင်ဆါ တ်မစါ အက ရှ်တဖ်အံ ဆူညါ ကမသကီးဃုတင်ဒီး ပုကွဲကဟုကယံ အံအံချ့ကရှ်လါအအံပင်န့ဝံပုလါလ်တဖ်ကပင်ဃု

- ကသံသရဲတဖ်
- သရဲသရဲမုကွဲပုဆါတဖ်
- သိပ်မုချ့အပုစဲနီတဖ်
- ပုစိန်ကသံ
- သးဂုဝီကသံသရဲသရဲမုတဖ်
- နီသးဂုဝီ မုတမု တ်အံဖျိသရဲတင်ကွဲကဟုကယံ မကိညှိလီကတင်ဆါ တ်မစါတဖ်
- တ်ကွဲကဟုကယံ မကိညှိလီကတင်ဆါ တ် မစါဂီ ပုမုသးမကလီတင်တဖ်

မှတ်တမ်းတင်ကွဲကဟုကယံ မကိညှိ လီကတင်ဆါ တ်မစါတဖ် လါကျဲဒ်လဲန့.

တ်ဆုယံတခါဆူ တ်ကွဲကဟုကယံ မကိညှိလီကတင် ဆါ တ်မစါန့ ဒီးန့အီသ့ ခီဖျိနီတဂမုတမုဟံဖီဖီ ဖီမုတမုပုကွဲကဟုကယံတင်, မုတမုတင်အံဆူအံချ့ အပုစဲနီတဂလ်လ်န့သ့လီ.

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.



တၢ်ကွၢ်ထွဲကဟူကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ
တၢ်မၤစၢၤတဖၣ်ဟ့ၣ်ဝဲ တၢ်မၤစၢၤမနုၤတဖၣ်လဲၣ်.

ပှၤစဲၣ်နီၤ တၢ်ကွၢ်ထွဲကဟူကယၢ်မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်
မၤစၢၤတဖၣ်ပၣ်ဃုာ်-

- မၤစၢၤဖီၣ်ဂၢၢ်နီၢ်ခိအတၢ်ဆါပနီၣ်လၢအဘၣ်ဘူနးတဖၣ်
- တၢ်ဆိၣ်ထွဲဃုာ်ဒီးပှၤဂ့ၢ်ဝီ, လုၢ်လၢ်တၢ်ဆဲးတၢ်လၢဒီး
သးဂ့ၢ်ဝီအတၢ်ဘၣ်ယိၣ်တဖၣ်
- တၢ်တၢ်ပိၣ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးတၢ်ဘၣ်မိၣ်ဘၣ်မးအ
တၢ်ဆိၣ်ထွဲလၢပှၤဆါဒီးအဝဲသ့ၣ်အဟံၣ်ဖိဃီမ့တမ့ၢ်
ပှၤကွၢ်ထွဲကဟူကယၢ်တၢ်တဖၣ်အဂီၢ်

ပှၤစဲၣ်နီၤ တၢ်ကွၢ်ထွဲကဟူကယၢ် မၤကိညၢ်လီၤ
က့ၤတၢ်ဆါ အတၢ်မၤစၢၤတဖၣ်န့ၣ်တၢ်ဟ့ၣ်အီၤ
လၢတၢ်လီၤမနုၤသ့လဲၣ်.

တၢ်ကွၢ်ထွဲကဟူကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤန့ၣ်
တၢ်ဟ့ၣ်အီၤသ့ဖဲ-

- ဟံၣ်
- တၢ်ဆါဟံၣ်
- တၢ်ဆါဟံၣ်ဖိ
- တၢ်ကွၢ်ထွဲ ပှၤသးပှၤ ဟံၣ်အလီၢ်အကျဲတခါအပူၤ
- တၢ်ဆိၣ်ထွဲလၢ သးနီၢ်ခိတဆူၣ်ချ့တလၢပှၤ တဖၣ်တၢ်
အိၣ်ကဒုအလီၢ်

မ့ၢ်တၢ်ကွၢ်ထွဲကဟူကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်
ဆါ တၢ်မၤစၢၤ တဖၣ်န့ၣ်အပူၤအိၣ်ထဲလဲၣ်.

တၢ်ကွၢ်ထွဲကဟူကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤ အါ
တက့ၢ်န့ၣ်တၢ်ဟ့ၣ်ကလီၤအီၤလီၤ. ကသံၣ်ကသီမ့တမ့ၢ်ပီးလီၤတ
နီၤအပူၤကလံၤကအိၣ်ဝဲဒၣ်ဒီးတၢ်ကတဲသကိးဖဲမ့ၢ်လိၣ်ဘၣ်အ
ခါန့ၣ်လီၤ.

တၢ်ဆိၣ်ထွဲမနုၤတဖၣ်န့ၣ်အိၣ်ဝဲဒၣ်လၢဟံၣ်ဖိဃီ
ဒီးပှၤကွၢ်ထွဲကဟူကယၢ်တၢ်တဖၣ်အဂီၢ်လဲၣ်.

တၢ်ကွၢ်ထွဲကဟူကယၢ် မၤကိညၢ်လီၤက့ၤတၢ်ဆါ တၢ်မၤစၢၤန့ၣ်
ဟ့ၣ်စ့ၢ်ကိးတၢ်ဆိၣ်ထွဲလၢ တၢ်မၤလၢစုသ့ဒီးသးတၢ်တူၢ်ဘၣ် အ
တၢ်ဆိၣ်ထွဲလၢဟံၣ်ဖိဃီဒီးပှၤကွၢ်ထွဲကဟူကယၢ်တဖၣ်အဂီၢ်
န့ၣ်လီၤ.

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.

ဖဲတၢ်မ့ၢ်လိာ်ဘၣ်ပုၤကတိၤကျိးထံတၢ်တဂၤအခါမီၤ

အကိၤဒိၣ်လၢတၢ်ဒုးသ့ၣ်ညါတၢ်မၤစၢၤဖဲတၢ်မ့ၢ်လိာ်ဘၣ်ပုၤကတိၤကျိးထံတၢ်လၢတၢ်လဲၤအိၣ်သကိးတခါအဂီၢ်န့ၣ်လီၤ.

မ့ၢ်ယမၤန့ၢ်တၢ်မၤစၢၤတခါ မ့တမ့ၢ် မၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ ဆူညါကသ့ၣ်လဲၣ်.

- ကတိၤတၢ်ဒီးနကသံၣ်သရၣ်, ပုၤစဲၣ်နီၤမ့တမ့ၢ်ဆူၣ်ချ့အပုၤစဲၣ်နီၤတဂၤလၢလၢတက့ၢ်
- ကိးဘၣ်နလီၢ်ကဝီၤ တၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညါလီၤကွၢ်တၢ်ဆါ တၢ်မၤစၢၤ တက့ၢ်
- ဆဲးကျိးဘၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ် မၤကိညါလီၤကွၢ်တၢ်ဆါ တၢ်မၤစၢၤ ဘဲးထံရံၤတက့ၢ်
 - » လီၤတဲစိ 03 9962 9644 (ဂီၤ 9န့ၣ်ရံၣ်တုၤဟါ 5န့ၣ်ရံၣ်, မ့ၢ်ဆၣ်တုၤမ့ၢ်ဖိး)
 - » အံၤမ့(လ)-info@pallcarevic.asn.au
 - » လဲၤကွၢ်ဘၣ်ပုၤယဲၤသန့-
<https://www.pallcarevic.asn.au/>



လီၤတဲစိတၢ်ကတိၤကျိးထံတၢ်တခါန့ၣ်တၢ်ရဲၣ်ကျဲၤန့ၢ်အီၤသ့လီၤ. ဝံသးစူၤတဲဘၣ်ပုၤကျိၣ်လၢနလိာ်ဘၣ်အီၤန့ၣ်တက့ၢ်.

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 9962 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.



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Victoria

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Karen



စကဲ(န)လီၤလၢတၢ်ကွၢ်ထွဲကဟုကယၢ်သန့.

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