



ክንክን ሕማም መቃልላሊ እንታይ እዩ?

What is Palliative Care?

ክንክን ሕማም መቃልላሊ ምስ ዘይሓወደ ወይ ናብ ሞት ዘብጽኡ ሕማም ንዝነብሩ ሰባት ዝወሃብ ናይ ጥዕና ክንክን እዩ። እቲ ትኹረት ድማ ኣብ ምጽንፍታ፣ ደገፍን ከምኡ'ውን ንሕመማትን ስድራቤቶምን ዝሓሸ ጽሬት ህይወት ኣብ ምርጋጽን እዩ። እዚ ድማ ሰባት ክሳብ ዝኸእልዎ 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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ናይቲ ሕሙም ምልክታት ዝተሓላለኹ ክኸውን ከሎ፣ ፍሉይ ናይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ጣልቃ ይኣትዉ። እዚ እም መብዛሕትኡ ግዜ ከም ብርቱዕ ቃንዛ፣ ተምላሰን ናይ ምስትንፋስ ጸገምን ዝኣመሰሉ ናይ መወዳእታ ደረጃ ህይወት ምልክታት ብፍሉይ ምክትታል ዝሰልጠኑ ሓኪም ወይ ነርሲ ዝምርሑ እዮም።

እቲ ናይ ፍሉይ ክንክን ሕማም መቃልላሊ ጉጅለ ምስቲ ናይቲ ሰብ ቀዋሚ ናይ ጥዕና ጉጅለ ብምትሕብባር ይሰርሑ፣ እዚ እም ድማ ዝጠቐሉ፡-

- ሓኪምን
- ነርሲታት
- ተሓጋገዞቲ ሰበ ሞያ ጥዕና
- ፋርማሲስት
- ስነልቦና ሞያተኛ/ሳይኮሎጂስት
- መንፈሳዊ ወይ ሃይማኖታዊ ደገፍ ዝህቡ ሰባት
- ወለንተኛታት ክንክን ሕማም መቃልላሊ

ፍሉይ ናይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ብኸመይ ይርከብ?

እቲ ሕሙም፣ ኣባል ስድራቤት፣ ተኸባካቢ ወይ ዝኾነ ናይ ጥዕና ሰበ ሞያ ናብቲ ፍሉይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ክልእኩ ይኽእሉ እዮም።

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.



እዚ ክንክን ሕማም መቃልላሊ ኣገልግሎት እንታይ ዓይነት ክንክን ይህብ?

ፍሉይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ዝሰዕቡ የጠቓልል:-

- ዝተሓላለኹ ኣካላዊ ምልክታት ንምቁጽጻር ምሕጋዝ
- ማሕበራዊ፣ ባህላዊን መንፈሳዊን ስክፍታታት ደገፍ ምሃብ
- ነቲ ሕሙምን ስድራቤቱን ወይ ተኸባካብቱን ናይ ምኽሪ ደገፍ ምሃብ

ፍሉይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ኣበይ ክውሃብ ይኽእል?

ክንክን ሕማም መቃልላሊ ኣብዚ ዝሰዕብ ቦታታት ክውሃብ ይኽእል:-

- ኣብ ገዛ
- ኣብ ሆስፒታል
- ኣብ ፍሉይ ክንክን ዝዋሓበሉ ገዛ
- ኣብ ናይ ኣረጋውያን መንበሪ ገዛ
- ኣብ ናይ ስንኩላን መጽላሊ ገዛ

ፍሉይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ክንደይ ይኽፍል?

መብዛሕትኦም ናይ ክንክን ሕማም መቃልላሊ ኣገልግሎታት ብናጻ እዮም። ንፈውሲታት ወይ ንመሳርሒታት ዝኸውን ገለ ክፍሊት ክህሉ ይኽእል እዩ፣ እዚ ድማ ምስ ዘድሊ ክዘተየሉ እዩ።

ንስድራቤትን ተኸባካብትን እንታይ ደገፍ ኣሎ?

እዚ ኣገልግሎት ንስድራቤትን ተኸባካብትን ግብራዊን ስምዒታዊን 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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ኣተርጓሚ ዘድሊ እንተኾይኑ ነቲ ኣገልግሎት ዝህብ ትካል ኣቐዲምኩም ክፈልጥ ምግባር ኣገዳሲ እዩ።

ተወሳኺ ሓበሬታ ወይ ኣገልግሎት ብኸመይ ይርከብ?

- ምስ ሓኪምኩም ወይ ምስ ስፔሻሊስትኩም ተዘራረቡ
- ናብቲ ከባቢያዊ ናይ ክንክን ሕማም መቃልላሊ ኣገልግሎት ደውሉ
- ናብ ክንክን ሕማም መቃልላሊ ቪክቶሪያ ተወከሱ
 - » ቴሌፎን፡- 03 9962 9644 (ካብ ሰነይ ክሳብ ዓርቢ፡ ካብ ንጉሆ ሰዓት 9 am ክሳብ ድሕሪ ቐትሪ 5 pm)
 - » ኢሜይል፡- info@pallcarevic.asn.au
 - » ኣብ ወብሳይት ምርኣይ፡- <https://www.pallcarevic.asn.au/>



ብቴሌፎን ዝወሃብ ኣተርጓሚ ክመቻቸዎልኩም ይክእል 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 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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Tigrinya



ናብ ናትና ወብሳይት ንምእታው ነዚ ስካን ንበሩ

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