

# How palliative care can help

If you have an incurable or terminal illness, your local palliative care service can provide you and your family with support such as:

1. Help to talk to doctors and other health providers;
2. A nurse calling you or visiting your home to see how you are going;
3. Help to find other services you may need;
4. Help to understand your options for treatment in Australia and helping you to choose what is best for you;
5. Help to manage any physical problems such as pain, so you are more comfortable;
6. Talking to your family members if they are tired or distressed;
7. Arrange respite in the home for family and carers, so they have a chance to rest;
8. Help to meet spiritual care needs and manage grief.
9. Help to understand how some things might change – things such as taste, how much food you want to eat, your energy levels;
10. Help to understand all about your medications - what it is, what it does and when it should be taken;
11. Arrange for you to have equipment to help you in your home, including a hospital bed, shower chair, wheelchairs etc (a small cost may apply);
12. Help to understand where financial help can be available, and how to access it.

# တၢ်ကွၢ်ထွဲကဟုကယၢ်တၢ်ကျိၤကျဲၤလၢမၤကိညၢ်လီၤတၢ်ဆါမၤစၢၤနၤသ့

နမ့ၢ်အိၣ်ဒီးတၢ်ဆါလၢတၢ်ဘျီၣ်အီၤတန့ၢ်ဘၣ်မ့တမ့ၢ်ဆိးက့ဆါဘီနးနးကလဲၣ်လၢအိၣ်ပူၤဖွဲၤပူၤန့ၣ်.နလီၢ်ကဝီၤ  
တၢ်ကွၢ်ထွဲကဟုကယၢ်လၢမၤကိညၢ်လီၤတၢ်ဆါအကရၢကဟ့ၣ်နၤ  
ဒီးနဟံၣ်ဖိဃီဖိလၢတၢ်ဆိၣ်ထွဲမၤစၢၤနၤသ့-

- 1 မၤစၢၤလၢကကတိၤတၢ်ဒီးကသံၣ်သရၣ်ဒီးဆူၣ်ချ့ကရၢအဂၤတဖၣ်,
- 2 ကသံၣ်သရၣ်မုၢ်ဖိကကိးနၤမ့တမ့ၢ်အိၣ်သကိးနၤလၢနဟံၣ်ဒ်သိးကထံၣ်ဘၣ်လၢတၢ်မၤအသးဒီးနၤလဲၣ်  
အဂီၢ်
- 3 မၤစၢၤလၢကယုထံၣ်သ့ၣ်ညါအါထီၣ်တၢ်မၤစၢၤကရၢအဂၤလၢနလိၣ်ဘၣ်တဖၣ်အဂီၢ်,
- 4 မၤစၢၤလၢကနၢ်ပၢ်နတၢ်ယုထၢလၢတၢ်ကူစါယါဘျီၣ်အိးစၤတြၢလယၢ်ဒီးမၤစၢၤနၤလၢနကယုထၢ  
တၢ်မနုၤလၢကဂ့ၤကတၢ်နဂီၢ်လဲၣ်,
- 5 ကွၢ်ထွဲကတိၤလီၤနီၢ်ခိတၢ်ဂ့ၢ်ကိၣ်အမ့ၢ်တၢ်ဆူးတၢ်ဆါ,ဒ်သိးနကအိၣ်မုၢ်အိၣ်ပၤအဂီၢ်,
- 6 ကတိၤတၢ်ဒီးနဟံၣ်ဖိဃီဖိတဖၣ်ဖဲလီၤဘျးလီၤတီၤမ့တမ့ၢ်သ့ၣ်ကိၢ်သးဂီၤအသိး,
- 7 ရဲၣ်ကျဲၤန့ၢ်နၤပုၤလၢကဟဲကွၢ်ထွဲနၤလၢဟံၣ်လၢယီၤဒ်သိးနဟံၣ်ဖိဃီဖိဒီးပုၤကွၢ်ထွဲနၤ,ဒ်သိးအဝဲသ့ၣ်က  
အိၣ်ဘျးအိၣ်သါဘၣ်အဂီၢ်,
- 8 မၤစၢၤလၢကဒီးန့ၢ်နီၢ်သးတၢ်ကွၢ်ထွဲကဟုကယၢ်အတၢ်လိၣ်တဖၣ်ဒီးသ့ကွၢ်ဆၢၣ်မဲၣ်တၢ်သ့ၣ်အုးသးကၢ်တ  
ဖၣ်,
- 9 နၢ်ပၢ်တၢ်လၢအဆိတလဲအသးသ့ၣ်လဲၣ်-ဒ်အမ့ၢ်တၢ်အရီၢ်,နအဲၣ်ဒီးအိၣ်တၢ်အိၣ်ထဲလဲၣ်,နဂံၢ်နဘါအပတီၢ်  
အိၣ်ထဲလဲၣ်,
- 10 မၤစၢၤနၤကနၢ်ပၢ်ကယၢ်ဘၣ်ယးနကသံၣ်ကသီတဖၣ်,မ့ၢ်တၢ်မနုၤလဲၣ်,အမၤတၢ်ဒ်လဲၣ်ဒီးကဘၣ်အိၣ်အီၤ  
လၢဆၢကတီၢ်အခါဖဲလဲၣ်အသိး,
- 11 ရဲၣ်ကျဲၤနဂီၢ်ဒ်သိးကဒီးန့ၢ်ဘၣ်တၢ်ပိးတၢ်လီၤလၢကမၤစၢၤနၤလၢနဟံၣ်ပူၤယီၤပူၤတဖၣ်အဂီၢ်,ပၣ်ယုၣ်တၢ်  
ဆါဟံၣ်လီၢ်မံ,တၢ်လုၢ်ထံလီၢ်ခံဆ့ၣ်နီၤ,လုၢ်ဆိၣ်န့ၣ်အသိးတဖၣ်(ကလၢၢ်အလုၢ်အပူၤတဆံးတက့ၢ်),
- 12 မၤစၢၤလၢနကယုထံၣ်န့ၢ်ကျိၣ်စ့ဂ့ၢ်တၢ်မၤစၢၤလၢနဒီးန့ၢ်သ့,ဒီးနကဘၣ်ယုထၢလၢကဒီးန့ၢ်အီၤဒ်လဲၣ်အ  
ဂီၢ်န့ၣ်လီၤ.