



INNCHUNGKHAR PAWL LE MILENGKAI PAWL CAAH A KARHLONAK TUAH DINGMI DOT RUK

Kumkhua upa deuh Australia mi i innchungkhar pawl le dawtu vialte, nan bawmhna le riantuantinak cungah kan i lawm tuk. Hi a harmi caan lio ah hihi a biapi tukmi a si.

COVID-19 nih kumkhua upa deuh pawl kha ningcang loin a hnorsuan hna kha kan hngalh. Tar zohkhenhna i an umnak ah nan dawtmi pawl hna him tein an umnak dingah voi dang bantuk siloin fak taktak in tan kan la cuahmah.

Australia minung lak i a derthawmmi le kumkhua upa deuh himnak le damnak kha kan ihmaithlak bakmi a si.

A tang i thawngthanhmi nih COVID-19 chungin kumkhua upa deuh Australia minung pawl runven dingah an bawmh lai.

Thawngthanhmi tamdeuh cu health.gov.au website i “thil sining kongkau tialmi” tangah hmuh khawh a si lai. COVID-19 lio ah Tar Zohkhenhna Inn pawl Lenkainak caah Industry Code rel dingah kan forh fawn <https://www.cota.org.au/policy/aged-care-reform/agedcarevisitors/>.

Tar Zohkhenhna lei Zulh dingmi Covo pawl he punghmaan tein, tar zohkhenhna i a ummi pawl an covo kha pehzulh in kan runven hrimhrim ding a si, Zulh dingmi kha hika ah na hmuh khawh

<https://www.health.gov.au/news/charter-of-aged-care-rights>.

A KARHLO TUAH DINGMI DOT RUK:

A karh lo dingin na buah khawh i buah dingmi paruk A DIHLAK zulhnak in him tein na chiah khawh

1. Zeitindah na um?

Na zawt ahcun inn ah na um hrimhrim lai i aho hmanh na lengkai hna lai lo. Na zawt hmelchunhnak pawl kha a dinte a si zongah hihi cu na buah hrimhrim lai. COVID-19 zawt hmelchunhnak pawl cu kiktaih asilole cumpit bantuk a si khomi a si i hi pawl hi aa tel kho:

- taklinh
- khuh
- thawhchuah iharh
- or fah
- lufah
- a rim theihnak loh
- a thawtnam theihnak loh
- hnap chuah
- titsa fah
- hlih fah
- chungtlik
- chungno/luaknak
- kaathawtnak tlaw

2. Cumpit khamnak lei siichunhnak na ngeihmi kha a caan a luan rih lo ti koh?

Tar zohkhenhnak inn ah va lenkai na duh ahcun cumpit khamnak lei sii naa chunh hrimhrim a hau. Cumpit kham lei sii naa chunhmi kha a nithla a luan rih lonak kha tehte na piah hrimhrim lai. Chunh khawh lomi na si ahcun, an thlobbultu siibawi sinin sii lei kongkau a hlei tein caa an tial piakmi tehte na pek hrimhrim lai. Kumkhua upa deuh chungkhat pawl le hawikom pawl an mah inn ah na len hna ahcun sii ichunh dingin kan in duh piak fawn.

3. Na lenkainak kha a *him khawh chung* him dingin buah ning kha na hngal ko lo maw?

COVID-19 karhnak tinung pawl zorternak bawmh dingah, hihi buah dingah kan in duh piak:

- a tlawmbik sekanh 20 chapiat le ti in na kut itawl asilole zuu a telmi kuttawlnak ahang hmang:
 - » na lenkainak a hramthawknak le a donghnak ah
 - » an rawl chanh tibantuk pek ah na kal i cuka a ummi minung he tonnak na ngeih hlaan le na ngeih hnu
 - » chung i punghmaan dinh caan na ngeih tik ah

- kum 2020 cumpit khamnak lei siichunhnaak na ngeih cangnak tehte kha nangmah le milengkai pawl kha hmuhsak hna
- Na banhram asilole titsu cungah ikhuh asilole ihachio, cun hmanciami titsu pawl kha hnawmpung ah hlonh colh law na kut itawl
- minung pakhat umnak ah voi voikhat ah mileng pahnih nak tamdeuh lo in
- na chungkhat kha an khaan, an umnak a leng, asilole an umnak inn i a hleiin milengkai ca chiahmi hmun ah lengkai
- zapi umnak pawl cu hrial
- a si khawh caan paoh ah takpum ihlatnak zulh dingmi kha tuah

A luancia ni 14 lio ah hihi na si ahcun na lengkai kho lo:

- ramdang in na tlun ahcun asilole
- COVID-19 zawtnak a ngeimi pakhat khat he naihnam in tonnak na ngeih ahcun

Zawtnak chek ruah ah a dang in asilole mah lawng tein a dang na um cang ding a si i aho hmanh lenkai lo in.

Zungriantuantu pawl le milengkai pawl dihlak nih tar zohkhenhnaak inn ah a hnuvik an kalnak kong dikthlir kha an langhter hrimhrim a hau.

4. Ngakchia lengkai tu na ngei maw?

RACF na kal hlaan ah ngakchia pawl nih an in lengkai kho maw ti kha na chek a herh. Lengkainak nawl pek an si ahcun, nangmah he a umtimi ngakchia pawl cu na zohkhenhnaak a herh i takpum ihlatnak le thianghlim tein umnak kha an tuah hrimhrim lai.

5. Na dawtmi hna an umnak inn i an hmanmi phungphai pawl kha na hngal hna maw?

Lenkainak ca i chiahmi phungphai pawl kong ah riantuannak petu paoh kha cuka a ummi pawl le innchungkhar pawl he chawnhbiaknak ngeih dingah fial a si. A hnu bik thlennak pakhat khat a ummi kha an in theihter a herh. Na tuah ding a herhmi:

- na COVID-19 tihnung kong ah biahalnak pawl tuahmi kha a dik ning in chim
- kum 2020 cumpit khamnak lei siichunhnaak tehte kha hmuhsak hna
- milengkai pawl caah suaimi phungphai pawl kha zul hna

Tar zohkhenhnaak le zapi caah aa dang kho menmi nan umnak pyine asilole peng acozah i ruahnak cheuhmi kha na chekh a hau.

6. Tonnak kha khenkham a si ahcun na dawtmi he pehtlai tein um ning na hngal maw?

A caancaan ahcun pechaantu nih tonnak kha a khenkham a herh men lai. Tahchunhnaak ah, cuka inn asilole mah umnak hmunhma ah pulrai a hung chuakphutmi a um ahcun.

Tar zohkhenhnaak a tuahtu pawl le chungkhat pawl kha nan dawtmi pawl he pehtlai tein um khawhnaak dingah riantuanti dingin thazaang kan in pek hna.

Lenkainak kong asilole hawikom asilole innchungkhar chungtel zohkhenhnak kongah siaherhmi na ngeih ahcun, pehtlaihnaak tuah:

- Kumkhua upa Pawl Bawmhnak lei Pehtlaihnaak (Older Persons Advocacy Network - OPAN) kha 1800 700 600 ah asilole
- An vuapsaih (website) hika ah zoh www.opan.com.au.

OPAN cu nangmah le tar zohkhenhnak a tuahtu he rian a tuahti kho lai. Hi riantuan piaknak cu manlo le a thlithup a si. Lamdang deuh in, Tar Zohkhenhnak Athami le Ahimmi Komisn (Aged Care Quality and Safety Commission -ACQSC) cu 1800 951 822 ah asilole agedcarequality.gov.au ah pehtlaihnaak na tuah khawh.

Hawikom asilole innchungkhar chungtel pakhat i thinlung damnak kongah siaherhmi pakhat khat na ngeih ahcun, Kumkhua upa Australia minung pawl caah 1800 171 866 ah hin COVID-19 bawmhnak lei chawhnak ah man lo in chawn.

Na bawmhnak kan herh

COVIDSafe app cu mah lungtho tein bakin tuahmi a si. App dawnglawt (download) tuahnak cu na innchungkhar, hawikom pawl le mibu runvennak bawmh dingah na tuah khawhmi pakhat khat a si. Na zohkhenhmi pawl telhchih in a dang Australia minung pawl an nunnak pawl khamh kha na bawmh khawh. Australia minung tamdeuh nih COVIDSafe app he pehtlaihnaak an tuah tikah zawtnak hrik kha rang deuh in kan hmuh khawh.

Phung ning tein thawngthanhmi, thil sining pawl le lamhmuhsaknak dihlak caah hika ah zoh www.health.gov.au