



Murugo iyo baroorashada

Xarunta Murugada Baroorashada ee Australiya

Dad badan oo waaweyn oo Australiyaan ah ayay ku dhici kartaa murugo, lumis ama baroordiiq sababo la xiriira saameynta COVID-19.

Waa caadi in la doonto caawimaadka, murugada, lumis iyo adeegyada taageerada baroorta waa la heli karaa. Isku xidh oo soo wac **1800 222 200** taleefan la-talin, booqo **www.aged.grief.org.au** kheyraad ama si loo helo murugo layli. Soo dejiso barnaamijka **'My Grief'** wixii talo ah ee ku saabsan taageerida qof aad jeceshahay.

**Dhamaan adeegyadu waa lacag la'aan,
qarsoodi, isla mar ahaan taasna
wayxushmeeyaan dhaqanka dadka,
diinta, aqoonsiga iyo qaab nololeedka.**

Murugo iyo baroordiiqa

1800 222 200

www.aged.grief.org.au

Caawinta akhlaaqda waallida

1800 699 799

www.dementia.com.au

Kheyraadka dhibaataada

www.phoenixaustralia.org/aged-care

Talo iyo u doodid

1800 700 600

www.opan.com.au

Tarjumaadaha iyo marin u helka

131 450 ee Turjubanida iyo Adeegga Afcelinta (TIS), weydii luqaddaada inay isku xirmaan.

1300 010 877 ee Auslan Connections, emayl interpreter.bookings@deafservices.org.au, fakis 07 3892 8511 ama SMS 0407 647 591.

Barnaamijka Taageerada Tiiraanyada iyo Murugada waxay dhameystireysaa adeegyada caafimaadka dhimirka ee jira. Taageerada xasaradaha waxaa laga heli karaa

Nidaamka nolosha: www.lifeline.org.au iyo Beyond Blue: www.beyondblue.org.au, eeg Madaxa Caafimaadka: www.headtohealth.gov.au, ama la hadal GP gaaga.



Ageing and Aged Care
Grief and Trauma Support

Somali



Australian Government

Saamayn daryeelka dadka da'da ah makugu yeelatay COVID-19?

Qof ahaan, caawimaad taleefan iyo khadka tooska ah ayay u heli karaan dadka deggan hoyga daryeelka dadka da'da ah iyo dadka caawimaadooda hela, qoysaskooda, qoyska ay doortaan, asxaabta, dadka ay jecel yihiin, bulshada soo booqata iyo wakiilo, iyo shaqaalaha daryeelka dadka da'da ah.



COVID-19 saameyn makugu yeeshay?

Caawinaad bilaash ah ayaa la heli karaa



Caawinta dhaqanka waallida

Caawinta waallida Australia

Daryeelka dadka da'da ah ee la nool asaasaqa waxaa laga yaabaa inay dabeecadu isbedeshay sababo la xiriira xayiraadaha COVID-19.

La taliyayaal ku takhasusay kaqeybgalka, taageero caafimaad, qorshayaal iyo istiraatiijiyad, adeegyada talo iyo macluumaad ayaa la heli karaa 24 saacadood maalintii guud ahaan Australia.

Ma u baahan tahay caawimaad xagga maamulista dabeecadaha isbedela ah? Wac **1800 699 799** ama booqo **www.dementia.com.au**



Talo iyo U-doodis

U-doodista Dadka Waayeelka ah Shabakad (OPAN)

OPAN way ka madaxbanaan tahay dowladda iyo bixiyayaasha daryeelka dadka da'da ah. Shabakadu waxay bixisaa u doodid daryeel ee dadka da'da ah oo bilaash ah oo qarsoodi ah, talobixin iyo adeegyo gudbin ah COVID-19.

Isku xir **1800 700 600** ama booqo **www.opan.com.au** bilaash iyo u doodid iyo talo bixin qarsoodi ah.



Kheyraadka dhibaata

Phoenix Australia

COVID-19 waxaa laga yaabaa inuu soo bandhigay dhaawac maskaxeed hore ama mid cusub. Halka dadka qaar ka bogsadaan, qaar kale ayaa laga yaabaa inay yeeshaan dhibaatooyinka caafimaadka maskaxda ayna u baahdaan caawimaad.

Phoenix Australia waxay bixisaa macluumaad iyo qalab loogu talagalay in lagu caawiyo kuwa ay waxyeeladu kasoo gaadhay khibradaha naxdinta leh, iyo kuwa daryeela iyaga. Kheyraadka waxaa ku jira macluumaad ku saabsan naxdin iyo murugo dadka waayeelka ah, iyaga qoysaska iyo daryeelayaasha. Xaashida xaqiiqda, wada kulanka khadka internetka (webinar) tababar sidoo kale waa loo heli karaa qofka shaqaalaha daryeelka da'da ah iyo maareeyayaasha.

Ma u baahan tahay caawimaad? KA raadso: **www.phoenixaustralia.org/aged-care**

