



Kugandara no kubura uwawe

Ikigo co muri Australia ku bagandaye n'Ababuze Ababo

Abantu benshi bageze mu za bukur bo muri Australia bashobora kuba bari mu kigandaro, baratakaje canke barabuze abo bakunda kubera ingaruka z'ikiza ca COVID-19.

Ni vyiza kurondera gushigikirwa, ni vyiza kugandara, no kuririra abo wabuze, hariho ibikorwa vyo gushigikira abantu bari mu bihe nk'ivyo. Injira mu migenderanire maze uhamagare kuri **1800 222 200**, aho uhabwa abagufasha mu kukugira inama kuri telephone, ronderera kuri www.aged.grief.org.au ibintu vyogufasha, canke kugira ngo uronke umuntu yabimogoreye akugandaza. Pakurura ubuhinga bwa '**My Grief**' uronke impanuro zerekerye n'ugushigikira uwo ukunda.

Ibikorwa vyose bitangwa ku buntu, bikorerwa mw'ibanga, kandi birubahiriza imico kama y'abantu, birubahiriza amadini, birubahiriza akaranga k'umuntu n'uburyo abayeho.

Ukubura n'ukugandara

1800 222 200

www.aged.grief.org.au

Gushigikira inyifato y'abafise dementia

1800 699 799

www.dementia.com.au

Ibifasha abahahamutse

www.phoenixaustralia.org/aged-care

Impanuro no kubavugira

1800 700 600

www.opan.com.au

Gusobanura no kubishikira

Hamagara kuri 131 450 usabe ibikorwa vy'umusiguzi n'umusobanuzi (TIS), usabe agushire ku rurimi wipfuza gusobanurirwamwo.

Hamagara kuri 1300 010 877 usabe Auslan Connections interpreter.bookings@deafservices.org.au, Fax: 07 3892 8511 canke SMS 0407 647 591., email

Ivyongera ku gushigikira bikorwa bisanzwe biriho vy'amagara yo mu mutwe kuri Grief and Trauma Support Program. Ibikorwa vy'ugushigikira abari mu kaga birahari ushobora kubisanga ku Lifeline: www.lifeline.org.au no kuri Beyond Blue: www.beyondblue.org.au, Raba Head to Health: www.headtohealth.gov.au, canke uvugane na Muganga wawe wa Familia bita GP.



Waragizweko ingaruka na COVID-19 mu kwitwararikwa za bukuru kwawe?

Imfashanyo Umuntu ku wundi, biciye kuri telephone, canke ku gufashwa biciye ku murongo ngurukanabumenyi birahari ku bantu baba ahafashirizwa abageze mu za bukuru n'abo bikorerwa, imiryango yabo, umuryango bahisemwo, abagenzi, abo bakunda, ababagendera bo mu kibano, n'ababaserukira, hamwe n'abakozi bakorera abageze mu za bukuri.



Waragizweko ingaruka na COVID-19?

Hariho imfashanyo
zironkwa ku buntu.



Gushigikira inyifato y'abafise dementia.

Gushigikira abafise Dementia muri Australia

Abantu bageze mu za bukuru bafise dementia bashobora kuba barahinduye inyifato kubera ibibuzanjwe vyakwezwne na COVID-19.

Ibikorwa n'Abahinga babimogoreye, ugushigikira amavuriro, integuro n'ubuhinga, impanuro n'inkuru vyarategekanijwe, birahari amasaha 24 ku munsi muri Australia yose.

Woba ukeneye kumenya ingene wigenza ku ngeso n'ingendo vyahindutse? Hamagara kuri **1800 699 799** canke uronderere kuri: www.dementia.com.au



Impanuro n'ukuvugirwa

Urunani rwo kuvugira abageze mu za Bukuru (OPAN)

OPAN irigenga ntikorera mu kwaha kwa Reta, kandi ntikorera no mu kwaha kw'abafise ivyo batanga ku bageze mu za bukuru. Urwo runani rutanga ibikorwa vy'ukuvugira abageze mu za bukuru ku buntu, mw'ibanga, ababagira inama ku bijanye na COVID-19, hamwe n'ukubarungika ahandi batanga ibikorwa nk'ivyo vyoba bikenewe.

Injira mu migenderanire uhamagare kuri **1800 700 600** canke na ho uronderere kuri: www.opan.com.au ku buntu kandi uvugirwe mw'ibanga kandi ushabore no kugirwa inama.



Ivyofasha abahahamutse

Phoenix Australia

COVID-19 ishobora kuba yarashize ababona uguhamuka kwa kera canke gushasha mu bijanye n'ibigumbagumba. Nubwo abantu bamwe bamwe bashobora gukira, abandi bashobora gufatwa n' ingwara zo mu mutwe kandi bakaba bakeneye ugufashwa.

Phoenix Australia itanga inkuru n'ibikoresho vyo gushigikira abaciye mu bihe vy'uguhamuka, hamwe no kuri abo babitwararika. Mu mfashanyo harimwo kubaha inkuru ku bijanye n'uguhamuka hamwe n'ukugandara ku bageze mu za bukuru, imiryango yabo, n'ababitwararika. Inkuru zanditswe kuvyavuzwe kuri television canke ku nsamirizi, webinars, n'ugukarihirizwa ubwenge birahari ku bantu bose bakorana n'abageze mu za bukuru hamwe n'abayobora ivyo bikorwa.

Urakeneye imfashanyo? Yironderere kuri: www.phoenixaustralia.org/aged-care

