

COMMUNITY PARTNERS PROGRAM

BARANAMEJ BITA MUSTARIKIN FI MUJTAMA



Aged Care Information Kit for the
Sudanese Arabic Juba speaking Community
of Southern Tasmania

Daftar Maulumat Le Nas Bita
Sudan Ge - Wanusu Arabi Juba
Wa Gegeni Fi (JUNUB)
Wa TASMANIA



Migrant Resource Centre

(Southern Tasmania) Inc.

Address: 49 Molle Street

Hobart, TAS 7000

Phone: 03-6221 0999

Fax: 03-6231 1264

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Migrant Resource Centre

Community Partners Program (CPP)

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1. Community Partners Program

What is Community Partners Program (CPP)?

- ❖ CPP can support older people from your community to access aged care services.
- ❖ CPP can help older people from your community, who are thinking about moving into residential aged care facilities.
- ❖ CPP can help people from your community to feel at home when they move into residential aged care facilities.
- ❖ CPP can also help your community find out more about aged care services.

How can I contact CPP?

- ❖ Please call Community Partners Program Project Officer at the Migrant Resource Centre:
- ❖ Address: 49 Molle Street
Hobart 7000
Phone: (03) 6221 0999

Baranamej Bita Mustarikin Fi Mujtama

Sunu yawu Baranamej Bita Mustarikin Fi Mujtama (CPP) de?

- ❖ CPP de yawu ge saadu nas ajoin min mujtama bitakum asan bi ligo kidimat.
- ❖ CPP Kaman ge saadu ajoin fi mujtama bitakum al ge fakir asan ligo musaadat le ajoin fi hata.
- ❖ CPP Kaman bi saadu nas min mujtama bitakum bi geni kuwes fi beit lama umon masi le musaadat bita sakan bita ajoin.
- ❖ Wa Kaman bi saadu mujtama bitakum asan ligo maulumat katir asan kidimat bita ajoin.

Keif ana bi ligo CPP de?

- ❖ Kali ita nadi Dabit bita mosru bita Mujtama de fi MRC:
 - ❖ Anuwan: 49 Molle Street
Hobart 7000
Telefun: (03) 6221 0999

2. Aged Care services in Australia

Most older Australians prefer to remain living in their own home, with the support of family, friends and aged care services. Living in a modern Australian society however, most adult family members work and are consequently often unable to be fully responsible for the care of their elderly relatives. The Australian federal and state governments therefore provide funding to ensure that quality aged care services are available.

Many aged care services are designed to enable older people to stay at home and live independent lives. When high care needs mean that it is no longer possible for an elderly person to remain at home, high quality residential aged care facilities are available.

Kidimat Bita Ajusin fi Australia

Katir min Australiin alajusin dairin bi geni fi biyut bita umon wa bi musaada bita ayila, asdika wa istafidu min kidimat bita nas ajusin. Sukun fi mujtama Australia alhadis ma bi gibu nataja kuwes asan nasbita ayila bi kun fi sokol wa ma bi ageder ayinu wara ahal bita umon alajusin. Hakumat federaliya wa wulayat bi wodi gurus asan kidimat alkuwes bikun fi mujtama bita ajusin.

Katir min kidimat bita ajusin mubaramaja asan nas ajusin del yasukun fi beit wa yaishu haya hura. Kan big ataman bita musaada fouk wa zol ajus ma egeder genifibeit manatu sukun aali bikum majud fi ahiya.



3. Home and Community Care - (HACC)

The HACC program provides community care services to elderly people, disabled people and carers. HACC can provide a range of services that can include help with housework, personal care, meals, transport and social support at home or through Day Centres.

Beit wa Musaada bita Mujtama (HACC)

Baranamej bita HACC bi wodi le mujtama kidimat bita rahaya nas ajujin, nas muawijin wan as al bi ayinu wara nas tannin. HACC bi wodi kidimat ketir al bi ageder saadu fi kidima bita beit, kidima fardiya, akil, muasalat wa musada igtimahiya fi beit aw fi marakiz yomiya.



4. Community Aged Care Packages - (CACP)

A CACP is an individually tailored package of care services which helps people with complex care needs to stay living at home. The care is provided in home, but is of a similar level of intensity as low level residential aged care.

Maulumat bita Musaada bita Ajusin (CACP)

Maulumat musaada le kidimat bi wodi le zol wahid asan bi saadu nas fi kidimat saable nas alsakinin fi beit. Kidima de bi wodi fi beit wa lakin fi mustawa zede wa Kaman suweya fi kidimat fi ahiya.



5. Extended Aged Care at Home Packages - (EACH)

The EACH program has a limited capacity. EACH packages provide a high level of care that enables frail aged people to remain living at home.

Maulumat bita ziyada musaadat bita Ajusin fi beit (EACH)

Baranamej bita ziyada musaadat fi beit mahduda. Kulu mauluma bi wodi mustawa fouk kidimat asan ajasin al tabanin keli geni fi beit.



6. Extended Aged Care at Home for Dementia Packages - (EACHD)

Extended Aged Care at Home Packages for Dementia (EACHD) - The EACHD program has a limited capacity. EACHD packages provide a high level of care that enables frail aged people with Dementia to remain living at home.

Maulumat ziyada bita musaadat fi beit le ayan bita Junun (EACHD)

Maulumat ziyada bita musaadat fi beit le ayan bita Junun (EACHD) - Ziyada kidimat fi beit le nas ayan bita junun huwo baranamej mahdud. Maulumat de bi wodi kidimat fouk wa keli nas bita ayan bita junun de bi geni fi beit.



7. Respite Care

Respite is an option for elderly people who live at home but require short-term residential care, possibly due to a carer's illness or absence.

Musaada bita Rahat

Raha huwo badil le nas alajusinal bi geni fibeit lakin rahaya le mudaguser fi musaada bita ahiya, de mumkin asan zol bita rahaya de ayan aw mus majud.



8. CBS Homeshare

CBS Homeshare knows that older people would prefer to stay at home as long as possible. Sometimes they might like to have company and a bit of help. Young People who come from Overseas to work or to study in Australia are often looking for accommodation. If you have a spare room and would like to have a young person come to live with you, CBS Homeshare can assist you. In return for free accommodation, the young person undertakes to help you for 10 hours a week doing housework, gardening or going shopping. Ongoing costs such as electricity and food are shared.

You can be sure that the young person's character, personality and habits have all been taken into consideration to determine whether the young person is suitable to live with an older person. You will have a contract setting out all the house rules and if you have any queries or problems, you can contact the co-ordinator at any time.

A fee of \$150 is payable for arranging Homeshare, but this can be paid by instalments.

For more information contact:

Vivien Beattie

Homeshare Coordinator,

Community Based Support Services,

Tel: 03 6208 6600

Email Homeshare@cbssouth.com.au.

Musaada bita biyut mustaraka CBS

Nas CBS bi arufu gale nas ajoin bi hiburu geni fi beit ketir. Fi waktu tani umon deiru nas bi geni wa saudu umon. Nas subiyani al bi ja min bilad bara asan bi istakal aw bi agara fi Australia ge fatis mahalsakan.

Kan indak oda fadi ita auzu subiyani bi ja geni ma ita, CBS mumkin bi saudu ita. Asan sakan majanan subiyani de bi egeder saudu ita bi ashara saat fi usubu fi kidima bita beit, fi mazira wa masi le suk. Fi nihaya taklifa bita kaharaba wa akil mumkin bi shariku.

Ita mumkin takun mutaakid min aklak bita subiyani de, saksiya bitahu wa muamalat bitahu bi akudu fi itibar wa iza subiyani de bi ageder geni kuwes ma zol ajus. Ita bikun indak kontorak asan gawanin bita beit wa kan ita indu ayi asila aw masakil ita mumkin asalu munasik baranamej fi ayi waktu.

Ijar bita \$150 bi dafahu asan biyutmustaraka de, lakin bi dafahu bi suweya suweya.

Le maulumat ziyada asalu:

Vivien Beattie

Munasik Biyutmustaraka,

Kidimat Musaada,

Telefun: 03 6208 6600

Email: Homeshare@cbssouth.com.au.

9. Aged Care Assessment Team - (ACAT)

To access Community Aged Care Packages (CACPs), Extended Aged Care at Home (EACH) packages, or to move into a residential aged care facility you need to be assessed by an Aged Care Assessment Team (ACAT).

WHAT IS ACAT?

Aged Care Assessment Teams (ACATs) are teams of health professionals who provide information and advice to older people who are having difficulty living at home.

ACATs may consist of geriatricians, general practitioners, psychologists, nurses, social workers, physiotherapists and occupational therapists. They will usually make an appointment to see you in your home or, if you are in hospital, they will visit you there.

ACATs assess your specific care and health needs.

They will provide information on suitable care options and arrange appropriate referrals to local community services.

They advise you on what type of Australian Government funded services you need to help you continue living in your home or

whether you should enter an aged care home. The final decision, however, remains with you.

Visits and assessments by ACATs are FREE.

HOW DO I CONTACT ACAT?

Information about the ACAT is available from the Commonwealth Carelink Centres on 1800 052 222 or you can ring Aged and Community Care Information Line on 1800 500 853.

ACATs IN TASMANIA:

Hobart - 03 6222 7274

Northern Tasmania - 03 6336 4144

North West Tasmania - 03 6429 8400

If you need assistance regarding ACAT, please contact the Community Partners Program at the Migrant Resource Centre.

(Reference: www.seniors.gov.au and the booklet of "Quality Care For Older Australians" printed by the Department of Health and Aged Care)

Ferikat Takuwim musaadat bita Ajusin (ACAT)

Asan ligo sika le maluumat musaadat bita nas ajusin (CACPs), wa ziyada maulumat bita ajusin fi beit (EACH), aw ita auzu ruwa le musaadat ajusin fi ahiya ita bikun deir takuwim min Ferik bita takuwim bita Ajusin (ACAT).

Sunu yawu ACAT?

Ferikat bita takuwim musaadat bita ajusin (ACATs) de ferikat bita saha bi wodi maluumat wa naisiha le ajusin al indum suuba fi geni fi beit.

Umon nas mukasasin fi amurad bita ajusin, dakatir amumin, sakologiya, mumaridat, umal igtimayin, nas masag wa nas saha albiya. Umon daiman bi amul moyid asan sufu ita fi beit aw fi mustasfa, umon bi zuru ita hinak.

ACATs bi kawum musaadatak al kasa wa hajatak bita sahatak.

Umon bi wodi maulumat kuwes le musaadat bitaki wa bi amul muhawlat le ita le kidimat mujtama mahali.

Umon bi wodi leita nasiha asan yadu noh min kidimat al Hakuma bita Australia ge dafa asan bi saudu ita keli ita bi geni fi beit aw keliita dakalu fi beit musaada bita ajusin. Karar akir tau bikun le ita.

Ziyarat wa takuwim min ACATs kulu majanan.

Keif ana ligo ACAT?

Maulumat an ACAT majud min Marakiz Musaadat Al Komonwelth fi 1800 052 222 aw adrub telefon Ajusin wa Malumat Musaadat fi 1800 500 853.

ACATs IN TASMANIA:

Hobart - 03 6222 7274

Northern Tasmania - 03 6336 4144

North West Tasmania - 03 6429 8400

Kan ita auzu musaada bi kusus ACAT, itasil bi Baranamej Bitu Mustarikin Fi Mujtama fi MRC.

(Muraja: www.seniors.gov.au wa dafter " Quality Care For Older Australians" printed by the Department of Health and Aged Care)

10. Residential Aged Care

Kidimat del lazim bikun gadur guwa, ihsas, iman wa sakafa bita nas alsakinin fi biyut musaadat fi Residential Aged Care facilities are available to those who can no longer remain in their own home. Facilities can provide either low or high level care. High level care in a residential facility provides 24 hour a day nursing care and includes the provision of meals, personal care, laundry, activities and entertainment. The level of care in residential aged care facilities is of a very high standard in Australia. Facilities are required to meet the physical, emotional, spiritual and cultural needs of their residents.

Musaadat bita Ajusin fi Ahiya

Musaadat bita Ajusin fi ahiya de kidimat majud le nas al ma bi ageder geni fi biyut bita umon. Kidimat mumkin bikun suweya aw bi mustawa fouk. Kidimat al mustawa fouk fi ahiya bi wodi fi arba wa isrin saa, wa de bi samil akil, rahaya gisim, aksil gumasat, terfihe wa nashatat. Mustawa kidimat fi ahiya huwo mustawa fouk giden fi Australia. ahiya.



11. Retirement Village / Independent Living Units

Retirement Village / Independent Living Units - similar to private apartments but may offer some services such as laundry, cleaning and personal care.

All aged care services in Australia are required to meet strict standards and follow guidelines that ensure elderly people are receiving the best possible care and that their well-being and quality of life is protected.

Kariya Bita Maashat / Shigag Bita Suku Hura.

Kariya bita maashat wa Shigag bita sakan hura huma ze shigag kasa lakin mumkin bi wodi kidimat ze kasil gumsat, nadafa wa musaada bita gisim.

Kuu kidimat bita ajoin fi Australia lazim wasul mustawa al matlub wa bi ruwa bi katawat al bi akid inu nas ajoin ge bi akudu ahsan kidimat wa ahwal bita umon kuwes wa mustawa hayatum mahfuz.



12. Migrant Resource Centre Home and Community Care (HACC)



Provides services for people from non-English speaking backgrounds who are

- frail aged
- younger disabled
- carers

What is Community Partners Program (CPP)?

CPP can support older people from your community to access aged care services.

CPP can help older people from your community, who are thinking about moving into residential aged care facilities.

CPP can help people from your community to feel at home in the German style when they move into residential aged care facilities.

CPP can also help your community find out more about aged care services.

What Can HACC Provide For You?

HACC provides a range of services that can include help with house-work, personal care, meals, transport and social support at home or through Day Centres.

What Does MRC / HACC Do?

It provides information and practical help to people from diverse cultural and linguistic backgrounds who are frail aged, younger disabled, and their carers to remain in their own home.

We Can Help You: **Client Worker**

- With inquiries and to fill in forms
- Find out about available services
- Assess your eligibility and refer you to services, and co-ordinate services
- Obtain advice, information, and assistance with advocacy issues
- Provide a befriending service offered by our volunteers
- Healthy Living Program activities
- Pontville Cemetery visits
- Transport may be provided at a reasonable cost.

Community Development Officer

How can the Community Development Officer work with your community?

- Learn about and use HACC and other aged care services.
- Plan and develop programs that meet your needs and improve quality of life.
- Help government and service providers to understand your community's needs.

Multicultural Seniors' Club / Day Centre

- The Multicultural Day Centre is a social club for MRC / HACC clients.
- Members meet weekly on Tuesday at the Croatian Club, Wednesday at the German Club, Thursday at the Chinese Club or the Multicultural Club on Friday from 10.00 am to 2.00 pm at the Migrant Resource Centre.

- A hot lunch is provided at a reasonable cost, as well as activities ranging from entertainment and exercise to health and information, including outings for lunch.
- Transport may be provided at a reasonable cost, normally \$ 4.00 per trip.
- There is a limit to the number of clients we can cater for.
- We would like people who are interested in joining to first contact the Day Centre Co-ordinator on phone 6234 9411.

Day Centre Lunch - \$10.00

HACC Fees - \$2.00 (subject to waiver)

Transport - \$6.00 (return most trips)

Bi-cultural Workers

- Provide a link between our clients and our services.
- Bi-cultural workers help us to provide our service in a way that suits your culture and language.
- Chinese / Vietnamese, Serbian and German Bi-cultural workers assist at the Multicultural Seniors' Day Centre and assist the Case-worker.

How Can You Get Help From MRC HACC?

You can contact us yourself or, a person can contact us on your behalf, such as

- your doctor
- a relative
- a friend
- the community health nurse

MRC HACC can also provide help to migrant communities.

Interpreters

We work closely with the Translating and Interpreting Service (TIS) which can provide interpreters on site or by telephone.

Confidentiality

How Can You Contact Our Service?

You can contact us by

- Phone (03) 6221 0999
- Fax (03) 6231 1264
- Letter
- Email reception@mrchobart.org.au
- Come in to our office between
- 9.00 am - 5.00 pm

Migrant Resource Centre
(Southern Tas) Inc
49 Molle Street
Hobart Tas 7000

All personal information entrusted to us is kept confidential.

Biyut bita MRC wa Musaadat bita Mujtama (HACC)

Biyut bita MRC wa Mujtama bi wodi kidimat lenas min manatik al ma bikalim bi rutan bita Ingilis wa umon:

- Ajusin tabanin
- Subiyanin muawikin
- Nas bi ayinu wara tannin

Sunu yawu Baranamej Bita Mustarikin fi Mujtama (CPP)?

Umon bi saudu ajusin min mujtama bitaki asan ligo kidimat le le nas ajusin.

CPP mumkin bi saudu nas ajusin min mujtama bitakum al ge fakir ruwa fi musaadat bita ajusin fi ahiya.

CPP mumkin bi saudu nas min mujtama asan hisu umon fi beit ze noh bita Alman lama umon ruwa le kidimat bita musaadat bita mujtama.

CPP mumkin Kaman saudu mujtama bitakum asan ligo ketir an kidimat bita musaadat bita ajusin.

Sunu yawu HACC mumkin wafer le ita?

HACC bi wodi majmuo bita kidimat wa del bi asmal musaadat fi beit, wa gisim, akilat, tarhil wa musaada igtimahiya fi beit aw bi wasit marakiz yomiya.

Sunu yawu MRC / HACC ge amulu ?

Bi wodi mauluma wa musaada amaliyan le nas min sakafat ketir wa rutanat bara barawu wa umon ajusin tabanin, subiyanin muawikin, and nas albi ayinu wara umon asan keli geni fi beit bita umon.

Hal mumkin nina bi saudu ita:

Zabun

- Bi asihila wa mala format
- Fatisu kidimat almajud

- Keyimu salahiyata bitaki wa gadimu ita le kidimat,wa nasik kidimatak
- Ligo nasiha,mauluma,wa musaada fi talabat bita muhamin
- Wodi kidima bita sabisabi min nas bitana al mutatawinin
- Hajat fi baranamej saha bita haya
- Ziyara magabir Pontville
- Muasalat mumkin bi wodi bi taman kuwes

Muwazaf Tanmiya Mujtama

Keif mumkin muwazaf tanmiya mujtama istakal ma mujtama?

- Maarifaan wa istimal HACC wa kidimat tannin fi musaada ajusin.
- Katit wa nemi baramij al bi ligo talabatak wa rafa mustawa hayatak.
- Saudu hakuma wa ashab kidimat asan yaarif talabat mujtama.

Majmasakafiya Bita Nadi Maashat/ Markaz Yomiya

- Majmasakafiya bita Markaz Yomiya huwo nadi sakafiya le zabayin bita MRC/ HACC.
- Ada bita nadi bi igtama kulu usbu yom Talata fi Nadi Kurwatiya, Arbaha fi Nadi Almaniq, Al Khamis fi Nadi Siniin aw Nadi Majmasakafiya yom Al Juma min sa 10.00 saba le sa 2.00 duhur fi Markaz Musaada Lihajirin MRC.
- Gada sukun bikun fi bi taman maagul,wa baad nasatat min terfiye wa riyada le saha wa maulmat, zayid kuruj le gada.
- Muwasalat bi taman maagul, arba dollar le muswar.
- Bikun fi adad mahduda le zabayin nagder nakadimum.
- Nina deirin nas indum niya le indimam le itasil bi munasik ma Markaz Yomiya fi telefun 6234 9411

Gada Markaz Yomiya - \$10.00
Dariba HACC - \$2.00 (ala mowkif)
Muwasalat - \$6.00 (ruju le kulu muswar)

Sakalin almujauzin sakafat

- Nasik bein zabayina wa kidimatina.
- Sakalin almujauzin sakafat keli saudu fi kidima fi sika binasib sakaftak wa rutanak.
- Siinin/ Vietnamin, nas Serbia wan as Alman bi saudu fi yom Markaz Majmasakafiya wa musaada Katibsakawi.

Keif mumkin takud musaad min MRC/HACC?

Ita mumkin bi tasil maana nafisak aw zol tani badal ita ze

- Diktor bitaki
- Garibak
- Sadigak
- Mumaridat min saha bita mujtama

MRC / HACC mumkin bi wodi musaada le mujtama bita nas hajirin.

Mutarjimin

Nina bi istakal ma Kidimat Mutarjimin almaaruf bi (TIS) almumkin bi wodi mutarjimin fi mahal aw bi telefun.

Siriya

Kulu maulumat fardiya bikun mahfuz le nina fi siriya tama.

Keif mumkin ita bi itasil bi kidimatina?

Ita mumkin itasil bina fi

- Telefun (03) 6221 0999
- Fax (03) 6231 1264
- Juwab
- Email reception@mrchobart.org.au
- Taal le maktabna bein
- Sa 9.00 saba le sa 5.00 asiya

Migrant Resoucre Centre

(Southern Tas) Inc

49 Molle Street

Hobart Tas 7000

13. Migrant Resource Centre Community Aged Care Packages - (CACP)

What is the Golden Age Package Program?

The Golden Aged Package Program is a community based program that aims to help older people to remain living in their own homes by providing flexible services to suit individual needs.

Our Services:

A Golden Age Package can provide several services according to what a person needs and what a person prefers. These may include:

- Personal care
- Meal preparation
- Laundry
- Housework
- Transport
- Help with shopping, visits to doctors, dentists or bill paying
- Social interaction

Who is eligible for a Golden Age Package?

To be eligible, your needs will first be assessed by the Aged Care Assessment Team (ACAT) to determine whether a care package is suitable for you. This assessment is free.

A Golden Age Package ensures that you will be:

- Involved in deciding which services are suitable for your needs
- Able to receive services that take account of your lifestyle, culture and religious preferences;
- Invited to have a say in who provides the services in your home
- Treated with dignity and have your privacy respected;
- Free to complain about the services you receive without fear of losing services, or being disadvantaged in any way.

How much does a Golden Age Package cost?

Any fees charged will form part of the agreement between you and the service provider. You will not be denied a service you need because you can not afford to pay.

For more information on the Golden Age Packages please contact:

Migrant Resource Centre
(Southern Tas) Inc
49 Molle Street
Hobart Tasmania 7000
03 6221 0999

Maulumat Bita MRC an Musaadat Mujtama Bita Ajusin - (CACP)

Sunu yawu sana dahabiya bita maulumat baranamej?

Sana dahabiya bita maulumat baranamej huwo baranamej asas bita mujtama wa hadaf bitahu asan bi saudu nas ajusin asan geni fi biyut bita umon wa bi wodi kidimat kuwes wa talabat le kulu zol.

Kidima Bitana:

Maulumat bita sana dahabiya mumkin bi wodi kidimat ketir wasab talabat bita zol wa hajat zol auzu. Del mumkin bikun:

- Musaada le zol barawu
- Amul akil
- Kasil gumasat
- Muwasalat
- Musaada le suk, ziyara le dakatira, dakatira bita sunun aw dafa fatura
- Tajamu sakafiya

Minu bi istahaga maulumat bita sana dahabiya de?

Asan takun mustahig, talabat bitaki bi keyimu ma nas Ferik bita takuwim bita musaada bita ajusin (ACAT) asan kan musaada kuwes le ita. Takuwim de majanan.

Musasada bita sana dahabiya taakid inu ita bikun:

- Mustarik fi wasul le rudu talabat kuwes le ita
- Gadir le akud kidimat bi silu fi tariga haya bitaki, sakafa bitaki wa iltizam diniya;
- Mauzum asan takun indak kalam le minu ge wodi le ita kidimat le beit bitaki
- Bi amulu ita bi itiram wa ita indu siriya bi itaramu;

- Huriya asan ita bi istaki asan kidimat ita ge akudu bidun ita bi kafu asan kidimat bi futu, aw ma mahzuz fi ayi sika.

Musaada bita sana dahabiya de bi kalifu kam?

Ayi taman bi talabu bikun juzu min itifagiya bein ita wa sidu kidimat de. Ma bi haramu ita min kidimat asan ita ma geder dafa.

Le ziyada maulumat asanSana Dahabiya itasil bi:

Migrant Resource Centre
(Southern Tas) Inc
49 Molle Street
Hobart Tasmania 7000
03 6221 0999

Other useful Information



Maulumat tannin alkuwes

