

Somali
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[AHS-7760]

NSW Health Care System Information Booklet

Adeegga Caafimaadka ee NSW

Buuga yare ee Macluumaadka



NSW Refugee Health Service

www.refugeehealth.org.au

Ma tahay qaxoonti ama soo galooti dhawaan soo gal ah ? Buugan yare wuxuu macluumaad kaa siinayaa adeegyada caafimaadka ee NSW.

🔗 Kaararka caafimaadka (Health cards)

➤ Kaarka Daawiynta (Medicare)

Kaarka daawiyntu waa barnaamijka caymiska ee caafimaadka dadweynaha Australia.

Si aad u hesho Kaarka daawiynta:

- 1 Tilifooni **132 01** weydiina xafiiska karaka daawiynta ee kuugu dhow (Medicare office).
- 2 Tag xafiiska daawiynta (Medicare office) weydiisana **buqshada soo dhawiynta (Welcome Kit)**. *Buqshada soo dhawiyntu* Waxay ku qorantahay afafka Carabiga, Bosnian, Chinese, Croatian, English, Greek, Indonesian, Italian, Macedonian, Serbian, Spanish iyo Vietnamese.
- 3 Ku buuxi foomka kaarka daawiyntaada xafiiska daryeelka daawiynta (Medicare card office). Waxa lagaaga baahanyahay inaad tusto Baasaaboorkaaga, Aqoonsi labaad ,
- 4 amaba Dikomantiga aad ku soo safartay.



Medicare Card

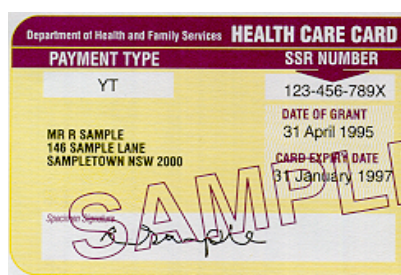
Medicareku wuxuu bixiyaa dhamaan qarashka ama qeyb ka mid ah marka

- Aad arkayso Takhtarkaaga ama takhtar takhasus gaar ahneed
- Bukaani jifka Isbitaalka dadweynaha
- Marka uu Takhtarka indhuhu fiirinayo indhahaaga
- Marka raajo(x-rays) iyo Shaybaar lagu samaynaayo

Haddii uu Takhtarku biilkiisa ka saxeexo (*bulk bills*) la kulanka Takhtarku waa lacag la'aan waayo Medicareka ayaa Takhtarka lacagta siinaya . Haddii aanu Takhtarku biilka ka saxeexanin (*bulk bill*) Lacagta marka hore Takhtarka sii markaas ka dibna qaan sheegato u qoro Medicareka si lacagtii bar laguugu soo celiyo..

➤ **Kaarka Daryeelka Caafimaadka (Health Care Card)**

Centrelinku waxay ku siinaysaa Kaarka daryeelka caafimaadka ama Kaarka hawlgabka (Pensioner Concession Card) oo loogu talagalay dadka aan lacag badani soo gelin ama wax lacag ah soo gelin iyo kuwa ka qaata dawlada Gunada iyo lacagta hawlgabka .



Health Care Card

Kaarka daryeelka caafimaadka ama Kaarka hawlgabku wuxuu caawiyaa inuu ka bixiyo :

- Daawada uu Takhtarku uu qoro
- Adeega Dhooliga (ambulance services)
- Daawaynta Ilkaha ee xarumaha caafimaadka ilkaha dadweynaha

Wixii macluumaad dheeraad ah , Tilifooni Centrelink xarunta luqadaha kala duwan **131 202**. Haddii aad afka ingriisiga ku hadashid , ka tilifooni Centrelink **136 150**.

Xusuusnow mar walba inaad qaadato **Kaarka daawaynta** (Medicare Card) iyo **Kaarka daryeelka Caafimaadka** (Health Care Card) ama **Kaarka hawl gabka** (or Pensioner Concession Card)

➤ **Turjubaano Aqoon leh (Professional interpreters)**

Haddii aanad af ingriisi ku hadlin , mar kasta dalboTurjubaan aqoon leh . waxa fiican inaad qof qoyskaaga ka tirsan isticmaalin. Waxa la heli karaa turjubaano marka aad u tagayso Takhtarkaaga, Isbitaalka , Xarumaha caafimaadka bulshada ama xarumaha dhalaanka. Adeegyadaasi waa lacag la'aan waana qarsoodi l.

Haddii aad u baahantay turjubaan:

- Tilifoon kaga samaysana ballan Takhtarka ama xarunta caafimaadka.
- U sheeg xog haynta inaad u baahantahay Turjubaan waxayna isku dayayaan inay kuu helaan Turjubaan lacag la'aan ah .Markaad halkaas tagto Turjubaanka ama tilfoon buu kugu la hadli ama qolka ayuu kuugu iman.

Waxa kale oo aad tilfoonin kartaa Adeegga Turjubaanada (TIS) **13 14 50** weydiisana inay kugu xiriiriyaan adeegaad doonto.

📞 Gargaarka deg deg ah (Emergencies)

➤ Tagitaanka qeybta gargaarka degdeg ah (Going to the emergency department)

Wixii dhibaato caafimaad ah ee aan halis ahayn , Waa inaad u tagtaa Takhtarka degaan kaaga ah .

Wixii xaalad caafimaad oo deg deg ah , waxaad tagi kartaa qeybta gargaarka degdega ah ee Isbitaalka dadweynaha kuugu dhow . Qeybta gargaarka degdeg ahi waxay furantahay 24ka saacadood maalintii , Todoba casho maalintii waxaana marwalba jooga Takhtar iyo kalkaaliso . Waxa laga yaabaa inaad ku sugto dhowr saacadood qeybta gargaarka degdeg ah Waayo waa in dadka aad u buka marka hore la fiiriyaa .

Si aad u hesho Isbitaalka dadweynaha kuugu dhow , ka fiiri buugga bogaga cad (White Pages) ama bogaga Hurdiga ah (Yellow Pages telephone directories) kana hoos fiiri Isibitaalada dad weynaha (under *Hospitals-Public*).

➤ Dhooliga (Ambulance)

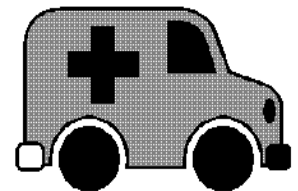
Sarkaalka dhooliga wuxuu kuu samayn karaa gargaar degdeg ah , Waxaana laga yaabaa inuu Isbitaalka kuu qaado. Haddii aad haysato Kaarka daryeelka caafimaadka Dhoolgu waa lacag la'aan. Haddii aanad haysanin karaka daryeelka caafimaadka, waa inaad iska bixisaa .

Haddii aad yeelato arrin caafimaad oo deg deg ah:

▪ **Tilifoonil 000**



- Marka uu farsamo yaqaanku ku weydiiyo inuu *Dab yahay, Boolis ama Dhooli (Ambulance)*, U sheeg inaad rabto Dhooli (*Ambulance*).
- Ka jawaab su'aalaha farsamo yaqaanku ku weydiiyo ee ku saabsan
 - Magacaaga
 - Lmbarka tilifoonkaaga
 - Gargaarka deg deg ah ee aad rabto
 - Addresska meesha u baahan gargaarka deg dega ah
 - Isgoyska wadada ugu dhow



Haddii aanad af Ingriisi ku hadlin:

- U sheeg farsamayaqaanka luqadaad ku hadasho
- Sug farsamayaqaanka si uu kuugu xiriiriyo Adeegga Turjubaanada (TIS) – **TILIFONKA HA GOYNIN**

🔗 Ilaalinta caafimaadkaaga (Looking after your health)

➤ Adeegga Caafimaadka qaxoontiga ee NSW (NSW Refugee Health Service)

Haddii aad qoxoontinimo ku timi Australia , ama aad sugayso in qaxoonti lagu aqoonsado, waxaad la xiriiri kartaa adeegga caafimaadka qaxoontiga weydiisana:

Macluumaadka ku saabsan Takhtarka degaankaa

Waxbarashada ku saabsan adeegga caafimaadka ee NSW

Baaris lacag la'aan Takhtareed ayaa jirta (waxay ka jirtaa Sydney oo kaliya).

Turjubaanada waxa laguugu keenayaa lacag la'aan.Haddii aad tagayso xarunta caafimaadka qaxoontiga soo qaado liiska dawooyinka aad qaadato, wixii arrin caafimaad kale ee aad haysato , iyo karaka daaweynta (Medicare card) haddii aad haysato.Tilifooni 8778 0770.

➤ U tagista Takhtarka degaankaaga iyo Takhtarka guud (Visiting the local doctor or General Practitioner (GP))

Australia dadku waxay u tagan Takhtarka degaankood ama Takhtarka guud (GP) marka ay haysato dhibaato caafimaad . Xafiiska GPga waxa loo yaqaan Takhtarka qaliinka ama xarunta caafimaadka (*Surgeries or Medical Centres*).

Weydii Jahliyadaada haddii uu jiro Takhtarka “GP” oo ku hadla luqadaada .Haddii uu Takhtarka GPga aad u tagtaa aanu luqadaada ku hadlin, Takhtarku wuxuu kuu diyaarinayaa Turjubaan lacag la'aan ah.

Mararka qaarkood Takhtarku wuxuu turjubaanka kuugu diyaarinayaa qolka dhexdiisa . markaas waxaad u baahantahay in Turjubaanka lagu ballamiyo laba Wiig ka hor.

Marka aad Takhtarka GPga la kulanto weydiiso macluumaadkaaga ku saabsan dhibaataada caafimaad , iyo sida Takhtarka GPgu kuu daweynayo. Haddii aanad ku faraxsanayn GPga, waxaad dooran kartaa Takhtar kale.

Si aad u hesho Takhtarka GPga kuugu dhow ka fiirso Buugga bogag Hurdiga ah (Yellow Pages telephone directory) kana hoos fiiri xarumaha caafimaadka (*Medical Practitioners.*) Ballanta Takhtarka waxaad ku samaysan kartaa Tilifoon .

Haddii aad Australia ku timi qaxoonti ahaan la xiriir **Adeegga Caafimaadka qaxoontiga ee NSW** (NSW Refugee Health Service) si aad isu baarto. Turjubaanada waxa laguugu keenayaa lacag la'aan. Tilifooni **8778 0770** si aad baallan u samaysato.



➤ Daawada (Medicines)



Takhtarkaagu waxa laga yaabaa inuu daawo kuu qoro.

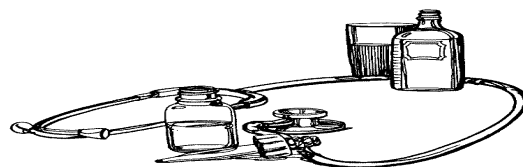
Dawaada lagu qoro waa inaad ula tagtaa Farmasiiga (pharmacy). Dawooyinka qaarkood, sida antibiyootiga (antibiotics), Takhtarka oo kaliya ayaa kuu qori kara . Waa inaad tustaa Farmasiiga karaka daaweynta iyo karaka daryeelka caafimaadka ama ka hawlgabka haddii aad haysatid.

Haddii uu u baahanyahay qoyskaagu daawo badan sannadkii, Weydiiso Farmasiiga nidaamkaaska (*Safety Net*). Taas oo ah marka aad qeyb dawo ah isticmaashid, waxaad bixinaysaa in ka yar dawada kale ee aad sanndka kale iibsansid.

➤ Marka aad Takhtar gaar ah arkaysid (Seeing a specialist)

Takhtarkaaga GPgu waxa laga yaabaa inuu kuu gudbiyo Takhtar Takhasus gaara ahaaneed haddii aad baaris dheeraad ah u baahantahay Tusaale: xanuunka wadnaha oo laga yaabo inaad u takto Takhtarka wadnaha (a *cardiologist*).

Marka aad arkaysid Takhtar Takhasus gaar ahaaneed waa inaad:



- soo qaadataa **waqadii uu kugu soo gudbiyey** GPgu
- Ka samayso ballan

Takhtarka Takhasuska gaarka ahi inta badan biilka ma qorto (not *bulk bill*), laakiin qaarkood way qortaan biilka (*bulk bill*) gaar ahaan dadka haysta Kaarka daryeelka Caafimaadka (Health Care Cards). Haddii uu GPgu doonayo inuu kuu gudbiyo Takhtar Takhasus leh, weydiii GPga inta qarashku noqonayo.

Haddii uu qarashku badanyahay , weydiiso GPga inuu kuu gudbiyo Isbitaalka dadweynaha . in badan baad sugaysaa , laakiin waa lacag la'aan haddii aad haysato Kaarka daaweynta (Medicare card.)

➤ Isbitaalada dadweynaha (Public hospitals)

Isbitaalada dadweynuhu waa **lacag la'aan** dadka haysta Kaarka daaweynta (Medicare card) (*Marka bukaan jifka dadweynaha la la daweynaayo*). Waxa bukaan jifkaas daaweeya Takhtarada iyo takhtarada Takhasuska leh ee Isbitaalka.

➤ **Adeegga Ilkaha daweynaha**
(Public dental services)



Haddii aad haysatid karaka daryeelka Caafimaadka (Health Care Card) ama kaaraka hawlgabka (Pensioner Concession Card), waxaad isticmaali kartaa adeegga Ilkaha dadweynaha. Caruurta iyo ardayda ka yar 18 sanno iyana way isticmaali karaan adeegga Ilkaha dadweynaha .

Waxa jira dhowr Isbitaal oo Ilkaha ah NSW. Isbitaaladaas way sugaan dadka doonaya daaweyntu:

- Tilifooni Caafimaadka afka iyo adeegga macluumaadka (**Oral Health Intake and Information Service**) ee degaankaaga (Fiiri liiska hoos ku qoran).
- Ka jawaab su'aalaha shaqaaluhu naftaada iyo dhibaataada ilkahaga kaa weyddiyo
- Takhtarku ilkuhu wuxuu kuu sameynayaa ballanka kuugu horeeyo si uu u hubiyo baahidaada.

Haddii aanad af ingriisi ku hadlin, tilifooni **TIS 131 450** intaanad la xiriirin Caafimaadka afka iyo macluumaadka adeegga (**Oral Health Intake and Information Service**) ee degaankaaga . Waxaad u baahantahay inaad u sheegto Farsamo yaqaanka Tilifoonka aad doonaysid inaad Tilifoonisid (oo ka mid ah kuwa hoos ku qoran).

Kuwani waa lambarada tilifoonada ee Sydney, Newcastle iyo Wollongong:

Adeegga caafimaadka afka iyo macluumaadka adeegga
(Oral Health Intake and Information Services):

Central Sydney - United Dental Hospital	9293 3333
South Eastern Sydney	1300 134 226
South Western Sydney	1300 55 93 93
Western Sydney - Westmead Hospital	9845 6766
Far Western Sydney - Nepean Hospital	4734 2387
(Penrith area)	
Illawarra (Wollongong area)	1300 369 651
Hunter (Newcastle area)	4924 6060
Mid North Coast Area Health Service	665 67800

Haddii aad haysato Kaarka daryeelka caafimaadka (Health Care Card) ama karaka hawlgabka (Pensioner Concession Card), Waa inaad u tagtaa xarunta Ilkaha ee gaarka ah (private dental clinic). Si aad ka kuugu dhow u ogaato, ka fiiri Buugga bogaga hurdiga ah (Yellow Pages) *Kana hoos fiiri Xarumaha Ilkaha (under Dentists).*

➤ **Caafimaadka bulshada (Community Health Centres)**

Marka lagu daro GPga, waxa kale oo jira xarumaha Caafimaadka bulshada oo kaa caawin kara dhibaataada caafimaad iyo baahiyaha kale ee daryeelka ka fiiri xarunta kuugu dhow buugga bogaga cad iyo ka hurdiga ah (White or Yellow Pages telephone directory) kana hoos fiiri xarumaha caafimaadka bulshada (under *Community Health Centres.*)

Xarunta Caafimaadka bulshada waxaad kula kulmi kartaa:

- Shaqaalaha bulshada ama khabiirka cilmi nafsiga (psychologists) kaas oo bixiya talooyin iyo kaalmo bulsho tusaale Khamrada iyo dhibaatooyinka Mukhaadraadka:
- Kalkaalisoooyin tababaran oo caawiya waalidka ,Caruurta iyo dadka waaweyn
- Takhtarka dib dhiska jirka qaabilsan (physiotherapists) kaas oo caawiya ka dib marka uu qofka xanunka ama dhaawac ku dhaco
- Takhtarka qaabilsan hadalka (speech pathologists) kaas oo caawiya caruurta dhibaataad hadal la'aantu ku dhacdo

Xarumaha Caafimaadka bulshadu waxaa badiyaa u shaqeeya shaqaalaha dhaqnada kala duwan si ay u caawiyaan kooxaha dadka degaanka ah ee dhaqanada kala duwan . Waxa dhacda mrarka qaarkood in qarash yar aad bixiso adeegaas.

➤ **Adeegga caafimaadka haweenka (Women's health services)**

Adeegga Caafimaadka haweenku wuxuu bixiyaa macluumaad iyo talo badan oo ku saabsan haweenka Tusaale :caafimaadka taranka , cudurada galmada ka dhashas , rabshada ha guriga , pap smears, Baarista naasaha , dibaatooyinka caadada (menstrual problems) iyo dhalmo dayska (menopause).

Waxa kale oo ay leeyihiin kooxo kala diwan oo caawiya haweenka . Xaruna kuugu dhow waxaad ka heli kartaa buugg bogaga cad (White Pages) kana hoos fiiri Caafimaadka bulshada (under *Women's Health Centres.*)

Haddii uu qof ku daryeelayo , ama qof adiga kuu dhow ay waxyeelo kaa soo gaarayso ama qoyskaagaba , ama ay baqdini ku gasho, tilifooni khadka cawimada rabshadaha qoyska xili kasta (**Domestic Violence Help Line** anytime on **1800 6564 63**. Australia, rabshadaha qoysku waa dambi xuquuqda qoyskana waa in la ilaaliyaa .



➤ **Caafimaadka Caruurta (Children's health services)**



Waxa jira adeegyo dhowr ah oo caawiya waalidka iyo caruurta .

Kalkaalisada Xarumaha caafimaadka dhallaanka :

- Waxay ka caawisaa waalidka siday Ilmahooda iya caruurta yar yar u daryeeli lahaayeen
- Kala talin lahaayeen Talaalka
- Ug u smayn lahayd booqasho guri

Si aad u ogaato xarunta kuugu dhow, ka fiiri buugga bogaga cad look (White Pages) kana hoos fiiri Xarumaha Caafimaadka dhallaanka (*Early Childhood Health Centres*).

Tresillian iyo **Karitane** waa Ururo caawiya waalidaka iyo daryeelayaasha caruurta 5 sanno da'doodu tahay . Kuwaasina waxay kaa caawin karaan

- Naas nuujinta
- Haddii uu ilmuhu kaa seexan kari waayo
- Haddii aad xanaaqdo
- Siyaabaha kala duwan ee loo daryeel Ilmaha .



Tresillian 24- Saacadood Laynka caawimada waalidka ayey leedahay. Haddii aad ku nooshahay Sydney, tilifooni **9787 0855**.

Haddii aad debada Sydney ku nooshahay tilifooni **1800 637 357**.

Karitane iyana waxay leedahay laynaka caawimada 24-saacadood ee Tilifooni **9794 1852**.

➤ **Adeegga caafimaadka dhalinyarada (Youth health services)**

NSW waxa jira Xarumo Caafimaadka ee dadka ay da'doodu u dhaxayso 12 ilaaa 20 sanno. Xarumahaasi waxay caawimo siiyaan waalidka . Xarumaha Caafimaadka dhalinyaradu waxay bixiyaan waxbarasho caafimaad , macluumaad iyo talooyin. Adeegyadaasi waa qarsoodi . Xarumahaasina waa kuwa hoos ku qoran :

Corner Youth Health Service (Bankstown)	9796 8633
Fairfield Youth Health Team	9794 1750
Kirketon Road Health Centre (Kings Cross)	9360 3766
Canterbury Youth Health Service	9787 0600
Cellblock (Camperdown)	9516 2233
Western Area Adolescent Team	9881 1230
Traxside (Campbelltown)	46 252525
High Street Youth Health Centre (Harris Park)	9687 2544
The Warehouse (Penrith)	4721 8330
Community Health Adolescents in Need (Wollongong)	4226 5816



🔗 **Ilaalinta caafimaadka caadifadaada (Looking after your emotional health)**

STARTTS (Adeegga daaweynta iyo dib u dejinta dadka ka soo bad baaday jir dilka iyo ciqaabta)

Adeegani wuxuu leeyahay la taliyayaal kuuwaas oo caawiya qaxoontiga iyo dadka qaxoontiga soo maray ee la soo kulmay jir dil iyo ciqaab intaanay imanin Australia ka hor. Shaqaalaha badankoodu wuxuu ku hadlaa luqado kal duwan. ee Tilifooni **9794 1900**.

STARTTS waxay leedahay barnaamijka soo dhexgalka hore (**Early Intervention Program (E.I.P.)**) Kaas oo siiya caawimaad lacag la'aan ah qaxoontiga dhinaca caadifada iyo baahida bulshada 12 bilood ee ugu horeys mark ay yimaadaan Australia. Tilifooni **9646 6666**.

STARTTS adeegeedu waa lacag la'aan waana qarsoodi .

➤ **Xarunta dhaqanada kala duwan ee Caafimaadka Maskaxda (TMHC)**

Xaruntan waxa loogu talagalay dadka aan af ingriisiga ku hadlin . waxayna caawisaa dadka leh caadifad iyo dhibaato maskaxeed. TMHC waxay ku diyaarin kartaa takhtarka cilmi nafsiga si uu kuu baaro (psychological checks) talona ku siiyo. shaqaalahoodu wuxuu ku hadlaa ilaa 50 luqadood . Adeeggu waa lacag la'aan waana qarsoodi .uma baahnid Kaarka daaweynta si aad u isticmaashid adeegan . GPga iyo daryeelka caafimaadka way ku sii gudbin karaan. Tilifooni MHC on **9840 3800** or **1800 648 911**.

➤ **Adeegg caafimaadka maskaxda (Mental Health Services)**

Haddii aad leedahay caadifad ama dhibaato bulsho, waxaad kale oo aad la xiriiri kartaa adeegga caafimaadka maskaxda ee degaankaaga . waxaad la hadli kartaa takhtarka maskaxda ,Takhtarka Cimi nafsiga iyo shaqaalaha bulshada (social workers) kuwaas oo adiga iyo qoyskaagaba ku caawin kara . Adeegyada oo dhami waa lacag la'aan waana qarsoodi. Si aad u hesho Adeegga Caafimaadka Maskaxda ee kuugu dhow,tilifooni Isbitaalka dadweynaha ee kuugu dhow ama Xarunta caafimaadka bulshada, ama weydii Takhtarkaaga



➤ **Xuquuqda Caafimaadka iyo masuuliyda** **(Health rights and responsibilities)**

* Shaqaalaha caafimaadka waxaa ka mid ah ,Takhtarada, Kalkaalisoooyinka , Takhtarka cilmi nafsiga (psychologists) la taliyayaasha (counsellors) iyo kuwo kale.

Xuquuqdaada (Your rights)

Waa in shaqaalaha caafimaadku* kuu sharxaa:

- Xaalada ama cudurka
- Tijaabada caafimaad
- Daaweynta
- Dhibaataada ama khatarta ka iman karta daaweynta.



Dadka buka oo dhama waxay xuquuq u leeyihiin:

- In si daryeele loo daawee iyo si taxdir iyo sharaf leh
- In diintooda , dhaqankood iyo waxay rumaysanyihiin la qadariyo
- Inuu helo fikrado caafimaaad
- Ay arki karaan diiwaankooda caafimaad.
- Waa in diiwaankooda caafimaad si qarsoodiya looga xafidaa dadka kale
- Ayna ka bixi karaan heshiiska ogolaanshaha diidi karaana markay doonaan
- Ay caawimo u raadsan karaan Turjubaanada Daryeelka caafimaadka

Masuuliyadaada (Your responsibilities)

Waa inaad:

- U sheeg shaqaalaha caafimaadka wax kastoo ku saabsan caafimaadkaaga
- U sheeg shaqaalaha caafimaadka haddii aad isticamaasho Daawo ,Khamri , Sigaar ama daroogo
- Ilaasho ballamahaaga una sheeg shaqaalaha caafimaadka haddii aad iman kari weydo, gaar ahaan haddaan la balamin Turjubaanka.

Sideed cabashada u samaynaysaa

Australia, cabasho ayaad ku samayn kartaa adeegga caafimaadka iyo shaqaalaha caafimaadka.

Haddii aad ka warwarsantahay daaweynta adiga iyo qoyskaaga, kala hadal warwarkaaga shaqaalaha caafimaadka. Haddii aanad wali raali ku ahayn kadib markaad la hadashay shaqaalaha caafimaadka :

- Tilifooni Isbitaalka aad ka hesho daaweynta weydiina Sarkaalka caawiya bukaanka **(Patient Support Officer)**

amao

- Tilifooni xarunta caafimadka ee aad ka qaadadto daaweynta wydiisana inaad la hadasho **Maamulaha**

ama

- La xiriir Gudiga cabashooyinka ee daryeelka caafimaadka **(Health Care Complaints Commission on 1800 043 159 (free call)**

Haddii aanad af ingriisi ku hadlin la xiriir TIS tilifoonka 131 450.*

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