



Australian Government

Department of Health

Kev pab rau cov neeg saib cov laus uas ntsib kev tusiab thiab mobsiab cuam-tshuam los ntawm COVID-19

Tsoomfww Australian tau muab nyiaj los tsa cov chaw pab services rau cov neeg saib cov laus uas ntsib kev tusiab thiab mobsiab cuam-tshuav los ntawm COVID-19. Nws yog npaj los pab rau cov neeg nyob hauv cov tsev laus, cov zov neeg laus nyob tom tsev, lawv tsev neeg thiab cov neeg ua haujlwm rau cov laus. Koj siv cov kev pab no rau tus kheej, losyog tshaj qhia rau koj cov neeg txheeb-ze thiab neeg hauv zejzog paub txog los tau tibsi.

Nws yog muaj pub dawb rau txhua tus siv.

Tag rho cov koomhaum muab kev txhawb-pab yeej saib txhua haiv neeg txojkev ntseeg, cov kevcai dab-qhuas thiab kev ua-noj ua-haus rau chaw muaj nqi. Yog koj tus kheej losyog cov txheeb-ze xav tau neeg txhais-lus, hu mus rau chaw Txhais-ntawv thiab Txhais-lus lub xovtoo **131 450**. Koj mam qhia rau lawv saib koj hais yam lus twg thiab thov kom txuas xovtooj rau lub chaw pab rau koj.

Kev pabcuam txog kev Tusiab thiab kev ploj-tuag

Hu xovtooj mus sablaj:

Australian lub chaw pabcuamkev Tusiab thiab Kev Ploj-tuag - Australian Centre for Grief and Bereavement - muaj kev pab cov neeg ua haujlwm saib neeg laus, cov tswv tsev-laas, cov pab-pawg neeg saib-xyuas txog kev coj dab-qhuas thiab cov pab-pawg neeg muab kev pab-cuam rau nws haiv neeg txog kev tusiab thiab ploj-tuag uas tshwm-sim los ntawm COVID-19. Hu lub xovtooj **1800 222 200** mus sablaj nrog lawv tau saib yuav muab kev pab koj haiv neeg tau licas.

Thaum koj hu xovtooj mus, koj nug tau lawv txog saib koj xav tau kev pab licas rau koj tus kheej thiab cov txheeb-ze. Saib koj nyiam kom hu sawvdaws tuaj koom sibtham uake los kom tham ib tug toj tib tug nrog cov kws sablaj practitioner, uas yog tham hauv telehealth (yog tham hauv xovtooj losyog ua video tham), losyog tham tim ntsej tim muag.

Australian lub chaw pab kev Tusiab thiab Kev Ploj tuag muaj cov neeg ua haujlwm hais tau ntau yam lus xwslu lus Arabic, Czech, Farsi, French, Italian, Japanese, Maltese, Sinhala, Tamil, Spanish and Yiddish. Yog xav tau neeg txhais lus, koj hu mus rau lub chaw Txhais-ntawv thiab Txhais-lus **131 450** ces kom pab txhua xovtooj rau lub tsev the Australian Centre for Grief and Bereavement.

The Australian Centre for Grief and Bereavement muaj cov neeg piav-tes txhais-lus Auslan rau cov neeg lag-ntseg tibsi.

Chaw Pab mob Tem-toob -Dementia support:

Chaw pab mob Tem-toob Dementia Support Australia yuav muab kev pab thoob plaws hauv Australia teb 24 teev toj ib hnuv- thiab 365 hnuv toj ib xyoos. Lawv muab kev sablaj thiab tawm tswvyim pub rau cov neeg zov tus neeg mob tem-toob – dementia, lawv lub xovtooj yog **1800 699 799**. Yog koj

thiab cov txheeb-ze xav tau neeg txhais-lus, thov hu rau lub chaw Txhais-ntawv thiab Txhais-lus uas xovtooj yog **131 450** thiab hais kom txuas xovtooj rau Dementia support Australia.

Sawv-cev tam yus tus kheej - Advocacy:

Lub tsev The Older Persons Advocacy Network muab kev pab sawv-cev tam cov laus thoob plaws hauv Australia. Yog koj muaj teebmeem nrog cov neeg saib-xyuas koj ces lawv yog cov yuav pab koj. Lub tsev pab cov laus no muab kev pab pub dawb, yuav khaws koj cov lus zais-cia zoo, muab kev sawv-cev ncaj tuaj nruab-nrab tam koj, muab kev nthuav xov thiab qhuab-qhia cov laus, lawv tsev neeg thiab cov neeg tam lawv. Hu lub xovtooj **1800 700 600** mus sablaj nrog lawv tau. Yog koj thiab cov txheeb-ze xav tau neeg txhais-lus, thov hu rau lub chaw Txhais-ntawv thiab Txhais-lus uas xovtooj yog **131 450** thiab hais kom txuas xovtooj rau The Older Persons Advocacy Network.

Kev pab nthuav xov ntxiv txog COVID-19

Nws tshwj-xeeb ntawm koj yuavtsum mloog tsoomfwv cov xovxwm thiaj tseeb. Mus xyuas hauv [health.gov.au](https://www.health.gov.au) losyog hu rau the National Coronavirus Helpline uas xovtooj yog **1800 020 080**. Yog koj thiab cov txheeb-ze xav tau neeg txhais-lus, thov hu rau lub chaw Txhais-ntawv thiab Txhais-lus uas xovtooj yog **131 450** thiab hais kom txuas xovtooj rau the National Coronavirus Helpline.