

Xaashida Xaqiiqda 1 (Soomaali)

This is the Somali factsheet.

Adeegyada Caafimaadka Dhimirka iyo Ladnaanta ee Waayeelka iyo Qaangaarka Deegaanka

Dawlada Victoria waxay ay aan ka hirgelin doonaa ku dhawaad 60 Adeegyada Caafimaadka Dhimirka iyo Ladnaanta Waayeelka iyo Qaangaarka Deegaanka (Adeegyo Maxalliya) dhammaan Fiktooriya dhamaad 2026. Tani waa mid ka mid ah waxkabeddelada ugu muhiimsan ee ay Guddiga Boqortooyadu usoo jeedisay Nidaamka Caafimaadka Dhimirka Fiktooriya (Guddiga Boqortooyada).

Shabakadda cusub ee Adeegyada Maxalliga ah ayaa qayb muhiim ah ka noqon doona nidaamka caafimaadka dhimirka Fiktooriya ee waxkabeddelka lagu sameeyay, isaga oo keeni doona hab fudud oo lagu helo daaweyn iyo taageero. Qaybaha kale ee nidaamka caafimaadka dhimirka ayaa iyaguna sii fidaaya oo isbedelaaya. Wadajir, isbeddelladani waxay la macno noqon doonaan in dadka la kulma jirro maskaxeed ama walbahaar maskaxeed ay si dhakhso ah u heli karaan taageerada ay u baahan yihiin, iyaga oo dhex jooga bulshadooda, una dhow qoysaskooda, daryeelayaashooda iyo taageerayaashooda.

Yaa isticmaali kara Adeegyada Maxalliga?

Adeegyada Maxalliga ahi waxay siin doonaan daaweyn, daryeel iyo taageero tayo sare leh dadka jira **26 sano iyo ka weyn** ee la kulma jirro maskaxeed ama walbahaar maskaxeed, iyo kuwa:

- u baahan **taageero ka badan** keliya inta ay ka heli karaan dhakhaatiirta guud, dhakhaatiirta cilmi-nafsiga ee gaarka loo leeyahay iyo dhakhaatiirta maskaxda,
- sidoo kale laga yaabo inay dhibaato ka haysato isticmaalka maandooriyaha ama qabatinka, laakiin
- aan u **baahnayn** nooca daryeelka baaxadda weyn ee ay bixiso Adeegyada Caafimaadka Dhimirka iyo Ladnaanta Aagga (sida daryeelka bukaan-jiifka ee isbitaalka).

Dadka leh baahiyo ka sarreeya ama ka duwan, Adeegyada Maxalliga ayaa kaa caawin doona in lagu xirro meesha saxda ah

Taageero nooc ee ah ayay Adeegyada Maxalligu bixin doonaan?

Iyadoo la tixraacayo soo jeedinta Guddiga Boqortooyada, Adeegyada Maxalliga ahi waxay isku dari doonaan caafimaadka dhimirka iyo ladnaanta, kaas oo ay bixin doonaan koox leh takhasusaad kale duwan.

Adeegyada waxa ka mid noqon doona:

- **Daawaynta Isbitaalka** – sida qiimaynta caafimaadka dhimirka iyo adeegyada cilmi -nafsiga, oo ay ku jiraan khamriga iyo arrimaha kale ee daroogada
- **Taageerada Ladnaanshaha** – sida kaalmada si loo soo kabto, loo xoojiyo cilaaqaadka, loo dhiso xirfadaha noloshu, looga qaybgalo bulshada loona xalliyo arrimaha sida jirrada jidhka, hoy la'aanta iyo dhibaatooyinka lacagta

- **Waxbarashada, kaalmada asaagga iyo is-caawinta** – fursadaha lagula xiriiri karo dadka kale ee leh waayo-aragnimo nololeed ee cudurka dhimirka, qoysaska, daryeelayaasha iyo taageerayaasha si ay ula wadaagaan waayo-aragnimada iyo fikradaha waxna looga barto
- **Qorsheynta iyo Iskudubaridka** – gacan ka gaysato helida, marin u helida iyo hagida adeegyada kale ee caafimaadka iyo taageerida bulshada.

Falsafada Adeegyada Maxalliga ahi waxa ay noqon doonta 'Sideen ku caawinaa?' Adeeg kasta oo Maxalli ahi wuxuu yeelan doonaa dabacsanaan si uu uga jawaabo baahiyaha gaarka ah ee bulshada deegaanka.

Sidee bay dadku u heli doonaan Adeegyada Maxalliga ah?

Adeegyada Maxalliga ahi waxay noqon doonaan kuwo **bilaash ah** oo **si sahlan loo heli karo**, iyadoo aan loo baahnayn gudbin. Waxa ay furnaan doonaan saacado dheeraada. Waxaa jiri doona habab kala duwan oo lagu heli karo taageerada, sida:

- tegida goob ama deegaan nabdoon oo soo dhawayn leh
- booqashooyin guriga ah ama meel kale oo nabdoon habboona
- teleefonkaaga ama wicitaan muuqaal ah.

Guddigu waxa uu soo jeediyay in daryeelku ahaadu mid uu macmiilku hogaamiyo oo qofka ku xidhan. Taas macnaheedu waa in dadku awoodi doonaan inay la shaqeeyaan Adeegyadooda Deegaanka si ay u qorsheeyaan daryeelkooda gaarka ah. Marka ugu horeysa ee ay la xiriiraan adeega deegaankooga, waxay awoodi doonaan inay ka hadlaan waxay u baahan yihiin. Ka dib tan, haddi ay muhiim tahay, waxa lagu samayn doonaa qiimayn dhamaystiran dhammaan baahiyaha qofka. Iyada oo ku saleysan qorshahooda daryeel, waxay heli doonaan daryeel caafimaad maskaxeed iyo mid ladnaansho oo isku dhafan, oo ay ku jiraan khamriga iyo ka daawaynta daroogooyinka kale iyo daryeelka, haddii ay habboon tahay.

Sidee ayay Adeegyada Maxalligu ula shaqayn doonaan qaybaha kale ee nidaamka caafimaadka dhimirka ee waxkabeddelka lagu sameeyay?

Adeegyada Maxalliga ahi waxay qayb muhiim ah ka noqon doonaan nidaamka caafimaadka dhimirka iyo ladnaanta Fiktooriya ee waxkabeddelka lagu sameeyay. Nidaamka waxkabeddelka lagu sameeyay wuxuu leeyahay lix heer (fiiri sawirka 1). Adeegyada Maxalliga ahi waa heerka afaraad iyo 'albaabka' cusub ee nidaamka. Waxay u sahlanaan doontaa dadku inay ku wareegaan nidaamka oo ay ku helaan daryeelka saxda ah meesha saxda ah.

Heerarka nidaamka caafimaadka dhimirka iyo ladnaanshaha

1. Qoysaska, daryeelayaasha iyo taageerayaasha, taageerooyinka aan rasmiga ahayn, bulshooyinka onlaynka iyo bulshooyinka goobaha, aqoonsiga iyo danaha

2. Adeegyo badan oo dawladda iyo bulshada ah

3. Caafimaadka dhimirka ee aasaasiga ah iyo kan labaad iyo adeegyada la xiriira

4. Adeegyada Caafimaadka Dhimirka iyo Ladnaanta

5. Adeegyada Caafimaadka Dhimirka iyo Ladnaanta Aagga

6. Adeegyada gobolka oo dhan

**Guddiyada
heer Gobol ee
Caafimaadka
Dhimirka iyo
Ladnaanta**

Xigasho RCVMS Warbixinta ugu Dambaysa, vol. 1, p. 297

Sawir 1 Heerarka nidaamka caafimaadka dhimirka iyo ladnaanshaha

Adeegyada Maxalliga ah waxay la shaqayn doonaan dhakhaatiirta guud, dhakhaatiirta dhimirka ee gaarka loo leeyahay iyo dhakhaatiirta cilmi-nafsiga iyo bixiyeyaasha kale ee dawaynta maandooriyaha iyo khamriga ee bulshada deegaanka (heerka saddexaad). Tusaale ahaan, qof ayaa laga yaabaa inuu daaweyn ka helo dhakhtarkooda guud taageero ladnaanshaha **ka** helo Adeegooda Maxalliga. Taageerooyinka waxaa ku jiri kara kaalmo lagu dhiso xirfadaha nololaha ama wax looga qabto arrin muhiim ah sida hoyla'aanta.

Marka baahida qofku isbeddesho oo ay u baahdaan daaweyn degdeg ah oo ka badan ama ka yar, daryeelkooda waxaa si habsami leh loogu wareejin karaa ama looga soo wareejin karaa Adeegyada Aagga (heerka shanaad). Dadku waxay awoodi doonaan inay ku helaan Adeegyada Aagga:

- gudbin ka timid Adeegooda Maxalliga
- gudbin ka timid dhakhtarkooda guud, ama
- tegitaanka Waaxda Gurmada.

Adeegyada heerarka labaad, saddexaad iyo afaraad dhammaantood si dhow ayay u wada shaqeeyaan si ay u bixiyaan daaweyn iyo daryeel. Tusaale ahaan, Adeegyada Maxalliga ah, dhakhaatiirta guud, dhakhaatiirta cilmi-nafsiga iyo dhakhaatiirta dhimirka ee ka dhex shaqeeya bulshadooda ayaa awoodi doona inay ka helaan talo-bixin khabiirrada caafimaadka dhimirka ugubka ah. Tani waxay sidoo kale dhisaysaa xirfadaha iyo kartida Adeegyada Maxlliga.

Xillimaa la furi doonaa Adeegyada Maxalliga?

Dhamaadka 2022, lixda Adeeg ee Maxalliga ah ee ugu horreeya ayaa la samayn doonaa:

- Benalla
- Brimbank
- Frankston
- Greater Geelong
- Latrobe Valley
- Whittlesea.

Dhamaadka 2026, waxaan qorsheyneynaa inaan u sameyno adeegyo dhammaan dadka reer Victoria.

Sideen talo ugu yeelan karaa Adeegyada Maxalliga?

Iyada oo ku saleysan warbixinta kama dambaysta ah ee Guddiga, astaamo badan oo Adeegyada Maxalliga ah ee cusub leeyihiin ayaa hore la go'aamiyay. Si kastaba ha noqotee, waxaa jiri doonta fursado talo lagaga dhiiban karo:

- waxa aad rabto inaad la kulanto markaad isticmaaleyso Adeegga Maxalliga.
- naqshadeynta qaabka daaweynta, daryeelka iyo taageerada.

Waxaan la tashan doonaa dadka leh waayo-aragnimo nool, qoysas, daryeelayaal iyo taageerayaal, shaqaale, adeeg -bixiyeyaal, hay'adaha ugu sarreeya iyo kooxaha u-doodista. Tan waxaa ku jiri doona wadatashiyo maxalli ah si loo fahmo baahiyaha gaarka ah ee bulsho walba. Macluumaad ku saabsan sidaad uga qayb qaadan lahayd, booqo [Engage Victoria platform](https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services) <https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services>

Maxay Guddigu ka qabteen nidaamka Caafimaadka Dhimirka Fiktooriya?

Guddigu wuxuu eegay sidii loo abuuri lahaa nidaam caafimaad dhimir iyo ladnaan oo siiya daaweyn dhamaystiran, daryeel iyo taageero dhammaan dadka reer Fiktooriya. Warbixinta kama dambaysta ah ee Guddigu waxaa la soo saaray Febraayo 2021 waxaana laga heli karaa [Royal Commission into Victoria's Mental Health System website](http://rcvmhs.archive.royalcommission.vic.gov.au/index.html) <http://rcvmhs.archive.royalcommission.vic.gov.au/index.html>

Waxa kale oo aad halkan ka akhrisan kartaa sida aan u fulinayno talooyinka Guddiga [Health.Vic Mental Health Reform website](https://www2.health.vic.gov.au/mental-health/mental-health-reform) <https://www2.health.vic.gov.au/mental-health/mental-health-reform>.

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Si aad qaab kale ugu hesho dokumentigan, wac [1300 650 172](tel:1300650172), adiga oo adeegsanaya National Relay Service 13 36 77 haddii loo baahdo, ama [limayl u dir kooxda Caafimaadka Dhimirka iyo Ladnaanta ee Waayeelka iyo Qaangaarka Deegaanka](mailto:localservices@health.vic.gov.au) <localservices@health.vic.gov.au>.

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Waxa laga heli karaa [Adeegyada Waayeelka iyo Caafimaadka Maskaxda iyo Wanaaga - Engage Victoria websaayd](https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services) <https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services>