

Forgetting to take your medications?
Unasahau ku tumia dawa?



Getting frail? Una udhaifu?
Unable to care for yourself as you
used to?
Hauwezi kujitunza kama zamani?



Home and Community Care services may help you with these problems. Huduma za Utunzaji wa Nyumbani na Jamii zinaweza kukusaidia na shida hizi

What is Home and Community Care? Huduma za Utunzaji wa Nyumbani na Jamii ni nini?

Home and Community Care services are provided by local health authorities and include:
Huduma za utunzaji wa nyumba na Jamii hutolewa na mamlaka za afya za mitaa Kama:



Home support is for people who need help to live safely and on their own at home. A community health worker comes to your home and helps you with bathing, toileting, personal care, taking medications and wound care.

Msaada wa Nyumbani ni wa watu ambao wanahitaji msaada kuishi salama na wao peke yao nyumbani. Mfanyikazi wa afya ya jamii anakuja nyumbani kwako na hukusaidia na kuoga, kwenda kwa choo, utunzaji wa kibinafsi, kuchukua dawa na utunzaji wa jeraha au vidonda.



Community nursing and rehabilitation services are for people who need help to get better after a surgery, hospitalization or injury.

Uguzi wa jamii na ukarabati ni huduma za watu wanaohitaji msaada wa kuwa bora baada ya upasuaji, kulazwa hospitalini au kuumia.



Assisted living is a housing plus health services option if you are still relatively independent but need a little extra help. If you need help with meals and personal care, if you are living on your own or feeling lonely, assisted living services may be an option for you.

Kusaidiwa kuishi ni chaguo la huduma za makazi na afya ikiwa bado uko huru lakini unahitaji msaada wa ziada kidogo. Ikiwa unahitaji msaada kwa milo na utunzaji wa kibinafsi, ikiwa unaishi peke yako au unahisi upweke, Msaada wa Kusaidiwa kuishi wa weza kuwa chaguo kwako



Long-term care is for people who are not able to live at home on their own and require constant specialized care because of their chronic physical or mental health conditions.

Utunzaji wa muda mrefu ni kwa watu ambao hawawezi kuishi nyumbani peke yao na wanahitaji utunzaji maalum wa kila wakati kwa sababu ya hali yao ya kawaida ya kiafya au ya akili.

If you are getting home and community care services, it does not mean that your family does not love you or wants to leave you. Home and community care services are meant for people who have health problems that must be cared for by professionals who are trained to help you in a safe way. When you use home and community care, it will also help your family and friends have rest and fulfill their work obligations.

Ikiwa unapata huduma za utunzaji wa nyumba na jamii, haimaanishi kuwa familia yako haikupendi au inataka kukuacha. Huduma za utunzaji wa nyumba na jamii ni za watu ambao wana shida za kiafya ambazo lazima zitunzwe na wataalamu waliopewa mafunzo ya kukusaidia katika njia salama. Unapotumia utunzaji wa nyumba na jamii, itasaidia pia familia yako na marafiki kupumzika na kutimiza majukumu yao ya kazi.

How much does it cost? Inagharimu kiasi gani?

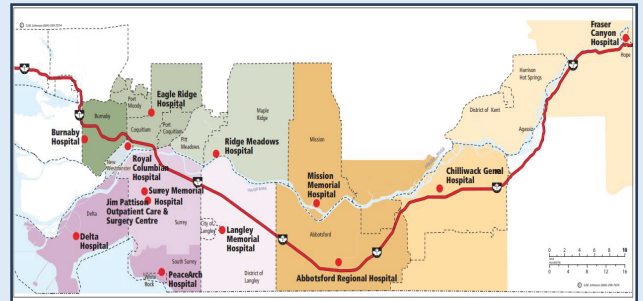
Some home and community care services may be paid for by the government or insurance and other types of services need you to pay some amount. When a worker from your health authority visits you and talks with you about the types of services you many need, then you can also ask them about the cost of services you choose.

Huduma zingine za utunzaji wa nyumbani na jamii zinaweza kulipwa na serikali au bima na aina zingine za huduma zinahitaji ulipe kiasi fulani. Wakati mfanyakazi kutoka kwa mamlaka yako ya afya anakutembelea na kuzungumza nawe kuhusu aina ya huduma unazohitaji, basi unaweza pia kuwauliza juu ya gharama ya huduma unazochagua.

What do I do to get these services? Nifanye nini kupata huduma hizi?

If you live in the Fraser Health Authority area (Delta, Burnaby, New Westminster, Surrey, Tri-Cities, Pitt Meadows, Maple Ridge, Mission, Abbotsford, Langley, Chilliwack, Agassiz, Hope), as indicated on the map.

Ikiwa unaishi katika eneo la Mamlaka ya Afya ya Fraser (Delta, Burnaby, New Westminister, Surrey, Tri-Cities, Pitt Meadows, Maple Ridge, Mission, Abbotsford, Langley, Chilliwack, Agassiz, Hope) kama inavyoonyeshwa kwenye ramani hapa chini.



Please contact: Tafadhali wasiliana:

New clients: Home Health Service Line: 1-855-412-2121 (open 7 days a week, 8:30 a.m. - 9:00 p.m.)

Wateja wapya: nambari ya simu ya Huduma ya afya ya mitaa yako: 1-855-412-2121

Current clients: your Home Health office. Wateja wa sasa: ofisi yako ya Afya ya Nyumbani

Trained staff are available 7 days a week from 8:30 a.m. - 4:30 p.m. Wafanyakazi waliofunzwa wanapatikana siku 7 kwa wiki kutoka saa 8:30 asubuhi - 4:30 jioni

Translation services are also available. Huduma za tafsiri zinapatikana pia

If you need translation services, when speaking about home and community care on the phone please ask a peer navigator to help you with setting up the translation service.

Ikiwa unahitaji huduma za utafsiri, wakati unazungumza juu ya utunzaji wa nyumba na jamii kwenye simu, tafadhali, muulize Msaidizi wa rika Jinsi ya kuanzisha huduma za utafsiri

For home and community care services in the following communities, call:
Ku husu Huduma za utunzaji wa nyumba na Jamii katika maeneo yafuatayo piga simu:

North Shore: (604) 986-7111

Fax: (604) 983-6839

Richmond: (604) 278-3361

Fax: (604) 278-4713

Vancouver: (604) 263-7377

Fax: (604) 267-3419



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