

Tieħu l-mistrieħ

MALTESE | ENGLISH

Dan il-Fuljett ta' Għajnuna jiddiskuti l-importanza tal-brejk, milli ddur b'ħaddieħor, kif torganizzah u min jista' jgħin.

Li jittieħed brejk huwa importanti għall-familja u għal dawk li jduru b'ħaddieħor

Li ddur b'xi ħadd bid-dimenzja jista' jkun ta' pressjoni kbira u jgħajjik fizikament u emozzjonalment. Il-familji u dawk li jduru b'ħaddieħor jistgħu faċilment ikunu iżolati mill-kuntatti soċjali, l-aktar jekk ma jkunux jistgħu jhallu l-persuna li jkunu jduru biha.

Brejkijiet regolari jfissru li inti tkun tista' tistrieħ, toħrog, tieħu ħsieb affarik jew tmur għal xi btala.

Li jittieħed brejk huwa importanti għall-persuna bid-dimenzja

ħafna min-nies jieħdu xi xorta ta' brejk, forsi biex jipprattikaw in-namriet tagħhom, jew biex iqattgħu tmiem il-ġimgħat jew xi btala msefrin. Dan jagħtina xi ħaġa li nixxenqu għaliha u esperjenzi li nħarsu lura lejhom. Il-brejkijiet huma importanti għall-persuni bid-dimenzja għall-istess raġunijiet. Tagħtihom l-opportunità li jiltaqgħu ma' niess oħra u jqattgħu ħin magħhom u li jidraw in-nies l-oħra li jipprovdulhom support u li jduru bihom.

Xi jzomm lill-familji u lil dawk li jduru b'ħaddieħor milli jieħdu xi brejk?

- Iħallu il-ġid tagħhom infushom għall-aħħar
- Iħossu li ma jkunx ħaqqhom brejk
- Ma jkunux jafu xi jkun disponibbli jew kif jiksbu l-għajnuna biex jorganizzaw il-brejk
- Ikunu għajjenin wisq biex jagħmlu l-għalmu tagħhom
- Ikunu jridu brejk, iżda l-persuna li jduru biha ma tkunx trid
- Iħossu li jinħoloq inkwiet wisq
- Jaħsbu li hija r-responsabbiltà tagħhom li jduru għal kollox bil-persuna il-ħin kollu

Kif tieħu brejk

Hemm ħafna modi ta' kif tieħu brejk. Jiddependi minn dak li jaqbel għalik u għall-familja tiegħek.

Il-brejkijiet jistgħu jkunu:

- Ħin għall-persuni bid-dimenzja biex igawdu esperjenzi godda jew familjari
- Ħin biex tirrilassa u tikseb enerġija ġdida b'mod li jaqbel lilek
- Tqattgħu ħin flimkien 'l bogħod mir-rutini tas-soltu

Membri oħra tal-familja u l-ħbieb jistgħu jkunu kuntenti li jgħinuk tieħu brejk mill-kura ta' l-oħrajn. Ħafna drabi hija kwistjoni li titlobhom.

Il-gvernejiet Awstraljan u Statali jiffinanzjaw numru ta' programmi ta' mistrieħ għal brejkijiet regolari, okkażjonali u ta' emerġenza. Dawn jinkludu mistrieħ barra mid-dar, mistrieħ fid-dar u mistrieħ residenzjali. Il-mistrieħ jista' jkun provdut f'ċentri lokali ta' attivitajiet ta' matul il-jum billi tattendi gruppi ta' attivitajiet ippjanati. Xi ftit ċentri joffru attivitajiet speċjalizzati għall-persuni bid-dimenzja. Il-kura offruta miċ-ċentri ta' kuljum tinfirex minn ftit sigħat għal numru ta' granet fil-ġimgħa. Xi ċentri joffru estensjoni ta' sigħat, tmiem il-ġimgħa jew kura matul il-lejl.

Mod ieħor kif tieħu brejk huwa li tara li xi persuna li taħdem fl-istess qasam tiġi d-dar biex inti tkun tista' tagħmel affarik barra mid-dar. Jistgħu jieħdu lill-persuna bid-dimenzja għal xi attività li jħobbu. Dan jissejjaħ mistrieħ fid-dar għax jibda u jispiċċa fid-dar.

Il-mistrieħ jista' jintuża wkoll biex tingħata kura f'emergenza jew ikun irrangat għal perjodu itwal ta' żmien f'faċilità residenzjali. Biex tuża l-mistrieħ residenzjali l-persuna bid-dimenzja trid tiġi assessjata minn Tim tal-Assessor tal-Kura għall-Anzjani (Aged Care Assessment Team – ACAT) biex ikun determinat il-grad ta' kura meħtieġa. Ikkuntattja l-My Aged Care fuq **1800 200 422**, żur **www.myagedcare.gov.au**; jew ikkuntattja l-Linja Nazzjonali tal-Għajnuna fid-Dimenzja fuq **1800 100 500**.

National Dementia Helpline **1800 100 500**

dementia.org.au

Ippjanar għal esperjenza pożittiva

Huwa komuni għal persuni bid-dimenzja li jithabblu bl-ambjenti godda u bl-uċuħ godda. Minħabba f'hekk huwa importanti li tippjana bil-quddiem għal esperjenza pożittiva ta' mistrieħ.

Hafna familji u hafna minn dawk li jduru b' haddiehor sabuha tajba li jibdew jużaw l-mistrieħ regulari malajr kemm jista' jkun biex kulhadd jidra li jieħu sehem fil-kura tad-dimenzja. Hafna drabi huwa tajjeb li tibda bi brejkijiet żgħar u żżid għal dawk itwal.

Int tkun taf l-aħjar kemm minn qabel għandek tgħid lill-persuna bid-dimenzja dwar il-brejk. Assigurahom jekk tarahom ansjużi u żgura ruħek li jkunu jafu li inti pożittiv/a dwar il-brejk, anki jekk tħossok ansjuż inti stess ukoll.

Li titkellem ma familji oħra u oħrajn li jduru b' haddiehor dwar il-modi kif irnexxielhom jagħmlu l-mistrieħ esperjenza pożittiva jista' jagħtik xi ideat prattiċi għal kif timmaniġġa.

Itlob brejk

- Jekk trid tkun taf iktar dwar kif tieħu brejk - staqsi
- Jekk tinħtieġ l-għajnuna biex tippjana x'jaqbillek issa jew fil-futur- itlob
- Jekk tkun trid taf x'inhuwa disponibbli - staqsi

Il-Gvern huwa marbut li jipprovdi kura tal-mistrieħ u iffinanzja hafna tipi differenti ta' mistrieħ biex jgħin lil dawk li jduru b' haddiehor hafna organizzazzjonijiet jgħinuk biex tieħu brejk. Dawn aktarx li jissejħu servizzi tal-kura tal-mistrieħ u jinkludu gruppi tal-knejjes, kunsilli lokali u gruppi tal-komunità.

Min jista' jgħin?

Timijiet tal-Assessor tal-Kura għall-Anzjani ACAT) jipprovdu għajnuna lill-anzjani biex jiddeterminaw il-ħtiġijiet tagħhom għal sapport bażat fid-dar jew kura residenzjali. Firxa ta' haddiema fil-qasam tal-kura tas-saħħa bħalma hum l-ġerjattriċi, il-haddiema soċjali u t-terapisti okkupazzjonaili, jaħdmu flimkien bħala parti mill-ACAT. Inti tista' tikkuntattja lill-eqreb ACAT għalik billi ċċempel lill-My Aged Care.

Il-Gvern Awstraljan stabbilixxa l-My Aged Care, servizz biex jipprovdi sapport u għajnuna għal mistoqsijiet dwar aċċess għall-kura fid-dar u kura komunitarja, tariffi tal-mistrieħ u bonds u ċarġijiet. Jistgħu jgħinuk ukoll biex tfittex djar tal-kura għall-anzjani iffinanzjati mill-Gvern li jissodisfaw il-ħtiġijiet partikulari tiegħek. Ċempel **1800 200 422** jew żur myagedcare.gov.au

Il-websajt u ċ-ċentru tal-kuntatti ta' Carer Gateway jipprovdi informazzjoni u riżorsi prattiċi biex jissaportja lil dawk li jduru b' haddiehor. Telefonata bla ħlas: **1800 422 737** (mhux mobile phones) Matul il-ġimgħa 8a.m. -6p.m. Websajt: www.carergateway.gov.au Għall-mistrieħ ta' emergenza f'ħinijiet oħra, ċempel **1800 059 059**

Is-Servizz tal-Pariri u Gwida għal Dawk li Jduru b' Haddiehor jipprovdi tagħrif u pariri dwar servizzi u jeddijiet relevanti. Ikkuntattja l-iktar Servizz tal-Pariri u Gwida għal Dawk li Jduru b' Haddiehor qribek fuq **1800 242 636** jew żur carersaustralia.com.au

Iċ-Ċentri tal-Commonwealth għall-Mistrieħ u ta' Centrelink jipprovdu tagħrif bla ħlas u konfidenzjali dwar servizzi ta' sapport għal min idur b' haddiehor, għad-diżabilità u komunitarji. Iċ-Ċentri jinsabu madwar l-Awstralja u inti tista' tikkuntattja l-eqreb Ċentru għalik billi ċċempel **1800 052 222** (telefonata bla ħlas barra minn fuq il-mobajl).

Jekk għandek xi tħassib dwar l-aċċess għall-mistrieħ iddiskutih mas-Servizz għall-Pariri dwar l-Imġiba fid-Dimenzja (Dementia Behaviour Management Advisory Service-DBMAS) DBMAS huwa servizz telefoniku tal-pariri għall-familji, dawk li jduru b' haddiehor u l-impjegati tal-kura li jkunu mħassbin dwar l-imġibiet tan-nies bid-dimenzja. Is-servizz jipprovdi pariri konfidenzjali, interventi, edukazzjoni u sapport speċjalizzat 24 siegħa kuljum 7 ijiem fil-ġimgħa u jista' jkun ikkuntattjat fuq **1800 699 799**.

Jekk it-tip ta' mistrieħ li trid mhuwiex offrut fl-inħawi lokali tiegħek għid lil xi hadd. Ikkuntattja l-Linja Nazzjonali Għajnuna fid-Dimenzja ta' Dementia Australia (Dementia Australia National Dementia Helpline) fuq **1800 100 500** jew il-gruppi ta' pariri għal dawk li jduru b' haddiehor (**Carers Australia** fuq **1800 242 636**) għal parir dwar kif tkun tista' tqajjem il-kwestjoni meta ma jinstabux il-ħtiġijiet tal-mistrieħ. Hafna nies sikwit isibu li meta ma jsibux il-mistrieħ li jinħtieġu, jekk jinfurmaw lill-gazzetti lokali u l-politikanti jagħmlu differenza issa u għall-futur.

IKTAR TAGHRIF

Dementia Australia toffri sapport, tagħrif, edukazzjoni u pariri. Ikkuntattja l-Linja Nazzjonali ta' Għajnuna fid-Dimenzja fuq **1800 100 500** jew żur il-websajt tagħna dementia.org.au



Interpreter

Għal għajnuna lingwistika ċempel is-Servizz Telefoniku tat-Traduzzjoni u l-Interpretar fuq **131 450**

Taking a break

This Help Sheet discusses the importance of taking a break from caring, how to organise it and who can help.

Taking a break is important for families and carers

Caring for someone with dementia can be physically and emotionally tiring and stressful. Families and carers can easily become isolated from social contacts, particularly if they are unable to leave the person they are caring for.

Regular breaks mean that you can have a rest, go out, attend to business or go on a holiday.

Taking a break is important for people with dementia

Most people take breaks of some sort, perhaps pursuing hobbies that they enjoy, or weekends and holidays away. This gives us something to look forward to and experiences to look back on. Breaks are important for the same reasons for people with dementia. It gives the person an opportunity to socialise and meet other people, and to get used to other people providing support and caring for them.

What stops families and carers taking a break?

- Putting their own well being last
- Feeling that a break is not deserved
- Not knowing what is available, or how to get help organising a break
- Being too tired to make the effort
- Wanting a break, but the person being cared for doesn't
- Feeling that it's all too much trouble
- Believing that it is their responsibility to provide all the care, all the time

How to take a break

There are lots of ways to take a break. It depends on what suits you and your family.

Breaks can be:

- Time for the person with dementia to enjoy themselves with new or familiar experiences
- Time to relax and recharge in whatever way suits you
- Taking time together away from the usual routines

Other family members and friends may be happy to help out by giving you a break from caring. Often it's just a matter of asking.

The Australian and State governments fund a number of respite programs for regular, occasional and emergency breaks. They include out of home respite, in home respite and residential respite. Respite can also be provided in local day activity centres by attending planned activity groups. Some centres offer specialised activities for people with dementia. The care offered by day centres ranges from a few hours to several days a week. Some centres offer extended hours, weekend or overnight care.

Another way to take a break is to have a care worker come to the house to enable you to do things outside the house. They may also accompany the person with dementia to an activity that they enjoy. This is often called in-home respite as it begins and finishes at home.

Respite can also be used to provide care in an emergency, or arranged for a longer period of time in a residential facility. To use residential respite, the person with dementia must be assessed by an Aged Care Assessment Team (ACAT) to determine the level of care required. Contact **My Aged Care** on **1800 200 422**, visit **myagedcare.gov.au**, or call the National Dementia Helpline on **1800 100 500**.

Planning for a positive experience

It is common for people with dementia to find new environments and new people unsettling. Because of this it is important to plan ahead for a positive respite experience.

Many families and carers have found it useful to start using regular respite as early as possible so that everyone can get used to sharing dementia care. It is often best to start with small breaks and build up to longer ones.

You will know best how far in advance to tell the person with dementia about the break. Reassure them if they are anxious and make sure that they know that you are positive about the break, even if you're feeling a little anxious yourself.

Talking with other families and carers about ways they've managed to make respite a positive experience may give you some practical ideas for managing.

Ask for a break

- If you want to know more about how to take a break – just ask
- If you need help planning what might suit you now, or in the future – just ask
- If you just want to know what's available – just ask

The Government is committed to providing respite care and has funded many different types of respite to help carers. Many organisations will help you take a break. These are usually called respite care services and include church groups, local councils and community groups.

Who can help?

Aged Care Assessment Teams (ACAT) provide assistance to older people in determining their needs for home based supports or residential care. A range of health care workers such as geriatricians, social workers and occupational therapists work together as part of the ACAT. You can contact your nearest ACAT by calling **My Aged Care**.

The Australian Government has established My Aged Care, a service to provide support and assistance with queries about access to home and community care, respite fees, and bonds and charges. They can also help you look for Government funded aged care homes that meet your particular needs. Call **1800 200 422** or visit **myagedcare.gov.au**

Carer Gateway website and contact centre provides practical information and resources to support carers. Freecall: **1800 422 737** (not mobile phones) Weekdays 8am-6 pm. Website: **carergateway.gov.au** For emergency respite at other times, call **1800 059 059**.

The Carer Advisory and Counselling Service provides carers with information and advice about relevant services and entitlements. Contact your closest Carer Advisory and Counselling Service on **1800 242 636** or visit **carersaustralia.com.au**

Commonwealth Respite and Carelink Centres provide free and confidential information on local carer support, disability and community services. Centres are located throughout Australia and you can contact your nearest Centre by phoning **1800 052 222** (free call except from mobile phones).

If you have concerns about accessing respite discuss these with the Dementia Behaviour Management Advisory Service. DBMAS is a national telephone advisory service for families, carers and care workers who are concerned about the behaviours of people with dementia. The service provides confidential advice, assessment, intervention, education and specialised support 24 hours a day, 7 days a week and can be contacted on **1800 699 799**.

If the type of respite you want isn't available in your local area let someone know. Contact Dementia Australia's National Dementia Helpline on **1800 100 500** or carer advocacy groups (**Carers Australia** on **1800 242 636**) for advice on how to raise the issue of unmet respite needs. People often find that when respite needs are not met, informing local press and politicians can make a difference now and in the long term.

FURTHER INFORMATION

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at **dementia.org.au**



For language assistance phone the Translating and Interpreting Service on **131 450**