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| **Carers, caring and respite care**  | **Watunzaji, kutunza na huduma za kupumzisha watunzaji** |
| Being a full-time carer can be rewarding, but also challenging. | Kuwa mtunzaji wa mudawote kunaweza kujaza heri, lakini pia kuna changamoto. |
| Victoria has a wealth of support services to help those that are carers and those being cared for.  The term "carer" can refer to paid and unpaid professional and lay carers.  | Viktoria ina huduma nyingiza msaada kusaidia wale ambao ni watunzaji na wale wanaotunzwa. Neno lile "mtunzaji" linawezakumaanisha watunzajiwataalamu wanaolipwa na wale wasiolipwa au kuelimishwa.  |
| Professional carers are people who are trained and paid to look after people, but many carers are family members looking after older parents, their child, or their partner. Or carers can be friends or neighbours.  | Watunzaji wataalumu ni watu waliofunzwa na wanalipwa kutunza watu, lakini watunzaji wengi ni watu wa jamaa wanaotunza wazazi wazee, mtoto wao, au mwenzi wao. Au watunzaji wanaweza kuwa marafiki au majirani. |
| As well as family members, partners, friends and neighbours caring for someone, there are a number of different professional carers known as care workers.  | Pamoja na watu wa jamaa, wenzi, marafiki na majirani kutunza mtu fulani, kuna watunzaji kadhaa mbalimbali wa wataalum wanojulikana kuwa wafanyakazi wa kutunza. |
| Paid carers include home care workers, personal care workers, and disability support workers.  | Watunzaji wanaolipiwa ni pamoja na wafanyakazi wa kutunza nyumbani, wafanyakazi wa kutunza mtu, na wafanyakazi wa msaada wa ulemavu. |
| All personal care workers in Victoria must have a Certificate Three in home and community care or related area such as disability or aged care, with the relevant personal care and first aid competencies.  | Wafanyakazi wote wa kutunza mtu binafsi wa Viktoria sharti wawe na Cheti cha Tatu cha utunzaji wa nyumbani na jumuiya au mada inayohusika kama utunzaji wa ulemavu au wazee, na ustadi unaofaa wa utunzaji wa mtu binafsi na huduma ya kwanza. |
| Aged care workers, for example, provide care and support to older people in residential facilities, clinics, hospitals, and private homes.  | Wafanyakazi wa kutunza wazee, kwa mfano, wanatoa utunzaji na msaada kwa wazee pale nyenzo ya makazi, zahanati, hospitalini, na nyumbani za watu binafsi. |
| They help with personal care, such as showering, dressing and eating, domestic duties, preparing meals and cleaning, and managing illness, such as helping a person with medicines. | Wanasaidia na utunzaji wa mtu binafsi, kama kuogesha,,kuvalisha na kula, kazi ya nyumbani, kutayarisha chakula na kusafisha, na kusimamia ugonjwa, kama kumsaidia mtu na dawa. |
| “What my job involves more is to look after residents’ three basic needs.  The first one is their physical needs.  The second one is social need.  And the third one is psychological emotional needs.  We help the residents to be independent, but also be there if they need us to help them. “ | Kazi yangu inahusika zaidi kutunza mahitaji muhimu matatu ya wakazi. Ya kwanza ni mahitaji ya kimwili. Ya pili ni mahitaji ya kijamii. Na ya tatu ni mahitaji ya kihisia na kisaikolojia. Tunasaidia wakazi kujitegemea, lakini pia tupo kama wakituhitaji kuwasaidia. |
| While many carers talk of the rewards of being a carer, it is important to consider how much is involved, especially as an unpaid carer looking after a loved one.  | Wakati uleule watunzaji wengi wanaongea kuhusu heri za kuwa mtunzaji, ni muhimu kufikiria kiasi gani kinahusika, hasa yule mtunzaji asiyelipwa kutunza mtu anayependwa. |
| There could be reduced income if you give up your job, emotional and physical stress, or feeling isolated.  | Kunaweza kuwa upungufu wa kipato ukiacha kazi yako, shinikizo ya kihisia na kimwili, au kujihisi kutengwa. |
| That's where support comes in.  | Hayo ni nafasi kwa msaada. |
| “There are times where it’s a bit challenging.  It's great with palliative care, they've got their social workers and so forth, which is a great help for me as well as dad's, and they do a wonderful, wonderful job.” | Kuna muda ambapo kuna changamoto kiasi. Ni nzuri sana na utunzaji wa kupunguza maumivu, wana wafanyakazi wa ustawi wa jamii na kadhalika, wanaosaidia sana kwangu pamoja na kwa baba, na wanafanya kazi wa ajabu kweli. |
| The Australian government offers support to carers caring for someone with a disability or mental illness, with a medical condition, after an illness or accident, or an older person with care needs. \ | Serikali ya Australia inatoa msaada kwa watunzaji wanaotunza mtu mwenye ulemavu au ugonjwa wa akili, mwenye hali ya uganga, baada ya kuumwa au ajali, au mzee anayehitaji kutunzwa. |
| Support is also available to carers of people with a terminal or life-limiting illness, including respite, personal support, financial support, information, education, counselling, networking opportunities.  | Msaada pia unapatikana kwa watunzaji wa watu wanao ugonjwa wa kufa au unaowekea mpaka maishani, pamoja na pumziko, msaada ya mtu binafsi, msaada wa kipesa, maelezo, elimu, ushauri nasaha, nafasi za kuongeza marafiki. |
| The carer payment provides financial support to people who cannot work insubstantial paid employment because they provide full-time daily care.  | Malipo ya mtunzaji yanatoa msaada wa kipesa kwa watu wasioweza kufanya kazi katikaajira yenye malipo kwa sababu wanatoa utunzaji wa muda wote kila siku. |
| Visit the Department of Human Services to find out more detailed information about carer payments.  | Tembelea Idara ya Huduma za Binadamu kuelewa maelezo yenye habari zaidikuhusu malipo ya mtunzaji. |
| There is a range of support to assist carers in the vital role they undertake.  For more information, visit: BETTERHEALTH.vic.gov.au/carers | Kuna anuwai wa msaadakuwasaidia watunzaji katika kazi muhimu wanayofanya. Kwa habari zaidi, tembelea: BETTERHEALTH.vic.gov.au/carers. |