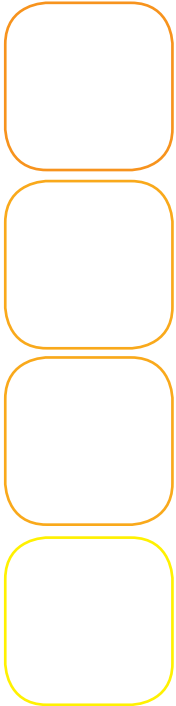


Xukuumada Fiktooriya Istaraatiijiyadeeda Ka-hortagga Dhibaataaynta Dadka Waayeelka ah



XAASHIDA XAQIIQADA

Xafidaada dhaqaalahaaga

Arrintaani adiga ma ku khusaysaa, amase qof aad taqaan?

- La iima ogola inaan arko ama la hadlo saaxiibaday
- Qof qoyskayga ka mid ah ayaa I cabsi gelinaya
- Carruurta ayaa qaadanaysa lacagta iyaga oo aan I weydiin
- Go'aama muhiima ayaa la ii sameeyey anniga oo aan ogolaansho bixin

Hadii taasi adiga ku sharxayso ama qof aad taqaan, waxay noqon kartaa waxyeellaynta qof waayeel ah, si xun ula dhaqmid iyo dayacaacad.

Tusaalayaasha kaa caawimaya inaad xafidato dhaqaalahaaga

- Ha dareemin inaad ku khasban tahay inaad bixiso lacag ama hanti sida dahab. La hadal qof aad aaminsan tahay helna talo madaxbanaan haddii ay lagama maarmaan tahay.
- Ka hor inta aadan samayn go'aana waaweyn oo ku saabsan lacagtaada iyo hantidaada ka raadi talo dhaqaale iyo mid sharci adeegyada ku shaqada leh.
- Nadaamso dhaxalkaaga. Dadka waaweyni waa inay xaqiijiyaan inay si nadaamka waafaqsan u diyaarsadaan dhaxal sharci ah oo waqtiga waafaqsan.
- Ka dhig daynta mid sharciga waafaqsan. Hel garyaqaan u diyaariya si sharci ah kunturaada haddaad qorshayso inaad deymiso lacag qof xataa hadduu qofku yahay qaraabo.

- Isku hagaaji akoontigaaga bangiga hana ogolaan in qof kale lacag kala soo bixi karo. La xiriir bangigaaga haddii aad shaki qabto.
- Hadii aad geli karto internetka, ayna amaan tahay inaad isticmaasho kumbuyuutar si aad u hesho macluumaad noocaan ah, raadi erayada waaweyn ee ay ka midka yihiin Dhibaataayn "abuse", Dhibaataaynta waayeelka "elder abuse", rabshada iyo amaanka "violence and safety".

Sida caawimo loo raadin karo

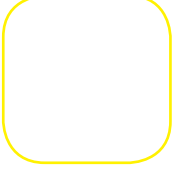
Waa muhiim in dadka waayeelka ah, ay fahmaan xaqooda iyo awoodaha wixii la xiriira dhaqaalahooda, xoollo iyo hanti. Sidoo kale waa muhiim in dadku raadiyaan talo haddii qof ay ogyihiin lagu hayo dhibaataayn.

Seniors Rights Victoria waa khad caawimo iyo adeeg xawilaadeed oo lacag la'aana waxaana kharajkiisa bixisay xukuumada. Hadii aad aaminsan tahay inay ku haysato ama aad khatar ugu jirto dhibaataayn dhaqaale, *Seniors Rights Victoria* ayaa ku caawin karta. Wac 1300 368 821 inta u dhexaysa 10subaxii ilaa 5ta galabtii ama booqo www.seniorsrights.org.au

Haddii aad dareento amaan daro la xiriir Booliiska Fiktooriya 000

Xuquuq. Ixtiraam. Aaminaad.

Xukuumada Fiktooriya Istaraatiijiyadeeda Ka-hortagga Dhibaataaynta Dadka Waayeelka ah



Arrimaha Macmiilaha

- Si aad uga warbixiso khaainimada, ama u samayso dacwad ku saabsan adeega iyo badeecada la xiriir adeega arrimaha macmiilaha tel: 1300 55 81 81. Isniinta ilaa Jimcaha 9subaxii ilaa 5galabtii marka laga saaro maalmaha ciidaha.

Macluumaad intaas ka badan oo ku saabsan Istaraatiijiyada Ka-hortagga Dhibaataaynta Dadka Waayeelka ah ee Xukuumada Fiktooriya:

Ageing & Aged Care Branch

Department of Health

12th Floor

50 Lonsdale Street

MELBOURNE 3000

Australia

Tel: (61 3) 9096 7389

Fakis: (61 3) 9096 7943

Email: aged.care@health.vic.gov.au

www.seniorsonline.vic.gov.au

Macluumaadka ku jira xaashidaan xaqiiqada waa macluumaad guud keliya. Maaha inaad ku tashato inay tahay talo sharci taas oo khusaysa xaalladaada gaarka ah. Haddii aad qabto wax su'aalla ama u baahan tahay talo, la xiriir hay'adaha ku qoran xaashida xaqiiqada