

Hagaha Qiimaynta Baahiyaha Daryeelaha iyo Adeegyada (A Guide to Carer's Needs Assessments and Services)

Miyaad tahay daryeele?

Haddii aad ilaaliso qof ama saaxiib oo aanad lacag ka qaadan, kaas oo aan taageeradaada la'aanteed waxba qabsan karayn, waxaad tahay daryeele.





Miyaad tahay daryeele

Daryeeluhu waa qof, aan lacag la siin, oo caawimo iyo taageero u fidiya qof ay isqabaan, ilmo, ama qof qaraabo ah, saaxiib ama qof deriska ah, oo aan qofkaas taageeradiisa la'aanteed waxba qabsan karayn. Taasi waxa sabab u noqon kara da', xanuun ah dhinaca jidhka ama maanka, qabatinka maandooriyeyaasha ama laxaad la'aan

Daryeelaha dhallinta ahi waa ilmo ama qof dhalinyaro ah oo da'diisu ka yar tahay 25 jir oo qabta shaqooyinka daryeelka oo muhiim ah oo ay mas'uuliyadi ka saran tahay qof kale, taas oo sida qaaliibka ah uu qof wayni qaban lahaa.

Cid kastaaba way noqon kartaa daryeele, daryeelayaashu waxay ka tirsanyihiin qayb kasta oo mujtamaca ah, dhaqan kasta, da' kastana way noqon karaan.

Daryeelayaal badan ayaan isu haysan inay yihiin dayeelayaal, waxa keliya oo ay daryeelaan hooyadood, wiilkooda, inantooda (gabadhooda), qofkay is qabeen ama saaxiiboodkooda uu wanaagsan, hawsha waxay ula qabsan karaan sida qof kasta oo kale uu samayn lahaa oo ku jira xaaladdaas oo kale.

Daryeelayaasha dalbada gunnada daryeelayaasha waa daryeelayaal aan lacag la siin. Warqaddan waxa loogu talagalay daryeelayaasha da' doodu tahay 16 ama ka wayn. Haddii aad tahay daryeele da'diisu ka yar tahay 16, fadlan kala soo xidhiidh adeegga daryeelayaasha dhallinta ah telefoonka ah 020 7272 4412.



Maxay daryeelaashu sameeyaan? (What do carers do?)

Waxa laga yaabaa inaad qofka aad taageerto u qabato shaqooyin kala duwan, oo ay ka mid yihiin:

- caawimo ah maydhashada iyo dhar xidhashada
- caawimo ah tagida musqusha
- caawimo ku saabsan dhinaca dawada
- shaqooyinka la qabto sida nadiifinta, maydhista ama wax soo gadashada
- caawimo ku saabsan dhaqaalaha
- inaad gayso wax-qabadyadda ka dhacaya dibedda ama
- inaad la joogto oo keliya si aad u hubiso inay ammaan yihiin

Caawimo nooc ee ah ayaan heli karaa?(What help can I get?)

Adeegyada bulshada ayaa si toos ah kuu caawin kara, Haddii qofka aad caawisaa uu xaq u leeyahay inaannu taageerno.

Haddii aad rabto inaad ogaato sida aannu kuu taageeri karno, dalbo in lagu sameeyo qiimaynta baahiyaha daryeelaha.

Adeegyada Daryeelaha (Services for Carers)

Macluumaadka iyo taladala heli karo marka lagu-daro, adeegyada kale ee loo hayo daryeelayaasha reer Islington waxa ka mid ah:

- **Kaadhka arrimaha Degdegga ah ee Daryeelaha**
Kani waa kaadhka digniinta ee cas, oo u sheegaya qaybta gurmada degdegga ah inaad tahay daryeela, oo qof taageeradaada ku tiirsan yahay. Haddii ay wax kugu dhacaan, lama illaawi doono qofka aad daryeesho. Marka aad kadhkan isu diiwaangeliso, waxa kale oo aad laybareeriyada Islington ka heli doontaa in muddo dheeraad ah aad buugaagta ammaanaysato iyo fiiga buugaagta lala habsaamo oo wax lagaa dhimo. Adeeggaas wax lacag ah lagaama qaadi doono.
- **Lacag Bixinta Tooska ah (Direct Payments)**
Lacag Bixinta Tooska ah waa lacag kaash ah oo lagu siinayo halkii ay adeegyo kuu fidin lahaayeen qaybta adeegyada bulshadu.

Tusaale ahaan, haddii ay qiimayntaada daryeeluhu muujisay inaad u baahan tahay fasaxyo joogto ah, hase yeeshee aanad rabin inaad isticmaasho adeegyadayada, waxaad dalban kartaa in kharashka adeeggaas si toos ah adiga lagu siiyo.

Waxaad lacag bixintaas tooska ah u isticmaali kartaa inaad ku dabooشو baahiyahaaga, tusaale ahaan fasallada barashada darewalnimada, shaqada guriga beer falista, fasallada galabtii, xubinnimada jilmka iyo caawimada kharashka safarka. Waxa lacag ah la iskama qaado adeeggan.

- **Daryeelka Maalintii (Daycare)**

Waxaannu qofka aad daryeesho u qabanqaabin karnaa-wax-qabadyadda ijtimaaciga ah iyo kuwa madadaalada ah ee laga bixiyo mid ka mid ah xarumaha daryeelka ee maalintii ee ku yaal degmada. Waxa laga yaabaa in adeeggaas lacag la iska qaado.

- **Guryaha dadka lagu hayo/xannaanada, fasaxyada gaaban (Residential/nursing care short break)**

Qofka aad daryeeshaa dhawr habeen ayuu joogi karaa meelaha loo hoydo si ay taasi kaaga nasiso daryeelka aad siiso. Waxa laga yaabaa in adeeggaas lacag la iska qaado.

- **Daryeelka guriga (Homecare)**

Cid ayaa ku taageeri karta qofka aad daryeesho gurigiisa ama gurigeeda si laguugu suurageliyo inaad fasax qaadatid. Waxa laga yaabaa in kharash yar lagaa qaado adeeggan.



'Telecare' waxay sharraxdaa xalka tiknikada ah ee qofka aad daryeesho gurigiisa ammaan kaga dhigta.

Tusaale ahaan, waxa albaabka lagu xidhi karaa qalabka furitaanka albaabka dareema si uu dawanka (alarm) ku u shaqeeyo haddii albaabka laga tago isagoo furan habeen badhka, ama qalabka gaasta dareema si uu u ogaado haddii ay gaastu liigto. Qalabka wax dareema waxay ku xidhan yihiin qol dhexe oo laga kantaroolo kuwaas oo soo diri kara waardiye arrinta baadha ama haddii aad daryeelaha tahay kula soo xidhiidhi kara.

Haddii uu qof u baahan yahay telecare, Adeegaha bulshada, shaqaalaha Okibayshanal teerabbiga ama kalkaaliso (nurse) ayaa buuxin karta foomka qiimaynta. Sarkaalka Barnaamijka Telecare ayaa intaas kadib ku soo booqan doona si uu kuula falanqeeyo kala-doorashooyinka jira. Wixii macluumaad ah ee dheeraad ah ka soo wac Sarkaalka Barnaamijka telefoonka ah 020 7527 5212. Waxa jira kharash yar oo la iska qaado adeegyada Telecare.

- **Talada dheefaha (Benefits advice)**

Kadib marka la sameeyo qiimaynta daryeelaha, ayay kooxdayada ku lug leh Talabixinta dheefaha daryeelku hubin doontaa inaad hesho dhammaan dheefihii aad xaqa u lahayd, sida Gunnada Daryeelaha.

Gunnada daryeelaha waxa bixiya Qaybta Shaqada iyo hawl-gabka waxana laga yaabaa inay saamayn ku yeelato dheefaha xubnaha kale ee qoyskaaga. Kooxdu waxay kaa caawin kari doonaan arrintaas. Adeeggaas wax lacag ah la iskama qaado.

- **Barnaamijka Telecare (Telecare scheme)**



Haddii aad rabto inaad ogaato sida aannu kuu taageeri karni lahayn, dalbo in lagu sameeyo **Qiimaynta Baahiyaha Daryeelaha**.

Taasi waxay ku siindoontaa fursad aad noogu sheegto sida daryeelenimadaadu ay nolashaada saamayn-ugu leedahay. Waxa laga yaabaa inaad ogaato in wakhtiga aad naftaada uu heshaa in ay yar tahay, inay dhibaato kaa haysato dhinaca hurdada ama dhibaatooyin caafimaad oo kale oo xidhiidh la leh daryeelka, ama waxay noqon kartaa dhibaato kaa qabsata inaad ku sii jirto daryeelka ama aad hesho shaqo lacag laga qaato.

Qiimaynta waxa sida qaalibka ah sameeya maamulaha daryeelka ama adeege bulsho. Xaaladaha qaarkood shaqaale ka socda Xarunta Daryeelayaasha ee Islington, Centre 404 ama urur kale oo samafal ah ayaa samayn kara qiimaynta iyagoo annaga na metelaya. Qiimayn kastaa waxay dabooshaa:

- waxaad u qabato qofka aad daryeesho iyo saamaynta ay arrintaasi kugu leedahay
- taawimada uu qofka aad daryeeshaa u baahanyahay iyo
- adeegyada ku taageeri kara

Qoraallada laga sameeyo arrimaha la falanqeyay ayaa lagu buuxiyaa foom, oo koobbi lagu soo diraa.

Inta aan qiimaynta la samayn ayaad dalban kartaa koobbi foomka ah oo aan waxba ku qornayn, si aad jawaab waaddix ah oo sax ah uga bixisid su'aal kasta. Foomka waxa laga soo minguurin karaa goobtayada internetka www.islington.gov.uk/carers.

Si aad u dalbato qiimaynta baahiyaha daryeelaha:

- buuxi foomka ku yaal bogga dambe oo soo dir ama
- kala soo xidhiidh kooxda macluumaadka iyo helitaanka adeegyada telefoonka ah 020 7527 2299 ama
- email ugu dir information.accessteam@islington.gov.uk

Taageero dheeraad ah (Further Support)

Xarunta daryeelayaasha Islington (Islington Carers Centre)

Dhammaan Daryeelayaasha taageera cid deggan
Islington

W www.islingtoncarerscentre.org

T 020 7263 9080

E islingtoncarers@btconnect.com

Miiska macluumaadka iyo talada –Talaadada u
horraysa bisha goobtuna waa Central Library,
2 Fieldway Crescent.

Xarunta 404 Taageerada Qoyska (Centre 404 Family Support)

Daryeelayaasha qoyska ee carruurta ka yar 16
Ee naafada ah iyo daryeelayaasha qoyska ka tirsan ee
daryeela carruurta da'doodu tahay 16+ iyo qof wayn
oo leh dhibaato ah dhinaca waxbarashada

W www.centre404.org.uk

T 020 7697 1336 (16+ dadka waawayn)

T 020 7697 1325 (Carruuta)

E family@centre404.org.uk

Age Concern Islington

W www.acislington.org.uk

T 020 7837 8723

E admin@acislington.org.uk

Age Concern Islington waxay kaloo maamushaa laba
kooxood oo daryeelayaal ah oo ka hawlgala goobaha
soo socda:

Xaruunta Dovers (Drovers Centre)

(Kooxdu waxay shaqaysaa Bil kasta Arbacada ugu
horraysa, 2:30–4:30pm)

T 020 7607 7701

E drovers@acislington.gov.uk

Xarunta Sotheby Mews (Sotheby Mews Centre)

(Kooxdu waxay shaqaysaa Bil kasta Talaadada
saddexaad, 1:30–3:00pm)

T 020 7226 1421

E sothebymews@acislington.gov.uk

Alzheimer's Society Islington

W [www.alzheimers.org.uk/
BranchWebsites/islington](http://www.alzheimers.org.uk/BranchWebsites/islington)

T 020 7837 8723

E alzheimers-isl@freeuk.com

CASA Family and Friends Group

Waxa loogu talagalay daryeelayaasha dadka
maandooriyeyaasha iyo khamriga sida xun u
isticmaala

T 020 74278 5954

Family Action Islington: Young Carers Service

W www.family-action.org.uk

T 020 7272 4412

E [islington.youngcarers@family
-action.org.uk](mailto:islington.youngcarers@family-action.org.uk)

Housing Advice

W www.islington.gov.uk/housing

T 020 7527 4140 ama haddii guri la'aani jirto
020 7527 2000

E housing@islington.gov.uk

Islington MIND

W www.islingtonmind.org.uk

T 020 7561 5289

Islington PCT

PCT (Primary Care Trust) waxay Islington ka bixiyaan
adeegyo caafimaad

W www.islingtonpct.nhs.uk

T 020 7527 1000

Kooxda daryeelayaasha ee Lambo (Lambo Carers Group)

Waxa loogu talagalay daryeelayaasha ka soo jeeda
madawga iyo qawmiyadaha laga tirada badanyahay
ee ay hayaan dhibaatooyinka caafimaadka maanka
T 020 7263 3046

Barnaamijka Saaxiib la noqoshada iyo nasinta ee Manor Gardens (Manor Gardens Befriending and Respite scheme)

W www.manorgardenscentre.org

T 020 7561 5268

Waxaan jeclaan lahaa in la ii sameeyo Qiimaynta Baahiyaha Daryeelaha (I would like a Carer's Needs Assessment)

Magac: _____

Cinwaan: _____

_____ Postcode _____

Lambarka telefoonka: _____

Magaca qofka aad dayeesho _____

Cinwaankooda _____

_____ Postcode _____

Xanuunka/naafanimada qofka aad daryeesho

Adiga ama qofka aad daryeesho ma ula xidhiidhay adeegyada bulshadu?

Haa Maya

Fadlan si kooban noogu soo sheeg doorka daryeelanimada ee aad hayso (waxa aad qabato iyo sida ay arrintaasi u saamayso noloshaada, shaqadaada iyo fursadaha aad u haysato madadaalada): _____

Fadlan noo sheeg adeegyada aad xiisaynayso:

- Kaadhka degdegga ah Daryeelka Guriga Lacag Bixina Tooska ah
 Daryeelka Maalintii Macluumaadka ku saabsana Telecare
 Guryaha dadka lagu hayo/Xannaanada, fasaxyada gaaban Talada Dheefaha

Fadlan foomkan ugu soo dir kooxda macluumaadka iyo Helista Adeegyada
Calshot Community Care Centre, 57 Calshot Street. N1 9XH

Haddii aad rabto warqaddan oo ku daabacan farta waawayn ama farta loogu talagalay dadka indhaha la, ama ku duuban cajeladaha maqalka ama ku qoran luqad kale, fadlan la soo xidhiidh 020 7527 8154.

Si aad macluumaad dheeraad ah uga ogaato barnaamijka iyo sida loogu soo biiro, fadlan la soo xidhiidh:

Carers Officer
The Partnerships Team
338-346 Goswell Road
London EC1V 7LQ
E carers@islington.gov.uk
T 020 7527 8154
F 020 7527 8362
W www.islington.gov.uk/carers

Waxa lagu daabacay warqada dibu wershadayn lagu sameeyay. Waxa la daabacay November 2008