

Daryeelista loogu tala galay Daryeelayaasha ku dhaqan Haringey

Daryeelayaasha aan lacagta qaadan- Baahiyahaaga ayaa ah arimaha ugu mihiimsan

Ma ahayn qof daryeela ah?

Daryeelahu waa qof daryeela oo caawiya qof qaraabo ah, nin/xaas, saaxiib ama qof daris ah oo naafo ah ama xanuusanaya oon asagu waxba qabsan karaynin inaad caawisid ma ahaane. Daryeelhu waa qof aan daryeelkaas lacag kaqaadanin

Daryeelhu waxaa naqon kaa qowmiyada ama bulsho kale duwan. Daryeelhu waxa uu noqon karyaa qof yar, mid wayn, qof dumar ah ama nin, mid shaqeyya ama aan shaqaynin.

Kali kuwa tihid

Haddii aad tahay qof daryeela ahm arinkan kali kuma tihid oo waxaa jira dad kale oo sidaas oo kale ah daryeelayaal ah. Baadhitaan su'aalo waydiin ah oy dhawaan samaysay Hay'ada Amiirka, aaa waxaa lagu ogaaday inay waddankan jiraan 7 milyan oo qof oo daryeela ahaan ah oo kusugan waddankan. Waxaa sanadkii 2001 laqiyaasay in Haringey ay kusugnaayeen 16,000 daryeela.

Is diiwaangalinta daryeela ahaan

Qorshe balaadhan ooy Haringey waddo ayaa qayb ka ah in ladiiwaan galiya daryeelayaasha lagana diiwaan galiyo qaybta Sooshaalka. Arinkani waxa uu kadhigan yahay in:

Inaan aragtiyahaaga si joogta ah kuu waydiino.

Haddii aad imaan karaysid kulamadda inaad la kulantid daryeelayaasha kale, amaba aad u heshid macluumaad iyo talooyin, lagaa qayb galiyo fasaxydda gaaban eey qayb kamid ah kharashkuudu ay bixiso Sooshaalku, diyaargarayn iyo tababaro, tusaale ahaan wax qaadista iyo maaraynta daalka dhinaa makaxdda-istarayska-

Waxaan kusoo diraynaa nuqul kamid ah booka kasheegayn arimaha daryeelaha kaas oo kusiin macluumaad buuxa oo kusaabsan adeegyadda iyo caawinta loogu tala galay daryeelayaasha iyo dadka ay walina daryeelaan ee kusugan dagmaddan.

Waxaad xaq uleedahay qiimayn dhinaca daryeelnimadda

Haddii aad si joogta ah aad qof aad ugu soo gudbisid daryeel, waxaad waydiisan kartaa in qiimayn laxidhiidha baahiyahaaga in lagugu sameeyo, markaas haddii loo baahdana si toos ah laguugu soo gudbiyo adeegyadda aad ubaahnaan.

Sharci cusub oo kusaabsan Daryeelayaasha

Waxaa sanadkii 2004 soo baxay sharci cusub oo loogu magaca daray Sharciga Daryeelayaasha (Sinaanshaha Fursaddaha) kaas oo siin kalo doorashooyin badan iyo fursado kale duwan. Kanwsalku waxa uu xil iska saari sidii ay daryeelayaashu fursadahaas oogu sinaan lahaayeen-shaqadda, bilaabista waxbarasho ama tababar iyo nafiska. Arimhaas oo u furan daryeelayaasha ayna mas'uuliyadu kor saarnayn.

Sida loo codsado qiimaynta daryeelayaasha

Haddii aad ubaahan tahay in lagugu sameeyo qiimayn, arnkaas usheeg qofka Sooshaalka ah, ama madaxa qaybta suoo gudbisa adeegyadda qofka aad daryeeshid. Ayaga ayaa kuu diyaarin qiimaynta. Haddi aadan iminka xidhiidh lalahayn qaybta Caafimaadka iyo Sooshaalka, lasoo xidhiidh Kooxda Caarinta Daryeelayaasha oo taleefoonkoodu yahay sidan: 020 8489 3967 ayaga ayaana kusoo wareejin qaybta kuhaboon inay kucoowiso..

Si aad ku heshid macluumaad dheeraad ah amaba talooyin Laxidhiidh qaybahan hoos kuxusan:

Haringey Social Services (Qaybta Sooshaalka Haringey)
40 Cumberland Road
London N22 7SG

Taleefoonka : 020 8489 3967
Fax: 020 8489 3032
Emailka: carerssupportteam@haringey.gov.uk

Kooxa kuyaala dagmadda oo caawinta soo gudbiya

Dagmaddan Haringey waxaa jira ururo badan oo caawin iyo talooyin usoo gudbiya daryeelayaasha, kuwaas oo daryaalayaashu ay si toos ah oola xidhiidhi karayaan:

Xarunta Haringey ee Daryeelayaasha (Haringey Carers Centre)
Teleefoonka: 020 8489 8980
Macluumaad, talooyin iyo caawin loosoo gudbiyo daryeelayaasha.

Adeega Caawinta Daryeelayaasha Dadka Madawg aah iyo Kuwa laga Tiro badan Yahay (Black and Minority Ethnic Carers Support Service)
Teleefoonka: 020 8808 5510
Waxay diyaariyaan meel ay ku kulmaan daryeelayaasha dadka madawga ah iyo kuwa laga tiro badan yahay ee kusugan Haringey.

Ururka Caawinta Caafimaadka Maskaxdda Daryeelayaasha (Mental Health Carers Support Association)
Teleefoonka: 020 8885 2006
Caawin lasoo gudbiyo daryeelayaash kuwaas oo maskax ahaan u xanuunsadda.

Xadaanaddaha Admiral (Admiral Nurses)
Teleefoonka: 020 8442 6149
Caawinta daryeelayaasha haya dad maskaxda kaxanuusanaya

Ururka Alzheimer's (Alzheimer's Society)
Teleefoonka: 020 8341 2045
Caawinta dadka haya dad qaba xanuunka maskaxdda.

Kooxda Caawisa Daryeelayaasha Aasiyaanka ah (Asian Carers Support Group)
Teleefoonka: 020 8365 7708
Caawinta dhamaan daryeelayaasha kazoo jeeda qowmiyadda Aasiyaanka.

Stepping Out, Mencap
Teleefoonka: 020 8365 0251
Caawinta daryeelayaasha hada dad qabo dhibaatooyin laxidhiidha waxbarashadda

Mashuurca Dadka Da'yarta Haringey (Haringey Young Carers Project)

Teleefoonka: 020 8348 4660

Caawin loo soo gudbiyo daryeelayaasha da'doodu kayartahay 18 sano iyo qoysaskooda.

Fadlan noo sheeg haddii aad jeceshahay in qoraalkan lagu diyaariyay asaga oo kuqoran mid kamid ah qaababkan hoos kuxusan, foomka aa noogu sheegaysid arinkaasna noogu soo dir cinwaaka hoos kuxusan adiga oo isticmaali boostadda lacag la'aanta ah.

Far waawayn Cajallada Cumbuyuutarka Cajallad Dhagaysi ah farta dadka
indhoolayaasha ah

Magaca:

Cinwaanka

**Fadlan kusoo hagaaji warqdan cinwaankan lacag la'aanta ah: Haringey Council, Translation
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FREEPOST LON18649, London N22 8BR**