

Liiska Macluumaadka Daryeelaha

Waxaan doonayaa in la igu daro Liiska Hay'adaha Macluumaadka Daryeelayaasha (Fadlan qor)

Marwo/Mudane:

Magaca:

Cinwaan:

Sumada Boostada:

limayl:

Teleefoon:

Taariikhda Dhalashada:

Asalka Qofka:

(sida Shiine, Polish, Lithuanian)

Haddii aad u baahan tahay tarjumaan fadlan sheeg luqada aad jeceshahay inaad ku hadashid:

Waxaan u ururinaa macluumaadka la xiriira asalkaaga si aan u woodno inaan u hagaajino xiriirkaaga anagoo waafaqsan qawaaniinta waqtigan ee xifdinta xogaha

Saxiixa:

Shaqalaha Daryeelaha Xaafadaada waa:

HSC Belfast Health and Social Care Trust
Margaret McDonald
Glen Villa, Knockbracken Healthcare Park,
Saintfield Road, Belfast, BT8 8BH
Tel: 028 95046702
margaret.mcdonald@belfasttrust.hscni.net

HSC Northern Health and Social Care Trust
Anne Cummings
Route Complex, 8E Coleraine Road,
Ballymoney, BT53 6BP
Tel: 028 2766 1392
Anne.Cummings@northerntrust.hscni.net

HSC South Eastern Health and Social Care Trust
Joan Scott
Ballynahinch Community Services,
45-47 Main Street, Ballynahinch, BT24 8DN
Tel: 028 97565456
Joan.Scott@setrust.hscni.net

HSC Southern Health and Social Care Trust
Patricia McCrink
Promoting Wellbeing Team,
John Mitchel Place, Newry, BT34 2BU
Tel: 028 30834252
Patricia.McCrink@southerntrust.hscni.net

HSC Western Health and Social Care Trust
Cathy Magowan
2 Coleshill Road,
Enniskillen, BT74 5PU
Tel: 028 6634 4000
Cathy.Magowan@westerntrust.hscni.net

Hawshan waxaa taageeray Public Health Agency iyagoo kaashanaya shan Health & Social Care Trusts, Barnardos, Carers Matter iyo the Carers Trust



Ma daryeeshaa qof?

(qaraabo / daris / saaxiib)

Asalkaagu ma ka soo jeedaa dadka laga tiro badan yahay ama madowga?

Haddii aad tahay waxaan doonaynaa inaan ku maqalno

Waaxad tahay daryeele haddii aad siisid qof kaalmoiyo caawinaad, si joogta ah sida

- Qof qaaangaar ah ama caruur qaba naafanimo ama jiro ama
- Qof ay daciifisay waayeenimo

Daryeeluhu wuxuu noqon karaa qof kasta daa'duu doono ha noqdee sida caruurta, dhalinta ama waalidiinta caruurta naafada ah, ama baahida gaarka ah qaba.

Daryeeluhu wuxuu wax u caawin karaa siyaabo kala duwan, sida inuu qof ka caawiyo inuu dharka gashdo, qubaysto, daawda qato ama gaadiidka. Daryeelayaasha qarkood waxay dusha ka ilaaliyaan qof iyagoo hubiya inuu nabad qabo.

Maxaan u doonayn inaan ku maqalno

- Si aan u ogaano bahidaada daryeele
- Kugu taageerno hawshaada daryeenimo
- Kugu xirno adeegyada kaaalmada iyo ururada kale

Liiska Macluumaadkaa Daryeelaha

Sidee u isticmaali doonaa macluumaadkaga

- Waxaan kugu xiraynaa hay'adaha khayriga iyo adeegyada taageera daryeelaha
- Waxaan kuu soo diraynaa macluumaad la xiriira taageerida daryeelaha iyo arimaha muhiimka u ah dawrkaaga daryeelid ee gaarka ah
- Macluumaadka aad na siisid waaa sir xafidaan lama wadaagi doono ururada kale fasax la'aantaada
- Waxaan meelaha lagaala soo xiriiri karo ku daraynaa Liiska Macluumaadka Daryeelaha. Haddii ay is badalaan meesha lagaala soo xiriiri karo noo soo sheeg fadlan
- Haddii aad mustaqbalka is badashid oo aadan doonayn inaad ka sii mid ahaatid Liiska Macluumaadka Daryeelaha fadlan la soo xiriir Daryeelaha xaafada iyagaa ka saaraya magacaaga liiskooda.
- Haddii aad ku qanacsan tahay sidaan u adeegsan doono macluumaadkaaga fadlan soo buuxi foomkan kadibna saxiix qeybta la goyn karo ee warqadan dhabarkeeda una soo celi shaqalaha Daryeelaha ee xaafadaada

Side kuu caawin kaarnaa

Hay'ad kasta waxay leedahay shaqaale ay la soo xiriiri karaan daryeelaha. Waxay kuu sheegi karaan taageerida daryeelaha xaafada oo ay ka mid yihiin:

- Macluumaadka
- Nasashada Daryeelaha
- Tababarida Daryeelaha
- Qiimaynta Daryeelaha

iyo

- Kugu xiraan adeegyada hay'adaha iyo ururada kale

Haddii aad u baahan tahay luqada iyo tarjumida, waxaan kuu raadin karnaa mid lacag la'aan ah.

