

# Understanding Disability and



# Supports



တၢ်သ့ၣ်ညါနၢ်ပၢ်နီၢ်ခိၣ်သး  
က့ၢ်ဂီၤအတၢ်တလၢတပွဲၤဒီး  
တၢ်ဆိၣ်ထွဲမၤစၢၤတဖၣ်အဝုၢ်



## တၢ်ကတိၤလၢညါ

လံာ်တဘျုးအံၤတၢ်တၢ်ဒုးကဲထီၣ်အိၤဒ်သးကမၤစၢၤတဲၤဒံၣ်ကိၣ်ပှၤကညီတဝၢ ဒ်သးကနၢ်ဟံၣ်တၢ်ထွဲ  
နီၣ်ခိၣ်နီၣ်သးကွၢ်ဂီၤတလၢတၢ်တၢ်ဆၢတချၢအဝုၣ် ဖဲအိၣ်စၢ်ထုၣ်လၢယါအပူၤအံၤန့ၣ်လီၤ.  
တၢ်တၢ်တၢ်ကျိၤဝဲအံၤမၤစၢၤတဲၤဖျါထီၣ်ဝဲဒံၣ် (NDIS) အဝုၣ် ဒီး တၢ်ဆိၣ်ထွဲမၤစၢၤမနုၤအိၣ်သ့ၣ်တဖၣ်အဝုၣ်  
န့ၣ်လီၤ.

လံာ်တဘျုးအံၤတၢ်တၢ်ဒုးကဲထီၣ်အိၤဒ်သးကမၤစၢၤတဲၤဒံၣ်ကိၣ်ပှၤကညီတဝၢဆၢတချၢကျိၤကၤဂၤ(Bendigo  
Community Health Services), တဲၤဒံၣ်ကိၣ်ဆၢတချၢတၢ်တၢ်စၢၤမၤစၢၤပှၤကွၢ်ထွဲကဟုၣ်ကယၢ်  
တၢ်အဝဲကျိၤ(Bendigo Health Carer Support Services), Intereach, Amicus ဒီး RIAC  
လၢတၢ်ဆိၣ်ထွဲမၤစၢၤပှၤကညီတဝၢဖဲအိၣ်န့ၣ်လီၤ.

## Introduction

This booklet was made to help the Bendigo Karen community understand disability in Australia. The resource is an introduction to the NDIS and the supports available through this scheme. The booklet is a joint initiative of the following organisations ...



နို်ခိနို်သးကွ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့းတၢ်န့ၣ် မ့ၢ်တၢ်မနုၤလဲၣ်.

နို်ခိနို်သးကွ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့းမ့ၢ်ဝဲဒၣ်တၢ်အိၣ်သးတခါဂ့ၤတခါလၢအတြီနကိးနံၤ ဒီးအတၢ်ဟူးတၢ်ဝဲၤတဖၣ်န့ၣ်လီၤ. အဒိ ပုၤလၢအအိၣ်ဒီးနို်ခိနို်သးကွ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့း ဘၣ်သ့ၣ်သ့ၣ် ကွၢ်ထွဲကဟ့ၣ်ကယၢ်လီၤအသး, သးအသးလၢ တၢ်လီၤတတီၤဆူတတီၤ ကီဝဲ, ဒီးအဝဲန့ၣ်ဟူတၢ်, ထံၣ်တၢ်, မ့တမ့ၢ်ဆိကမိၣ်တၢ်ဂ့ၢ်ဂ့ၢ်တသ့ဘၣ်န့ၣ်လီၤ.

**What is disability?**

A disability is any continuing condition that restricts you in your everyday activities. For example, people with disability may find it hard to take care of themselves, move around, hear, see or think clearly.

နို်ခိနို်သးကွ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့း အိၣ်ဝဲတဘျးကလၢ်လီၤ. အအံၤ ပၢ်ယုၣ်ဒီး:

There are different types of disability. They are:

- Intellectual disability
- Physical disability
- Neurological disability
- Mental illness
- Sensory disability
- Aquired brain injury
- Autism



**တၢ်ကူၣ်တၢ်ဆးတၢ်သ့ၣ်ညါဂ့ၢ်ဝီအတၢ်တလၢတပွဲၤတဆူၣ်တချ့အဂ့ၢ်**

ပုၤလၢအအိၣ်ဒီးနို်ခိနို်သးကွ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့အကလၢ်တကလၢ်အံၤန့ၣ် မၤလိၤန့ၣ် တၢ်အသိတဖၣ်, ပဲၤလိၤဘျါလီၤ တၢ်ဂ့ၢ်ကိတဖၣ်, မ့တမ့ၢ်သ့ၣ်နီၣ်ထီၣ်တၢ်တဖၣ် ကီဝဲန့ၣ်လီၤ.

**Intellectual disability**

This type of disability refers to a person who may have difficulty in learning new things, solving problems, or remembering things.

## နီၣ်ခိကွၢ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့အဝုၢ်

ဘၣ်သ့ၣ်သ့ၣ်ပှၤတဂၤအံၤန့ၣ် သးအသးမ့တမ့ၢ်ကီၤအနီၣ်ခိကွၢ်ဂီၤတဖၣ်ဂ့ၤတၢ်ဘၣ်ဘၣ်တန့ၢ်တန့ၢ်လီၤ. တၢ်လၢအဒုးကဲထီၣ်နီၣ်ခိကွၢ်ဂီၤ အတၢ်တလၢတပွဲၤအိၣ်ဝဲအိၣ်မး ပှၤတဂၤအိၣ်ဖျိၣ်ထီၣ်ဝဲဒၣ်ဒ်န့ၣ်သ့, တၢ်ဘၣ်ဒ်တၢ်ထံးကဲထီၣ်ဒီးအီၤသတူၢ်ကလၢ မ့တမ့ၢ် ခိဖျိတၢ်ဆူးတၢ်ဆါတၢ်အီၤအယီၤန့ၣ်လီၤ. နီၣ်ခိကွၢ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့ယၢ်ယုၣ်, ပျီၤယံၤအတၢ်ဘၣ်ဒ်တၢ်ထံး, တၢ်အထူၣ်အပျီၤသံတၢ်ဆါ ဒီးပှၤလၢနီၣ်ခိကွၢ်ဂီၤ, အစုအခိၣ် အစုနၢ်ခိၣ်နၢ် ဘၣ်တၢ်ကူးတဲၣ်ကွဲၣ်အီၤတမံၤမံၤန့ၣ်လီၤ.

### Physical disability

A person may have difficulty moving around or with controlling parts of their body. There are many causes of physical disability: a person can be born this way, have an accident or it may be the result of disease. Examples of physical disability include spinal injury, cerebral palsy and limb or extremity amputation.



## နၢ်ဝုၢ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့အဝုၢ်

နၢ်ဝုၢ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့မၤဘၣ်ဒ်ဝဲခိၣ်န့ၣ်ဒီး ကျိၤကျဲၤလၢခိၣ်န့ၣ်မၤတၢ်ဒီးဆဲးကျိးဆဲးကျၢဝဲဒၣ် ဒီးမိၢ်ပှၤဒ်တဂၤညါ, အဒိ- နၢ်ဝုၢ်ဂီၤအတၢ်တလၢတပွဲၤတဆူၣ်တချ့မၤဘၣ်ဒ် တၢ်ကတိၤထီၣ်တၢ်, တၢ်ဆိကမိၣ်ထီၣ်တၢ်ဒီးတၢ်သးထီၣ်သးလီၤသး ဟူးဝဲၤတဖၣ်န့ၣ်လီၤ.

### Neurological disability

Neurological disability affects the brain and the way the brain communicates with the rest of the body, for example, neurological disability may affect speaking, thinking and moving.



## နီသးတၢ်ဆိကမိၣ်ဆိကမးအတၢ်ဆူးတၢ်ဆါ

ပုၤလၢအအိၣ်ဒီးနီသးတၢ်ဆိကမိၣ်ဆိကမးအတၢ်ဆူးတၢ်ဆါတဖၣ်န့ၣ် အတၢ်ဆိကမိၣ်, တၢ်တူၢ်ဘၣ် မ့တမ့ၢ်တၢ်ပၣ်သ့ၣ်ပၣ်သးတဖၣ်, ဘၣ်သ့ၣ်သ့ၣ်ကဘၣ်ဒိဝဲန့ၣ်လီၤ. နီသးတၢ်ဆိကမိၣ်ဆိကမး အတၢ်ဆူးတၢ်ဆါ မၤဘၣ်ဒိပုၤတၢ်လၢ အတၢ်ရူၤလိၣ်မုၢ်လိၣ်တဖၣ်, တၢ်သ့တၢ်ဘၣ်လၢကဆၢတံၢ်တၢ်, အတၢ်မုၢ်လၢသးခု မ့တမ့ၢ်တၢ်ဖဲတၢ်မၤလၢအတၢ်အိၣ်မူၤနီၤဒီးသ့ဝဲဒၣ်န့ၣ်လီၤ.

## Mental illness

Mental illness may affect the way a person thinks, feels or behaves. Mental illness can affect relationships, decision making, enjoyment and a person's everyday life.



## နီယံၢ်နီတၢ်သ့ၣ်ညါဝုၢ်ဝီအတၢ်တလၢတၢ်တဆူၣ်တချ့အဝုၢ်

ဘၣ်သ့ၣ်သ့ၣ်ပုၤတၢ်လၢအံၤန့ၣ် အဝဲကအိၣ်ဒီးတၢ်ကီၢ်တၢ်ခဲလၢကထံၣ်တၢ်, နီဟူတၢ်, မ့တမ့ၢ် ကတိၤတၢ်န့ၣ်လီၤ.

## Sensory disability

A person may have difficulties with seeing, hearing or speaking.





### တၢ်မၤန့ၢ်ခိၣ်န့ၣ်အတၢ်ဘၣ်ဒိဘၣ်ထံး

တၢ်ဘၣ်ဒိဘၣ်ထံးတၢ်တခါဂၤတခါဂၤလၢခိၣ်န့ၣ် အကဲထီၣ်သးဖဲလၢ အိၣ်ဖျၢၣ်ဝံၤအလီၢ်ခံန့ၣ်လီၤ. တနီၤနီၤန့ၣ် ကဲထီၣ်အသးဒီဖျိတၢ်ဆူးတၢ်ဆါ, ခိၣ်ဘၣ်ဒိဘၣ်ထံး, သးဂံၢ်, မ့တမ့ၢ်တၢ်သူကမၢ်ကသံၣ်မူၤဘျီးအယံၤ ဒီး တၢ်မၤပယွဲမၤဘၣ်ဒိဆါတၢ်တဖၣ်န့ၣ်လီၤ.

### **Acquired brain injury**

Any type of damage to the brain that occurs after birth. Some causes include disease, blows to the head or alcohol and drug use and abuse.

## အီးထံးစာ်မ် (ခိၣ်န့ၣ်တၢ်ဆါ)

ပုၤလၢအအိၣ်ဒီးအီးထံးစာ်မ်တၢ်ဆါတဖၣ်န့ၣ် ဘၣ်သ့ၣ်သ့ၣ်ကအိၣ်ဒီးတၢ်ကီၢ်တၢ်ခဲလၢ ကတီၤတၢ်, ခိၣ်ဆါလိာ်အသးဒီးတဲသကိးတၢ်ဒီးပုၤဂၤယၢ်ခိၣ်ယၢ်ခိၣ် မ့တမ့ၢ် တၢ်ကတီၤဆဲးကျိးဒီးပုၤဂၤ တဖၣ်န့ၣ်လီၤ. ဘၣ်သ့ၣ်သ့ၣ်အဝဲသ့ၣ်ကအိၣ်ဒီးတၢ်တူၢ်ဘၣ်တမ့ၢ်တလၢဝဲဒၣ်လၢ တၢ်ကလုာ် တဖၣ်, တၢ်ဖျိပ်ပလၢ, တၢ်အဂီၢ်, တၢ်န့ၢ်ဘၣ်တၢ်အစီတဖၣ်, တၢ်ကတီၤမ့တမ့ၢ်တၢ်အလွဲၢ်တဖၣ်န့ၣ်လီၤ.

## Autism

People with autism may have difficulties with speech or social interaction and communication. They may be sensitive to sound, touch, tastes, smells, light or colours.



# ပုလ္လအအိပ်ဒီးနီခိနီသးကွာ်ဂီၤအတၢ်တလၢတပွဲၤတဆုၣ်တချ့ လၢကီၢ်အိးစံၣ်တြုလ်ယါအပူၤ

လၢကီၢ်အိးစံၣ်တြုလ်ယါအပူၤ ပုလ္လအအိပ်ဒီးနီခိနီသးကွာ်ဂီၤအတၢ်တလၢတပွဲၤတဆုၣ်တချ့တဖၣ်န့ၣ် အိပ်ဒီးတၢ်ခွဲးတၢ်ယၢ်တမံၤဃီဒီး ပုၤအဂၤတဖၣ်န့ၣ်လီၤ. အဝဲသ့ၣ်ဖဲးသကိးမၤသကိးယုၣ်တၢ်ဒီးပုၤအဂၤ လၢပုၤတတၢအပူၤသ့ဝဲ လၢလၢပွဲၤပွဲၤဒီး အဝဲသ့ၣ်မၤတၢ်ဆၢတၢ် ဘၣ်ဃးဒီးအတၢ်အိၣ်မူဒ်ပုၤအဂၤ တဖၣ်မၤဝဲအသိးသ့န့ၣ်လီၤ. ပုၤတဂၤဂၤကွၢ်တလီၤအဝဲသ့ၣ် လၢအနီၣ်ခိနီသးကွာ်ဂီၤအတၢ်တလၢ တပွဲၤ တဆုၣ်တချ့အဖီခိၣ် တသ့ဘၣ်န့ၣ်လီၤ. အဝဲသ့ၣ်အိပ်ဒီးတၢ်ခွဲးတၢ်ယၢ်လၢကမၤလိတၢ်, ဖဲးတၢ်မၤတၢ်, ဒီးဃုထၢတၢ်လီၤလၢအကအိၣ်ဝဲအဂီၢ်န့ၣ်လီၤ.

## Disability in Australia

In Australia, people with disability have the same rights as others. They are allowed to participate fully in society and make their own life choices in the same way other people can. They cannot be discriminated because of their disability. They have the right to learn, work and choose where they want to live.



ပုလ္လအအိပ်ဒီးနီခိနီသးကွာ်ဂီၤတလၢတပွဲၤတဆုၣ်တချ့တဖၣ်န့ၣ် အတၢ်ဝံၣ်တၢ်ဘါ, တၢ်န့ၣ်ပၢၢ်, ဒီးတၢ်သ့တၢ်ဘၣ်အိၣ်ဝဲအိမးအယီ အဝဲသ့ၣ်ဟ့ၣ်လီၤမၤစၢၤတၢ်လၢပုၤတတၢအပူၤသ့ဝဲဒၣ်န့ၣ်လီၤ.

People with disability have lots of strengths, understanding and abilities to contribute to society.



လက်ကိုင်အိတ်ထုတ်ယူအပူ ပုလအအိတ်ဒီးနီနီသးကွာဂီတလတပွဲတဆူတချတဖန်န့  
မန့တဆိပ်ထွမစာမန့သ့တဖန်သ့ငါ?

မုသ့ဝဲလီ၊ ထံကီနီနီသးကွာဂီတလတပွဲဒီးတဆူတချတကီတဂ်တဂ်တဂ်အံန့  
ဘတ်တကီးအီလာ NDIS န့လီ၊ ဒီး ကဆိပ်ထွမစာ ပုလအအိတ်ဒီးနီနီသးကွာဂီ၊ အတဂ်  
တလတပွဲတဆူတချ လာအဟဲနးထိပ်ကွာကွာသ့တဖန် မတမု လာအလီစီလီထီသ့တဖန်န့လီ။

**Are there any supports available for people with disability in Australia?**

Yes, the National Disability Insurance Scheme is also referred to as the NDIS and supports people with ongoing or permanent disability.



NDIS မစာဝဲ ပုလအ သးန့ ဇီဝ နံဆူအစီလင် ပုလအအိတ်ဖျှံထိပ်န့ယုဝဲ မတမု ပုလအအိတ်  
ဒီး နီနီသးကွာဂီအတဂ်တလတပွဲတဆူတချယံယံထာထာသ့တဖန်န့ ကဒီးန့တဂ်  
တဂ်ကွာထွဲကဟုင်ကယံဒီးတဆိပ်ထွမစာတဖန် န့လီ။

The NDIS helps people under 65, born with or who have an acquired disability get CARE and SUPPORT.



NDIS ကဟုဝဲဒုင်စုလာ အဂ္ဂာဝဲဘတ်ဝဲ ဒီး လိပ်ဘတ်နီနီလာ ပုလအအိတ်ဒီးနီနီသးကွာဂီ၊  
တလတပွဲတဆူတချတဂ်အဂီဒ်သီး ကအိပ်မူ အတဂ်အိပ်မူ မုဆုင်မုဂီကသုအဂီန့လီ။

The NDIS will pay for reasonable and necessary supports that a person with disability needs to enjoy an ordinary life.

NDIS သုညိဝဲဒုင်လာပုလအအိတ်ဒီး အတဂ်လိပ်ဘတ်လအလီဆိဝဲ ဒီး ကမလကီးတဂ် ဒီးပုတဂ်  
လီလီ န့ ဟုဝဲအဝဲသ့ တဂ်ယုထာဘတ်ထွဲတဂ်မစာလအဝဲသ့လိပ်ဘတ်သ့တဖန် လာကအိပ်မူဝဲ  
အတဂ်အိပ်မူဒ်အဝဲသ့ဘတ်သးအသီးန့လီ။

The NDIS recognises that everyone has different needs and works with individuals to give people choice about the support they need to live the life they want.

ပုလ္လအအိပ်ဒီးနီဒီနီသးကွါဝီတလၢတၢ်တၢ်ဆူတၢ်ဆူ နှံ **NDIS** ကမၤစၢၤဝဲဒ်လၢ?

**NDIS** ဟ့ၣ်ဝဲဒ်ဝဲလၢတၢ်မၤစၢၤလၢ ပုလ္လအအိပ်ဒီးနီဒီနီသးကွါဝီ တလၢတၢ်တၢ်ဆူတၢ်ဆူတၢ်ဆူ သ့ၣ်တဖၣ် လိာ်တၢ်ဝဲနီၣ်တၢ်န့ၣ်လီၤ.

**NDIS** အတၢ်မၤစၢၤလၢ ပုတဂၤတဂၤအဖီခိၣ် ကလီၤဆဲးဝဲဒ်ဒီး ဒီးသန့ထီၣ်သးလၢအတၢ်လိာ်တၢ် အဖီခိၣ်န့ၣ်လီၤ.

အဒိ- **NDIS** တၢ်သ့ၣ်သ့ၣ် ကလိးန့ၣ်တၢ်အပူၤလၢ ပုတဂၤ ကဒီးန့ၣ်တၢ်ဝဲ တၢ်ကူဆါယါၣ်တၢ် ဒ်အမ့ၢ် တၢ်စံးသးဒီး တၢ်မၤနီၣ်ဒီမိၢ်ပုၤ တၢ်ဟူးတၢ်ဝဲၤ အဂီၢ် မ့တမ့ၢ် ဘီၣ်တၢ်ထီၣ် တၢ်လုၢ်ထံလီၤ ဒ်သီး ပုတဂၤ တလိာ်တၢ်မၤစၢၤလၢ ပုလ္လအအိပ်လၢတၢ် ဖဲကလုၢ်ထံအခါ န့ၣ်လီၤ.

- ကမၤစၢၤဝဲ ဒ်သီးကန့ၣ်တၢ်အါထီၣ်တၢ်သ့တၢ်တၢ်လၢ နကယုဖဲယုမၤအဂီၢ်.
- တၢ်သ့ၣ်သ့ၣ် ကမၤစၢၤ ပုတဂၤန့ၣ် ဒ်သီး ကန့ၣ်လီၤပုၣ်ယုၣ်လၢ ကဂ္ဂါတဖုအပူၤ ဒီး တၢ်ဟူးတၢ်ဝဲၤသ့ၣ်တဖၣ်လၢပုတဂၤပူၤ ဒ်အဝဲသ့ၣ်အိပ်ဒီး ပုၣ်ယုၣ်ဝဲအသီးန့ၣ်လီၤ.
- ကလိးန့ၣ်ကိးဝဲ တၢ်ဝဲတၢ်လီၤလၢလိာ်တၢ်နီၣ်နီၣ်သ့ၣ်တဖၣ် ဒ်အမ့ၢ် လီၢ်ဆူၣ်နီၤလၢ အအိပ် ဒီးလုၢ်ပၣ်ဂံး, လုၢ်ယိာ်လၢတၢ်သ့အီၤဒီးလိမ့ၣ်အူအဂီၢ် မ့တမ့ၢ် ဖဲးဖိကဟ့ၣ် လၢအမၤစၢၤဝဲ ကဆဲးကျိး တၢ်အဂီၢ် န့ၣ်လီၤ.
- **NDIS** မၤစၢၤဒူးတၢ်ထွဲ နၤဒီး သရၣ်လၢ တၢ်ကူဆါယါၣ်တၢ် ဒ်အမ့ၢ် တၢ်စံးသးဒီး တၢ်မၤနီၣ်ဒီ မိၢ်ပုၤတၢ်ဟူးတၢ်ဝဲၤ ဒီး တၢ်မၤစၢၤဒူးတၢ်အလီၢ် သ့ၣ်တဖၣ်န့ၣ်လီၤ.

**How will NDIS help people?**

The NDIS pays for the supports required by a person with a disability.

The NDIS will assist everyone differently depending on their needs.

For example, the NDIS may pay for a person to have physiotherapy or for their bathroom to be adjusted so that a person no longer needs help from others to take a shower.

**Other ways the NDIS may help:**

Providing assistance to gain the skills needed to get a job.

Assist a person to join in groups and activities in the community that they want to be a part of.

Pay for required equipment such as a wheelchair, electric scooter and, communication devices.

Help people to access physio and allied health services.





## မတဂဒီးနို **NDIS** တာ်ဆိာ်ထွဲမၤစၢၤသ့လဲာ်?

ပှၤလၢအအိာ်ဒီးနို်ခိက့ၢ်ဂီၤတလၢတပှၤတဆူၣ်တချ့ ဒီးဒီးနို်တၢ်တဆိာ်ထွဲမၤစၢၤလၢ **NDIS** အအိာ်သ့တဂၤန့ၣ် ကတၢ်မ့ၢ်-

- ကီၢ်အိးစံၣ်တြုလ်ယါအထံဖိကီၢ်ဖိတဂၤ.
- မ့တမ့ၢ်ပှၤတဂၤလၢအဆးလီၤအမံၤလၢလံာ်တီလံာ်မိဒီးပာ်ဖျါထီၣ်ဝဲဒၣ်လၢ အဝဲသ့ၣ် အိာ်ဝဲဆိးဝဲလၢကီၢ်အိးစံၣ်တြုလ်ယါအပူၤသ့ လၢအတၢ်အိာ်မူဒိတစီၤသးန့ၣ်လီၤ.
- အိာ်ဒီးလံာ်အုၣ်သးလၢအမ့ၢ်ပှၤလၢအအိာ်ဒီးနို်ခိနို်သးက့ၢ်ဂီၤအတၢ်တလၢတပှၤတဆူၣ်တချ့တဂၤ လၢအဟဲနးထီၣ်ကွၢ်ကွၢ် မ့တမ့ၢ် လၢအလီၤစီၤလီၤထီၣ်သ့န့ၣ်လီၤ.
- သးအနံၣ် ၆၅ နံၣ်ဆူအဖီလၢလီၤ.

## **Who can get the NDIS?**

**A person with disability who can get supports from NDIS has to be:**

an Australian citizen.

or have a document saying that they can live in Australia forever .

and have evidence of an ongoing or permanent disability.

and be under 65 years of age.



## အတက်ကျားသုတဖန်

ပုလဲအအိန်ဒီးနီနီကွာဂီတလဲတပွဲတဆူတချဲတဂါးနီနီဘဉ် **NDIS** အတက်ဆိပ်ထွဲမၤစၢၤတဖန်န့ဉ် တက်ကမၤအသးဒီး အဝဲသုဉ်ဒဲလဲဉ်?

- တံးဟံးနီတံးမၤစၢၤလၢ **NDIS** အအိန်န့ဉ် ဒ်ကမၤအါထီဉ်ပဲ ပုတဂါအတက်ခွဲးတံးယၢ် ဒီး တံးသုတံးတဉ်လၢ ကမၤဝဲလၢ အတက်အိန်မူအပူလၢလၢပွဲၤန့ဉ်လီၤ.
- တံးဟံးနီတံးမၤစၢၤလၢ **NDIS** အအိန်န့ဉ် ဘဉ်သုဉ်သုဉ် ကမၤစၢၤ နီနီကွာဂီတလဲတပွဲၤ အတက်အိန်သး ကကိညၢ်ထီဉ်ပဲန့ဉ်လီၤ.

## မုတမ့ၢ်

- တံးဝဲအံၤ ဘဉ်သုဉ်သုဉ်ကပတုဉ်ပဲ ဒ်သီးနီနီနီသးကွာဂီအတက်တလဲတပွဲၤတဆူတချဲ သုတနးထီဉ်တဂုၤအဂီၢ်န့ဉ်လီၤ.
- တံးဝဲအံၤ ဘဉ်သုဉ်သုဉ်ကမၤစၢၤစ့ကီးဝဲဒဉ် ပုကွၢ်ထွဲတံးဖိတဖန် ဒီး ဟံဉ်ဖိဃီဖိသုဉ်တဖန် လၢ အကွၢ်ထွဲ ပုလဲအအိန် ဒီး နီနီကွာဂီတလဲတပွဲၤဘဉ်တဂါန့ဉ်လီၤ.



## Benefits

What happens when a person with disability gets support from the NDIS?  
Accessing the NDIS can increase a persons ability to participate in life fully.

Accessing the NDIS might help improve the disability

or

It may stop the disability from getting worse.

It may also help carers and family members who look after a person with a disability.



## တၢ်မၤန့ၢ်တၢ်မၤစၢၤလၢအဆိ

လၢမိၢ်ပၢ်သ့ၣ်တဖၣ်အဂီၢ်န့ၣ် နမ့ၢ်ဆိကမိၣ်လၢနဖီအိၣ်ဒီးနီၢ်ခိၣ်သးက့ၢ်ဂီၤတလၢတပူၤတဆူၣ်တချူန့ၣ် နုၤကးမၤန့ၢ် တၢ်မၤစၢၤလၢအဆိအချူန့ၣ်လီၤ. တၢ်ဝဲအံၤမၤစၢၤနဖီလၢ အနီၢ်ကဒိၣ်ထီၣ်ထီၣ်ဒီး အတၢ်သ့တၢ်ဘၣ်လဲၤထီၣ်လဲၤထီၣ်သ့ၣ်ဒၣ်လီၤ. တၢ်မၤန့ၢ်တၢ်မၤစၢၤလၢအဆိအံၤန့ၣ် ဘၣ်သ့ၣ်သ့ၣ် အခီပညီကမ့ၢ်ဝဲဒၣ် ဖိသၣ်တဂၤ လိာ်ဘၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤ ကစၢၤလီၤဝဲ ဖဲလၢအဒိၣ်ထီၣ်အခါန့ၣ်လီၤ.

တၢ်မၤန့ၢ်တၢ်မၤစၢၤလၢအဆိအံၤန့ၣ် မၤစၢၤဝဲသ့လၢ ဟံၣ်ဖိယီဖိသ့ၣ်တဖၣ်ဒ်သီးကသုၣ်ညါန့ၢ်ပၢ် အဖီ မ့တမ့ၢ်ဟံၣ်ဖိယီဖိအနီၢ်ခိၣ်သးတလၢတပူၤတဆူၣ်တချူအဝုၢ် ဒီး ဒ်သီးကဟ့ၣ်တၢ်ကွၢ်ထွဲကဟ့ၣ်ကယၢ် လၢအဝုၤလၢအဝဲသ့ၣ်အဂီၢ်န့ၣ်လီၤ.

## တၢ်မၤန့ၢ်တၢ်ဆိၣ်ထွဲမၤစၢၤလၢနလိာ်ဘၣ်အီၤ

ဒ်သီးကန့ၢ်ဘၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤအဝုၤကတၢ်ကသုၣ်အဂီၢ်န့ၣ် တၢ်ဝဲအံၤမ့ၢ်တၢ်လၢအဂ့ၢ်ဒိၣ်ဒိၣ်မး လၢအဆိကတၢ် ကဘၣ်န့ၢ်ပၢ် တၢ်လၢနီၢ်ခိၣ်သးက့ၢ်ဂီၤတလၢတပူၤတဆူၣ်တချူန့ၣ်မ့ၢ်တၢ်မၤန့ၢ်လဲၣ်န့ၣ်လီၤ.

န့ၣ်သကိးတၢ်ဒီး နကသံၣ်သရၣ်, ကသံၣ်သရၣ် သရၣ်မ့ၢ် လၢအကွၢ်ထွဲ မိၢ်ဒီးဖိ အတၢ်အိၣ်ဆူၣ်အိၣ်ချူ သ့ၣ်တဖၣ်, ကိၣ်သရၣ်သရၣ်မ့ၢ်သ့ၣ်တဖၣ်, မ့တမ့ၢ် ပုၤလၢအပၢဆၢရဲၣ်ကျဲၤန့ၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤ ဒ်နကသ့ၣ်ညါန့ၢ်ပၢ်အီၤထီၣ် ဘၣ်ဃး ကဒီးန့ၢ်ဘၣ်တၢ်ယုထံၣ်သ့ၣ်ညါလၢနီၢ်ခိၣ်သးက့ၢ်ဂီၤအတၢ်တလၢတပူၤ ဒ်လဲၣ် ဒီး ကဟံးန့ၢ် တၢ်မၤစၢၤလၢ **NDIS** အအိၣ်ဒ်လဲၣ်န့ၣ်လီၤ.

## Getting help early

For parents, if you think your child has a disability you should get help as soon as possible. This can help your child to grow and develop. Getting help early may mean a child needs less support as they grow up.

Getting early help can assist families to understand their child's or their family member's disability and provide good care for them.

## Getting the support that you need

In order to get the best support possible it is important to firstly understand what the disability is.

You can speak to your local doctor, Maternal and Child Health Nurse, school teachers or case worker to better understand how to get a diagnosis and access the NDIS.



တၢ်န့ၣ်လီၤရဲၣ်ကျဲၤလီၤဖိဒံဖိသ့ၣ်တၢ်မၤစၢၤလၢအဆိ (ECEI)

ECEI အတၢ်ရဲၣ်တၢ်ကျဲၤန့ၣ် ဆိၣ်ထွဲမၤစၢၤဖိဒံဖိသ့ၣ်လၢ အသးန့ၣ် ၆ န့ၣ်ဆူအဖီလၢ လၢအအိၣ်ဒီး တၢ်ဒိၣ်ထီၣ်ထီၣ်စၢၤခဲ မ့တမ့ၢ် နီၢ်ခိၣ်နီၢ်သးက့ၢ်ဂီၤတလၢတဝဲၤတဆူၣ်တဆူၣ်ဘၣ် န့ၣ်လီၤ

တၢ်ဒိၣ်ထီၣ်ထီၣ်စၢၤခဲ အခီပညီမ့ၢ်ဝဲ ဖိသ့ၣ်တကၤ ဘၣ်ဟ့ၣ်သ့ၣ် ဒ်အသးန့ၣ်အသးတြးမၤဝဲသ့သ့ၣ် တဖၣ်န့ၣ် မၤဝဲတသ့ဝဲၤတဘၣ်န့ၣ်လီၤ. အဒိ- တၢ်ထီၣ်တၢ်ဟးလီၤ, တၢ်သ့ကတိၤတၢ်, မၤလိတၢ် မ့တမ့ၢ် ဟးထီၣ်ဟးလီၤန့ၣ်လီၤ.

Intereach န့ၣ်မ့ၢ်ဝဲဒၣ် တၢ်န့ၣ်လီၤရဲၣ်ကျဲၤဖိဒံဖိသ့ၣ်တၢ်မၤစၢၤလၢအဆိ ပုၤမၤတၢ်ဖိတဖၣ် အအိၣ်ဝဲ လၢပပုၤတတပူၤအံၤ ကမၤစၢၤဝဲဒၣ် ဖိသ့ၣ်သ့ၣ်တဖၣ် ဒီး အဝဲသ့ၣ်ဟံၣ်ဖိယီၤဖိသ့ၣ်တဖၣ် ကဟံးန့ၢ် တၢ်ကွၢ်ထွဲကဟံၣ်ကယၢ်ဒီးတၢ်ဆိၣ်ထွဲမၤစၢၤတဖၣ် လၢအဘၣ်တၢ်ကျဲၤပၣ်အံၤ ဒ်ပုၤဖိသ့ၣ်တၢ်လိၣ်ဘၣ် သ့ၣ်တဖၣ်န့ၣ်လီၤ.



ECEI အပုၤမၤသကိးတၢ်တဖၣ်

- ဟ့ၣ်ဒုးသ့ၣ်ညါမိၢ်ပၢ်သ့ၣ်တဖၣ်လၢတၢ်ဝုၢ်တၢ်ကျိၤ
- မၤသကိးတၢ်ဒီးဟံၣ်ဖိယီၤဖိတဖၣ်လၢကဟ့ၣ်ဘၣ်အဖီတၢ်မၤစၢၤအဝုၤကတၢ်အဂီၢ်
- ဒုးစဲဘူးဖိသ့ၣ်ဒီးတၢ်ဆိၣ်ထွဲမၤစၢၤလၢနလီၢ်ကဝီၤအပူၤ

Early Childhood Early Intervention (ECEI)

ECEI program supports children under seven years of age who have a developmental delay or disability.

Developmental delay means a child may not be able to do certain tasks normally expected for their age. For example, going to the toilet, talking or learning to walk.

Intereach is the ECEI partner in Bendigo that can help children and their families access supports and services that are tailored to the child's needs.

ECEI partners

- Provide information to parents.
- Work with families to get the best help for the child.
- Connect children with local services.



လာဝှ်းဘဲဒဲးကိးအပူၤ ကိးန့ၢ်တၢ်တၢ်မၤစၢၤလၢ **NDIS** အအိၣ်န့ၣ် နလံၤတၢ်လီၤသ့ဖဲလဲၣ်?

**Where can you go in Bendigo to get assistance accessing NDIS?**

**Intereach** န့ၣ် မ့ၢ်တၢ်ကၣ်ကၣ်တၢ်ခါလာဝှ်းဘဲဒဲးကိးအပူၤ ဒိနလိၣ်ဆဲးကျိးအိၣ် လၢကစးထီၣ် မၤန့ၢ်တၢ်မၤစၢၤလၢ **NDIS** အအိၣ်လီၤ.

နဆဲးကျိးအိၣ်လၢ လီၤတဲစိသ့ဝဲ **1300 488 226**

မ့တမ့ၢ် လဲၤဖဲ **426 Hargeaves Street**

Intereach is the agency in Bendigo that you need to contact to start accessing the NDIS. You can contact Intereach by phone on 1300 488 226 or visit 426 Hargreaves Street.



နကတိၤကိၤလၢဝါဝါကျိၣ်မ့ၢ်တဘျီန့ၣ်နယုန့ၢ်ပှၤကျိၣ်ထံတၢ်ဖိလၢကမၤစၢၤန့ၢ်အဝီၢ်သ့ဝဲန့ၣ်လီၤ.



If you can't speak English you can request an interpreter for help.



မ့မ့ၢ် နမ့ၢ်အိၣ်ဒီးတၢ်ကိတၢ်ခဲ ဖဲလၢမၤန့ၢ်တၢ်မၤစၢၤလၢ **NDIS** အအိၣ်န့ၣ်, တၢ်ကၣ်ကၣ်တၢ်ခါအၤခဲလၢ အမၤစၢၤန့ၢ်သ့လၢတၢ်လိၣ်အိၣ်ထီၣ်တၢ်မၤစၢၤန့ၣ်လီၤ.

If you are having difficulty with accessing the NDIS there are agencies that can provide you with additional support. In Bendigo there agencies are:



လာဝှ်းဘဲဒဲးကိးအပူၤ တၢ်ကၣ်ကၣ်တၢ်ခါသ့တဖၣ်အံၤမ့ၢ်ဝဲ

**AMICUS** အကၣ်

လီၤတဲစိ (03) 5441 2666

မ့တမ့ၢ် လဲၤဖဲ **18 Myers Street, Bendigo**

**Right Information and Advocacy  
Centre (RIAC)** အကၣ်

လီၤတဲစိ **03 5222 5499**

Intake phone: (03) 5222 5499





## Acknowledgements:

BCHS acknowledges these agencies:

Intereach

Amicus

Rights Information and Advocacy Centre (RIAC)



Content adapted from AMPARO Advocacy inc and National Disability Insurance Scheme resources.

**This resource is funded by Bendigo Health Carer Support Services**

