

## တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကူစၢ်ယၢ်ဘျၢပုၤဆၢတဲာ်တၢ်

နဃုထၢပုၤလၢကဆၢတဲာ်န့ၣ်နၤဘၣ်ဃးဒီးကသံၣ်ကသီတၢ်ကူစၢ်ယၢ်ဘျၢလၢနဂီၢ်သ့စ့ၢ်ကိးဝဲန့ၣ်လီၤ. တၢ်အံၤကဘၣ်မ့ၢ်ဝဲပုၤတဂၤလၢအဘူးဒီးနၤလၢနန့ၣ်အီၤ, လၢအဝဲကဆၢတဲာ်တၢ်လၢနဂီၢ် ဒီးသန့ထီၣ်သးလၢတၢ်လၢနအိၣ်ဒီးဃုထၢလၢနကွဲးတၢ်ပာ်လံၤအီၤန့ၣ်လီၤ. တၢ်အံၤတၢ်ကွဲးနီၣ်ကွဲးဃၢအီၤလၢလံာ်တီလံာ်မီလၢတၢ်အာၣ်လီၤပာ်ပနီၣ်အီၤအပူၤသ့ဝဲစ့ၢ်ကိးန့ၣ်လီၤ. နဃုထၢပုၤအါန့ၣ်တဂၤသ့ဝဲန့ၣ်လီၤ



### Medical treatment decision maker

You can also choose someone to make medical decisions for you. This should be someone close to you that you trust, who will make decisions based on the preferences you have shared. This can also be recorded on an official document. You can choose more than one person.

တၢ်ကဘၣ်မၤနလံာ်တက့ၢ်လၢတၢ်မၤပုၤအီၤဝဲတဘျီန့ၣ်ဒ်လဲၣ်.

- ဝဲကျဲးအါထီၣ်အီၤဒီးဟ့ၣ်လီၤအီၤဆူနဟံၣ်ဖိဃီဖိ, နဟံၣ်ဖိဃီဖိအကသံၣ်သရၣ်, ဒီးမိာ်အီၤဖဲနမ့ၢ်လိာ်ဘၣ်လဲၤလၢတၢ်ဆါဟံၣ်န့ၣ်တက့ၢ်.
- နမ့ၢ်အိၣ်ဒီးဆီတလဲတၢ်လၢနတၢ်ရဲၣ်ကျဲးဆိပာ်စၢၤတၢ်အံးထွဲကွၢ်ထွဲအလံာ်တက့ၢ် (advanced care directive) အပူၤ မ့တမ့ၢ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကူစၢ်ယၢ်ဘျၢအပုၤဆၢတဲာ်တၢ်အလံာ်တက့ၢ်န့ၣ်, တဲသကိးတၢ်ဒီးနကသံၣ်သရၣ် ဒီးနဟံၣ်ဖိဃီဖိဒ်သိးအဝဲသ့ၣ်ကနၢ်ပာ်တၢ်ဆီတလဲတဖၣ်တက့ၢ်. ဝဲကျဲးလံာ်တီလံာ်မီလၢအသီတဖၣ်လၢပုၤသ့ၣ်တဖၣ်လၢနဟ့ၣ်တၢ်ပာ်အီၤလံာ်အံၤအဂီၢ်တက့ၢ်. တၢ်ရဲၣ်ကျဲးဆိပာ်စၢၤတၢ်အံးထွဲကွၢ်ထွဲန့ၣ်မၤစၢၤတၢ်ဒ်သိးနကဒီးန့ၣ်ဘၣ်တၢ်ကွၢ်ထွဲလၢနသးလီၤဒီးမၤညီထီၣ်တၢ်လၢပုၤလၢနအိၣ်အီၤတဖၣ်အဂီၢ်သ့ဝဲတၢ်ကီတၢ်ခဲအဆၢကတီၢ်န့ၣ်လီၤ.

### What to do with your completed forms

- Make copies and give them to your family, your family doctor, and take them if you need to go to hospital.
- If you want to make changes to your advance care directive or medical decision maker form, talk to your doctor and your family so they understand the changes. Make new copies of the documents for those who you have given it to.

Advance care planning helps you receive the care that you want. It can help your loved ones at a difficult time.

စးထီၣ်တၢ်ဝဲသကိးတၢ်တနံၤအံၤတက့ၢ်. Start a conversation today.



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## တၢ်ရဲၣ်ကျဲးဆိပာ်စၢၤတၢ်အံးထွဲကွၢ်ထွဲ Advance Care Planning

**Advance Care Planning** မ့ၢ်ဝဲကျဲးတဘီလၢတၢ်ကရဲၣ်ကျဲးန့ၣ်နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်အံးထွဲကွၢ်ထွဲလၢခါဆူညါအဂီၢ်န့ၣ်လီၤ. is a way to plan for your future health care.

တၢ်ရဲၣ်ကျဲးဆိပာ်စၢၤတၢ်အံးထွဲကွၢ်ထွဲန့ၣ်မ့ၢ်လၢပုၤကိးဂၤဒဲးအဂီၢ်,သးစၢ်မ့ၢ်ဂ့ၤသးပုၤမ့ၢ်ဂ့ၤ,လၢတအိၣ်ဆူၣ်အိၣ်ချ့မ့တမ့ၢ်အိၣ်ဆူၣ်အိၣ်ချ့မ့ၢ်ဂ့ၤန့ၣ်လီၤ. တၢ်အံၤအရူၤဒိၣ်လီၤဆီလၢပုၤလၢ-

- အသးပုၤ
- အိၣ်ဒီးတၢ်ဆါလၢအနး
- အသးသမူဘူးအကတၢ်



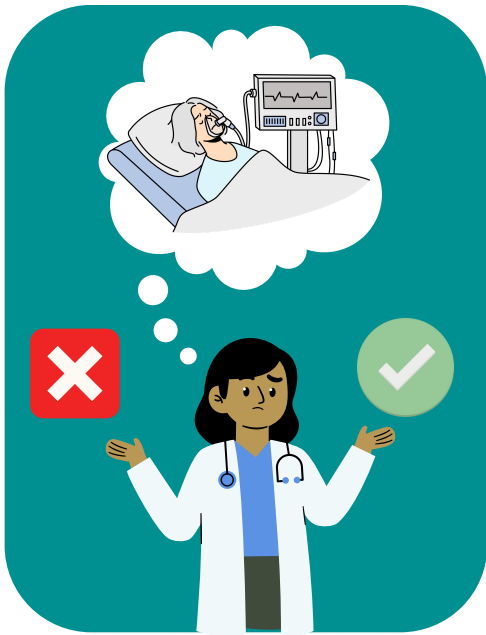
Advance care planning is for everyone: young or old, unwell or healthy.

It is especially important for people who:

- are elderly
- have a serious illness
- are nearing the end of life

နမူနာဆိုးကုထိန်နုးနုးကလဲာ် မ့တမ့ာ် နအိာ်ထီာ်ဒီးတၢ်ဘၣ်ဒိဘၣ်ထံးသတူာ်ကလၢာ် လၢအနုးကလဲာ်န့ာ်, ဘၣ်သ့ာ်သ့ာ်နကတဲးဒုးသ့ာ်ညါတၢ်တသ့ဘၣ်သ့ဝဲလီၤ. ဘၣ်သ့ာ်သ့ာ်နကတဲးဘၣ်ကသံာ်သရၣ်လၢနအဲာ်ဒီးတၢ်အိာ်ဆူာ်အိာ်ချအတၢ်အံးထွဲ ကွၢ်ထွဲမနုၤတဖၣ်လဲာ် မ့တမ့ာ် တအဲာ်ဒီးဘၣ်တဖၣ်န့ာ်တသ့လၢဘၣ်သ့ဝဲန့ာ်လီၤ.

If you become very unwell or have a serious accident, you may not be able to communicate. You may not be able to tell your doctors what health care you want, or don't want to have.



တၢ်အံၤမ့ာ်ကဲထီာ်သးန့ာ်, နဟံာ်ဖိဃီဖိ ဒီးကသံာ်သရၣ်တဖၣ်ကဘၣ်မၤတၢ်ဆၢ တဲာ်တဖၣ်လၢဘၣ်သးဒီးတၢ်ကကွၢ်ထွဲ နၤဒဲးလဲာ်, ဒီးဆူာ်ချ့တၢ်ကူစါယါဘျါ လၢကဘၣ်တၢ်ဟ့ာ်လီၤနၤတဖၣ် န့ာ်လီၤ.

တၢ်အံၤကပာ်ဃုာ်သ့ဝဲဒၣ်ဒီးပီၤဘိ (tubes) တဖၣ်လၢတၢ်ကသါထီာ် ကသါလီၤ မ့တမ့ာ်လၢတၢ်အိာ်လၢန့ာ်ဂံာ် န့ာ်ဘါအဂီၢ်, မ့တမ့ာ် စးဖိကဟံာ်လၢအ ကဟံာ်မူဒီးနၤသ့ဝဲန့ာ်လီၤ.

If this happens, your family and doctors may have to make decisions about how you are looked after, and the medical treatments you are given. This could include tubes for breathing or nutrition, or machines to keep you alive.

တၢ်အံၤကမ့ာ်ဝဲတၢ်ဆၢကတီၢ်လၢအကီၢ်အဲးသ့ဝဲ ဒီးတၢ်မၤတၢ်ဆၢတဲာ်လၢဘၣ်သး ဒီးပုၤလၢဘၣ်တၢ်အဲာ်အီၤတဂၤအဆူာ်ချ့တၢ်ကူစါယါဘျါန့ာ်ဒုးအိာ်ထီာ်တၢ်သး ဘၣ်တံာ်တဖၣ်ဖးဒိာ်သ့ဝဲန့ာ်လီၤ.

နမူနာအိာ်ဒီးတၢ်ဃုထၢလၢအဘၣ်နသးသ့ာ်တဖၣ်လၢတၢ်ကွဲးလီၤဟံာ်အီၤန့ာ် အက မၤညီထီာ်န့ာ်ဝဲနဟံာ်ဖိဃီဖိအတၢ်ဆၢတဲာ်ဘၣ်သးနတၢ်အံးထွဲကွၢ်ထွဲသ့ဝဲန့ာ်လီၤ.

This can be a difficult time. Making decisions about a loved one's medical treatments can be very stressful.

Having your preferences written down can make it easier for your family to make decisions about your care.

### How to make an Advance Care Plan

1. Think about what is important to you in life. Think about what you would and wouldn't want if you became very sick and couldn't communicate. These examples can help you think about what this could mean:

Would you accept treatment if it meant you could not recognise or talk to loved ones?

Would you accept treatment that might mean you were unable to eat or drink?

Would you accept treatment if it meant you could no longer live independently in your own home?
2. Talk to your family and friends so they understand your preferences and what is important to you.
3. Ask your doctor to help you complete an advance care directive, with an interpreter if you need it. This is an official document for writing down your wishes about how you want to be looked after. If you become very unwell in the future, the doctors who look after you will use this when planning your care.

## တၢ်ကဘၣ်ဒုးအိာ်ထီာ်တၢ်ရဲာ်ကျဲၤဆိပာ်စၢၤတၢ်အံးထွဲကွၢ်ထွဲဒဲးလဲာ်

၁-ဆိကမိာ်ဘၣ်သးမ့ာ်မနုၤအရူဒိာ်လၢနတၢ်အိာ်မူအပူၤလဲာ်. ဆိကမိာ်ဘၣ်သး တၢ်သ့ာ်တဖၣ်လၢနအဲာ်ဒီးဒီးတအဲာ်ဒီးဖဲနမူနာဆိုးကုထိန်နုးနုးကလဲာ်ဒီးနတဲးဒုးသ့ာ် ညါတၢ်တသ့လၢဘၣ်အခါန့ာ်တက့ၢ်. တၢ်အိာ်သ့ာ်တဖၣ်အံၤမၤစၢၤနၤသ့လၢကဆိကမိာ်တၢ်အံၤအိပညီကမ့ာ်ဒဲးလဲာ်-

- တၢ်အံၤအိပညီမ့ာ်ဝဲဖဲလၢနကွၢ်နီာ်တၢ် မ့တမ့ာ် တဲတၢ်ဒီးပုၤလၢနအဲာ်တဖၣ် တသ့လၢဘၣ်အခါန့ာ်နကတူၢ်လိာ်တၢ်ကူစါယါဘျါဒီးစ့ၢ်ခါ?
- တၢ်အံၤအိပညီမ့ာ်ဝဲဖဲနအိာ်တၢ်အိတၢ်မ့ာ်တန့ၢ်လၢဘၣ်န့ာ် နကတူၢ်လိာ် တၢ်ကူစါယါဘျါဒီးစ့ၢ်ခါ?
- တၢ်အံၤအိပညီမ့ာ်ဝဲဖဲနအိာ်လၢဟံာ်ဒီးမၤတၢ်လၢနနီၢ်ကစၢ်ဒၣ်နဲမ့ာ်တသ့ လၢဘၣ်န့ာ်နကတူၢ်လိာ်တၢ်ကူစါယါဘျါဒီးစ့ၢ်ခါ?

၂. တဲသကိးတၢ်ဒီးနဟံာ်ဖိဃီဖိဒီးနတံၤ သကိးသ့ာ်တဖၣ် ဒဲးသီးအဝဲသ့ာ်ကနၢ်ပာ် နတၢ်မိာ်န့ၢ်သးလီၤ ဒီးတၢ်လၢအရူဒိာ်လၢ နဂီၢ်တဖၣ်တက့ၢ်.



၃. ဃုနကသံာ်သရၣ်လၢကမၤစၢၤမၤပုၤန့ၢ်နၤတၢ်ရဲာ်ကျဲၤဆိပာ်စၢၤတၢ်အံးထွဲကွၢ်ထွဲ အလံာ်တက့ၢ် (advance care directive) ဒီးပုၤကျိးထံတၢ်ဖိတဂၤဖဲနမ့ာ်လိာ်ဘၣ်အီၤန့ာ်တက့ၢ်. တၢ်အံၤမ့ာ်ဝဲဒၣ်လံာ်တီလံာ်မိ လၢတၢ်အာ်လီၤပာ်ပနီာ်အီၤလၢတၢ်ကကွဲးဟံာ်လီၤတၢ်လၢနမိာ်န့ၢ်သးလီၤတဖၣ်လၢ ဘၣ်သးဒီးနအဲာ်ဒီးတၢ်ကွၢ်ထွဲနၤဒဲးလဲာ်န့ာ်လီၤ. နမူနာဆိုးကုထိန်နုးနုးလၢခါဆူညါ န့ာ်, ကသံာ်သရၣ်လၢအကွၢ်ထွဲနၤတဖၣ်န့ာ်ကသ့ဝဲလံာ်တက့ၢ်အံၤဖဲအမၤ တၢ်ရဲာ်တၢ်ကျဲၤလၢတၢ်ကကွၢ်ထွဲနၤအခါန့ာ်လီၤ.