



Guverinoma ya **Australiya y'Uburengerazuba** (Government of **Western Australia**)
Serivisi y'Ubuzima mu Majyaruguru y'Umujyi (North Metropolitan Health Service)
Ubuzima bwo mu Mutwe, Ubuzima Rusange na Serivisi z'Amenyo



Serivisi y'Ubuzima bw'Abinjiye Batabawe

Amakuru y'umurwayi

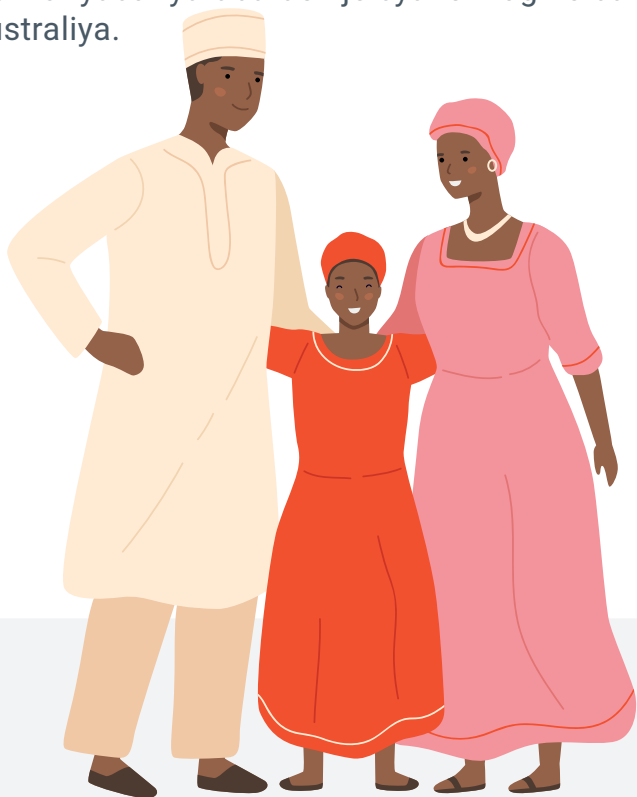


Iyi serivisi yubuzima ikora iki?

Dutanga serivisi yubuzima kubantu bakuru nabana baza gutura muri WA kuri viza yubutabazi. Nyuma gato yuko uhagera, tuzagutumira ngo uze ku ivuriro ryacu kuri rendez-vous 2 kubantu. Mugihe uza, uzabona umuganga numuforomo kugirango bakore isuzuma ryuzuye ryubuzima.

Nubwo utarwaye igenzura ryubuzima ni ngombwa kuri wowe no kubana bawe. Iradufasha kumenya ibyifuzo byubuzima bwawe kugirango tugufashe kubona ubuvuzi bukwiye kuri wowe.

Nguhitemo kwawe kuza kwivuriro ryacu. Ntugomba gukora igenzura ryubuzima, ariko birasabwa. Abantu benshi batubwira yuko ivuriro ryacu ryarabafashije cyane mugihe bari bashya muri Australiya.



Bizagenda bite ku ivuriro?

Uzavugana numuforomo cyangwa umuganga kubyerekeye ubuzima bwawe kandi bazaguha ibizamini byo kwisuzumisha.

Kuri rendez-vous yambere turashobora

- Kubaza ibibazo bijyanye n'ubuzima bwawe ubu na mbere
- Gukora igenzura ryubuzima bwumubiri (nkumuvuduko wamaraso)
- Gufata amaraso, inkari, hamwe numusarani wo gupima.

Kuri rendez-vous ya kabiri turashobora

- Gukora igenzura ryubuzima bwumubiri (nkumuvuduko wamaraso)
- Kuvugana nawe kubisubizo byawe cyangwa ibibazo byubuzima
- Gutanga inkingo cyangwa indi miti.

Buri gice cyo kugenzura ubuzima n'amahitamo yawe. Urashobora kuvuga oya igihe icyo aricyo cyose niba hari icyo udashaka gukora.



Bitwara igihe kingana iki?

Rendez-vous irashobora gufata amasaha 2 kugeza kuri 3 buri mwanya. Biterwa numubare wabantu mumuryango wawe, kandi niba ukeneye ubuzima bwihariye.

Nibyiza kuzana ibiryo n'ibinyobwa, cyane cyane niba ufite abana bato.



Byagenda bite niba narigeze kwisuzumisha mbere?

Igenzura ryubuzima ryakozwe mbere yuko uza muri Australiya ryari kubera gusaba viza kwawe nurugendo.

Isuzumabuzima ryacu ni iryabantu bahageze kandi ari bashya muri sisitemu yubuzima bwa Australiya. Nisuzuma ryuzuye ryubuzima namagara meza kubantu bakuru nabana. Ibisubizo bizadufasha kuguha na serivisi nziza kugirango dukomeze kwita kubuzima bwawe.



Kugenzura ubuzima bisaba amafaranga angana iki?

Igenzura ryuzuye ryubuzima ni ubuntu. Ntamahoro yishyurwa kubera rendez-vous cyangwa ibizamini ibyo aribyo byose, inkingo cyangwa imiti tuguhaye.

Kuki nkeneye inkingo?

Iyi miti irinda imibiri yacu indwara nyinshi dushobora gufata muri mikorobe. Nuburyo bwizewe bwo kwirinda, abana bawe nabaturage izo ndwara.

Muri Australiya, abana ningimbi barashobora gukingirwa kubuntu. Iyo wimukiye muri Australiya urashobora kandi gukingirwa kubuntu, urashobora rero kurindwa nkabantu bakuriye hano.

Urashobora gukenera gihamya yinkingo

- Kwiyandikisha muri childcare n'amashuri menshi
- Kwakira Centrelink yishyurwa kubana
- Imirimo imwe n'amahugurwa.

Byagenda bite se niba narigeze gukingirwa mbere?

Urashobora kuba warakingiwe mbere yo kuza muri Australiya. Zana ibyangombwa byawe umuforomo cyangwa umuganga kugirango barebe. Tuzamenya niba hari ibindi ukwiye kugira.

Niba udafite ibyangombwa byinkingo zawe zashize, urashobora kongera gukingirwa. Ibi biratekanye gukora kandi nta kiguzi.



Hazaba hariho umusemuzi?

Yego. Dukoresha abasemuzi babigize umwuga igihe cyose uza kugirango ubashe kuvuga mururimi ukunda. Akenshi umusemuzi azaba ari yaje ku ivuriro. Rimwe na rimwe, tuzakoresha umusemuzi kuri terefone. Urashobora kutubwira icyo ukunda kubasemuzi.

Tuzavugana dute?

Uzabona ibaruwa hamwe nitariki rwagenwe nigihe. Tuzohereza kandi ubutumwa bugufi bwo kukwibutsa gahunda zawe. Turagerageza kohereza amabaruwa hamwe ninyandiko mururimi rwawe. Urashobora kutwohereza imeri cyangwa ukaduhamagara. Tuzaguhamagara hamwe numusemuzi.



Niki nazana kwisuzumisha?

Zana ibi bintu kuri gahunda yawe (niba ubifite):

- Inyandiko zose zerekeye amateka yubuzima bwawe
- Inyandiko zawe zo gukingira
- Ikarita yawe ya Medicare cyangwa Health Care Card
- Imiti iyo ari yo yose urimo gufata.

Turashobora kugufasha kubona ibyangombwa byubuvuzi byahinduwe na Free Translation Service (Servisi yo Guhindura Kubuntu) niba ubikeneye.

Bigenda bite nyuma yo rendez-vous?

Tuzandika ibaruwa ushobora kujyana kwa muganga wakarere kawe kugirango akomeze kwita kubuzima bwawe. Niba ukeneye inkingo nyinshi, tuzatanga amabwiriza kubaganga cyangwa ivuriro ryakarere kawe.

Niba ukeneye umuganga winzobere cyangwa serivisi yubuzima, tuzaganira nawe kubyerekeye amahitamo. Niba wemeye, tuzakwandikira ibaruwa yohereza kandi dusobanure icyo ugomba gukora.



Ubuzima bwanjye bushobora kugira ingaruka kuri viza yanjye?

Oya. Guhindura ubuzima bwawe ntibizagira ingaruka kuri viza yawe ya Australiya.

Amakuru yerekeye ubuzima bwawe arihariye kandi ni ibanga. Hariho amategeko akomeye yo kurinda amakuru yubuzima muri Australiya. Abakozi bacu bose bagomba gukurikiza amategeko yerekeye ubuzima bwite n'ibanga.

Ntabwo tuzasangira ibyo utubwira nabandi, keretse ubishaka.



Shyikirana natwe

Imeri: migranthealth@health.wa.gov.au

Terefone: (08) 9222 8500



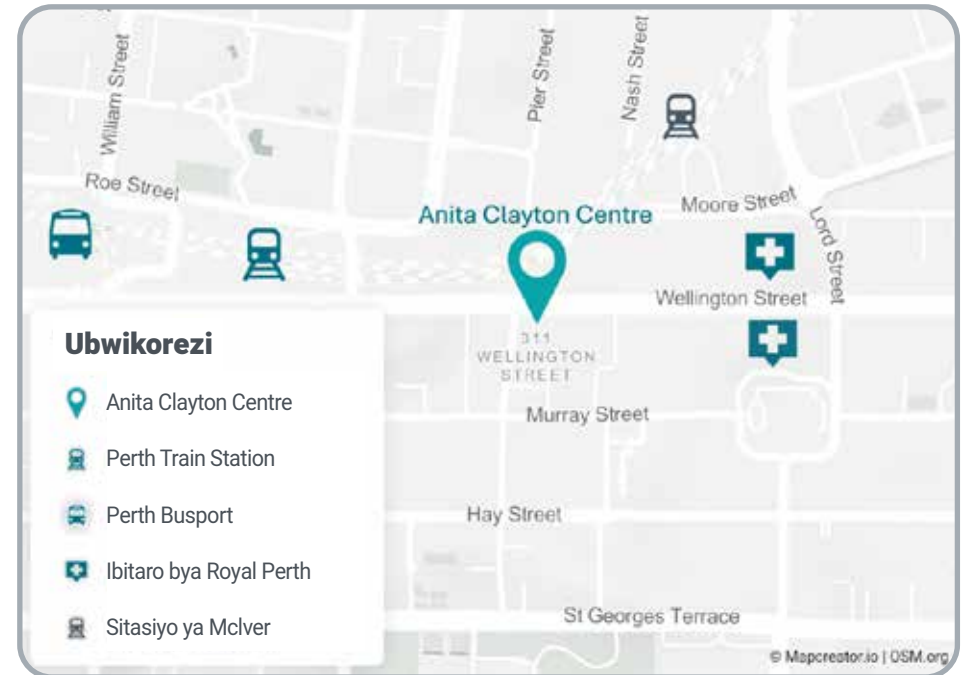
Hamagara TIS kuri 13 14 50 kubasemuzi hanyuma usabe guhuzwa n'ikigo cya Anita Clayton 08 9222 8500.

Mudushakire

Turi kuri 311 Wellington Street, Perth.

Ivuriro ryacu riri mumujyi uri hagati ya Station ya Gariyamoshi ya Perth n'ibitaro bya Royal Perth. Iyi nyubako yitwa Anita Clayton Centre, ku mfuruka ya Wellington St na Pier Street.

Dufungura kuwa mbere kugeza kuwa gatanu guhera 8.15 am kugeza 4.15pm.



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Ibikoresho bifasha

Amakuru y'Amagara Yahinduwe ya Healthy WA
[Ibisobanuro byahinduwe \(healthywa.wa.gov.au\)](https://healthywa.wa.gov.au)



Health Direct Multi Language Resources (Ibikoresho by'Indimi Zitandukanye bya Health Direct)
[Ibikoresho byubuzima mundimi nyinshi | healthdirect](https://healthdirect.gov.au)



Embrace Multicultural Mental Health (Emera buzima bwo mu Mutwe bw'Imico itandukanye)
<https://www.embracementalhealth.org.au/>



SBS Australiya Yasobanuwe
[Australiya Yasobanuwe – Ubuyobozi bwa SBS Settlement | SBS icyongereza](https://www.sbs.com.au/australian)



Ibisobanuro byatanzwe bigamije amakuru gusa. Niba uri umurwayi ukoresha iki gitabo, ugomba gusaba ubufasha bwizobere mu buzima mugihe usobanura ibyo bikoresho ukabishyira mubikorwa byawe bwite.



Humanitarian Entrant Health Service

Anita Clayton Centre

📍 1/311 Wellington Street

☎ (08) 9222 8500

✉ migranthealth@health.wa.gov.au

Iyi nyandiko irashobora kuboneka muburyo butandukanye byasabwe.

Serivisi y'Ubuzima mu Majyaruguru y'Umujiyi 2024 (North Metropolitan Health Service 2024)



Twishimiye kuba ikigo kutanyerwamo itabi. Urakoze kutanywa itabi cyangwa gukora vaping (kunywa itabi rya elektroniki) mu nyubako iyo ari yo yose cyangwa ku butaka bwacu.