



# နဟဲတုလီဖဲကိ်အီးစတြလယါအပူဖဲတယံင်ဒီးဘန်ဧါ.

လံာ်ရုလီအံၤ ဘန်သုန်သုန် ကမ့ၢ်ဝဲတၢ်ဂ့ၢ်တၢ်ကျိၤလၢ ကဲဘျးကဲဖျိၣ်လၢနဂီၢ် ဖဲနမ့ၢ်ဟဲတုလီဖဲကိ်အီးစတြလယါအပူ ဖဲတယံင်ဒီးဘန်န့ၢ်လီၤ. တၢ်ဆီလီၤအိၣ်ဆိးအံၤန့ၢ် ကမ့ၢ်ဝဲတၢ်လဲၤခိဖျိၣ်လၢအကီၢ်အခဲသ့န့ၢ်လီၤ. ဒ်နမ့ၢ်ပုၤဟဲတုလီၤသီ အသိး, နကမၤန့ၢ်တၢ်ဘျးတၢ်လဲၤတနီၤဒီးတၢ်မၤစၢၤတနီၤလၢ **Australian Government** အအိၣ်န့ၢ်လီၤ.

## တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်မၤစၢၤတဖၣ်

အီးစတြလယါအိၣ်ဒီးထံကိ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲတၢ်မၤအကျဲသန့ လၢတၢ်ကိးအီၤလၢ—**Medicare** န့ၢ်လီၤ. **Medicare** ဟ့ၣ်တၢ်ဘျးတၢ်လဲၤဒီးတၢ်မၤစၢၤတဖၣ်လၢအမၤစၢၤန့ၢ်သ့ဖဲနစူးကါတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်မၤစၢၤတဖၣ် မ့တမ့ၢ် ပုၤကသံၣ်ကသီ တဖၣ်အခါ န့ၢ်လီၤ. တၢ်အံၤပၣ်ဃုာ်ဒီးတၢ်မၤန့ၢ်ကဒါက့ၤစ့တနီၤဖဲနမ့ၢ်ဟ့ၣ်တၢ်အပူ ဖဲနလဲၤထံၣ်လိာ်ဒီးပုၤ သးဒီးကသံၣ်သရၣ် အခါ, ဒီးမၤန့ၢ် ကသံၣ်ကသီလၢအပူဘၣ်ခိဖျိ **Pharmaceutical Benefits Scheme** မ့တမ့ၢ် **Repatriation Pharmaceutical Benefits Scheme** န့ၢ်လီၤ. နမ့ၢ်လိာ်ဘၣ်အါထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤ လဲၤကွၢ်ဖဲ **humanservices.gov.au/medicare-services** တက့ၢ်.

နမ့ၢ်လိာ်ဘၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီးတၢ်ကြးဝဲဘၣ်ဝဲတၢ်လိာ်ဘၣ်တဖၣ်ဒီးကန့ၢ်ဆဲးလီၤမံၤလၢ **Medicare** ဒ်လဲၣ်အဂီၢ် န့ၢ် လဲၤကွၢ်ဖဲ **humanservices.gov.au/medicarecard** တက့ၢ်.

နမၤန့ၢ် **My Health Record** ဖဲနန့ၢ်ဆဲးလီၤမံၤလၢ **Medicare** အခါန့ၢ်လီၤ. **My Health Record** မ့ၢ်ဝဲန တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်ဂ့ၢ်တၢ်ကျိၤဖျိကိာ် လၢတၢ်ဟံၣ်အီၤဘၣ်ဘၣ်ဘၢဘၢ ပူပူဖျးဖျး လၢအ့ထၢၣ်န့ၢ်အဖီခိၣ်န့ၢ်လီၤ. နပၤဆုၢ်အီၤသ့ခိဖျိ လၢတၢ် ထၢန့ၢ်လီၤ တၢ်မၤန့ၢ်တဖၣ်သ့, ဒီးမၤတၢ်န့ၢ်လီၤကွၢ်သ့န့ၢ်လီၤ. နဃုထၢလၢနကနီၤဟ့ၣ်လီၤနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ဂ့ၢ်တၢ်ကျိၤဒီး နကသံၣ်သရၣ်တဖၣ်, တၢ်ဆါဟံၣ်တဖၣ်ဒီးပုၤဟ့ၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲ တၢ်မၤစၢၤအဂၤတဖၣ်သ့န့ၢ်လီၤ. နပၤဆုၢ်ရဲၣ် ကျဲၤနဖီအ **My Health Record** တုၤလၢအဝဲသ့ၣ် အသးပုၤထီၣ် 14 နံၣ်သ့န့ၢ်လီၤ. ဖဲအဝဲသ့ၣ်ပုၤထီၣ် 14 နံၣ်အခါ, အဝဲသ့ၣ် ပၤဆုၢ်တၢ်အံၤလၢအဝဲသ့ၣ်အနီၢ်ကစၢ်ဒ်ဝဲသ့န့ၢ်လီၤ.

လၢနကမၤန့ၢ်အါထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီး တၢ်လၢနကဘၣ်စူးကါန **My Health Record** အဂီၢ် လဲၤကွၢ်ဖဲ **myhealthrecord.gov.au** မ့တမ့ၢ် ကိးဖဲ **1800 723 471** န့ၢ်တက့ၢ်.

နမ့ၢ်အိၣ်ဟဲလၢထံကိ်အဂၤတဘျး ဒီးနဟဲဟးလိာ်ကွဲဆူၣ်ကိ်အီးစတြလယါန့ၢ်, နကကြးဝဲဘၣ်ဝဲဒီး တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်မၤစၢၤ စ့ဆိၣ်ထွဲတနီၤလၢ **Reciprocal Health Care Agreements** အဖီလၢန့ၢ်လီၤ. အီးစတြလယါအိၣ်ဒီး **Reciprocal Health Care Agreements** ဒီးထံကိ်အဂၤတနီၤန့ၢ်လီၤ. လၢထံကိ်အမံၤစရိတဖၣ်အံၤအဂီၢ် လဲၤကွၢ်ဖဲ **humanservices.gov.au/rhca** တက့ၢ်.

နမ့ၢ်ဟဲလၢထံကိ်အံၤတဘျးဘျးဒီးတုၤထီၣ်ဒီးတၢ်ကြးဝဲဘၣ်ဝဲတၢ်လိာ်ဘၣ်တဖၣ်န့ၢ်, နကကြးဝဲဘၣ်ဝဲလၢ **Medicare** တၢ်မၤစၢၤတဖၣ်အဂီၢ် ဖဲနအိၣ် လၢအီးစတြလယါအပူအခါန့ၢ်လီၤ.

## ပတၢ်ဟ့ၣ်တၢ်ဘျးတၢ်လဲၤတဖၣ်

စ့တၢ်ဘျးတၢ်လဲၤလၢနမၤန့ၢ်အီၤသ့တဖၣ်န့ၢ် ဒီးသန့ထီၣ်အသးလၢဘၣ်စၢ်အကလုာ်လၢ နဖီခိၣ်အီၤအဖီခိၣ် မ့တမ့ၢ် နကဲ အီးစတြလယါ အထံကိ်ဖိလံၤန့ၢ်လီၤ. ဘၣ်သ့ၣ်သ့ၣ်ကအိၣ်ဒီး တၢ်အိၣ်ခိးတၢ်အကတီၢ် ဒီးတၢ်အိၣ်သး အပတီၢ်အဂၤ တဖၣ်လၢ နလိာ်သ့ၣ်ညါအီၤန့ၢ်လီၤ.

နကမၤန့ၢ်တၢ်ဘျးတၢ်လဲၤတနီၤဖဲ နမ့ၢ်ပုၤအသီလၢအဟဲတုဖဲအီးစတြလယါဒီးအိၣ်ဒီးတၢ်အိၣ်ဆိးထီၣ် တၢ်အုၣ်သး, ပုၤဂ့ၢ်ဝီ ဘၣ်ထွဲတၢ်လိာ်ဘၣ်တဖၣ်, ပုၤဘၣ်ကီဘၣ်ခဲ, ဒီမါဝါဘၣ်စၢ်လၢမါ မ့တမ့ၢ် ဝါမ့ၢ်ဝဲပုၤအီးစတြလယါဖိ မ့တမ့ၢ် ပုၤအိၣ်ဆိးထီၣ် မ့တမ့ၢ် တၢ်ဒီသဒါကဟုကယာ်တစီၢ်တလီၢ်ဘၣ်စၢ်အကလုာ်, မ့တမ့ၢ် နမ့ၢ် ပုၤနယူစလဲ(န) ဖဲလၢအဟဲလီၤအိၣ်ဆိးသီလၢ အီးစတြလယါအပူလၢ **Special Category** ဘၣ်စၢ်အဖီခိၣ်အယိန့ၢ်လီၤ.



နမူနာလိပ်ဘဉ်အထိတိုက်ဂွံတိုက်ကျိဘဉ်ဃးဒီးပုၤအိၣ်ဆိးထီၣ်တိုက်လိၣ်ဘဉ်တဖၣ်အဂီၢ် လဲၤကွၢ်ဖဲ [humanservices.gov.au/residencedescriptions](https://humanservices.gov.au/residencedescriptions) တက့ၢ်.

### မူဒါလၢ နကဘဉ်မၤအီၤခိဖျိ နမၤန့ၢ်တၢ်ဘူးတၢ်လဲၤတဖၣ်

ပတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲၤတဖၣ်နီၤန့ၣ် လိၣ်ဘဉ်ဝဲဒၣ်လၢနကမၤတၢ်ဟူးတၢ်ဂဲၤတမံၤမံၤ ဒီးလဲၤဆူတၢ်သ့ၣ်ဆၢဖးကတီၢ်တဖၣ်န့ၣ်လီၤ. တၢ်အံၤအရဲဒိၣ်ဝဲဒၣ်လၢနကမၤတၢ်ဟူးတၢ်ဂဲၤတဖၣ်အံၤဒီးလဲၤဆူ နတၢ်သ့ၣ်ဆၢဖးကတီၢ်တဖၣ်လၢနကမၤဟးဆွဲး တၢ်ဟံၣ်ပတုၣ်ကွံာ် တၢ်ဟ့ၣ်နတၢ်ဘူးတၢ်လဲၤတဖၣ်န့ၣ်လီၤ.

### တၢ်ဆဲးကသံၣ်ဒိသဒါတၢ်ဆါဒီးဟံၣ်ဖိဃီဖိတၢ်တိၤစၢၤမၤစၢၤ

ကသံၣ်ဆဲးဒိသဒါတဖၣ်လၢ တၢ်ကွဲးရဲၣ်လီၤဟံၣ်ဖျိထီၣ်အီၤလၢ **National Immunisation Program Childhood Schedule** အဖီခိၣ်တဖၣ်န့ၣ် ဘျးစဲလိာ်သးဒီးဟံၣ်ဖိဃီဖိတၢ်တိၤစၢၤမၤစၢၤတၢ်ဘူးတၢ်လဲၤတဖၣ်န့ၣ်လီၤ. ပကသမံၤသမိးကွၢ်လၢ မ့ၢ်ပုၤဖိသ့ၣ် တၢ်ဂၤစုာ်စုာ်လၢနမၤန့ၢ်ဟံၣ်ဖိဃီဖိတၢ်ဘူးတၢ်လဲၤတဖၣ် တုၤထီၣ်ဒီးတၢ်ဆဲးကသံၣ်ကသီတၢ်လိၣ်ဘဉ်တဖၣ်န့ၣ်လီၤ.

န့ၣ်ကဘဉ်အိၣ်ဒီးအဝဲသ့ၣ်အတၢ်ဆဲးကသံၣ်ဒိသဒါလၢအချူးဆၢချူးကတီၢ်လၢနဂီၢ်လၢနကမၤန့ၢ်-

- တၢ်ကြးဝဲဘဉ်ဝဲလၢလၢပုၤပုၤလၢ **Family Tax Benefit Part A**
- **Child Care Subsidy.**

လၢနကကွၢ်ထံကီၢ်တၢ်ဆဲးကသံၣ်ဒိသဒါတၢ်တိၤကျဲၤတၢ်ရဲၣ်လီၤကျဲၤလီၤ **National Immunisation Program Schedule** အဂီၢ်, လဲၤကွၢ်ဖဲ [health.gov.au/immunisation](https://health.gov.au/immunisation)

လၢနကမၤန့ၢ်အထိတိုက်ဂွံတိုက်ကျိဘဉ်ဃးဒီးတၢ်ဆဲးကသံၣ်ဒိသဒါတၢ်လိၣ်ဘဉ်တဖၣ်အဂီၢ်, လဲၤကွၢ်ဖဲ [humanservices.gov.au/immunisation](https://humanservices.gov.au/immunisation)

တလိၣ်နတဲပုၤလၢနဖိဆဲးကသံၣ်ဒိသဒါအခါဖဲလဲၣ်ဘဉ်—ပသမံၤသမိးအဝဲသ့ၣ်အတၢ်အိၣ်သးအပတီၢ်လၢ **Australian Immunisation Register (AIR)** အဖီခိၣ် ခိဖျိပစူးကါအဝဲသ့ၣ်အ **Medicare** တၢ်ဂွံတၢ်ကျိတဖၣ်န့ၣ်လီၤ.

နကွၢ်တၢ်ဆဲးကသံၣ်ဒိသဒါတၢ်စံၣ်စိတၢ်ဟံၣ်ဖျိတဖၣ်လၢနဂီၢ် မ့တမ့ၢ် နဖိလၢအသးအိၣ် **14** နံၣ်အဖီလၢ ခိဖျိန **Medicare** အ့ထၢၣ်နဲးစရိ ခိဖျိ **myGov** မ့တမ့ၢ် **Express Plus Medicare** လီတဲစိတၢ်ရဲၣ်တၢ်ကျဲၤအဖီခိၣ်သ့န့ၣ်လီၤ. နသးမ့ၢ်အိၣ် **14** နံၣ် မ့တမ့ၢ် သးပုၤန့ၢ်အန့ၣ်, နလဲၤကွၢ် နနီၢ်ကစၢ်တၢ်ဆဲး ကသံၣ်ဒိသဒါတၢ်စံၣ်စိတၢ်ဟံၣ်ဖျိသ့န့ၣ်လီၤ. နမ့ၢ်တအိၣ်ဒီး **myGov** မံၤစူးကါစရိဘဉ်န့ၣ် နတုၤဒုးအိၣ်ထီၣ်တခါဖဲ [my.gov.au](https://my.gov.au) ဒီးဘျးစဲဒီး **Medicare**.

ဃုဖးအထိတိုက်ဘဉ်ဃးဒီး **AIR** ဖဲ [humanservices.gov.au/air](https://humanservices.gov.au/air)

### တၢ်အိၣ်ခိးတၢ်အဆၢကတီၢ်တဖၣ်

ပုၤအိၣ်ဆိးထီၣ်အသီတဖၣ်ကဘဉ်ဟ့ၣ်တၢ်ဆၢကတီၢ်လၢတၢ်အိၣ်ခိးတၢ်ဆၢကတီၢ်လီၤတံၢ်လီၤဆဲးတချူးလၢတၢ်ဃုထီၣ်တၢ်ဘူး တၢ်လဲၤန့ၣ်လီၤ. တၢ်ပျဲပူၤတဖၣ်အိၣ်လၢတၢ်အံၤအဂီၢ်န့ၣ်လီၤ. အဒိ, နမ့ၢ်ဟဲတုၤလီၤဆူထံကီၢ်အပူၤဒီးပုၤဘဉ်ကီဘဉ်ခဲဘဉ်စၢ် န့ၣ်လီၤ.

နတၢ်အိၣ်ခိးအဆၢကတီၢ်ကစးထီၣ်ဖဲမ့ၢ်န့ၢ်လၢနစးထီၣ်အိၣ်ဆိးဖဲအံၤဖဲနမၤန့ၢ်တၢ်အိၣ်ဆိးထီၣ်ဘဉ်စၢ်ဝံၤအလီၢ်ခဲန့ၣ်လီၤ. ထဲဒၣ် နအိၣ်ဆိးဖဲ ကီၢ်အိးစကြွလယါအပူၤဖဲတၢ်ဆၢကတီၢ်အံၤတၢ်ဂံၢ်ဒွဲးအိးတုၤလၢတၢ်အိၣ်ခိးအကတီၢ်န့ၣ်လီၤ.

နမူနာလိပ်ဘဉ်အထိတိုက်ဂွံတိုက်ကျိန့ၣ်, လဲၤကွၢ်ဖဲ [humanservices.gov.au/newresidentswaiting](https://humanservices.gov.au/newresidentswaiting)

### ဟီၣ်ခိၣ်ဘီမ့ၢ်ပုၤဂ့ၢ်ဝီတၢ်ဘဉ်တၢ်ဘၢတၢ်အၢၣ်လီၤအီၤလီၤတဖၣ်

ပအိၣ်ဒီးတၢ်အၢၣ်လီၤအီၤလီၤဒီးထံကီၢ်အဂၤတဖၣ်လၢကမၤစၢၤန့ၢ်လၢနကမၤန့ၢ်တၢ်ဘူးတၢ်လဲၤလၢပအိၣ်န့ၣ်လီၤ. ဘဉ်သ့ၣ်သ့ၣ် အဝဲသ့ၣ် ကမၤစၢၤန့ၢ်လၢနကမၤန့ၢ်တၢ်ဘူးတၢ်လဲၤလၢထံကီၢ်အဂၤန့ၣ်လီၤ. နစူးကါတၢ်ဆၢကတီၢ်လၢကီၢ်အိးစကြွလယါအပူၤဒီး

ထံကီၢ်အဂၢၤကမၤစၢၤန့ၤလၢ နကကြၢၤဝဲဘၣ်ဝဲလၢတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲအဂီၢ်န့ၣ်လီၤ. လၢနကမၤန့ၢ်အိၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်လဲၤကွၢ်ဖဲ [humanservices.gov.au/issa](https://humanservices.gov.au/issa)

### တၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲလၢကီၢ်အိၣ်စံးစံးလၢအချၢ

နတၢ်ဘူးတၢ်လဲ မ့တမ့ၢ် တၢ်မၤစၢၤလီၤန့ၢ်တၢ်အပူၤဒးက့ၢ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်ကအိၣ်ဒီးတၢ်ဒိဘၣ်ဖဲန့ၢ် လဲၤဆူထံဂ့ၢ်ကီၢ်ဂၤအခါန့ၣ်လီၤ. ဒီးသန့ထီၣ် အသးလၢတၢ်ဘူးတၢ်လဲလၢနမၤန့ၢ်အိၣ်ဖဲလဲၣ်တခါအဖီခိၣ်, နကဘၣ်တဲဘၣ်ပုၤဘၣ်ဒီးဒီး နတၢ်လဲၤတၢ်က့ၢ်တၢ်ရဲၣ်တၢ်ကျဲၤတချုးလၢနဟးထီၣ်န့ၣ်လီၤ. လၢနကမၤန့ၢ်အိၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်, လဲၤကွၢ်ဖဲ [humanservices.gov.au/paymentsoverseas](https://humanservices.gov.au/paymentsoverseas)

### ပတၢ်မၤစၢၤတဖၣ်

#### တၢ်ဂ့ၢ်တၢ်ကျိၤလၢနက့ၢ်အပူၤ

ပအိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်မၤန့ၢ်အိၣ်သ့ၣ်လၢကျိၢ်အဂၢၤအါန့ၢ် 65 ကျိၢ်လၢနဖးအိၣ်, ဒိကန့ၣ်အိၣ် မ့တမ့ၢ် ကွၢ်အိၣ်သ့ၣ် လၢကမၤ စၢၤန့ၢ်လၢ နကန့ၢ်ပၢၢ် ပတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲတဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ်န့ၣ်လီၤ. လၢတၢ်ဂ့ၢ်တၢ်ကျိၤလၢနမၤန့ၢ်အိၣ်သ့ၣ်လၢကျိၢ်အဂၢၤ တဖၣ်အပူၤအဂီၢ်, လဲၤကွၢ်ဖဲ [humanservices.gov.au/yourlanguage](https://humanservices.gov.au/yourlanguage)

နမ့ၢ်ဃုထီၣ်ပတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲ မ့တမ့ၢ် တၢ်မၤစၢၤတဖၣ်တခါခါန့ၣ်, ပကကွဲးကျိးထံလံာ်တီၢ်မိတဖၣ် လၢနလိာ်ဘၣ်အိၣ် တဖၣ်လၢအကလီ န့ၣ်လီၤ.

ကိးပုၤဖဲ 131 202 လၢနကတဲသကိးတၢ်ဒီးပုၤတဂၤဂၤလၢအန့ၢ်ပၢၢ်နက့ၢ်ဘၣ်ဒီးဒီး Centrelink တၢ်ဘူးတၢ်လဲ တဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ်န့ၣ်လီၤ. လၢတၢ်မၤစၢၤဒီး Medicare မ့တမ့ၢ် Child Support တၢ်မၤစၢၤတဖၣ်အဂီၢ် ကိး Translating and Interpreting Service (TIS National) ဖဲ 131 450 န့ၣ်လီၤ.

### Multicultural Service Officers

Multicultural Service Officers မၤသကိးတၢ်ဒီးပုၤတဂၤကရူၢ်တဖၣ်ဒီးတၢ်ကရၢကရိတဖၣ်လၢကမၤစၢၤ ပုၤန့ၣ်လီၤကီၢ်ဖဲမၤတၢ်တဖၣ်ဒီး ပုၤဘၣ်ကီဘၣ်ခဲတဖၣ်လၢအတၢ်ဘျးစဲအိၣ်ဒီးပတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲတဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ် န့ၣ်လီၤ.

#### ပုၤဘၣ်ကီဘၣ်ခဲတၢ်မၤစၢၤတဖၣ်

နမ့ၢ်ဟဲတုၤလီၤလၢအိၣ်စံးစံးလၢအပူၤ ဒီးပုၤဘၣ်ကီဘၣ်ခဲ မ့တမ့ၢ် ပုၤဂ့ၢ်ဝီဘၣ်ထွဲတၢ်လိာ်ဘၣ်ဘၣ်စၢ်, မ့တမ့ၢ် တၢ်အုၣ်ကီၤထုးထီၣ်ဟ့ၣ်လီၤန့ၢ်ဒီး Permanent Protection Visa လၢအိၣ်စံးစံးလၢအပူၤန့ၣ်, ပမၤစၢၤန့ၢ်လၢန ကဆီလီၤအိၣ်ဆိးလၢ နတၢ်အိၣ်မ့ၢ်အိၣ်ဂဲၤအသီ အပူၤသ့ၣ်န့ၣ်လီၤ. ပပုၤဘၣ်ကီဘၣ်ခဲတၢ်မၤစၢၤတဖၣ်မၤစၢၤန့ၢ်ဒီး ကျိၢ်စ့ဂ့ၢ်ဝီတၢ်တိစၢၤမၤစၢၤတဖၣ်, Medicare တၢ်န့ၢ်ဆဲးလီၤမံၤ, လၢ နကမၤန့ၢ် Tax file number ဒီးတၢ်စိာ်ဆုၢ်ခိတဖၣ် လၢတၢ်လၢလံာ်တဖၣ်အဂီၢ်သ့ၣ်လီၤ-

- အဲကလံးကျိၢ်တၢ်မၤလိတဖၣ်
- တၢ်မၤလိမၤဒီးဒီးတၢ်မၤလိ
- တၢ်ဖဲးတၢ်မၤတၢ်တိစၢၤမၤစၢၤ
- ပဒိၣ်ဒီးပုၤတဂၤတၢ်မၤစၢၤအဂၢၤတဖၣ်.

န Humanitarian Settlement Program ပုၤဟ့ၣ်တၢ်မၤစၢၤကမၤစၢၤန့ၢ်လၢ နကန့ၢ်လီၤမၤန့ၢ်ပတၢ်မၤစၢၤတဖၣ် န့ၣ်လီၤ. နလဲၤဟးဖဲ တၢ်မၤစၢၤစဲတၢ်လၢ နကဃုထီၣ်တၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲတဖၣ် မ့တမ့ၢ် တၢ်မၤစၢၤတဖၣ်သ့ၣ်စ့ၢ်ကိး န့ၣ်လီၤ.

## ပျာ့ဝင်ပျာ့မတတ်ဖိတဖန်

ပျာ့ဝင်ပျာ့မတတ်ဖိတဖန်ဟုလိကတိတ်ဖျက်တတ်ဟုကုန်တဲသကိးတတ် ဒီးတတ်ဂုတ်တတ်ကျိလောကမၤစၢၤန့ၤလၢ နကလဲၤ ခိဖျိ တတ်ဆၢကတိတ်လၢ အကိအခဲသ့န့ၤလီၤ. ပျာ့ဝင်ပျာ့မတတ်ဖိတဖန် ဘျးစဲန့ၤဒီးတတ်ဆိတ်ထွဲဒီးတတ်မၤစၢၤအဂၤတဖန် လၢကမၤ စၢၤန့ၤအဂီၢ်သ့န့ၤလီၤ. လၢနကတဲသကိးတတ်ဒီးပျာ့ဝင်ပျာ့မတတ်ဖိတဖန်အဂီၢ် ကိးဖဲ **132 850** မ့တမ့ၢ် လဲၤဟးဖဲတတ်မၤစၢၤ စဲထၢတ်တက့ၢ်.

## International Services

ပသမံသမိးကွၢ်သ့လၢမ့ၢ်နမၤန့ၢ်တတ်ဘျးတတ်လဲၤပအိတ်ဒီးသန့ထီၣ်အသးလၢပျာ့ဝင်ပျာ့မတတ်ဘိတ်တတ်ဘၢတတ်အၢၣ်လီၤအိၣ်လီၤဒီး ထံကိၢ်အဂၤတဘျၣ် အဖိခိတ်သ့န့ၤလီၤ. ပမၤစၢၤန့ၤလၢနကယုထီၣ်ထံဂုၤကိၢ်ဂၤပုၣ်စ့ၣ်သ့စ့ၢ်ကိးန့ၤလီၤ. ဆဲးကျိၤ ပုၤဖဲ **131 673**.

## တတ်ဂုတ်တတ်ကျိၤအဂၤ

### တဲပျာ့ဘၣ်ဃးဒီးတတ်ဆိတ်လဲၤလၢနတတ်အိတ်မူအပူၤ

နကဘၣ်တဲဘၣ်ပျာ့လၢဖဲနတတ်ဂုတ်တတ်ကျိၤတဖန်မ့ၢ်ဆိတ်လဲၤအသးအခါန့ၤလီၤ. တတ်အံၤပုၣ်ဃုၣ်ဒီးတတ်ဆိတ်လဲၤန့ၤလီၤအိတ်ဆိးထံး, တတ်စးထီၣ် မ့တမ့ၢ် ပတုတ်တတ်ဖဲတတ်မၤ မ့တမ့ၢ် တတ်မၤလိ, မ့တမ့ၢ် ဖဲနမ့ၢ်အိတ်ဒီးဖိဆဲးအခါသ့န့ၤလီၤ.

နမ့ၢ်တဲဘၣ်ပျာ့ဘၣ်ဃးဒီးတတ်ဂုတ်တတ်ကျိၤတတ်ဆိတ်လဲၤတဖန်န့ၢ်, ပကဘၣ်ဟ့ၣ်န့ၤအါတလၢ ဒီးနကဘၣ်ဟ့ၣ်ကဒါက့ၤပျာ့တတ်အံၤ န့ၤလီၤ.

ပမၤတတ်ကွၢ်ကဒါက့ၤညိၣ်န့ၢ် လၢပကမၤလီၤတံၢ် ပျာ့မၤန့ၢ်တတ်ဘျးတတ်လဲၤအဘၣ်ဒီးစ့ဟ်ဖျိန့ၢ်ဂံၢ်လၢအဘၣ်န့ၤလီၤ. လၢကမၤန့ၢ် တတ်ဂုတ်တတ်ကျိၤလၢတတ်ကဘၣ်မၤသီထီၣ်တတ်မန့ၤဒီးဒဲလဲၣ်အဂီၢ်, လဲၤကွၢ်ဖဲ **humanservices.gov.au/notifychanges**

## တတ်ဃုလိၣ်စ့

တဘျီတခိတ်ပျာ့ဃုလိၣ်ပျာ့စ့န့ၤလီၤ. နမ့ၢ်ဃုလိၣ်ပျာ့စ့န့ၢ်နကဘၣ်ဟ့ၣ်ကဒါက့ၤပျာ့န့ၤလီၤ. လၢကမၤန့ၢ်အါထီၣ်တတ်ဂုတ်တတ်ကျိၤအဂီၢ် လဲၤကွၢ်ဖဲ **humanservices.gov.au/owingmoney**

## Assurance of Support

**Assurance of Support** အံၤပျာ့တဂၤစုၣ်စုၣ် မ့တမ့ၢ် တတ်ကရၢကရိအတတ်ဟ့ၣ်လီၤသးမၤတတ်လၢ ကဆိတ်ထွဲမၤစၢၤ ပုၤလၢအ ပတံထီၣ်တတ်လၢကန့ၤလီၤမၤတတ်လၢအိးစံၣ်လၢန့ၤလီၤ.

နမ့ၢ်အိတ်လၢအိးစံၣ်လၢအပူၤလၢ **Assurance of Support** တတ်ရဲၣ်တတ်ကျဲၤအဖိလၢဒီးတတ်ဟ့ၣ်န့ၤတတ်ဟဲန့ၢ်တတ်ဆိတ်ထွဲမၤစၢၤ ဘျးတတ်လဲၤတဖန် လီၤတံၢ်လီၤဆဲးန့ၢ်, နပျာ့ဟ့ၣ်တတ်အုၣ်ကိၢ် ကဘၣ်ဟ့ၣ်ကဒါက့ၤ စ့ခဲလၢပဲၤပဲၤဖဲတတ်ရဲၣ်တတ်ကျဲၤအံၤအိတ်လၢ အလီၢ်အကျဲအခါန့ၤလီၤ.

## တတ်မၤလိအဲကလံးကျိၣ်

ပမၤစၢၤန့ၤလၢနကထီၣ်တတ်မၤလိတဖန်ဖဲနမၤလိ မ့တမ့ၢ် မၤဂ့ၤထီၣ်နအဲကလံးကျိၣ်သ့န့ၤလီၤ. နကလိၣ်မၤလိ အဲကလံးကျိၣ် ဖဲနမ့ၢ်အဲၣ်ဒီး ကဲထီၣ်အိးစံၣ်လၢထံဖိကိၢ်ဖိအခါသ့န့ၤလီၤ.

တတ်မ့ၢ်အုၣ်ကိၢ်ထုးထီၣ်ဟ့ၣ်လီၤန့ၤဘၣ်စၢ်လၢနကဟဲဆူအိးစံၣ်လၢအပူၤဒ် ပုၤန့ၤလီၤမၤတတ်ဆူထံကိၢ်, ပုၤဘၣ်ကိဘၣ်ခဲ မ့တမ့ၢ် ပုၤန့ၤထံကိၢ်ဘၣ်ထွဲဒီးပျာ့ဝင်ပျာ့မတတ်လိၣ်ဘၣ်တဂၤအသးန့ၢ်, နန့ၤလီၤမၤန့ၢ်အဲကလံးကျိၣ်တတ်မၤလိတဖန် လၢအကလီ ခိဖျိ **Department of Education's Adult Migrant English Program (AMEP)** သ့န့ၤလီၤ. နကဘၣ်ဆဲးလီၤမံၤဒီးပျာ့ဟ့ၣ်လီၤ

AMEP တာ်မၤစၢၤတဖၣ်လၢ 6 လၢအတီၢ်ပူၤ (မ့တမ့ၢ် 12 လၢ ဖဲန့သးမ့ၢ်အိၣ်လၢ 15 ဒီး 17 နံၣ် အဘၢၣ်စၢၤ) ဖဲန့ဟဲတုၤလီၤ လၢအိၣ်စၢၤလၢအပူၤ မ့တမ့ၢ် တာ်အုၣ်ကီၤထုးထီၣ်ဟ့ၣ်လီၤန့ဒီးပူၤအိၣ်ဆိးထီၣ်န့လီၤ.

**Skills for Education and Employment** တာ်တီၢ်ကျဲၤ, မၤစၢၤန့ၤလၢန့ကမၤဂ့ၤထီၣ်န့အဲကလံးကျိၣ်, တာ်ကွဲးလံာ်ဒီးဂံၢ်ခိၣ်ထံး တာ်ဂံၢ်တၢ်ဒွးတၢ်သ့တၢ်ဘၣ်တဖၣ်သ့လၢန့ကမၤအါထီၣ်န့တၢ်ခွဲးဂ့ၤယာ်ဘၣ်တဖၣ်လၢန့ကမၤန့ၢ် ဒီးပၤယာ် တၢ်ဖဲးတၢ်မၤန့ၣ်လီၤ. လၢန့ကမၤထံၣ်သ့ၣ်ညါလၢ မ့ၢ်န့ကြၢၤဝဲဘၣ်ဝဲလၢတၢ်တီၢ်ကျဲၤအံၤအဂီၢ်ခါန့ၣ်, ကိးပူၤ မ့တမ့ၢ် လဲၤဟးဖဲ တၢ်မၤစၢၤစဲထၢၣ်န့ၣ် တက့ၢ်.

### ဟံၣ်ဖိဃီဖိဒီးတာ်အုၣ်လိာ်ဆိးက့ၤလၢဟံၣ်ပူၤဃီပူၤ

ပဆိၣ်ထွဲမၤစၢၤပူၤလၢအိၣ်ဒီးတာ်ဒိဘၣ်လၢဟံၣ်ဖိဃီဖိဒီးတာ်အုၣ်လိာ်ဆိးက့ၤလၢဟံၣ်ပူၤဃီပူၤ ခိဖျိတၢ်ဟ့ၣ်လီၤတာ်ဂ့ၢ်တၢ်ကျိၣ်, တၢ်မၤစၢၤတဖၣ် ဒီးတာ်စိာ်ဆုၢ်ခိဆူညါတတီၤတဖၣ်န့လီၤ.

ပအိၣ်ဒီးတာ်ဂ့ၢ်တၢ်ကျိၣ်လၢတၢ်မၤန့ၢ်အိၣ်သ့လၢကျိၣ်တဘျုးကလုာ်အပူၤန့လီၤ. နၤ မ့တမ့ၢ် ပူၤတဂၤလၢလၢန့သ့ၣ်ညါ မ့ၢ်အိၣ်ဒီး တာ်ဒိဘၣ်လၢဟံၣ်ဖိဃီဖိဒီးတာ်အုၣ်လိာ်ဆိးက့ၤလၢဟံၣ်ပူၤဃီပူၤန့ၣ်, လဲၤကွၢ်ဖဲ **humanservices.gov.au/domesticviolence**

တာ်ဆိၣ်ထွဲမၤစၢၤတဖၣ်န့မၤန့ၢ်အိၣ်သ့စ့ၢ်ကိးလၢ-

**1800RESPECT—1800 737 732** မ့တမ့ၢ် **1800RESPECT.org.au**

**MensLine Australia—1300 789 978** မ့တမ့ၢ် **mensline.org.au**

## တာ်တိစၢၤမၤစၢၤအါထီၣ်တဖၣ်

### မၤန့ၢ်ပူၤတဂၤလၢလၢကရဲၣ်ကျဲၤတဲသကိးတာ်ဒီးပူၤလၢန့ခါၣ်စး

န့မ့ၢ်ဘၣ်သးလၢန့ကအိၣ်ဒီးပူၤအဂၤတဂၤလၢလၢကရဲၣ်ကျဲၤဖဲမၤန့ၢ်န့ **Centrelink, Medicare** မ့တမ့ၢ် **Child Support** တၢ်ဖဲးတာ် မၤန့ၢ်, န့ဟ့ၣ်စိဟ့ၣ်ကမိၤပူၤတဂၤအံၤ မ့တမ့ၢ် တၢ်ကရၢကရိလၢကရဲၣ်ကျဲၤတဲသကိးတာ်ဒီး ပူၤလၢန့ခါၣ်စးသ့န့လီၤ.

လၢန့ကမၤန့ၢ်အါထီၣ်တာ်ဂ့ၢ်တၢ်ကျိၣ်ဘၣ်ဃးဒီးတာ်ဖဲးတာ်မၤတၢ်ရဲၣ်တၢ်ကျဲၤတဖၣ်အံၤအဂီၢ်လဲၤကွၢ်ဖဲ **humanservices.gov.au/authorisedrepresentative** ကိးပူၤ မ့တမ့ၢ် လဲၤဟးဖဲတာ်မၤစၢၤစဲထၢၣ်တက့ၢ်.

### ပၤဆုၢ်ရဲၣ်ကျဲၤန့ကျိၣ်စ့

ကျဲၤလၢန့စ့ၢ်ကါန့စ့ န့ၣ်ကဆိတလဲအသးလၢန့တာ်အိၣ်မူအိၣ်ဂဲၤအကတီၢ်အဖိခိၣ်န့လီၤ. လၢကမၤန့ၢ်တာ်ဂ့ၢ်တၢ်ကျိၣ်လၢ ကမၤစၢၤ န့ဖဲတာ်ဆၢကတီၢ်လီၤဆိလိာ်သးတဖၣ်လၢန့တာ်အိၣ်မူအပူၤအဂီၢ် လဲၤကွၢ်ဖဲ **humanservices.gov.au/managingmoney**

## Centrepay

**Centrepay** မ့ၢ်ဝဲတာ်ဟ့ၣ်န့ၢ်ကဒွဲစရိတာ်မၤစၢၤလၢ အကလီလၢပူၤပူၤစူးကါတာ်တဖၣ်အဂီၢ် န့လီၤ. စူးကါ **Centrepay** လၢ ကရဲၣ်ကျဲၤတာ်မၤစၢၤလီၤတာ်အပူၤညီန့ၢ်တဖၣ်လၢန့ **Centrelink** တၢ်ဘျုးတာ်လဲ အဂီၢ်န့တက့ၢ်. န့ဟ့ၣ်န့ကဒွဲစရိ ညီန့ၢ်တဖၣ် ဒီးတာ်လၢာ်ဘျုးလၢာ်စ့အဂၤတဖၣ် ဒ်အမ့ၢ် တၢ်ဟ့ၣ်ဟံၣ်ဒီးလဲ, လီမ့ၢ်အူ ဒီးလီတဲစိအပူၤတဖၣ်သ့န့လီၤ. န့စးထီၣ် မ့တမ့ၢ် ပတုာ်စူးကါ **Centrepay** ဖဲန့အဲၣ်ဒီးအိၣ်တဘျီလၢလၢအခါသ့န့လီၤ. လၢကဟ်လီၤ မ့တမ့ၢ် ရဲၣ်ကျဲၤ န့တာ်မၤစၢၤလီၤန့ၢ်တာ် အပူၤတဖၣ်အဂီၢ် န့စူးကါန့ **Centrelink** စ့စရိလၢ အ့ထၢၣ်န့ဒီးအဖိခိၣ်ခိဖျိ **myGov** မ့တမ့ၢ် **Express Plus** လီတဲစိတာ်ရဲၣ် တၢ်ကျဲၤသ့န့လီၤ.

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ မ့တမ့ၢ် လၢကမၤန့ၢ်တၢ်ဖံးတၢ်မၤလၢတၢ်အုၣ်ကီၤဟ့ၣ်ခွဲးတဖၣ်အဂီၢ်လဲၤကွၢ်ဖဲ  
**humanservices.gov.au/centrepay**

## တၢ်ဟ့ၣ်အါထီၣ်တၢ်ဘျးတၢ်လဲၤ ဒီးတၢ်မၤစၢၤအါထီၣ်တဖၣ်

ပန့ၢ်ပၢၢ်လၢနကအိၣ်ဒီးတၢ်အပူၤတနီၤ မ့တမ့ၢ် တၢ်ဂ့ၢ်ကီၤတဖၣ် လၢ နလိၣ်ဘၣ်အါထီၣ်တၢ်မၤစၢၤတဖၣ်န့ၣ်လီၤ.  
နန့ၣ်လီၤမၤန့ၢ်တၢ်လၢလၢတနီၤသ့-

- Rent Assistance
- Child Care Subsidy
- Rent Deduction Scheme
- Agents and Access Points
- Financial Information Service.

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီးတၢ်ဘျးတၢ်လဲၤတဖၣ်အံၤဒီးတၢ်မၤစၢၤတဖၣ်အဂီၢ် လဲၤကွၢ်ဖဲ  
**humanservices.gov.au** မ့တမ့ၢ် ကိးပုၤတက့ၢ်.

## မၤနတၢ်ဖံးတၢ်မၤလၢအ့ထၢၣ်န့းအဖီခိၣ်

တၢ်အံၤညီၤလၢနကမၤတၢ်ဖံးတၢ်မၤဒီးပုၤလၢအ့ထၢၣ်န့းအဖီခိၣ်, တဘျီလၢလၢ ဒီးလၢတၢ်လိာ်တတီၤလၢလၢန့ၣ်လီၤ.  
စူးကါ Centrelink မ့တမ့ၢ် Medicare မံၤစူးကါစရိလၢအ့ထၢၣ်န့းအဖီခိၣ်တဖၣ်လၢနကန့ၣ်လီၤမၤန့ၢ်နတၢ်ဂ့ၢ်တၢ်ကျိၤ  
ဒီးမၤနတၢ်ဖံးတၢ်မၤလၢအ့ထၢၣ်န့းအဖီခိၣ်တဖၣ်လၢ ကကိး မ့တမ့ၢ် ဟဲးဆူပအိၣ်န့ၣ်တက့ၢ်.

## myGov ဒီးမံၤစူးကါစရိလၢအ့ထၢၣ်န့းအဖီခိၣ်တဖၣ်

myGov ဟ့ၣ်လီၤနဒီးတၢ်ခွဲးတၢ်ယၢ်လၢနကန့ၣ်လီၤမၤန့ၢ်ပဒိၣ်တၢ်မၤစၢၤတဖၣ်လၢအ့ထၢၣ်န့းအဖီခိၣ်လၢ တၢ်လိာ်တတီၤယီ  
အပူၤခဲလၢာ် န့ၣ်လီၤ.

လဲၤကွၢ်ဖဲ **my.gov.au** ဒီးမၤပိာ်ထွဲတၢ်တဘျီယီလၢနကတုဒုးအိၣ်ထီၣ်န့ၣ် myGov မံၤစူးကါစရိန့ၣ်တက့ၢ်. လၢနကဘျးစဲနမံၤ  
စူးကါလၢအ့ထၢၣ်န့းအဖီခိၣ်အဂီၢ်, ယုထၢ Services တဖၣ်ဒီးဝံဒီး Medicare မ့တမ့ၢ် Centrelink တက့ၢ်. နကဘၣ်စံးဆၢ  
တၢ်သံကွၢ်တနီၤ, လၢအဘၣ်ထွဲဒီးန့ၣ်လီၤ. တၢ်အံၤမၤစၢၤပုၤလၢပကဘျးစဲ တၢ်ကွဲးနီၣ်လၢအဘၣ်ဒီးန့ၣ် myGov မံၤစူးကါစရိ  
န့ၣ်လီၤ.

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီး myGov အဂီၢ် လဲၤကွၢ်ဖဲ **humanservices.gov.au/mygov**

လၢကတုဒုးအိၣ်ထီၣ် myGov မံၤစူးကါစရိအဂီၢ်, မ့တမ့ၢ် ဆဲးလီၤမံၤလၢ Medicare မ့တမ့ၢ် Centrelink မံၤစူးကါစရိလၢ  
အ့ထၢၣ်န့းအဖီခိၣ်အဂီၢ်, လဲၤကွၢ်ဖဲ **humanservices.gov.au/register**

လၢကမၤစၢၤဒီးန့ၣ် myGov မံၤစူးကါစရိ, Centrelink မံၤစူးကါစရိလၢအ့ထၢၣ်န့းအဖီခိၣ် ဒီး Medicare မံၤစူးကါစရိလၢ  
အ့ထၢၣ်န့းအဖီခိၣ်အဂီၢ်, လဲၤကွၢ်ဖဲ **humanservices.gov.au/onlineguides**

## myGov Access တၢ်တုဒုးအိၣ်ထီၣ်နီၣ်ဂံၢ်ခူသ့ၣ်တၢ်ရဲၣ်တၢ်ကျဲၤ

န့ၣ်ရဲၣ်ကျဲၤလၢနကလဲၤဆူထံဂုၤကီၢ်ဂၤ မ့တမ့ၢ် န့ၣ်အိၣ်ဒီးတၢ်တူၢ်လိာ်တၢ်ကိးလီတဲစိစိာ်စုလၢအိၣ်ဒီးတၢ်ဟံပနီၣ်န့ၣ်, နကလိၣ်  
ဘၣ် myGov Access တၢ်ရဲၣ်တၢ်ကျဲၤန့ၣ်လီၤ. myGov Access မ့ၢ်ဝဲတၢ်တုဒုးအိၣ်ထီၣ်နီၣ်ဂံၢ်ခူသ့ၣ် တၢ်ရဲၣ်တၢ်ကျဲၤန့ၣ်လီၤ.  
တၢ်အံၤဒုးအိၣ်ထီၣ်နီၣ်ဂံၢ်ခူသ့ၣ်လၢနကစူးကါအိၣ်ထဲတဘျီ ဖဲနဆဲးလီၤမံၤလၢနကန့ၣ်လီၤဆူန့ၣ် myGov မံၤစူးကါစရိအပူၤန့ၣ် လီၤ.  
တၢ်အံၤတမ့ၢ်တၢ်ရဲၣ်တၢ်ကျဲၤလၢ myGov အဂီၢ်ဘၣ်.

နမူနာလဲဆူထံဂုဏ်ဂါဒီးနအိတ်ဒီးလီတဲစိစိစုတခီ, မလီတံာ်လၢနထုးလီတၢ်အံလၢအ့ထၢနဲအဖီခိတ် ဒီးတုဒုးအိတ်ထီၣ် တၢ်ရဲၣ်တၢ်ကျဲတချးလၢနလဲတၢ်န့ၣ်တက့ၢ်.

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျဲတၢ်ဘၣ်ဒီး [myGov Access](#) အဂီၢ်လဲၤကွၢ်ဖဲ [humanservices.gov.au/mygov](#)

### Express Plus လီတဲစိစိစုတၢ်ရဲၣ်တၢ်ကျဲတဖၣ်

စူးကါပ **Express Plus** လီတဲစိစိစုတၢ်ရဲၣ်တၢ်ကျဲတဖၣ်လၢနကမၤဃုာ်မၤသကိးတၢ်ဖဲတၢ်မၤဒီးပုၤ 24 န့ၣ်ရံၣ် တသီ, 7 သီ လၢတန့ၣ် အဂီၢ် န့ၣ်တက့ၢ်. နကလိာ်ဘၣ် **myGov** မံၤစူးကါစရီလၢနကဘျးစဲဒီး **Centrelink** မ့တမ့ၢ် **Medicare**, တချးလၢန ဒုးအိတ်ထီၣ်တၢ်ရဲၣ်တၢ်ကျဲန့ၣ်လီၤ.

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျဲတၢ်ဘၣ်ဒီးတၢ်ဖဲတၢ်မၤလၢနမၤအီၤသ့ဒီးပတၢ်ရဲၣ်တၢ်ကျဲတဖၣ်အဂီၢ်လဲၤကွၢ်ဖဲ [humanservices.gov.au/expressplus](#)

### Express Plus Lite လီတဲစိစိစုတၢ်ရဲၣ်တၢ်ကျဲတဖၣ်

**Express Plus Lite** လီတဲစိစိစုတၢ်ရဲၣ်တၢ်ကျဲပျဲန့ၣ်လၢနကမၤဃုာ်ပျီထီၣ်နတၢ်ဟဲန့ၣ်လၢအာ်ရဲ(ဘ), တရူး, အဲကလံး, ဖဲၣ်ဂျာ် (ဖါစံာ်) ဒီးဘံာ်ယဲးန့ၣ်အကျိာ်တဖၣ်န့ၣ်လီၤ. လဲၤကွၢ်ဖဲ [humanservices.gov.au/expresspluslite](#) လၢနကမၤအါထီၣ် အဂီၢ် တက့ၢ်.

### တၢ်ကဘျးကဘျာ်တဖၣ်ဒီးနတၢ်ဘံာ်တၢ်ဘၢလၢအ့ထၢနဲအဖီခိတ်

ဟံနတၢ်ဂ့ၢ်တၢ်ကျဲဘံာ်ဘံာ်ဘၢလၢအ့ထၢနဲအဖီခိတ်တက့ၢ်. လဲၤကွၢ်ဖဲ [humanservices.gov.au/scams](#) လၢကမၤဃုာ်ထံာ်သ့ၣ်ညါလၢကဘၣ်မၤဒဲလဲၣ်န့ၣ်တက့ၢ်.

နမူနာဆိကမိာ်လၢတၢ်မၤကဘျးကဘျာ်တၢ်န့ၣ် ကိးပ **Scams and Identity Theft Helpdesk** ဖဲ **1800 941 126**.

### မၤချးနံၤချးသီတၢ်ဂ့ၢ်တၢ်ကျဲ

လၢကမၤဃုာ်ကွၢ်ဘၣ်ဒီးတၢ်ဆိတလဲတဖၣ်လၢတၢ်ရဲၣ်ကျဲမၤတၢ်ဘျးတၢ်လဲတဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ်အဂီၢ်- လဲၤကွၢ်ဒီးဆဲးလီၤမၤလၢပတၢ်ကစီၣ်လၢအ့ထၢနဲအဖီခိတ်တၢ်မၤစၢၤတဖၣ်အဂီၢ်လၢနကမၤန့ၢ်တၢ်ဂ့ၢ်တၢ်ကျဲချးနံၤချးသီတဖၣ်ဖဲ [humanservices.gov.au/multicultural](#)

လဲၤစံာ်လီၤတၢ်ဘၣ်သးပုၤအပနီၣ်ဖဲ [facebook.com/HumanServicesAU](#) ဒီးသံကွၢ်ပုၤဒီးတၢ်သံကွၢ်

ပိာ်ထွဲပခံဖဲ [Twitter](#) ဖဲ [twitter.com/HumanServicesAU](#)

### လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျဲအဂီၢ်

- လဲၤကွၢ်ဖဲ [humanservices.gov.au/multicultural](#) လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျဲလၢအဲကလံးကျိာ်
- လဲၤကွၢ်ဖဲ [humanservices.gov.au/yourlanguage](#) တၢ်လီၤဖဲနဖး, ဒိကန့ၣ် မ့တမ့ၢ် ကွၢ် တၢ်ဂ့ၢ်တၢ်ကျဲလၢ နနီၣ်ကစၢ်အကျိာ်သ့
- ကိး **131 202** လၢနကတဲသကိးတၢ်ဒီးပုၤလၢနကျိာ်ဘၣ်ဒီး **Centrelink** တၢ်ဟ့ၣ်တၢ်ဘျးတၢ်လဲတဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ်
- ကိး **Translating and Interpreting Service (TIS National)** ဖဲ **131 450** လၢနကတဲသကိးတၢ်ဒီးပုၤလၢ နကျိာ်အပူၤ ဘၣ်ဒီး **Medicare** ဒီး **Child Support** တၢ်ဟ့ၣ်တၢ်ဘျးတၢ်လဲတဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ်

- လဲဟေးဖဲတၢ်မၤစၢၤစဲထၢ်.

**တၢ်နီၣ်-** ကိးလၢနဟံၣ်လီၤတဲစိနီၣ်ဂံၢ် '13' ဖျၢၣ်လၢတၢ်လီၤတတီၤလၢလၢအိးစၢၤလၢယါအပူၤတဖၣ်န့ၣ် တၢ်ဃုအပူၤ လီၤတံၢ် လီၤဆဲး န့ၣ်လီၤ. တၢ်အပူၤအံၤကလီၤဆီလိာ်အသးလၢတၢ်ကိးလီၤတဲစိအပူၤလၢလီၤကဝီၤအပူၤ ဒီးကလီၤဆီလိာ် အသးလၢပူၤ ဟ့ၣ် လီၤ လီၤတဲစိတၢ်မၤစၢၤတဖၣ် အဘၢၣ်စၢၤန့ၣ်လီၤ. ကိးနီၣ်ဂံၢ် '1800' လၢနဟံၣ်လီၤတဲစိတဖၣ်န့ၣ် အကလီၤ န့ၣ်လီၤ. တၢ်ကိးလီၤတဲစိ လၢကမုၢ်လီၤတဲစိဒီးလီၤတဲစိစိစုတဖၣ် န့ၣ်ဘၣ်သ့ၣ် သ့ၣ်ကအိၣ်ဒီးတၢ်ဟံၣ်နီၣ်တၢ်ဆၢကတီၢ်ဒီး တၢ်ကဃုအပူၤ ဒိၣ်န့ၣ်လီၤ.

### **တၢ်တဟံးမူဒါ**

တၢ်ဂ့ၢ်တၢ်ကျိၤလၢပုၣ်ဃုာ်လၢလံာ်ရၤလီၤအပူၤအံၤန့ၣ်တၢ်ပညိၣ်အီၤထဲလၢတၢ်န့ၣ်ကျဲလၢတၢ်ဟ့ၣ်တၢ်ဘူးတၢ်လဲတဖၣ်ဒီး တၢ်မၤစၢၤတဖၣ်အဂီၢ် ဧိၣ်န့ၣ်လီၤ. တၢ်အံၤမ့ၢ်ဝဲန့ၣ်မူဒါလၢနကဆၢတၢ် လၢမ့ၢ်န့ၣ်မ့ၢ်လၢကွၢ်စိလၢ နကပတံထီၣ် တၢ်ဘူး တၢ်လဲအဂီၢ်ဒီးနကမၤလံာ်ပတံထီၣ်တၢ်လၢအဘၢၣ်ထွဲဒီးနတၢ်ဂ့ၢ်တၢ်ကျိၤလီၤဆီဒ်တၢ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.





## Recently arrived in Australia?

This brochure has information that might be useful to you if you've recently moved to Australia. Settling in can be a challenging experience. As a new arrival, you may get some payments and services from the Australian Government.

### Health services

Australia has a national health care system—Medicare. Medicare provides payments and services that can help when you use health care services or buy medicines. This includes getting some money back if you pay to visit a doctor, and getting cheaper medicines through the Pharmaceutical Benefits Scheme or Repatriation Pharmaceutical Benefits Scheme. For more information go to [humanservices.gov.au/medicare/services](https://humanservices.gov.au/medicare/services)

For more information about eligibility requirements and how to enrol in Medicare go to [humanservices.gov.au/medicare/card](https://humanservices.gov.au/medicare/card)

You can get a My Health Record when you enrol in Medicare. A My Health Record is a secure online summary of your health information. You can control what goes into it, and who can access it. You can choose to share your health information with your doctors, hospitals and other healthcare providers. You can manage your child's My Health Record until they turn 14. Once they turn 14, they can manage it themselves.

For information about using your My Health Record go to [myhealthrecord.gov.au](https://myhealthrecord.gov.au) or call **1800 723 471**.

If you're visiting Australia from certain countries, you may be entitled to some subsidised health services under Reciprocal Health Care Agreements. Australia has Reciprocal Health Care Agreements with a number of other countries. For a list of these countries go to [humanservices.gov.au/rhca](https://humanservices.gov.au/rhca)

If you're from one of these countries and meet the eligibility requirements, you may be eligible for Medicare services while you're in Australia.

### Our payments

The payments you can get depend on the type of visa you hold or if you already have Australian citizenship. There may also be waiting periods and other conditions you need to know about.

You may get certain payments if you're new to Australia and have a permanent residence, humanitarian, refugee, provisional partner or temporary protection type visa, or you're a New Zealander living in Australia on a Special Category visa.

For more information about residence requirements go to [humanservices.gov.au/residence/descriptions](https://humanservices.gov.au/residence/descriptions)

### Your payment obligations

Some of our payments require you to do certain activities and go to certain appointments. It's important you do these activities and go to your appointments to avoid your payments being stopped.



## Immunisation and family assistance

Vaccines listed on the National Immunisation Program Childhood Schedule are linked to family assistance payments. We'll check if each child you're receiving family payments for meets the immunisation requirements.

Your child must be up to date with their immunisations for you to get:

- the full entitlement of Family Tax Benefit Part A
- Child Care Subsidy.

To view the National Immunisation Program Schedule, go to [health.gov.au/immunisation](https://www.health.gov.au/immunisation)

For more information about immunisation requirements, go to [humanservices.gov.au/immunisation](https://www.humanservices.gov.au/immunisation)

You don't need to tell us when your child is immunised—we check their status on the Australian Immunisation Register (AIR) using their Medicare details.

You can view immunisation history statements for yourself or your child under 14 years using your Medicare online account through myGov or the Express Plus Medicare mobile app. If you're 14 years or older, you can view your own immunisation history statement. If you don't have a myGov account you can create one at [my.gov.au](https://www.my.gov.au) and link to Medicare.

Read more about the AIR at [humanservices.gov.au/air](https://www.humanservices.gov.au/air)

## Waiting Periods

New residents must serve certain waiting periods before claiming payments. There are exemptions to this. For example, if you arrived on a refugee visa.

Your waiting period starts on the day you start living here after you get a permanent residence visa. Only days spent in Australia during this time count towards the waiting period.

For more information, go to [humanservices.gov.au/newresidentswaiting](https://www.humanservices.gov.au/newresidentswaiting)

## International social security agreements

We have agreements with other countries that may help you get a payment from us. They may also help you get a payment from the other country. Time spent in Australia and the other country may help you to qualify for payments. For more information go to [humanservices.gov.au/issa](https://www.humanservices.gov.au/issa)

## Payments paid outside Australia

Your payment or concession card may be affected if you go overseas. Depending on which payment you get, you may need to tell us about your travel plans before you leave. For more information, go to [humanservices.gov.au/paymentoverseas](https://www.humanservices.gov.au/paymentoverseas)

## Our Services

### Information in your language

We have information in over 65 languages that you can read, listen to or watch to help you understand our payments and services. For information in languages other than English go to [humanservices.gov.au/yourlanguage](https://www.humanservices.gov.au/yourlanguage)

If you're claiming one of our payments or services, we'll translate documents you need for free.

Call us on **131 202** to speak to someone in your language about Centrelink payments and services. For help with Medicare or Child Support services call the Translating and Interpreting Service (TIS National) on **131 450**.

## **Multicultural Service Officers**

Multicultural Service Officers work with community groups and organisations to help migrants and refugees connect with our payments and services.

## **Refugee services**

If you've arrived in Australia on a refugee or humanitarian visa, or you were granted a Permanent Protection Visa in Australia, we can help you settle into your new life. Our refugee services can help you with financial assistance, Medicare enrolment, to get a Tax file number and referrals for:

- English language classes
- education and training
- employment assistance
- other government and community services.

Your Humanitarian Settlement Program provider will help you access our services. You can also visit a service centre to claim payments or services.

## **Social workers**

Our social workers can provide short term counselling and information to help you through a difficult time. Social workers can also connect you with other support and services to help you. To speak to a social worker call **132 850** or visit a service centre.

## **International Services**

We can check if you can get a payment from us based on a social security agreement with another country. We can also help you claim a foreign pension. Contact us on **131 673**.

## **Other information**

### **Tell us about changes in your life**

You need to tell us if your circumstances change. This could include changing your address, starting or stopping work or study, or if you have a baby.

If you don't tell us about changes to your circumstances, we may pay you too much and you will need to pay it back to us.

We do regular reviews to ensure people get the right payment and the right amount.

For information on what to update and how, go to [humanservices.gov.au/notifychanges](https://humanservices.gov.au/notifychanges)

### **Owing money**

Sometimes people owe us money. If you owe us money you'll need to pay us back. For more information go to [humanservices.gov.au/owingmoney](https://humanservices.gov.au/owingmoney)

## Assurance of Support

An Assurance of Support is a commitment by an individual or an organisation to support a person who is applying to migrate to Australia.

If you are in Australia under an Assurance of Support arrangement and you are paid certain income support payments from us, your assurer must repay the full amount while the arrangement is in place.

## Learning English

We can help you access classes where you can learn or improve your English. You'll need to learn English if you want to become an Australian citizen.

If you were granted a visa to come to Australia as a migrant, refugee or humanitarian entrant, you can access free English classes through the Department of Education's Adult Migrant English Program (AMEP). You'll need to register with one of the AMEP service providers within 6 months (or 12 months if aged between 15 and 17 years) of arriving in Australia or being granted permanent residence.

The Skills for Education and Employment program, can help you improve your English, reading, writing and basic maths skills to increase your chances of getting and keeping a job. To find out if you're eligible for this program, call us or visit a service centre.

## Family and domestic violence

We support people affected by family and domestic violence by providing information, resources and referrals.

We have information available in different languages. If you or someone you know is affected by family and domestic violence, go to **[humanservices.gov.au/domesticviolence](https://humanservices.gov.au/domesticviolence)**

Support is also available from:

**1800RESPECT—1800 737 732 or [1800RESPECT.org.au](https://1800RESPECT.org.au)**

**MensLine Australia—1300 789 978 or [mensline.org.au](https://mensline.org.au)**

## Extra assistance

### Getting someone to deal with us on your behalf

If you'd prefer to have someone else handle your Centrelink, Medicare or Child Support business, you can authorise a person or organisation to deal with us on your behalf.

For more information about these arrangements go to **[humanservices.gov.au/authorisedrepresentative](https://humanservices.gov.au/authorisedrepresentative)** call us or visit a service centre.

### Managing your money

The way you use your money will change over your lifetime. For information to help you at different times in your life go to **[humanservices.gov.au/managingmoney](https://humanservices.gov.au/managingmoney)**

## Centrepay

Centrepay is a voluntary bill-paying service which is free for customers. Use Centrepay to arrange regular deductions from your Centrelink payment. You can pay your regular bills and other expenses such as rent, electricity and phone. You can start or stop using Centrepay whenever you like. To set up or manage your deductions you can use your Centrelink online account via myGov or the Express Plus mobile app.

For more information or to find an approved business go to [humanservices.gov.au/centrepay](https://humanservices.gov.au/centrepay)

## Additional payments and services

We understand you may have some costs or issues you need extra help with. You may also access some of the following:

- Rent Assistance
- Child Care Subsidy
- Rent Deduction Scheme
- Agents and Access Points
- Financial Information Service.

For more information about these payments and services go to [humanservices.gov.au](https://humanservices.gov.au) or call us.

## Do your business online

It's easy to do business with us online, anytime and anywhere. Use a Centrelink or Medicare online account to access your information and do your business without needing to call or visit us.

## myGov and online accounts

myGov gives you access to government services online all in one place.

Go to [my.gov.au](https://my.gov.au) and follow the prompts to create your myGov account. To link your online account, select Services and then Medicare or Centrelink. You'll need to answer some questions, specific to you. This helps us link the correct record to your myGov account.

For more information about myGov go to [humanservices.gov.au/mygov](https://humanservices.gov.au/mygov)

To create a myGov account, or register for a Medicare or Centrelink online account, go to [humanservices.gov.au/register](https://humanservices.gov.au/register)

For help with your myGov account, Centrelink online account and Medicare online accounts, go to [humanservices.gov.au/onlineguides](https://humanservices.gov.au/onlineguides)

## myGov Access code creator app

If you're planning to travel overseas or you have limited mobile reception, you may need the myGov Access app. myGov Access is a code creator app. It creates a one-time use code you use when you sign in to your myGov account. It isn't an app for myGov.

If you're travelling overseas and you have a mobile device, make sure you download and set up the app before you go.

For important information about myGov Access go to [humanservices.gov.au/mygov](https://humanservices.gov.au/mygov)

## Express Plus mobile apps

Use our Express Plus mobile apps to do business with us 24 hours a day, 7 days a week. You'll need a myGov account linked to Centrelink or Medicare, before you can set up the app.

For more information about the tasks you can do with our apps go to [humanservices.gov.au/expressplus](https://humanservices.gov.au/expressplus)

## Express Plus Lite mobile app

The Express Plus Lite mobile app lets you report your income in Arabic, Chinese, English, Persian (Farsi) and Vietnamese. Go to [humanservices.gov.au/expresspluslite](https://humanservices.gov.au/expresspluslite) to read more.

## Scams and your online security

Keep your information safe online. Go to [humanservices.gov.au/scams](https://humanservices.gov.au/scams) to find out how.

If you think you've been scammed call our Scams and Identity Theft Helpdesk on **1800 941 126**.

## Keeping up to date

To find out about changes being made to payments and services:

visit and subscribe to our online news service for up-to-date information at [humanservices.gov.au/multicultural](https://humanservices.gov.au/multicultural)

like us on [facebook.com/HumanServicesAU](https://facebook.com/HumanServicesAU) and ask us a question

follow us on Twitter at [twitter.com/HumanServicesAU](https://twitter.com/HumanServicesAU)

## For more information

- go to [humanservices.gov.au/multicultural](https://humanservices.gov.au/multicultural) for more information in English
- go to [humanservices.gov.au/yourlanguage](https://humanservices.gov.au/yourlanguage) where you can read, listen to or watch information in your language
- call **131 202** to speak with us in your language about Centrelink payments and services
- call the Translating and Interpreting Service (TIS National) on **131 450** to speak with us in your language about Medicare and Child Support payments and services
- visit a service centre.

**Note:** calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.

## Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It is your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.