



Misamaha ya muda ya kimatibabu ikiwa unaumwa au kujeruhiwa

Huenda unaweza kuomba kupata msamaha ikiwa huwezi kukidhi mojawapo ya ifuatayo kwa muda mfupi kutokana na ugonjwa au jeraha:

- mutual obligation requirements ikiwa wewe ni mtafutaji wa kazi
- participation requirements ikiwa uko chini ya miaka 35 na unapata Disability Support Pension
- study requirements ikiwa unapata malipo ya mwanafunzi kutoka kwetu.

Kuomba msamaha unahitaji kutupa cheti cha matibabu.

Kwa nini unahitaji kutupa cheti cha matibabu

Unahitaji kutupa cheti cha matibabu ili tunaweza kuamua kama tutafanya ama:

- kukupa msamaha
- kupunguza au kubadilisha mahitaji yako.

Wakati tunatathmini ombi lako la msamaha, unahitaji kuendelea kukidhi mahitaji yako. Hii inajumuisha kwenda kwa miadi na employment services provider au kufanya shughuli zilizokubaliwa.

Iwapo unatupa cheti cha matibabu, haimaanisha daima tutakupata msamaha. Tutawasiliana nawe ikiwa tunahitaji habari ziadi.

Habari gani unayohitaji kutupa

Cheti chako cha matibabu lazima ikamilishwe na daktari yako na kujumuisha:

- ugonjwa wako, jeraha au ulemavu ni nini
- itachukua muda gani hadi unapoponya
- kipindi gani hutaweza kufanya kazi, kushiriki au kusoma.

Lazima kituambie ikiwa huwezi kufanya mambo hayo kwa angalau saa 8 kwa wiki.

Tunapendelea fomu ya Centrelink medical certificate; unaweza kuuliza daktari yako kwa fomu hii. Hii hutupa habari yote tunayohitaji na inatusaidia kutathmini ombi lako la msamaha haraka zaidi.

Ni nani anayeweza kukamilisha cheti cha matibabu

Madaktari ya kimatibabu walioidhinishwa tu wanaweza kukamilisha na kuweka saina kwenye cheti chako cha kimatibabu. Daktari wa kimatibabu ni mtu mwenye sifa za kimatibabu zilizotambulika, kama daktari wa familia, daktari mkuu au mpasujaji.

Iwapo unakaa kwenye eneo la vijijini au mashambani bila daktari karibu, muuguzi wa jamii anaweza kukamilisha cheti chako cha matibabu.

Kutuma cheti chako cha matibabu kwetu

Daktari wako anaweza kukamilisha Centrelink Medical Certificate kwa kutumia Health Professional Online Service (HPOS) na kuwasilisha moja kwa moja cheti chako cha matibabu kwetu mtandaoni.

Iwapo unapata malipo kutoka kwetu tayari na akaunti yako mtandaoni ya Centrelink imeunganishwa na myGov, unaweza kuwasilisha cheti chako cha matibabu kilichokamilishwa mtandaoni. Unaweza pia kutumia app ya simu ya Express Plus Centrelink.

Iwapo huwezi kufanya mtandaoni, unaweza kuichukua kwa service centre yako ya eneo au itume kwetu kwa kutumia maelezo kwenye **servicesaustralia.gov.au/write-to-us**

Iwapo tutakupa msamaha

Iwapo tunakupa msamaha, tutakuambia utapata kwa muda gani na kama unahitaji kufanya shughuli zozote.

Misamaha zaidi

Unaweza kuomba msamaha mwingine ikiwa huwezi bado kukidhi mahitaji yako wakati msamaha wako wa sasa utakapokwisha. Hii ni ikiwa tu kutoweza kwako ni kwa muda bado. Utahitaji kutupa cheti kipya cha matibabu.

Disability Support Pension (DSP)

Iwapo hali yako ya kimatibabu inawezekana kudumu kwa zaidi ya miaka 2 na kukuzuia kufanya kazi, huenda unaweza kupata DSP.

Iwapo hatukupa msamaha

Iwapo hatukupa msamaha, unaweza kuwasiliana na employment services provider yako kujadiliana chaguzi zako. Hii inaweza kujumuisha shughuli nyingine au huduma ili kusaidia kukidhi mahitaji yako. Iwapo huna employment service provider, unaweza kuwasiliana nasi kujadiliana:

- shughuli nyingine unaweza kuzifanya
- sababu nyingine ambazo unaweza kupata msamaha kutoka mahitaji yako.

Kwa habari zaidi

- Kwa habari zaidi kuhusu kupata cheti cha matibabu katika Kiingereza, nenda kwa ukurasa husika wa malipo:
 - JobSeeker Payment - **servicesaustralia.gov.au/jspgetmedcert**
 - Youth Allowance for job seekers - **servicesaustralia.gov.au/yajsgetmedcert**
 - Disability Support Pension - **servicesaustralia.gov.au/dspgetmedcert**
 - Parenting Payment - **servicesaustralia.gov.au/ppgetmedcert**
- Nenda kwa **servicesaustralia.gov.au/yourlanguage** ambapo unaweza kusoma, kusikiliza na kutazama video katika lugha yako.
- Piga simu kwa **131 202** kuongea nasi katika lugha yako kuhusu malipo na huduma za Centrelink.
- Piga simu kwa **132 011** kwa Medicare na **131 272** kwa Child Support. Tujulishe ikiwa unahitaji mkalimani, na tutapanga mmoja kwa bure.
- Tembelea service centre.

Kumbuka: simu kutoka simu yako ya nyumbani kwenda nambari za simu za '13' kutoka popote nchini Australia zinatozwa kwa kiwango kamili. Kiwango hicho kinaweza kutofautiana na bei ya simu ya mtaa na kinaweza pia kutofautiana na watoa huduma wa simu. Simu kwa nambari za simu

za '1800' kutoka simu yako ya nyumbani ni bila malipo. Simu kutoka simu za umma na za mkononi zinaweza kupimwa kwa muda na kutozwa kwa kiwango cha juu zaidi.

Kanusho

Maelezo yaliyomo katika chapisho hili yanakusudiwa kama mwongozo tu wa malipo na huduma. Ni wajibu wako kuamua kama ungependa kuomba malipo na kufanya maombi kuhusiana na hali yako mahususi.



Temporary medical exemptions if you are sick or injured

You may be able to ask for an exemption if you cannot meet one of the following for a short time due to sickness or injury:

- mutual obligation requirements if you are a job seeker
- participation requirements if you are under 35 years of age and get Disability Support Pension
- study requirements if you get a student payment from us.

To ask for an exemption you need to give us a medical certificate.

Why you need to give us a medical certificate

You need to give us a medical certificate so we can work out if we will either:

- give you an exemption
- reduce or change your requirements.

While we assess your request for an exemption, you need to keep meeting your requirements. This includes going to appointments with your employment services provider or doing agreed activities.

If you give us a medical certificate, it does not always mean we will give you an exemption. We will contact you if we need more information.

What information you need to give us

Your medical certificate must be completed by your doctor and include:

- what your sickness, injury or disability is
- how long it will take you to recover
- the period you will be unable to work, participate or study.

It must tell us if you cannot do these things for at least 8 hours per week.

We prefer a Centrelink medical certificate form; you can ask your doctor for this. This gives us all the information we need and helps us assess your exemption request faster.

Who can complete a medical certificate

Only authorised medical doctors can complete and sign your medical certificate. A medical doctor is a person with recognised medical qualifications, such as a general practitioner, physician or surgeon.

If you live in a rural or remote area without a doctor, a community nurse can complete your medical certificate.

Sending your medical certificate to us

Your doctor can complete a Centrelink Medical Certificate using Health Professional Online Services (HPOS) and submit your medical certificate directly to us online.

If you already get a payment from us and your Centrelink online account is linked to myGov, you can submit your completed medical certificate online. You can also use the Express Plus Centrelink mobile app.

If you cannot do it online, you can take it to your local service centre or send it to us using the information on **servicesaustralia.gov.au/write-to-us**

If we give you an exemption

If we give you an exemption, we will tell you how long it is for and if you need to do any activities.

Further exemptions

You can ask for another exemption if you still cannot meet your requirements when your current exemption ends. This is only if your incapacity is still temporary. You will need to give us a new medical certificate.

Disability Support Pension (DSP)

If your medical condition is likely to last for more than 2 years and stops you from working, you may be able to get DSP.

If we do not give you an exemption

If we do not give you an exemption, you can contact your employment services provider to discuss your options. This may include other activities or services to help you meet your requirements. If you do not have an employment service provider, you can contact us to discuss other:

- activities you can do
- reasons you may get an exemption from your requirements.

For more information

- For more information about getting a medical certificate in English, go to the relevant payment page:
 - JobSeeker Payment - **servicesaustralia.gov.au/jspgetmedcert**
 - Youth Allowance for job seekers - **servicesaustralia.gov.au/yajsgetmedcert**
 - Disability Support Pension - **servicesaustralia.gov.au/dspgetmedcert**
 - Parenting Payment - **servicesaustralia.gov.au/ppgetmedcert**
- Go to **servicesaustralia.gov.au/yourlanguage** where you can read, listen to or watch videos in your language.
- Call **131 202** to speak with us in your language about Centrelink payments and services.
- Call **132 011** for Medicare and **131 272** for Child Support. Let us know if you need an interpreter, and we will arrange one for free.
- 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's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.