



ဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စ့ဆၣ်ခိၣ်တကးအစရီ

ဖဲနမ့ၢ်ဘၣ်ယိၣ်ဘၣ်ဘီတၢ်ဘၣ်ဃးန့ၢ်မ့ၢ်တမ့ၢ်နဟံၣ်ဖိယီဖိအတၢ်ပူၤဖျဲးအဂီၢ်အခါန့ၣ်, ပမၤစၢၤန့ၣ်သ့ဝဲဒၣ်လီၤ. တၢ်အဝဲအံၤ မ့ၢ်တၢ်ဂ့ၢ်တနီၤလၢနကဟံၣ်သ့ၣ်ဟံၣ်သးဖဲနမ့ၢ်ဆဲးကျိးဝဲဒၣ် Child Support, Centrelink မ့ၢ်တမ့ၢ် Medicare အခါန့ၣ်လီၤ.

1. မှန်အိုင်ဒီးနိုတဂူကွပ်ပိုင်အလံာ်တီလာ်မိတဖာ်န့ၣ်ခါ.

ဘဉ်တဘဉ်ပကယုဝဲဒဉ်နနီၵ်တဂၤကွၢ်ပနီၵ်အလံာ်တီလံာ်မိတဖၣ်လၢနၤဒီးနဖိအဂီၢ်န့ၣ်လီၤ.
တၢ်သ့ၣ်တဖၣ်အံၤဟံၣ်ဃုာ်လံာ်တီလံာ်မိဒ်သီးဒီးတၢ်လၢလံာ်တဖၣ်-

- တၢ်နီၣ်သိလ့ၣ်အလဲးစ့ၣ်
- အိၣ်ဖျၢၣ်အလံာ်အုၣ်သး
- ဘၣ်စ့ၣ်အဂ့ၢ်အကျိၤတဖၣ်
- လံာ်ဒိကီၢ်တဖၣ်န့ၣ်လီၤ.

ဖဲနတၢ်မ့ၢ်တအိၣ်အခါဒၣ်လၢ်,ပမၤစၢၤနၤသ့ဒံးဝဲဒၣ်လီၤ.

ဆဲးကျိုးဘၣ်ပုၤဒီးပကမၤတၢ်ဒီးန့ၣ်လၢတၢ်ကကွၢ်ယုၣ်န့ၣ်ဒီးတၢ်ယုၣ်ထၢလၢအဂၤတဖၣ်အဂီၢ်တက့ၢ်.

2. မှန်မလှိုင်တင်ဟန်အလဲမနုတဖန်သုဝဲဒင်လဲန့်နသုညါအီၤ.

[illegible]

နသူအီလၢတၢ်ကယုထံၣ်န့ၣ်တၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤတဖၣ်လၢအဘူးဒီးနၤသ့ဝဲန့ၣ်လီၤ.ယုထၢထီၣ်ကီၢ်စဲၣ်မ့တမ့ၢ်ဟီၣ်ကဝီၤလၢနအိၣ်အီၤခဲအံၤ,မ့ၢ်ဝံၤဟံၣ်ဖိယီဖိဒီးဟံၣ်ပူၤယီပူၤတၢ်စ့ဆူၣ်ခိၣ်တကးန့ၣ်တက့ၢ်. လဲၤဘၣ်ဆူ

servicesaustralia.gov.au/paymentfinder လာတင်ဂွ်တင်ကျိဆူညါလၢအအိၣ်လၢအဲးကလံး အကျိၣ်အပူၤန့ၣ်တက့ၢ်.

3. မ့ၢ်ပှၤတဂၤဆဲးကျိးမၤတၢ်ဒီးပှၤလၢနလီၤခါ.

ပမၤစၢၤနၤလၢတၢ်ကဟံၣ်ကတီၢ်တၢ်ရဲၣ်တၢ်ကျဲၤတခါအံၤဖဲပှၤအဂၤတဂၤမ့ၢ်-

- အိၣ်ဒီးတၢ်ပျဲလၢကမၤတၢ်ဒီး Centrelink, Medicare မ့တမ့ၢ် Child Support လၢနလီၤ
- မၤန့ၢ်ဒီးသ့ဝဲဒၣ်န Centrelink တၢ်ဟ့ၣ်လီၤတဖၣ်အခါ

ပကဒုးသ့ၣ်ညါနၤဖဲပမ့ၢ်ကလိၣ်တဲပှၤအဂၤတဂၤဘၣ်ဃးတၢ်ဆိတလဲအသးအံၤန့ၣ်လီၤ.

4. မ့ၢ်နၤမ့တမ့ၢ်နဖိတဖၣ်အိၣ်ဒီး My Health Record န့ၣ်ခါ.

နၤဒီးနဖိအ My Health Record အပူၤအိၣ်ဒီးတၢ်ဆဲးကျိးအဂ့ၢ်အကျိၤအဒိဒ်သိးနဟံၣ်ဃီတၢ် အိၣ်တၢ်ဆိးအလီၤအ ကျဲသ့ဝဲဒၣ်လီၤ.

ဖဲတၢ်အံၤမ့ၢ်ကကဲထီၣ်တၢ်လီၤပျဲလၢနဟံၣ်ဖိဃီဖိအဂီၢ်တခါ,ကိးဘၣ် My Health Record အလီၤကျိၤမၤစၢၤတၢ်လၢ 1800 723 471 ဒီးဃုထၢထီၣ် တၢ်ဃုထၢၤ န့ၣ်တက့ၢ်.

5. မ့ၢ်နၤအိၣ်ဒီးတၢ်လိၣ်ဘၣ်တဖၣ်လၢနကလိၣ်တုၤထီၣ်ထီၣ်ဘးအီၤလၢတၢ်ကဒီးန့ၢ် န Centrelink အတၢ်ဟ့ၣ်အလဲတဖၣ်န့ၣ်ခါ.

ဘၣ်တဘၣ်နကလိၣ်တုၤထီၣ်ထီၣ်ဘးတၢ်ဟံၣ်ဃုာ်ဟံၣ်ဂီၢ်မ့တမ့ၢ်ခိၣ်ယၢ်ဘးမူဒါအတၢ်လိၣ်ဘၣ်တဖၣ်လၢတၢ်ကမၤန့ၢ် Centrelink အလဲတဖၣ်န့ၣ်လီၤ.

ကတိၤဘၣ်တၢ်ဒီးပှၤမ့တမ့ၢ်ပှၤဟ့ၣ်တၢ်ဖဲန-

- ထီၣ်တၢ်သ့ၣ်နံၤဖးသီမ့ၢ်တသ့အခါ
- တုၤထီၣ်ထီၣ်ဘးနတၢ်ဟံၣ်ဃုာ်ဟံၣ်ဂီၢ်မ့တမ့ၢ်ခိၣ်ယၢ်မူဒါအတၢ်လိၣ်ဘၣ်တဖၣ်မ့ၢ်တသ့အခါ

6. မ့ၢ်နၤမၤသီထီၣ်နနီၢ်တဂၤအဂ့ၢ်အကျိၤလီၤတၢ်လီၤဆဲးတဖၣ်ဒီးပှၤလံၤခါ.

ဒ်တၢ်လၢအဘၣ်ထွဲဒီးနတၢ်ပူၤဖျဲးအတၢ်ရဲၣ်တၢ်ကျဲၤအသိး,မၤသီထီၣ်နနီၢ်တဂၤအတၢ်ဂ့ၢ်လီၤတၢ်လီၤဆဲးတဖၣ်ဒီး Child Support, Centrelink ဒီး Medicare န့ၣ်တက့ၢ်. တၢ်အံၤကဲဝဲဒၣ်တၢ်အိၣ်တၢ်ဆိးအလီၤအကျဲအသီမ့တမ့ၢ်လီၤတဲဖိနီၢ် ဂံၢ်အသီန့ၣ်သ့ဝဲလီၤ.

တၢ်အံၤထဲဒၣ်တၢ်ကမၤလီၤတၢ်ဒုထဲနၤတဂၤနန့ၢ်ဘၣ်တၢ်ဟ့ၣ်လီၤတဖၣ်ဒီးတၢ်ဆုၢ်န့ၢ်နၤတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအအိၣ်ဟဲလၢ ပအိၣ်န့ၣ်လီၤ.

7. မှန်ကန်စိစစ်လဲနုနီဂံၣ်ခူသ့ၣ်တခါခါ.

ဖဲပုၤတဂၤမ့ၢ်အိၣ်ဒီးခွဲးယၢ်လၢအကန့ၢ်လီၤဆူနုလီၤအပၣ်ယဲၤအဖီခိၣ်မ့တမ့ၢ် myGov အစရီတဖၣ်အပူၤ တခါ,နဆိတလဲနုနီဂံၣ်ခူသ့ၣ်လၢတၢ်ဆၢကတီၢ်တခါလၢလၢအဂီၢ်သ့ဝဲလီၤ.

ဖဲနမ့ၢ်အိၣ်ဒီးတၢ်ဘၣ်ယိၣ်ဘၣ်ဃးနတၢ်ကွဲးနီၣ်ကွဲးဃါတဖၣ်အတၢ်ဘၣ်တၢ်ဘၣ်တခါ,ဒုးသ့ၣ်ညါဘၣ်ပုၤတက့ၢ်. အဒိန့ၣ်, ဖဲနဆိကမိၣ်လၢပုၤတဂၤမ့ၢ်လီၤသ့ဝဲဒၣ်န myGov အစရီအခါ,ကိးဘၣ် myGov အတၢ်မၤစၢၤလၢ 132 307 လၢတၢ်မၤစၢၤလၢအဲးကလံးအကျိၣ်အဂီၢ်တက့ၢ်..

8. မှန်လိၣ်ဘၣ်တၢ်သးဃီၤနသးဆူ Medicare ကးအဂၤတခါအအိၣ်ခါ.

နသးနသးဆူ Medicare အကးအသီတခါအဂီၢ်ဖဲနမ့ၢ်တူၢ်ဘၣ်လၢတၢ်အိၣ်လၢကးအလီၤလံၤ တခါအပူၤအံၤမ့ၢ်တပူၤဖျဲးလၢနဂီၢ်ဘၣ်အခါသ့ဝဲဒၣ်န့ၣ်လီၤ.

လၢတၢ်ကမၤတၢ်အံၤအဂီၢ်ကိးဘၣ် Medicare လၢ 132 011 ဒီးတဲဘၣ်ပုၤလၢနအဲၣ်ဒီးမၤအီၤလၢအဲးကလံးကျိၣ်န့ၣ်တက့ၢ်.ပကန့ၣ်ဃီၤနလၢဆူညါတပတီၢ်အဂီၢ်လီၤ.

9. စုတးစရီတခါလၢနသ့အီၤသ့ဝဲပုၤတၢ်ပူၤဖျဲးလၢနကစၢ်အမံၤန့ၣ်အိၣ်ဝဲဒၣ်ခါ.

ဒ်တၢ်လၢအဘၣ်ထွဲဒီးတၢ်ပူၤဖျဲးအတၢ်ရဲၣ်တၢ်ကျဲၤအသိး,နကအိၣ်ဒီး စုတးစရီတခါလၢနသ့အီၤသ့ဝဲပုၤတၢ်ပူၤဖျဲးလၢအိၣ်ထဲဒၣ်ဒီးနကစၢ်အမံၤန့ၣ်လီၤ.

ဖဲနမ့ၢ်အဲၣ်ဒီးတဲဘၣ်ပုၤလၢတၢ်ကဆၢန့ၢ်နဒီးတၢ်ဟ့ၣ်လီၤဆူနုစရီအပူၤတခါ,နကလိၣ်ဆိတလဲနစုတးစရီအဂ့ၢ်အကျိၣ်လီၤတၢ်လီၤဆဲးန့ၣ်လီၤ.သ့ၣ်နီၣ်နဲဒၣ်လၢနကလိၣ်မၤတၢ်အံၤလၢ Centrelink, Medicare ဒီး Child Support တခါစုၣ်စုၣ်အဂီၢ်န့ၣ်လီၤ.

10. မှန်လိၣ်ဘၣ်တၢ်မၤစၢၤလၢတၢ်ကနုၢ်ပၢၢ်ပတၢ်ဂ့ၢ်တၢ်ကျိၣ်တဖၣ်န့ၣ်ခါ.

ဖဲနမ့ၢ်ကလိၣ်ဘၣ်တၢ်မၤစၢၤလၢတၢ်ကနုၢ်ပၢၢ်ပတၢ်ဂ့ၢ်တၢ်ကျိၣ်ဘၣ်ဃးဒီးပတၢ်အလဲတဖၣ်ဒီးတၢ်မၤစၢၤအတၢ်ဖဲးတၢ်မၤတဖၣ်အဂီၢ်တခါ,တၢ်ဃုထၢတဖၣ်အိၣ်ဝဲဒၣ်လီၤ. အဒိန့ၣ်,ပမၤစၢၤသ့ဝဲဒၣ်ဖဲ-

- နအိၣ်ဒီးတၢ်တနုၢ်ဟူမ့တမ့ၢ်တၢ်သ့စံးသ့ကတီၢ်အတၢ်ကီၢ်တခါတဖၣ်
- နကလိၣ်ကတီၢ်တၢ်ဒီးပုၤတဂၤလၢနကျိၣ်ဒၣ်န့ၣ်လီၤ
- နမ့တမ့ၢ်ပုၤတဂၤလၢနကွၢ်ထွဲကဟူကယၢ်အီၤအိၣ်ဒီးနီၣ်ခိၣ်သးကွၢ်ဂီၤတဆူၣ်တချုတလၢတပုၤ,တၢ်ဆူးတၢ်ဆါမ့တမ့ၢ်တၢ်ဘၣ်ဒိဘၣ်ထံးအခါန့ၣ်လီၤ.

လၢတၢ်ကကတီၢ်တၢ်ဒီးပုၤလၢနကျိၣ်ဒၣ်န့ၣ်အဂီၢ်,ကိးဘၣ်-

- **131 202** ဘဉ်ဃး Centrelink တၢ်ဟ့ၣ်အလဲဒီးအတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်
- တၢ်ကျိးထံဒီးတၢ်ကတိၤကျိးထံအတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤ(ထံးစံထံကီၢ် Translating and Interpreting Service (TIS National) လၢ **131 450** ဘဉ်ဃး Medicare မ့တမ့ၢ် Child Support အဘျးအလဲဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်အဂီၢ်န့ၣ်တက့ၢ်.

လဲၤဘဉ်ဆူ servicesaustralia.gov.au/accessibility လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါလၢအအိၣ်လၢအဲးကလံးအကျိၣ်အဂီၢ်န့ၣ်တက့ၢ်.

နကွၢ်ဃုၣ်ကိးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢနကွၢ်ဒၣ်နဲအပူၤဖဲ servicesaustralia.gov.au/yourlanguage န့ၣ်သ့ဝဲလီၤ.

11. ကတိၢ်အံၤမ့ၢ်နအိၣ်ဒီး child support အတၢ်ဂ့ၢ်မ့တမ့ၢ်လိၣ်ပတံထီၣ်တၢ်လၢ child support လၢ Family Tax Benefit အဂီၢ်န့ၣ်အိၣ်ဝဲဒၣ်န့ၣ်.

ကိးဘဉ် Child Support လၢ **131 272** လၢတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအအိၣ်လၢအဲးကလံးအကျိၣ်ဖဲနမ့ၢ်ဘဉ်ယိၣ်တၢ်ဘဉ်ဃး-

- မၤန့ၢ် child support လၢနမၤဝၤလီၢ်လံၤအအိၣ်
- ပဆဲးကျိးဝဲဒၣ်နမၤဝၤလီၢ်လံၤတၢ်ဂၤအခါန့ၣ်လီၤ.

12. မ့ၢ်မ့ၢ်ဝဲၤတၢ်မၤအဂၤလၢနလိၣ်ကတိၤသကိးတၢ်ဒီးပုၤန့ၣ်အိၣ်န့ၣ်.

နကတိၤတၢ်ဒီးပုၤသ့ဝဲဒၣ်ဖဲနမ့ၢ်အိၣ်ဒီးတၢ်သံကွၢ်တဖၣ်လၢအဘဉ်ဃးဒီး-

- Centrelink တၢ်ဟ့ၣ်တဖၣ်မ့တမ့ၢ်ဒုၢ်ကမၣ်
- Medicare တၢ်ဟ့ၣ်တဖၣ်မ့တမ့ၢ်အကျိၤအကျဲတဖၣ်
- Child Support အတၢ်သမံသမိးမၤကွၢ်တဖၣ်မ့တမ့ၢ်ဒုၢ်ကမၣ်
- န Child Support, Centrelink မ့တမ့ၢ် Medicare အတၢ်ကွဲးနီၣ်ကွဲးယါတဖၣ်အတၢ်ဘဉ်တၢ်ဘၢန့ၣ်လီၤ.

လဲၤဘဉ်ဆူ servicesaustralia.gov.au/contact လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါလၢအအိၣ်ဝဲဒၣ်လၢအဲးကလံးအကျိၣ်အဂီၢ်န့ၣ်တက့ၢ်.

13. မှီယမနွှံတၢ်ဆိၣ်ထွဲမၤစၢၤဒီးပီးလီၤလၢအဂ့ၤအဂၤတဖၣ်သ့ၤလၢတၢ်လီၤဖဲ
လဲၣ်.

[illegible]

132 850 ဒီးကတိဘဉ်တၢ်ဒီးပုဂ္ဂိုလိအပုၤမၤတၢ်ဖိတဂၤန့ၣ်တက့ၢ်.

ဒုးသုၣ်ညါဘၣ်ပှၤဖဲနမ့ၢ်လိၣ်ဘၣ်ပှၤကတိၤကျိးထံတၢ် တဂၤအခါန့ၣ်တက့ၢ်.

ပကကျဲၤန့ၢ်လၢတလိာ်ဟ့ၣ်အပူၤတခါန့ၢ်လီၤ.

တၢ်ကရၢကရိအဂၤတဖၣ်အိၣ်ဝဲဒၣ်လၢကမၤစၢၤန့ၣ်လီၤ. နယုထံၣ်န့ၣ်စရိတခါလၢအအိၣ်လၢအဲးကလံးအကျိၣ်လၢဖဲ **servicesaustralia.gov.au/domesticviolence** အအိၣ်န့ၣ်သ့ဝဲဒၣ်လီၤ.

1800RESPECT (1800 737 732) အိပ်ဒီးတသိ၍၎င်းရံ၍,တန့်၍သိတၢ်မၤစၢၤအလီၤကျိၤဒီး"

ယုနိုတင်မၤစၢၤအတၢ်ဖိးတၢ် မၤတဖၣ်လၢန့ၣ်လီၢ်ကဝီၤအပူၤ"တၢ်ဖိးတၢ်မၤန့ၣ်လီၤ.

Ask Izzy မှတ်တမ်းနဲ့တစ်ခါလှည့်လည်အသုံးပြုလုပ်ကိုင်ဖို့အတွက်မေးမြန်းပါ။
 ဝီဘ်ဆိုက်လိပ်စာလေးကလေး **askizzy.org.au**



Family and domestic violence checklist

If you are concerned about your or your family's safety, we can help. Here are some things to keep in mind if you contact Child Support, Centrelink or Medicare.

1. Do you have access to personal identity documents?

We may ask for personal identity documents for you and your children. This could include documents like these:

- driver licence
- birth certificate
- visa details
- passport.

If you do not have access to them, we can still help you. Contact us and we will work with you to find other options.

2. Do you know what payments you can get?

Use our Payment and Service Finder to see what payments and services you may be able to get.

You can also use it to find services near you. Select your state or territory, then family and domestic violence. Go to servicessaustralia.gov.au/paymentfinder for more information in English.

3. Does someone else deal with us on your behalf?

We can help you end an arrangement if someone else:

- has permission to deal with Centrelink, Medicare or Child Support on your behalf
- is getting and using your Centrelink payment.

We will let you know if we need to tell the other party about the change.

4. Do you or your children have a My Health Record?

Your or your child's My Health Record can contain contact information such as your address.

If this could put your family at risk, call the My Health Record Help line on **1800 723 471** and select **option 1**.

5. Do you have any requirements you need to meet to get your Centrelink payment?

You may need to meet participation or mutual obligation requirements to get a Centrelink payment.

Talk to us, or your provider, if you cannot:

- attend an appointment
- meet your participation or mutual obligation requirements.

6. Have you updated your personal details with us?

As part of your safety planning, update your personal details with Child Support, Centrelink and Medicare. This could be a new postal address or phone number.

This is to make sure only you get payments and correspondence from us.

7. Do you need to change any of your passwords?

If someone else has access to your online or myGov accounts, you can change your passwords at any time.

If you are concerned about the security of your records, let us know. For example, if you think someone has accessed your myGov account, call the myGov help desk on **132 307** for help in English.

8. Do you need to transfer yourself to another Medicare card?

You can transfer to a new Medicare card if it is unsafe to remain on a previous card.

To do this, call Medicare on **132 011** and tell us what you want to do in English. We will direct you to the next step.

9. Do you have secure access to a bank account in your own name?

As part of your safety planning, you may have secure access to a bank account in your name only.

If you would like us to send your payments to that account, you will need to change your bank account details. Remember, you will need to do this separately for Centrelink, Medicare and Child Support.

10. Do you need help to understand our information?

If you need help to understand information about our payments and services, there are options available. For example, we can help if:

- you have a hearing or speech impairment
- you need to talk to someone in your language
- you or someone in your care have a disability, illness or injury.

To speak to us in your language, call:

- **131 202** about Centrelink payments and services
- the Translating and Interpreting Service (TIS National) on **131 450** about Medicare or Child Support payments and services.

Go to **servicesaustralia.gov.au/accessibility** for more information in English.

You can also find information in your language at **servicesaustralia.gov.au/yourlanguage**

11. Do you have a current child support case or need to apply for child support for your Family Tax Benefit?

Call Child Support on **131 272** for information in English if you are concerned about:

- seeking child support from your ex-partner
- us contacting your ex-partner.

12. Is there other business you need to talk to us about?

You can talk to us if you have questions about:

- Centrelink payments or debt
- Medicare payments or processes
- Child Support assessments or debt
- the security of your Child Support, Centrelink or Medicare records.

Go to **servicesaustralia.gov.au/contact** for more information in English.

13. Where can I find other support services and tools?

Our social workers provide free, confidential counselling. They can refer you to other services that might help. Call our Employment Services line on **132 850** and ask to speak to a social worker. Let us know if you need an interpreter. We will arrange one for free.

There are other organisations to help you. You can find a list in English at **servicesaustralia.gov.au/domesticviolence**

1800RESPECT (1800 737 732) has a 24 hour, 7 day a week helpline and 'Find services in your area' function.

Ask Izzy is a directory to help you find services in your area. Go to **askizzy.org.au**