

Waa Maxay Daryeelka Dadka Sakaraadka Ah (Hosbis)?

Somali/English translation

"Marka uu awowgay geeriyoonayay, ma uusan dooneyn inuu tago guriga xanaanada ama isbitaal. Anagoo dhan ayaa rabnay inuu helo sida uu jecelyahay, balse waxaa nagu adkaaday inaan siino daryeelka uu u baahnaa. Gargaarkii aan ka helay Hosbis-ka ayaa noo suurto galiyay inaan ku hayno guriganaga oo aan ku daryeelo. Waxaa muhiim noo ahaa fursadda aan u helay inaan waqti isla qaadano." – Marakac qoys Soomaaliyeed.

Waa Maxay Daryeelka (Hosbis-ka)?

Daryeelka Hosbis waa siyaabo gaar ah oo lagu daryeelo dad sakaraad ah ama ay noloshoodu gabagabo tahay. Hosbis ayaa bixiya dawayn iyo adeegyo taageerid ah oo caawiya bukaanka sakaraadka ah inuu guriga la joogo reerkiisa. Daryeelka Hosbis-ku wuxuu xoogga saaraa fududeynta xanuunka iyo astaamaha kale si bukaanku u helo nafis intii la awoodo. Sidoo kale Hosbis-ka ayaa taageero u fidiya reerka si ay u daryeelaan bukaanka.

Halkeebaa Daryeelka Hosbis-ka Lagu Bixiyaa?

Daryeelka Hosbis-ka waxaa caadi ahaan lagu bixiyaa meesha uu bukaanku deganyahay. Inta badan waxay noqotaa guriga ama apartment-ga uu bukaanku deganyahay, balse mararka qaarkood ayay noqotaa guri qof qoyska ka tirsan, ama xarun daryeel.

Hosbis-ku Adeeg Nooc ee Ah Ayu Bixiyaa?

Hosbis-ku wuxuu bixiyaa adeegyo kala duwan oo ay ka mid yihiin daryeel caafimaad, tababar la siiyo xubnaha qoyska daryeelka bixiya, qalabka daweynta, waxyaalaha loo baahanyahay, daawooyin iyo adeegyada kale ee taageera bukaanka iyo qoyskaba.

Waxyaalaha u gaarka ah daryeelka Hosbis-ka ayaa ah adeegyada loogu talagalay inay taageeraan qoyska iyo bukaankaba. Daryeelidda qof aad jeceshahay oo qaba xanuun uusan ka kacaynin ayaa ah mid ku adag jirka, dareenka iyo qalbiga. Hosbis-ka ayaa tababar siiya xubnaha qoyska si ay u sameeyaan daweynta yaryar iyo daawo-siinta. Hosbis-ka ayaa sidoo kale u fidiya qoyska intooda daryeelka bixiya gargaar nafsi ah si ay ooga kabtaan geerida ku timid qofkii ay jeclaayeen.



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"Labadii toddobaad ee noloshii hooyaday ugu danbeesay ayey Hosbis gargaar noo fidisay. Dhamaanteen waanu cawinaynay, balse markay hooyaday darsatay, waxyaalo aanu qaban karin ayaa jiray. Kalkaalisada Hosbis-ka ayaa na bartay sidaan u qaban laheyn. Waxay noo sheegtay isbaddalada dhici kara, waana la soconay inaan wacan karno kalkaalisada waqtigaan doono habeen ama maalin hadduu wax lama filaan ah dhaco. Ta kaliya ee aan ka shalaayo waxay tahay inaan waqti hore hawl galinin, lana xiriinin Hosbis-ka."

Goormay Habboontahay in Daryeelka Hosbis-ka La Doorto?

Daryeelka Hosbis-ka waxaa la siiyaa qofka sakaraadka ah ee laga quustay in cudurkiisa la daweeyo. Mararka qaar ayay dadku doortaan daryeelkan Hosbis-ka sababtoo ah dhakhtarka ayaa yiraahda dawo kale oo la tijaabiyo ayaan jirin. Marmarna qofka ayaa doorta daryeelka Hosbis-ka waayo wuxuusan dooneynin in qalliimo ama baaritaamo kale lagu sameeyo.

Dhakhtar ayaa laga yaabaa inuu qofka buka u wareejiyo Hosbis-ka. Haddii uuna dhakhtarku sidaa ku talinin, qofka buka ama qoyskiisa ayaa weydiin kara inuu codsiga sameeyo ama iyagaa toos ula xiriiri kara barnaamijka Hosbis-ka. Maamulka Hosbis-ka ayaa arrinta dabagal ku samaynaya oo dhakhtarka la xiriiraya, hawshiina sii wadaya.

"Xaaskayga ayaa sanado badan qabtay kansar oo dawooyin badan u qaadatay. Ugu dambayntii dawooyinkii ayay ku daashay oo Hosbis ayaanu dalbanay. Run ahaantii Hosbis-ku xanuunkeedii waa ay xakameeyeen. Dhawrkii bilood ee u dambeeyay maba kareen inaan guriga ku hayo anigoon gargaar iyo taageero ka helin Hosbis-ka."
- Maragkaca qoys Hosbis-ka faa'iidaystay

Yaa Bixiya Kharashka Daryeelka Hosbis-ka?

Medicare, Minnesota Medical Assistance, Minnesota Care, iyo badi kaararka caafimaad ee khaaska ah way bixiyaan kharashka Hosbis-ka. Hadduuna qofku lahayn caymis caafimaad, waxaa suurtagal ah inuu barnaamijka Hosbis-ku kaa caawiyo siyaabaha loo bixin karo kharashka adeegyadaa.

Halkee Baan Warbixin Dheeraad Ah oo Ku Saabsan Hosbis-ka Ka Heli Karaa?

Macluumaadka barnaamijyada Hosbis-ka waxaa laga heli karaa shabakada internet-ka ee Hosbis-ka Minnesota: www.hospicemn.org ama khatka telefoonka 651.659.0423 ama 1.800.214.9597 (khat lacag la'aan ah).

Hosbis-ka Minnesota waxay daabacday buug la yiraahdo "Doorashada Hosbis-ka: Hagidda Macaamiisha," waana buug yar oo haddaad dalbato lacag la'aan aad ku heleysid. Telefoonkan ayaad ka dalban kartaa: 651.659.0423 ama 1.800.214.9597.

WHAT IS HOSPICE?

Somali/English translation

"When my grandfather was dying, he didn't want to go to a nursing home or hospital. We all wanted to help him have his wish, but it was hard for us to give him all the care he needed. With help from hospice we were able to keep him at home and care for him. It was important to us to be able to spend that time with him." - Somali family testimonial

What Is Hospice Care?

Hospice care is a special way of caring for people who are near the end of life. Hospice offers medical and other support services to help the dying person remain at home with family. Hospice care focuses on managing pain and other uncomfortable symptoms to keep the patient as comfortable as possible. Hospice also provides support to the family to help them care for the patient.

Where is hospice care provided?

Hospice care is usually provided where the patient lives. Often this is the person's own house or apartment, but sometimes it is the home of a family member or a care center.

What services does hospice provide?

Hospice provides a variety of services including medical care, training for family caregivers, medical equipment and supplies, medications, and other services to support the patient and family.

One of the most special things about hospice care is that the services are designed to support the family as well as the patient. Caring for a loved one who is dying can be very hard—physically, emotionally, and spiritually. Hospice trains family members to do medical procedures or administer medication. Hospice also provides emotional support for family caregivers to help them cope with the loss of their loved one.



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"We had help from hospice for the last two weeks of my mother's life. We had all been helping out, but as she got sicker, there were things we didn't think we could do. The hospice nurse taught us how. She told us what changes to expect, and we knew we could call her anytime of the day or night if something unexpected happened. My only regret is that we didn't involve hospice sooner."

When Is the Right Time to Choose Hospice Care?

Hospice care is for individuals who are close to the end of their life and are no longer seeking a cure for their illness. Sometimes people choose hospice care because the physician tells them there is no other treatment to try. Sometimes they choose hospice because they don't want to undergo any more procedures.

A physician may refer a patient to hospice. If the doctor doesn't suggest hospice, the patient or family can ask the doctor for a referral or they can contact a hospice program directly. The hospice will follow up with the doctor and proceed from there.

"My wife had cancer for years and went through many rounds of treatment. Finally, she decided she'd had enough, and we got hospice. They really helped keep her pain under control. I couldn't have kept her at home those last few months without hospice and the extra support."
- Hospice family testimonial

Who Pays for Hospice Care?

Medicare, Minnesota Medical Assistance, MinnesotaCare, and most private health insurance plans cover hospice. If the patient does not have health insurance, the hospice program may be able to help find ways to pay for services.

Where Can I Get More Information about Hospice?

More information about hospice programs in Minnesota is available on the Hospice Minnesota Web site: www.hospicemn.org or by calling 651.659.0423 or 800.214.9597 (toll-free).

Hospice Minnesota publishes "Choosing Hospice: A Consumer's Guide," a booklet that is available free of charge upon request. To request a copy of this booklet, call 651.659.0423 or 800.214.9597.