

Kirundi

Agatabo ka 1 Gutahura Ubumuga muri Australia

Kano gatabo kateguwe n, ishirahamwe AMPARO Advocacy mu ntumbero yo kuronsa abantu bava mu miryango ifise imico n' indimi bitandukanye inkuru zisiguwe mu ndimi zabo kubijanye n' ubumuga.

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1. Ubumuga ni iki?

Umuntu ashobora kuba afise ubumuga iyo bimugora kwifasha we ubwiwe, kugenda canke kuzunguruka, kwumva canke kubona canke kwiyumvira neza, canke kwiga. Ashobora kuba afise ingorane zo gukora ibikorwa vya misi yose.

Ubumuga bushobora gutegwa n' impanuka, akababaro, ingwara canke ikindi kintu umuntu yavukanye. Mu bisanzwe ubumuga bumara igihe kirekire kandi bukagumaho, bukamara ubuzima bwose bw' umuntu. Rero ubumuga si ukugwara gusa amezzi kanaka canke kuvunika igufa rigakira.

Ubumuga bw' umuntu burashobora kandi kubangamirwa n' uko abandi bamwiyumvira(inyifato) hamwe n'aho aba uko hameze, nk' ubu nimba ashobora kuzunguruka inzu, aho akora canke mu kibano, nimba ashobora gukoresha uburyo bwo kwiyounguruzza abandi bwose bakoresha, n' uburyo abandi bantu bamubaniye/bamufata.

2. Ubumuga muri Australia

Muri Australia abantu bagendana ubumuga bafise uburenganzira nk' ubw' abandi kandi baremerewe gukora ivyo abandi bantu bashobora gukora. Akarorero, barafise uburenganzira bwo gufatwa neza, kwiga no gukora, guhitamwo aho baba, n'ingene babaho mu buzima bwabo.

Abantu bagendana ubumuga barashobora kugira ubuzima bwiza, kugera ku migambi n' imigabo yabo no gusohozza indoto zabo, kwifatanya n' abandi no guterera agacumu k'ubumwe mw' iterambere ry' abanyagihugu. Abantu bagendana ubumuga barafise inguvu nyinshi n' ubushobozi bwinshi kandi barashobora kwiga ubumenyi bushasha.

Abantu bagendana ubumuga barifuzaga gushigwa mu biraba ubuzima bw' umuryango n' igihugu, kandi amategeko ya Australia arabafasha kubikora.

Muri Australia gukumira abantu bagendana ubumuga biciye kubiri n' amategeko.

Kugendana ubumuga bishobora gusigura yuko umuntu akora ibintu mu bundi buryo kandi ashobora kuba akeneye imfashanyo zitandukanye. Ashobora kuba akeneye imfashanyo mu:

- Kwiyoza
- Kwambara
- Kuryama no kuvyuka
- Kuvuga no gutahurwa
- Gusuma
- Kuja mu bandi
- Kugenda kukazi no kwa muganga
- Kugura ibikoresho nk' akagari ko kwunguruza abagendana ubumuga
- Kwitaho inzu yabo no kugira ubuzima bwiza.

3. Ubwoko bw'ubumuga

Ubumuga bufatiye ku bwenge

Abantu bagendana ubumuga bufatiye ku bwenge bashobora kugira ingorane nyinshi kuruta abandi mu kwiga ibintu bishasha, gutorera umuti ingorane, gukora ibintu batuje no kwibuka. Imvo zikunze gutera ubwo bumuga ni:

- Kuvukana ubumuga
- Ingorane zishika mu gihe bibungenzwe(akarorero, kutaronka impwemu zikwiye)
- Ingorane z' amagara
- Kutaronka ivyokurya bikwiye canke kutaronka ubuvuzi bwiza

Ubumuga bufatiye ku mubiri

Ubumuga bw' umubiri bubangamira imikorere y' umubiri canke ubushobozi bwo kwiyinguruza, akarorero gutambuka canke uko uruhago rukora. Canke bushobora kubangamira igihimba c' umubiri, akarorero kutagira ukuguru canke ukuboko. Hari imvo nyinshi z' ubumuga bw' umubiri, umuntu ashobora kuvuka ameze uko, kugira impanuka canke bugaca mu ngwara. Mu bumuga bw' umubiri harimwo imvune y' uruti rw' umugongo, kwononekara kw' imitsi kubuza kwiyinguruza n' ibindi bituma inyama n' ibihimba vy' umubiri bikongatara.

Ubumuga bufatiye kumiyoboro ija ku bwonko

Ubumuga bw' imiyoboro ija ku bwonko bubangamira uko bwonko bwakira amakuru no guhanahana inkuru n' ibindi bice vy' umubiri, akarorero kuvuga, kwiyumvira no kwiyinguruza. Abantu bashobora kubuvukana, kuburona inyuma yo kuvuka canke kuburona kubera isanganya.

Ubugwayi bwo mu mutwe

Abantu bafise ubugwayi bwo mu mutwe bashobora kugira ingorane mu kuntu biyumvira, uko biyumva canke bigenza, bikaba bishobora kubangamira imibanire/ imigenderanire yabo, ubushobozi bwo gukora canke kubaho. Akarorero umuntu ashobora kugira akabonge karenze gashobora kubangamira ubushobozi bwiwe bwo gukora ivy' ubuzima bwa misi yose. Ibi bishobora guhindura imibanire/imigenderanire yiwe, akazi kiwe no kuryohereza ubuzima.

Ubumuga bwo kwumvisha umubiri

Ubu bumuga bujamwo gutakaza kwumva, ingorane zo kubona canke ingorane zo kuvuga.

Kwononekara kw' ubwonko

Ukwononekara kw' ubwonko ni ukwononekara ukwarikokwose kw' ubwonko kuba umuntu amaze kuvuka. Gushobora gutegwa n' imodoka, kwononora imitsi canke izindi mpanuka, ingwara yo gukongatara, igihute co mu bwonko, inzoga ziboreza, kunywa ibiyayuramutwe canke isumu. Inkurikizi z' ukwononekara kw' ubwonko zishobora kuba nto kandi z' igihe gito, canke zikaba nini kandi z' igihe kirekire.

Ikehabwenge

Abakehabwenge bashobora kugira ingorane y' ururimi canke guhanahana inkuru no kwiga ubumenyi bw' imibano, bashobora kutihanganira amajwi, gukogwako, akanovera, umunuko, umuco canke amabara.

4. Kuronka imfashanyo hakiri kare

Niwaba wibaza yuko umwana wawe afise ubumuga kuronka imfashanyo hakiri kare bishobora gufasha umwana gukura no gutera imbere, kandi bishobora gusigura yuko azokenera imfashanyo nke muri kazozo. Kuronka imfashanyo hakiri kare bishobora gufasha imiryango gutahura ubumuga bw' umwana wabo, no kwitaho neza umwana wabo.

5. Kuronka imfashanyo ukeneye

Bamwe mu bagendana ubumuga n' imiryango yabo birabagora kuronka imfashanyo bakeneye. Birakenewe ko utegere ubumuga icarico. Urashobora kuganira n' umuganga wawe kubijanye n' ingene womeya yuko ufise ubumuga. Hariho amashirahamwe n' imfashanyo bishobora gufasha abantu bagendana ubumuga n' imiryango yabo.

6. Aho ushobora kubona imfashanyo

Niwaba uba muri Queensland ukaba wewe canke umuntu wo mu muryango wawe mukeneye imfashanyo ubu, murashobora guhamagara 137468 mugaca musaba kuvugana n' umwe mu bakora mu mashirahamwe afasha abagendana ubumuga ku kuntu umereye.

7. Ivyahindutse bishasha mu bufasha bw' abagendana ubumuga

Mu myaka itatu iri imbere hazoba ihindagurika n' iterambere kubijanye n' ingene abantu bagendana ubumuga n' imiryango yabo bashobora kuronka imfashanyo bakeneye. Ushobora kuguma uronka amakuru agezweho mu kuja ku murongo ngurukanabumenyi www.ndis.gov.au w' umugambi w' igihugu wo gufasha abagendana ubumuga canke mukubahamagara kuri **1800 800 110** canke **1314 50** niwaba ukeneye umusiguzi.

8. Urakeneye umusiguzi canke inkuru zihinduwe mu rurimi wifuza?

Amashirahamwe yose afasha abagendana ubumuga afashwa na reta ya Queensland ategerezwa gutanga abasiguzi mugihe bakenewe, kandi urashobora gusaba umusiguzi. Umugambi w' igihugu wo gufasha abagendana ubumuga nawo nyene uratanga abasiguzi. **Abasiguzi barahabwa inyigisho kandi bategerezwa kugumya inkuru zawe mw' ibanga.**



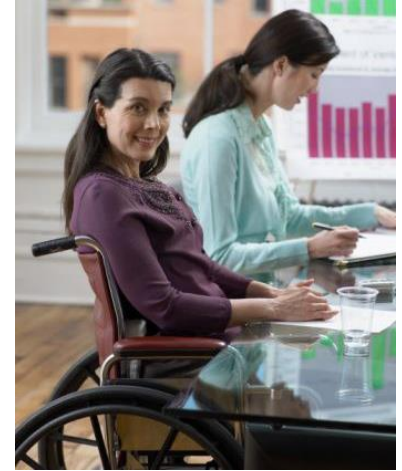
Amashirahamwe akwiye kandi kuguha inkuru mu buryo ushobora gutahura, akarorero, ushobora kubasaba guhindura inkuru mu rurimi rwawe.

9. Imfashanyo yo kuvuganirwa

Niwaba ukeneye imfashanyo kugirango uvuge ivyo ukeneye ushobora kuba woronka imfashanyo mw' ishirahamwe rivugira abantu rikabigufashamwo.

Muri Queensland, ushobora guhamagara-

AMPARO Advocacy (Brisbane)	3354 4900
Capricorn Citizen Advocacy (Rockhampton)	4922 0299
Gold Coast Advocacy	5564 0355
Independent Advocacy Townsville	4725 2505
Ipswich Regional Advocacy Service	3281 6006
Mackay Advocacy Inc	4957 8710
Queensland Advocacy Incorporated	3844 4200
Rights In Action Incorporated (Cairns)	4031 7377
Speaking Up For You (Brisbane/ Caboolture)	3255 1244
Sunshine Coast Citizen Advocacy	5442 2524
The Advocacy and Support Centre (Ipswich)	3812 7000
The Advocacy and Support Centre (Toowoomba)	4616 9700
People with Disability Australia (Bundaberg, Fraser Coast, Logan, Mt Isa, Sunshine Coast)	1800 422 015



Nta ngorane kumenyesha ico utashimye

Ibuka, iyo bakubariye guhamagara ishirahamwe, ariko ntibagufashe, nta ngorane gusubirayo ugasaba ubufasha bwiza kurusha, canke ukanamenyesha ko utashimye ivyo bagukoreye.

Mugihe wokwiyumva ko ukorewe ivangura rifatiye ku muco wawe canke ubumuga, urashobora naho nyene guhamagara igisata ca Queensland kijejwe kugwanya ivangura kuri 1300130670.

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Aya makuru yateguwe n'ishirahamwe AMPARO Advocacy Inc. Naho habaye ukwitwararika kugirango izi nkuru zibe z'ukuri mugihe zasohorwa, ivyanditswe muri kano gatabo bitanga inkuru muri rusangi ariko bishobora kuba bidahuye neza n' uko umerewe ubu. Ibindi vyiyumviro vy' umuntu bwite birakenewe cane.

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