Sidee loo helaa daryeel caafimaad Scotland

Abriil 2011

Access to health care - Somali

Warqaddani waxay bixinaysaa macluumaad ku saabsan sida loo helo daryeel caafimaad Scotland. Waxay bixinaysaa jawaabaha su'aalo ku saabsan helidda daryeel caafimaad inta aad ku jirta hannaanka magangalyo-doonka iyo inta ka baxsan.

Ma heli karaa daryeel caafimaad Scotland?

- Haa, Scotland daryeelka caafimaadka badi waxa bixiya National Health Service (NHS). Qof kasta oo si sharci ah ugu nool Scotland wuxuu xaq u leeyahay heer uun daryeel caafimaad ah.
- Haddaad tahay magangalyo-doon ama qaxooti, adeegyo badan oo kuwan ka mid oo bilaasha ayaad heli kartaa.

Sidee baan:
u heli karaa daryeel caafimaad Hooyga Hore (waxaad caadiyan halkan joogi doontaa 2 – 4 toddobaad)?

- Haddaad leedahay wax dhib caafimaad oo degdeg ah, waa inaad la xidhiidha xafiiskayaga Scottish Induction Service (SIS) muddada booqashada caafimaad wakhtiyada 9:30 galinka hore Isniinta ilaa Jimcaha.
- Inta aad joogto Hooyga Hore waxa si kumeelgaadha lagaaga diiwaangalin doonaa mid ka mida dhakhtarada jooga Fernbank Medical Centre. Tani waxay ku taal 194 Fernbank Street, Springburn, Glasgow, G22 6BD.
- Waa inaad la samaysataa ballantaa dhakhtarka adoo sii maraya xafiiskayaga Scottish Induction Service (SIS) muddada booqashada caafimaad wakhtiyada 9:30 galinka hore Isniinta ilaa Jimcaha.

helista daryeelka caafimaad kadib markaan u guuray hooy muddo dheer (oo loo yaqaan baahin)?

- Waxaa laguu xilsaari dhakhtar deegaanka ah.
- Waa in laguu soo diraa Kaadhka Diiwaangalinta Dhakhtarka 48 saacadood gudahood imaanshaha ciwaankaaga cusub. Haddii aanad helin kaadhkan, waa inaad la xidhiidhaa bixiyaha hooygaaga.
- Kaadhka Diiwaangalinta Dhakhtarku waxa ku yaal magaca, ciwaanka iyo lambarka lagala xidhiidhayo dhakhtarkaaga cusub.
- Waxa aad u muhiima inaad tagto xafiiska dhakhtarka laguu xilsaaray (qolka talada) marka aad hesho Kaadhka Diiwaangalinta Dhakhtarkaaga si aad u dhammaystirto diiwangalintaada. Waxaad awoodi kartaa helista adeeg caafimaad markaad dhammaystirto diiwaangalintaada.

Scottish Refugee Council, 5 Cadogan Square, (170 Blythswood Court), Glasgow G2 7PH Tel: 0141 248 9799, Fax: 0141 243 2499,
www.scottishrefugeecouncil.org.uk
Scottish Refugee Council is a charity registered in Scotland.
Registered Charity: SC008639

Sidee baan:

u heli karaa daryeel caafimaad haddii la ii dammaanad qaaday xaalad qaxootinimo ama fasax ku joog?

- Haddaad ku guulaysato helista xaalad qaxootinimo ama fasax ku joog, waad sii wadi kartaa inaad hesho daryeel caafimaad oo bilaasha Scotland iyo Uk oo dhanba. Waxaad u sii diiwaangashanaan doontaa dhakhtarkaaga hadda ilaa aad damacdo inaad u guurto meel kale. Haddaad u guurto meel kale, waxaad awoodi doontaa inaad iska diiwaangaliso xafiiska dhakhtar deegaanka ah (qolka talada).

helidda daryeel caafimaad haddii *aan* la ii dammaanad qaadin xaalad qaxootinimo ama fasax ku joog?

- Haddaad rafcaan ka qaadanayso go'aan kasoohorjeeda sheegashadaadii magangalyo-doon, waxaad sii wadi kartaa helidda daryeel caafimaad oo bilaasha ilaa go'aan la gaadho.
- Haddii sheegashadaada magangalyo-doon la diiday, oo rafcaan kasta oo go'aanka ka soo horjeedaana fashilmo laakiin wali aad joogto UK, wali daryeel caafimaad waad ka heli kartaa NHS inta aad joogto Scotland.

Helidda daryeel caafimaad xaaladda degdegga ah?

- Haddii adiga ama xubin qoyska ka mida uu aad u xanuunsanayo ama si xun u dhaawacmo, waa inaad timaad Accident and Emergency(A&E) ee cusbitaalka deegaankaaga. Haddaad u baahato ambalaas kuu soo qaada Accident and Emergency, waa inaad garaacdaa **999.** 999 lambar tilifoon rasmiya oo degdega, kaasoo kuu saamaxaya inaad la xidhiidho adeegga degdegga ah ee kaalmada degdegga ah; waxa loo isticmaalaa oo kaliya xaaladda degdega ah.
- Accident and Emergency (A&E) cusbitaalku wuu furan yahay 24 maalintii 7 cisho toddobaadkii.
- Ballantu lama huraan ma aha si aad u timaad Accident and Emergency ee cusbitaalka laakiin waxa jiri kara sugis si loola kulmo dhakhtar ama kalkaaliso.

Maxay tahay inaad qabto haddii aanan iska diiwaangalin dhakhtar?

Haddii aanad iska diiwaangalin dhakhtar, waa inaad la xidhiidhaa bixiyeha hooygaaga ama urur qaxootiga deegaanka ah si ay kuu siiyaan talo kuuna sheegaan sida la iskaga diiwaangaliyo mandaqadaada.

Maxay tahay inaan qabto haddii aanan ku qanacsanayn adeeg la iga siiyey NHS?

Waa muhiim inaad xusuusnaato in:

- Aad xaq u leedahay in laguula dhaqmo xushmad, sharaf iyo qaab la siman qof kasta marka aad helayso daryeelka caafimaadka NHS.
- Waxaad xaq u leedahay inaad turjumaan hesho ballanada NHS. Haddii aad rabto turjumaan nin ah ama dhedig, waad codsan kartaa. Haddii aanad ku qanacsanayn qofka laguu keenay inuu kuu turjumaano ballanka, waa inaad u sheegto xubin ka mid ah shaqaalaha NHS isla markiiba. Tusaale ahaan, haddii aad garanayso turjumaanka shakhsiyan oo aanad raali ka ahayn in aad ka hadasho macluumaadkaaga ama haddii aanu turjubaanku ku hadal lahajadaada oo aanad fahmi karin ama aanu ku fahmi karin, waa inaad u sheegto xubin ka mid ahshaqaalaha NHS.
- Waxaad xaqu u leedahay in aad ku bedesho dhakhtarka (GP) laguu qoondeeyey mid kale oo jooga xafiiskaas (qalliinka). Tusaale ahaan, haddii aad tahay qof dumar ah oo aad doorbidayso dhakhtar dumar ah ama dabiibe dumar ah, waad codsan kartaa. Codsigaaga waa in kaguugu fuliyo sida ugu suurtagalsan.

Haddii aanad ku qanacsanayn adeeg lagaa siiyey NHS ama aad aaminsan tahay inaad ka heshay adeeg xun ama aan ku kaafiyin qof ka shaqeeya NHS, waxaad xaq u leedahay inaad cabasho samayso. Samaynta cabashadu **ma** saamayn doonto arrintaada socdaalka ama sheegashadaada magangelyo-doonka.

Wixii macluumaad dheeraad ah ee la xidhiidha samaynta cabashada, waa inaad kala xidhiidho xafiiska latalinta ee jiidaada ama waaxda cabashooyinka ee NHS lambarka 0141 201 4500 ama iimaylka complaints@ggc.scot.nhs.uk. Waxa jira boodhadh midabkoodu yahay buluu khafiifa ‘Comments, Concerns and Complaints’ oo ka muuqda dhismayaasha NHS oo ku siinaya macluumaad deeraad ah oo la xidhiidha samaynta cabashada NHS.