



နမူပုလဲတုသီ လာကီအီးစတြလ်ယာ် အပူဖါ

လံာ်ကုတဘုအံၤ အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျါလၢ ဘၣ်တဘၣ် အဘျးကအိၣ်လၢ ပုလဲတုသီလၢ အီးစတြလ်ယာ် အပူဖါတဖၣ်အဂီၢ် န့ၣ်လီၤ. တၢ်သ့ၣ်ထီၣ်ဆီလီၤတၢ်အိၣ်မူသီန့ၣ် ကမ့ၢ်တၢ်လဲၤခိဖျါလၢ အဲၤဒီးတၢ်တၢ်တဖၣ်န့ၣ်လီၤ. နမူပုလဲတုသီတၢ်အသး ဘၣ်တဘၣ် နဒီးန့ၣ်ဘၣ် ကျိၣ်စ့ဒီးတၢ်မၤမၤအဂၤတဖၣ်လၢ **Australian Government** (အီးစတြလ်ယာ်ပဒိၣ်) အအိၣ်ကသ့န့ၣ်လီၤ.

တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်မၤစၢၤတဖၣ်

အီးစတြလ်ယာ်အိၣ်ဒီး အဒိကလုာ်ဆူၣ်ချ့မၤစၢၤ အကျါအကျဲ - **Medicare** (မဲးဒံၤခဲ)န့ၣ်လီၤ. **Medicare**န့ၣ် ဟ့ၣ်နကျိၣ် စ့ဒီးတၢ်မၤစၢၤအဂၤ ဘၣ်ထွဲတၢ်ကူစါ ဒီးတၢ်ပူၤအိၣ်ကသံၣ်န့ၣ်လီၤ. တၢ်မၤစၢၤကပၣ်ယုာ် တၢ်ဟ့ၣ်န့ၢ်က့ၤကသံၣ်သရၣ်ဒိၣ်အလဲ, တၢ် ဒီးန့ၣ်ဘၣ်ကသံၣ်လၢ အပူၤဘၣ် ခိဖျါ **Pharmaceutical Benefits Scheme** မ့တမ့ၢ် **Repatriation Pharmaceutical Benefits Scheme**တၢ်မၤစၢၤတဖၣ်န့ၣ်လီၤ. မ့ၢ်ဘၣ်သးသ့ၣ်ညါအါထီၣ် တၢ်ဂ့ၢ်အံၤန့ၣ် လဲၤကွၢ်ဖဲ ဝဲးဖး **humanservices.gov.au/medicare** အပူၤတက့ၢ်.

ဒ်သးနဒီးန့ၣ်ဘၣ် တၢ်မၤစၢၤတဖၣ်အံၤ ကသ့အဂီၢ် နကဘၣ် လဲၤဆဲးလီၤနမံၤလၢ **Medicare**န့ၣ်လီၤ. မ့ၢ်ဘၣ်သးသ့ၣ်ညါ မ့ၢ်နဒီး န့ၣ်ဘၣ် တၢ်မၤစၢၤအံၤသ့တသ့န့ၣ် လဲၤကွၢ်ဖးဘၣ်ဖဲ ဝဲးဖး **humanservices.gov.au/medicarecard**အပူၤအံၤတက့ၢ်.

နမူပုလဲတုသီအီးစတြလ်ယာ်လၢ ထံကီၢ်တနီၤနီၤန့ၣ် ဘၣ်တဘၣ် နဒီးန့ၣ် ဆူၣ်ချ့တၢ်မၤစၢၤ ခိဖျါ **Reciprocal Health Care Agreements** တၢ်အါၣ်လီၤတဖၣ်ကသ့န့ၣ်လီၤ. အီးစတြလ်ယာ်အိၣ်ဒီး **Reciprocal Health Care Agreements** တၢ် အါၣ်လီၤ လၢထံကီၢ်တဘျးဘၣ်သ့န့ၣ်လီၤ. မ့ၢ်ဘၣ်သးသ့ၣ်ညါ ထံးကီၢ်တဖၣ်အံၤန့ၣ် လဲၤကွၢ်ဖဲ ဝဲးဖး **humanservices.gov.au/rhca** အံၤအပူၤတက့ၢ်.

နမူပုလဲလၢ ထံကီၢ်အံၤအကျါတဘုဘၣ် ဒီးဒီးန့ၣ်ဘၣ်တၢ်မၤစၢၤသ့န့ၣ် ဘၣ်တဘၣ် နဒီးန့ၣ်ဘၣ် **Medicare** တၢ်မၤစၢၤ ဝဲနအိၣ် လၢအီးစတြလ်ယာ်အပူၤအခါကသ့န့ၣ်လီၤ.

ပကျိၣ်စ့တၢ်မၤစၢၤတဖၣ်

ကျိၣ်စ့တၢ်မၤစၢၤလၢ နဒီးန့ၣ်ဘၣ်အိၣ်တဖၣ် ကဒီးသန့ၤအသးလၢ နအိၣ်ဒီးဘၢ်စၢ်လဲၣ်တကလုာ်အဖီခိၣ် မ့တမ့ၢ် မ့ၢ်နကဲထီၣ် အီးစတြလ်ယာ် အထံဖိကီၢ်ဖိ လံာ်န့ၣ်လီၤ. ဘၣ်တဘၣ် တၢ်ဆၢကတီၢ်လၢ နကဘၣ်အိၣ်ဒီးအိၣ်ကအိၣ် ဒီးတၢ်ဘျါလၢ နကဘၣ်သ့ၣ်ညါ အိၣ်တဖၣ် ကအိၣ်န့ၣ်လီၤ.

နမူပုလဲတုသီ, ပုၤအိၣ်လီၤစီၤသ့, အိၣ်ဒီးပုၤဂ့ၢ်ဝီတၢ်လိၣ်ဘၣ်, မ့ၢ်ပုၤဘၣ်ကီဘၣ်ခဲ, အိၣ်ဒီးမၤဝါ မ့တမ့ၢ် တၢ်ဒိတဒၢ ဘၢ်စၢ်န့ၣ် ဘၣ်တဘၣ် နကဒီးန့ၣ်ဘၣ် တၢ်မၤစၢၤသ့ ဒ်အလီၢ်အိၣ်အသးန့ၣ်လီၤ.

မ့ၢ်ဘၣ်သးသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်ဘၣ်ထွဲ တၢ်အိၣ်တၢ်ဆိးအတၢ်လိၣ်ဘၣ်တဖၣ်န့ၣ် လဲၤကွၢ်ဖဲ ဝဲးဖး **humanservices.gov.au/residence** အပူၤတက့ၢ်.

ကသံၣ်ဒိတဒၢတၢ်ဆါဒီးဟံၣ်ဖိဖိတၢ်မၤစၢၤ

ကသံၣ်ဒိတဒၢတၢ်ဆါလၢ အမံၤအိၣ်လၢ **National Immunisation Program Schedule** အတၢ်ရဲၣ်တၢ်ကျါ အပူၤ တဖၣ် ဘျးစဲလီၢ်အသးလၢ ဟံၣ်ဖိဖိတၢ်မၤစၢၤန့ၣ်လီၤ. ဖိသ့ၣ်လၢ အဒီးန့ၣ်ဘၣ် တၢ်မၤစၢၤကိးကိးတဖၣ် ပကယုသ့ၣ်ညါ မ့ၢ်အဆဲးတၢ်ကသံၣ်ဒိတဒၢတၢ်ဆါ ဒ်တၢ်ဟံၣ်ပနီၣ် အိၣ်အသးစ့ၢ်န့ၣ်လီၤ.

ဒ်သးကဒီးန့ၣ် တၢ်မၤစၢၤလၢလၢာ်တဖၣ်အဂီၢ် နဖိကဘၣ်ဆဲးကသံၣ်ဒိတဒၢတၢ်ဆါ ချးဆါချးကတီၢ်-

- Family Tax Benefit Part A



- ၂၀၁၇ - ၁၈ Family Tax Benefit Part A အထိ
- Child Care Subsidy
- Child Care Benefit လာဘ်ဟုတ်တချို့လဲလှယ်
- Child Care Rebate လာဘ်ဟုတ်တချို့လဲလှယ်

နမူနာဆေးကသံဒီတဒါတင်ဆါလါ ကီရီချါန့န နကြားမနီယင်အီလါ **Australian Immunisation Register (AIR)** အပူန့လီလါ. လဲလှဲန့န တင်ဆေးကသံဒီတဒါတင်မနီယင် လာဘ်ကွဲကျိင်ထံတင်အီ ဆူနအီးစတြိုလ်ယင်ကရါလါ အဆေးန့ပူကသံဒီတဒါတင်အီ အအိတ်တက့. ပူတဖင်ကမ့နဲ ကသံဒီသရင် မ့တမ့ လီကဂီဆူချ့မၤစၤလီတဖင်န့လီ. အဲသ့န့ ကသံမံသမိးဝဲ ဒီးဒုးသ့ညါန့ ကသံဒီလါနကဘင်ဆေးအီထိတ် ဒီးကမနီဝဲလါ **AIR** အပူန့လီလါ.

ကသံဒီတဒါတင်ဆါလါ တင်ကဘင်ဆေးအီတဖင် အမံတဖင် အိတ်ဝဲ **National Immunisation Program** လာဘ်လဲလှဲန့ အီဝဲ ဝဲဒုး **immunise.health.gov.au** အပူအီသ့န့လီလါ.

တလိင်လါ နကဘင်တဲဘင်ပူလါ နမူနာဆေးကသံဒီတဒါတင်ဆါ အဆါကတီဝဲလဲဘင် - ပကဖးကွဲအီဝဲ **Australian Immunisation Register** အပူန့လီလါ.

မ့ဘင်သးသ့ညါအီထိတ်တင်ဂျါန့န လဲလှဲကွဲဝဲ ဒီးဒုး **humanservices.gov.au/air** အပူတက့.

တင်အိတ်ခိးတင် အဆါကတီတဖင်

ပူလဲအိတ်သီတဖင် ကဘင်အိတ်ခိးတင် တချူးအန့ဘင်တင်မၤစၤဒ်တင်ဟ်ပနီအိတ်အသိးန့လီ. ပူလါတဘင်အိတ်ခိး တင်အိတ်, အဒီနမ့ဟဲလါ ဘင်ကီဘင်ခဲ ဘင်စါန့နတလိင်အိတ်ခိးတင်ဘင်.

နအိတ်ခိးတင်အဆါကတီန့န စးထိတ်အသးဝဲ မ့တနံလါ နစးထိတ်အိတ်ဝဲအံ ဝဲနဒီးန့ တင်အိတ်လီစါဘင်စါ အလီခဲန့လီ. တင် ကဟံန့ဒ်ထဲ နံသီလါ နအိတ်လါ အီးစတြိုလ်ယင်အပူတဖင်န့လီ. မ့ဘင်သးသ့ညါအီထိတ် တင်ဂျါန့န လဲလှဲကွဲ ဝဲ ဒီးဒုး **humanservices.gov.au/newresidentswaiting** အပူတက့.

ပူနယူစလဲင်ဖိလါ အအိတ်ဒီးဘင်စါ **Special Category** လါကအိတ်လါ အီးစတြိုလ်ယင်အပူတဖင် တိတ်ထိတ်တင်မၤစၤလါ လင်သ့-

- ဟံင်ဖိယီဖိတင်မၤစၤ, ဒီး
- တင်မၤစၤလီတင်အပူခးက့တဖင်

တင်မၤစၤတဖင် အါတက့ နမ့အိတ်ဒီးတင်အိတ်ဆိးလီစါဘင်စါမး နဒီးန့ဘင်အီသ့န့လီ. မ့ဘင်သးသ့ညါအီထိတ်တင်ဂျါန့န လဲလှဲကွဲဝဲ ဒီးဒုး **humanservices.gov.au** ဝဲဒုး အပူတက့.

ဘီမုာ်သကိးဘီမုာ် ပူဂျါဝီတင်ဘင်တင်ဘါ တင်အါန့လီတဖင်

ပအိတ်ဒီးတင်အါန့လီ လါထံကီအဂါတဖင် လါဘင်တဘင် ကကဲထိတ်တင်မၤစၤ လါနကဒီးန့တင်မၤစၤလါပအိတ်န့လီ. တင် အါန့လီအံ ကမ့တင်မၤစၤတခါလါ တင်ကဒီးန့ဘင် တင်မၤစၤလါ ထံကီအဂါတဖင်န့လီ. ဝဲနအိတ်လါအီးစတြိုလ်ယင် ဒီး ထံကီအဂါအပူအခါ ဘင်တဘင် နဒီးန့ကျိတ်စုတင်မၤစၤကသ့န့လီ. မ့ဘင်သးသ့ညါအီထိတ် တင်ဂျါန့န လဲလှဲကွဲဝဲ ဒီးဒုး **humanservices.gov.au/issa** အပူတက့.

ကျိတ်စုတင်မၤစၤလါ တင်ဟုတ်အီလါ ကီအီးစတြိုလ်ယင်အချါတဖင်

နမ့လဲလှဲအိတ်လါကီရီချါန့န ဘင်တဘင် ကဘင်ဒီဘင်ထံက့ တင်ဟုတ်န့ကျိတ်စုတင်မၤစၤ ဒီးတင်မၤစၤလီတင်ပူခး က့တဖင်န့လီ. ဒီးသန့အသးလါ နဒီးန့တင်မၤစၤ ဒီးလဲင်တကလုင်, ဒီးနကဘင်ဒုးသ့ညါပူ တချူးနလဲတင်ဒီးဘင် န့လီ. မ့ဘင်သးသ့ညါအီထိတ် တင်ဂျါန့န လဲလှဲကွဲဝဲဒီးဒုး **humanservices.gov.au/paymentsoverseas** အပူတက့.

ပတ်မေစာတဖန်

တံမေစာလတ်ဆူးကိနကိန်

ပအိန်ဒီးပုတဲကိန်ထံတံဖိ ဒီးတံဂုတ်တံကိန်ကွဲးကိန်ထံ လာအပုန်ယုန် တံဂီမု၊ တံကလုာ် ဒီးတံကွဲးထူးထီန်ရလီ၊ လာတလတ် ဒီးအပူတဖန်န့လီ၊ လဲကွဲးဖးဘန်အီဖဲ ဝဲးဖး humanservices.gov.au/yourlanguage အပူတကွာ်.

နမုာ်ပတံထီန် ကျိန်စု မုတမုာ် တံမေစာအဂါ တခါခါလါ ပအိန်န့ ပကွဲးကျိန်ထံန့န့ လံာ်တီလံာ်မီ လာတလတ်အပူတဖန်သု န့လီ.

ဒ်သိး ကတဲဘန်တံဒီး ပုတဂါဂါ လါနကတံအကိန် ဘန်ထွဲ Centrelink ကျိန်စု ဒီးတံမေစာအဂါတဖန်အဂါန့ ဆဲးကျိးပု လါ လီတဲစိနီဂံ **131 202** တကွာ်. ဘန်ထွဲဒီး Medicare မုတမုာ် Child Support တံမေစာတဖန်န့ ဆဲးကျိးဘန် Translating and Interpreting Service (TIS National) လါလီတဲစိနီဂံ **131 450** တကွာ်.

Multicultural Service Officers (လုာ်လံာ်အါကလုာ်တံမေစာ ပုမေတံဖိတဖန်)

Multicultural Service Officers မေသကိးတံလါ ပုတတတံကရါကရီ ဒီးတံကရါကရီအဂါတဖန် လါကဒူးဘူးဝဲ ပုဘန် ကီဘန်ခဲ, ပုလါအလုာ်လါထူသန့, ကျိန်ကျိန်ဒီးတံပဲလီစာ လါဆိတဖန် လါ Australian Government (အိးစကြု လံယန်ပဒိန်)တံမေစာတဖန်အဂါန့လီ.

ပုဘန်ကီဘန်ခဲ တံမေစာတဖန်

နမုာ်ဟဲဆူးအိးစကြုလံယန် ဒီဖျိဘန်ကီဘန်ခဲ မုတမုာ် ပုဂုာ်ဝီတံလိန်ဘန် အဘိာ်စာ မုတမုာ် တံဟ့န့န့ Permanent Protection Visa လါအိးစကြုလံယန်အပူန့ နဒီးန့ တံမေစာလါ ပအိန်သု ဝဲန့သုထီန်သီ တံအိန်မုအခါန့လီ. ပပုဂုာ် ဝီတံရဲတံကွဲး မေစာန့ လါကျိန်စု, တံဆဲးလီမံလါ Medicare ဒီးဆုာ်ဆုာ် တံမေစာအဂါ လါကနဒီးန့-

- တံယုစာတံဖဲးတံမေ
- တံမေလိအဲကလံးကျိန်
- တံကုန်ဘန်ကုန်သုဒီးတံမေလိ, ဒီး
- ပဒိန် ဒီးပုတတါ တံမေစာအဂါတဖန်န့လီ.

နHumanitarian Settlement Program ကရါ ကမေစာန့လါ နကဒီးန့ဘန် တံမေစာသုတဖန်အံန့လီ. နမုာ်ဘန် သးတီန်ထီန်ကျိန်စုဒီးတံမေစာတဖန်န့ နလဲသံကွာ်လါ တံမေစာတံမေလီ ထီရီတခါခါသုန့လီ.

ပုဂုာ်ဝီပုမေတံဖိတဖန်

ဒ်သိးနဲလဲဒီဖျိ တံကီတံခဲကတီ ကန့အဂါ ပုဂုာ်ဝီပုမေတံဖိတဖန် မေစာတံတစိတလီ ဘန်ထွဲတံဟ့န့န့ဟ့န့ဖး ဒီးတံဒူး သုညါတံဂုတ်တံကိန်သုန့လီ. ပုဂုာ်ဝီပုမေတံဖိတဖန် ဒူးဘူးဝဲန့လါ တံကရါကရီအဂါလါ အမေစာတံသုတဖန် သု န့လီ. လါကတဲဘန်တံဒီး ပုဂုာ်ဝီပုမေတံဖိအဂါ ဆဲးကျိးလါ လီတဲစိနီဂံ **132 850** မုတမုာ် လဲသံကွာ်လါ တံမေလီ အဝဲဒေးတကွာ်.

ဘီမုာ်သကိးဘီမုာ် တံမေစာတဖန်

ဒ်ပုဂုာ်ဝီ တံဘိန်တံဘါ တံအာန်လီလါ ထံဂုာ်ကီဂါတဖန်အိန်အသိး မုာ်နဒီးန့တံမေစာလါ ပအိန်သုတသုန့ ပသမံသမိး ကွာ်သုန့လီ. ပမေစာန့ဘန်ထွဲ တံတီန်ထီန် ထံဂုာ်ကီဂါလဲစုန် သုစုာ်ကိးန့လီ. ဆဲးကျိးပုလါ လီတဲစိနီဂံ **131 673** တ ကွာ်.

တၢ်ဂ့ၢ်တၢ်ကျိၤအဂၤတဖၣ်

ဟံၣ်ကီၤယၢ်န့ၣ်ကျိၤ ဘၣ်ဆၢကတီၢ်

န့ၣ်တၢ်အိၣ်သးမ့ၢ်ဆိတလဲအသး ဘၣ်ထွဲ နတၢ်ဟဲန့ၣ်, တၢ်စုလီၢ်ခိၣ်ခိၣ်, ဒီးန့ၣ်အိၣ်ဆိးလီၢ်ကျဲတဖၣ်န့ၣ် နကဘၣ်ဒုးသ့ၣ်ညါပုၤန့ၣ် လီၤ. လၢကမၤဘၣ်က့ၤန့ၣ်ကျိၤအဂီၢ် ဆူးကါပအ့ၣ်ထၢၣ်နဲးစရိတက့ၢ်. နိသိးပုၤကဒီးန့ၣ်ဘၣ် တၢ်မၤစၢၤ လၢအဘၣ်ထွဲလိာ်သး လၢ အတၢ်အိၣ်သးအဂီၢ် ပက့ၢ်ကဒါက့ၤအိၣ်ထီၣ်ဘိန့ၣ်လီၤ.

Assurance of Support (ပုၤအုၣ်သးတၢ်မၤစၢၤ)

Assurance of Support န့ၣ် မ့ၢ်တၢ်အုၣ်သးတၢ်ခါလၢ တၢ်ကမၤစၢၤပုၤတဂၤ လၢအတီၣ်ထီၣ်ဝဲလၢ အကဟဲဘၣ်ဆူ အိၣ်စကြၢ် လိယၢ်အဂီၢ်, မ့ၢ်ဒိသိးပုၤတဂၤအံၤ အသုတတီၣ်ယုထီၣ်တၢ်မၤစၢၤ ဝဲအမၤန့ၣ်ဘၣ်ဘၢ်စၢ် မ့တမ့ၢ် ဟဲတုၤအလီၢ်ခံတဂ့ၤအဂီၢ် န့ၣ်လီၤ. နမ့ၢ်ဟဲလၢ Assurance of Support တၢ်ရဲၣ်တၢ်ကျဲဒီးန့ၣ်ဒီးန့ၣ်တၢ်မၤစၢၤလၢ ပအိၣ်န့ၣ် ပုၤလၢအုၣ်သးလၢနဂီၢ် တဂၤအံၤ ကဘၣ်ဟ့ၣ်ကဒါက့ၤ ပတၢ်မၤစၢၤ လၢလၢပုၤပုၤ ဝဲ Assurance of Support ဘၣ်ထွဲဒီးဆၢကတီၢ်န့ၣ်လီၤ.

တၢ်မၤလိအဲကလံးကျိၣ်

ပမၤစၢၤန့ၣ်ဒိသိး နကမၤလိဘၣ် မ့တမ့ၢ် မၤဂ့ၢ်ထီၣ်နအဲးကလံးအကျိၣ် သ့န့ၣ်လီၤ. နမ့ၢ်ဘၣ်သး ကဲထီၣ်အိးစကြၢ်လိယၢ် အထံဖိ ကီၢ်ဖိန့ၣ် နကဘၣ်မၤလိ အဲကလံးအကျိၣ်န့ၣ်လီၤ.

နမ့ၢ်ဒီးန့ၣ်ဘၣ် ပုၤသးလီၢ်သးကျဲ, ပုၤဘၣ်ကိဘၣ်ခဲ မ့တမ့ၢ် ပုၤလိၣ်ဘၣ်ပုၤဂ့ၢ်ဝီ တၢ်မၤစၢၤတဂၤ ဘၢ်စၢ်လၢ အကဟဲဆူအိးစကြၢ် လိယၢ်အပူၤန့ၣ် နမၤလိဘၣ်ခိလိ အဲကလံးကျိၣ် ခိဖျိ Department of Education and Training's Adult Migrant English Program (AMEP) အတၢ်ရဲၣ်တၢ်ကျဲသ့န့ၣ်လီၤ. နကဘၣ်လဲၤဆဲးလီၤနမံၤလၢ ကရၢမၤန့ၣ် AMEP အတၢ်တဖုဖု ဝဲ နဟဲတုၤသီ လၢအိးစကြၢ်လိယၢ် မ့တမ့ၢ် န့ၣ်ဘၣ်ခဲးလၢကအိၣ်လီၤစိၤ အလီၢ်ခံ ဖဲလၢ (မ့တမ့ၢ် နသးမ့ၢ်အိၣ် ၁၅ဒီး၁၇အဘၣ် စၢၤ) အတီၢ်ပုၤန့ၣ်လီၤ.

ဒိသိးနယုတၢ်မၤ မ့တမ့ၢ် ဖိၣ်ယၢ်နတၢ်မၤ ကန့ၢ်အဂီၢ် Skills for Education and Employment တၢ်ရဲၣ်တၢ်ကျဲ မၤစၢၤန့ၣ် ဒိ သိးနအဲလံးကျိၣ်ကဂ့ၢ်ထီၣ်, ဖးကဘၣ်အါထီၣ်, ကွဲးကဘၣ်အါထီၣ် ဒီးနတၢ်ဂံၢ်တၢ်ဒူးကဂ့ၢ်ထီၣ်အဂီၢ် သ့န့ၣ်လီၤ. မ့ၢ်နဒီးန့ၣ် ဘၣ် တၢ်မၤစၢၤအံၤ သ့တသ့န့ၣ် ဆဲးကျိးပုၤ မ့တမ့ၢ် လဲၤသံကွၢ်လၢ ဝဲလီၢ်တၢ်မၤ တခါခါတက့ၢ်.

ဟံၣ်ဖိလိဖိဒီးဟံၣ်ပုၤယီပုၤတုၤဆူၣ်ခိၣ်တကး

ပမၤစၢၤ ပုၤလၢအတုၢ်ဘၣ် ဟံၣ်ဖိလိဖိဒီးဟံၣ်ပုၤယီပုၤ တၢ်တုၤဆူၣ်ခိၣ်တကး ခိဖျိဒုးသ့ၣ်ညါတၢ်ဂ့ၢ်တၢ်ကျိၤ, တၢ်ဖိတၢ်လံၤ ဒီးဆုၤအိၣ် ဆူ ကရၢမၤစၢၤတၢ်အဂၤအအိၣ်န့ၣ်လီၤ.

ပအိၣ်ဒီး တၢ်ဂ့ၢ်တၢ်ကျိၤ လၢအဘၣ်တၢ်ကွဲးအိၣ်လၢ ကျိၣ်အါကျိၣ်န့ၣ်လီၤ. နၤ မ့တမ့ၢ် ပုၤလၢနသ့ၣ်ညါတဂၤလၢ မ့ၢ်တုၢ်ဘၣ် ဟံၣ်ဖိလိ ဖိ မ့တမ့ၢ် ဟံၣ်ပုၤယီပုၤ တၢ်တုၤဆူၣ်ခိၣ်တကးန့ၣ် လဲၤကွၢ်ဝဲ ဝဲးဖး humanservices.gov.au/domesticviolence အပူၤ အံၤတက့ၢ်.

ကရၢလၢလၢ် မၤစၢၤတၢ်သ့-

1800RESPECT—1800 737 732 မ့တမ့ၢ် **1800RESPECT.org.au**
MensLine Australia—1300 789 978 မ့တမ့ၢ် **mensline.org.au**

တၢ်မၤစၢၤအဂၤတဖၣ်

မၤပုၤတဂၤလၢ ကဆဲးကျိးပုၤ လၢနလီၢ်

ဘၣ်ထွဲဒီး Centrelink, Medicare မ့တမ့ၢ် Child Support အဂ့ၢ်တဖၣ် နမ့ၢ်ဘၣ်သးလၢ ပုၤတဂၤလၢ ကကဲပုၤဆဲးကျိးတၢ်ဖိ လၢ နဂီၢ်န့ၣ်, ပဟ့ၣ်စိကမိၤ ကရၢတဖုဖု မ့တမ့ၢ် ပုၤတဂၤလၢလၢ ကကဲန့ၢ်နခၢၣ်စးသ့န့ၣ်လီၤ. မ့ၢ်ဘၣ်သးသ့ၣ်ညါအါထီၣ် တၢ်ရဲၣ်

Express Plus မိန့်ဘဲအဲးဖ်

ဆူးကါန Express Plus မိန့်ဘဲအဲးဖ် လာတံးဖဲတံးမာအဂီၢ် သုလာ ၂၄န့ၣ်ရံၣ်, ၇သီအတီၢ်ပူၤ ကိးနွံဆဲးန့ၣ်လီၤ.

Express Plus Centrelink မိန့်ဘဲအဲးဖ်

တံးဆူးကါအီၤသုလာက-

- ဟ်ဖျါထီၣ်တံးဟဲန့ၣ်
- ဒီးန့ၢ်တံးဟ်ဖျါတံးဒုးသ့ၣ်နီၣ်
- န့ၣ်လီၤကွၢ်တံးဆုၢ်န့ၢ်န့ၣ်ကျိၣ်စ့ဒီးစ့န့ၣ်လီၤဟးထီၣ်အဂ့ၢ်
- မာဘၣ်က့ၤန့ၣ်ကျိၣ်
- ဖးလံာ်ပရၢလၢ တံးဆါန့ၢ်န့ၣ်လၢ အ့ၣ်ထၢၣ်နဲး
- ဟ်ထီၣ်န့ၣ်လံာ်တီၢ်လံာ်မိ
- လူၤပိာ်ထွဲက့ၤ နယုထီၣ်တံးမာစၢၤအဂ့ၢ်
- ကွၢ်ဒီးဘျီဘၣ်က့ၤ တံးတယာ်နဟံၣ်ဖိယီဖိတံးဟဲန့ၣ် ဒီးတံးမာစၢၤအလုာ်တဖၣ်
- ကွၢ်တံးသ့ၣ်နံၤဖးသီ
- နမ့ၢ်မ့ၢ်ပုၤလၢ အဘၣ်ထွဲဒီးတံးပၤဆုၢ်စၢၤကျိၣ်စ့န့ၣ် နရဲၣ်ကျဲၤ န BasicsCard သု
- ကွၢ်နဒံာ်ကွံၣ်တၢၢ် တံးဟ့ၣ်စ့ၤလီၤတံးပူၤခးက့

Express Plus Lite မိန့်ဘဲအဲးဖ်

တံးလၢ Express Plus Lite မိန့်ဘဲအဲးဖ်န့ၣ် ဟ့ၣ်န့ၣ်အစ့ၤလၢ နကဟ်ဖျါထီၣ်နတံးဟဲန့ၣ်လၢ အရးဘူး, တရူး, အဲကလံး, ဖါးစ့ၢ် ဒီးဘယဲၤန့ၣ်အကျိၣ်တဖၣ်န့ၣ်လီၤ.

Express Plus Medicare မိန့်ဘဲအဲးဖ်

နစူးကါအဲးဖ်လၢက-

- ကွၢ်န Medicare ခးက့အဂ့ၢ်အကျိၣ် ဒီးခးက့အကရၢဖိခဲအံၤတဖၣ်
- ဘျီဘၣ်တံးဆဲးကျိးန့ၣ်အဂ့ၢ်အကျိၣ်တဖၣ်
- ဘျီဘၣ်က့ၤန စ့တးအဂ့ၢ်အကျိၣ်တဖၣ်
- ယုလၢနကဟ့ၣ် မ့တမ့ၢ် မာအါထီၣ် Medicare ခးက့
- တီၣ်ထီၣ်တံးမာစၢၤတဖၣ်
- ကွၢ်, ထုးလီၤ, ဝဲးကျိးထုထီၣ် မ့တမ့ၢ် အံမ့န Medicare Claims History Statements လၢအပူၤကွံၣ် သၢနီၣ်အတီၢ်ပူၤ
- ကွၢ်န Medicare Safety Net အိၣ်တီၢ်ထဲလဲၣ်
- ကွၢ်, ထုးလီၤ, ဝဲးကျိးထုထီၣ် မ့တမ့ၢ် အံမ့ Immunisation History Statements လၢနကစၢ်အဂီၢ် မ့တမ့ၢ် နဖိလၢအသးအိၣ် ၁၄န့ၣ်ဖိလံာ်အဂီၢ်
- ဆဲးလီၤ မ့တမ့ၢ် ဆိတလဲၤ န Australian Organ Donor Register အတံးဆါတဲာ်
- ယု Australian Organ Donor Register အခးက့အသီ
- ကွၢ်နဒံာ်ကွံၣ်တၢၢ် Australian Organ Donor Register အခး
- ယုတံးမာစၢၤလၢ အအိၣ်ဘူးကတၢၢ်ဒီးနအိၣ်တံးအလီၢ်

မ့ၢ်ဘၣ်သး ယုသ့ၣ်ညါအါထီၣ် အဲးဖ်အဂ့ၢ်အကျိၣ်န့ၣ် လဲၤကွၢ်ဖဲ humanservices.gov.au/expressplus အပူၤတက့ၢ်.

myGov Access

နမူနာအိတ်ဒီးတတ်တီလ်လါ နကလဲဆူကီရျာ မုတမုာ် လဲတတ်လါ တတ်လီအယံ ဒီးန myGovအစရီမုာ်အိတ်တုာ်လံနန ဟ်သုဂ်ဟ် သးလါ နကဒုးအိတ်ထီဂ် myGov Access လါနမိတ်ဘဲအပူ တချူးနဟးထီဂ်ဒီးဘဂ်တကုာ်. myGov Access နနမုာ်အဲဒ် တခါလါ အဘဂ်တတ်ဒုးအိတ်ထီဂ်အီလါတတ်ဂူသုဂ်ကျိဂ်(code) ဒီးလါတတ်အံအယိ တတ်မုာ်စူးကါအီလါ myGovအဂီနန တတ် ဘဂ်တတ်ဘါ အိတ်ကစီဒီးနနလီ.

မုာ်ဘဂ်သး သုဂ်ညါအါထီဂ် myGovအဂုာ်အကျိနန လဲကွာ်ဖးဖဲ ဝဲဖး humanservices.gov.au/mygovအံအပူတ ကုာ်.

အုဂ်ထာဂ်နဲးအဖီခိဂ်တတ်ဘဂ်တတ်ဘါ

ဟ်ဘဂ်ဟ်ဘါ နဂုာ်နကျိလါ အအိတ်လါ အုဂ်ထာဂ်နဲးအဖီခိဂ်တဖ်တကုာ်. မုာ်ဘဂ်သးသုဂ်ညါ မုာ်ကဘဂ် ဟ်ဘဂ်ဟ်ဘါအီဒ်လဲဂ် နန လဲကွာ်ဖးဖဲ ဝဲဖး humanservices.gov.au/onlinesecurity အံအပူတကုာ်.

သုဂ်ညါ တကီခါ တတ်အိတ်သး

နမုာ်ဘဂ်သးသုဂ်ညါ တတ်ဆိတလဲလါ အဘဂ်ထွဲ ကျိဂ်စုဒီးတတ်မၤစၤအဂၤတဖ်နန-

- လါကဒီးနနဘဂ် တကီခါတတ်ဂုာ်တတ်ကျိအဂီ လဲကွာ် ဒီးပတံယုထီဂ်လါ ပတတ်ကစီဂ်တတ်မၤလီဖဲ humanservices.gov.au/multicultural တကုာ်.
- စံဂ်လီ like လါပ facebook.com/HumanServicesAU ဒီးသံကွာ်ပုာ်တတ်သံကွာ်တဖ်တကုာ်
- လူပိတ်ထွဲပံလါ Twitter [@HumanServicesAU](https://twitter.com/HumanServicesAU)အပူတကုာ်

လါကဒီးနနအါထီဂ် တတ်ဂုာ်တတ်ကျိအဂီ

- ဘဂ်ထွဲဒီးတတ်ဂုာ်တတ်ကျိ လါအဲးကလံးကျိဂ် လဲကွာ်ဖးဖဲ ဝဲဖး humanservices.gov.au/multicultural
- မုာ်ဘဂ်သးဖး. ကန မုတမုာ် ကွာ်တတ်ဂီမူ လါနကစၢ်အကျိဂ်နန လဲကွာ်ဖဲ ဝဲဖး humanservices.gov.au/yourlanguage
- လါကတဲဘဂ်တတ်ဒီးပုာ် ဘဂ်ထွဲ Centrelink ကျိဂ်စုဒီးတတ်မၤစၤအဂၤနန ဆဲးကျိးလါလီတဲစီနိဂ်ဂံ **131 202** တကုာ်.
- လါကတဲသကိးဘဂ်တတ်ဒီးပုာ် ဘဂ်ထွဲ MedicareဒီးChild Support အကျိဂ်စုဒီးတတ်မၤစၤအဂၤ လါကစၢ်ကျိဂ်အ ဂီ ဆဲးကျိး Translating and Interpreting Service (TIS National) လါလီတဲစီနိဂ်ဂံ **131 450**တကုာ်.
- လဲသံကွာ်ဘဂ်လါ ပတတ်မၤလီတကုာ်.

တီနိဂ် - မုာ်ကိးလီတဲစီနိဂ်ဂံ '13' လါနဟံဂ်လီတဲစီ ဝဲအိးစကြွလ်ယဂ် တတ်လီထီရီတတီတီအပူနန အပူကလၢဂ် ဒ်တတ်ဟ် ပနိဂ်အိတ်အသးလီ. တတ်အပူတဖ် ကလီဆိလိတ်အသး လါတတ်လီတတီဒီးတတီ ဒီးလီတဲစီကူဂ်နံဂ်တခါဒီးတခါ အဘဂ်စၤ နနလီ. မုာ်ကိးလီတဲစီနိဂ်ဂံ '1800' လါဟံဂ်လီတဲစီနန အပူတလၢဂ်ဘဂ်. မုအိတ်ကိးလါ ကမူလီတဲစီ မုတမုာ် မိတ်နန ဘဂ် တတ်ဘဂ် တတ်ကမၤနိဂ်ယတ်တတ်အယံ ဒီးအပူကလၢဂ်ဒိဂ်နနလီ.

တတ်ဟံမုဒ်တတ်ဟ်ပျါ

တတ်တိတ်ဘဂ်ထွဲ တတ်ရလီ. တတ်ဂုာ်တတ်ကျိလါ လံာ်တဘုဂ်အံအပူတဖ် ကမုာ်ဒ်ထဲ တတ်ဒုးသုဂ်ညါ ဘဂ်ထွဲ ကျိဂ်စုဒီးတတ်မၤစၤ အဂၤ တဖ်အဂီနနလီ. လါကတိတ်ထီဂ် ကျိဂ်စုတတ်မၤစၤ ဒီးယုထီဂ်တတ်မၤစၤအဂၤ ဒ်နတတ်အိတ်သးအိတ်အသးအဂီနန နမူဒါ အိတ်လါ နကဘဂ်မၤဒ်နန နတတ်ဆၢတတ်နနလီ.



Recently arrived in Australia?

This brochure contains information that might be useful to you if you've recently moved to Australia. Settling in can be a challenging experience. As a new arrival, you may be able to get some payments and services from the Australian Government.

Health services

Australia has a national health care system—Medicare. Medicare provides payments and services that can help when you use health care services or buy medicines. This includes getting some money back if you pay to visit a doctor, and getting cheaper medicines through the Pharmaceutical Benefits Scheme or Repatriation Pharmaceutical Benefits Scheme. For more information go to humanservices.gov.au/medicare/services

You need to be enrolled in Medicare and meet eligibility requirements. For more information about eligibility requirements go to humanservices.gov.au/medicare/card

If you're visiting Australia from certain countries, you may be entitled to some subsidised health services under Reciprocal Health Care Agreements. Australia has Reciprocal Health Care Agreements with a number of other countries. For a list of these countries go to humanservices.gov.au/rhca

If you're from one of these countries and meet the eligibility requirements, you may be eligible for Medicare services while you're in Australia.

Our payments

The payments you can get depend on the type of visa you hold or whether you already have Australian citizenship. There may also be waiting periods and other conditions that you need to know about.

You may get certain payments if you're new to Australia and have a permanent residence, humanitarian, refugee, provisional partner or temporary protection type visa.

For more information about residence requirements go to humanservices.gov.au/residence/descriptions

Immunisation and family assistance

Vaccines listed on the National Immunisation Program Schedule are linked to family assistance payments. We'll check each child you're receiving family payments for meets the immunisation requirements.

Your child must be up to date with their immunisations for you to get:

- Family Tax Benefit Part A
- 2017–18 Family Tax Benefit Part A supplement
- Child Care Subsidy
- Child Care Benefit as a lump sum
- Child Care Rebate as a lump sum.



If your child was vaccinated overseas you should get those vaccinations added to the Australian Immunisation Register (AIR). Take translated copies of your records to your Australian vaccination provider. This may be a medical practice or community health centre. They will check the vaccines your child has had, tell you how to catch up if any are missing and add the information to the AIR.

The required vaccines are listed on the National Immunisation Program, which can be viewed at **immunise.health.gov.au**

You don't need to tell us when your child is immunised—we'll check their status on the Australian Immunisation Register.

For more information go to **humanservices.gov.au/air**

Waiting periods

New residents must serve certain waiting periods before claiming payments. There are exemptions to this. For example, if you arrived on a refugee visa.

Your waiting period starts on the day you start living here after you get a permanent resident visa. Only days spent in Australia during this time count towards the waiting period. For more information, go to **humanservices.gov.au/newresidentswaiting**

New Zealanders living in Australia on a Special Category visa can claim:

- family payments, and
- concession cards.

You need a permanent resident visa to claim most other payments. For more information, go to **humanservices.gov.au**

International social security agreements

We have agreements with other countries that may help you get a payment from us. They may also help you get a payment from the other country. Time spent in Australia and the other country may help you to qualify for payments. For more information go to **humanservices.gov.au/issa**

Payments paid outside Australia

Your payment or concession card may be affected if you go overseas. Depending on which payment you get, you may need to tell us about your travel plans before you leave. For more information, go to **humanservices.gov.au/paymentoverseas**

Our services

Help in your language

We provide free interpreters and translated information including videos, audio and written products. Go to **humanservices.gov.au/yourlanguage**

If you are claiming one of our payments or services, we can also translate documents you need for free.

Call us on **131 202** to speak to someone in your language about Centrelink payments and services. For help with Medicare or Child Support services call the Translating and Interpreting Service (TIS National) on **131 450**.

Multicultural Service Officers

Multicultural Service Officers work with community groups and other agencies to help refugees and people from culturally and linguistically diverse backgrounds connect with Australian Government services.

Refugee services

If you have arrived in Australia on a refugee or humanitarian visa, or you were granted a Permanent Protection Visa in Australia, you can get assistance from us to help you settle into your new life. Our refugee services can help you with financial assistance, Medicare enrolment and referrals for:

- employment assistance
- English language tuition
- education and training, and
- other government and community services.

Your Humanitarian Settlement Program provider will help you access our services. You can also visit any service centre to claim payments or services.

Social workers

Our social workers can provide short term counselling and information to help you through a difficult time. Social workers can also connect you with other support and services to help you. To speak to a social worker call **132 850** or visit a service centre.

International Services

We can check if you can get a payment from us based on a social security agreement with another country. We can also help you claim a foreign pension. Contact us on **131 673**.

Other information

Keep your details up to date

You need to tell us when your circumstances change. This could include your income, assets, and even where you live. Use our online service options to keep your details up to date. We do regular reviews to ensure people get the right payment and the right amount.

Assurance of Support

An Assurance of Support is a commitment by an assurer or an organisation to support a person who is applying to migrate to Australia, so they will not have to claim an income support payment once they have been granted the visa or have arrived. If you're under an Assurance of Support arrangement and have claimed certain payments from us, your assurer must repay the full amount you received while the Assurance of Support was in place.

Learning English

We can help you access classes where you can learn or improve your English. You'll need to learn English if you want to become an Australian citizen.

If you were granted a visa to come to Australia as a migrant, refugee or humanitarian entrant, you can access free English classes through the Department of Education and Training's Adult Migrant English Program (AMEP). You'll need to register with one of the AMEP service providers within six months (or 12 months if aged between 15 and 17 years) of arriving in Australia or being granted permanent residence.

The Skills for Education and Employment program, can help you improve your English, reading, writing and basic maths skills so you can increase your chances of getting and keeping a job. To find out if you are eligible for this program, call us or visit a service centre.

Family and domestic violence

We support people affected by family and domestic violence by providing information, resources and referrals.

We have information available in different languages. If you or someone you know is affected by family and domestic violence, go to **humanservices.gov.au/domesticviolence**

Support is also available from:

1800RESPECT—1800 737 732 or 1800RESPECT.org.au

MensLine Australia—1300 789 978 or mensline.org.au

Extra assistance

Getting someone to deal with us on your behalf

If you prefer to have someone else handle your Centrelink, Medicare or Child Support business, you can authorise a person or organisation to deal with us on your behalf. For more information about these arrangements go to **humanservices.gov.au/nominees** or by calling us or visiting a service centre.

Centrepay

Centrepay is a voluntary bill-paying service which is free for customers. Use Centrepay to arrange regular deductions from your Centrelink payment to pay for your bills. You can start or stop using it whenever you like. You can use it for many types of bills—for example child care, electricity and rent. You'll need to give us permission to pay your bills using part of your payment. To set up or change a deduction you can use your Centrelink online account via myGov.

For more information go to **humanservices.gov.au/centrepay**

Additional payments and services

We recognise you may have some costs or issues that you need extra help with. You may also be able to access some of the following:

- Rent Assistance
- Financial Information Service
- Rent Deduction Scheme
- Income Management

- Agents and Access Points
- concession cards.

For more information about these payments and services go to **humanservices.gov.au** or call us.

Do your business with us online

To do your business online, create a myGov account and link to your Centrelink or Medicare online account.

With a myGov account, you can use Centrelink and Medicare online accounts and Express Plus mobile apps. Create a myGov account at **my.gov.au**

Next, you'll need to link your Centrelink or Medicare account to your myGov account. Sign in to myGov, select **Services** and then **Centrelink** or **Medicare**. Answer some questions so we link the correct record to your myGov account.

For more information about online accounts, go to **humanservices.gov.au/register**

For help with myGov, go to **humanservices.gov.au/mygovguides** or watch tutorials on YouTube—**youtube.com/mygovau**

Express Plus mobile apps

Use our Express Plus mobile apps to do business with us 24 hours a day, 7 days a week.

Express Plus Centrelink mobile app

Use the app to:

- report employment income
- get reporting reminders
- view your payments and transaction history
- update details
- view your online letters
- upload documents
- track your claim progress
- view and update your family income estimate and payment choices
- view appointments
- manage your BasicsCard if you're income managed
- view your digital concession cards.

Express Plus Lite mobile app

The Express Plus Lite mobile app lets you report your income in Arabic, Chinese, English, Persian (Farsi) and Vietnamese.

Express Plus Medicare mobile app

Use the app to:

- view your Medicare card details and current card members
- update your contact details
- update your bank account details
- order a replacement or duplicate Medicare card
- submit claims for most services
- view, download, print or email your Medicare Claims History Statements for the last three years
- view your Medicare Safety Net balance
- view, download, print or email Immunisation History Statements for yourself or your child under the age of 14
- register or change your Australian Organ Donor Register decision
- request a new Australian Organ Donor Register card
- view a digital copy of your Australian Organ Donor Register card
- locate your nearest service centre.

To find out more about our apps go to humanservices.gov.au/expressplus

myGov Access

If you're planning to travel overseas or to a remote location and you have a myGov account, consider setting up myGov Access on your mobile device before you leave. myGov Access is a code creator app and a secure option to use when signing in to myGov.

For more information about myGov go to humanservices.gov.au/mygov

Online security

Keep your information safe online. Go to humanservices.gov.au/onlinesecurity to find out how.

Keeping up to date

To find out about changes being made to payments and services:

- visit and subscribe to our online news service for up-to-date information at humanservices.gov.au/multicultural
- like us on facebook.com/HumanServicesAU and ask us a question
- follow us on Twitter [@HumanServicesAU](https://twitter.com/HumanServicesAU)

For more information

- go to humanservices.gov.au/multicultural for more information in English
- go to humanservices.gov.au/yourlanguage where you can read, listen to or watch information in your language
- call **131 202** to speak with us in your language about Centrelink payments and services
- call the Translating and Interpreting Service (TIS National) on **131 450** to speak with us in your language about Medicare and Child Support payments and services
- 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.