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| Qoraalka Xuquuqda  *Somali / Soomaali*  *(Statement of Rights)*  Daaweynta Electroconvulsive (ECT)  *(Electroconvulsive Treatment (ECT))* |
| |  | | --- | | Waxaa lagu siiyey dukumiintigaan sababtoo ah dhakhtarkaaga dhimirka ayaa soo jeediyey in lagugu daaweeyo adiga electroconvulsive.  Wuxuu sharxayaa xuquuqdaada sharciyeed sida waafaqsan Xeerka Fayoqabka iyo Caafimaadka Maskaxda (*Mental Health and Wellbeing Act 2022 (Vic).- ‘The Act’*)*.* | | RASMI |  Caawimaada dukumiintigaan  * Kooxdaada daaweyntu waa inay kaa caawiyaan fahamka macluumaadkan. * Waxaad caawimaad ka heli kartaa xubin qoyska ah, saaxiib, ama qof kuu doodaya. * Eeg qaybta ‘Caawimaad Hel’ ee warqadaan wixii ah faahfaahinta ururada ku caawin kara xiriirkooda. * A blue sign with white figures    Description automatically generated with low confidenceDukumiintigaan waxaa lagu tarjumay luuqadaha bulshada waxaana laga helayaa www.[health.vic.gov.au](https://www.health.vic.gov.au/mental-health-and-wellbeing-act). * Wixii caawimaad luuqadaada ah kala xiriir Adeega Turjumaada Afka iyo Qoraalka ah Translating and Interpreting Service 131 450. |

# Waa maxay daaweynta electroconvulsive ka (ECT)?

Daaweynta electroconvulsive (ECT) waa nidaam daaweyn oo lagu yareynayo suuxdinta maskaxda gudaheeda. Waxaa loo isticmaali jiray jirada maskaxda waxaana loo qabtaa sida waafaqsan suuxdinta guud.

Caddadka ECT waa ugu badnaan 12 daaweyneed. Daaweyntaan waxaa la qabtaa ilaa wakhti oo aan ka badneyn lix bilood. ECT waxaa badanaa la siiyaa saddex jeer toddobaadkii saddex ilaa afar toddobaad, laakiinse tani waa isbedeshaa qofba qofkale waa ka duwan yahay.

ECT waxaa lagugu siin karaa ka raali ahaanshahaaga ama ka raali ahaanshahaaga la’aantii. Waxay ku xiran tahay in lagu qiimeeyey inaad leedahay awood aad ku bixisid ka raali ahaansho aad warkeeda haysid.

## Awooda lagu bixiyo ka raalinoqashada aad warkeeda haysid

* Haddii aad rabtid inaad ka raali ahaato ECT, waa inaad leedahay awood aad ku bixisid ka raali ahaansho aad ka warheysid.
* Haddii aadan lahayn awood aad ku bixisid ka raali ahaansho aad warkeeda haysid, ama aad ka yar tahay da’da ah 18 sanno oo uu doonayo dhakhtarkaaga dhimirku inuu ku siiyo EC, waa inay codsadaan Mental Health Tribunal amar u ogolaanaya iyaga inay ku siiyaan ECT.

Bixinta ka raali ahaansho aad warkeeda heysid micnaheedu waxaa weeye inaad fahamtay oo aad ka fekertay macluumaadka aad u baahan tahay si aad u gaartid go’aan ku saabsan daaweyntaada.

Waxaad bixin kartaa ka raali ahaansha aad warkeeda heysid haddii aad leedahay awooda aad sidaas ku sameysid. Dhakhtarkaaga dhimirku waa inuu bilaabaa isagoo ka soo qaadaya inaad leedahay awoodii.

Waxaad heli doontaa awood aad u bixisid ka raali ahaansho warkeeda aad heysid ee daawo gaar ah haddii aad awoodid:

* inaad fahamto macluumaadka lagu siiyey ee ku saabsan daaweynta;
* xasuusatid macluumaadkaas;
* isticmaal ama miisaan macluumaadkaas
* go’aankaagana ka hadal

Awoodaada aad ku bixineysid ka raali ahaansho aad warkeeda heysid waa in la hubiyaa wakhti iyo goob markay tahay inay ugu dhowdahay inay tahay qiimeyn sax ah. Dhakhtarkaaga dhimirka waa inuu ku siiyaa taageero aad ku dhisaysid awoodaada. Dhakhtarkaaga dhimirka waa inuu u qiimeeyaa awoodaada si joogta ah maadaama ay isbedeli karto.

## Haddii aad rabtid ECT

Haddii aad jirto 18 ama ka weyn

Waa inaad fulisaa shuruudaha soo socda si aad u dooratid inaad qaadato ECT:

* Waxaad leedahay awood aad ku bixinayso ka raali ahaansho, iyo
* Inaad ku bixisay ka raali ahaanshahaaga si qoraal ah.

Haddii aadan lahayn awood laakiinse aad leedahay tilmaan bixin leh waxaad dooratay inaad qaadato ECT, waxaad sidoo kale u baahan doontaa ogolaansha Mental Health Tribunal ka hor intaadan qaadan ECT.

Haddii aad ka yar tahay 18

Dhakhtarka dhimirku waa inuu ka codsadaa Mental Health Tribunal ogolaansho. Waa inay codsadaan xitaa haddii aad dooneysid inaad qaadatid ECT, ama waalidkaa, ama masuul doonayo inaad qaadatid ECT.

Haddii aad bixisay ka raali ahaanshaha ECT, waxaad go’aansan kartaa inaad joojiso qaadashadeeda wakhti kasta.

## ECT khasabka ah

ECT khasab ah micnahiisu waa qaadashada ECT, xitaa haddii aadan dooneynayn ama aadan lahayn awoodii aad raali kaga ahaan lahayd. Mental Health Tribunal waa inay bixiyaan ogolaansho ka hor waxaa lagu siin karaa ECT khasab ah.

Haddii aad tahay18 ama ka weyn tahay

ECT waxaa la siin karaa oo kaliya ka raali ahaanshahaaga la’aantii haddii:

* aadan lahayn awood ku bixisid ka raali ahaansho;
* ECT waa habka ugu xanibaada yar ee lagugu daaweynayo; iyo
* Haddii aadan ahayn bukaan khasab ah, sameeyaha go’aanka ku daaweynta daawada ama tilmaamahaaga tooska ah ayaa leh waxaad qaadan karto ECT.

Dhakhtarkaaga dhimirku waa inuu sidoo kale codsadaa Mental Health Tribunal, waxayna go’aansadeen in:

* aad la’dahay awood aad ku bixisid ka raali ahaansho warkeeda aad qabto iyo
* In aanay ma jirin xanibaad yar oo lagugu daaweyn karo.

Haddii dhakhtarkaaga dhimirku uu rumeysan yahay in aadan lahayn awood aad ku bixisid ka raali ahaansho aad warkeeda qabtid ee ECT, waxaad weydiin kartaa inay kuu sharxaan sababta.

Wixii macluumaad dheeraad ah ee ku saabsan go’aan qaataha daaweynta caafimaad iyo tilmaamaha toosan, eeg website ka Office of the Public Advocate: [www.publicadvocate.vic.gov.au/medical-treatment](http://www.publicadvocate.vic.gov.au/medical-treatment).

Dhakhtarkaaga dhimirku waa inuu joojiyaa ku siinta ECT haddii ay la tahay:

* inaad hadda leedahay awooda aad ku bixinaysid ka raali ahaansho aad warkeeda qabtid oo aadan dooneynin ECT; ama
* ECT intaa ka badan ma aha fursada daaweynta ee ugu xanibaada yar.

Ugu xanibaada yar micnaheedu waxaa weeye waxaad u baahan tahay in lagu siiyo ilaa iyo xoriyada ugu badan ee aad awoodo, oo ku saleysan xaaladahaaga shakhsiyeed. Waxa ku ah xannibaad hal qof waxaa laga yaabaa inuusan ku ahayn qof kale.

Haddii aad ka yar tahay 18

Waxaad la hadli kartaa qareen si aad u ogaatid wixii ku saabsan xuquuqdaada.

## Mental Health Tribunal

Mental Health Tribunal waa inay go’aamisaa codsiga ECT shan maalmood oo shaqo dhexdood ka dib helitaankiisa.

Waxaad weydiin kartaa shaqaale, qareen, ama u doode wixii caawimaad ah si aad isugu diyaarisid dhageysiga maxkamada. Waxaad xaq u leeahay in:

* nuqulka warbixinta iyo inaad eegto dukumiintiga ay siiyeen kooxdaada daaweyntu Mental Health Tribunal ugu yaraan laba maalmood ka hor dhageysiga. Dhakhtarkaaga dhimirka ayaa weydiisan kara Mental Health Tribunal inaad joojisid akhrinta warbixinta ama dukumiintiga haddii ay u keeni karaan nafsadaada dhibaato daran ama qof kale;
* bixi qoraalkaaga ama caddeyntaada; oo
* Codso qoraalka sababaha go’aanka Mental Health Tribunal 20 maalmood oo shaqo ee maxkamadaada dhageysigeeda ka dib.

Waxaad ka codsan kartaa Victorian Civil and Administrative Tribunal (VCAT) si aad racfaan uga qaadatid amarkaaga ECT. Waxaad raadsan kartaa tallo sharci.

# xuquuqdaada

Haddii dhakhtarkaaga dhimirku soo jeediyey ECT, waxaad leedahay xuquuq.

## Waxaad xaq u leedahay ugu yaraan qiimeynta leh xanibaada ugu yar iyo daaweynta

Tan micnaheedu waxaa weeye daaweynta iyo qiimeynta khasabka ah waa in lagu siiyaa si ku siinaysa xoriyada ugu badan iyo doorashada suurtagalka ah. Waxaad dooneysid, hadafyadaada bogsashada iyo waxyaalaha kale ee la helayo waa in la tixgeliyaa. Waxa u ah qof xaddidaad waxaa laga yaabaa inaysan u noqon xaddidaad qof kale.

## Waxaad xaq u leedahay helida macluumaad

Kooxdaada daaweynta waa inay bixisaa macluumaadka ku saabsan ECT, daaweyn kasta oo bedel ah, iyo sharax sababta ay adiga kuugu soo jeedinayaan. Su’aalaha qaarkood ee aad weydiin karto waa:

* Maxaa loo isticmaalaa ECT sideena loo bixin karaa?
* Waa maxay sababtaad iigu soo jeedineysid aniga ECT?
* Maxaa dhici doona ka dib markaan qaato ECT?
* Waa maxay faa’iidooyinka iyo faa’iido darada ECT?
* ECT ma saameyn doontaa xasuusteyda?
* Ma qiimeyn doontaa awoodayda ka raali ahaanshaha ka hor daaweyn kasta?

Haddii kooxdaada daaweyntu ay codsato amarka ECT, waa inay sharxaan sababta ay u codsanayaan amarka. Waa inay ku siiyaan macluumaadka ku saabsan xuquuqdaada. Macluumaadka wuxuu noqon karaa qoraal ama hadal, iyo luuqadaad doorbideysid. Waa inay ka bixiyaan jawaabo cad su’aalahaaga. Macluumaadka waa in la siiyaa wakhti adiga sax kuu ah si aad u tixgelisaan.

## Waxaad xaq u leedahay in lagu taageero

Waxaad dooran kartaa qof ku caawiya, oo uu ku jiro qof ku hadla luuqadaada. Kooxdaadu waa inay kaa caawiyaan la xiriirka qof ku taageera.

Dhakhtarka dhimirku waa inuu wargeliyaa, oo uu tixgelin karaa firkaradaha dadka ilaa xad ee ku saabsan daaweynta iyo qiimeynta. Tan waxaa ku jiri kara:

* qofkaaga taageerada ee la doortay;
* u doodahaaga caafimaadka dhimirka;
* masuulkaaga;
* xannaaneeyahaaga; ama
* waalidkaa (haddii aad 16 ka yar tahay).

Waxaad u sheegi kartaa kooxdaada daaweynta haddii uu jiro qof aadan dooneynin inay la xiriiraan. Marmarka qaarkood macluumaadkaaga waxaa laga yaabaa in sharci aan la wadaago adoon dooneyn in taasi dhacdo.

## Waxaad xaq u leedahay in lagaa caawiyo go’aamo gaarida

Waxaad dooran kartaa qof kaa caawiya go’aamada.

Xitaa haddii aad qaadatid daaweyn khasab ah, kooxdaada daaweynta waa inay ku siiyaan macluumaad ku saabsan fursadahaaga. Waa inay ku siiyaan macluumaad kugu filan iyo wakhti aad go’aan ku gaari kartid oo ay uga jawaabaan su’aalahaaga si aad u fahmi kartid. Waa inay kuu ogolaadaan inaad go’aan gaartid, xitaa haddii ay la tahay in waxoogaa khatar ahi jirto.

## Waxaad xaq u leedahay inaad amaan dareentid iyo xushmadba

Daaweynta iyo qiimeynta khasabka ah waa in loo bixiyaa si xushmeynaysa oo ilaalineysa aqoonsigaaga iyo baahidaada. Tan waxaa ku jira dhaqankaaga, baahidaada isgaarsineed, da’daada, baahiyaha gaarka ah, aqoonsiga jinsiga, diinta, iyo nooca galmada. Baahidaada kale caafimaad waa in la aqoonsadaa oo la taageeraa. Sharaftaada, madax bannaanidaada, iyo xuquuqdaada waa in la ilaaliyaa.

## Waxaad leedahay xuquuq haddii aad tahay qof ka soo jeeda Ummaddii Koowaad

Dadka Ummaddii Koowaad (First Nations) ah waa in dhaqankooda gaarka ah iyo aqoonsigooda la xushmeeyaa.

Waxaad xaq u leedahay daaweyn iyo qiimeyn kor u qaadaysa go’aankaaga shakhsiyeed.

Ku xirnaantaada qoyska, qaraabo, bulsho, dal iyo biyo waa in la xushmeeyaa.

Waxaad caawimaad ka heli kartaa:

* Sarkaalka Xiriirka Abo-orjiniska jooga adeegaaga caafimaadka dhimirka (Aboriginal Liaison Officer).
* Adeega Sharciga Aboorjuniiska Victoria (Victorian Aboriginal Legal Service).

## Waxaad xaq u leedahay in lagaa caawiyo isgaarsiinta

Kooxdaada daaweynta waa inay xushmeeyaan taageeraan sidaad ula xiriiri lahayd. Tan waxaa ku jira:

* isticmaalida turjumaan haddii aad mid u baahan tahay;
* ka hadlida jawiga ugu wanaagsan ee suurtagalka kuu ah adiga; iyo
* in lagu siiya goobo aad kula hadashid qoyska, xannaaneeyayaasha, dadka taageerada ah, ama u doodayaasha.

Markaad isbitaalka ku jirto, xuquuqdaada aad kula hadli kartid qof kasta waxaa laga yaabaa in la xaddido haddii ay lagama maarmaan tahay amaan dartii. Laakiinse lagaama xaddidi karo la xiriirida:

* qareen;
* Guddiga Fayoqabka iyo Caafimaadka Maskaxda (Mental Health and Wellbeing Commission);
* Mental Health Tribunal;
* Madaxa Dhakhaatiirta Dhimirka (Chief Psychiatrist);
* u doodaha caafimaadkaaga dhimirka; ama
* booqdaha bulshada Office of the Public Advocate.

## Xuquuq baad u leedahay in lagaa taageero u doodista

Waxaad la xiriiri kartaa U-doodista Caafimaadka Maskaxda ee Madaxa bannaan (Independent Mental Health Advocacy (IMHA) wixii ah taageero u doodis bilaash ah oo madax bannaan wakhti kasta. Waxay kaa caawin karaan inaad ogaatid xuquuqdaada oo aad fekridaada ka dhiibatid.

IMHA si toos ah ayaa loo wargeliyey marka lagugu hayo amar waana kula soo xiriiri doonaa adiga haddii aadan u sheegin inaysan kula soo xiriirin.

## Waxaad xaq u leedahay tallo sharci in lagu siiyo

Waxaad xaq u leedahay inaad la hadashid qareen si aad u doonatid caawimaad sharci oo ku saabsan caafimaadka maskaxda ama arima kale oo sharciyeed. Waxaa jira adeegyo sharci oo bilaash ah oo aad la xiriiri kartid.

## Waxaad xaq u leedahay talada dhakhtar dhimir oo labaad

Tani waxay qiimeynaysaa haddii:

* aad fuliso shuruudaha daaweynta; iyo
* Daaweyntaaduna waxay u baahan tahay inay isbedesho.

Si aad u heshid tallo labaad, waxaad awoodaa:

* isticmaal Second Psychiatric Opinion Service adeega tallada dhakhtarka dhimirka ee labaad oo ah bilaash iyo mid madax bannaan;
* weydii shaqaalaha dhakhtar kale oo dhimir oo jooga adeegaaga; ama
* La xiriir dhakhtarka dhimirka ah ee gaarka ah. Waxaa laga yaabaa inay dawlada ku dalacaan ama ay u baahan yihiin lacag.

## Waxaad xaq u leedahay inaad hore u sameysid qoraalka waxyaalahaad doorbideysid

Kani waa dukumiinti aad sameyn kartid oo sharxaya waxaad dooneysid inay dhacaan haddii aad heshay daaweynta ama qiimeynta khasabka ah. Waxaa ku jiri kara nooca daaweyneed, taageero ama daryeel ee aad rabtid. Mid baad sameyn kartaa wakhti kasta.

Adeega caafimaadka maskaxda waa inay isku dayaan inay sameeyaan waxa qoraalkaaga ku qoran, laakiinse sharci ahaan kuma khasbana sidaas inay sameeyaan. Haddii aysan raacin daaweynta aad doorbideysid, waa inay kuu sheegaan sababta oo qoraal ah 10 maalmood oo shaqo gudahood.

## Waxaad xaq u leedahay inaad dooratid qof ku taageera oo la magacaabay

Kani waa qof aad si toos ah u dooratid si uu kuu taageero oo uu kuugu dodo haddii aad hesho daaweynta ama qiimeynta khasabka ah. Waa inay kuugu doodaan waxaad ku tiraahdid inaad rabtid, oo aan ahayn waxay rabaan. Adeega caafimaadka maskaxda waa inuu caawiyo si ay kuu taageeraan oo ay u sheegaan daaweyntaada wax ku saabsan.

## Waxaad xaq u leedahay inaad cabasho sameysid

Waxaad si toos ah ugu caban kartaa adeegaaga ama (Mental Health and Wellbeing Commission - MHWC).

## Waxaad xaq u leedahay inaad heshid macluumaadkaaga oo aad codsatid isbedelo

Waxaad si toos ah ugu gudbin kartaa Xoriyada Macluumaadka(Freedom of Information) codsi adeega caafimaadka maskaxda dadweynaha.

Waxaad weydiisan kartaa sixitaano lagu sameeyo macluumaadka caafimaadkaaga. Haddii adeega caafimaadka maskaxdu ay diidaan codsigaaga, waxaad sameyn kartaa qoraalka macluumaadka caafimaad oo sharxaya isbedelada aad rabto. Tani waa inay ku jiraan faylkaaga.

# Caawimaad hel

Adeegyada aad kala xiriiri kartid caawimaad adoo isticmaalaya xuquuqdaada

| Adeeg | Faahfaahinada | Faahfaahinada xiriirka |
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| Independent Mental Health Advocacy | Adeega u doodista madaxa bannaan | 1300 947 820  [www.imha.vic.gov.au](http://www.imha.vic.gov.au) |
| Caawimaada Sharciga ee Victoria (Victoria Legal Aid) | Caawimaada sharci ee bilaashka ah | 1300 792 387  [www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au) |
| Xarunta Sharciga Caafimaadka Maskaxda(Mental Health Legal Centre) | Caawimaada sharci ee bilaashka ah | 9629 4422  [www.mhlc.org.au](http://www.mhlc.org.au) |
| Victorian Aboriginal Legal Service | Caawimaada sharci ee bilaashka ah looguna talagalay dadka Torres Strait Islanders iyo Aboorujiinka | 9418 5920  [www.vals.org.au](http://www.vals.org.au) |
| Booqdayaasha Bulshada (Community Visitors) | Booqo adeegyada caafimaadka maskaxda | 1300 309 337  [www.publicadvocate.vic.gov.au/opa-volunteers/community-visitors](http://www.publicadvocate.vic.gov.au/opa-volunteers/community-visitors) |
| Second Psychiatric Opinion Service | Fikradaha dhakhtarka dhimirka ee labaad oo bilaash ah looguna talagalay bukaanka khasabka ah | 1300 503 426  [www.secondopinion.org.au](http://www.secondopinion.org.au) |
| Mental Health and Wellbeing Commission | Adeega cabashooyinka madaxa bannaan | 1800 246 054  [www.mhwc.vic.gov.au](http://www.mhwc.vic.gov.au) |
| Mental Health Tribunal | Sameynta iyo dib u eeginaha amarada daaweynta | 1800 242 703  [www.mht.vic.gov.au](http://www.mht.vic.gov.au) |

# Hel wax intaas ka sii badan

* Caafimaadka Dhimirka Xeerka Caafimaadka Samaqabka ee 2022 (Vic)

[www.legislation.vic.gov.au/as-made/acts/mental-health-and-wellbeing-act-2022](http://www.legislation.vic.gov.au/as-made/acts/mental-health-and-wellbeing-act-2022)

* Office of the Chief Psychiatrist (Xafiiska Madaxa Cilmi-Nafsiga) tusayaasha  
  [www.health.vic.gov.au/chief-psychiatrist/chief-psychiatrist-guidelines](http://www.health.vic.gov.au/chief-psychiatrist/chief-psychiatrist-guidelines)
* Victoria Legal Aid website-ka  
  [www.legalaid.vic.gov.au/mental-health-and-your-rights](http://www.legalaid.vic.gov.au/mental-health-and-your-rights)
* Xeerka Samaqabka iyo Caafimaadka dhimirka (Mental Health and Wellbeing Act) Buugga gacanta

[www.health.vic.gov.au/mental-health-and-wellbeing-act-handbook](http://www.health.vic.gov.au/mental-health-and-wellbeing-act-handbook)

* Jaartarka Reer Fiktooriya ee Xuquuqda Aadamiga iyo Masuuliyaadka (Victorian Charter of Human Rights and Responsibilities)   
  [www.legislation.vic.gov.au/in-force/acts/charter-human-rights-and-responsibilities-act-2006/015](http://www.legislation.vic.gov.au/in-force/acts/charter-human-rights-and-responsibilities-act-2006/015)
* Independent Mental Health Advocacy ogsoonow macluumaadka xuquuqdaada

[www.imha.vic.gov.au/know-your-rights](http://www.imha.vic.gov.au/know-your-rights)

* Caddaynta Xuquuqda ee Wasaarada Caafimaadka Fiktooriya (Victorian Department of Health Statement of Rights)

www.[health.vic.gov.au](https://www.health.vic.gov.au/mental-health-and-wellbeing-act)

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