

## E faapefea ona faatino?

O Tagata Faigaluega aoaoina lelei o le Soifua Maloloina (Multicultural Health Worker) e tautala i lau lava gagana. Filifili oe i le mataupu e te fiafia iai.

Matou te ofoina atu polokalame talanoa taitoatasi, pe faatasi foi ma isi tagata. Eaofia ai foi ma isi komiuniti (communities) eseese i lalo ifo:

**Polokalame**  
Fai Fua  
mo lou  
Komiuniti.

**ARABIC**  
**BOSNIAN**  
**INDIAN**  
**SAMOAN**  
**SUDANESE**  
**VIETNAMESE**  
**SPANISH**

Matou te faaogaina ata e faaali, Polokalame Mea'ai, Fesili ma Tali, DVDs, Faataitaga Kuka, Faasoa i manatu. O Polokalame e tusaafia toe aofia ai uma ai tagata. "Ae ou te le i faatasi atu i le polokalame, ou te le i malamalama i le taua o mea'ai. O lea ua ou malamalama ma o le a ou faatinoina atili lea i mea'ai soifua maloloina." ✨

O le a ou tausia nei faamatalaga taua ma faatino i aso uma ina ua ou malamalama nei i tulaga sa ou nofopogisa ai.

*Living Well Multicultural.*



Faapefea ona:

**FAAMALOSITINO**  
**TAUMAFI**  
**MALOLOINA**  
**SOIFUA**  
**MALOLOINA**

Aoaoga e aunoa ma se totogi

## FAATONU NEI

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Ethnic Communities  
Council of Queensland



Queensland  
Government

The Ethnic Communities Council of Queensland Chronic Disease Program

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*Soifua maloloina*  
**Atunuu eseese**



Ethnic Communities  
Council of Queensland

**Polokalame soifua maloloina**  
**mo gagana ma aganuu i**  
**komiuniti eseese i Kuinisilani.**

# Soifua maloloina Atunuu eseese

O le Polokalame Soifua Maloloina Atunuu Eseese e fesoasoani ia te oe, lou aiga, ma lau komiuniti e:

- ❖ Faatino ai filifiliga Soifua Maloloina lelei.
- ❖ Pulea lelei ai lou Faa- Ma'i Suka, Faama'i fatu, Sela, Mama ma nisi Faama'i koroniti.
- ❖ Faaleleia atili lou soifua maloloina!

## FAAMALOSITINO

Aoa'oina mafuaaga e mafai ai ona fesoasoani le faamalositino faalausoo e faaititiia ai le afaina i le stroke, fatuoso, vaega 2 o le suka. Saili pe faapefea ona faamalositino faatasi oe ma lou aiga ma fiafia uma faatasi.

Polokalame e Aofia ai:

- ❖ O le aoga o le Faamalositino
- ❖ Faamalositino ma Faama'i Koroniti
- ❖ Faamalositino ma le Olaga Faa-Ausetalia
- ❖ Ituaiga Faamalositino mo le Ola lelei ma le Malosi.
- ❖ Fautuaga taua mo le saogalemu o Faamalositino
- ❖ O aoaga o Faamalositino mai le malo Ausetalia.
- ❖ Amata loa ma faamalositino ma isi tagata



## TAUMAFALOLEI

Aoa'oina i le mafuaaga e taua ai le filifilia lelei o mea'ai mo lou soifua, le mamafa o lou tino, ma le soifua umi maloloina. E silafaina ai e oe ma lou aiga o mea'ai maloloina e taumafa.

Aoaga e Aofia ai:

- ❖ Aoga o mea'ai
- ❖ Fautuaga o le fuafaataata lelei o mea'ai
- ❖ Faatauga
- ❖ Makaina o Mea'ai
- ❖ Fuafaataata o Lesapi
- ❖ Faatupeina ma le Fuafuaga
- ❖ Faamalalamaina o mea'ai Faaleaganuu
- ❖ Faamalalamaina o Mea'ai Ausetalia
- ❖ Mea'ai tatau mo Ituaiga tagata uma.
- ❖ Pe faapefea ona saunia le vaiaiga maloloina
- ❖ Faleaiga ma Mea'ai Vela faatau mai
- ❖ Puipuia lelei o mea'ai



## SOIFUALOLEI

O Faama'i Koroniti o faama'i ia e faagesegese lava ona tutupu a'e, e umi lava ona afaina ai, ma e faigata ona togafitia. E tatau ona saili pe faapefea ona puipuia ma pulea lelei faama'i koroniti e ala lea i le suia o lou soifua:

- ❖ Taumafa Lelei
- ❖ Faamalositino
- ❖ Taofi le Ulaula Tapaa
- ❖ Fuafua lelei le inu i le 'ava malosi

**A fia malamalama i Faama'i Koroniti e mafai ona e faatasi mai semina:**

- Faama'i Fatu ma Alatoto (Faama'i Fatu, poloka alatoto, toto maualuga)
- ❖ Faama'i Sela (Sela, Faama'i Mama)
- ❖ Faama'i Suka
- ❖ Faama'i Fatuga'o

**Afai e iai se faafitauli i le faaogaina o le Australian Healthcare e mafai ona faatasi mai i le semina:**

- ❖ The Australian Healthcare System:
- Your rights and responsibilities (O lau aia tatau ma ou tiute i aiaiga faasoifua maloloina)

