



ENGLISH	SOMALI/SOOMAALI
<b>Background</b>	<b>Macluumaadka hore</b>
Victoria is the first state in Australia to pass voluntary assisted dying laws. The <b>Voluntary Assisted Dying Act (2017)</b> provides a safe legal framework for people who are suffering and dying to choose the manner and timing of their death.	Victoria waa gobolkii ugu horeeyey Australia ee ansixiya shuruucda dhimashada la caawiyey ee ikhtiyaarka ah. <b>Voluntary Assisted Dying Act (2017 (Xeerka Dhimashada La caawiyey ee Ikhtiyaariga ah (2017))</b> wuxuu siiyaa qaab sharciyeed ammaan ah dadka dhibaatoonaya ee dhimanaya inay doortaan habka iyo wakhtiga dhimashadooda.
With comprehensive safeguards and rigorous protections, the process for accessing voluntary assisted dying in Victoria will be the safest and most conservative in the world.	Ilaalin xooggan iyo dhawrida ammaanka ee guud, nidaamka loo helo dhimashada la caawiyey ee ikhtiyaarka ah Victoria waxay noqon doontaa midda ugu ammaansan iyo ta aan isbedelka doonin ee aduunka.
<b>What is voluntary assisted dying?</b>	<b>Waa maxay dhimashada la caawiyey ee ikhtiyaariga ah?</b>
Voluntary assisted dying means administering a substance for the purpose of causing death in accordance with the steps and process set out in law.	Dhimashada la caawiyey ee ikhtiyaariga ah micnaheedu waa maamulida walax ujeedadeedu tahay inay dhimasho keento marka loo eego tallaabooyinka iyo nidaamka sharcigu qorayo.
Voluntary assisted dying must be voluntary and initiated by the person themselves, and it will usually be self-administered. Only those who are already dying from an incurable, advanced and progressive disease, illness or	Dhimashada la caawiyey ee ikhtiyaariga ah waa inay noqotaa mid ikhtiyaari ah oo uu bilaabay qofka laftigiisu. Oo kaliya kuwa haddaba u dhimanaya cuddur sii kordhaya oo meel danbe maraya



<p>medical condition will be able to access voluntary assisted dying.</p>	<p>oo aan la daaweyn karin , jirro ama xaalad caafimaad ayaa awoodi doona inay isticmaalaan dhimashada la caawiyey ee ikhtiyaariga ah.</p>
<p>Voluntary assisted dying is only for those who face an inevitable, imminent death as a result of an incurable disease, illness or medical condition.</p>	<p>Dhimashada la caawiyey ee ikhtiyaariga ah waa kuwa ay heysato dhimasho soo socota oo aysan seegi karin uuna keenayo cudur aan la daaweyn karin, jirro ama xaalad caafimaad.</p>
<p><b>Why is there a law?</b></p>	<p><b>Waa maxay sababta uu sharci u jiro?</b></p>
<p>Voluntary assisted dying is a process where an eligible individual (and only that individual) who is at the end of their life, and suffering, may choose the manner and timing of their death, after following steps set out in Victorian law.</p>	<p>Dhimashada la caawiyey ee ikhtiyaariga ahi waa nidaam uu qofka xaqa u lehi ( iyo qofkaas kaliya) oo ku jira dhammaadka noloshooda, oo dhibaatoonaya, laga yaabo inuu doorto habka iyo wakhtiga dhimashadiisa, ka dib markuu raaco tallaabooyinka ku qoran sharciga Victoria.</p>
<p>The law means that a person may be assisted by medical practitioners to access a substance to use to end their life at a time of their choosing. The process ensures the person's decision is voluntary and enduring and provides clear guidance for how medical practitioners can lawfully support the person in this choice.</p>	<p>Sharciga micnahiisu waa in laga yaabo in qofka inuu caawiyo aqoon yahanka caafimaadka inuu helo walaxda uu u isticmaalayo goynta naftiisa wakhtigii uu doortay. Nidaamkan wuxuu hubinayaa qofka go'aankiisu inuu yahay ikhtiyaari waaraya oo bixinaya hagitaanka cad ee ee sida aqoon yahanka caafimaadku uu si sharci buuxo ah u taageero qofka sidan doortay.</p>
<p>The law also provides a range of protections to make sure that voluntary assisted dying is safely implemented and monitored in Victoria.</p>	<p>Sharciga sidoo kale wuxuu siinaya tiro ilaalin ah si loo hubiyo in dhimashada la caawiyay ee ikhtiyaariga ahi in si ammaan ah</p>



	loo dhaqangeliyo oo loola socda Victoria gudaheeda.
<b>Who is able to access voluntary assisted dying?</b>	<b>Yaa awooda inuu helo dhimashada la caawiyey ee ikhtiyaariga ah?</b>
Voluntary assisted dying is only for people who are suffering from an incurable, advanced and progressive disease, illness or medical condition, who are experiencing intolerable suffering. The condition must be assessed by two medical practitioners to be expected to cause death within six months.	Dhimashada la caawiyey ee ikhtiyaariga ah waxaa loogu talagalay oo kaliya dadka ku dhibaateysan jirada kordheysa oo meel sare gaadhay oo aan la daaweyn karin, jirrada ama xaalada caafimaad, ee ay heysato dhibaato aan loo dulqaadan karin. Xaalada waa inay qiimeeyaan laba aqoon yahan oo caafimaad oo la filayo inay keento dhimasho lix bilood gudahood.
There is an exception for a person suffering from a neurodegenerative condition, where instead the condition must be expected to cause death within 12 months.	Waxaa jira oo laga soo reebayaa qofka ku dhibaateysan xaalada neerfaha sii xumaanaya, halkaas oo bedel ahaan xaalada la filayo inay keenayso dhimasho 12 bilood gudahood.
Voluntary assisted dying will only be available to Victorians who are over the age of 18 who have lived in Victoria for at least 12 months, and who have decision-making capacity. To be eligible for voluntary assisted dying they must be experiencing suffering that cannot be relieved in a manner the person considers tolerable.	Dhimashada la caawiyey ee ikhtiyaariga ah waxaa helaya oo kaliya dadka Victoria ee ka weyn 18 ee ku noola 12 bilood ugu yaraan Victoria, ee leh awood ay go'aan ku gaadhaan. Si aad xaq ugu yeelato dhimashada la caawiyey ee ikhtiyaariga ah waa inay heysataa dhib aan looga dibcelin karin hab uu qofku u arko wuxuu u adkeysan karo.
Mental illness or disability alone are not grounds for access to voluntary assisted dying, but people who meet all other criteria, and who have a disability or mental illness,	Jirrada madaxa ama iinta kaliya ma aha sabab lagu heli karo dhimashada la caawiyey ee ikhtiyaariga ah, laakiinse dadka fuliya dhammaan shuruudaha kale, looma diidi doono



<p>will not be denied access to voluntary assisted dying.</p>	<p>isticmaalka dhimashada la caawiyey ee ikhtiyaariga ah.</p>
<p><b>How will voluntary assisted dying work?</b></p>	<p><b>Sidee bay u shaqeynaysaa dhimashada la caawiyey ee ikhtiyaariga ah?</b></p>
<p>Only the person wanting to access voluntary assisted dying may initiate discussions with health practitioners about voluntary assisted dying.</p>	<p>Qofka doonaya inuu helo dhimashada la caawiyey ee ikhtiyaariga ah kaliya ayaa laga yaabaa inuu bilaabo kala hadlida aqoon yahanka caafimaadka wax ku saabsan dhimashada la caawiyey ee ikhtiyaariga ah.</p>
<p>A family member or carer can't request voluntary assisted dying on somebody else's behalf. This is to ensure that the request is completely voluntary and without coercion, and that the decision is the person's own.</p>	<p>Xubin qoyska ah ama xannaaneeye uma codsan karaan dhimashada la caawiyey ee ikhtiyaariga ah iyagoo metelaya qof kale. Tani waa in la hubiyaa in codsigu yahay mid ikhtiyaari ah oo caddaadis la'aan ah, oo go'aanku uu yahay mid qofku leeyahay.</p>
<p>If a person wants to request access to voluntary assisted dying, they will need to be assessed by a suitably qualified doctor who will determine if the person is eligible. If the person is eligible, the process is repeated with a second doctor who will need to conduct another assessment. The doctors will make sure the person is making a fully informed decision and is aware of the available palliative care options.</p>	<p>Haddii qofku doonayo inuu codsado isticmaalka dhimashada la caawiyey ee ikhtiyaariga ah, waxay u baahan doonaan inuu qiimeeyo dhakhtar si ku haboon aqoon u leh oo go'aamin doona haddii qofku xaq u leeyahay. Haddii qofku xaq u leeyahay, nidaamka ayaa lagu celiyaa dhakhtar labaad oo u baahan doona inuu sameeyo qiimeyn kale. Dhakhtaradu waxay hubin doonaan in qofku uu sameynayo go'aan buuxa oo ay akhbaartiisa og yihiin oo ay ka warqabaan fursadaha daryeelka dhimasho sugaha.</p>



<p>If the person wishes to proceed, they will need to make a written declaration that is witnessed by two independent individuals, confirming that they are making an informed, voluntary and enduring decision to access voluntary assisted dying.</p>	<p>Haddii qofku uu doonayo inuu sii wato, waxay u baahan doonaan inay sameeyaan caddeyn qoraal ah oo ay markhaati kaceen laba shakhsi oo ka madax bannaan, oo caddeynaya inay sameynayaan go'aan waara oo ikhtiyaar ah si ay u isticmaalaan dhimashada la caawiyey ee ikhtiyaariga ah.</p>
<p>On receiving a final request, the doctor will apply for a permit to prescribe a substance that the person may use to end their life at a time of their choosing. The person must administer the substance themselves, unless they are physically unable to do so, in which case their doctor may assist.</p>	<p>Ka dib markay helaan codsigii ugu danbeeyey, dhakhtarku wuxuu dalbayaa ogolaansho si uu u qoro walax qofku uu isticmaalo si noloshiisa u gooyo wakhtigii ay doonaan. Qofku waa inuu maamulaa walaxda laftigeeda, ilaa ay ka awoodi waayaan inay jir ahaan sidaa sameeyaan, taasoo laga yaabo inuu dhakhtarkoodu caawiyo.</p>
<p>No health practitioner or healthcare provider will be obliged to participate in voluntary assisted dying.</p>	<p>Ma jiro aqoon yahan caafimaad ama adeeg bixiye daryeel caafimaad oo ku khasban inuu ka qayb qaato dhimashada la caawiyey ee ikhtiyaariga ah.</p>
<p><b>Are there safeguards?</b></p>	<p><b>Ma jiraan waxyaalo dhawraya?</b></p>
<p>The process set out in the law includes many steps and safeguards to make sure that people are not being pressured to participate in the voluntary assisted dying process, and that it is completely voluntary.</p>	<p>Nidaamka sharciga ku qoran waxaa ka mid ah tallaabooyin badan iyo dhawritaano si loo hubiyo innaan dadka lagu caddaadin inay ka qayb galaan nidaamka dhimashada la caawiyey ee ikhtiyaariga ah, taasina dhammaanteed waa ikhtiyaari.</p>
<p>The Voluntary Assisted Dying Review Board will monitor all activity under the law and will receive reports from all health practitioners</p>	<p>Voluntary Assisted Dying Review Board (Guddiga Dib u eegista Dhimashada La caawiyey ee</p>



<p>who participate. The Board will make sure that the Act is being complied with and will also monitor substance permit applications.</p>	<p>Ikhtiyaariga ah) ayaa la socon doona dhammaan waxqabadka sida waafaqsan sharciga waxayna ka heli doonaan warbixino dhammaan aqoon yahanada caafimaad ee ka qaybqaata. Guddigu wuxuu hubin doona in Xeerka la raacay wuxuu sidoo kale la soconayaa codsiyada ogolaanshaha walaxda.</p>
<p>A person who is prescribed a voluntary assisted dying substance will also appoint a contact person so that any unused substance will be safely returned.</p>	<p>Qofka loo qoray walaxda dhimashada la caawiyey ee ikhtiyaariga ah wuxuu sidoo kale magacaabi doona qof lagala xiriiro si uu dib si ammaan ah ugu soo celiyo wixii aan laga isticmaalin walaxdan.</p>
<p><b>When will voluntary assisted dying be available in Victoria?</b></p>	<p><b>Goorma ayaa laga helayaa dhimashada la caawiyey ee ikhtiyaariga ah Victoria?</b></p>
<p>The law comes into effect on 19 June 2019. After this date, people who meet the set of strict eligibility criteria will be able to request access to voluntary assisted dying. All people at the end of life will be supported to receive access to appropriate end of life care options.</p>	<p>Sharcigu wuxuu dhaqan gelayaa 19 ka Juun, 2019. Taariikhdaan ka dib , dadka fuliya shuruuda xaq u yeelashada oo adag ayaa awoodi doona inay codsadaan helitaanka dhimashada la caawiyey ee ikhtiyaariga ah. Dhammaan dadka ku jira dhammaadka nolosha waa la taageeri doona si ay u helaan fursado daryeel oo ku habon goyenta nolosha.</p>
<p>The Victorian Government is currently working to help health practitioners and health services prepare for providing voluntary assisted dying, including how to support those that choose to participate as well as those who conscientiously object.</p>	<p>Dawlada Victoria waxay hadda ka shaqeynaysaa inay caawiso aqoon yahanada caafimaadka iyo adeegyada caafimaadku inay diyaariyaan bixinta dhimashada la caawiyey ee ikhtiyaariga ah, oo ay ku jirto sidoo loo taageeri lahaa kuwaas doorta inay ka qayb</p>





	galaan iyo sidoo kale kuwa dareen ahaan diida.
<b>Support services</b>	<b>Adeegyada taageerada</b>
Some people may find issues relating to end of life care upsetting. If reading the material on this site or thinking about end of life care has raised some issues regarding grief and bereavement or personal crisis, the helplines below provide telephone support and counselling 24 hours a day, 7 days a week. Some services may also provide online assistance (depending on the service).	Dadka qaarkood waxaa laga yaabaa inay helaan arimo la xiriira daryeelka goynta nololsha kuwo ku niyad jebinaya. Haddii akhrinta qalabka goobtaan yaala ama ka fekerida wax ku saabsan daryeelka goynta nololsha uu soo jeediyey arimaha qaar la xiriira murugo iyo baroor diiqda tiiraanyada ama dhibaato shakhsiyeed, khadadka caawimaada ee hoose ayaa ku siinaya taageero taleefanka ah iyo la talinta 24 saac maalintii, 7 dii maalmood toddobadkii. Adeegyada qaarkood waxaa sidoo kale laga yaabaa inay bixiyaan caawimaad interneetka ah( iyadoo ku xiran adeegga).
Australian Centre for Grief and Bereavement Tel. 1800 642 066	Australian Centre for Grief and Bereavement Tel. 1800 642 066 ( Xarunta Australiya ee Baroordiiqda tiiraanyada) Tel: 1800 624 066
Lifeline Tel. 13 11 14	Taleefanka Khadka nololsha. 13 11 14