

### 3. Na APP kha minkhumhnak tuah

Chaklei Peng i Zapi Zumhmi he. Hihi cu mah lungtho tein tuahmi a si, asinain nangmah biakhiahnak an tuah piaktu asilole sii lei thiamsang nih khawpi (copy) a ngeih lo ahcun kawl dingah a fawiter deuh. Minkhumh tuahnak cu manlo a si. Minkhumh tuahnak fawm (form) cu tling tein phit a herh.

4. **Biakhiaktu rian na khinh cang i**, a hleiin inn asilole vawlei kong he aa pehtlaimi biakhiaknak a tuah khotu a si ahcun, na APP i mahlei kap kha Chaklei Peng Vawlei Tawlrelnak lei Zung he minkhumhnak na tuah hrimhrim lai, Cu lo ahcun Vawlei Tawlrelnak lei Zung nih nawlungeihnak kha an hngalhpi lai lo. A man pek a si.

### 5. Na eHealth rikawt tuahmi kha

**tharchuah**, na APP ah ngandamnak lei biakhiahnak pawl aa tel ahcun. eHealth rikawt na ngeih lo ahcun, a tang i langhtermi pakhat hmangin minkhumhnak na tuah khawh:

- Awnlai [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)
- Fon chawn 1800 723 471
- Medicare centre ah
- Ngandamnak petu bu pakhat hmangin bawmhmi minkhumhnak.

6. **A himnak khoika maw ah na APP kha chiah**, na duhmi tibantuk he. Nangmah biakhiahnak an tuahpiaktu kha a dik ko tiahi tialmi khawpi pe. Na GP le/asilole tar zohkhenhnak lei riantuan piaknak petu kha pakhat pek ve dingin tuaktaan.

## A thahnemmi pehtlaihna pawl

### COTA NT

Spillet House  
65 Smith St. Darwin  
Imel:

[admin@cotant.org.au](mailto:admin@cotant.org.au)

Fon: (08)8941 1004

### NT Zapi Zumhmi Zung

Fon: (08) 8999 7271

### Darwin Mibu Upadi lei Riantuan piaknak Inc.

Fon: (08) 8982 1111

### Commonwealth Ka Ngandamnak Rikawt

Fon: 1800 723 471

### Thawngthanhmi Hmuh khawhnak pawl:

NT Sihni Alubik le Dinfelnak i Phuthen,  
[www.nt.gov.au/law/rights/advance-personal-plan](http://www.nt.gov.au/law/rights/advance-personal-plan)

Darwin Mibu Upadi lei Riantuan piaknak

[www.dcls.org.au](http://www.dcls.org.au)

Hi thilcangmi tialnak catlap chung i aa telmi thawngthan cu nai te ta a si ko i Tangkhawng (Jan) 2019 lio ta bantuk a si.

**Upadi ningin Phuannak:** Hi cachuahmi chung i aa telmi thawngthan cu Chaklei Peng i upadi lei lamhuhsaktu a si. Hihi cu upadi lei ruahnak cheuhmi caah a aiawh lo. Nangmah pumpak lei upadi thil umtu ning pawl kong kha sihni pakhat sinah na chim a hau.

### Chinchiah awk:

**Ahlankanh Pumpaak Timhlahmhi pawl cu na biakhiahnak pawl him tein a runvengtu a biapimi catialmi pawl an si.**

**Fawm (form) tling tein phit dingah upadi lei ruahnak cheuhmi le ngandamnak lei zohkhenhnak kongkau pawl ah sii lei a thiammi i ruahnak cheuhmi hmuh ding kha tuaktaan.**



**Ahlankanh Pumpaak  
Timhtuahnak (APP) cu  
zeidah a si**

**Ahlankanh Pumpaak  
Timhtuahnak cu nangmah tein  
biakhiahnak naa tuah khawh lo  
ahcun, na hmailei ngandamnak,  
tangka lei le nunnak thim pawl  
chiah piakmi upadi lei catialmi  
pakhat a si.**

**Hihi cu kumkhua, zawtnak, poipang  
tonnak, asilole a dang nunnak lei  
thlennak thilcang ruangah a cang kho.**

Chaklei Peng ah APP nih Ahmunmi Sihni  
Nawlungeihnak (EPA) cu Vaute (March)  
2014 ah a ai a rak rolh. EPA nih a rak tuah  
hlaan hi nithla tiang cu a nung peng rih ko.

## **APP cu aho nih dah a buah khawh?**

Upa pakhat khat (a tlawmbik kum 18) a si i riankhinhmi zohkhenhtu a ngei lomi (Upa Upadi Runvennak tengah a ummi) le biakhiahnak pawl a buah kho cangmi a si lai.

Biakhiahnak buah khawh ah, na buah hrimhrim dingmi cu:

- Thawngthanhmi ifian le ichinchiah
- Biakhiahnak pawl buah dingah thawngthanhmi zohfel
- Mah biakhiahnak pehtlai.

## **APP ah zaidah aa tel kho?**

Na timhlahmi (plan) ah zaidah aa tel dingmi a si ti cu nangmah thimmi a si. A tang langhtermi pakhat khat kongkau i na chim duhmi pawl kha aa tel kho:

- na ngandamnak lei zohkhenhnak;
- nunning nih a herhmi pawl;
- na tangka pawl;
- nangmah caah biakhiahnak pawl buahpiak na duhmi.

Na timhlah kongkau ah na lungthin aa thlen ahcun, zeitik caan paoh ah na remh khawh asilole naa let than khawh, biakhiah khawh ah na ngeih chung paoh cu.

APP ah then thum an um. A dihlak a pathum ningin na phit dih a hau lo, asinain a biapimi cu tha tein na rel dih hna lai.

## **1. Ahlankanh Zohkhenhnak lei Thanhca**

Hihi cu nangmah nih naa thimmi pawl kongkau thanhca le minung pakhat khat nih nangmah caah biakhiahnak buah piak na duh ning kha a si.

Hi ah hin nifatin nunning aa telchih; tch. Thilpuan hruk-aih, na eidin, ngandamnak lei zohkhenhnak, umthutnak, rian, fimcawnnak, nunphung asilole thlarau lei halmi pawl, tangka lei kongkau pawl, thilri pawl tawlnak asilole thilri ngeihnak lei ah na duh kha a si.

## **2. Ahlankanh Hnatlakpinak lei Biakhiahnak pawl**

Hi pawl cu na ngandamnak lei zohkhenhnak petu cungah phungphai ningin a ummi a si i takpum thlennawnnak pawl, takfahnak lei zohkhenhnak, nunnak lei bawmhnak kong chim duhmi pawl, asilole a hleice lamhuhsaknak pawl an in tel kho men tch. thi ronhnak pawl, pawpi peng in rawlpeknak lei ngahlonak. Siibawi pawl le sii lei thiamsang pawl nih hmailei i ngandamnak lei zohkhenhnak le sii lei thlopbulnak cungah buah dingin na duhmi pawl kha an zulh hrimhrim lai.

Na ngandamnak zohkhenhnak lei biakhiahnak pawl he pehtlai in sii lei thiamsang pakhat sinin ruahnak cheuhmi na ngah ding kha duh piak a si.

## **3. Biakhiaktu pawl**

Pakhat asilole tamdeuh kha biakhiaktu ah a dang tein asilole hmunkhat in riantuan dingah rian na pek khawh hna, asilole aa dang lthinmi pawl caah aa dangmi

biakhiaktu pawl tch. minung pakhat khat kha na ngandamnak le nunning tawlnak ding ah, cun a dang kha na tangka pawl tawlnak dingah. Hi biakhiahnak pawl he na zumh bakmi minung pakhat khat a si a hau.

APP tengah rian khinhmi biakhiaktu pakhat cu APP buah, thlen asilole let than dingah awnh a si lo.

## **APP nih zaidah a hnorsuan khawh?**

APP cu minthut le tehte a um tikah aa thawk. Na remh asilole na let than, asilole a dihnak rikhihmi caan a phak hlan paoh cu a nung peng ko. Nangmah tein biakhiahnak pawl na buah khawh ah na sungh tik lawngah buahsernak chungah chiah a si. Chaklei Peng Rammi le Uknak lei Azukhannak Biaceihzung zong nih thil sining cheukhat ah APP remh ding asilole let than dingah nawl a ngei.

## **Sihni Nawlngeihnak asilole Duhnak cungah Hnorsuannak**

APP nih Sihni Nawlngeihnak (POA) asilole na duhnak cungah hnorsuannak a buah lo. POA cu biakhiah khawh ah na ngeih rih lawngah hman a si.

## **APP cu zeitindah ka buah khawh lai?**

1. **APP fawm (form)** cu Chaklei Peng Zapi Zumhmi Zung asilole hika website in na khawh khawh <https://nt.gov.au/law/rights/advance-personal-plan>.

2. **APP kha donghter** law nawlngeitu tehte nih a hmuhcang nak kha ichiah (Hi fawm (form) cungah kha aa tlakmi tehte pawl cazin langhter a si ko).