



Ibintu vyinshi birashobora kuza hagati yawe n'amagara yawe – gufata umwanya wa gahunda za Dogiteri; kurondera no gutegura imfungurwa nziza zizimbutse; kwitonora imitsi, kumarana umwanya n'abagenzi; kwama wibuka incuro zose gufata imiti – n'ibindi vyinshi.

Ni ibisanzwe kwumva urengewe. Turi ngaha kugira tugufashe gutahura icoshobora kukubera ciza mu gutora inyishu kugira ngo wisunge gusanura ivy'amagara yawe kandi ugume ufise amagara meza.

UVM Health

Kwitwararika amagara meza

Amasaha:

Kuwa mbere - Kuwa gatanu

8:00 z'igitondo – 4:30 z'umuhungamo

Iterefone

Ya gusa: 833-763-0652

Fax

802-847-6545

MyChart

Mu kuronka amakuru y'amagara, canke kugira winjire ku muhora mu mutekano ntangere uronswe amakuru ari ku gihe yawe uciye ku muhora wawe MyChart, injira ngaha **UVMHealth.org/MyChart** canke uduhamagare kuri **844-886-4325**.



UVMHealth.org

Healthier Communities.
Healthiest Lives.
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Kwitwararika amagara meza

Care Management
KIRUNDI



Kwitaho amagara yawe hamwe n'ukumenya aho witura biragoye. Aho niho umurwi wacu uheza ugafasha.

 **University of
Vermont Health**

“Vyagize ingaruka nziza kuba hari uwundi muntu yashoboye kuntega amatwi, akantera intege, akanyereka inzira nziza nkwiye gucamwo, ndetse uwo muntu akaba anashoboye gutahura neza ibihe nacyemwo. Norangira cane abandi kino gisata...”

— **Ivyo twakuye kuwigeze guhabwa ubufasha bw’amagara meza**

Ni gute noronswa ubwo bufasha?

Ni ivy’akamaro kureka umuganga wawe amenye ibibazo bibangamiye amagara yawe n’ukumera neza canke mu gihe ugize ikibazo bitewe nukwo uriko urivuzwa. Urashobora kubaza umuganga wawe nimba woronswa ubufasha bw’amagara, canke wenyene agatangura kubikubwira.

Uwujewe amagara meza azokurondera mufate gahunda y’inama yokworohera – yaba kuri terefone, kuri video canke kubonana. Mu nama yambere, azokubaza ibikuraje ishingira, ivyo ubona vyofasha amagara yawe hamwe n’ubufasha ukeneye mu kunagura canke kugumana amagara meza.

Ivyo ukeneye birashobora gukwirakwizwa ahantu henshi, kandi umuyobozi wawe akwitaho arashobora kuguhuza na seruvisi hamwe na gahunda zo kuri UVM Health Network hamwe na seruvisi tudatanga ariko zihari mu gace ubamwo.

Tuzokorana nawe mu kwiha intumbero hamwe no gushiraho ingamba zotuma tuzishikako. Intumbero ufise ku magara yawe ni igice ngirakamaro mu kwivuzwa.

Ivyo twihutira ni ukugufasha mu:

- ▶ Gusanura amagara yawe hamwe n’ukubaho neza
- ▶ Kwitwararika ibibazo vyawe vy’amagara meza vy’igihe kirekire
- ▶ Gukorana vya hafi n’abama bakuvura hamwe n’abahinga
- ▶ Kukuronsa ivyogufasha biri mu kibano hamwe no mu muryango wawe

Umurwi wo kwitwararika amagara meza ukora iki?

Uyo murwi urakorana cane nawe hamwe n’uwukuvura.

Twese hamwe, tuzobasha:

- ▶ Gushiraho intumbero zosanura amagara yawe
- ▶ Kwitwararika ko watahuye vyose kandi ko ushobora gukurikiza urutonde rw’ukwo uzokwivuzwa wishiriyeho ufadikanije n’uwukuvura
- ▶ Gusuzuma imiti ufata kugira twemeze nimba uyifata neza kandi waronse amahitamwo menshi azimbutse canke gahunda zigufasha kuyirira
- ▶ Kugufasha gukira hamwe n’ukwitwararika kuraba ko ufise icarico cose wipfuzwa uvuye mu bitaro canke ushizwe mu cumba vyihuse
- ▶ Kuguha uburyo bwo kwiunguruza mu gihe ufise umubonano kwa muganga, cane cane inyuma yo kuva mu bitaro canke ujanywe mu cumba
- ▶ Kuguha ibikoresho, ibikenewe hamwe n’ubufasha kugira witwararike amagara yawe

Ninde ari mu murwi wo kwitwararika amagara meza?

Umurwi wo kwitwararika amagara meza urimwo:

- ▶ Wewe
- ▶ Umuganga wawe.
- ▶ Umuryango wawe/Uwukurwaza (nimba ahari)
- ▶ Abitwararika amagara meza
- ▶ Abandi bahinga hamwe n’abakuvura

Ninde ashobora kuronswa ubufasha bw’uwo murwi?

Dufasha abakuze, abana, imiryango, abibungenze, abari muza bukuru...uwariwe wese!

Ni gute noronka vyinshi muri seruvisi z’uwo murwi?

Ubufasha uronswa bw’uwo murwi buzokunda cane mu gihe:

- ▶ Udufashije kukumenya Turatahura ko bigoye kuvuga ubuzima bw’amagara yawe canke ibibazo vyawe bwite. Kuvugisha uwukujewe kuvyo ushaka canke ico gufasha kugira amagara meza biradufasha gushobora kukugeza kubufasha nyabwo. Turi ngaha ngo tugufashe ukwo dushoboye, ata rubanza duciye.
- ▶ Tubwire nimba harico udatahura canke nimba ufise ikibazo cerekeye amagara yawe.
- ▶ Tumenyeshe nimba uriko uraca mu bihe bigoye bivuye kukuntu uriko uravurwa.
- ▶ Bwira aho wivuriza canke uwukuvura ko utacipfuzwa seruvisi zabo.
- ▶ Nkuko vyamye, tuzogufata neza mu cubahiro cawe kandi tukagusaba kutwubaha nkuko tubigukorera.

Uburenganzira n’inshingano z’umurwayi wawe bishobora kuboneka ku muhora [UVMHealth.org/Care-Management](https://www.uvmhealth.org/Care-Management), canke ugasaba uwugukurikirana kuguha ikopi yavyo.