

Maitlamo a Hamburg ka

Tlhokomelo ya Boitekanelo ka Dipuo di le Dintsi



Ketapele

Go sa tshwane ga dipuo e setse e le sebopego sa ditheo tsa segompieno tsa tlhokomelo ya boitekanelo mo lefatsheng ka bophara. Go ntse go oketsega gore ditheo tsa tlhokomelo ya boitekanelo di tlhokomele balwetse ba ba sa bueng puo e e tshwanang le ya batlhokomedi ba bone ba boitekanelo. Mo dithulaganyong tsa tlhokomelo ya boitekanelo tsa lefatshe lotlhe, mo go tlhatlhoba bolwetse, go sekaseka dikotsi, go tsamaisana sentle le tsa kalafi, tumelelo ka kitso, le go dirisa kalafi ka tshwanelo go ikaegileng thata ka puisano ya molomo, go sa utlwane ka puo ke kgwetlho e kgolo mabapi le kalafi, tsamaisosentle le thulaganyo.

Maitlamo ano a amogela puisano ka dipuo tse dintsi jaaka karolo ya konokono ya tlhokomelo ya boitekanelo ya bonalekitso go na le jaaka thulaganyo e e kgethegileng. Puisano ke kgopolo e e akaretsang mme e tshwanetse go tsenngwa mo ditseleng tsa go amogela balwetse le go dirisana le bone; dipuo tsotlhe (go akaretsa le dipuo tsa diatla), mme bakwadisi ba dipuo ba tshwanetse go tlotliwa le go akanyediwa. Ditsela tsa mo nakong eno tsa go fenyaa dikgoreletsi tsa puo di santse di sa tlhomama, ga di newe madi a a lekaneng, mme gantsi di ikaegile ka ditharabololo tse di itiretsweng tse di tshwanang le go ranola ga bamalapa, babereki ba ba buang dipuo tse dintsi mme e le ba ba sa katisiwang semolao, kgotsa didirisiwa tsa thanolo tsa dijithale tse di senang ditshireletso tsa kalafi tse di tlhomamisitsweng.

Bosupi jo bo akareditsweng mo maitlamong ano bo bontsha gore bothata jwa go utlwana ka dipuo bo amana le go fokotsega ga go kgona go bona tlhokomelo ya boitekanelo, go sa diriseng kalafi sentle ka tshwanelo, diphoso tsa puisano, go sa kgotsofala ga balwetse, tlhatlhoba ya bongaka e e phoso, tiragalo e e ka tilwang ya bothata jwa bolwetse, le diphelelo tsa kalafi tse di sa itumediseng. Dikotsi tseno di bonala thata mo tlhokomelong ya boitekanelo jwa tlhaloganyo, mo puisano ka boyone e leng sedirisiwa sa botlhokwa sa go tlhatlhoba le go alafa.

Maitlamo ano a akantsha gore puisano ka dipuo tse dintsi mo tlhokomelong ya boitekanelo e tshwanetse go kaelwa ke melaometheo e e latelang: go seng kotsi ga kalafi (mekgwa ya tshegetso ya puisano e tshwa-

netse go baya pabalesego ya molwetse kwa pele, boikanyego mabapi le go tlhatlhoba bolwetse, le boleng jwa kalafi); go kgona go bona tlhokomelo ga botlhe ka go tswana (balwetse ga ba a tshwanela go newa tlhokomelo ya boleng jo bo kwa tlase ka ntsha ya go sa utlwane ka puo); go dira gore go nne le bonalekitso (go thusiwa ka puo go tshwanetse go tsenngwa mo dithulagayong tsa ditiro tsa tlhokomelo ya boitekanelo go na le go tsewa jaaka thulaganyo e e kgethegileng); go tsi-bogela setso le puo (mekgwa ya puisano e tshwanetse go tsaya tsia bokao jwa setso, dikao tsa tlhaloso, go ntshiwa ga maikutlo, le kitso ya boitekanelo); go boloka khupamarama le boikanyegi sentle (mekgwa ya puisano e tshwanetse go boloka khupamarama, boemanosi, tumelelo ka kitso, le melelwane ya bonalekitso); le tekanyetso (thulaganyo e e tlhophilweng ya puisano e tshwanetse go tsamaisana le go raraana ga kalafi le maemo a kotsi a go kopanwang le one).

Ka kakaretso, go na le dithulaganyo di le tlhano tsa go fenyaa dikgoreletsi tsa puo mo ditirelong tsa tlhokomelo ya boitekanelo: puisano e e dirisiwang e e tlhamaletseng gareng ga batlhokomedi ba boitekanelo le balwetse, tiriso ya didirisiwa tsa thekenoloji, tiriso ya didirisiwa tsa puisano tsa dipuo tse dintsi, dingaka tse di buang dipuo di le mmalwa, le baranodi ba banalekitso le ba e seng ba banalekitso. Tse di rileng tse di kaiwang ke thulaganyo nngwe le nngwe di tlhalosiwa fa tlase.

Ditiro tsa ditheo, tsa kgaolo le tsa naga malebana le tlhokomelo ya boitekanelo ka dipuo tse dintsi di ikaegile ka boikutlo jo bo phepafetseng gammogo le ka didirisiwa le dipholisi. Ditsamaiso tsa tlhokomelo ya boitekanelo mo lefatsheng lotlhe di farologana go ya ka gore di na le didirisiwa dife. Maitlamo ano a tsaya seno tsia ka go kopa tharabololo mo tsamaisong ya tlhokomelo ya boitekanelo e e tla tlhomamisang gore go nna le maemo a boleng jo bo kwa godimo a a tshwanelang maemo (ka sekai, baranodi ba banalekitso le ba ba nang le bokgoni go na le baranodi ba ba sa rutegang) mme gape a ntse a naya ditharabololo tse dingwe tse di siameng thata tse di ka kgonegang (ka sekai, babereki ba ba katisitsweng ba ba buang dipuo tse pedi ba ba dirang jaaka baranodi) fa e le gore didirisiwa ga di letle ditsela tse di turang.

Maitlamo a Hamburg a tlhaloganngwa go ya ka moya wa Amsterdam Declaration Towards Migrant-Friendly

Hospitals, e e neng ya gatisiwa dingwaga di le masome a mabedi tse di fetileng mme e ne ya thusa go fetola tsela e go dirwang ka yone ya go thusa ba bangwe go ya kwa tlhomamisong ya boleng le go tlhabolola ditheo. Mo godimo ga motheo oo, Maitlamo a Hamburg a tsewedisa tsela eno ka go tlhalosa thulaganyo e e remeletseng mo ditharabololong tse di ka dirisiwang tsa motho ka bongwe le tsa ditsamaiso. A tlhalosa go kgona go dirisa puo eseng jaaka tirelo e e ka dirisiwang fela ka fa motho a ratang ka teng, mme jaaka thulaganyo ya go sireletsa kalafi e e tlhokang gore go dirisiwe maikarabelo a a tlhomameng a setheo le a tsamaiso.

Gape Maitlamo a Hamburg a tsamaelana le United Nations Sustainable Development (Mokgele 3 – Botsogo jo bo Siameng le Boitekanelo, segolo jang malebana le go kgona go bona tlhokomelo ya boitekanelo ya boleng e e tlhokegang) le UN Convention on the Rights of Persons with Disabilities (Di-Athikele 9, 21 le 25).

Maitlamo a Hamburg a lebisitswe go banaleseabe botlhe mo lefapheng la tlhokomelo ya boitekanelo lefatshe ka bophara ba ba amegang ka tlhamalalo kgotsa e seng ka tlhamalalo mo tlhokomelong ya balwetse, gammogo le go banaleseabe ba ba bopang thulaganyo e e akaretsang ya lefapha la tlhokomelo ya boitekanelo, gammogo le ba ba dirang mo bolaoding, mo pholising ya boitekanelo, le mo dipatlisong.

I. Taolo ya Tlhokomelo ya Boitekanelo

Batho ba ba dirang mo dikarolong tse di farologaneng tsa taolo ya tlhokomelo ya boitekanelo ba na le ditshono di le mmalwa tsa go tokafatsa tiriso ya dipuo tse dintsi mo ditheong tsa bone:

- Dikarolo tsotlhe tsa ditirelo tsa tlhokomelo ya boitekanelo tse di amanang le thibelo, tlhokomelo e e tseneletseng, le tsosoloso di tshwanetse go akanyetsa ditlhoko tsa balwetse tsa go bua dipuo tse dintsi.
- Go tsenya puo e molwetse a batlang go e dirisa mo ditokumenteng tse di tlwaelegileng tsa molwetse.
- Go tsenya ditshupo tse di maleba tse di amanang le tiriso ya dipuo tse dintsi mo Dipepong tsa Tlhomamiso ya Boleng kgotsa Dipepong tsa Ngwaga le Ngwaga.
- Go aba didirisiwa go tlhomamisa gore ditokumente tse di kwadilweng mo setheong (ka sekai, diforomo tsa tumelelo ka kitso, ditokumente tsa tshedimotsetso ya balwetse, manaanepotso le diwebosaete) di ranolelwa mo dipuong tse di tlhokegang thata ka tsela ya bonalekitso.
- Naya babereki katiso ka metlha ka ditlhogo tse di amanang le tiriso ya dipuo tse dintsi (ka sekai: puisano mo dipuisanong tsa batho ba bararo).
- Go thibela bana go nna baranodi mo ditheong tsa tlhokomelo ya boitekanelo.
- Go sekaseka gore a babereki, gammogo le babereki

- ba ba seng ba bongaka, ba ranolela baberki-ka-bone mo setheong seo. Fa seno se diragala, naya katiso ya boranodi, o e okametse ka metlha, dithulaganyo tse di sa tshwaneng tsa ditumalano, le tuelo ya tlaleletso ya ditirelo tsa boranodi tse di ntseng jalo.
- Fa didirisiwa di le teng, di abe go tsenya ditirelo tsa boranodi jwa banalekitso mo setheong.
- Tlhopha motho yo o bontshang boikarabelo le go tlhoma ofisi e e nayang thuso mo teng ga setheo go dira jaaka lefelo le go ka bonwang thuso mo go lone mabapi le dipotso tsotlhe le dikakantsho tse di amanang le tiriso ya dipuo tse dintsi.
- Go tlhabolola le go kwala dikaelo tsa ditheo tsa dipuo tse dintsi, gammogo le dithuso tsa tiriso le go tlhabela ga didirisiwa tsa thanolo le baranodi ba e seng banalekitso.
- Tsenya dintlha tsotlhe tse di maleba tsa tiriso ya dipuo tse dintsi mo dikaelong tsa setheo..

II. Babereki/Baitseanape ba tsa Botsogo

Babereki botlhe ba ba berekang mo ditheong tsa tlhokomelo ya boitekanelo, go sa kgathalesege gore ke ba ba dirang tiro efe, ba na le ditshono tse dintsi tsa go tokafatsa puisano ka dipuo tse dintsi mo ditheong tsa bone:

- Puisano e e dirisiwang ka tlhamalalo le balwetse ba ba sa bueng puo e le nngwe ka go:
 - buela ka bonya;
 - go sa bue mafoko a le mantsi ka nako e le nngwe;
 - go sa diriseng mareo a botejenike thata;
 - go lemoga le go tsaya le e leng bokgoni jo bo seng kalo jwa puo bo le botlhokwa kwa tshimologong fela ya motlotlo; le:
 - go tlhomamisa gore o tlhaloganya tshedimotsetso ya botlhokwa ka go kopa balwetse gore ba boeletse se ba se tlhalogantseng, go na le go ikaega fela ka dikarabo tse di siameng.
- Tota le fa balwetse ba itse puo e ntsha sentle, ba ka nna ba tlhopha go tla le moranodi ka gonne ba tshwenyegile ka gore ba ka nna ba se ka ba tlhaloganya tshedimotsetso e e botlhokwa.
- Gore go se ka ga nna le tlhakatlhakano e e ka bakiwang ke moranodi yo o sa berekeng mo setheong seo yo o se nang kitso sentle, banalekitso ka tsa tlhokomelo ya boitekanelo ba tshwanetse go buisana pele le molwetse gore a o ka kgona go tlhatlhabiwa ke ngaka go buisanngwa le ene ka tlhamalalo.
- Fa go sa kgonege go buisana ka tlhamalalo, leka go bona puo ya boraro e e tlwaelegileng e batho bao ka bobedi ba e buang sentle.
- Tila go rwesa badirimmogo ba ba buang dipuo tse dintsi maikarabelo a a feteletseng a puisano. Badirimmogo bangwe ba ka nna ba bua dipuo tse go senang babereki bape ba bangwe ba di itseng. Ka jalo go tshwanetse ga tlhamiwa maano a a tshwanetseng a tirisano ya ditlhopha kgotsa a setheo go thibela gore badirimmogo bano ba imelwe thata.

- Babereki ba ba nang le maemo a a kwa tlase mo setheong (ka sekai, babereki ba go phepafatsa, bathusi ba ditirelo, kgotsa badiredi ba tshireletso) ba ka nna ba bo ba kgona go bua dipuo di le dintsi go thusa babereki ba mo bongakeng go buisana le balwetse. Mo mabakeng a le mantsi, batho bano ga ba katisiwa semolao e bile ga ba thusiwe kgotsa go duelelwa ditiro tsa go ranola ka tsela e e tshwanetseng. Ditheo di tshwanetse go tlhomamisa gore badirimmogo ba ba ntseng jalo ba bona katiso e e lekaneng, tlhokomelo le tuelo e nngwe gape ya ditirelo tsa go ranola.
- Fa o dirisa didirisiwa tsa go ranola, tlhomamisa gore ga go na maina ape kgotsa tshedimisetso ka ga motho e e senolwang.
- Fa o bereka le baranodi ba e seng banalekitso, ba tlhalosetse melao e e maleba le se se lebeletsweng mo tirong e ba e dirang pele ga puisano, rulaganya motlotlo jaaka go tlhokega mme o ba lebogele thuso ya bone morago ga puisano.
- Nako le nako fa o bereka le moranodi yo o katisitsweng yo pele a neng a sa itsewe ke moitseanape wa tsa boitekanelo, tshwara motlotlo o mokhuthwane pele ga puisano go tlhalosa maikaelelo a go kopana le go phepafatsa dilo tse di lebeletsweng le ditsamaiso.
- Go itsise baokamedi kgotsa batsamaisi ka mathata a tlhaeletsano le go buelela ditharabololo tsa setheo go fokotsa morwalo mo badiring.
- Dirisa ditshono tsa go katisiwa mo tirong go tokafatsa bokgoni jwa gago jwa go bereka le baranodi ba dipuo tse dingwe. Fa go se na ditshono tse di ntseng jalo tsa katiso, bega tlhokego eno kwa botsamaising jwa setheo.

III. Badiri ba Dipholisi tsa Boitekanelo

Banaleseabe mo ditheong tsa boitekanelo, botsamaisi jwa tsa boitekanelo, le ditheo tsa sepolotiki mo mae-mong a kgaolo, a naga, kgotsa a puso ba na le ditshono di le dintsi tsa go tokafatsa tiriso ya dipuo tse dintsi mo tlhokomelong ya boitekanelo:

- Pholisi ya boitekanelo e tshwanetse go tlhoma thulaganyo ya ditirelo tsa tlhokomelo ya boitekanelo tse di dirwang ka dipuo tse dintsi ka melao e e tshwanetseng ya semolao le ya setheo.
- Pholisi ya boitekanelo e tshwanetse go naya madi a a lekaneng a go duelela ditirelo tsa boranodi go ya ka tse di tlhokiwang mo ditheong tsa tlhokomelo ya boitekanelo.
- Pholisi ya boitekanelo e tshwanetse go tlamela ditheo tsa tlhokomelo ya boitekanelo ka didirisiwa tse di tlhokegang go dira gore di kgone go naya ditirelo tsa tlhokomelo ya boitekanelo ka dipuo tse dintsi.
- Pholisi ya boitekanelo e tshwanetse go tshegetsa ditshono tsa thuto e e sa duelelweng ya batho ba ba batlang go nna baranodi ba ba nang le kitso.

IV. Badirisi le Batshegetsi ba Tlhokomelo ya Boitekanelo

Merafe ya bafaladi, mekgatlho ya balwetse, le ditheo tsa tlhokomelo ya boitekanelo ba na le ditshono tse dintsi tsa go thusa balwetse ba ba nang le mathata a go buisana le batlhokomedi ba boitekanelo:

- Banaleseabe le mekgatlho ba tshwanetse go rotloetsa ditheo tsa tlhokomelo ya boitekanelo go gatelela thata tiriso ya dipuo tse dintsi.
- Go naya badirisi ba tlhokomelo ya boitekanelo tshedimisetso ya gore go kgona go bona tlhokomelo ya boitekanelo ke tshwanelo ya motho le gore go buisana ka katlego ke boikarabelo jwa motlhokomedi wa boitekanelo.
- Go naya badirisi ba tlhokomelo ya boitekanelo tshedimisetso ya gore, nako le nako fa ba sa tlhaloganye motlhokomedi wa boitekanelo, ba tshwanetse go botsa gore a go na le mmereki wa tsa boitekanelo yo o buang dipuo tse di farologaneng, kgotsa gore a go ka nna le moranodi ka bonako kgotsa go ka rulaganngwa nako e e tlang.
- Fa e le gore ditheo tsa tlhokomelo ya boitekanelo ga di kgone go tlamela ka moranodi, go ka nna ga nna le ditsela tsa go thusa mo dikgaolong tse di nayang batho ba ba buang dipuo di le dintsi ba ba ka dirang jaaka baranodi (ka sekai, babereki ba kemonokeng ba ba nang le bolwetse jo bo tshwanang, bakaedi ba tsa boitekanelo, bommé mo babereking ba tshireletso ya ba baagelani, batsereganyi ba ditso).

V. Thuto le Katiso ka Boitekanelo

Ditheo tsa thuto le katiso di ka tsenya setlhogo sa tiriso ya dipuo tse dintsi ka botlalo mo dikharikhulamong ka ditsela di le mmalwa:

- Tiriso ya dipuo tse dintsi e tshwanetse go nna karolo ya thuto e e patelesegang le katiso e e tswelelang ya bonalekitso mo dithutong tsotlhe tsa boitekanelo.
- Ditheo tsa tlhokomelo ya boitekanelo ka metlha di tshwanetse go naya batho ditshono tsa go katisiwa mo tirong ya go ithuta dipuo tse di farologaneng.
- Barulaganyi ba mananeo, baruti ba dithuto, le baokamedi ba tshwanetse go dira gore ba nne le kitso ka mathata a a amanang le go dirisa dipuo tse dintsi.
- Mananeo a thuto mo morafeng wa banalekitso le boranodi mo tlhokomelong ya boitekanelo a tshwanetse go dirisiwa le go duelelwa mo maemong a kgaolo kgotsa a naga.
- Ditheo tsa tlhokomelo ya boitekanelo ka metlha di tshwanetse go naya katiso ya semolao bathusi ba ba senang kitso (ka sekai, babereki ba ba thusang balwetse-ka-bone, bakaedi ba boitekanelo, bommé mo babereking ba tshireletso ya baagelani, batsereganyi ba ditso) ba ba dirang jaaka baranodi mo setheong.

VI. Dipatlisiso tsa Boitekanelo

Balaodi ba naga le ba kgaolo, gammogo le ditheo tse

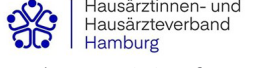
dingwe tse di thusang ka madi, ba tshwanetse go tsaya dikgato tse di latelang go rotloetsa tiriso ya dipuo tse dintsi mo tlhokomelong ya boitekanelo:

- Ditshono tsa go thusa ka madi go tshegetsa tiriso ya dipuo tse dintsi mo tlhokomelong ya boitekanelo di tshwanetse go nna teng go sa kgathalesege dipuo tsa semmuso.
- Sa pele go tshwanetse ga thusiwa diporojeke tsa go dira dipatlisiso tsa go fedisa mathata a dipuo tse di farologaneng gore batho ba ba sa boneng ditirelo sentle ba kgone go utlwiwa.
- Batho ba ba sa kgoneng go tlhaloganya sentle dipuo tsa semmuso tsa patlisiso ba tshwanetse go tsenngwa ka tlhagafalo mo dipatlisisong ka go akanyetsa dipuo tse ba di buang.
- Go dira gore diporojeke tsa dipatlisiso di nne le dipuo tse dintsi go ya ka dipuo tse di tlhokiwang ke ditlhopha tse di farologaneng tsa balwetse go tlhoka gore go nne le didirisiwa tse dingwe gape mme ka jalo di tshwanetse go engwa nokeng ka tsela e e tshwanetseng.

Ke mang yo o tlhamileng Maikano a Hamburg?

Maitlamo a Hamburg a thailwe ka tse di bonweng mo porojekeng ya patlisiso ya dikitso tse di farologaneng le ya mafatshefatshe e e malebana le tiriso ya dipuo tse dintsi go naya batswakwa tlhokomelo ya boleng jo

Maitlamo a Hamburg a tsegediwa ke ditheo tse di latelang:

 aves Mental Health, South Africa	 Scalabrini Centre of Cape Town, South Africa	 The Global Society on Migration, Ethnicity, Race and Health	 Federal Association of Networks of Migrant Organisations, Germany
 Centre for Multilingualism and Diversities Research, University of the Western Cape, South Africa	 St Luke's Combined Hospices, South Africa	 Bundes Psychotherapeuten Kammer Federal Chamber of Psychotherapists, Germany	 Hamburg Chamber of Psychotherapists, Germany
 Africa Unite – Uniting Voices, Empowering Change	 Foundation for Professional Development, South Africa	 Leibniz Institute for Prevention Research and Epidemiology – BIPS Leibniz Institute for Prevention Research and Epidemiology – BIPS, Germany	 German Red Cross, Germany
 Department of Psychiatry Department of Psychiatry Department of Psychiatry Department of Psychiatry, Stellenbosch University, South Africa	 Heriot Watt University, Scotland	 Patient Safety Action Alliance, Germany	 Hamburg Association of General Practitioners, Germany
 Africa Health Research Institute, South Africa	 Lancet Migration, Regional HUB Europe	 Save the Children, Germany	 VdK German Social Welfare Organisation
	 Johannes Wier Stichting voor gezondheidszorg en mensenrechten Johannes Wier Foundation for Healthcare and Human Rights, Netherlands	 Research for Practice Center for Health and Migration, Austria	 German Association of Psychosocial Centers for Survivors of Torture, War, and Forced Displacement