

Where can I get more information?

For more information, you can talk to:

- Your doctor
- Your local palliative care service

You can also call Palliative Care Victoria to find out more information or help you find your local service.

Freecall

1800 660 055 or
03 9962 9664
(9am - 5pm Monday to Friday)

A telephone interpreter can be arranged - please tell us what language you need.



我可以从何处获取更多信息?

欲知更多信息，您可以跟以下人员交谈：

- 您的医生
- 您当地的宁养照护服务机构

您还可以致电维省宁养照护协会 (Palliative Care Victoria) 了解更多信息或帮助您找到您当地的服务机构。

免费热线

1800 660 055 或
03 9962 9664
(周一至周五早上9点到下午5点)

可安排电话口译员——请告诉我们您需要何种语言。



CHINESE SIMPLIFIED

Palliative Care

Helping people with life-limiting illness live well

宁养照护

帮助生命受限的病人轻松自在地生活

What is palliative care?

Palliative care helps people with a life-limiting illness to have the best possible quality of life. It is available for everyone - of any age, race, culture, background or religion, and most services are free.

Depending on your needs, palliative care may include:

- Medicine and other therapies to relieve your pain and manage symptoms
- Support for your family members
- Help and equipment to live comfortably at home where possible
- Help to meet your spiritual, religious or cultural needs
- Regular visits from health workers and other care providers

If you choose to have palliative care, you can talk about your individual needs, ask any questions and make requests so you have the best care possible.

When using palliative care, the person with the illness and their family are always in control of decisions about their health, medical treatment and wellbeing.

什么是宁养照护?

宁养照护帮助生命受限的病人拥有最佳的生活品质。这种服务适用于任何人——无论什么年龄、种族、文化、背景或宗教，而且大多数服务是免费的。

根据您的需求，宁养照护可能包括：

- 药物和其它疗法以缓解疼痛和管理症状
- 为您的家属提供支持
- 为尽可能在家中舒适地生活提供帮助和设备
- 帮助满足您的精神、宗教或文化需求
- 医务人员和其它护理服务机构人员的定期探访

如果您选择使用宁养照护服务，您可以谈论您的个别需求，询问任何问题并提出要求，这样您才会获得最好的照顾。

使用宁养照护服务时，始终会由病患和其家属对有关他们的健康、医疗以及福祉问题负责作出决定。



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This handout was produced by Palliative Care Victoria in partnership with the Ethnic Communities Council of Victoria and the Multicultural Centre for Women's Health. 本讲义材料由维多利亚宁养照护协会 (Palliative Care Victoria) 协同维多利亚民族社区委员会 (the Ethnic Communities Council of Victoria) 以及妇女健康多元文化中心 (the Multicultural Centre for Women's Health) 一同编制。

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Palliative care does not mean the end

Palliative care can be used at any time in your illness, not just for people who are near the end of life. Using palliative care does not mean there is no hope, you have 'given up' or your families don't care. You can continue treatment at the same time as receiving palliative care.

You may be able to use complementary therapies or traditional medicine.

宁养疗护并不意味着生命终点

您可以在病情的任何阶段使用宁养疗护，这并不仅仅是为生命即将到达终点的人而设。使用宁养疗护并不意味着生命没有希望，您已经“放弃”或您的家庭不在乎您。您可以在接受宁养疗护的同时继续治疗。

您可以使用辅助疗法或传统医学。

Who provides palliative care?

Palliative care can be provided by your own doctor, specialist doctors and nurses, physiotherapists, religious or spiritual advisors and others.

由谁来提供宁养疗护?

宁养疗护可以由您自己的医生、专科医生和护士、物理治疗师、宗教或灵修导师以及其他人员提供。

Where can I receive care?

Depending on your needs and other factors, you may receive care at home, a hospital or hospice, or other care facility. Care in a hospital or a hospice is usually for a short time to treat your symptoms and pain so that you can return home if possible.

我可以在哪里接受护理服务?

根据您的需求和其它因素，您可以在家、医院或安养院、或其它护理院舍接受护理服务。医院或安养院的护理服务通常是短期性的，为的是治疗您的症状和痛苦，如果可能的话，让您可以返回家中。

Will I have to pay?

Most services are free but there may be some costs for equipment or medicines. Ask your local service to make sure you know if there are costs.

我需要支付费用吗?

大多数服务都是免费的，但是可能会有一些设备或药品的费用。请向您当地的服务机构了解以确定是否收费。

What if I need to speak another language?

If you feel better speaking in your own language, let your palliative care service know. Most of them can organise an interpreter for free.

如果我需要讲另一种语言呢?

如果您用自己的语言说话感觉更好，请告知您的宁养疗护服务机构。大多数机构可以帮您安排免费的口译员。

What about my family?

Palliative care also helps your family as they care for you. This may include:

- Help with doctors and other appointments
- Help to make sure you have the right medicine and care
- Support to meet their needs
- A break from care
- Help to organise financial and legal support
- Support and advice after business hours

那我的家人呢?

宁养疗护还会在照顾您的同时为您的家庭提供帮助。这会包括:

- 帮助预约医生和其它服务
- 帮助确保您得到的是正确的药品和护理
- 为满足他们的需求提供支持
- 暂停护理，休息一下
- 协助安排经济和法律援助
- 办公时间以后的支持和建议

