

暂息

MANDARIN | ENGLISH

本须知讨论了从照顾工作中休息一下的重要性，说明了如何安排暂息以及谁可以提供帮助。

暂息对家人和照顾者来说非常重要

照顾痴呆症病人可能会让人身心疲惫，倍感压力。家人和照顾者会很容易变得与世隔绝，特别是在无法离开照顾的对象时，情况尤为如此。

定期休息意味着您可以得到休息，外出，料理自己的事务或者去度假。

暂息对痴呆症病人来说非常重要

大多数人都会安排某种休息，或许是去追寻自己的业余喜好，或许是周末和假日出去度假。这样我们不仅有所期盼，也有一些体验可以回顾。出于同样原因，休息对痴呆症病人来说也非常重要，这不仅让病人有机会与其他人社交和见面，而且让病人习惯其他人为他们提供支持和照顾。

什么使家人和照顾者无法休息？

- 把自己的福祉放在最后。
- 觉得休息是不应该的。
- 不知道有什么暂息服务，也不知道如何获得帮助来安排休息。
- 觉得太累而不愿费事。
- 自己想要休息一下，但照顾对象不愿意。
- 觉得这一切太麻烦。
- 认为自己有责任一直不断地提供所有照顾。

如何得到休息

休息的方法有很多种，这取决于什么适合您和家人。

休息可以是：

- 让痴呆症病人有时间享受新的体验或熟悉的体验。
- 让自己有时间以适于自己的任何方式放松一下，恢复精力。
- 一起找时间摆脱常规。

其他亲友可能乐意伸出援手，让您暂时摆脱护理工作休息一下。通常这只需要开口就好。

澳大利亚联邦政府和州政府资助开办了多项暂息计划，可提供定期、临时与紧急暂息服务，其中包括家外暂息、家庭暂息和住宿暂息。此外还可在当地日间活动中心参加计划活动小组来获得暂息。一些中心为痴呆症病人开办专门的活动。日间中心提供的暂息照顾服务从每周几个小时到几天不等。一些中心提供延长长时间、周末或过夜暂息照护。

另一种休息的方法是让照顾工作者到家里来，让您能够出去办事情。这些照顾工作者还可以陪痴呆症病人去参加他们喜爱的活动。这通常叫做家庭暂息，因为这种服务的开始和结束都是在家里。

暂息也可用来提供紧急照顾，也可以在住宿机构安排较长时间的暂息。如要使用住宿暂息服务，必须由老年护理评估小组 (ACAT) 对痴呆症病人进行评估，以确定所需要的护理水平。请与 **My Aged Care** (老年护理服务) 联系，电话：**1800 200 422**，网址：www.myagedcare.gov.au 或致电全国痴呆症帮助热线：**1800 100 500**。

1 照顾家人与照顾者

为获得积极的体验做出规划

痴呆症病人通常会对新环境和的面孔感到局促不安。因此，务必要为获得积极的暂息体验而提前计划。

许多家人和照顾者都发现，及早开始定期使用暂息照顾，让每个人都习惯分担痴呆症护理工作，这一点非常有帮助。通常，一开始最好是较短时间的休息，然后再逐渐延长休息的时间。

需要提前多长时间将休息的事情告诉痴呆症病人，这一点您最清楚不过。如果病人感到很焦虑，请安慰他们，确保他们知道您对本次休息很有信心，即便您自己觉得有点焦虑也要这样。

与其他家庭和照顾者谈谈他们是如何想办法让暂息成为积极的体验，您可能会得到一些实用的点子。

请求暂息

- 如果您想更多地了解暂息的方法 – 请尽管询问。
- 如果您在规划目前或将来适合自己的暂息服务方面需要帮助 – 请尽管询问。
- 如果您只是想了解现有的暂息服务 – 请尽管询问。

政府致力于提供各种暂息照顾服务，并已资助开展许多不同类型的暂息服务，为照顾者提供帮助。许多机构都可帮助您获得休息。这些机构通常称为暂息照顾服务机构，包括教会小组、地方市政府和社区小组。

谁可以提供帮助？

老年护理评估小组 (ACAT) 帮助老年人确定自己对家庭支持服务或住宿照顾的需要。在ACAT小组中有一系列医护工作人员一起工作，如老年病学家、社会工作者和职业病治疗医师。您可以致电 **My Aged Care** (老年护理服务)，与最近的老年护理评估小组联系。

澳大利亚联邦政府建立了My Aged Care (老年护理服务)，提供支持服务，帮助解答有关如何获得家庭及社区护理服务、暂息费用、保证金和收费的查询。他们还可以帮助您寻找适合您特定需要的公立养老院。请致电 **1800 200 422** 或浏览 **myagedcare.gov.au**

照顾者门户 (Carer Gateway) 网站和联络中心提供实用信息和资源，为照顾者提供支持。免费电话：**1800 422 737** (移动电话除外)。星期一至星期五上午8点 – 下午6点开通。网址：**www.carergateway.gov.au**。若在其他时间需要紧急暂息服务，请致电 **1800 059 059**。

照顾者咨询与辅导服务为照顾者提供有关相关服务和资格的信息和建议。请与离您最近的照顾者咨询与辅导服务联系，电话：**1800 242 636**，网址：**carersaustralia.com.au**

联邦暂息与护理连接中心 (Commonwealth Respite and Carelink Centres) 提供有关本地照顾者支持服务、助残服务和社区服务的免费、保密信息。中心遍布澳洲各地，您可以致电 **1800 052 222** (免费电话 – 使用手机致电除外) 与离您最近的中心联系。

如果您对使用暂息服务存在顾虑，请与痴呆症行为管理咨询服务谈谈。痴呆症行为管理咨询服务 (DBMAS) 是一项全国性的电话咨询服务，为担心痴呆症病人行为的家人、照顾者和照顾工作人员提供服务。这项服务每周7天、每天24小时提供保密的建议、评估、干预、教育和专业支持服务，联系电话：**1800 699 799**。

如果当地没有您想要的暂息服务类型，请向他人反映。请联络澳大利亚痴呆症协会的澳大利亚全国痴呆症帮助热线 **1800 100 500** 或照顾者代言小组 (澳大利亚照顾者协会 (Carers Australia)，电话：**1800 242 636**)，获得如何反映暂息服务需要未得到满足的问题方面的建议。人们通常发现，在暂息服务需要得不到满足时，告诉当地新闻媒体和政客可以在现在和长期发挥作用。

详情

澳大利亚痴呆症协会提供支持、信息、教育和心理辅导。请联络全国痴呆症帮助热线：**1800 100 500**，或浏览我们的网站：**dementia.org.au**。



Interpreter

若需要语言方面的帮助，请致电口笔译服务处电话：**131 450**。

Taking a break

This Help Sheet discusses the importance of taking a break from caring, how to organise it and who can help.

Taking a break is important for families and carers

Caring for someone with dementia can be physically and emotionally tiring and stressful. Families and carers can easily become isolated from social contacts, particularly if they are unable to leave the person they are caring for.

Regular breaks mean that you can have a rest, go out, attend to business or go on a holiday.

Taking a break is important for people with dementia

Most people take breaks of some sort, perhaps pursuing hobbies that they enjoy, or weekends and holidays away. This gives us something to look forward to and experiences to look back on. Breaks are important for the same reasons for people with dementia. It gives the person an opportunity to socialise and meet other people, and to get used to other people providing support and caring for them.

What stops families and carers taking a break?

- Putting their own well being last
- Feeling that a break is not deserved
- Not knowing what is available, or how to get help organising a break
- Being too tired to make the effort
- Wanting a break, but the person being cared for doesn't
- Feeling that it's all too much trouble
- Believing that it is their responsibility to provide all the care, all the time

How to take a break

There are lots of ways to take a break. It depends on what suits you and your family.

Breaks can be:

- Time for the person with dementia to enjoy themselves with new or familiar experiences
- Time to relax and recharge in whatever way suits you
- Taking time together away from the usual routines

Other family members and friends may be happy to help out by giving you a break from caring. Often it's just a matter of asking.

The Australian and State governments fund a number of respite programs for regular, occasional and emergency breaks. They include out of home respite, in home respite and residential respite. Respite can also be provided in local day activity centres by attending planned activity groups. Some centres offer specialised activities for people with dementia. The care offered by day centres ranges from a few hours to several days a week. Some centres offer extended hours, weekend or overnight care.

Another way to take a break is to have a care worker come to the house to enable you to do things outside the house. They may also accompany the person with dementia to an activity that they enjoy. This is often called in-home respite as it begins and finishes at home.

Respite can also be used to provide care in an emergency, or arranged for a longer period of time in a residential facility. To use residential respite, the person with dementia must be assessed by an Aged Care Assessment Team (ACAT) to determine the level of care required. Contact **My Aged Care** on **1800 200 422**, visit myagedcare.gov.au, or call the National Dementia Helpline on **1800 100 500**.

Planning for a positive experience

It is common for people with dementia to find new environments and new people unsettling. Because of this it is important to plan ahead for a positive respite experience.

Many families and carers have found it useful to start using regular respite as early as possible so that everyone can get used to sharing dementia care. It is often best to start with small breaks and build up to longer ones.

You will know best how far in advance to tell the person with dementia about the break. Reassure them if they are anxious and make sure that they know that you are positive about the break, even if you're feeling a little anxious yourself.

Talking with other families and carers about ways they've managed to make respite a positive experience may give you some practical ideas for managing.

Ask for a break

- If you want to know more about how to take a break – just ask
- If you need help planning what might suit you now, or in the future – just ask
- If you just want to know what's available – just ask

The Government is committed to providing respite care and has funded many different types of respite to help carers. Many organisations will help you take a break. These are usually called respite care services and include church groups, local councils and community groups.

Who can help?

Aged Care Assessment Teams (ACAT) provide assistance to older people in determining their needs for home based supports or residential care. A range of health care workers such as geriatricians, social workers and occupational therapists work together as part of the ACAT. You can contact your nearest ACAT by calling **My Aged Care**.

The Australian Government has established My Aged Care, a service to provide support and assistance with queries about access to home and community care, respite fees, and bonds and charges. They can also help you look for Government funded aged care homes that meet your particular needs. Call **1800 200 422** or visit **myagedcare.gov.au**

Carer Gateway website and contact centre provides practical information and resources to support carers. Freecall: **1800 422 737** (not mobile phones) Weekdays 8am-6 pm. Website: **carergateway.gov.au** For emergency respite at other times, call **1800 059 059**.

The Carer Advisory and Counselling Service provides carers with information and advice about relevant services and entitlements. Contact your closest Carer Advisory and Counselling Service on **1800 242 636** or visit **carersaustralia.com.au**

Commonwealth Respite and Carelink Centres provide free and confidential information on local carer support, disability and community services. Centres are located throughout Australia and you can contact your nearest Centre by phoning **1800 052 222** (free call except from mobile phones).

If you have concerns about accessing respite discuss these with the Dementia Behaviour Management Advisory Service. DBMAS is a national telephone advisory service for families, carers and care workers who are concerned about the behaviours of people with dementia. The service provides confidential advice, assessment, intervention, education and specialised support 24 hours a day, 7 days a week and can be contacted on **1800 699 799**.

If the type of respite you want isn't available in your local area let someone know. Contact Dementia Australia's National Dementia Helpline on **1800 100 500** or carer advocacy groups (**Carers Australia** on **1800 242 636**) for advice on how to raise the issue of unmet respite needs. People often find that when respite needs are not met, informing local press and politicians can make a difference now and in the long term.

FURTHER INFORMATION

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at **dementia.org.au**



For language assistance phone the Translating and Interpreting Service on **131 450**