أخذ قسط من الراحة

تناقش ورقة المساعدة هذه أهمية أخذ قسط من الراحة من أعباء العناية وكيفية ترتيب ذلك ومن يمكنه مساعدتك في ذلك.

إن أخذ قسط من الراحة مسألة هامة للعائلات ومقدمي العناية

إن العناية بشخص يعاني من الخَرَف مسألة قد تكون مُنهِكة بدنيًا وعاطفًا وتحمل في ثناياها الكثير من الأعباء المرهِقة. ويمكن أن تعاني الأسر ومقدمي العناية بسهولة منفقدة عن التواصل الاجتماعي، خاصة إن لم يتمكنوا من ترك الشخص الذي يعانونه.

إن ضغوط الأفراد يعني الحصول على أسئم منتظمة من الراحة، إنهم وإبداع العزلة عن التواصل الاجتماعي، خاصة إن لم يتمكنوا من ترك الشخص الذي يعانونه.

إن قضاء الفرص يعني الحصول على أقساط منتظمة من الراحة، إذهب وابتلع عن الجو، شارك في أعمالك الأخرى أو استمتع بعطلة أو إجازة.

إن أخذ قسط من الراحة هام - بالنسبة للشخص مصابًا بالخَرَف يأخذ معظم الناس فرصة من نوع أو آخر ولربما تابعوا إهتماماتهم واهتماماتهم التي سيستمتعون بها أو أخذوا فرصة خلال عطل نهاية الأسبوع أو إجازة السفر بعيدًا. ويقدم لنا ذلك شيء ما نتطلع إليه وتجاربنا نقوم بحذفها أولًا. وهذه الفرصة هامه ولنفس الأسباب بالنسبة للشخص مصابًا بالخَرَف.

ما يُعيق العائلات ومقدمي العناية من أخذ قسط من الراحة؟

- إنهم يضعون مصلحتهم وأحوالهم في آخر سلم الأولويات
- رغبتهم في الحفاظ على الشروط المثلى للرعاية والرعاية
- الشعور بعدم استعدادهم للحصول على فرصة من أعباء العناية
- عدم معرفة ما هو متوازن لهم أو كيفية الحصول على المساعدة للتنظيم
- أخذ قسط من الراحة

إلا يمكنهم أن يكونوا مصابين بالتبعية والانتظار حتى يكونوا قادرين على التفاعل بفعالية.

إلا يمكنهم أن تكونوا مصابين بتبعية والانتظار حتى يكونوا قادرين على التفاعل بفعالية.

إلا يمكنهم أن تكونعوا ببعا وانتظار حتى يكونوا قادرين على التفاعل بفعالية.

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إن صفحة المساعدة هذه بتمويل من الحكومة الأسترالية

ARABIC | ENGLISH

LOOKING AFTER FAMILIES AND CARERS
TAKING A BREAK

dementia.org.au

National Dementia Helpline 1800 100 500
ABOUT DEMENTIA

It is common for people with dementia to feel unstable in new environments and with new people, so it is important to plan in advance for a positive experience in temporary care settings.

Many families and caregivers have found it beneficial to use temporary substitute care as soon as possible so everyone can become used to being involved in care. It is usually best to start with short breaks and gradually increase the duration over time.

You may know when it is time to tell the person with dementia to take advantage of this opportunity. Reassure them if they are worried and make sure they understand that you are positive about this opportunity, even if you feel a little anxious yourself.

Talking to families and caregivers about how they deal with the issues can lead to a positive experience in substitute care. This will give you some practical ideas for managing the problem and thinking about it.

Ask for a break if you want to know more about taking advantage of this opportunity - all you need to do is ask.

You can get help and guidance by asking your local government or if you need help in planning care - all you need to do is ask.

You can see what is available by asking - all you need to do is ask.

The government is committed to providing substitute care and has established different types of substitute care services to help caregivers.

Many organizations can take care of substitute care workloads and are often called substitute care organizations and may include church groups, local councils, and community groups.

Who can provide help?

Can provide help for the elderly and people with disabilities. Call 1800 200 422 or visit the website myagedcare.gov.au.

To get advice and guidance, call your local office or 1800 242 636 for information and guidance.

Commonwealth substitute care centers and CareLink provide information and support for the elderly, disabilities and community services.

There are substitute care centers in all parts of Australia, and you can call your local center (free call 1800 052 222 except for mobile phones).

If you have concerns about substitute care, you can discuss it with the advice service for care management - the national phone service that provides guidance, assessment, intervention, training, and professional support 24 hours a day, 7 days a week. Call 1800 699 799.

Can call My Aged Care on the national dementia hotline for advice on how to discuss substitute care needs that are not being met. It is often found that when substitute care needs are not met, the local and state governments become involved and make changes to the issue now and in the future.

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This newsletter provides a general overview of the topic it covers. It is recommended that you seek professional advice for the case. Dementia Australia does not accept responsibility for any errors or omissions in this publication.
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