



CHINESE TRADITIONAL

## Palliative Care

Helping people with life-limiting illness live well

### 寧養療護

幫助生命受限的病人輕鬆自在地生活

## 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.

## 什麼是寧養療護？

寧養療護幫助生命受限的病人擁有最佳的生活品質。這種服務適用於任何人——無論什麼年齡、種族、文化、背景或宗教，而且大多數服務是免費的。

根據您的需求，寧養療護可能包括：

- 藥物和其他療法以緩解疼痛和管理症狀
- 為您的家屬提供支援
- 為盡可能在家中舒適地生活提供幫助和設備
- 幫助滿足您的精神、宗教或文化需求
- 醫務人員和其他護理服務機構人員的定期探訪

如果您選擇使用寧養療護服務，您可以談論您的個別需求，詢問任何問題並提出要求，這樣您才會獲得最好的照顧。

使用寧養療護服務時，始終會由病患和其家屬對有關他們的健康、醫療以及福祉問題負責作出決定。

## 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.

### 寧養療護並不意味著生命終點

您可以在病情的任何階段使用寧養療護，這並不僅僅是為生命即將到達終點的人而設。使用寧養療護並不意味著生命沒有希望，您已經“放棄”或您的家庭不在乎您。您可以在接受寧養療護的同時繼續治療。

您可以使用輔助療法或傳統醫學。

## Who provides palliative care?

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

### 由誰來提供寧養療護？

寧養療護可以由您自己的醫生、專科醫生和護士、物理治療師、宗教或靈修導師以及其他人士提供。

## 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.

### 我可以在哪里接受護理服務？

根據您的需求和其他因素，您可以在家、醫院或安養院、或其他護理院舍接受護理服務。醫院或安養院的護理服務通常是短期性的，為的是治療您的症狀和痛苦，如果可能的話，讓您可以返回家中。

## 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.

### 我需要支付費用嗎？

大多數服務都是免費的，但是可能會有一些設備或藥品的費用。請向您當地的服務機構了解以確定是否收費。

## 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.

### 如果我需要講另一種語言呢？

如果您用自己的語言說話感覺更好，請告知您的寧養療護服務機構。大多數機構可以幫您安排免費的口譯員。





## 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?

寧養療護還會在照顧您的同時為您的家庭提供幫助。這會包括：

- 幫助預約醫生和其他服務
- 幫助確保您得到的是正確的藥品和護理
- 為滿足他們的需求提供支援
- 暫停護理，休息一下
- 協助安排經濟和法律援助
- 辦公時間以後的支持和建議

## 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 9662 9644

(9am - 5pm Monday to Friday)

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



## 我可以從何處獲取更多資訊?

欲知更多資訊，您可以跟以下人員交談：

- 您的醫生
- 您當地的寧養療護服務機構

您還可以致電維省寧養療護協會 (Palliative Care Victoria) 瞭解更多資訊或幫助您找到您當地的服務機構。

### 免費熱線

1800 660 055 或

03 9662 9644

(週一至週五早上9點到下午5點)

可安排電話口譯員——請告訴我們您需要何種語言。



Palliative Care  
V I C T O R I A

Specialist health care and practical support



We thank the Victorian Government and the Lord Mayor's Charitable Foundation for their support. 我們感謝維多利亞政府和市長慈善基金會 (the Lord Mayor's Charitable Foundation) 的鼎力支持。

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.

本講義材料由維多利亞寧養療護協會 (Palliative Care Victoria) 協同維多利亞民族社區委員會 (the Ethnic Communities Council of Victoria) 以及婦女健康多元文化中心 (the Multicultural Centre for Women's Health) 一同編制。

Photos used in this brochure are for illustrative purposes only.  
本手冊中使用的圖片僅作說明用途。