

暫息

CANTONESE | ENGLISH

本資料單張討論了從照顧工作中休息一下的重要性，說明了如何安排暫息以及誰可以提供幫助。

暫息對家人和照顧者來說非常重要

照顧腦退化症病人可能會讓人身心疲憊，倍感壓力。家人和照顧者會很容易變得與世隔絕，特別是在無法離開照顧的對象時，情況尤為如此。

定期休息意味著你可以得到休息、外出、料理自己的事務或者去渡假。

暫息對腦退化症病人來說非常重要

大多數人都會安排某種休息，或許是去追尋自己的業餘喜好，或許是周末和假日出去渡假。這樣我們不僅有所期盼，也有一些體驗可以回顧。出於同樣原因，休息對腦退化症病人來說也非常重要，這不僅讓病人有機會與其他人社交和見面，而且讓病人習慣其他人為他們提供支持和照顧。

什麼使家人和照顧者無法休息？

- 把自己的福祉放在最後。
- 覺得休息是不應該的。
- 不知道有什麼暫息服務，也不知道如何獲得幫助來安排休息。
- 覺得太累而不願費事。
- 自己想要休息一下，但照顧對象不願意。
- 覺得這一切太麻煩。
- 認為自己有責任一直不斷地提供所有照顧。

如何得到休息

休息的方法有很多種，這取決於什麼適合你和家人。

休息可以是：

- 讓腦退化症病人有時間享受新的體驗或熟悉的體驗。
- 讓自己有時間以適於自己的任何方式放鬆一下，恢復精力。
- 一起找時間擺脫常規。

其他親友可能樂意伸出援手，讓你暫時擺脫護理工作休息一下。通常這只需要開口就好。

澳洲聯邦政府和州政府資助開辦了多項暫息計劃，可提供定期、臨時與緊急暫息服務，其中包括家外暫息、家庭暫息和住宿暫息。此外還可在當地日間活動中心參加計劃活動小組來獲得暫息。一些中心為腦退化症病人開辦專門的活動。

日間中心提供的暫息照顧服務從每周幾個小時到幾天不等。一些中心提供延長時間、周末或過夜暫息照護。

另一種休息的方法是讓照顧工作者到家裡來，讓你能够出去辦事情。這些照顧工作者還可以陪腦退化症病人去參加他們喜愛的活動。這通常叫做家庭暫息，因為這種服務的開始和結束都是在家裡。

暫息也可用來提供緊急照顧，也可以在住宿機構安排較長時間的暫息。如要使用住宿暫息服務，必須由老年護理評估小組 (ACAT) 對腦退化症病人進行評估，以確定所需要的護理水平。請聯絡 **My Aged Care** (老年護理服務)，電話：**1800 200 422**，網址：www.myagedcare.gov.au，或致電全國腦退化症幫助熱線：**1800 100 500**。

National Dementia Helpline 1800 100 500

dementia.org.au

1 照顧家人與照顧者

為獲得積極的體驗做出規劃

腦退化症病人通常會對新環境和新面孔感到局促不安。因此，務必要為獲得積極的暫息體驗而提前計劃。

許多家人和照顧者都發現，及早開始定期使用暫息照顧，讓每個人都習慣分擔腦退化症護理工作，這一點非常有幫助。通常，一開始最好是較短時間的休息，然後再逐漸延長休息的時間。

需要提前多長時間將休息的事情告訴腦退化症病人，這一點你最清楚不過。如果病人感到很焦慮，請安慰他們，確保他們知道你對這次休息很有信心，即便你自己覺得有點焦慮也要這樣。

與其他家庭和照顧者談談他們是如何想辦法讓暫息成為積極的體驗，你可能會得到一些實用的點子。

請求暫息

- 如果你想更多地瞭解暫息的方法－請儘管詢問。
- 如果你在規劃目前或將來適合自己的暫息服務方面需要幫助－請儘管詢問。
- 如果你只是想瞭解現有的暫息服務－請儘管詢問。

政府致力於提供各種暫息照顧服務，並已資助開展許多不同類型的暫息服務，為照顧者提供幫助。許多機構都可幫助你獲得休息。這些機構通常稱為暫息照顧服務機構，包括教會小組、地方市政府和社區小組。

誰可以提供幫助？

老年護理評估小組 (ACAT) 幫助老年人確定自己對家庭支持服務或住宿照顧的需要。在ACAT小組中有一系列醫護工作人員一起工作，如老年病學家、社會工作者和職業病治療醫師。你可以致電**My Aged Care** (老年護理服務)，與最近的老年護理評估小組聯絡。

澳洲聯邦政府建立了My Aged Care (老年護理服務)，提供支持服務，幫助解答有關如何獲得

家庭及社區護理服務、暫息費用、保證金和收費的查詢。他們還可以幫助你尋找適合你特定需要的公立養老院。請致電**1800 200 422**或瀏覽 myagedcare.gov.au

照顧者門戶 (Carer Gateway) 網站和聯絡中心提供實用資訊和資源，為照顧者提供支持。免費電話：**1800 422 737** (移動電話除外)。星期一至星期五上午8點－下午6點開通。網址：www.carergateway.gov.au。若在其他時間需要緊急暫息服務，請致電**1800 059 059**。

照顧者諮詢與輔導服務為照顧者提供有關相關服務和資格的資訊和建議。請與離你最近的照顧者諮詢與輔導服務聯絡，電話：**1800 242 636**，網址：carersaustralia.com.au

如果你對使用暫息服務存在顧慮，請與腦退化症行為管理諮詢服務談談。腦退化症行為管理諮詢服務(DBMAS)是一項全國性的電話諮詢服務，為擔心腦退化症病人行為的家人、照顧者和照顧工作人員提供服務。這項服務每周7天、每天24小時提供保密的建議、評估、干預、教育和專業支持服務，聯絡電話：**1800 699 799**。

如果當地沒有你想要的暫息服務類型，請向他人反映。請聯絡澳洲腦退化症協會的澳洲全國腦退化症幫助熱線**1800 100 500**或照顧者代言小組

(澳洲照顧者協會(**Carers Australia**))，電話：**1800 242 636**)，獲得如何反映暫息服務需要未得到滿足的問題方面的建議。人們通常發現，在暫息服務需要得不到滿足時，告訴當地新聞媒體和政客可以在現在和長期發揮作用。

詳情

澳洲腦退化症協會提供支持、資訊、教育和輔導。請聯絡全國腦退化症幫助熱線：**1800 100 500**，或瀏覽我們的網站：dementia.org.au。



若需要語言方面的幫助，請致電口筆譯服務處電話：**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**