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| **Aged care | 老年人照顾服务** |
| 维州为老年人提供一系列看护服务，照顾您的健康。居家支持服务和其他服务协助您在家独立生活。此外，还有养老院等多种不同支持服务照顾您的老年生活。生活在维州非常幸运，维州有全面的老年人照顾系统，让老年人尽可能住在自己的家。许多支持服务都可以在社区中提供。群居和相互交流是人类的本性，所以参与社区活动是非常必要的。我很喜欢音乐。我总是说人退休后就会发现自己真正的爱好。大家都有自己的喜好。随着我们年纪渐长，要维持健康，不仅是身体健康，人际关系上的健康也重要，做自己喜欢的事。老年人面对特殊的挑战。所以要与家人或照顾者讨论您对未来的计划，并着手进行。关键是要与专业人士一起通力合作，并确定您明白各种不同的选择。澳大利亚政府提供大多数的高龄服务，包括支持老年人独立生活，以及养老院服务。“我的老年看护” My Aged Care是全国服务的入口。 |  |
| In Victoria, a broad range of services is available to support your health and well-being as you age.  From home support services and other services that help support your independence at home, to residential aged care homes, there are numerous services to support your health and well-being as you age. “We're very fortunate in Victoria to have an extremely comprehensive system of aged care.  So people can spend a lot of time living in their own homes.  There's multitude of services that can be provided from the community.”“Human beings are meant to socialise and communicate, so it's necessary to be involved in the community, I think.  I'm very interested in music.  I always say when you retire, you find what you like.  You know, there's something for everyone.  So as we get older, it's important to maintain good health, and that's not just good medical health, but it's also good social health, doing the things that make you feel good.”As we get older, we face new challenges.  So it's a good idea to discuss your plans and wishes for the future with your family or support network, and begin to plan ahead. The key thing is to work with the experts and services that are available, and ask questions to ensure you understand the options available to you. The Australian Government provides the majority of aged care services, including services to support you at home, and aged care homes or residential aged care services.  My Aged Care is the national gateway for accessing these services. “我的老年看护”提供居家服务，例如协助做家务。如果需要住院，医院人员可通过“我的老年看护”安排出院后短期协助。还有其它服务能协助老年人独立生活。个人警报系统让您更有自信单独居住。个人警报系统会在例如摔跤等意外发生时通知看护者或急救服务部。维州政府拨款设立“维州个人警报系统”，为维州年老体弱的人以及残疾人士提供每日观察及警报服务。一些私立机构也可提供帮助。家庭医生能按需要向您介绍其他医疗专业人员。请向家庭医生询问75岁以上或55岁以上澳洲原住民可享有的年度健康检查。有些人因健康状况而无法住在家中。养老院也许是适合的选择。如需养老院相关信息，可访问My Aged Care网站了解各种服务。养老院会在向您提供服务前就费用和补贴资格与您讨论并达成协议。My Aged Care provides assistance with home services, such as domestic help, and if a stay in hospital is necessary, hospital staff can arrange for after-hospital or transition-care services through My Aged Care. There are other services to support you to live independently too. Personal alert systems or services can provide you with added confidence to live in your own home.  Personal alert systems notify emergency services and caregivers of an accident, such as a fall. The Victorian Government funds Personal Alert Victoria, a daily monitoring and emergency response service for frail, older Victorians and Victorians with disabilities. There are also private services that can assist you. Your GP can advise you and connect you with other health care professionals as needed. Ask your GP about the free annual health assessment for people aged 75 years and over or 55 years and over for Aboriginal and Torres Strait Islanders. For many people, it may become difficult to manage all their needs at home. At this time, residential care is often the choice. For care in an aged care home or residential services, My Aged Care can assist with range of services support.  Note that any fees and eligibility for subsidies will be discussed and agreed upon with your service provider before the services are provided. You may have to pay something towards the cost of your care. “So residential care is, these days, very highly regulated.  So there are very stringent standards to make sure that the care you receive is outstanding.  Certainly, there are some wonderful residential facilities available that provide excellent care and a loving and welcoming environment.” “What makes this feel like a home is, instead of living at home on your own, you’re just living with one great big family.  Benefits of that are I'm no longer lonely.  The social benefits are enormous.  I'm outside doing quite a bit of work in the workshop, which helps a lot.”“There are many things to consider in planning your future as you age.  It is important to keep healthy and fit, be informed about aged care services, and plan ahead.” To learn more about ageing and aged care services, visit My Aged Care, or call the contact centre on 1800 200 422. For more information, visit www.BETTERHEALTH.vic.gov.au/agedcare  |  |
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您有可能需要支付一部分的费用。

政府对养老院有严格的规范。养老院需要符合很严格的标准，以确保看护服务的高质量。有很多非常好的养老院，提供优质的看护服务，以及温暖友爱的生活环境。

这里让我感觉像家一样，不是独自一人住在家里，这里就像个大家庭。有了社交生活，不再感到孤单。我也经常做一些手工艺，对我也很有帮助。

计划退休生活还要考虑很多因素。要保持身体健康，了解看护服务，并事先计划。

有关养老服务的详情请访问 My Aged Care 网站，请致电咨询专线 1800 200 422。

详情请访问：<BETTERHEALTH.vic.gov.au/agedcare>