|  |  |
| --- | --- |
| **Aged-care | 老年護理** | |
|  |  |
| 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.  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 | 在維多利亞州，當你年紀漸長，你可以享用一系列的服務，助你維持健康。從家中支援服務、其他能夠協助你在家中變得更獨立的服務，以至安老院，總之就有很多服務來保障你的健康及福祉。  「大家居於維州實在很幸運，因爲這裏有極完善的老年護理服務系統，因此，大家可以在自己家中住更久。」  「其實社區也有林林總總的服務，一個人天生需要與人交往及溝通，所以我認爲，大家都必須參與社區活動。  我對音樂興趣濃厚。我一直說，當大家退休時，你會找到你喜愛的東西，總之就是各適其適。  所以，當我們年紀漸大，保持身體健康，是十分重要的。不單純是身體的健康，還需要社交健康，做一些讓你感覺良好的事情。」  當我們年紀漸大，我們會面對新的挑戰。所以最好還是跟你的家人和支援網絡，磋商你未來的計劃和願望，現在就開始預先計劃。  最主要是，要和專家合作、享受合資格獲得的服務，和發問問題，以確保你了解你應享的不同服務選項。  澳洲政府提供大部分的老年護理服務，包括支援你留在家中、入住護老院或住宿院舍等服務。My Aged Care 是申請這些服務的全國總門戶。  My Aged Care 提供家居服務的協助，例如是家務協助。如果需要住院的話，醫院員工可通過 My Aged Care，安排出院後或過渡護理服務。  你還可享有支援你獨立地居住的其他服務。  個人警報系統 (平安鐘) 或其他服務可以讓你更具信心地居於自己的寓所。當你發生如跌倒這些意外時，平安鐘會通知緊急服務或你的照顧者。  維州政府撥款設立維州個人警報局 (Personal Alert Victoria)，專門為年老體弱及有殘障的維州市民，提供每日監察及緊急應對服務。  除此之外，也有私家服務可以幫助你。  當有需要時，你的家庭醫生會向你作出建議，及連接到其他醫護專業人員。  年滿 75 歲的市民，每年可享有一次免費的健康評估，如果是土著及托勒斯島民的話，則只需年滿 55 歲，詳情請向你的家庭醫生查詢。  對很多人來說，在家中自我照顧，可能會越益困難。  這個時候，入住住宿院舍是較常見的選擇。  對於護老院或住宿院舍服務，My Aged Care 能對各種服務提供支援。你需注意的是，在接受服務前，應預先和服務供應者在收費和你可享受的資助作討論，並取得共識。  你或許需要為你的護理負擔一些費用。  「目前，住宿院舎護理受到非常嚴格的監管，當局定下十分嚴格標準，確保你能夠享有高質量的護理服務。 當然，一些住宿院舎設備優良，提供極優質的護理，和一個充滿愛心與親切的環境。」  「雖然你不是居於自己的寓所，可是你仍有一個家的感覺，因爲你正置身於一個大家庭當中。好處之一，是我再不愁寂寞，社交益處非常大。我在工作坊幹了點活，好處真不少哩。」  「隨著年紀增加，你在計劃未來時，有很多因素需要考慮。保持身體健康、了解老年護理服務，然後作出計劃，這些都是很重要的。」  欲知道更多關於老齡化及老年護理服務，請瀏覽 My Aged Care 或致電聯絡中心 1800 200 422。  想獲得更多資訊，請瀏覽：  www.BETTERHEALTH.vic.gov.au/agedcare. |
|  |  |