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| **Carers caring and respite care | 照顾者与暂息服务** |
| 全日看护人是有成就感又有挑战的工作。维州向看护人以及被看护者提供多种不同的支持服务。“看护人”指的是带薪的专业人士和非带薪的非专业的人士。专业看护人受过看护的专业训练，但是许多看护人是家人，照顾家中年长父母、孩子或配偶。看护人也可能是朋友或邻居。看护人除了可能是亲友、配偶、邻居之外，也包括职业看护人。带薪的看护人包括居家看护人、私人看护人、以及残疾支持者。维州私人看护人必须有居家与社区照顾三级证书，或者拥有残疾或老年照护证书，并且学过私人看护以及急救。例如，老年看护人向在养老院、诊所、医院和私人住家的老人提供照顾和支持。他们提供私人照顾，例如洗澡、着装、进食、家务、做饭、打扫。并帮忙照顾他们的健康，例如帮他们用药。我的工作主要是协助照顾老人的三方面需要。首先是身体上的需要。第二是社交方面的需要。 |  |
| Being a full-time carer can be rewarding, but also challenging.Victoria has a wealth of support services to help those that are carers and those being cared for.  The term "carer" can refer to paid and unpaid professional and lay carers. Professional carers are people who are trained and paid to look after people, but many carers are family members looking after older parents, their child,  or their partner. Or carers can be friends or neighbours. As well as family members, partners, friends and neighbours caring for someone, there are a number of different professional carers known as care workers. Paid carers include home care workers, personal care workers, and disability support workers. All personal care workers in Victoria must have a Certificate Three in home and community care or related area such as disability or aged care, with the relevant personal care and first aid competencies. Aged care workers, for example, provide care and support to older people in residential facilities, clinics, hospitals, and private homes. They help with personal care, such as showering, dressing and eating, domestic duties, preparing meals and cleaning, and managing illness, such as helping a person with medicines.“What my job involves more is to look after residents’ three basic needs.  The first one is their physical needs.  The second one is social need.  And the third one is psychological emotional needs.  We help the residents to be independent, but also be there if they need us to help them. “很多照顾者觉得很有成就感，但是人确实需要考虑照顾的工作量，尤其是如果无偿照顾亲人，如果放弃工作，收入可能会减少，精神压力变大，或可能觉得孤立无援。这时你就需要支持了。有时真的很不容易。安宁疗护有社工和其他人的帮助，对我和父亲都非常有帮助，他们的帮助太宝贵了。澳大利亚政府向看护人提供支持，这些看护人可能照顾残疾人士、精神病患者、疾病患者、因意外而受伤的人，或需要人照顾的老人。绝症患者的看护人也能获得例如暂息服务、个人支持、经济支持、信息提供、教育、心里辅导、以及社交网路支持。照顾者津贴向因提供全日照顾而无法从事给薪工作的人提供经济支持。请访问民政服务部网站查询看护人津贴的信息。政府提供许多服务，支持看护人做重要的照顾工作。详情请访问：<BETTERHEALTH.vic.gov.au/carers>While many carers talk of the rewards of being a carer, it is important to consider how much is involved, especially as an unpaid carer  looking after a loved one. There could be reduced income if you give up your job, emotional and physical stress, or feeling isolated. That's where support comes in. “There are times where it’s a bit challenging.  It's great with palliative care, they've got their social workers and so forth, which is a great help for me as well as dad's, and they do a wonderful, wonderful job.”The Australian government offers support to carers caring for someone with a disability or mental illness, with a medical condition, after an  illness or accident, or an older person with care needs. Support is also available to carers of people with a terminal or life-limiting illness, including respite, personal support, financial support, information, education, counselling, networking opportunities. The carer payment provides financial support to people who cannot work insubstantial paid employment because they provide full-time daily care. Visit the Department of Human Services to find out more detailed information about carer payments. There is a range of support to assist carers in the vital role they undertake.  For more information, visit: BetterHealth.vic.gov.au/carers |  |
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