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| **Carers caring and respite care | 照顧者的照料和暫息服務** | |
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| 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. “  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 | 擔當全職照顧者，是一件很值得的工作，但同時也極具挑戰。  維多利亞州有很多支援照顧者及被照顧人士的服務。「照顧者」這個詞，可以指受薪或非受薪的專業人士或非專業照顧者。  專業照顧者是那些受過訓練及支薪去照顧其他人的人，但很多照顧者實際是家人，他們照顧自己年長父母、年幼子女或者伴侶；照顧者也可是朋友或鄰居，  而除了是家人、伴侶、朋友、鄰居照顧他們之外，還有其他不同的專業照顧者，他們統稱爲照顧員工。  受薪照顧者包括家居護理員工、個人護理員工，及殘障支援員工。  所有在維州的護理員工，必須擁有家居及社區護理三級證書或和殘障、老年護理等相關範疇的學歷，他們也需有相關的個人護理及急救技能。  舉例說，老年護理員工向居於住宿院舍、診所、醫院或私人護理院的長者，提供護理及支援。  他們協助個人護理，例如淋浴、穿衣、飲食、家務、預備餐飲、清潔和病情管理，例如是協助一個人吃藥。  「我的工作主要是照顧住客的三個基本需要。第一是他們身體的需要，第二是他們的社交需要，而第三，則是他們心理及情感的需要。我們協助住客變得獨立，不過，如果有需要時，我們會隨時作出協助。」  雖然有很多照顧者都說這工作是很值得的，但大家亦需要考慮參與的程度，特別是那些在不領薪情況下去照顧他們所愛的照顧者尤甚。  如果你因放棄工作而導致收入減少、身心受壓，或者感到孤立無援。  那你便可以獲得支援。  「有些時候的確具挑戰性。舒緩治療真好，他們有社工及其他員工，對我幫助很大，我爸爸也有所得益，他們真的很棒。」  澳洲政府為這些照顧患有殘障或有精神病、患病、發生意外後，又或需照顧的老人家等等的照顧者，提供支援。  另外，這些支援，也包括向那些照顧患了末期病症或不治之症的人士的照顧者，提供包括暫息服務、個人支援、財政、資訊、教育、輔導，及網絡聯繫機會等。  照顧者津貼向那些礙於要提供全職日間照顧服務，而不能受聘請於其他機構的人士，作出財政上的支援。  請瀏覽 Department of Human Services (民政部)，以獲得更多關於照顧者津貼的資料。  為了協助照顧者執行他們非常重要的任務，政府提供一系列的幫助。詳情請瀏覽： BetterHealth.vic.gov.au/carers |
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