|  |  |
| --- | --- |
| **Palliative care dying and death | 紓緩治療 、末期病患和死亡** | |
|  |  |
| Palliative care helps improve the quality of life for someone living with a life limiting illness.  Illness may limit what a patient can do, but there are many ways we can help.  Victoria offers a range of services, from inpatient to homeland community-based care.  "Australia has one of the best developed and advanced palliative care services in the world for community hospital and inpatient palliative care services.  But increasingly people are focusing on management of illness as it progresses, chronic disease, non-malignant disease, diseases that need supporting, not only in the hospital sector, but also in the community sector."  "You couldn't wish for better services from anywhere, and the doctors and the nurses at the hospital have been exceptional."  "Services such as Eastern Palliative Care focus on people staying at home as long as possible.  It's our job to provide comprehensive suite of palliative care services to people that have specialist palliative care needs."  Palliative care services include at home care, specialist inpatient palliative care, counselling, equipment and aids, volunteer support and hospital care.  "The fact is that people who have their symptoms well managed by a specialist palliative care team in the community do live longer than those who don't have that same kind of care and that’s been proven in research."  As well as support from health professionals, for many, the primary carer is a family member.  "And when Dad got sick I’d noticed quite a while beforehand that his health was not quite right.  And that's how I've sort of became Dad's carer."  A range of aids is available to help with moving around and other activities of daily living.  "He's got mobility aids to help him and before I just tried to help him the best I can.  And now he's got his new scooter, that’s made things a lot easier for him and me, I suppose."  "If you're going up a hill it’s got a little button on it  to give you a bit more power into the back end of the motor,  so that's been very good."  "For carers, I think at some point, as a carer you do need some sort of respite for people you're helping out."  Talk with your palliative care service about support and respite care options.  Palliative care can be involved early in the illness, and at the same time as treatment, such as chemotherapy.  Increasingly, advance care plans are used, where the patient makes it clear in writing the way they want to be treated.  "I think it's really important that families talk to each other about what their wishes are at the end of life, so if we don't know where someone wants to die or where they want their care to be delivered or who they want involved, there’s a lot of guessing that goes on for families and that adds to the stress.  So having those open discussions which can often lead to the development of an advance care plan for people, are really useful discussions to have."  Palliative care services are free or subsidised through Medicare.  However, there may be costs involved for some specialist equipment, medications, and treatments.  If you do choose private palliative care services, you will need to pay.  It's best to ask about costs before you make a decision.  Victoria offers home-based and specialist inpatient care where clients receive medical, nursing, social, and emotional support.  "My best advice is to engage early, advocate, push to your healthcare professionals to engage palliative care.  We need to be part of the team early rather than late."  To find out more, make sure you log on to betterhealth.vic.gov.au/palliative. | 紓緩治療 (又稱寧養療護) 能協助改善一個末期病患者的生活質素。  疾病可能會限制病人所能做的事情，但我們可以通過不同的途徑協助他們。  維州提供各種各樣的服務，由住院以至家居及以社區服務為本的護理都有。  「在社區醫院及住院紓緩治療服務方面，澳洲的紓緩治療服務發展，可説走在世界前沿。隨著病者的病況轉差，愈來愈多人把注意力集中在管理病情上面。這包括慢性病、非惡性疾病、需要支援的疾病等，這不僅是在醫院的層面、也包括在社區層面。」  「我們的服務，是全球最好的，醫院裏的醫生及護士表現卓越。」  「例如東區紓緩治療 (Eastern Palliative Care) 便致力讓病人留在家中越久越好。我們的工作，是把完善的紓緩治療服務，向那些需要專業紓緩治療的病人提供。」  紓緩治療服務包括家居護理、專業住院紓緩治療、輔導、設備及輔助工具、志願者支援及醫院護理。  「事實上，研究發現，那些在社區獲得專業紓緩治療小組管理病情的人士，比起那些沒有類似護理的人，活得更長。」  支援可以來自醫護專業人員，但對很多人來說，基本的照顧者是家庭成員。  「當爸爸病倒時，我其實早已察覺到他的健康有點不妥。於是在某一程度上，我變成了爸爸的照顧者。」  有不同的輔助工具，可協助病人在日常生活中四處走動和做不同的活動。  「他現在有行動輔助工具協助。而此前，我盡自己力量去幫助他。他現在有一輛新的小型摩托車，我覺得無論對他和對我來說，很多事情都變得容易多了。」  「例如，你想上斜坡，摩托車上有個按鈕，只要按一下，後面的摩托就會增加動力，這真的很管用。」  「我認為，對照顧者來說，在某個階段他需要放下被照顧的人去作短暫休息。」  關於支援及不同的暫息護理方案，請與你的紓緩治療服務商量。  紓緩治療服務可以儘早在病者身上進行，同時也可是一種療程，例如是化療。  現時越來越多病人選擇預先制定他們的護理計劃，清楚寫下他們想要怎麼樣的療法。  「我認為與家人商討，包括他們在臨終前有些什麼願望，這是非常重要的。因爲，如果我們不清楚他們想在哪兒過身，或是想在哪兒接受護理，又或是由誰人護理，而全靠猜測的話，那只會給家人徒添壓力。  所以，最好還是開心見誠地討論，通常這會導致他們選擇預先制定護理計劃，因此，這些討論是很有用處的。」  紓緩治療服務，可以是免費的，或是由 Medicare (國民保健)資助的。  不過，一些專門的設備、藥物或者治療方法，可能需要收費。  如果你選擇私家的紓緩治療服務，那你便需要付費。  你最好還是在做決定前，首先查詢收費詳情。  維州也提供以家居為主，或是專業住院護理，客人可以在那兒接受醫療、護理、社交及情緒上的支援。  「我個人認爲最好是及早參與、倡議、及向你的醫護專業團隊爭取接受紓緩治療。加入團隊，總是早一些比晚一些好。」  如欲查詢更多資料，記得登入：  betterhealth.vic.gov.au/palliative |
|  |  |