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| **Planning and coordinating** **Healthcare | 計劃和協調醫護事宜** |
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| Managing your health is something you can do.By being active and informed about your health, and aware of the healthcare options, you can make the most informed decisions for your needs and for those you care for.There are six key areas for you to consider when managing your healthcare. Preparation and research.Making decisions on treatment and care.Communicating openly and honestly.Monitoring health and setting goals.Understanding healthcare costs and payment.And seeking help and support.Being prepared includes taking the things you need toyour healthcare appointment, including a list of questions you want your healthcare professional to answer.Being prepared is also about seeking reliable health information to educate yourself about your health issues or medical conditions.If taking medication, take time to understand your medication, including what it is specifically for, any special instructions, and potential side effects.When researching, seek out reliable sources such as from pamphlets at a doctor surgery, pharmacies, and community health centres.Government endorsed health websites and apps such as Better Health Channel, are also a reliable source of health information.When making healthcare decisions, talk with your medical team in depth, and make sure you fully understand your options and the benefits and risks.Ask a doctor for a second opinion if you are unsure about your doctor's suggested medical treatment or a diagnosis.Planning includes setting goals for your health or healthcare combined with the ability to monitor your progress.When planning for the future, it is important to be realistic about your future health and discuss this with your doctor.Incorporating preventative measures into your plan, such as visiting you doctor for regular health checks, or improving diet and physical activity levels, are also important to overall wellbeing.If taking medication, it is good practice to schedule time to review medications with your doctor.Monitoring the changes in signs and symptoms you experience is also important.And make sure you see your doctor when you first notice symptoms.Open and honest doctor-patient communication is an important step in building trust.Some healthcare issues may be difficult to discuss.However, healthcare professionals are trained to deal with sensitive issues, and the different cultural needs of the people in their care.If you see more than one healthcare professional, it helps to tell each of them about the other treatments you are having, or medication you are taking,including over the counter, vitamins, and herbal supplements.Your general practitioner, GP, is often the best person to coordinate all your healthcare treatments.Healthcare costs will vary depending on the kind of treatment you are getting, whether you have private health cover, and what government services you are eligible for.You can get a wide range of free and subsidised healthcare services through the Medicare system.It is recommended that you ask about the fees for seeing a healthcare provider before you make an appointment.By planning, managing, and coordinating your healthcare, you can get the best from the range of health services and options available to you. For more information, visit: betterhealth.vic.gov.au/planning | 你其實可以管理自己的健康。你要保持活躍、了解自己的健康情況，及清楚知道你享有的不同醫護選擇，這樣，你便可以對你及你照顧的人的所需，作出最明智的決定。管理自己的醫護保健時，你需要考慮以下 6 大範圍：預備和研究、對治療方法及護理做決定、開放和坦誠溝通、監察健康進度及制定目標、了解醫護收費及付款，及尋求協助及支援。作好預備，包括在看診時，帶齊所需物品，包括你希望醫護專業人員回答的問題清單。另一樣預備好的事，是尋求可靠的衛生資訊，這你便可就著自己的健康問題或醫療情況，進行自我教育。如需服用藥物的話，花點時間去了解你的藥物，包括它們主治哪些症狀，服用時有哪些要注意的地方，和它們潛在的副作用。作研究時，找一些可靠的來源，例如是放置在醫生診所、藥房和社區健康中心供人索取的小冊子。獲政府認可的衛生網站及手機程式，像Better Health Channel，這些都是可靠的衛生資訊來源。當要作醫護決定時，請和你的醫護團隊深入探討，以確保你清楚了解不同方案的優點及風險。如果你對你的醫生建議的醫療方法或診斷有懷疑的話，可以尋求另一醫生的意見。計劃時，應為你的健康及醫護方針定下目標，還要能夠監管進度。計劃未來時，你應該對自己日後的健康實事求事，並與你的醫生商量。把預防性措施置於計劃之中，例如定期到醫生處作體檢，或者是改善飲食、多做運動，這些對你的整體健康也非常重要。如你需要服用藥物的話，與你的醫生製定藥效檢討時間表也是一個不錯的做法。監察你的情況或病徵的變化，也是非常重要的。當你一發現病徵出現，便須立刻看醫生。要建立信任，你必須和醫生坦誠溝通，這是重要的一步。有些醫護問題，可能難以開口討論。可是，醫護專業人員對於如何處理敏感性問題和被照顧人士的不同文化需要，都是曾經接受過訓練的。如果你見的醫護專業人員超過一個的話，你應逐個告訴他們關於你正在接受的療法或藥物，這包括非處方藥物、維生素或中草藥。你的家庭醫生往往是協調你一切醫護需要的最佳人選。醫護費用視乎你所接受的治療方案、有否購買私家醫療保險、是否符合資格使用政府服務等，而有所不同。大家可以通過國民保健制度，去尋求各種各樣的免費或受資助的醫療保健服務。你最好還是在預約之前，向你的醫護服務提供者，查詢他們的收費情況。通過計劃、管理及協調你的健康護理，你便可在各種各樣的衛生服務及選項中，享受最佳的醫療照顧。欲知詳情，請瀏覽：betterhealth.vic.gov.au/planning |
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