



何謂寧養療護？

What is Palliative Care?

寧養療護是針對罹患末期疾病患者的醫療照護，著重於為患者及其家人提供舒適的環境與支持，並提升生活品質。此治療能幫助患者盡可能地活得更好、活得更久。

Palliative care is health care for people living with a terminal illness. It focuses on comfort, support, and quality of life for patients and their families. It helps people live as well as they can for as long as they can.

何時可以開始接受寧養療護？

寧養療護可在疾病進展的任何階段開始，而不僅限於最後幾週或幾天。在許多情況下，患者在接受其他疾病治療的同時，也能獲得寧養療護。

When can palliative care start?

Palliative care can start at any time of a progressive illness, not just in the final weeks or days. In many cases, a person can receive palliative care while they are still receiving other treatments for their illness.



誰負責提供寧養療護？

任何醫療專業人員（例如全科醫生、專科醫生或護士等）均可提供寧養療護。

當患者的症狀變得較為複雜時，可由專業的寧養療護服務介入。這些服務通常由專門處理臨終症狀（例如劇烈疼痛、嘔吐及呼吸困難等）的醫生或護士負責。

專業的寧養療護團隊將持續與病患現有的醫療團隊合作，成員可能包括：

- 醫生
- 護士
- 輔助醫療專業人員
- 藥劑師
- 心理學家
- 靈性或牧靈關懷工作者
- 寧養療護志願者

如何獲得專業的寧養療護服務？

個人、家屬、護理者或任何醫療專業人員都可以轉介至專業的寧養療護服務。

Who provides palliative care?

Palliative care can be provided by any health professional such as a general practitioner, medical specialist or nurse.

Specialist palliative care services can be involved when a person's symptoms become more complex. They are usually led by a doctor or a nurse who specialises in controlling end of life symptoms such as strong pain, vomiting and difficulty in breathing.

A specialist palliative care team will continue to work in partnership with a person's existing healthcare team and may include:

- Doctors
- Nurses
- Allied health professionals
- Pharmacists
- Psychologists
- Spiritual or pastoral care workers
- Palliative care volunteers

How to get specialist palliative care services?

A referral to specialist palliative care services can be made by an individual or family member or carer, or any health professional.



專業的寧養療護服務提供哪些護理服務？

專業的寧養療護服務包括：

- 協助控制複雜的身體症狀
- 提供社交、文化和靈性方面的支持
- 為患者及其家屬或護理者提供諮詢和哀傷支持

哪裡可以提供專業的寧養療護服務？

寧養療護可在以下地點提供：

- 在家中
- 在醫院
- 在安寧療護院
- 在安老院
- 在受資助的殘疾人士住宿設施

專業的寧養療護服務費用是多少？

大多數寧養療護服務均為免費。藥物或設備可能涉及部分費用，如有需要，相關費用將另行商討。

為家屬和護理者提供哪些支持？

專業的寧養療護服務還為家屬及護理者提供實質協助與情感支持。

What care do specialist palliative care services provide?

Specialist palliative care services include:

- Help controlling complex physical symptoms
- Support with social, cultural and spiritual concerns
- Counselling and grief support for the person and their family or carers

Where can specialist palliative care services be provided?

Palliative care can be provided:

- At home
- In hospital
- In a hospice
- In a residential aged care home
- In supported disability accommodation

How much do specialist palliative care services cost?

Most palliative care services are free. There may be some costs for medicines or equipment which will be discussed if required.

What support is available for family and carers?

Specialist palliative care services also provide practical and emotional support for families and carers.

如果需要口譯員該怎麼辦？

若就診時需要口譯員，請務必告知服務機構。

如何尋找服務或獲取更多資訊？

- 請諮詢你的醫生、專科醫生或任何醫療專業人員
- 致電你當地的寧養療護服務機構
- 聯繫維多利亞州寧養療護協會 (Palliative Care Victoria)
 - » 電話：03 9962 9644（星期一至星期五，上午 9 點至下午 5 點）
 - » 電子郵箱：info@pallcarevic.asn.au
 - » 瀏覽網站：
<https://www.pallcarevic.asn.au/>



我們可安排電話口譯服務。
請告知你所需的語言。

What if an interpreter is needed?

It is important to let the service know if an interpreter is needed for a visit.

How do I find a service or get more information?

- Talk to your doctor, specialist or any health professional
- Call your local Palliative Care Service
- Contact Palliative Care Victoria
 - » Telephone 03 9962 9644 (9am to 5pm, Monday to Friday)
 - » Email: info@pallcarevic.asn.au
 - » Visit the website:
<https://www.pallcarevic.asn.au/>



A telephone interpreter can be arranged. Please tell us what language you need.



Palliative Care
Victoria

何謂寧養療護？



掃描以查看我們的網站

Scan to view our website