

How palliative care can help

If you have an incurable or terminal illness, your local palliative care service can provide you and your family with support such as:

1. A nurse calling you or visiting your home to see how you are going;
2. Help to manage any physical problems such as pain, so you are more comfortable;
3. Help to understand how some things might change – things such as taste, how much food you want to eat, your energy levels;
4. Talking to your family members if they are tired or distressed;
5. Help to talk to doctors and other health providers;
6. Help to understand all about your medications - what it is, what it does and when it should be taken;
7. Help to understand your options for treatment in Australia and helping you to choose what is best for you;
8. Arrange for you to have equipment to help you in your home, including a hospital bed, shower chair, wheelchairs etc (a small cost may apply);
9. Arrange respite in the home for family and carers, so they have a chance to rest;
10. Help to understand where financial help can be available, and how to access it;
11. Help to meet spiritual care needs and manage grief;
12. Help to find other services you may need.

宁养疗护如何提供帮助

如果您患有无法治愈的或生命限制性疾病，您当地的宁养疗护服务机构可以为您和您的家庭提供帮助，例如：

1. 帮助管理身体上的问题，如疼痛，使您感到更舒适；
2. 帮助您了解在澳大利亚的治疗选择，并帮助您选择最适合自己的治疗方法；
3. 帮助您了解有关您药物的所有信息——它的用途、作用以及何时服用；
4. 帮助您了解某些情况可能会如何变化——例如味觉的改变、想吃食物的多少、能量水平等；
5. 帮助与医生和其他医务人员沟通；
6. 在您的家人感到疲惫或苦恼时，与他们交谈；
7. 护士给您打电话或进行家庭探访，来了解您的情况；
8. 为您安排在家中为您提供帮助的设备，包括病床、淋浴椅、轮椅等（可能需要支付少量费用）；
9. 为您的家庭和照顾者安排居家暂缓休息服务，使他们有机会可以休息；
10. 帮助了解从何处可获得财务上的帮助以及如何使用它；
11. 帮助满足您的精神关怀需求并处理悲伤；
12. 帮助您寻找其他可能需要的服务。

