

# 成为照顾者

照顾风烛之年或临终病人是一个富有意义并充满挑战的历程。您可能是主要的照顾者，也可能是一个由家人和朋友组成的护理团队的一员。无论您扮演什么角色，对未来的任务做好充分准备都至关重要。以下是对照顾者的一些有用提示和资讯。

## 服务与支持

### 家庭医生 (GP)

您的家庭医生也称GP，可以确保您能获得所需的支持和帮助。重要的一点是他们需要了解您的困难或忧虑，这样才能帮助到您。他们知道可用的服务，并在需要时可将您转介到其他支持机构。

### 需求评估和服务协调部 (NASC)

需求评估团队提供有关可用支持服务的重要信息。您可以通过家庭医生转介到 NASC 部门。一位需求评估员会登门评估病人所需的护理细节。他们会提供可用服务的资讯，如果您符合要求，会安排专业人员到家协助您护理患者。需求评估员还会告诉您是否有资格获得卫生部**照顾者支持计划**所提供的福利。

**照顾者支持计划**旨在提供资助，以便照顾者可以从护理任务中暂时抽身得以休息。该计划会根据情况，提供津贴以资助病人居家或在养老机构获得短期护理。欲了解如何获得此福利，请向您的家庭医生或需求评估员咨询。

<https://www.health.govt.nz/your-health/services-and-support/disability-services/types-disability-support/respite/carer-support>

### 工作与收入局支持 (WINZ)

作为照顾者，您可能会有资格获得新西兰工作与收入局 (WINZ) 的财务支持。您的收入是评估标准之一。欲了解如何申请，请访问社会发展部网站 <https://check.msd.govt.nz>

### 照顾自己

作为照顾者，有时可能很难兼顾和注意到自己的需求。有很多不同的方法可以帮您做到这一点。找到最适合自己的方法非常重要。

这些方法包括：

- 保持社交联络 — 继续与朋友和社交网络保持联系是一个好方法，它可以让你保持和外界的联系，防止与社会脱节。
- 定期休息 — 从护理任务中暂时抽离是缓解压力和提高精力的重要方法。
- 不畏求助 — 照顾他人是一项艰巨的任务。

向他人求助是正常的。与家庭医生、朋友或家人谈谈您的感受以及他们可以怎样帮您。

欲了解更多关于护理和当地社区为照顾者提供的支持服务，请访问此网站 [www.carers.net.nz](http://www.carers.net.nz)



# Becoming a caregiver

Caring for someone who has a life-limiting or terminal illness can be both a challenging and a rewarding journey. You may be the primary or main caregiver, or part of a wider team that includes extended family, whānau and friends. Whatever your part in the team being prepared for what lies ahead is important. Below are some useful tips and information for those in caregiving roles.

## Services and supports

### General practitioner (GP)

Your family doctor, also known as your GP, is there to ensure you have the support and assistance that you require. It is important they know of any difficulties or concerns you are having so they can assist you. They know about available services and can refer you for additional support if required.

### Needs Assessment and Service Co-ordination (NASC)

The Needs Assessment team provides important information about available support services.

A referral can be made to the NASC service by your family doctor or GP. A Needs Assessor will visit your home and undertake an assessment of the care that is required. They will provide information on available services and, if you are eligible, organise for someone to come and assist you in your home. The Needs Assessor will also be able to tell you about whether you are eligible for the Ministry of Health **Carer Support scheme**.

*The Carer Support scheme provides funding for a carer to have respite or 'a break' from their care-giving role. The scheme contributes to the cost of care which can be provided either in the home or in a Residential Care (RC) facility, if that is more appropriate.*

To find out more about accessing this scheme, talk to your GP or Needs Assessor or go to <https://www.health.govt.nz/your-health/services-and-support/disability-services/types-disability-support/respite/carer-support>

### Work and Income (WINZ) support

As a caregiver, you may be eligible for financial support from WINZ (Work and Income New Zealand).

The support available is income tested. To find out more about how to apply, please go to the Ministry of Social Development website <https://check.msd.govt.nz>

### Caring for yourself

As a caregiver, it can sometimes be difficult to manage and attend to your own needs. There are different ways you may find helpful to do this. Finding the ways that work best for you is important.

These may include:

- maintaining social connections – staying in touch with friends and social networks is a good way to stay feeling connected and 'in touch' with what is going on outside home.
- taking regular breaks – taking breaks from caregiving is an important way to help manage stress and to boost your energy levels
- not being afraid to ask for help – caregiving can be a demanding and difficult task.

It is okay to ask for help. Talk to your GP, friends or family about how you are feeling and how they can help.

For more information about caregiving and the support services available in your local community for caregivers, you can go to [www.carers.net.nz](http://www.carers.net.nz)