



照顾残疾人？

我们为谁提供帮助？

我们帮助照顾患有残疾或严重长期疾病、年龄在0-65岁之间的亲友的人士。照顾对象可以与您住在一起，也可以不与您住在一起。

照顾自己

照顾他人时，您可能没有足够的时间照顾自己。这可能会使照顾亲友更加困难。

休息一下或者有一点自己的时间，这对您和照顾对象都可能的好处。这叫做暂息。

不同的暂息服务可能包括：

- 工作人员来您的家里，在短时间内照顾您的照顾对象，让您能够在家里轻松一下或者外出。
- 工作人员带您的照顾对象出门参加有意思的活动，让您可以休息一下(暂息)。
- 您通常不参加的家庭活动或郊游也可以算作暂息(改变常规)。

我们如何提供帮助？

- 我们聆听您的心声并且与您交谈
- 我们可以安排暂息服务并可能帮助支付费用
- 我们向照顾者小组提供相关主题的信息
- 我们提供其他服务方面的信息。这些服务可对您的照顾职责提供帮助。

老年家人支持和规划项目

对于照顾患有终生残疾的子女的65岁以上的父母或45岁以上的土著人或托利斯海峡岛民，我们也可以为他们提供帮助。

有关这一计划的详情，请致电9396 9550。请要求找老年家人支持和规划计划工作者。

Carers Victoria Respite Connections (维多利亚州照顾者协会暂息服务连接中心)

我们为住在Brimbank、Hobsons Bay、Maribyrnong、Melbourne、Melton、Moonee Valley和Wyndham等地方政府区域的家庭照顾者提供支持服务。

我们开展一系列专家计划，其中包括：养老计划、助残计划、精神健康计划、Carers@Work和青年照顾者计划。

若要了解更多情况，请致电(03) 9396 9550。

若需要口译，请致电131 450。

Chinese

Caring for someone with a disability?

Who do we help?

We help people who are caring for a relative or friend who has a disability or serious long term illness and is aged 0-65 years old. The person being cared for may or may not live with you.

Looking after yourself

When you are looking after another person, you may not get enough time to look after yourself. This can make it more difficult to care for your relative or friend.

Having a break and some time to yourself can be good for both you and the person you are caring for. This is called respite.

Different kinds of respite may be:

- A worker coming to your home for a short time to look after the person you are caring for so that you can relax at home or go out
- A worker taking the person you are caring for to an interesting activity away from home, to give you a break (respite)
- A family activity or outing that you would not normally do can be respite (change of routine)

How can we help?

- We are here to listen and talk to you
- We can arrange respite and may be able to help with costs
- We give information to groups of carers on topics of interest
- We give information about other services. These services may be able to help you in your caring role

Older Families Support and Planning Project

We may also be able to help parents over the age of 65 or an Aboriginal or Torres Strait Islander carer over the age of 45 if you are caring for a son or daughter who has a life-long disability.

For further information about this program call 9396 9550. Ask for the Older Families Support and Planning Program Worker.

Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley and Wyndham.

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

To find out more please call (03) 9396 9550

If you need an interpreter call 131 450