

English	Traditional Chinese 英語
<p>You may be a carer... ...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in South Gloucestershire.</p>	<p>你可能是一個照顧者***.....如果你提供幫助和支援給你的伴侶，親戚、子女、朋友或鄰居，而他們由於身體或精神疾病、殘疾、體弱或有成癮問題，如果沒有你的幫助，他們無法自理。在南格洛斯特郡，有數以千計的無薪照顧者。</p>
<p>You may be a carer... ...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in Bristol.</p>	<p>你可能是一個照顧者***.....如果你提供幫助和支援給你的伴侶，親戚、子女、朋友或鄰居，而他們由於身體或精神疾病、殘疾、體弱或有成癮問題，如果沒有你的幫助，他們無法自理。在布里斯托，有數以千計的無薪照顧者。</p>
<p>Anyone can become a carer — children, parents, daughters, sons, spouses, partners and friends. Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens to you, as you find that someone close to you gradually needs more help.</p>	<p>任何人都可以成為一個照顧者 --- 孩子、父母、女兒、兒子、配偶、伴侶和朋友。很多人不認為自己是照顧者，他們認為自己只是照顧自己親近的人。照顧常常剛好發生在你身上，因為你發現你身邊的人逐漸需要愈來愈多的幫助。</p>
<p>Support for you</p>	<p>提供給你的支援</p>
<p>Becoming a carer can feel isolating and it's often a struggle to get the information you need.</p>	<p>成為一個照顧者，你可能會感覺被孤立，並往往很難獲取所需要的資訊。</p>
<p>When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring.</p>	<p>當你正在照顧一個人時，讓你自己也有一些幫助和支援，例如在照顧的過程中休息一下，這些都是很重要的。</p>
<p>Your local Council (social services) will be able to tell you how they can help and explain about Carers Assessments.</p>	<p>你的當地議會（社會服務）將能夠告訴你，他們能如何幫助你，並向你解釋有關照顧者評估的事項。</p>
<p>Carers Support Centre, is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, such as the Carers Emergency Card. They can also help with a Carers Assessment.</p>	<p>照顧者支援中心是一個當地組織，它可以為您提供各方面關於照顧的可能有用的資訊及建議。他們還可以藉由照顧者評估來幫助你。</p>

<p>They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.</p>	<p>他們可以協助你和提供專業支援的組織聯繫，這些組織例如：癡呆症、精神健康問題，或中風康復等。</p>
<p>Carers Support Centre can also advise on any financial help you or the person you look after may be entitled to. There are also carer's groups that meet regularly to share practical ideas and friendship.</p>	<p>照顧者支援中心也可以針對你、或你照顧的人，你們可能有資格獲得的財務上的協助來提供建議。也有照顧者團體定期的聚會，互相分享實際的想法和友誼。</p>
<p>Call the Carers Support Centre confidentially:</p>	<p>致電照顧者支援中心保密專線：</p>
<p>CarersLine: +44 (0) 117 965 2200</p>	<p>照顧者專線(CarersLine)：+44(0) 117 965 2200</p>
<p>Your Own Health</p>	<p>你自己的健康</p>
<p>As a carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else.</p>	<p>作為一個照顧者，照顧自己的健康是很重要的；當你正在照顧別人時，很容易無法照顧到自己。</p>
<p>We will do our best to help you look after yourself as well as the person you care for. For example we are keen to offer flu vaccinations to carers each Autumn. We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available.</p>	<p>我們將盡我們所能，來幫助你照顧好自己、以及你照顧的人。例如：每年秋天，我們都會熱心於提供流感疫苗接種。我們對於我們的病人的照顧者有登記冊，這樣我們就可以在有任何對你有用的新服務或支援時，讓你知道。</p>
<p>Please register yourself as a carer at reception or discuss it with your Doctor.</p>	<p>請在接待處登記自己為一個照顧者，或與您的醫生討論。</p>
<p>Do you look after someone who could not manage without you?</p>	<p>你在照顧沒有你就無法自理的某個人嗎？</p>
<p>Carers Simple Assessments</p>	<p>照顧者的簡單評估</p>
<p>NHS Bristol and Bristol City Council have come together to improve support for carers. Carers simple assessments are available to carers with a Bristol GP, who are finding caring is affecting their health and wellbeing but are not currently in receipt of social care services. Assessments can connect carers to the support they need and result in a one-off payment to help them take a break from caring.</p>	<p>布里斯托國民保健服務服務系統 (NHS Bristol) 和布里斯托市議會已經一起合作，來改善對照顧者的支持。照顧者簡單評估是提供給有布里斯托家庭醫生的照顧者，當他發現照顧已經影響到他的健康和幸福時，而目前還沒有接受任何社會照護服務的狀況。評估可以將照顧者和他們所需要的支援相連接，結果會有一次性補助，以幫助他們可以從照顧的工作中休息一下。</p>

Bristol City Council Health and Social Care	布里斯托市議會健康與社會照護
provides information, advice, carers assessments and may deliver care and support services. Care Direct +44 (0)117 922 2700. www.bristol.gov.uk	提供信息、建議、照顧者評估，並可能會提供照顧和支援服務。照顧專線 +44 (0)117 922 2700 www.bristol.gov.uk
LOOKING AFTER SOMEONE	照顧某人
Getting help and connected as a carer in South Gloucestershire	在格洛斯特郡南部的照顧者，可以獲取幫助和與我們聯繫
Getting help and connected is the first step to information and support that will help you in your role. This questionnaire and action plan for all carers helps you to look at your needs, how caring affects you and provides information on support available to carers. Please contact the Carers Support Centre to request a carers assessment questionnaire and help getting connected.	獲得幫助和聯繫，是取得對你所扮演的角色有幫助的相關資訊和支援的第一步。這份適用於所有照顧者的問卷和行動計劃，可以幫助你來檢視你的需要、以及照顧工作對你的影響、並提供照顧者可用的支援等相關資料。請聯繫照顧者支援中心，以索取照顧者評估問卷及協助與我們取得聯繫。
Call +44 (0) 117 965 2200 for more details	致電 +44 (0) 117 965 2200以瞭解詳情
Useful Contacts:	實用的聯繫資料：
Carers Support Centre	照顧者支援中心
provides information advice and services focussed on supporting carers. Carers Line +44 (0)117 965 2200, open 10am – 1.00pm and 2pm-4pm (Monday-Thursday)10am-1pm (Friday) www.carerssupportcentre.org.uk	我們專注於支援照顧者，並提供資訊及建議服務。照顧者專線：+44(0)117 965 2200，開放時間：上午10點至下午1點和下午2點至4點（星期一至星期四）；上午10點至下午1點（星期五） www.carerssupportcentre.org.uk
South Gloucestershire Council	南格洛斯特郡議會
provides information, advice and may deliver care and support services. +44 (0)1454 868007 www.southglos.gov.uk	提供資訊、建議，也可以提供照顧及支援服務。 +44 (0) 1454 868007 www.southglos.gov.uk
Well Aware	注意健康
provides information on health, wellbeing and community resources. 0808 808 5252 www.wellaware.org.uk	提供健康、福利和社區資源的資訊。 0808 808 5252 www.wellaware.org.uk