

我的中風經歷

*My Stroke Journey
Chinese Traditional*

一本寫給中風患者、及其
家屬和家庭護理員的書



從醫院到家裡都要帶著這本書

About Stroke Foundation

Stroke Foundation is an Australian charity.

We work together with survivors of stroke, their families, health professionals and researchers. We:

- › Tell the community about causes and signs of stroke.
- › Help people lower their risk of stroke.
- › Help improve stroke treatment.
- › Help survivors of stroke and families live a good life after stroke.
- › Support stroke research.
- › Raise money to keep doing our work.

Acknowledgement

Stroke Foundation respectfully acknowledges the Traditional Owners and Custodians of Country throughout Australia and acknowledges their continuing connection to land, water, sky and community.

We pay our respect to the peoples, cultures, and Elders past and present for they hold the memories, culture and hope of their peoples.



© No part of this publication can be reproduced by any process without permission from Stroke Foundation. April 2023.

Suggested citation: Stroke Foundation, My Stroke Journey (Chinese), Melbourne, Australia.

Note: The full document is available at strokefoundation.org.au

關於 Stroke Foundation

Stroke Foundation 是一個澳大利亞的慈善組織。

我們與中風患者、他們的家屬、醫療保健員和研究人員一起合作：

- › 告訴社區有關中風的原因和跡象。
- › 幫助人們降低中風的風險。
- › 幫助改善中風治療。
- › 幫助中風倖存者和家屬在中風後維持生活質量。
- › 支持中風研究。
- › 籌集資金以繼續開展我們的工作。

鳴謝

Stroke Foundation 對澳大利亞各地的傳統所有者和守護人表示敬意，並承認他們與土地、水、天空和社區的持續聯繫。

我們向過去和現在的人民、文化和長老們表示敬意，因為他們掌握著他們民族的記憶、文化和希望。



© 未經 Stroke Foundation 許可，本出版物的任何部分都不能以任何方式複製。
2023 年 4 月。

建議引用：Stroke Foundation, My Stroke Journey (Traditional Chinese), Melbourne, Australia.

注：如需本書全文，請訪問 strokefoundation.org.au 獲取。

About this book

This book is for survivors of stroke, families, carers and friends.

Most people don't know much about stroke. This book has the information you need. Stories from survivors, families and carers tell you about the road ahead.

Keep this book with you while you are in hospital. Take it with you when you go home. Take it to your GP and follow-up appointments.

You do not need to read the whole book. Use the Contents on page viii to find the information you need.



StrokeLine

Talk with StrokeLine's health professionals about getting better and being healthier after your stroke.

Anyone can call StrokeLine. It's free and we take time to listen. We'll tell you about different things that can help after a stroke. We can help you find the support and services you need.

We can arrange an interpreter if you need one. We use the Telephone Interpreting Service (TIS National).

Call StrokeLine on **1800 787 653** or Email **strokeline@strokefoundation.org.au**

StrokeLine is available Monday to Friday 9am – 5pm Australian Eastern Standard Time (AEST).

關於本書

本書是專為中風倖存者、其家屬、家庭護理員和朋友編寫的。

大多數人對中風瞭解甚少。本書為您提供了需要的資訊。來自中風倖存者、其家屬和家庭護理員的故事告訴您今後的注意事項。

當您住院時，請隨身攜帶本書。回家時帶著它。看全科醫生（GP）和複診時也帶著它。

您不需要閱讀整本書。您可以通過第1頁的目錄來尋找您需要的資訊。



StrokeLine

與StrokeLine的健康專家討論中風後的康復和健康的問題。

任何人都可以致電StrokeLine, StrokeLine完全免費。我們會花時間傾聽，告訴您中風後不同的治療方法，並說明您找到您需要的支援和服務。

我們可以為您安排口譯員（如果需要）。我們使用電話口譯服務 (Telephone Interpreting Service - TIS National)。

請致電 StrokeLine **1800 787 653** 或發送電子郵件至 **strokeline@strokefoundation.org.au**

StrokeLine 的服務時間為澳大利亞東部標準時間 (Australian Eastern Standard Time - AEST) 週一至週五上午 9 點至下午 5 點。



What you need to know

1. A **stroke** is when blood cannot get to all parts of your brain. If this happens, your brain can be injured.
2. **Always call triple zero (000) if you have any of the signs of stroke.** If you have a stroke, treatment can help you. The faster you get treatment, the more brain can be saved. Even if you aren't sure, or the signs disappear, call triple zero (000).
3. While you're in hospital, a team of people will look after you. Your hospital team will make sure you get the **tests and treatment** you need. Some appointments may happen after you get home.
4. After a stroke, how well you can walk, move, swallow, think, talk and see can **change**.
5. In **rehabilitation** you'll do exercises and activities to help with the changes after your stroke. Rehabilitation helps you be safe and get stronger. Rehabilitation begins as soon as you are well enough. Family and friends can help you work on your rehabilitation goals.
6. It's common to feel very tired after a stroke – this is called **fatigue**.
7. It's normal to feel **sad, worried or scared** after a stroke. Talk with your hospital team, family and friends about how you are feeling.
8. **Depression and anxiety** are common after a stroke. You can get support and treatment. There are things you can do that will help.
9. After a stroke, you need to **take care of your health**. Your hospital team will talk with you about reducing your risk of another stroke. Most people need to take medicine for the rest of their life.
10. You **can't drive for at least 4 weeks** after a stroke. Commercial licence holders can't drive for at least 3 months. Your health professionals can assess your ability to drive safely.
11. Your hospital team will talk with you about **leaving hospital**. You need a discharge plan. Go see your GP within a week of leaving hospital.
12. Anyone can be a **carer**. Carers help a family member or friend with day-to-day living. Carer services can make life easier.

關鍵信息

1. **中風**是指血液不能到達您大腦的所有部位。如果發生這種情況，您的大腦就會受傷。
2. **如果您有任何中風的跡象，一定要撥打三個零 (000)。**
如果您中風了，治療會對您有所幫助。越早接受治療，能挽救大腦的部分就越多。即使您不確定，或者徵兆消失，也需要打電話給三個零 (000)。
3. 當您在醫院的時候，有一個團隊會照顧您。您的醫院團隊將確保您得到您需要的**檢查和治療**。有些預約可能在您回家後進行。
4. 中風後，您的行走、移動、吞嚥、思考、說話和視力都會發生**變化**。
5. 在**康復治療**中，您將做一些鍛煉和活動，以幫助應對中風後的變化。康復有助於保證您的安全並使您變得更加強壯。您的身體恢復良好的情況下，即可開始進行康復治療。您的家人和朋友可以說明您實現康復的目標。
6. 中風後感到非常疲勞是很常見的，這稱之為**中風後疲乏**。
7. 中風後感到**悲傷、擔心或恐懼**是正常的。與您的醫院團隊、家人和朋友談談您的感受。
8. **抑鬱和焦慮**在中風後很常見。您可以得到支持和治療。您可以做一些事情來幫助您。
9. 中風後，您需要**照顧好自己的健康**。您的醫院團隊將與您討論如何降低您再次中風的風險。大多數人在餘生都需要服藥。
10. 中風後**至少 4 周內不能開車**。持有商業執照的人至少 3 個月內不能開車。您的醫療專業人員可以評估您安全駕駛的能力。
11. 您的醫院團隊將與您討論出院的問題。您需要一個**出院計畫**。在出院一周內去看您的全科 (GP) 醫生。
12. 任何人都可以成為**家庭護理員**。家庭護理員會幫助自己的家屬或朋友處理日常事務。家庭護理員服務可以使生活更輕鬆。

Contents

What is a stroke?.....	4
My stroke	6
Causes.....	8
Signs of stroke	10

Changes after stroke	12
Walk and move	12
Swallowing.....	12
Communicating.....	14
Think and remember.....	14
Personality	14
Vision	14
Touch, taste, smell	16
Pain.....	16
Going to the toilet.....	16
Sex.....	16
Feeling tired	18
Emotions and feelings.....	18
Relationships.....	18
Depression and anxiety.....	20
Help with changes after stroke	22

My stay in hospital	24
My hospital team	24
Tests.....	26
Treatment	26
Have a good hospital stay	28
Neuroplasticity.....	30
How much will I improve?.....	30
Rehabilitation.....	32

Taking care of my health.....	38
Medicine	38
High blood pressure	38
High cholesterol.....	38
Diabetes.....	40
Atrial Fibrillation (AF).....	40
Smoking	42
Not moving enough	42
Unhealthy eating.....	42
Being overweight.....	42
Drinking alcohol.....	42
My stroke risk factor checklist.....	44

目錄

什麼是中風?	5
我的中風	7
中風的原因	9
中風的徵兆	11

中風後的變化	13
走路和移動	13
吞嚥	13
溝通	15
思考和記憶	15
性格	15
視覺	15
觸覺、味覺、嗅覺	17
疼痛	17
上廁所.....	17
性生活.....	17
感到疲倦	19
情緒和感受	19
關係	19
抑鬱和焦慮	21
幫助應對中風後的變化	23

我的住院治療.....	25
我的醫院團隊.....	25
檢查	27
治療	27
進行良好的住院治療.....	29
神經可塑性	31
我將會有多大的改善?	31
康復	33

照顧好我的健康	39
藥物	39
高血壓.....	39
高膽固醇.....	39
糖尿病.....	41
心房顫動 (AF).....	41
吸煙	43
運動不足	43
不健康的飲食	43
超重	43
飲酒	43
我的中風危險因素檢查表	45



Contents

Leaving hospital.....	46
Planning	46
My leaving hospital checklist.....	48

Life at home.....	50
Our health system.....	50
Specialists	50
What if something goes wrong?	50
Calling triple zero (000)	52
Ambulance costs	52
Help at home	56
Driving	56
Money.....	58
Work	58
Support groups.....	58

Family and carers.....	60
Carer services	60
Carer payments.....	60
Depression and anxiety.....	60
StrokeLine.....	62

目錄

出院	47
計畫	47
我的出院 檢查表.....	49

在家的生活	51
我們的醫療保健系統	51
專科醫生	51
如果出了問題 怎麼辦?.....	51
撥打三個零 (000)	53
救護車費用	53
在家獲得幫助	57
駕駛	57
金錢	59
工作	59
支持團體	59

家屬和家庭護理員.....	61
家庭護理員服務	61
家庭護理員付款	61
抑鬱症和焦慮症	61
StrokeLine	63

What is a stroke?

A stroke is when blood can't get to all parts of your brain.

Blood flows through your arteries. Arteries are like tubes or pipes. If blood can't get through, your brain can be injured.

Your arteries can get blocked. This is called an **ischaemic** stroke.

Your arteries can break. This is called a **haemorrhagic** stroke.



什麼是中風？

中風是指血液不能到達您大腦的所有部位。

血液流過您的動脈。動脈就像管子或管道。如果血液不能通過，您的大腦就會受傷。

您的動脈可能被堵塞。這被稱為**缺血性中風**。

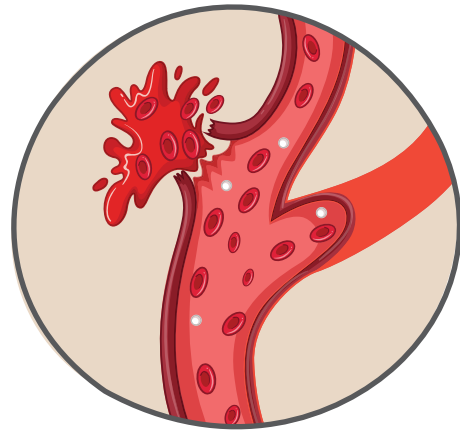
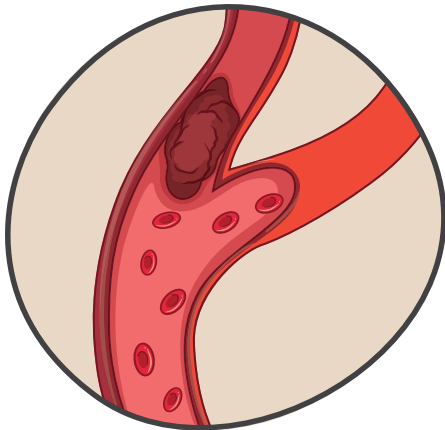
您的動脈會斷裂。這被稱為**出血性中風**。



My stroke:

Ischaemic stroke

Haemorrhagic stroke



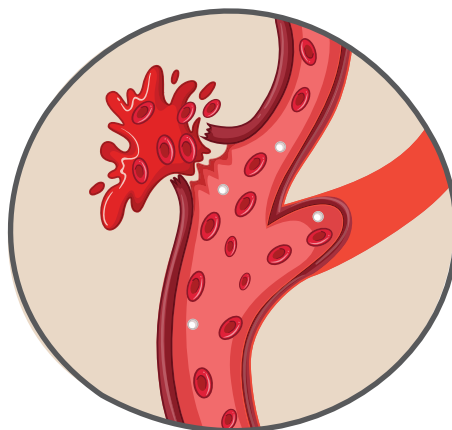
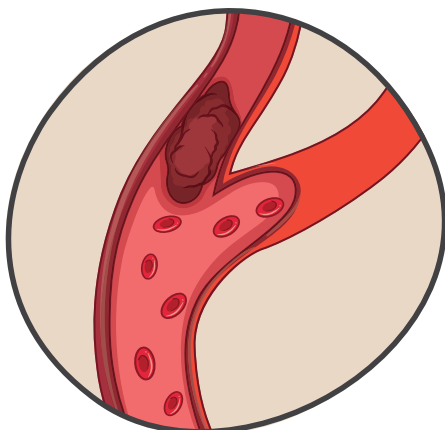
Notes:

A large rectangular area with a thick black border, containing several horizontal dotted lines for writing notes.

我的中風：

缺血性中風

出血性中風



備註：

A large rectangular area with a black border and horizontal dotted lines, intended for handwritten notes.

Causes

A stroke risk factor increases your risk of having a stroke.

Stroke risk factors include:

- › High blood pressure.
- › High cholesterol.
- › Diabetes.
- › Atrial Fibrillation.
- › Smoking.
- › Not moving enough.
- › Unhealthy eating.
- › Being overweight.
- › Drinking alcohol.

Read page 38 to find out more about stroke risk factors.

Medical problems can also cause strokes:

- › Weak or tangled arteries in the brain.
- › A hole in the heart.
- › Heart problems.

These things increase women's risk of having a stroke:

- › Taking the contraceptive pill.
- › Taking hormone replacement therapy (HRT).
- › Being pregnant.

Your hospital team will talk with you about your risk factors and medical problems. They will let you know if you need treatment. They will talk with you about reducing your risk of having another stroke.

Signs of stroke

Always call triple zero (000) if you have any of the signs of stroke. If you have a stroke, treatment can help you. The faster you get treatment, the more brain can be saved.

The F.A.S.T. test is an easy way to remember the most common signs of stroke.

There can be other signs too:

- › Your face, arm or leg can be numb, clumsy, weak or paralysed. This can be on one or both sides of your body.
- › Feeling dizzy, losing balance or falling over for no reason.
- › Losing your vision. This can be in one or both eyes.
- › Headache, usually severe and sudden.
- › Trouble swallowing.
- › Nausea and vomiting.

Even if you aren't sure, or the signs only last for a few minutes, call triple zero (000).



病因

中風危險因素會增加您中風的風險。

中風危險因素包括：

- › 高血壓。
- › 高膽固醇。
- › 糖尿病。
- › 心房顫動。
- › 吸煙。
- › 運動不足。
- › 不健康的飲食。
- › 超重。
- › 飲酒。

閱讀第39頁，瞭解更多關於中風危險因素的資訊。

身體出現醫學狀況也會導致中風：

- › 腦動脈虛弱或打結。
- › 心臟有洞。
- › 心臟問題。

以下會增加女性中風的風險：

- › 服用避孕藥。
- › 服用荷爾蒙替代療法（HRT）。
- › 懷孕。

您的醫院團隊將與您討論您的風險因素和醫療問題。他們會讓您知道您是否需要治療。他們將與您討論如何降低您再次發生中風的風險。

中風的徵兆

如果您有任何中風的徵兆，一定要撥打三個零（000）。如果您中風，治療對您有所幫助。您越早接受治療，能挽救大腦的部分就越多。

F.A.S.T.測試是記住中風最常見徵兆的簡單方法。

也可能有其他徵兆：

- › 您的臉、手臂或腿可能發麻、不靈活、無力或不能活動。這可能發生在您身體的一側或兩側。
- › 感覺頭暈，失去平衡或無緣無故地摔倒。
- › 失去視力。可能是單眼或雙眼。
- › 頭痛，通常劇烈且突然。
- › 吞嚥困難。
- › 噁心和嘔吐。

即使您不確定，或者哪怕這些徵兆只持續了幾分鐘，也要撥打三個零（000）。



Learn the signs of **STROKE**



FACE
drooped?



ARMS
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000.

If you see any of these signs
Act FAST call 000 (triple zero)



瞭解中風的跡象



臉部

歪斜?



手臂

抬不起來?



口齒

不清或困惑?



時間

非常關鍵！立即撥打 000（急救電話）。

如出現任何這些跡象
則要盡速行動，立即撥打 000

Changes after stroke

Our brain controls everything we think, feel, say and do.

How your stroke changes you depends on:

- › Which part of your brain was injured.
- › How badly it was injured.

Everyone's stroke recovery is different:

- › Most people get a lot better.
- › Some people take longer to get better.
- › Some people may not get better.

Your hospital team will include doctors, nurses and allied health professionals. Allied health professionals include physiotherapists, occupational therapists and speech pathologists, dietitians, social workers and psychologists.

Your team will talk with you about the things that have changed since your stroke. They will make a plan to help you get better and stronger.

You may experience some of the changes listed below.

Walk and move

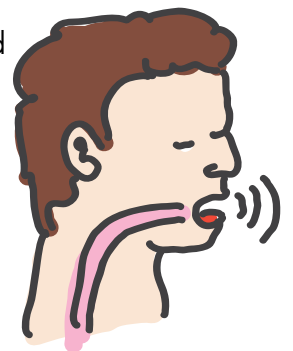
Your arms, legs and hands may not work like they used to. This can change how you sit, stand, balance, walk and move.

Your muscles may be weak and floppy. Your brain may have trouble getting them to move. Your muscles may feel stiff and tight.



Swallowing

Dysphagia is when you have trouble swallowing. This can cause problems with eating and drinking. Food or drink might go down the wrong way and get into your lungs.



中風後的變化

我們的大腦控制著我們的一切思想、感覺、言語和行為。

中風對您的影響取決於：

- › 您的大腦哪一部分受傷了。
- › 受傷的嚴重程度。

每個人的中風恢復情況都不同：

- › 大多數人恢復的都不錯。
- › 有些人需要更長時間才能好轉。
- › 有些人可能不會好轉。

您的醫院團隊由醫生、護士和專項治理和服務人員組成。專項治理和服務人員包括理療師、職業理療師和語言病理學家、營養師、社會工作者和心理學家。

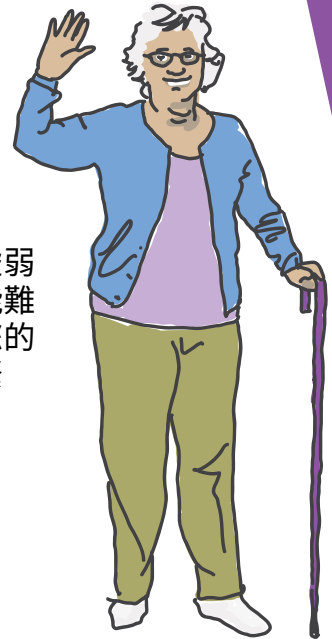
您的團隊將與您討論自您中風後發生的變化。他們將制定一個計畫，幫助您恢復和變的強壯。

您可能會經歷以下的一些變化。

走路和移動

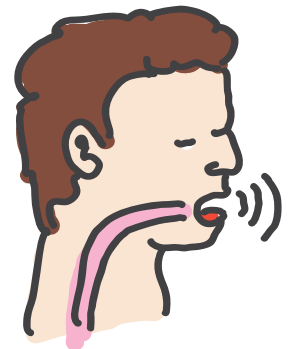
您的胳膊、腿和手部行動可能不如從前了。這可能會改變您的坐、站、平衡、行走和移動方式。

您的肌肉可能會變得虛弱和鬆弛。您的大腦可能難以讓它們運動起來。您的肌肉可能感到僵硬和緊張。



吞咽

吞咽障礙是指您有吞咽困難。這可能導致進食和飲水方面的問題。食物或飲料可能誤入您的肺部。



Communicating

You may find:

- › It is hard to think of the right word.
- › You use the wrong word or sound.
- › You don't understand what someone is saying.
- › You have trouble reading and writing.



This is called **aphasia**.

If the muscles you use to talk don't work properly, your speech may be slurred. This is called **dysarthria**.

Family and friends can help you communicate. It helps if they:

- › Use short, clear sentences.
- › Be patient and give you time.
- › Ask questions that can be answered yes or no.
- › Have a picture or a key word you can point to.
- › Use gestures and facial expressions to support what they're saying.
- › Include you in conversations.
- › Check you understand.
- › Not worry about swearing, nonsense or repetitive words.

Think and remember

It may be hard to:

- › Pay attention.
- › Learn how to do things.
- › Remember things that have just happened.

Personality

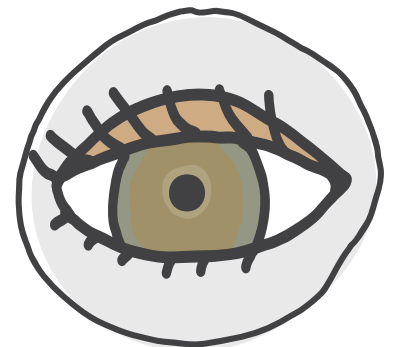
You may:

- › Get annoyed easily.
- › Do things without thinking it through.
- › Say or do things that seem a bit strange.
- › Stop wanting to do things.

Vision

How well you can see may change:

- › You may have a blind spot. It's like the people and things in the missing part aren't there.
- › You may see double.
- › Your eyes may move all the time.
- › Your eyes may be more sensitive to light.



溝通交流

您可能會發現自己：

- › 很難想出正確的詞。
- › 用錯了單詞或發音。
- › 不明白別人在說什麼。
- › 無法正常閱讀和書寫。



這就是所謂的**失語症**。

如果您用來說話的肌肉不能正常工作，您說話可能會含糊不清。這被稱為**構音障礙**。

家人和朋友可以幫助您溝通。他們可以通過以下方式幫到您：

- › 使用簡短、清晰的句子。
- › 要有耐心，給您時間。
- › 提出可以回答是或不是的問題。
- › 使用您可以指的圖片或關鍵字。
- › 用手勢和面部表情來支援他們所說的內容。
- › 讓您參與對話。
- › 查看您是否理解。
- › 不擔心髒話、廢話或重複的詞語。

思考和記憶

您可能很難做到：

- › 集中精神。
- › 學習如何做事情。
- › 記住剛剛發生的事情。

人格

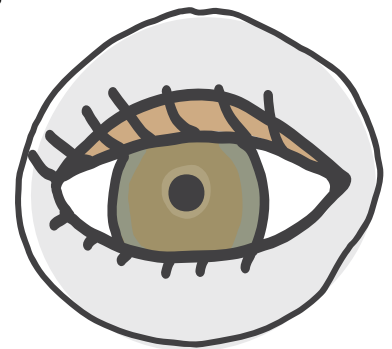
您可能會：

- › 易怒。
- › 做事不經過思考。
- › 說話或做事看起來有點奇怪。
- › 不再想做事情。

視力

您的視力可能會改變：

- › 您可能有一個視覺盲點。處於視覺盲點的人和物品對您來說就好像不在那兒一樣。
- › 您可能會看到重影。
- › 您的眼睛可能一直在移動。
- › 您的眼睛可能對光線更敏感。



Touch, taste, smell

You may feel touch, hot and cold differently. How things taste or smell may be different.

You may:

- › Have no feeling, or pins and needles.
- › Not know where parts of your body are.
- › Ignore people and things on one side of your body.
- › Feel overwhelmed when you are in a busy, noisy place.

Pain

You may feel pain if:

- › A part of your body is injured.
- › Your muscles are stiff and tight.
- › You may also feel pain because of changes in your brain. You feel pain, even though you are not injured.



Going to the toilet

You may have trouble:

- › Knowing you need to go to the toilet.
- › Asking for help.
- › Getting to the toilet in time.



Sex

Stroke can change how your body feels, and how you feel about yourself. You may have trouble with:

- › How well you can move.
- › Muscle weakness, stiffness or tightness.
- › Pain.
- › How it feels when someone touches you.
- › Feeling sad, worried or tired.

All these things can change how you feel about sex.

While having sex doesn't cause strokes, you may worry about this.

Speak with your doctor or nurse if:

- › You have questions.
- › You are worried about sex.
- › Something isn't right.

It can be hard to talk about sex. It is okay to ask your doctor or nurse about it. They are used to talking about sex with their patients.

觸覺、味覺、嗅覺

您對觸摸、熱和冷的感覺可能不同。東西的味道或氣味可能不同。

您可能會：

- › 沒有感覺，或有針刺感。
- › 不知道自己身體的各個部位在哪裡。
- › 對自己身體某一側的人和物品視而不見。
- › 當您在一個繁雜的地方時感到不知所措。

疼痛

您可能會感到疼痛，如果：

- › 您身體的某個部位受傷了。
- › 您的肌肉僵硬和緊張。
- › 您也可能因為大腦的變化而感到疼痛。即使您沒有受傷，您也會感到疼痛。



上廁所

您可能無法：

- › 知道自己需要上廁所。
- › 請求幫助。
- › 及時趕到廁所。



性生活

中風會改變您的身體感覺，以及您對自己的感覺。您可能會遇到以下困難：

- › 對自己行動能力喪失感到沮喪。
- › 肌肉無力、僵硬或緊繃。
- › 疼痛。
- › 當有人觸碰您時，因為感覺上的遲鈍而感到沮喪。
- › 感到悲傷、擔心或疲倦。

所有這些事情都可以改變您對性生活的感覺。

雖然性生活不會導致中風，但您可能會擔心這個問題。

如果出現以下情況，請與您的醫生或護士商量：

- › 您有想問的問題。
- › 您對性生活感到擔心。
- › 覺得哪裡不對勁。

談論性可能會讓您感到尷尬，但不用擔心和您的醫生或護士討論這個問題。他們已經習慣了與病人談論性問題。

Feeling tired

Feeling very tired is very common. You don't have the energy to do things. This is called **fatigue**.

There are things that can help:

- › Do things in a way that uses less energy. For example, sit down to get dressed.
- › Do part of a task, have a rest, then do a bit more. Make sure to have a short rest before you feel tired.

Emotional lability

You may laugh or cry for no good reason. Emotional responses may not seem to make much sense – you may laugh at something sad. Your responses may be out of proportion.

Feelings

It is normal to feel sad, worried or scared after a stroke.

You may also feel hopeful about getting better and grateful for your family and friends.

Stroke is a sudden, serious and often life-changing experience. If these feelings get overwhelming, talk with your doctor or nurse about this.

Relationships

After a stroke, your relationships can change. Your partner and family may be helping you more. Everyone may be feeling sad, worried or tired. Family members may have different opinions about things.

Talk with your partner and family when you're ready. If you're worried about anything, talk with your hospital team.



感到疲倦

感到非常疲憊是很常見的。您沒有精力去做事情。這就是所謂的**中風後疲乏**。

有一些事情可以幫助您：

- › 以消耗較少能量的方式做事情。例如，坐下來穿衣服。
- › 做一部分事情，休息一下，然後再做多一點。確保在您感到疲憊之前有一個短暫的休息。

情緒不穩定

您可能無緣無故地笑或哭。情緒反應似乎沒有什麼意義- 您可能對一些悲傷的事情大笑。您的反應可能是不相稱的。

感受

中風後感到悲傷、擔心或恐懼是正常的。

您也可能對病情的好轉充滿希望，對您的家人和朋友充滿感激。

中風是一種突然的、嚴重的、通常會改變生活的經歷。如果這些感覺過於強烈，請與您的醫生或護士討論這個問題。

人際關係

中風後，您的人際關係會發生變化。您的伴侶和家屬可能會更多地幫助您。每個人都可能感到悲傷、擔心或疲憊。家庭成員可能對事情有不同的看法。

中風後，您的人際關係會發生變化。您的伴侶和家屬可能會更多地幫助您。每個人都可能感到悲傷、擔心或疲憊。家庭成員可能對事情有不同的看法。



Depression and anxiety

Depression and anxiety are common after a stroke. Survivors, family members and carers can all experience depression and anxiety.

These are symptoms of depression. You may have depression if you experience some of these, on most days, for more than two weeks.

- › Feel sad or down.
- › Lose interest in things you enjoy.
- › Feel irritable, overwhelmed, empty or numb.
- › Feeling constantly tired.
- › Find it hard to concentrate.
- › Can't sleep or sleep more than usual.

These are symptoms of **anxiety**. You may have anxiety if you experience some of these, on most days, for more than two weeks.

- › Feel very worried or anxious most of the time.
- › Find it hard to calm down.
- › Can't control anxious thoughts or worries.
- › Feeling constantly tired.
- › Having trouble concentrating.
- › Find your mind goes blank.
- › Have muscle tension.
- › Have trouble getting to sleep and staying asleep.

Never ignore depression or anxiety. You can get support and treatment. Most people get better.

Talk with your hospital team, family and friends about how you are feeling.

Therapy sessions with a mental health professional can help.

Looking after yourself will also help. Eat healthy food and move as much as you can. Get into activities you enjoy. Spend time with people who make you feel good.



抑鬱和焦慮

抑鬱和焦慮在中風後很常見。倖存者、家庭成員和家庭護理員都可能經歷抑鬱和焦慮。

這些是抑鬱症的症狀。如果您在大多數日子裡出現其中一些症狀，並持續兩周以上，您可能患有抑鬱症。

- › 感到悲傷或沮喪。
- › 對您喜歡的事情失去興趣。
- › 感覺煩躁、不知所措、空虛或麻木。
- › 經常感到疲倦。
- › 發現很難集中注意力。
- › 睡不著或睡得比平時多。

以下都是**焦慮症**的症狀。如果您在大多數日子裡出現其中一些症狀，並持續兩周以上，您可能患上了焦慮症。

- › 大部分時間感到非常擔心或焦慮。
- › 發現很難平靜下來。
- › 無法控制焦慮的想法或擔心的事。
- › 經常感到疲倦。
- › 難以集中注意力。
- › 發現自己的大腦一片空白。
- › 肌肉緊張。
- › 難以入睡，而且即使睡著了也總會醒來。

不要忽視抑鬱症或焦慮症。您可以尋求支援和治療。大多數人都會好起來。

與您的醫院團隊、家人和朋友談論您的感受。

心理健康專家的治療可能有所幫助。

照顧好自己也會有幫助。吃健康的食物，儘量多活動。參加您喜歡的活動。花時間與那些讓您感覺良好的人相處。



Help with changes after stroke

Your hospital team will find out what has changed for you. They will ask you to do things so they can see what is happening.

This can be hard work, especially when you're tired. It's important because it helps them understand what will help you.

Your team will make a plan to help you get better and stronger. They will tell you about:

- › Exercises. They'll get you to do things over and over. As you improve, they will give you new exercises.

- › Doing things differently. They'll show you how to do things safely and easily. You may need someone with you when you move or walk. You may need to change what you eat and drink, as well as how you eat and drink.
- › Equipment. Things like a walking stick or pictures to help you communicate.

If you have questions, or are worried about anything, talk with your hospital team. If you're feeling sad, worried or tired, let them know.



幫助應對中風後的變化

您的醫院團隊會幫助您找出出現在您身上的變化。他們會要求您做一些事情，以便他們了解您的情況。

這可能是一項艱苦的工作，特別是在您疲憊的時候。但是，這個步驟很重要，因為有助於他們瞭解什麼樣的支持會對您有用。

您的團隊將制定一個計畫，改善您的情況以及幫助您變得強壯起來。他們會給您提供以下信息：

- › 鍛煉。他們會讓您一遍又一遍地做一些動作。隨著您的進步，他們會給您新的鍛煉動作。
- › 改變做事方式。他們會告訴您如何安全和輕鬆地做事。當您移動或行走時，您可能需要有人陪著您。您可能需要改變您的飲食，以及您的飲食方式。
- › 設備。諸如手杖或輔助您交流的圖片。

如果您有問題，或擔心什麼，請與您的醫院團隊討論。如果您感到悲傷、擔心或疲倦，請告訴他們。



My stay in hospital



Your hospital team

Doctors organise tests and treatment. They manage your medical care.

Nurses look after your treatment and care.

Physiotherapists help you sit, stand, move and walk.

Occupational therapists help you get back to doing things like getting dressed or making meals.

Speech pathologists help with swallowing, talking, reading and writing.

Dietitians make sure you have the right food and drink. They talk with you about healthy eating.

Social workers talk with you about how you and your family are going. They know what help is available for you.

Psychologists help with how you are feeling, especially if you are sad or worried.

Some teams have people who keep an eye on everything while you are in hospital. They talk with you about what you need and what will happen.

They may be called:

- › Stroke care coordinator.
- › Nurse navigator.
- › Discharge planner.
- › Key worker.

Write down your hospital team's names here:

A large rectangular box with a thick black border and rounded corners. Inside the box, there are seven horizontal dotted lines for writing.

我的住院治療



您的醫院團隊

醫生負責組織檢查和治療。他們管理您的醫療。

護士照顧您的治療和護理。

理療師幫助您改善坐、站、移動和行走。

職業理療師幫助您恢復做事的能力，如穿衣服或做飯。

言語病理學家幫助吞咽、說話、閱讀和書寫。

營養師確保您食用正確的食物和飲品。他們會與您討論健康飲食。

社會工作者與您談論您和您家庭的情況。他們知道可以為您提供哪些幫助。

心理學家幫助您瞭解您的感受，特別是當您感到悲傷或擔心時。

有些團隊有專人在您住院期間關注您的一切。他們與您討論您需要什麼和將會發生什麼。

他們被稱為：

- › 中風護理協調員。
- › 護士導航員。
- › 出院計畫員。
- › 關鍵工作者。

在這裡寫下您的醫院團隊的名字：

Hand-drawn style rounded rectangle containing seven horizontal dotted lines for writing the names of the hospital team members.

Tests

You'll have tests to find out:

- › The type of stroke you had.
- › What caused your stroke.
- › The part of your brain that was injured.
- › How badly your brain was injured.

After a stroke everyone should have a brain scan. Brain scans take pictures of your brain. These are called a Computed Tomography (CT) or Magnetic Resonance Imaging (MRI) scan.

You will also need heart tests and blood tests. You may also need artery tests.

Before you eat or drink, you need a test to see how well you can **swallow**. Eating or drinking when you can't swallow properly can make you very sick.



Treatment

Ischaemic stroke. You may be given medicine to clear your artery. This helps blood to get through again. The medicine is given through an injection in your arm. This is called thrombolysis.

You may have a procedure to unblock the artery. This is called thrombectomy or endovascular clot retrieval (ECR).

Haemorrhagic stroke. Doctors and nurses may give you medicine to slow down or stop the bleeding in your brain.

You may need an operation to:

- › Remove blood from your brain.
- › Repair an artery in your brain.
- › Relieve pressure in your brain.

You may also need treatment for medical problems that caused your stroke.

測試

您將接受檢查以瞭解：

- › 您所患的中風類型。
- › 什麼原因導致您的中風。
- › 您大腦受傷的部位。
- › 您的大腦受傷的嚴重程度。

中風後，每個人都應該做腦部掃描。腦部掃描是對您的大腦進行拍照。這被稱為電腦斷層掃描(Computed Tomography) (CT) 或磁共振成像(Magnetic Resonance Imaging) (MRI) 掃描。

您還需要進行心臟檢查和血液檢查。您可能還需要進行動脈檢查。

在您吃東西或喝水之前，您需要做一個測試，看看您的**吞咽**能力如何。當您不能正常吞咽時，吃東西或喝水會使您非常難受。



治療

缺血性中風。您可能會被要求服用藥物來清理您的動脈。這有助於血液再次通過。藥物通過您手臂注射完成。這就是所謂的溶栓治療。

您可能要做一個手術來疏通動脈。這被稱為血栓切除術或血管內血栓清除術 (ECR)。

出血性中風。醫生和護士可能會給您藥物，以減緩或阻止您的大腦出血。

您可能需要做手術，以：

- › 清除大腦中的血液。
- › 修復大腦動脈。
- › 減輕大腦壓力。

您可能也需要治療誘發您中風的其他醫療狀況。

Have a good hospital stay

Ask lots of questions. Your hospital team will be happy to answer your questions. They would prefer you ask than be unsure or worried.

Talk to your team when:

- › You don't understand something.
- › You have questions.
- › You're worried.
- › You need more time to make a decision.

A **family meeting** is a chance for the survivor of stroke, their family and the hospital team to talk. Family meetings are a good time to ask questions. You can start to plan what happens next together.

Sometimes there will be things you're not happy with. You can:

- › Let your team know straight away.
- › Talk to the Nurse Unit Manager.
- › Talk to the hospital's patient advocate or consumer liaison officer.



進行良好的住院治療

盡量多問問題。您的醫院團隊將很樂意回答您的問題。他們更希望您提出問題，而不是處於迷茫或擔心的狀態。

在以下情況下，請與您的團隊交談：

- › 您有不明白的事情。
- › 您有疑問。
- › 您很擔心。
- › 您需要更多的時間來做決定。

家庭會議是中風患者、其家屬和醫院團隊交談的機會。家庭會議是一個提出問題的好時機。您可以開始一起計畫接下來的事情。

有時，會有一些您不滿意的事情。您可以：

- › 直接讓您的團隊知道。
- › 與主任護士交談。
- › 與醫院的病人維權工作者或消費者聯絡官交談。



Neuroplasticity

Neuroplasticity is your brain's ability to change and adapt.

After a stroke, pathways in the brain can change. Uninjured parts of the brain can take over the jobs of injured areas.

This helps you get better, but it takes a lot of work to help the brain build new pathways.

You need to:

- › Repeat a movement or task over and over. Your treating team will tell you the number of repetitions to aim for.
- › Do the movement or task at the right level of difficulty. You should be able to do it accurately, but it also needs to be challenging.

Simply put – **repetition, accuracy and challenge** are the key to neuroplasticity.

Neuroplasticity is happening as you work on your rehabilitation and recovery. You may improve more quickly in the first few months, but you can continue to improve for years. You just need to keep working on it.

How much will I improve?

It's difficult to be definite about what will happen. Your stroke team may instead talk about what is likely to happen.

Things your team will consider include:

- › The area of your brain that was injured.
- › How badly it was injured.
- › What treatment you had and when you had it.
- › How you go with rehabilitation – exercising and practising.

Everyone's recovery is different. Not knowing how much you will improve is hard. It makes it difficult to plan. Focusing on your rehabilitation will help. Setting goals and celebrating your achievements will help too.



神經可塑性

神經可塑性是您的大腦改變和適應的能力。

中風後，大腦中的路徑會改變。大腦中未受傷的部分可以接替受傷區域的工作。

這有助於您的病情好轉，但需要通過大量的努力來幫助大腦建立新的通路。

您需要：

- › 一遍又一遍地重複一個動作或任務。您的治療小組會告訴您要達到的重複次數。
- › 以適當的難度做動作或任務。您應該能夠準確地完成它，但也需要有挑戰性。

簡而言之，**重複、準確和挑戰難度**是神經可塑性的關鍵。

在您進行康復和恢復鍛煉時，神經也在可塑中。在最初的幾個月裡，您可能改善得更快，但之後幾年中改善還會繼續。您只需要繼續努力就可以了。

我將會有多大的改善？

確定將來會發生的事是很難的。您的中風團隊可能會討論可能發生的情況。您的團隊將考慮的事項包括：

- › 您的大腦受傷的部位。
- › 受傷的嚴重程度。
- › 您接受了什麼治療，何時接受治療。
- › 您是如何進行康復的--鍛煉和練習。

每個人的康復情況都不一樣。不知道自己會改善多少是很難受的。這會導致計畫困難。您可以專注於您的康復治療，設定目標並對慶祝每一次進步。



Rehabilitation

Rehabilitation is where you work on things that have changed since your stroke. Rehabilitation helps you get stronger.

There are different types of rehabilitation services. It depends on what's best for you and what's available in your area.

In rehabilitation, your team will help you to do things again and find new ways to do things.

Rehabilitation helps your brain change.

To make the most of rehabilitation:

Talk with your team. Tell them what's important to you. Let them know what you want to work on.

Set goals. Ask yourself:

- › What do I want to do?
- › Where do I want to be in 3 months?
In 6 months?

Your hospital team can help you make a plan, breaking things down into steps. They can help you reach your goals.

Get visitors involved. Spend some time catching up, then ask people to help you do your exercises.

Don't give up. Sometimes it feels like you're not getting better. Keep doing your exercises again and again. Ask your team about what you can do outside of therapy time.

Get enough rest. Rehabilitation is hard work. Take breaks when you need to. Try to get a good night's sleep.

It's normal to feel frustrated or sad. Talk with your team about it. Let your family and friends know.

Celebrate. Take a photo or make a video to show how far you've come. Share with friends and family.



康復治療

康復治療是指您對中風後發生的變化進行應對。康復幫助您變得強壯起來。

各地有不同類型的康復服務機構。您可以在您周圍選擇最適合您的服務機構。

在康復治療中，您的團隊將幫助您改良做事情的方式，尋求新的方法。

康復治療有助於您大腦的改變。

為了最大限度地利用康復治療：

與您的團隊交流。 告訴他們您的關注點。讓他們知道您想把重心放在那方面的康復上。

設定目標。 問問自己：

- › 我想做什麼？
- › 3 個月後、6 個月後我想到達怎樣的一個狀態？

您的醫院團隊可以幫助您制定一個計畫，將事情分解成若干步驟。這些步驟有助於您實現目標。

讓訪客參與進來。 花一些時間敘舊，然後請人們幫助您做鍛煉。

不要放棄。 有時您感覺沒有改善，但是請繼續不斷地鍛煉。向您的團隊詢問您在治療時間之外可以做什麼。

獲得足夠的休息。 康復治療是艱苦的工作。當您需要的時候就休息一下。試著睡個好覺。

感到沮喪或悲傷是正常的。 與您的團隊討論這個問題。讓您的家人和朋友知道。

慶祝一下。 拍張照片或做個視頻，展示您所取得的成就。與朋友和家屬分享。



Duncan's story (Yet Kai 鄧一佳)



Shortly after returning from an overseas trip in 2018, I had a stroke.

I was driving on a familiar road when I noticed that I kept missing where to turn. I then realized that I was unable to see signs on my left side. It was then that I knew something was wrong.

At the hospital, I had a CT brain and the doctors discussed the cause and location of my stroke. I understood that I should

not have stopped taking my regular medications, including my blood pressure tablets, without consulting my doctor. The excessive alcohol also contributed to it.

I was discharged the same day with very little information on how to cope with my impaired vision.

I remember feeling very lost. I couldn't drive so I felt like I lost my independence. Even walking around my neighbourhood was challenging. I got tired very easily especially during the first few months.

I wanted to see better but I did not know what to do.

I am grateful to have a reliable GP. He monitored my blood pressure and made sure I was adherent with my medications. He also referred me to Vision Australia. They were extremely helpful with strategies and equipment.

Focus on the positive side and seek support. These are my main bits of advice to a fellow survivor of stroke going through a tough period. I truly believe that maintaining a positive outlook was key to my recovery.

Having a support team is very important too. My family helped me with my personal adjustments to daily life. Being part of the Chinese Stroke Support Group was also beneficial. We share our experiences and learn from each other. The social activities and gatherings kept me active and happy. This support got me through the dark and difficult days.

Duncan is an active member of the Chinese Stroke Support Group in Melbourne.

www.cssg.org.au

Duncan 的故事 (Yet Kai 鄧一佳)



2018 年從海外旅行回來後不久，我就中風了。

我在一條熟悉的道路上開車時，發現我一直錯過了轉彎的地方。然後我意識到，我無法看到我左側的標誌。就在那時，我知道出了問題。

在醫院，我做了腦部 CT，醫生們討論了我中風的原因和位置。我明白，在沒有諮詢醫生的情況下，我不應該停止服用常規藥物，包括血壓片。過量的酒精也是其原因之一。

當天我就出院了，沒有得到什麼關於如何應對視力受損的資訊。

我記得我感到非常失落。我不能開車，所以我覺得我失去了獨立性。即使是去拜訪鄰居也變成了一種挑戰。我很容易疲倦，特別是在最初的幾個月。

我想看得更清楚，但我不知道該怎麼做。

我很感激有一個可靠的全科醫生。他監測我的血壓，確保我堅持用藥。他還把我介紹給 Vision Australia。他們在策略和設備方面給予了極大的幫助。

把注意力放在積極方面並尋求支持。這些是我給正在經歷艱難時期的中風倖存者的主要建議。我真的相信，保持積極的態度是我康復的關鍵。

擁有一個支持團隊也是非常重要的。我的家屬在我個人調整日常生活方面給予了我幫助。加入華人腦中風互助小組 (Chinese Stroke Support Group) 也是有益的。我們分享我們的經驗，互相學習。社會活動和聚會使我保持活躍和快樂。這種支持使我度過了黑暗和困難的日子。

Duncan 是墨爾本華人中風互助小組 (Chinese Stroke Support Group) 的一名活躍成員。

www.cssg.org.au



My stroke rehab plan

Notes

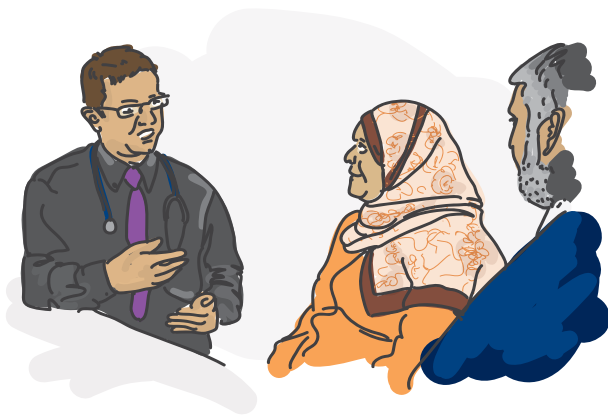
我的中風康復計畫

備註

Taking care of my health

After a stroke, you need to take good care of your health.

Your hospital team will talk to you about your stroke risk factors. They'll let you know what you need to do to reduce your risk of having another stroke.



Medicine

After a stroke, most people need to take medicine for the rest of their life. Medicines keep you well. They reduce your risk of having another stroke.

Always talk with your doctor before you:

- › Stop taking a medicine.
- › Change how much you take.

High blood pressure

Normal blood pressure is around 120/80. If your blood pressure is over 140/90 a lot of the time, it's too high. If you have high blood pressure:

- › Ask your doctor or pharmacist to check your blood pressure regularly. You can buy a monitor and check it yourself.
- › Eat well, move more and maintain a healthy weight.
- › Don't have too much salt.
- › Don't smoke, and avoid alcohol.



High cholesterol

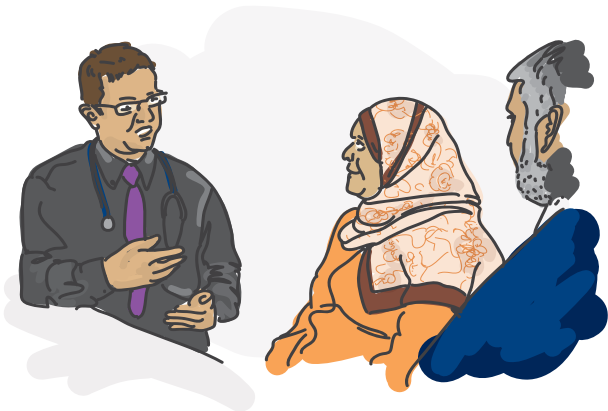
Your doctor will talk with you about your cholesterol. If you have high cholesterol:

- › Eat well, move more and maintain a healthy weight.
- › Eat less saturated fat.
- › Don't smoke.

照顧好我的健康

中風後，您需要好好照顧自己的健康。

您的醫院團隊將與您討論您的中風風險因素。他們會讓您知道您需要做什麼來降低您再次中風的風險。



藥物

中風後，大多數人在餘生都需要服藥。藥物使您保持健康。它們可以降低您再次發生中風的風險。

在做以下決定前一定要與醫生商量：

- › 停止服用某種藥物。
- › 改變藥物劑量。

高血壓

正常血壓是 120/80 左右。如果您的血壓在很多時候都超過 140/90，那就是太高了。如果您有高血壓：

- › 請您的醫生或藥劑師定期檢查您的血壓。您可以買一個血壓儀自己檢查。
- › 好好吃飯，多活動，保持健康的體重。
- › 不要攝入太多鹽。
- › 不要吸煙，避免飲酒。



高膽固醇

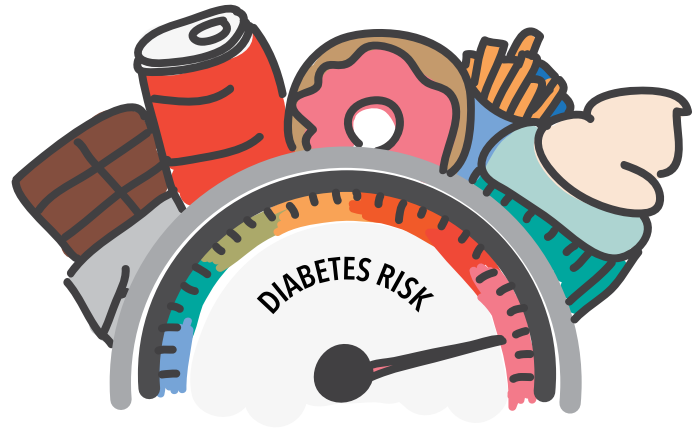
您的醫生會與您討論您的膽固醇問題。如果您有高膽固醇：

- › 好好吃飯，多活動，保持健康體重。
- › 少吃飽和脂肪。
- › 不要吸煙。

Diabetes

If you have diabetes:

- › Take medicine prescribed by your doctor.
- › Check your blood sugar when you're supposed to.
- › Eat well, move more and maintain a healthy weight.
- › Don't smoke, and avoid alcohol.



Atrial Fibrillation (AF)

AF is when your heart beats too fast and is unsteady.

Keep your AF under control:

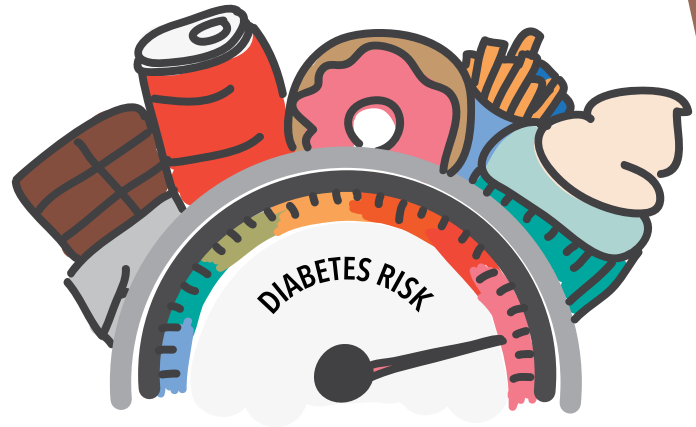
- › Take medicine prescribed by your doctor.
- › Eat well, move more and maintain a healthy weight.
- › Don't smoke, and avoid alcohol.



糖尿病

如果您有糖尿病：

- › 服用醫生開的藥。
- › 按時檢查您的血糖。
- › 好好吃飯，多活動，保持健康體重。
- › 不要吸煙，避免飲酒。



房顫 (AF)

房顫是指您的心臟跳得太快，而且不穩定。

保持您的房顫得到控制：

- › 服用醫生開的藥。
- › 好好吃飯，多活動，保持健康的體重。
- › 不要吸煙，避免飲酒。



Smoking

It's never too late to stop smoking. Talk with your team about what can help you stop smoking.

Contact Quitline for advice on quitting smoking.

Quitline **13 78 48** quit.org.au



Unhealthy eating

Eat lots of different healthy foods. Drink plenty of water. Limit the amount of salt, sugar and saturated fat you eat. Talk with your doctor or dietitian.



Being overweight

Eat healthy food. Be more active. Talk with your doctor, physiotherapist and dietitian.

Not moving enough

Be more active. Move as much as you can. Talk with your doctor or physiotherapist.



Drinking alcohol

Talk with your doctor about:

- › If and when you can drink alcohol.
- › How much alcohol you can drink.



吸煙

戒煙永遠不會太晚。與您的團隊討論什麼可以幫助您戒煙。

請聯繫Quitline，獲取有關戒煙的建議。

Quitline **13 78 48** quit.org.au



運動不足

要多動。盡可能多地活動。與您的醫生或理療師討論。



不健康的飲食

攝入大量不同種類健康的食物。喝大量的水。限制鹽、糖和飽和脂肪的攝入量。與您的醫生或營養師溝通。



超重

吃健康的食物。多做運動。與您的醫生、理療師和營養師溝通。

飲酒

與您的醫生討論：

- › 您是否可以飲酒以及何時可以飲酒。
- › 您可以喝多少酒。



My stroke risk factor checklist

Ask your hospital team to fill this in with you.

TICK IF APPLIES	RISK FACTOR	NOTES
<input type="checkbox"/>	High blood pressure	
<input type="checkbox"/>	High cholesterol	
<input type="checkbox"/>	Diabetes	
<input type="checkbox"/>	Atrial Fibrillation (AF)	
<input type="checkbox"/>	Smoking	
<input type="checkbox"/>	Not moving enough	
<input type="checkbox"/>	Unhealthy eating	
<input type="checkbox"/>	Being overweight	
<input type="checkbox"/>	Drinking alcohol	

我的中風危險因素檢查表

請您的醫院團隊與您一起填寫。

如果適用，請打勾	風險因素	備註
<input type="checkbox"/>	高血壓	
<input type="checkbox"/>	高膽固醇	
<input type="checkbox"/>	糖尿病	
<input type="checkbox"/>	房顫 (AF)	
<input type="checkbox"/>	吸煙	
<input type="checkbox"/>	運動不足	
<input type="checkbox"/>	不健康的飲食	
<input type="checkbox"/>	超重	
<input type="checkbox"/>	飲酒	

Leaving hospital

Planning

Your hospital team will talk with you about leaving hospital. This is called discharge planning.

A good discharge plan involves everyone – you, your family and your hospital team.

It makes sure you get the right healthcare and services after leaving hospital.

At the end of your hospital stay, your hospital team will send your GP information about your hospital stay.



出院

計畫

您的醫院團隊將與您討論出院的問題。這被稱為出院計畫。

一個好的出院計畫涉及每個人-您、您的家屬和您的醫院團隊。

它能確保您在出院後獲得正確的健康保健和服務。

在您住院結束時，您的醫院團隊會向您的GP 發送有關您住院時的情況。



My leaving hospital checklist

Fill this in with your hospital team.

My stroke	<input type="checkbox"/> I know who to talk to if I have questions or am worried about something.	Notes:
Medicine	<input type="checkbox"/> I know what medicines I need to take. <input type="checkbox"/> I know the amount I need to take. <input type="checkbox"/> I know how often I need to take my medicine. <input type="checkbox"/> I have enough medicine to last until I see my GP.	
Follow-up appointments	<input type="checkbox"/> I know what appointments I need. <input type="checkbox"/> I know how these will be organised.	
Services	<input type="checkbox"/> I know what services I need. <input type="checkbox"/> I know how these will be organised.	
Daily life	<input type="checkbox"/> I know how to do things safely. <input type="checkbox"/> My family know how to help me safely.	
Changes to my home	<input type="checkbox"/> I know what changes I need to my home. <input type="checkbox"/> I know how these will be organised.	
Equipment	<input type="checkbox"/> I know what equipment I need. <input type="checkbox"/> I know how this will be organised.	
Rehabilitation	<input type="checkbox"/> I know what rehabilitation I need. <input type="checkbox"/> I know how this will be organised.	
Risk factors	<input type="checkbox"/> I know what I need to do to reduce my risk of stroke.	
Signs of stroke	<input type="checkbox"/> I know the signs of stroke. <input type="checkbox"/> I know to call triple zero (000) if I have any of the signs of stroke.	

我的出院檢查表

與您的醫院團隊一起填寫這個檢查表。

我的中風	<input type="radio"/> 我知道如果我有問題或擔心什麼，可以和誰談。	備註：
藥品	<input type="radio"/> 我知道我需要吃什麼藥。 <input type="radio"/> 我知道我需要服用的數量。 <input type="radio"/> 我知道我需要多久吃一次藥。 <input type="radio"/> 我有足夠的藥物維持到我見到全科醫生 (GP)。	
隨訪預約	<input type="radio"/> 我知道我需要哪些預約。 <input type="radio"/> 我知道如何安排這些預約。	
服務	<input type="radio"/> 我知道我需要什麼服務。 <input type="radio"/> 我知道怎樣安排這些服務。	
日常生活	<input type="radio"/> 我知道如何安全地做事情。 <input type="radio"/> 我的家屬知道如何安全地幫助我。	
家裡的改動	<input type="radio"/> 我知道我的家需要做什麼改動。 <input type="radio"/> 我知道如何安排這些改動。	
設備	<input type="radio"/> 我知道我需要什麼設備。 <input type="radio"/> 我知道如何安排這些設備。	
康復治療	<input type="radio"/> 我知道我需要什麼康復治療。 <input type="radio"/> 我知道如何安排康復治療。	
風險因素	<input type="radio"/> 我知道我需要做什麼來減少中風的風險。	
中風的徵兆	<input type="radio"/> 我知道中風的徵兆。 <input type="radio"/> 我知道如果我有任何中風的徵兆，要打電話給三個零 (000)。	

Life at home

Our health system

General Practitioners – GPs

After you go home, your general practitioner (GP) will manage your healthcare. They will:

- › Make sure you have your medicines.
- › Check your blood pressure and cholesterol.
- › Look after any health problems you have.
- › Refer you to any specialists or allied health professionals you need to see.

It's a good idea to go see your GP in the first week after you go home. Take any paperwork from the hospital and your list of medicines with you.

Your GP can help you find out if you can go back to driving. Read page 56 to find out more about driving.

Specialists

You may need to see a specialist doctor like a neurologist or cardiologist. Your hospital team or GP will organise this.

A **neurologist** looks after the brain.
A **cardiologist** looks after the heart.

Allied health professionals

You may need to see allied health professionals once you get home. Allied health professionals include physiotherapists, occupational therapists, speech pathologists, dietitians, social workers and psychologists.

What if something goes wrong?

You may get home and:

- › Things change.
- › Something goes wrong.
- › You don't understand something.

There is always someone to help. Call your GP or your hospital team.

在家的生活

我們的衛生系統

全科醫生 - GP

在您回家後，您的全科醫生 (GP) 將管理您的醫療保健。他們將：

- › 確保您有所需藥品。
- › 檢查您的血壓和膽固醇。
- › 照顧您的任何健康問題。
- › 將您轉介給您需要看的任何專家或專項治理和服務人員。

在您回家後的第一周需要去看您的全科醫生 (GP)。務必帶上醫院的所有文件和您的藥物清單。

您的全科醫生 (GP) 可以幫助您瞭解您是否可以開車。閱讀第 57 頁，瞭解更多關於駕駛的資訊。

專科醫生

您可能需要看專科醫生，如神經科醫生或心臟病醫生。您的醫院團隊或全科醫生 (GP) 會幫您安排。

神經科醫生負責大腦健康。
心臟科醫生則負責心臟健康。

專項治理和服務人員

回家後，您可能需要見專項治理和服務人員。專項治理和服務人員包括理療師、職業理療師、語言病理學家、營養師、社會工作者和心理學家。

如果出現問題怎麼辦？

您可能回到家後發現：

- › 事情發生變化。
- › 有些事情出錯了。
- › 您有不明白的事情。

總會有人來幫助您。給您的全科醫生 (GP) 或醫院團隊打電話。

Calling triple zero (000)

Your call to 000 is free.

Stay calm and speak slowly.

The operator will ask if you need an Ambulance, Fire or Police. If you think you are having a stroke, say 'Ambulance'.

Ask for an interpreter if you need one. Just say the language you need.

Stay on the phone until the operator says you can hang up.

Ambulance costs

Your call to 000 is free but there may be a cost for your ambulance trip.

Talk with your hospital team if you are worried about the cost of your ambulance trip.

Costs depend on:

- › The state you live in. In Tasmania and Queensland, the ambulance is free for everyone.
- › If you have a pension or concession card.
- › If you have private health insurance.

Your GP can give you advice about ambulance costs. It's best to understand the cost before you need to call.

If you have any of the signs of stroke, call 000 straight away. Do not let the cost of your trip stop you from calling 000.

Calling 000 may save your life.

StrokeLine can give you information and advice. StrokeLine can arrange an interpreter if you need one. Call **1800 787 653**.



撥打三個零 (000) 電話

撥打 000 是免費的。

保持冷靜，慢慢說。

接線員會問您是否需要 Ambulance, Fire or Police (救護車、消防或員警)。如果您認為自己是中風，就說 "Ambulance (救護車)"。

如果您需要，可以要求提供翻譯。說出您需要的語種即可。

保持通話，直到接線員說您可以掛斷電話。

救護車費用

您給 000 打電話是免費的，但使用救護車可能需要付費。

如果您擔心救護車行程的費用，請與您的醫院團隊討論。

費用取決於：

- › 您居住的州。在塔斯馬尼亞和昆士蘭，救護車對所有人都是免費的。
- › 您是否有養老金補助卡或優惠卡。
- › 您是否有私人健康保險。

您的全科醫生可以給您關於救護車費用的建議。最好在您需要打電話之前瞭解相關費用。

如果您有任何中風的跡象，請直接撥打 000。不要因為救護車的費用而放棄撥打 000。

撥打 000 可能會挽救您的生命。

StrokeLine 可以為您提供資訊和建議。如果您需要，StrokeLine 可以安排翻譯。請撥打 **1800 787 653**。



Connie's advice



It's easy to notice when someone can't walk or talk after a stroke. It's much harder to notice when they can't remember things or focus on tasks. These changes can be just as devastating.

I'm a clinical neuropsychologist which means I help with your thinking. I look at whether you can concentrate and remember things like you could before the stroke. I then give you and your family ideas that will help you do the things you want to do. If you need help getting back to work, I can help with that too.

If you're a family member, the biggest piece of advice I can give to you is to remember to look after yourself.

It can be easy to put all your energy on the person you are supporting. But forgetting your own needs can take a toll. There are many support services to help you.

If you don't know who to turn to, don't worry. Just talk to your hospital team, your GP or call StrokeLine. They'll point you in the right direction.

There is always someone to help.

Connie Tse is a neuropsychologist based in Melbourne. She has worked with survivors of stroke in hospital and also supports those at home, referred by their doctor. Connie is from China and speaks both Mandarin and Cantonese.

Connie 的建議



當某人在中風後不能走路或說話很容易注意到。當他們不能記住事情或不能集中精力完成任務時，就很難注意到。這些變化可能同樣具有破壞性。

我是一名臨床神經心理學家，這代表我會為您的思考能力康復提供幫助。我觀察您是否能像中風前那樣集中注意力和記住事情。然後我給您和您的家屬一些意見，幫助您做您想做的事情。如果您需要幫助恢復工作，我也可以提供幫助。

如果您是病人家屬，我可以給您的最大建議是記得照顧好自己。

把您所有的精力放在您照顧的病人身上是很容易的。但忘記自己的需求會造成損失。有許多服務機構可以幫到您。

如果您不知道該向誰求助，不要擔心。只需與您的醫院團隊、您的全科醫生(GP)交談或撥打 StrokeLine。他們會告訴您應該怎麼作。

總會有人來幫助您。

Connie Tse 是墨爾本的一名神經心理學家。她曾在醫院為中風的倖存者服務，也為那些由醫生介紹的在家的中風患者提供支援。Connie 來自中國，會說普通話和廣東話。

Help at home



There are services to help you at home. Services are for everyone. They can help make life easier and better for you and your family.

My Aged Care: for information about aged care services if you are over 65.
1800 200 422 myagedcare.gov.au

Disability Gateway helps all people with disability and their families get the access to the services they need.
1800 643 787 disabilitygateway.gov.au

Driving

The laws about driving keep you and other people safe. After a stroke:

- › You must not drive for at least **four weeks** after a stroke.
- › **Commercial licence holders** must not drive for at least **three months**.

This is just a minimum. Your non-driving period only ends if a doctor clears you to drive.

Your health professionals can assess your ability to drive and provide reports for the state licensing authority if needed. This may happen after you leave hospital.

If you want to get back to driving, you will need advice and support. Your health professionals, the licensing authorities and the team at StrokeLine can help.

If you can't drive, community services may be able to help. You may be able to get a half-price taxi card.

Talk with your hospital team or GP about driving and about help getting around.

在家獲得幫助



有一些服務機構可以來您的家中提供幫助。這些服務每個人都可以用，它們可以幫助您和您的家屬生活得更輕鬆、更美好。

My Aged Care: 如果您超過 65 歲，可以獲得有關老年護理服務的資訊。
1800 200 422 myagedcare.gov.au

Disability Gateway 說明所有殘疾人和他們的家屬獲得他們需要的服務。
1800 643 787 disabilitygateway.gov.au

開車

有關開車的法律保證您和其他人的安全。中風後：

- › 中風後至少**四個星期內**不得開車。
- › **商業執照持有人**必須至少**三個月**不開車。

這只是一個最低限度。事實上，只有當醫生批准您開車時，您的禁止駕駛期才結束。

您的醫護可以評估您的駕駛能力，並在需要時為州的發證機構提供報告。這些情況可能會在您出院之後才會發生。

如果您想恢復駕駛，您將需要建議和支援。您的醫護、發證機構和StrokeLine的團隊可以提供幫助。

如果您不能開車，社區服務可能能夠提供幫助。您也許能夠得到一張半價的計程車卡。

請與您的醫院團隊或全科醫生(GP)討論關於駕駛和出行的幫助。

Money

If finances or money are a problem, call **Centrelink 132 717**.

Call 131 202 to speak to an Chinese-speaking service officer.

Work

Your hospital team can help you plan to go back to work. If you need more help, call StrokeLine.

Support groups

Support groups are a good way to meet people and share advice and support.

There may be a group for people who speak Chinese. Some groups use an interpreter.



StrokeLine can help you get the information and services you need.
Call 1800 787 653.

金錢

如果財務或金錢方向需要幫助，請致電
Centrelink 132 717。

撥打 131 202，與中文服務人員交談。

工作

您的醫院團隊可以幫助您計畫重返工作崗位。如果您需要更多說明，請致電
StrokeLine。

支援小組

支援小組是認識他人、分享建議和支持的好方法。

可能有為講中文的人設立的小組。有些小組使用口譯員。



StrokeLine 可以說明您獲得您所需要的資訊和服務。
請撥打 **1800 787 653**。

Family and carers

A carer is someone who looks after someone who needs help. Support and services from carer's services can help make life better for everyone in the family.

Carer services

Carer services provide support and counselling. They help you and your family get the services you need.

Carer Gateway 1800 422 737. Ask for an interpreter if you need one.

For more information in Chinese
carergateway.gov.au/resources-language

Carer payments

Centrelink **132 717**
humanservices.gov.au

Call **131 202** to speak to an Chinese-speaking service officer.

Depression and anxiety

It's normal to feel sad or worried after a family member's stroke. Depression and anxiety are different – they are medical conditions. Depression and anxiety make life very hard.

Family and carers can experience depression and anxiety. Read page 20 [Depression and Anxiety] to find out more.

Talk with your GP about how you are feeling.

Beyond Blue can help if you have anxiety or depression.

You can call them 24 hours a day, seven days a week.

1300 22 4636 beyondblue.org.au

Lifeline can help if you are having a personal crisis.

You can call them 24 hours a day, seven days a week.

13 11 14 lifeline.org.au

家屬和家庭護理員

家庭護理員是指照顧需要幫助者的工作人員。有了家庭護理員服務的支援和服務，家里每個人生活都會變得更容易。

家庭護理員服務機構

家庭護理員服務機構提供支援和心理諮詢。他們會為您和您的家屬獲得所需服務。

Carer Gateway 1800 422 737。如果需要的話，可以要求提供翻譯。

更多中文資訊 carergateway.gov.au/resources-language

家庭護理員付費

Centrelink **132 717**
humanservices.gov.au

請致電 **131 202**，與中文服務人員交談。

抑鬱和焦慮

家庭成員中風後感到悲傷或擔心是正常的。抑鬱和焦慮是不同的，它們是醫學狀況。抑鬱和焦慮使患者生活非常艱難。

家屬和家庭護理員也會經歷抑鬱和焦慮。閱讀第 21 頁[抑鬱和焦慮]，瞭解更多資訊。

與您的全科醫生 (GP) 談談您的感覺。

如果您患有焦慮症或抑鬱症，**Beyond Blue** 可以提供幫助。

您可以每週七天，每天 24 小時給他們打電話。

1300 22 4636 beyondblue.org.au

如果您遇到個人危機，**Lifeline** 可以為您提供幫助。

每週七天，每天 24 小時您都可以給他們打電話。

13 11 14 lifeline.org.au

StrokeLine

Talk with StrokeLine's health professionals about getting better and being healthier after your stroke.

Anyone can call StrokeLine. It's free and we take time to listen. We'll tell you about different things that can help after a stroke. We can help you find the support and services you need.

We can arrange an interpreter if you need one. We use the Telephone Interpreting Service (TIS National).

Call StrokeLine on **1800 787 653** or
Email **strokeline@strokefoundation.org.au**

StrokeLine is available Monday to Friday 9am – 5pm Australian Eastern Standard Time (AEST).

Notes:

StrokeLine

與 StrokeLine 的健康專家討論中風後的康復和健康問題。

任何人都可以致電 StrokeLine, StrokeLine 完全免費。我們會花時間傾聽，告訴您中風後不同的應對方法，並說明您找到您需要的支援和服務。

如果您需要，我們可以為您安排一名口譯員。我們使用電話口譯服務 (Telephone Interpreting Service - TIS National)。

請致電中風熱線 **1800 787 653** 或
發送電子郵件至 **strokeline@strokefoundation.org.au**

StrokeLine 的服務時間為澳大利亞東部標準時間 (Australian Eastern Standard Time - AEST) 週一至週五上午 9 點至下午 5 點。







備註：



Contact us

-  **StrokeLine 1800 STROKE(1800 787 653)**
-  **strokefoundation.org.au**
-  **/strokefoundation**
-  **@strokefdn**
-  **@strokefdn**







How to get more involved

-  **Give time** – become a volunteer.
-  **Raise funds** – donate or hold a fundraising event.
-  **Speak up** – join our advocacy team.
-  **Leave a lasting legacy** – include a gift in your Will.
-  **Know your numbers** – check your health regularly.
-  **Stay informed** – keep up-to-date and share our message.

聯繫我們

-  **StrokeLine 1800 STROKE(1800 787 653)**
-  **strokefoundation.org.au**
-  **/strokefoundation**
-  **@strokefdn**
-  **@strokefdn**

如何更多地參與進來

-  **奉獻時間** – 成為一名志願者。
-  **籌集資金** – 捐贈或舉辦籌款活動。
-  **站出來諫言** – 加入我們的維權團隊。
-  **留下一份持久的遺產** – 在您的遺囑中包括一份禮物。
-  **瞭解您的各項指標** – 定期檢查您的健康。
-  **時刻了解資訊** – 緊跟我們的資訊並於他人分享。