

我的中风历程

My Stroke Journey
Chinese Simplified



一本写给中风幸存者及其
家人和照顾者的书

让这本书陪伴您度过住院治疗到出院回家的日子



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.



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

Stroke Foundation 简介

Stroke Foundation 是一家澳大利亚的慈善机构。

我们与中风幸存者及其家人、健康专业人员 and 研究人员合作。我们：

- › 教育社区大众有关中风原因和征兆的知识。
- › 帮助人们降低中风的风险。
- › 帮助改善中风治疗。
- › 帮助中风幸存者及其家人在中风后仍然过上优质的生活。
- › 支持有关中风的研究。
- › 筹集资金继续我们的工作。

承认

Stroke Foundation 谨此承认澳大利亚各地的土地传统所有者和监护人，并承认他们与水土、天空和社区的持续联系。

我们向过去和现在的人民、文化和长老们表示敬意，因为他们承载着他们人民的记忆、文化和希望。



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2023 年 4 月。

建议引用本资料内容时应提及：Stroke Foundation, My Stroke Journey (Simplified Chinese), Melbourne, Australia。

注：可上网站 strokefoundation.org.au 查看全文

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).

关于本书

这本书是写给中风幸存者及其亲友和照顾者的。

大多数人对中风了解不多。这本书有您需要的信息。幸存者及其家人和照顾者的故事可以让您了解以后的情况。

在您住院期间，请让这本书陪伴您。出院回家时将其带走。请随身携带此书去看全科医生（GP）和参加随访约诊。

您不需要把整本书读完。用第1页的目录找到您需要的信息即可。



StrokeLine

咨询 StrokeLine 健康专家，了解如何在中风后恢复，促进健康。

任何人都可以致电 StrokeLine。这是一项免费服务，我们会耐心倾听。我们会告诉您中风后不同的保健方法。我们可以帮助您找到您需要的支持和服务。

如果您有需要，我们可以安排口译服务。我们使用口笔译服务署（Telephone Interpreting Service - TIS National）。

请拨打 **1800 787 653** 或发电邮至：

strokeline@strokefoundation.org.au 与 StrokeLine 联系

StrokeLine 服务时间为澳大利亚东部标准时间（Australian Eastern Standard Time - AEST）周一至周五上午 9 时至下午 5 时。



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.

您需要了解的知识

1. **中风**指的是血液不能到达大脑的所有部位。如果发生这种情况，您的大脑可能会受损。
2. **如果出现任何中风的征兆，务必要拨打三个零（000）急救电话。**
如果您有中风，则治疗会帮助您。越快进行治疗，大脑获得挽救的部分就越多。即使不确定是否中风，或者征兆消失，也要拨打三个零（000）的急救电话。
3. 住院期间，团队会来照护您。您的医疗团队会确保您进行所需的**检查和治疗**。您出院回家后也有可能进行一些约诊。
4. 中风后，您走路、活动、吞咽、思考、说话和视觉的能力都可能会**发生变化**。
5. 在**康复治疗**中，您会做一些锻炼和活动来帮助您应对中风后的变化。康复治疗可以让您安全行事，并增强体质。康复治疗在您恢复到一定程度的时候就会开始。家人和朋友可以帮助您实现康复目标。
6. 中风后常常会感到非常乏力——这就是所谓的“**疲劳**”。
7. 中风后感到**悲伤、担心或害怕**是正常的。请与您的医疗团队、家人和朋友谈谈您的感受。
8. 中风后常常会感到**抑郁和焦虑**。您可以得到支持和治疗。您可以做一些有用的事情。
9. 中风后，您需要注意**健康**。您的医疗团队会与您讨论如何降低再次中风的**风险**。大多数患者在今后都需要终身服药。
10. 中风后**至少 4 周不能驾驶**。商业驾照持有者至少 3 个月不能开车。健康专家可以评估您安全驾驶的能力。
11. 您的医疗团队会与您讨论**出院后**的情况。您需要一份出院计划。出院后的一周内，请咨询全科医生（GP）。
12. 任何人都可以做您的**照顾者**。照顾者帮助患者的家庭成员或朋友处理日常生活。照顾者的服务可以使生活更轻松。



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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.



什么是中风？

中风指的是血液不能到达大脑的所有部位。

血液流经动脉。动脉就像管子一样。如果血液不能通过，您的大脑就会受损。

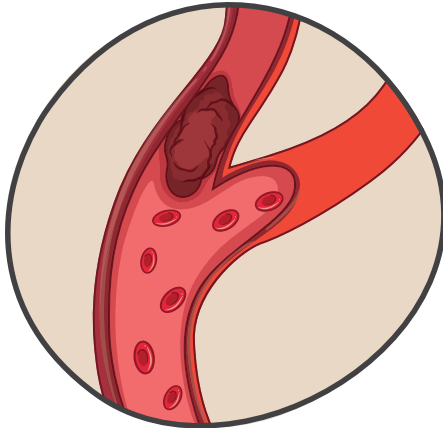
您的动脉可能被阻塞。这被称为**缺血性**中风。

您的动脉可能破裂。这被称为**出血性**中风。

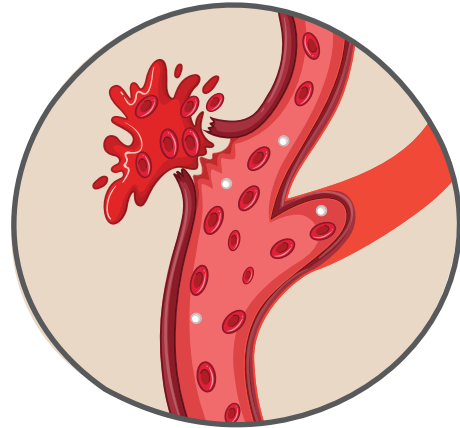


My stroke:

☐ Ischaemic stroke



☐ Haemorrhagic stroke



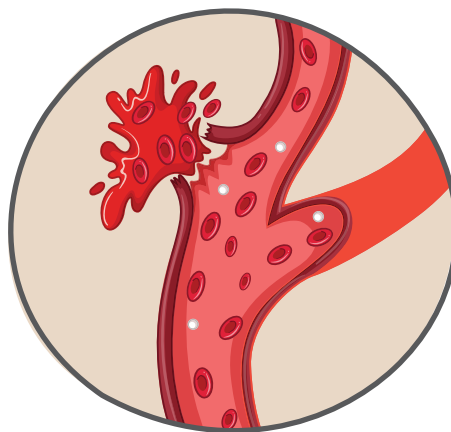
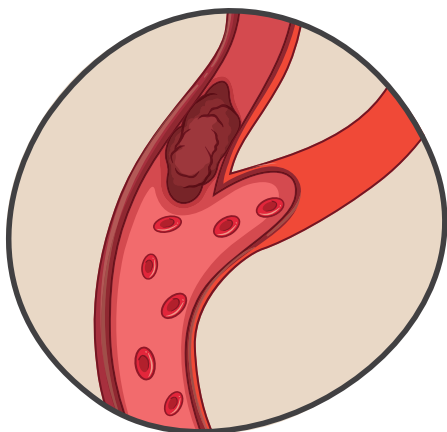
Notes:

A large rectangular area with a black border and horizontal dotted lines for writing notes.

我的中风：

☐ 缺血性中风

☐ 出血性中风



备注：

Handwriting practice area with horizontal lines.

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).



原因

中风的风险因素会增加中风的风险。

中风的风险因素包括：

- › 高血压。
- › 高胆固醇。
- › 糖尿病。
- › 心房颤动。
- › 吸烟。
- › 活动量不足。
- › 不健康的饮食。
- › 超重。
- › 饮酒。

请阅读第 39 页，进一步认识中风的风险因素。

健康问题也可能导致中风：

- › 大脑动脉薄弱或缠结。
- › 心脏有孔。
- › 心脏问题。

以下因素会增加女性中风的风险：

- › 服用避孕药。
- › 服用激素替代疗法（HRT）。
- › 怀孕。

医疗团队会与您讨论风险因素和健康问题。他们会让您知道您是否需要治疗。他们会与您讨论如何降低再次中风的风险。

中风的征兆

如果出现任何中风的征兆，务必要拨打三个零（000）急救电话。如遇中风，治疗会帮助您。

越快进行治疗，大脑获得挽救的部分就越多。

“F.A.S.T.”测试法非常简单，可以帮助您记住最常见的中风征兆。

也可能有其他的征兆：

- › 您的面部、手臂或腿部可能会感到麻木、笨拙、虚弱或瘫痪。这可能发生在您身体的一侧或两侧。
- › 感觉头晕、失去平衡或无缘无故地摔倒。
- › 视力丧失。这可能发生在单眼或双眼。
- › 头痛，通常严重，发生突然。
- › 吞咽困难。
- › 恶心和呕吐。

即使您不确定是否为中风，或者征兆只持续几分钟，也请拨打三个零（000）急救电话。



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)



了解中风的迹象



脸部

歪斜？



手臂

抬不起来？



口齿

不清或困惑？



时间

非常关键！立即拨打 000（急救电话）。

如出现任何这些迹象
则要尽速行动，立即拨打 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

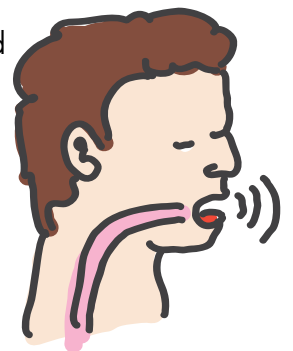
Your arms, legs and hands may not work like they used to. This can change how you sit, stand, balance, walk and move.

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.



中风后的变化

大脑控制着我们所思、所感、所说和所做的一切。

中风对您的影响取决于：

- › 大脑受损的部位。
- › 受损的严重程度。

中风后的恢复情况因人而异：

- › 大多数人会好转很多。
- › 有些人需要更长的时间才能好转。
- › 有些人可能不会好转。

您的医疗团队由医生、护士和辅助医疗专业人员组成。辅助医疗专业人员包括物理治疗师、职业治疗师、语言治疗师、营养师、社会工作者和心理医生。

医疗团队会与您讨论中风后发生的变化。他们会制定计划来帮助您改善健康，增强体质。

您可能会经历下面列出的一些变化。

行走和活动

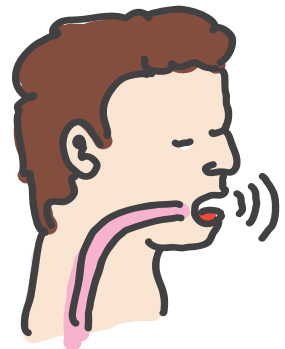
您的胳膊、腿和手可能不像以前那样灵活了。这会改变您坐下、站立、平衡、行走和活动的方式。

您的肌肉可能会变得无力和松弛。您的大脑可能难以指挥其活动。您的肌肉可能会感到僵硬和紧绷。



吞咽

吞咽困难指的是在吞咽方面出现困难。这可能会导致饮食问题。食物或饮料可能会以错误的方式进入身体，并到达肺部。



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

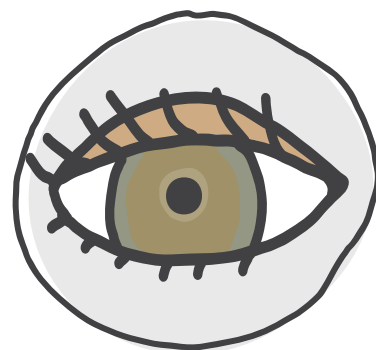
You may:

- › 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.



沟通能力

您可能会发现：

- › 难以想出正确的词语。
- › 用错了词语或发音。
- › 不明白别人在说什么。
- › 在阅读和书写上有困难。



这被称为**失语症**。

如果用来发音的肌肉不能正常工作，则您说话可能会含糊不清。这被称为**构音障碍**。

家人和朋友可以帮助您沟通。他们可以用以下方法来帮助您沟通：

- › 使用简短、清晰的句子。
- › 保持耐心，给您时间。
- › 问一些可以回答“是”或“不是”的问题。
- › 使用图片或可以供您指向的关键词。
- › 使用手势和面部表情来辅助表达所说的话。
- › 让您参与到谈话中。
- › 检查您是否理解。
- › 不要介意您说脏话、废话或重复的话。

思考和记忆

您可能难以：

- › 集中精神。
- › 学习如何做事。
- › 记住刚刚发生的事情。

性格

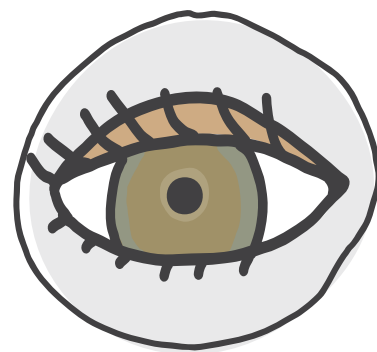
您可能会：

- › 容易生气。
- › 做事不经过深思熟虑。
- › 说或做一些看起来有点奇怪的事情。
- › 停止做事的意愿。

视力

您的视力可能会出现变化：

- › 视觉可能会有盲点。在盲点区的人或物对您来说就好像不存在那样。
- › 可能会看到重影。
- › 眼睛可能一直在动。
- › 眼睛可能对光更敏感。



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.

触觉、味觉、嗅觉

您对触摸、热和冷的感觉可能不同。对物品的味道或气味也可能感觉不同。

您可能会：

- › 没有感觉，或出现麻木。
- › 不知道身体的各个部位在哪里。
- › 忽略身体一侧的人和物。
- › 因身处繁忙嘈杂的地方而感到不知所措。

疼痛

如果有以下情况，您可能会有痛感：

- › 身体的一部分受伤了。
- › 肌肉僵硬和紧绷。
- › 您也可能因为大脑的变化而感到疼痛。即使没有受伤，也可能会有痛感。



如厕

您可能难以：

- › 知道自己是否需要上厕所。
- › 寻求帮助。
- › 及时上厕所。



性

中风可能会改变您身体的知觉，以及您对自己的感觉。您可能会在以下方面出现困难：

- › 活动能力。
- › 肌肉无力、僵硬或紧绷。
- › 疼痛。
- › 别人触摸您时的感觉。
- › 感到悲伤、担心或乏力。

所有这些都会改变您对性的看法。

虽然性行为不会导致中风，但您可能会担心这一点。

如果出现以下情况，请咨询医生或护士：

- › 您有疑问。
- › 您对性生活有顾虑。
- › 事情不太对劲。

性的问题可能让您难以启齿。咨询医生或护士时，没必要顾虑。他们已经习惯和病人谈论性方面的话题。

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.



感觉乏力

中风后感觉非常乏力是很常见的。您没有精力去做事。这就是所谓的“**疲劳**”。

以下方法可以帮助您：

- › 用消耗体力更少的方式做事。例如，坐下来穿衣服。
- › 完成一部分任务，休息一下，然后再多做一点。确保在感到乏力之前有一个短暂的休息。

情绪不稳定

您可能会无缘无故地笑或哭。情绪反应似乎没有多大意义——您可能会对悲伤的事情发笑。您可能会有不成比例的反应。

感觉

中风后感到悲伤、担心或害怕是正常的。

您可能也会对康复充满希望，并感激您的家人和朋友。

中风是一种严重突发的、常常会改变生活的经历。如果这些感觉让您无法承受，请咨询医生或护士。

人际关系

中风后，您的人际关系会发生变化。您的伴侣和家人可能会给您更多的帮助。每个人都可能感到悲伤、存在顾虑或乏力。家人可能对事情有不同的看法。

当您准备好了，就可以与您的伴侣和家人谈谈。如果针对任何事情存在顾虑，可以咨询您的医疗团队。



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.



抑郁和焦虑

中风后常常会感觉抑郁和焦虑。中风幸存者及其家人和照顾者都可能经历抑郁和焦虑。

以下都是抑郁症的症状。如果您在大多数日子里经历其中的一些，且持续超过两周，则可能患上抑郁症。

- › 感到悲伤或沮丧。
- › 对您喜欢的事物失去兴趣。
- › 感到烦躁、不堪重负、空虚或麻木。
- › 不断感到乏力。
- › 难以集中精神。
- › 无法入睡或睡得比平时多。

以下都是**焦虑症**的症状。如果您在大多数日子里经历其中的一些，且持续超过两周，则可能患上焦虑症。

- › 大部分时间都感到非常担心或焦虑。
- › 觉得难以平静下来。
- › 无法控制焦虑的想法或担忧。
- › 不断感到乏力。
- › 注意力难以集中。
- › 觉得大脑一片空白。
- › 肌肉紧张。
- › 难以入睡和难以保持睡眠状态。

千万不要忽视抑郁或焦虑。您可以获得支持 and 治疗。大多数人都会改善。

请与您的医疗团队、家人和朋友谈谈您的感受。

心理健康专家的治疗会有所帮助。

照顾好自己也会有所帮助。吃健康的食物，尽量多活动。参加您喜欢的活动。花时间与您喜欢的人在一起。



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.



帮助应对中风后的改变

您的医疗团队会检查您有什么变化。他们会让您做一些事情，以判断您出现了什么变化。

这可能是一项艰巨的任务，尤其是当您感觉乏力时。这很重要，因为这能让他们了解什么对您有帮助。

医疗团队会制定计划来帮助您改善健康，增强体质。他们会告诉您：

- › 进行锻炼。他们会让您重复进行锻炼。随着您的进步，他们会让您进行其他形式的锻炼。

- › 用不同的方式做事。他们会告诉您如何安全轻松地做事。您在行动或走路时可能需要别人陪同。您可能需要改变饮食的内容和方式。

- › 使用设备。比如拐杖，或能帮助您沟通的图片。

如有疑问或顾虑，请咨询您的医疗团队。如果您感到悲伤、存在顾虑或乏力，也要告诉他们。



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 ten horizontal dotted lines for writing.

住院期间



医疗团队

医生安排检查和治疗。他们管理对您的医疗照护。

护士协助负责您的治疗和护理。

物理治疗师帮助您坐、站、动和走。

职业治疗师帮助您重新开始做事，比如穿衣服或做饭。

语言治疗师帮助您提高吞咽、说话、阅读和书写的能力。

营养师确保您获得正确的食物和饮料。他们会与您讨论健康饮食。

社会工作者与您讨论您本人和家人的情况。他们了解您可以使用哪些支援服务。

心理医生帮助您处理情感问题，尤其是当您感到悲伤或担心的时候。

有些团队会安排人员在您住院期间照看您的一切。他们跟您讨论您的需要以及将会发生什么。

这些人员可能被称为：

- › 中风照护协调员。
- › 护理服务导航员。
- › 出院计划员。
- › 关键工作者。

在这里写下您医疗团队成员的姓名：

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.

检查

您需要做各项检测，以查出：

- › 中风类型。
- › 中风原因。
- › 大脑受损部分。
- › 大脑受损严重程度。

所有中风病人都应该做脑部扫描。脑扫描会给您的大脑拍照。这被称为计算机断层扫描（Computed Tomography - CT）或磁共振成像（Magnetic Resonance Imaging - MRI）扫描。

您还需要做心脏检查和血液检查。可能还需要做动脉检查。

在饮食之前，您需要做测试以检查**吞咽**能力。在不能正常吞咽的情况下就进行饮食，会让您非常难受。

治疗

缺血性中风。医生可能会给您处方药物，清理动脉。这有助于血液再次流通。这种药是通过手臂注射给药的。这就是所谓的“溶栓”。

您可能需要通过手术来疏通动脉。这就是所谓的“血栓切除术”或“血管内凝块取出（ECR）”。

出血性中风。医生和护士可能会用药物来减缓或阻止您的脑出血。

您可能需要通过手术来：

- › 清除脑部血液。
- › 修复脑部动脉。
- › 缓解脑部压力。

您可能还需要治疗导致中风的疾患。



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.



良好的住院经历

多提问。您的医疗团队会很乐意回答您的问题。他们更希望您提问，不希望您不确信或担心。

如有以下情况，请咨询您的医疗团队：

- › 您有不明白的事情。
- › 您有疑问。
- › 您有顾虑。
- › 您需要更多的时间做决定。

家庭会议是中风幸存者及其家人与医疗团队沟通交流的机会。家庭会议是提问的好时机。您可以开始一起为接下来的事情做好计划。

有时候您会对某些事情不满意。您可以：

- › 立即通知您的医疗团队。
- › 向护士长反映。
- › 向医院的病患权益倡导者或消费者联络主任反映。



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.



神经可塑性

神经可塑性指的是大脑改变和适应的能力。

中风后，大脑的通路会发生变化。大脑中未受损的部分可以接管受损区域的功能。

这有助于您的康复，但需要大量的工作来帮助大脑建立新的通路。

您需要：

- › 一遍又一遍地重复单个动作或任务。您的治疗团队会告诉您需要重复的次数。
- › 以适当的难度来进行动作或任务。应该是您能够准确完成的，但也需要具有挑战性。

简单地说——**重复、准确和挑战**是建立神经可塑性的关键。

神经可塑性是在您进行康复治疗和身体恢复过程中发生的。您可能在最初的几个月里改善得更快，而您持续改善的时间可能长达数年。您只需要不断努力。

我能恢复多少？

难以确定康复的进展。而您的中风治疗团队会与您讨论可能发生的事情。您的医疗团队需要考虑的事项包括：

- › 您受损的大脑区域。
- › 受损的严重程度。
- › 您接受的治疗项目及时间。
- › 您的康复治疗情况——锻炼和练习。

康复情况因人而异。无法确定可以恢复的程度会让您难受。这让您难以制定计划。专注于您的康复会有帮助。设定目标和表彰自己取得的进展也会有所帮助。



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.



康复治疗

康复治疗指的是针对中风后所发生的变化进行治疗。康复治疗可以帮助您进一步恢复健康。

康复治疗有不同类型的服务项目。这取决于什么服务最适合您，以及您所在地区有什么服务。

您的医疗团队会通过康复治疗来帮助您重新做事，并找到新的做事方法。

康复治疗会帮助您的大脑改变。

为了让康复治疗充分发挥作用：

请与您的治疗团队讨论。 告诉他们什么对您来说是重要的。让他们了解您想在哪一方面努力。

设定目标。 请自问：

- › 我想做什么？
- › 我想在 3 个月内达到什么水平？6 个月呢？

您的医疗团队可以帮您制定一个计划，将事情分成几个步骤。他们可以帮助您实现目标。

让探望您的人参与进来。 花时间赶上进度，然后请别人协助您做练习。

不要放弃。 有时候您会觉得自己没有好转。请坚持不断地做练习。咨询您的医疗团队，了解在治疗时间之外您还能做些什么。

要有足够的休息。 康复治疗是一项艰苦的任务。需要休息的时候就休息。晚上尽量睡个好觉。

感到沮丧或悲伤是正常的。 请咨询您的医疗团队。让家人和朋友了解您的情况。

表彰。 拍摄照片或拍视频来展示您所取得的进步。与朋友和家人分享。



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，我从海外旅行回来后不久就中风了。

我当时在一条熟悉的公路上开车，注意到自己老是记不住该往哪里转弯。然后我意识到自己看不见左边的标志。就在那时，我意识到有些不对劲了。

我在医院做了脑部 CT 扫描，医生们讨论了我中风的原因和部位。我明白，在没有咨询医生的情况下，不得不停止原本应该按时服用的药物，包括降压药。而过量饮酒也是原因之一。

当天我就出院了，但对如何应对视力受损所知甚微。

我记得当时自己感到很失落。我不能开车，所以觉得自己失去了独立性。就连在我家附近散步都很困难。我很容易感到乏力，尤其是在最初的几个月。

我想改善视力，但不知道该怎么做。

我很庆幸自己有一个可靠的全科医生（GP）。他监测我的血压，并确保我坚持服药。他还转介我去 Vision Australia。这家机构在视力康复策略和设备方面帮了我很大的忙。

关注积极的一面，寻求支持。这些是我对正在经历艰难时期的中风幸存者的主要建议。我确信保持积极的态度是康复的关键。

有一个支持团队也很重要。我的家人帮助我适应日常生活。成为华人中风支援组（Chinese Stroke Support Group）的一员也有所帮助。我们分享经验，互相学习。社交活动和聚会让我保持活跃和欢乐。这种支持让我度过了黑暗和艰难的日子。

Duncan 是墨尔本华人中风支援组（Chinese Stroke Support Group）的活跃成员。

www.cssg.org.au



My stroke rehab plan

Notes

A large, light gray rectangular area with a hand-drawn, irregular olive green border, intended for writing notes.

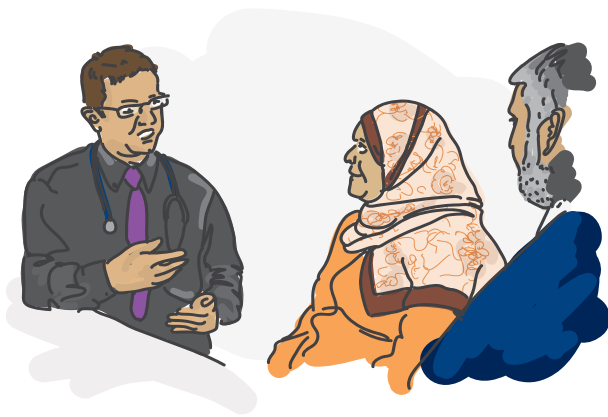
我的中风康复计划

备注

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.

关注自己的健康

中风后，您需要好好关注自己的健康。

医院的治疗团队会告诉您中风的风险因素。他们会告诉您如何降低再次中风的风险。



药物

大部分的中风病人需要终身服药。药物能让您保持健康。它们能降低您再次中风的风险。

如打算做以下事情，务必先咨询医生的意见：

- › 停止服用某种药。
- › 改变服药量。

高血压

正常血压在 120/80 左右。如果您的血压经常超过 140/90，则过高。如果您有高血压，则须：

- › 请医生或药剂师定期检查您的血压。您也可以买一个血压仪方便自己检查。
- › 饮食健康，多活动，保持健康的体重。
- › 不要摄入太多盐分。
- › 不要吸烟，避免饮酒。



高胆固醇

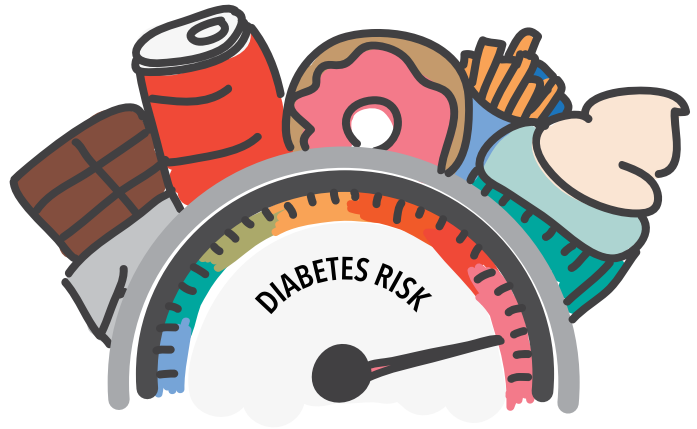
您的医生会与您讨论胆固醇的问题。如果您有高胆固醇，则须：

- › 饮食健康，多活动，保持健康的体重。
- › 少吃饱和脂肪。
- › 不要吸烟。

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:

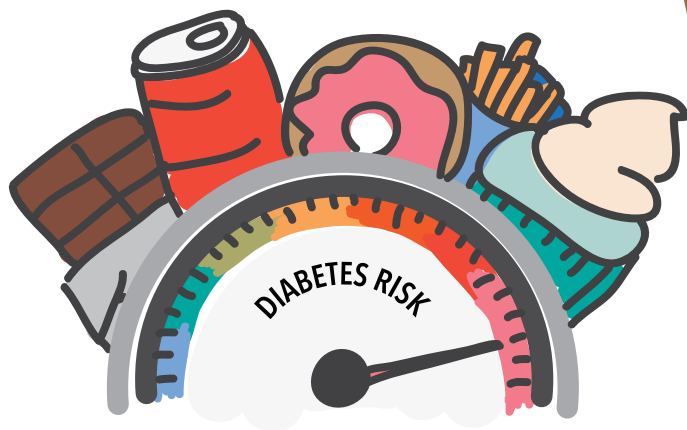
- › Take medicine prescribed by your doctor.
- › Eat well, move more and maintain a healthy weight.
- › Don't smoke, and avoid alcohol.



糖尿病

如果您有糖尿病，则须：

- › 服用医生开的药。
- › 按要求定时检查血糖。
- › 饮食健康，多活动，保持健康的体重。
- › 不要吸烟，避免饮酒。



心房颤动 (AF)

AF 是指您的心跳过快且不稳定。

须控制好 AF：

- › 服用医生开的药。
- › 饮食健康，多活动，保持健康的体重。
- › 不要吸烟，避免饮酒。



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



Not moving enough

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



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.

Drinking alcohol

Talk with your doctor about:

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



吸烟

戒烟永远不会太晚。请咨询您的医疗团队，了解什么可以帮助您戒烟。

拨打 Quitline 咨询戒烟建议。

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



活动量不够

多运动。尽可能多活动。请咨询您的医生或物理治疗师。



不健康的饮食

多吃不同种类的健康食品。多喝水。限制盐、糖和饱和脂肪的摄入量。请咨询您的医生或营养师。



超重

吃健康的食物。多运动。请咨询您的医生、物理治疗师和营养师。

饮酒

请咨询您的医生以了解：

- › 您是否可以喝酒；如果可以，应何时喝。
- › 喝酒量多少为宜。



My stroke risk factor checklist

Ask your hospital team to fill this in with you.

TICK IF APPLIES	RISK FACTOR	NOTES
☐	High blood pressure	
☐	High cholesterol	
☐	Diabetes	
☐	Atrial Fibrillation (AF)	
☐	Smoking	
☐	Not moving enough	
☐	Unhealthy eating	
☐	Being overweight	
☐	Drinking alcohol	

我的中风风险因素清单

让您的医疗团队与您一起填写。

勾选符合 您情况的 项目	风险因素	备注
☐	高血压	
☐	高胆固醇	
☐	糖尿病	
☐	心房颤动（AF）	
☐	吸烟	
☐	活动量不够	
☐	不健康的饮食	
☐	超重	
☐	饮酒	

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

计划

您的医疗团队会与您讨论出院的事宜。此过程称为出院计划。

一份好的出院计划涉及到每个人——您本人、您的家人和您的医疗团队。

这个计划能确保您在出院后得到合适的医疗保健和服务项目。

在您即将出院的时候，您的医疗团队会向您的全科医生（GP）发送有关您住院的信息。



My leaving hospital checklist

Fill this in with your hospital team.

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

我的出院清单

请与您的医疗团队一起填写。

我的中风	☐ 如果我有疑问或顾虑，我知道该找谁倾诉。	备注：
药物	☐ 我知道需要吃什么药。 ☐ 我知道需要吃多少药。 ☐ 我知道需要多久服药一次。 ☐ 我有足够的药维持到看全科医生 (GP) 。	
随访约诊	☐ 我知道需要什么类型的随访约诊。 ☐ 我知道如何安排此事。	
服务	☐ 我知道需要什么服务项目。 ☐ 我知道如何安排此事。	
日常生活	☐ 我懂得如何安全行事。 ☐ 我的家人懂得如何安全地帮助我。	
家居改造	☐ 我知道家居需要做什么改造。 ☐ 我知道如何安排此事。	
设备	☐ 我知道需要什么设备。 ☐ 我知道如何安排此事。	
康复治疗	☐ 我知道需要什么康复治疗。 ☐ 我知道如何安排此事。	
风险因素	☐ 我知道如何降低中风的风险。	
中风的征兆	☐ 我知道什么是中风的征兆。 ☐ 如果我有任何中风的征兆，我懂得拨打三个零 (000) 急救电话。	



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.

居家生活

我们的医疗保健体系

全科医生——GP

出院回家后，您的全科医生（GP）将管理您的医疗保健服务。他们会：

- › 确保您有足够的药物。
- › 为您检查血压和胆固醇。
- › 管理您的一切健康问题。
- › 根据需要将您转介给专科医生或辅助医疗专业人员。

建议出院回家后的第一周就去看全科医生（GP）。请带上医院的所有文件和药品清单。

您的全科医生（GP）可以帮助您确定是否可以重新驾驶。请参阅第 57 页，进一步了解关于驾驶的信息。

专科医生

您可能需要看专科医生，比如神经专科或心脏专科医生。您的医疗团队或全科医生（GP）会为您安排此事。

神经专科医生负责照顾脑部的健康。

心脏专科医生负责照顾心脏的健康。

辅助医疗专业人员

您一出院回家，可能就需要看辅助医疗专业人员。

辅助医疗专业人员包括物理治疗师、职业治疗师、言语治疗师、营养师、社会工作者和心理医生。

万一出了问题该怎么办？

您出院回家后可能会发生的情况：

- › 病情出现变化。
- › 出了问题。
- › 有些事情您不明白。

总是可以找到帮助的。请致电联系您的全科医生（GP）或医院的医疗团队。

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**.



拨打三个零（000）急救电话

拨打“000”是免费的。

接通后要保持冷静，慢慢说。

接线员会问您需要 Ambulance（救护车）、Fire（消防）还是 Police（报警）。如果您觉得自己中风了，就说“Ambulance（救护车）”。

如有需要，可要求他们提供口译协助。只需说出您需要的语言即可。

如果接线员没有告诉您挂断电话，则不要挂断电话。

救护车费用

拨打“000”是免费的，但可能需要缴纳救护车出车费用。

如果您担心救护车的出车费问题，请咨询您所在医院的医疗团队。

费用取决于：

- › 您居住的州。在塔斯马尼亚州和昆士兰州，救护车对所有人都是免费的。
- › 您是否持有政府养老金领取者或低收入优惠卡。
- › 您是否有私人医疗保险。

您的全科医生（GP）可以给您关于救护车费用的建议。最好在您需要打电话之前了解一下费用。

一旦出现任何中风的征兆，应立即拨打“000”。不要让费用问题成为阻止您拨打“000”的障碍。

拨打“000”可能会挽救您的生命。

StrokeLine 可以给您信息和建议。如果您需要口译服务协助沟通，StrokeLine 可以为您安排。请拨打 **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 的建议



中风病人在行走或言语方面有困难，这很容易觉察到。但他们在记忆力和专注力方面的问题则很难被发觉。而这些变化具有同样严重的影响。

我是一名临床神经心理学家；我可以在思维方面帮助您。我检查您是否能像中风前那样集中注意力并记住事情。然后，我会给您和您的家人一些建议，帮助您做您想做的事情。如果您需要帮助，重返工作岗位，我也可以在这方面提供帮助。

如果您是患者的家人，我能给您的最大建议就是记得照顾好自己。

您会很轻易地就把自己所有精力都放在您照顾的人身上。但忘记自己的需求可能会对您产生负面影响。有很多支持服务可以帮助您。

如果您不知道该向谁求助，也不用担心。请咨询您的医疗团队和全科医生（GP），或致电 StrokeLine。他们会给您指出正确的方向。

总会有人帮助您。

Connie Tse 是墨尔本的一名神经心理学家。她曾在医院帮助中风幸存者，也接受医生的转介为居家的中风幸存者提供支持。Connie 来自中国，会说普通话和粤语。

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.

获得居家帮助



有一些服务可以上门提供。所有患者都可以获得服务。这些服务可以让您和您的家人生活得更轻松、更美好。

My Aged Care: 为 65 岁以上的人士提供有关老年护理服务的信息。

1800 200 422 myagedcare.gov.au

Disability Gateway 帮助所有残疾人士及其家人获得所需服务。

1800 643 787 disabilitygateway.gov.au

驾驶

有关驾驶的法律保障了您本人和其他人的安全。中风后：

- › 中风后至少**四周**不得驾驶。
- › **商业驾照持有人至少三个月**不得驾驶。

这只是最低的要求。只有在医生表明您能驾驶的情况下，您的非驾车期才会结束。

您的健康专家可以评估您的驾驶能力，并在需要时向州政府的发照机关提供报告。这可能是在您出院之后才进行的事项。

如果您想重新开车，就需要建议和支持。健康专业人员、发照机关和 StrokeLine 团队都可以提供帮助。

如果您不可以驾驶，则社区服务机构或许可以提供帮助。您可能会得到半价乘坐出租车的优惠卡。

请咨询您的医疗团队或全科医生（GP），了解有关驾驶和出行帮助的问题。

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.

经济问题

如果出现财务或金钱的问题，请致电：
Centrelink 132 717.

请拨打 131 202 与讲中文的服务人员通话。

工作

您的医疗团队可以帮助您计划重返工作岗位。如果您需要更多帮助，请致电 StrokeLine。

支持团体

参加支持团体是结识朋友、分享建议和支持的好方法。

可能有为华人而设的支持团体。有些团体使用口译服务。



StrokeLine 可以帮助您获得所需的信息和服务。
请拨打 **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**

家人和照顾者

“照顾者”指的是为有需要者提供照顾的人。照顾者所提供的支持和服务可以帮助改善家中每个人的生活。

照顾者的服务

照顾者的服务机构提供支持和咨询。他们帮助您本人和您的家人得到所需的服务。

Carer Gateway 1800 422 737。如有需要，可要求口译员协助服务。

如需了解更多中文信息，请浏览网站：
carergateway.gov.au/resources-language

照顾者津贴

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

请拨打 **131 202** 与讲中文的服务人员通话。

抑郁和焦虑

家人中风后感到悲伤或存在顾虑是正常的。抑郁症和焦虑症则不同——它们是疾病。抑郁症和焦虑症使生活非常艰难。

家人和照顾者都可能会经历抑郁和焦虑。请参阅第21页[抑郁和焦虑]了解更多。

请与您的全科医生（GP）谈谈您的感受。

如果您感到焦虑或抑郁，**Beyond Blue** 可以帮助您。

服务热线每周七天，每天24小时全天候开放。

1300 22 4636 **beyondblue.org.au**

如果您存在个人危机，**Lifeline** 可以提供帮助。

服务热线每周七天，每天24小时全天候开放。

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

咨询 StrokeLine 健康专家，了解如何在中风后改善复原，促进健康。

任何人都可以致电 StrokeLine。这是一项免费服务，我们会耐心倾听。我们会告诉您中风后不同的保健方法。我们可以帮助您找到您需要的支持和服务。

如果您有需要，我们可以安排口译服务。我们使用口笔译服务署（Telephone Interpreting Service - TIS National）。

请拨打 **1800 787 653** 或
发电邮至：**strokeline@strokefoundation.org.au** 与
StrokeLine 联系

StrokeLine 服务时间为澳大利亚东部标准时间（Australian Eastern Standard Time - AEST）周一至周五上午 9 时至下午 5 时。

备注：



Contact us

-  **StrokeLine 1800 STROKE(1800 787 653)**
-  **strokefoundation.org.au**
-  **[/strokefoundation](https://www.facebook.com/strokefoundation)**
-  **[@strokefdn](https://twitter.com/strokefdn)**
-  **[@strokefdn](https://www.instagram.com/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.

我们的联系方式

-  **StrokeLine 1800 STROKE(1800 787 653)**
-  **strokefoundation.org.au**
-  **[/strokefoundation](https://www.facebook.com/strokefoundation)**
-  **[@strokefdn](https://twitter.com/strokefdn)**
-  **[@strokefdn](https://www.instagram.com/strokefdn)**

如何进一步参与

-  **献出时间** – 成为一名志愿者。
-  **筹集资金** – 捐赠或举办筹款活动。
-  **大声疾呼** – 加入我们的倡导团队。
-  **留下一份永恒的遗产** – 在遗嘱中留下一份礼物。
-  **了解您的指标** – 定期检查您的健康状况。
-  **保持消息灵通** – 了解最新的资讯并分享我们的信息。