

English	Simplified Chinese 英语
You may be a carer... ...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in South Gloucestershire.	你可能是一个照顾者***如果你提供帮助和支持给你的伴侣，亲戚、子女、朋友或邻居，而他们由于身体或精神疾病、残疾、体弱或有成瘾问题，如果没有你的帮助，他们无法自理。在南格洛斯特郡，有数以千计的无薪照顾者。
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Anyone can become a carer — children, parents, daughters, sons, spouses, partners and friends. Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens to you, as you find that someone close to you gradually needs more help.	任何人都可以成为一个照顾者 --- 孩子、父母、女儿、儿子、配偶，伴侣和朋友。很多人不认为自己是照顾者，他们认为自己只是照顾自己亲近的人。照顾常常刚好发生在你身上，因为你发现你身边的人逐渐需要愈来愈多的帮助。
Support for you	提供给你的支持
Becoming a carer can feel isolating and it's often a struggle to get the information you need.	成为一个照顾者，你可能会感觉被孤立，并往往很难获取所需要的信息。
When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring.	当你正在照顾一个人时，让你自己也有一些帮助和支持，例如在照顾的过程中休息一下，这些都是很重要的。
Your local Council (social services) will be able to tell you how they can help and explain about Carers Assessments.	你的当地议会（社会服务）将能够告诉你，他们能如何帮助你，并向你解释有关照顾者评估的事项。
Carers Support Centre, is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, such as the Carers Emergency Card. They can also help with a Carers Assessment.	照顾者支持中心是一个当地组织，它可以为您提供各方面关于照顾的可能有用的信息及建议。他们还可以藉由照顾者评估来帮助你。

They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.	他们可以协助你和提供专业支持的组织联系，这些组织例如：痴呆症、精神健康问题，或中风康复等。
Carers Support Centre can also advise on any financial help you or the person you look after may be entitled to. There are also carer's groups that meet regularly to share practical ideas and friendship.	照顾者支持中心也可以针对你、或你照顾的人，你们可能有资格获得的财务上的协助来提供建议。也有照顾者团体定期的聚会，互相分享实际的想法和友谊。
Call the Carers Support Centre confidentially:	致电照顾者支持中心保密专线：
CarersLine: +44 (0) 117 965 2200	照顾者专线(CarersLine)：+44(0) 117 965 2200
Your Own Health	你自己的健康
As a carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else.	作为一个照顾者，照顾自己的健康是很重要的；当你正在照顾别人时，很容易无法照顾到自己。
We will do our best to help you look after yourself as well as the person you care for. For example we are keen to offer flu vaccinations to carers each Autumn. We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available.	我们将尽我们所能，来帮助你照顾好自己、以及你照顾的人。例如：每年秋天，我们都会热心于提供流感疫苗接种。我们对于是我们的病人的照顾者有登记册，这样我们就可以在有任何对你有用的新服务或支持时，让你知道。
Please register yourself as a carer at reception or discuss it with your Doctor.	请在接待处登记自己为一个照顾者，或与您的医生讨论。
Do you look after someone who could not manage without you?	你在照顾没有你就无法自理的某个人吗？
Carers Simple Assessments	照顾者的简单评估
NHS Bristol and Bristol City Council have come together to improve support for carers. Carers simple assessments are available to carers with a Bristol GP, who are finding caring is affecting their health and wellbeing but are not currently in receipt of social care services. Assessments can connect carers to the support they need and result in a one-off payment to help them take a break from caring.	布里斯托尔国民保健服务系统 (NHS Bristol) 和布里斯托尔市议会已经一起合作，来改善对照顾者的支持。照顾者简单评估是提供给有布里斯托尔家庭医生的照顾者，当他发现照顾已经影响到他的健康和幸福时，而目前还没有接受任何社会照护服务的状况。评估可以将照顾者和他们所需要的支持相连接，结果会有一次性补助，以帮助他们可以从事照顾的工作中休息一下。

Bristol City Council Health and Social Care	布里斯托尔市议会健康与社会照护
provides information, advice, carers assessments and may deliver care and support services. Care Direct +44 (0)117 922 2700. www.bristol.gov.uk	提供信息、建议、照顾者评估，并可能会提供照顾和支持服务。照顾专线 +44 (0)117 922 2700 www.bristol.gov.uk
LOOKING AFTER SOMEONE	照顾某人
Getting help and connected as a carer in South Gloucestershire	在格洛斯特郡南部的照顾者，可以获取帮助和与我们联系
Getting help and connected is the first step to information and support that will help you in your role. This questionnaire and action plan for all carers helps you to look at your needs, how caring affects you and provides information on support available to carers. Please contact the Carers Support Centre to request a carers assessment questionnaire and help getting connected.	获得帮助和联系，是取得对你所扮演的角色有帮助的相关信息和支持的第一步。这份适用于所有照顾者的问卷和行动计划，可以帮助你检视你的需要、以及照顾工作对你的影响、并提供照顾者可用的支持等相关数据。请联系照顾者支持中心，以索取照顾者评估问卷及协助与我们联系。
Call +44 (0) 117 965 2200 for more details	致电 +44 (0) 117 965 2200以了解详情
Useful Contacts:	实用的联系资料：
Carers Support Centre	照顾者支持中心
provides information advice and services focussed on supporting carers. Carers Line +44 (0)117 965 2200, open 10am – 1.00pm and 2pm-4pm (Monday-Thursday)10am-1pm (Friday) www.carerssupportcentre.org.uk	我们专注于支持照顾者，并提供信息及建议服务。照顾者专线：+44(0) 117 965 2200, 开放时间：上午10点至下午1点和下午2点至4点（星期一至星期四）；上午10点至下午1点（星期五） www.carerssupportcentre.org.uk
South Gloucestershire Council	南格洛斯特郡议会
provides information, advice and may deliver care and support services. +44 (0)1454 868007 www.southglos.gov.uk	提供信息、建议，也可以提供照顾及支持服务。 +44 (0) 1454 868007 www.southglos.gov.uk
Well Aware	注意健康
provides information on health, wellbeing and community resources. 0808 808 5252 www.wellaware.org.uk	提供健康、福利和小区资源的信息。 0808 808 5252 www.wellaware.org.uk