

Forgetting to take your medications?
忘记服药了吗?



Getting frail? 变得衰弱?
Unable to care for yourself as you
used to?
无法像以前那样照顾自己?



Home and Community Care services may help you with these problems.
家庭和社区关爱服务可在这些方面帮助您。

What is Home and Community Care? 什么是家庭和社区关爱计划?

Home and Community Care services are provided by local health authorities and include:
家庭和社区关爱服务由本地卫生局提供，包括：



Home support is for people who need help to live safely and on their own at home. A community health worker comes to your home and helps you with bathing, toileting, personal care, taking medications and wound care.

居家支持的服务对象是需要帮助以便能够安全、独自在家里生活的人。一名社区卫生工作者会来到您的家中，帮助您洗澡、上厕所、做个人护理、服药及伤口的护理。



Community nursing and rehabilitation services are for people who need help to get better after a surgery, hospitalization or injury.

社区护理和康复的服务对象是在手术、住院或受伤后需要得到帮助以更好康复的人。



Assisted living is a housing plus health services option if you are still relatively independent but need a little extra help. If you need help with meals and personal care, if you are living on your own or feeling lonely, assisted living services may be an option for you.

zt是一个提供居住和医疗服务的项目，其服务对象是那些相对来说仍具自理能力但需要一点额外帮助的人。如果您需要饮食和个人护理方面的帮助，如果您独自生活或感到孤独，则辅助生活服务可能是适合您的选项。



Long-term care is for people who are not able to live at home on their own and require constant specialized care because of their chronic physical or mental health conditions.

长期护理的服务对象是那些由于长期的身体或精神健康状况而无法独自生活在自己家里，且需要持续专业护理的人们。

If you are getting home and community care services, it does not mean that your family does not love you or wants to leave you. Home and community care services are meant for people who have health problems that must be cared for by professionals who are trained to help you in a safe way. When you use home and community care, it will also help your family and friends have rest and fulfill their work obligations.

获得家庭和社区关爱服务并不意味着您的家人不爱您或想离开您。家庭和社区关爱服务旨在为那些有健康问题的人们提供由训练有素的专业人员以安全的方式提供的帮助。使用家庭和社区关爱服务，也有助于您的家人和朋友得到好的休息，可以更好地工作。

How much does it cost? 要花多少钱?

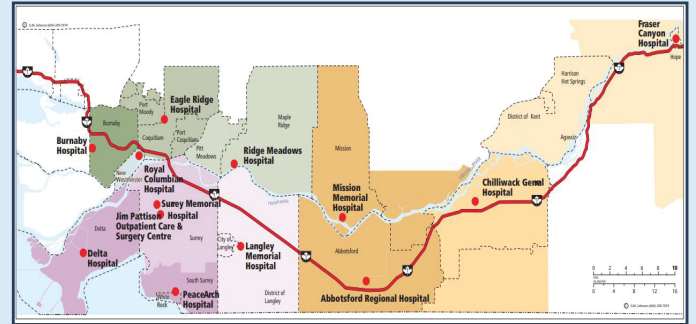
Some home and community care services may be paid for by the government or insurance and other types of services need you to pay some amount. When a worker from your health authority visits you and talks with you about the types of services you may need, then you can also ask them about the cost of services you choose.

有些家庭和社区关爱服务的费用可能会由政府或保险公司支付，但有些类型的服务则需要您支付一定的金额。您所在地卫生局的工作人员来探访您并与您讨论您需要的服务类型时，您也可以向他们询问您选择的服务需要多少费用。

What do I do to get these services? 我怎么才能获得这些服务?

If you live in the Fraser Health Authority area (Delta, Burnaby, New Westminster, Surrey, Tri-Cities, Pitt Meadows, Maple Ridge, Mission, Abbotsford, Langley, Chilliwack, Agassiz, Hope), as indicated on the map.

如果您居住在菲沙卫生局 (Fraser Health Authority) 的辖区 (Delta, Burnaby, New Westminster, Surrey, Tri-Cities, Pitt Meadows, Maple Ridge, Mission, Abbotsford, Langley, Chilliwack, Agassiz, Hope), 如下图所示。



Please contact: 联系方式如下:

New clients: Home Health Service Line: 1-855-412-2121 (open 7 days a week, 8:30 a.m. - 9:00 p.m.)

新客户请致电: 居家健康服务热线: 1-855-412-2121 (每周 7 天, 上午 8:30 晚上 9:00 开放)

Current clients: your Home Health office. Trained staff are available 7 days a week from 8:30 a.m. - 4:30 p.m. Translation services are also available.

现有客户请致电: 您所在地的居家健康办事处。

经过培训的工作人员每周 7 天从上午 8:30 下午 4:30 为您服务。可提供翻译服务。

If you need translation services, when speaking about home and community care on the phone please ask a peer navigator to help you with setting up the translation service.

如果您需要翻译服务, 则在电话中谈到家庭和社区关爱服务时, 请让一位会说英语的人帮您申请翻译服务。

For home and community care services in the following communities, call:

有关以下 区的家庭和社区关爱服务, 请致电:

North Shore: (604) 986-7111

Fax: (604) 983-6839

Richmond: (604) 278-3361

Fax: (604) 278-4713

Vancouver: (604) 263-7377

Fax: (604) 267-3419



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