

**STROKE 中风**

**INFORMATION FOR FAMILY,  
WHANAU AND FRIENDS**

**家人和朋友的信息**

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**Stroke is a sudden and serious condition and it comes as a shock. It's upsetting to see someone in this state especially as you may not understand what has happened to them and not know how to support them.**

中风是一个突发和严重的状况,它如一道闪电般到来。看到他人在这种状态下会自觉难过,尤其是你可能不明白到底发生了什么以及不知道如何支持他们。

**This pamphlet has a few ideas which may be useful to you now.**

这个小册子有一些建议可能对你有帮助。

**It's worthwhile to keep a track of information you receive as it may be handy in the future.**

很值得对那些你接收到的信息保持追踪记录以作于未来手头之便。

**Some people write down things they want to know and others keep a diary of what's happening.**

有些人写下他们想知道的东西,另一些人通过日记形式记录发生的事情。

**You may find it useful to nominate one contact person to keep your family and friends informed about how things are going**

你可能会发现指定一个联系人来告知你亲友事情的进展是很有用的。

**Be patient.** Stroke damages the brain which can make it difficult to relearn even simple tasks.

要有耐心。中风所致的大脑损伤能让即使很简单的工作也变得很难重新学习。

**Be positive and offer hope.** Recovering from stroke is a slow process so your praise is needed for every sign of progress.

要积极提供希望。中风康复是一个缓慢的过程,所以你要表扬每一个进步的迹象。

## IMPACT OF STROKE 中风的影响

Stroke can have many different effects.

中风可以造成许多不同的后果。

These include problems with mobility, swallowing, bladder and bowel function, vision, communication, tiredness, memory and concentration.

这包括运动、吞咽、膀胱和肠道功能、视觉、交流、疲劳、记忆力和注意力等各方面的问題。

It can also affect emotions and can cause depression, anxiety or personality changes.

它也可以影响情绪,会导致抑郁,焦虑或人格改变。

These effects can have a big impact on everyone.

这些后果对每个人都会产生很大的影响。

You will receive support, information, care and advice from the medical, nursing and rehabilitation teams and other specialist services in hospital and then community services at home.

先是在医院,你将得到来自医疗、护理、康复团队和其他专业服务的支持、信息、护理和建议,接下

来是在家的社区服务

## RECOVERY 康复

**Recovery from stroke is difficult to predict. The amount of recovery someone will make and the amount of time it takes varies – from several weeks or months, and it can continue for years.**

中风康复是很难预测的。恢复的程度和花费的时间因人而异 - 数周或数月甚至可以持续多年。

The Stroke Foundation **Life after Stroke** guide has more detailed information about aspects of managing life after stroke. This is available free of charge. Please ask hospital staff or the Stroke Foundation for this.

中风基金会中风后生活指南里有更详细的关于管理中风后生活方面的信息。这是免费的。请向医院工

作人员或中风基金会索要。

## IDEAS TO HELP YOU IN HOSPITAL 帮助你在医院的一些建议

**Start by talking with the medical team and nurses. Ask them to explain what has happened and clarify anything you don't understand.**

首先与医疗团队和护士们沟通。请他们解释发生了什么并阐明你不理解的任何事情。

As you know the person with the stroke well, you will be most aware of their changes and improvements. It may help to keep track of day to day changes you notice.

因为你熟知中风的自己,所以你最会意识到自己的变化和进步。注意追踪每天的变化可能会帮助你。

Ask the medical and nursing team whether there are ways you can assist with care.

When rehabilitation – physiotherapy, occupational therapy and speech and language therapy - starts ask the therapists how you can help.

向医疗和护理团队咨询你是否有方法可以协助照顾。在康复(理疗、职业治疗和语言治疗)开始时,询问治疗师如何帮助。

Focus on one day at a time. Recovering from stroke is a gradual process. Provide encouragement, motivation and hope.

专注在每天。中风康复是一个循序渐进的过程。提供鼓励,激励和希望。

Remember to look after yourself. Take breaks, get some exercise and plenty of sleep and plan regular healthy meals.

记得照顾好自己。休息、做运动、充足的睡眠和规律的健康膳食计划。

## GOING HOME FROM HOSPITAL 从医院回家

Some people need a small amount of care at home, but others have more complex needs. The medical team, rehabilitation and social services will work with you to develop a plan for home.

有些人在家需要少量的护理,但其他人有更复杂的需求。医疗队,康复和社会服务将与你共同制定一个在家计划。

Make sure you are actively involved in the planning and that your voice is heard at family meetings.

确保你积极参与规划并且在家庭会议上也要能听到你的声音。

New medicines can be confusing - it's good to understand what they are; when they need to be taken and how they are taken. Your local pharmacy can help too when you are at home.

新药可能会令人困惑——应当正确理解它们是什么,什么时间服用以及如何服用。当你在家里时,你当地的药店也可以提供帮助。

Social workers will link you with support services and advise about financial help that may be available.

社会工作者们将联系你并提供支持服务,如果可能的话,会有关于金融帮助的建议。

Make sure the social worker or hospital staff tell you about NASC – Needs Assessment and Service Coordination support; what services are available, when they will start; and the name of your NASC contact person.

确保社会工作者或医院工作人员告诉你关于 NASC - 需求评估和协调服务支持；有哪些服务可用,他们什么时候将开始;你的 NASC 联系人的姓名。

Have a clear plan of support before you leave the hospital so you know who will be coming to your home and when they will be visiting.

在离开医院之前你要有一个明确的支持计划 ,这样你会知道谁将要来你家里造访以及他们什么时候来。  
Know who you can contact if the plan doesn't work well.

如果计划不奏效要知道你能联系谁。

Let the GP and practice nurse know when discharge from hospital is planned.

让家庭医生和执业护士知晓你计划出院的时间。

Some people may move to a rehabilitation unit before coming home and others may be assessed for alternative care if this is appropriate.

在回家之前，一些人可能先要搬去康复中心，其他人可能需要评估合适的替代疗法。

## **IDEAS TO HELP YOU AT HOME 帮助你在家里的一些建议**

**It is common for someone who has had a stroke to feel quite low on returning home and to need a lot of encouragement.**

**中风患者返家后感觉沮丧以及需要大量的鼓励是很普遍的事情。**

Everything will take much longer. It is realistic, not selfish, to think carefully about taking care of yourself. Try to organise the day so you have at least a little time to yourself.

一切都将需要更长时间。仔细思考照顾好自己，这是现实并不是自私。试着去安排这天，这样你至少有一点时间给自己。

Ask family members and friends for help with specific tasks, if you need it.

如果你需要的话，向家人和朋友求助完成特定的任务。

**Keep up your friendships and social contacts; email, Skype and phoning are good ways to keep in touch if you can't get out and about so much.**

**保持你的朋友圈和社交；如果你不便外出，电子邮件、网络电话 ( Skype ) 和打电话都是保持联系的好方法。**

You may want to join a support group to meet other people in the same position as you – the Stroke Foundation can advise you about this.

你可能想要加入一个互助小组去看看其他和你相同处境的人 - 中风基金会能给你相关建议。

Ask the professionals who have helped you for guidance and be sure the local **Stroke Foundation community stroke advisor** makes contact and visits once you are home.

向帮助过你的专业人士咨询指导意见 ,一旦回家后确保和当地**中风基金会的社区中风顾问**取得联系和互访。

Try not to be overprotective – it helps to have the right balance between helping and developing independence.

不要过度保护 - 这样有助于在帮助和发展独立性之间保持正确的平衡。

Gather and use as much information as you need to help you understand more about stroke and how you can manage at home.

收集和使用尽可能多有用的信息来帮助你更多了解中风及如何在家管理。

## **LEARN THE SIGNS OF A STROKE 了解中风的迹象**

### **SEE A STROKE- FAST 发现中风 快速**

**FACE DROOPING: 脸下垂**

**ARM WEAKNESS: 手臂无力**

**SPEECH DIFFICULTY: 说话困难**

**TIME TO CALL 111: 立即拨打 111**

**If you see any one of these signs call 111 immediately.** Getting help fast can reduce damage to the brain and give someone a better chance of recovery.

**如果你看到其中任何一个迹象立即拨打 111。** 迅速求助可以减少大脑损伤并给人以更好的康复机会。

## **INFORMATION, ADVICE AND SUPPORT 信息 , 咨询和支持**

**Stroke Foundation of New Zealand** 0800 78 76 53 Free phone for advice and link with community stroke advisors.

**新西兰中风基金会**0800 78 76 53免费咨询电话和社区中风顾问网络链接. [www.stroke.org.nz](http://www.stroke.org.nz)

**Healthline** 24 hour telephone advice0800 61 11 16

**健康热线** 24 小时电话咨询 0800 61 11 16

**Guide for Carers 护理人员指导**0800 77 7797

[www.msd.govt.nz/what-we-can-do/community/carers/index.html](http://www.msd.govt.nz/what-we-can-do/community/carers/index.html)

**Carers New Zealand 新西兰护理人员**0800 77 77 97 [www.carers.net.nz](http://www.carers.net.nz)

**Health and Disability Commissioner 残疾人士委员会**0800 11 22 33 [www.hdc.org.nz](http://www.hdc.org.nz)

**Code of Consumer Rights 消费者权益法规** [www.hdc.org.nz/complaints](http://www.hdc.org.nz/complaints)

**Health Passport 健康护照** Ask at the hospital or ring 在医院询问或者致电 0800 11 22 33

[www.hdc.org.nz/publications/resources-to-order](http://www.hdc.org.nz/publications/resources-to-order)

**NASC需求评估和协调服务**0800 37 36 64 [www.tinyurl.com/766fc93](http://www.tinyurl.com/766fc93)

## **IF YOU HAVE ACCESS TO THE INTERNET 如果你可以上网**

**Stroke Association UK 英国中风协会** [www.stroke.org.uk](http://www.stroke.org.uk)

**National Stroke Foundation Australia 澳大利亚国家中风基金会**[www.strokefoundation.com.au](http://www.strokefoundation.com.au)

**American Stroke Association USA 美国中风协会** [www.strokeassociation.org](http://www.strokeassociation.org)

