

支援服務

Support that may help

Traditional Chinese | English

Breast
Cancer
Network
Australia



關於我們

Breast Cancer Network Australia (BCNA) 是一所為那些受乳癌影響的澳洲人提供服務的頂尖組織。我們提供一系列的免費資訊，包括為患上早期乳癌的女性提供 *My Journey Kit* (我的旅程套件)，以及為患上繼發性乳癌的女性提供 *Hope & Hurdles* (希望與障礙)。我們的季刊 *The Beacon* 內容包括別人分享的文章，以及有關乳癌問題的廣泛信息。我們歡迎及支持組織成員的多樣化。

歡迎登入我們的網站 www.bcna.org.au 來查閱更多資訊，或使用BCNA的互聯網與其他人接觸。

About us

Breast Cancer Network Australia (BCNA) is the peak organisation for all people affected by breast cancer in Australia. We provide a range of free resources, including the *My Journey Kit* for women with early breast cancer and *Hope & Hurdles* for women with secondary breast cancer. Our free quarterly magazine, *The Beacon*, includes stories from people sharing their experiences, as well as information on a wide range of breast cancer issues. We welcome and celebrate the diversity of our members.

Visit our website www.bcna.org.au for more information or to connect with others through BCNA's online network.

乳癌不僅影響你的健康，亦會令你的日常生活變得較為困難。在你接受治療期間，你可能會覺得不舒服而無法處理自己或其他人的日常事宜。很多女性當發現患上乳癌後都會擔心她們的健康、家庭和經濟。

Breast cancer not only affects your health, it can also make everyday life more difficult. While you are having treatment, you may not feel well enough to do the things you normally do for yourself or for others. Many women worry about their health, their family and money when they have breast cancer.

小冊子內容 In this booklet

| | |
|---|----|
| 經濟支援 Money | 5 |
| 義乳 Breast prostheses | 7 |
| 假髮 Wigs | 11 |
| 皮膚護理，頭髮護理及化妝 Skin care, hair care and make-up | 11 |
| 接觸其他女性 Speaking with other women | 13 |
| 輔導 Counselling | 15 |
| 交通費 Travel for treatment | 17 |
| 家務護理 Home help | 19 |
| 旅遊保險 Travelling overseas | 19 |
| 本區服務 Local services | 19 |
| 更多資訊 More information | 20 |

Breast Cancer Network Australia (BCNA) encourages women to look after themselves and to ask family members and friends for help. Some women find this hard to do when they are usually the ones who are looking after others.

I cannot look after myself until I understand who is going to take the children to school, who is going to clean the house. When that is organised I can start to think about my own health. – Le

This booklet tells you about some of the organisations that can help you with money and other things that you might need. Your nurse or social worker can also help you to find out about some of these things.

Breast Cancer Network Australia (BCNA) 鼓勵女性們要照顧自己，找家人和朋友幫忙。有些女性覺得找別人幫忙是一件難以開口的事情，因為她們通常是照顧別人的人。

我無法專心地照顧自己，我擔心誰去帶孩子們上學，誰去打掃房子。當這些都安排好之後，我才可以開始想自己的健康。 - Le

這本小冊子刊載了一些組織的資訊，可以幫助你解決經濟上和其他方面的需要。你的護士或社工也能夠幫你尋找這些支援。

Money

If you have a low income or are unable to work because you have breast cancer, you may be able to get payments from Centrelink.

Talk to Centrelink or a social worker at the hospital where you are getting treatment as early as possible. If you are eligible to receive payments it may take time for the money to be given to you.



Where to get help

For more information about Centrelink payments, visit the Centrelink website:

www.humanservices.gov.au

Click on the tab at the top of the page for your language or phone **13 12 02** to speak to someone in your language.

When I had the operation, my husband stayed home for five weeks. We had young children. It was very hard for us financially. – Juan

經濟支援

如果因為患上乳癌而令你的收入下降或失去工作能力，你或可以向Centrelink申請補貼。

請儘早向Centrelink或你接受治療的醫院裡的社工提出。就算你是有資格獲取經濟援助，都必須要等一段時間才正式收取補貼。



從哪裡獲取協助

有關Centrelink補貼的更多資料，請登入Centrelink的網站：
www.humanservices.gov.au

請於網頁上欄點擊語言選項，或致電**13 12 02** 用你講的語言查詢。

當手術完成後，我的丈夫留在家裡五個星期。我們有年幼的孩子。當時我們面對著經濟困境。 – Juan

Breast prostheses

A breast prosthesis is something that can be worn inside your bra to give you the shape of a breast. After surgery, you might find that wearing a breast prosthesis helps you to feel more confident. Some women do not wear a breast prosthesis. It is up to you.

Soft form prostheses

A soft form prosthesis is a soft padded pillow that can be worn inside your bra in the days and weeks after a mastectomy. They come in different sizes.

i Where to get help

BCNA has a *My Care Kit* that you can get for free after breast cancer surgery. The *My Care Kit* contains a bra and a soft form prosthesis.

To find out more about the *My Care Kit* visit BCNA's website: www.bcna.org.au

Your breast care nurse can order you a *My Care Kit* with a bra and soft form from BCNA. If you don't have a breast care nurse, you can phone BCNA on **1800 500 258**.

If you need an **interpreter**, please phone **13 14 50**.

義乳 (breast prostheses)

義乳是配戴在你的胸罩裡面，幫助特出乳房形狀的效果。手術完成後，你或者會發覺配戴義乳能令你重拾信心。但有些女性並沒有配戴義乳，這是你的選擇。

海綿義乳 (soft form prostheses)

海綿義乳是一個柔軟墊枕，你可以做完乳房切除術後長年累月配戴在你的胸罩裡面。這些義乳有不同尺寸。

i 從哪裡獲取協助

當完成乳癌手術後，你可以免費獲取由BCNA預備的 *My Care Kit* (我的護理套件)。這份 *My Care Kit* (我的護理套件) 內附帶了一個胸罩和一對軟性義乳。

請登入網站 www.bcna.org.au 來查閱更多關於 *My Care Kit* (我的護理套件) 的資料。你的乳癌護理護士 (Breast care nurse) 可以幫你向BCNA預訂一份附帶胸罩和軟性義乳的 *My Care Kit* (我的護理套件)。如果你並未接觸過乳癌護理護士的服務，你可以致電 **1800 500 258** 向BCNA查詢這方面的資料。

如果你需要**翻譯員**的協助，請致電 **13 14 50**。



Silicone prostheses

A silicone prosthesis can also be worn inside your bra. It looks like the shape of a breast and feels like the weight of a breast. You can be fitted for a silicone prosthesis to suit your shape. The cost for silicone prostheses ranges from \$150 to \$500 each.

Large department stores such as Myer sell silicone prostheses, or you can phone the Cancer Council for other places that sell them in your area.

Women who have had a mastectomy can claim up to \$400 (or \$800 if you have had a double mastectomy) every two years for the cost of a prosthesis. Claims can be made through Medicare. If you have private health insurance, ask your insurer how much money they will give back to you. Medicare will pay the rest, up to a total of \$400.



Where to get help

To claim your reimbursement (get money back) after you have paid for a silicone prosthesis, you need to fill in the reimbursement form and send the form to Medicare. You can get more information and the reimbursement forms from the Medicare website: www.humanservices.gov.au

You can also phone the Cancer Council for more information on **13 11 20** or, if you need an **interpreter**, phone **13 14 50**.

矽膠義乳 (silicone prostheses)

矽膠義乳亦可以配戴在你的胸罩裡面，其形狀看起來似乳房，而感覺就類似乳房的重量。你可以度身訂做適合你形狀的矽膠義乳。一個矽膠義乳價格由\$150至\$500不等。

大型百貨公司如Myer有銷售矽膠義乳，或者你可以致電癌症協會詢問其他在你居住地區內售賣這產品的銷售點。

接受乳癌切除術的女性每兩年最高可索取\$400（或\$800給接受雙乳房切除術的女性）補貼義乳的費用。索取這項補貼需向Medicare申請。如果你有私人保險，請向你的保險公司查詢你能夠索取的補貼金額。Medicare會支付餘額，最高補貼金額為\$400。



從哪裡獲取協助

申請報銷（退錢）你已經支付了矽膠義乳的費用時，你需要填寫一份報銷表格，然後把表格遞交給Medicare。請登入網站www.humanservices.gov.au來查閱更多關於這方面的資料和下載報銷表格。

你亦可以致電**13 11 20**聯絡Cancer Council詢問更多有關資料，如果你需要**翻譯員**的協助，請致電**13 14 50**。

Wigs

If you have lost your hair from chemotherapy you may want to wear a wig. A wig supplier can help you choose a wig. Wigs can cost from \$80 to many hundreds of dollars. Some Cancer Councils and other organisations run wig libraries where you can borrow wigs for free.

Some women prefer to wear a scarf or a hat while their hair is growing back. Some women don't wear anything on their heads. It is up to you.



Where to get help

Ask your nurse, social worker or the Cancer Council (phone **13 11 20** or, if you need an **interpreter**, phone **13 14 50**) if they know where you can get wigs.

BCNA has more information in English. You can order the fact sheet called *Hair loss during breast cancer treatment* by phoning **1800 500 258**.

Or if you need an **interpreter**, phone **13 14 50**.

We can post it to you in the mail or you can download it from our website: www.bcna.org.au

Skin care, hair care and make-up

Look Good ... Feel Better is an organisation that runs workshops for women undergoing treatment for cancer. These free three-hour workshops help women to learn about skin care, make-up, wigs, hats and scarves. They are usually run at cancer centres, hospital oncology units, Cancer Council offices and other venues in the community.



Where to get help

To find a workshop near you visit the Look Good ... Feel Better website: www.lgfb.org.au

假髮

如果完成了化療後有脫髮的情況，你或會考慮配戴假髮。假髮店能夠協助你挑選適合你的假髮款式。假髮的價格從\$80至幾百塊不等。癌症協會及其他組織都設有假髮存庫，供你免費借用假髮。

有些女性選擇配戴圍巾或帽子，等她們的頭髮重新長出來。但有些女性不配戴任何東西在頭上，這是你的選擇。



從哪裡獲取協助

向你的護士、社工或癌症協會（電話**13 11 20**，或如果你需要**翻譯員**的協助，請致電**13 14 50**）查詢，瞭解他們是否知道從哪裡尋找假髮。

BCNA有更多這方面的英文資料。你可以致電1800 500 258訂閱這份 *Hair loss during breast cancer treatment*（乳癌治療期間脫髮現象）簡介。如果你需要**翻譯員**的協助，請致電**13 14 50**。

我們可以郵寄這份簡介給你，或你可以從我們的網站下載：www.bcna.org.au



皮膚護理，頭髮護理及化妝

Look Good ... Feel Better是一個為那些正在接受癌症治療的女性安排活動的組織。這個三小時的工作坊教女性們學習如何護理皮膚、化妝、配戴假髮、帽子和圍巾。這項活動通常在癌症中心、醫院腫瘤部、Cancer Council 的辦公室和其他社區的地點舉行。



從哪裡獲取協助

如欲查詢你附近舉行的工作坊地點，請登入Look Good ... Feel Better網站：www.lgfb.org.au

Speaking with other women

Many women say that it helps when they speak with other women who have had breast cancer. Talking to someone who has been through a similar experience can give you hope, encouragement and information.



Where to get help

Cancer Connect

Cancer Connect is a program at the Cancer Council where you can call and speak to a trained volunteer who has also had cancer. Some Cancer Connect volunteers speak languages other than English. Phone the Cancer Council on **13 11 20** and ask about the Cancer Connect program. If you need an **interpreter**, phone **13 14 50**.

Support groups

There may be a support group near you where you can go and talk with other people who have had cancer. Ask the Cancer Council if there is a support group near you. They might know of support groups in your language.

You can also visit BCNA's website:

www.bcna.org.au

Online support

BCNA has an online network where you can connect with people who have been affected by breast cancer from all around Australia on the internet. Everyone is welcome to join the online network. At the moment the online network is in English only.

www.bcna.org.au

接觸其他女性

大多數女性都認為能夠與其他同樣患上乳癌的女性接觸是有幫助的。接觸其他有類似經驗的人能夠給予她們希望、獲得鼓勵和多方面的資料。



從哪裡獲取協助

Cancer Connect

Cancer Connect是由Cancer Council規劃的，你可以聯絡一位曾經受訓的自願者傾談，她們同樣曾經患上乳癌。有些Cancer Connect自願者能夠講其他語言。請致電**13 11 20**聯絡Cancer Council查詢有關Cancer Connect這項計劃。如果你需要**翻譯員**的協助，請致電**13 14 50**。

支持小組

你附近的地區可能有一些支持小組，讓你能夠接觸其他曾經患上癌症的人，與她們分享分擔。請向Cancer Council查詢是否有支持小組在你附近。他們可能知道有一些支持小組是講你的語言。

你亦可登入BCNA的網站：

www.bcna.org.au

在線支持

BCNA有一個互聯網絡，你可以從網上接觸來自澳洲各地的人，她們都是曾經受乳癌影響。我們歡迎每一個人參與這互聯網絡。暫時這個互聯網是以英文為主。

www.bcna.org.au

Counselling

Women often say it helps to speak with a counsellor or psychologist in their own language. A Mental Health Plan from your GP can help to pay for up to 10 counselling sessions with a psychologist. Speak with your doctor about a GP Mental Health Plan before you make an appointment with a counsellor.



Where to get help

Your doctor or nurse can help you to find a counsellor who speaks your language or you can search for a counsellor through the Australian Psychological Society website: www.psychology.org.au

輔導

女性們都認為能夠與講自己語言的輔導員或心理醫生傾談是有幫助。由你的家庭醫生安排的精神健康計劃可讓你接受最多10次的心理輔導。請在約見輔導員之前，向你的家庭醫生瞭解有關這項精神健康計劃。



從哪裡獲取協助

你的醫生或護士可以協助你尋找講你的語言的輔導員，你或者可以從澳洲心理醫生學會搜查輔導員的資料，該學會的網站是 www.psychology.org.au

Travel for treatment

If you live far away from the hospital you may be able to get some money to help pay for your travel and accommodation. Ask a social worker or nurse at the hospital where you are getting treatment. They may be able to help you to get these payments.



Where to get help

BCNA has more information in English about payments for travel in the fact sheet called *Patient Assisted Travel Schemes (PATS)*. To get a copy of this fact sheet phone **1800 500 258**, or if you need an **interpreter**, phone **13 14 50**. We can post it to you in the mail or you can download it from our website: www.bcna.org.au

You can also get more information from the Department of Health website: www.ruralhealthaustralia.gov.au

The Cancer Council also has more information about how to access these payments. Phone the Cancer Council on **13 11 20** to find out more or, if you need an **interpreter**, phone **13 14 50**.

交通費

如果你的住所與醫院的距離很遠，你或可以申請補貼來資助你的交通費和住宿費。向你接受治療的醫院的社工或護士詢問。他們將能夠協助你獲取這些補貼。

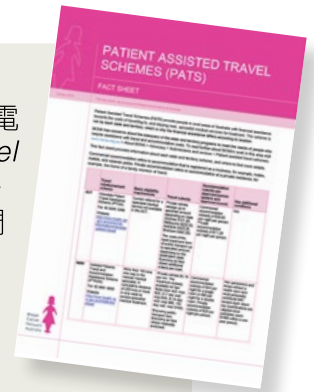


從哪裡獲取協助

BCNA 有更多關於交通補貼的英文資料，請致電 **1800 500 258** 訂閱這份 *Patient Assisted Travel Schemes (PATS)* (病者交通輔助計劃) 簡介。如果你需要**翻譯員**的協助，請致電**13 14 50**。我們可以郵寄這份簡介給你，或你可以從我們的網站下載：www.bcna.org.au

你亦可登入Department of Health 的網站查閱更多資料：www.ruralhealthaustralia.gov.au

Cancer Council 也有獲取這些補貼方面的資料。請致電 **13 11 20** 聯絡 Cancer Council，如果你需要**翻譯員**的協助，請致電 **13 14 50**。



Home help

Your local council may be able to provide help with house cleaning, gardening and child care.



Where to get help

Ask a social worker or nurse at the hospital where you are getting treatment. They may be able to help you to organise home help. Or you can call your local council directly.

Travelling overseas

Travel insurance covers you for losses, illness or injuries when you travel.



Where to get help

BCNA has more information in English about travel insurance in the fact sheet called *Travel insurance – For women with early breast cancer*. To get a copy of this fact sheet phone **1800 500 258**, or if you need an **interpreter**, phone **13 14 50**. We can post it to you in the mail or you can download it from our website: www.bcna.org.au

Local services

BCNA has a Local Services Directory to help you find breast cancer related support and services in your local area. The Local Services Directory is in English.



Where to get help

Visit BCNA's website: www.bcna.org.au

家務護理

你的本區市政府可以為你提供家務清潔、花園和托兒服務。



從哪裡獲取協助

向你接受治療的醫院的社工或護士詢問。他們將能夠協助你作出安排。你或可直接聯絡你的市政府。

旅遊保險

旅遊保險能保障你於旅遊時的損失、疾病或受傷的費用。



從哪裡獲取協助

BCNA有更多關於旅遊保險的英文資料。請致電 **1800 500 258** 訂閱這份 *Travel insurance – For women with early breast cancer* (旅遊保險 - 給患上早期乳癌的女性) 簡介。如果你需要**翻譯員**的協助，請致電 **13 14 50**。我們可以郵寄這份簡介給你，或你可以從我們的網站下載：www.bcna.org.au



本區服務

BCNA預備了一份本區服務目錄，可以幫助你尋找在本區乳癌相關的支持和服務。這份目錄是英文編制的。



從哪裡獲取協助

登入BCNA的網站：www.bcna.org.au

More information

Breast Cancer Network Australia (BCNA) is the peak organisation for Australians affected by breast cancer. We have more information about breast cancer in a number of languages, including English.

We have another fact sheet in English that includes more places you may be able to get help. To get a copy of this, phone BCNA on **1800 500 258** or visit www.bcna.org.au

Phone BCNA on **1800 500 258**
If you need an **interpreter**, phone **13 14 50**.

Visit our website www.bcna.org.au

更多資訊

Breast Cancer Network Australia (BCNA) 是一所為那些受乳癌影響的澳洲人提供服務的頂尖組織。我們有更多以其他語言（包括英語）刊載的乳癌資訊。

我們還有一份刊登了其他支持服務的英文版資料冊子。如欲索取這份冊子，請致電**1800 500 258**來聯絡BCNA，或登入網站www.bcna.org.au查閱。

致電**1800 500 258**聯絡BCNA
如果你需要翻譯員的協助，請致電**13 14 50**。

登入我們的網站www.bcna.org.au

sussan

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