

287_510 Mobile Physio and Mainstream Activities (移动式、可上门服务的物理治疗以及主流社会的活动)

TOTAL DURATION: 00:27:44

Time in	Time out	Transcription	Translation
00:00:15	00:01:21	Ryan: 欢迎收听 Speak My Language 母语讲故事这个节目。在每一集里面, 我们都会分享生活在我们多元文化社区里残障朋友们的精彩生活经验。我是你们的主持人 Ryan Chen, 我现在正服务于 Ethnic Communities Council of Queensland。在节目里面, 我们会听到生活在我们多元文化社区里, 身体有残障的朋友是如何通过新学到的技能和社区里面的资源去过好每一天的生活。我们既邀请残障朋友们讲述他们自己的故事, 也找来来自各个机构的特邀嘉宾, 向我们分享一些有用的信息, 包括一些适合残障朋友们去的好去处、适合他们参与的活动和机会。今天我们请到的这位嘉宾的名字叫 David Chan。David 是一位物理治疗师, 来自 My Rehab Team 机构。	Ryan: Welcome to the Speak My Language program. In each episode, we share the wonderful life experiences of people with disability living in our multicultural community. I'm your host, Ryan Chen, and I work for the Ethnic Communities Council of Queensland. In this program, we will hear how people with disability living in our multicultural community use newly acquired skills and community resources to live well every day. We not only invite people with disability to tell their own stories, but also invite special guests from various organisations to share useful information, including great places to go and activities and opportunities suitable for people with disability. Our guest today is David Chan. David is a physiotherapist from My Rehab Team.
00:01:21	00:01:26	David: Hi, 各位听众朋友大家好。我是 David, 我是物理治疗师。	David: Hi, everyone. I'm David, and I'm a physiotherapist.
00:01:26	00:02:16	Ryan: David 今天会跟我们分享一些关于复健服务的信息。同时也会讲到在社区里面, 非常有包容性、也非常无障碍的一些设施跟服务。相信这对很多听众来说都很有意义、很有趣去了解的信息。另外, 如果有一些听众朋友在昆士兰州以外, 也不用担心, 因为我们在节目的最后也会分享在其他的州或者领地怎样找到相似类型的服务, 去让他们在住的区域周边使用。Hey David, 我听说你们机构是提供一些比较特别的复健的服务给有需要的人群?	Ryan: David will share some information with us today about rehabilitation services. He will also talk about some inclusive and accessible facilities and services in the community. I believe this information will be meaningful and interesting for many listeners. In addition, for those listeners outside of Queensland, don't worry, because at the end of the program, we will share how to find similar types of services in other states or territories that you can access in your local area. Hey David, I heard that your organisation provides some special rehabilitation services to people in need?

00:02:16	00:04:18	<p>David: 是的。我们这个机构基本上是所谓的社区型的服务机构, 也就是说, 我们大部分的会诊都是上门服务的。我们主要提供的服务是神经传导科的物理治疗复健方面的服务。这类服务通常是适用于一些有神经传导性疾病跟障碍的, 譬如说帕金森氏的患者, 他们就会多用些我们这样的服务。譬如说中风之后的一些患者, 他们需要复健, 需要重新能够走路, 都会用我们这样的服务。在此之上, 我们同时也有提供职能治疗师服务, 帮助各位的生活能够回到正常一点的样子。还有一些 exercise physiologist, 就是运动治疗师, 他们会帮助你得到一些日常规律性的运动。我们有提供 psychologist, 也就是心理治疗师服务。我们还有语言治疗师服务, 因为很多神经传导性疾病的患者在语言沟通上面会有困难, 这个时候语言治疗师就非常地有用, 能够帮助你进行良好的沟通。我们也有足疗师服务跟营养师服务来配合我们以上的这些其他服务, 能够最大地效益化我们的治疗效果。在此基础之上, 我们还有很多的复健助手专员。他们可以根据你现在的复健的 program、疗程, 来帮助你在复健上面更事半功倍, 让你能够多多地做复健。</p>	<p>David: Yes. Our organisation is basically a community-based service provider, which means that most of our consultations are in the form of home visits. We primarily offer neurological physiotherapy and rehabilitation services. This type of service is usually suitable for people with neurological disorders. For example, those with Parkinson's disease often require our services. Post-stroke patients who need rehabilitation to walk again also use our services. On top of that, we also provide occupational therapist services to help clients return to a normal life. We have exercise physiologists (also known as sports therapists) as well, who assist with physical activity routines. We provide psychologist (or psychotherapist) services. We also have speech pathologist services, as many patients with neurological disorders have difficulty in verbal communication. In such cases, speech pathologists can be helpful in supporting effective communication. We even have podiatrist and nutritionist services to complement our other offerings mentioned above, so as to maximise the effectiveness of our treatment results. Besides all these, we also have many rehabilitation assistants. They can support your current rehabilitation program or therapy to help you get better results and encourage increased participation in your rehabilitation.</p>
00:04:18	00:04:30	<p>Ryan: 这个服务真的很丰富。另外我好像从你们网站上了解到, 你们可以到被服务者的家中去提供以上这些服务是吗?</p>	<p>Ryan: That sounds like a very comprehensive service. I also learned from your website that you can provide the above-mentioned services at the homes of the clients, is that correct?</p>
00:04:30	00:05:02	<p>David: 是。就像我刚刚所说的一样, 我们是属于社区型的。我们倾向于以人为本。我们大部分的时间都是会上门到人家家里会诊, 同时也到人家家里做治疗。如果有一些患者、听众朋友觉得: “人家在我家里? 这样</p>	<p>David: Yes. Like I just said, we are a community-based organisation. We prefer a person-centred approach. We mostly visit clients at their homes for consultations and treatments. Some patients or listeners might think: "They are in my home? I am a little concerned, as I am not familiar with this</p>

		我有点怕，我又不熟悉这个人”，那我们同时也有一些在地式的诊所欢迎大家来访问。	person." In that case, we welcome everyone to visit our local clinics.
00:05:02	00:05:04	Ryan: 就是也可以到你们的诊所访问?	Ryan: So they can also visit your clinics?
00:05:04	00:05:06	David: 是的。	David: Yes.
00:05:06	00:05:17	Ryan: 好。David, 另外问一下, 都没有详细介绍您, 你能不能稍稍说一下, 你在这个机构里面是负责哪一部分的工作?	Ryan: Great. David, another question - since we haven't introduced you in detail, could you briefly describe what your role is in the organisation?
00:05:17	00:07:07	David: 没问题。就像字面上的意思, 我是物理治疗师。我专科于神经性传导的物理治疗、康复、复健。就是专门治疗于帕金森氏、中风还有一些其他罕见疾病的专科物理治疗师。我同时也帮各个的昆士兰大学——昆士兰里的大学, 不一定只有昆士兰大学——我也有当他们诊所的教育者。我也有手把手地教初出茅庐的一些物理治疗师, 跟还是学生的物理治疗师, 教给他们一些技能。我同时也有帮公司规划要如何应对新冠肺炎, 如何想办法能够在新冠肺炎疫情的影响下, 能够同时避免不要让新冠肺炎疫情影响我们对病人的服务跟疗程。我本身真的是蛮多功能, 因为我还有负责所谓的复健跟康复助手的教育, 跟撰写他们的一些规章制度。我最近同时还有跟当地的 GP 诊所做一些联合, 让他们的病人能够看了之后, 如果有需要物理治疗, 能够马上直接转诊到我这边。	David: No problem. As the title suggests, I'm a physical therapist. I specialise in physical therapy, rehabilitation and rehabilitative treatment of neurological disorders, with a special focus on conditions like Parkinson's disease, stroke, and other rare conditions. I also teach at various Queensland universities - universities within Queensland, not necessarily just the University of Queensland - and I work as a clinical educator. I have also trained both new and student physical therapists, providing them with hands-on instructions and teaching them certain skills. I have also developed strategies for our organisation regarding ways to respond to COVID-19, coming up with plans to prevent the pandemic from affecting our patient services and treatments. Indeed, I wear multiple hats, since I am also responsible for the education of rehabilitation and recovery assistants, as well as drafting rules and procedures regarding them. On top of that, I have recently been working with local GP clinics so that their patients can be referred directly to me if they need physiotherapy.
00:07:07	00:07:13	Ryan: 这样, 角色真的挺多的。感谢你抽时间来做我们这个访谈。	Ryan: You do hold a wide range of roles indeed. Thanks for taking the time for this interview.
00:07:14	00:07:16	David: 不会。	David: No worries.

00:07:16	00:07:56	<p>Ryan: 那我想了解一下, 我知道有很多接受你们服务的朋友, 他们都是不同的方面, 身体上有一些能力方面, 由于意外或者疾病各种原因受到了影响, 想在某些程度上重建一些能力。你们能不能讲一讲你们有哪些安排去帮助这些朋友得到更多的自主性, 就是恢复更多的自主生活的能力呢?</p>	<p>Ryan: I'd like to know, considering there are many people using your services, who are physically affected in various ways by accidents or health conditions and aiming to regain certain abilities, can you explain the arrangements you have in place to help them gain more autonomy and the ability to live more independently?</p>
00:07:56	00:11:18	<p>David: 独立自主的生活是我们这个公司的基本宗旨之一。我们就是以人为本在做事情的。在以人为本的条件下, 病人, 就是所谓的患者必须要能够自己也出力。在这个基本上, 我们有提供患者的, 譬如说走路、到处移动方面的能力训练, 还有沟通能力训练, 还有每一天自主能够做事情, 能够想办法做 self care (自我照顾), 能够想办法帮自己做清理、清洁, 甚至做一些家事, 我们都可以帮忙他们做训练, 能够让他们做到。有一些患者, 他们可能年纪较轻, 或是说现在还有热衷于一些工作上、学习上的事情, 我们也可以帮助患者能够在这个方面得到一些自主性, 训练这些患者来弥补他们不足的地方。我们通常也会跟其他的医学专业合作, 提供全方位性的报告, 让你能够在跟其他医学的专家沟通的时候, 拿出一份有关于自己的报告, 让其他医学专家更能理解你的疾病, 更能知道如何帮助你。在这之上, 有些患者, 譬如说他们想要上班、想要去读书、想要去学习的时候, 缺少交通性的手段, 或是缺少沟通性的手段, 那我们除了训练以外, 还可以给他们 prescribe (开医嘱), 就是帮他们找移动性的交通工具, 比如说轮椅 (电动式的、手动式的), 甚至是简单的拐杖、走路器, 我们都可以帮忙安排、购买。</p>	<p>David: Living independently and autonomously is one of the fundamental principles of our organisation. We operate with a person-centred approach, where patients must be able to put in effort themselves. On this basis, we provide patients with training in walking, moving around, communication skills, and the ability to do things independently every day and practise self-care such as personal hygiene, cleaning and even household chores. For some patients, who may be younger or keen on work or study, we can also help them gain some autonomy in these areas and train them to make up for their disadvantages. We often collaborate with other medical professionals to provide comprehensive reports for people to present to other healthcare experts, so they can gain a better understanding of your conditions and how they can help you. Beyond training, for those patients who wish to work, study, or learn but lack transport or communicative means, we can also prescribe mobility aids, such as wheelchairs (electric or manual), or even simple crutches or walkers. We can help arrange and purchase them. For patients with communication barriers, we can help them with communication training and autonomy. On top of that, we use high-tech communication therapy and communication aids to enable them to communicate smoothly. As an example, the famous scientist Stephen Hawking's academic achievements depended on his high-tech communication aids for interaction and academic exchange with other scientists. Those kinds of</p>

		<p>还有譬如说沟通上有障碍的一些患者，我们可以帮忙他进行沟通上的训练跟自主独立性，在此之上，使用高科技的沟通治疗跟沟通的辅助性道具，让他们能够在沟通上畅所无阻。举个小例子，譬如说著名的科学家斯蒂芬·霍金，他在学术上很有研究，就取决于他在沟通上有那些高科技的道具来辅助他跟其他科学家进行沟通、做学术交流。那个所谓的辅助道具是我们能够想办法能够提供的。就是举个例子，给你们知道什么样的辅助道具，那是高科技的一些沟通道具。根据每个人的情况不同，我们想办法跟制作辅助道具的公司协商，做一些测量，然后再做量身订制的辅助沟通道具。</p>	<p>assistive devices are what we can manage to provide. Just to give you an idea of the types of high-tech communication aids available. Depending on each individual's situation, we coordinate with the manufacturers to take measurements and make customised communication aids.</p>
00:11:18	00:11:41	<p>Ryan: 这样听起来，由于一些科技的发展，其实能够得到帮助的可能性是非常多的。所以你们就来提供这些思路，或者帮他们去跟其他外部的科技提供商去连接起来，让他们能够使用到一些比较适宜的解决方案。</p>	<p>Ryan: It sounds like there are many possibilities to get help, thanks to the technological advancements. So you can provide these ideas, or help them connect with other external technology providers so that they can access appropriate solutions.</p>
00:11:41	00:12:49	<p>David: 是的，没有错，可以这么理解。还有一些，譬如说不是科技上的东西的话，我们也有帮忙做。就是说，有些人家里的布局可能不太方便，可能在他生病前没有问题；但在他生病之后，他的行动不便了，他的沟通不便了，家里的一些布局、一些格局可能就对他来说不友善了。我们也有帮忙患者在家里的布局、格局上面，我们跟外边的一些人做联动、合作，来帮忙让他们的家里对他们来说更友善一点。譬如说，如果您行动不便，没办法从洗手间站起来，我们可以联络一些外部的人员来帮忙你装一个安全性的设施，在你的洗手间内，让你能够轻易地站起来，让你能够较</p>	<p>David: Yes, that's right, that's a good way to put it. Besides technological aspects, we also assist with other matters. For example, for some people, the layout of their home may not be convenient for them, especially after they develop the condition and their mobility or communication become impaired, making the design of their home unfriendly. We help patients with the layout of their home, collaborating with external contractors to make their home more accommodating for them. For example, if you have difficulty standing up in the bathroom, we can arrange for external providers to come and install safety features in your bathroom, helping you stand up easily so that you are safer and less likely to fall. We do have arrangements like this.</p>

		安全，较不容易跌倒。我们也有做诸如此类的合作。	
00:12:49	00:13:41	Ryan: 明白了。另外, David, 我们这个节目有一个主题叫做 Living Well with a Disability, 中文是带着残障度过一个好的生活。过好生活, 当然很多时候会包括我们能够做一些自己兴趣爱好事情。我想知道你们这边的服务, 除了刚才提到的, 可能是生活基本上能够帮助他们自理以外, 有没有一些例子可以举给我们听众朋友听一下, 会不会有一些朋友, 他有一些兴趣爱好, 他想继续去玩那个活动, 但是由于残障影响到在这方面的能力, 那我们专门为他们能够继续玩这些兴趣爱好活动而去制定一个方案, 去协助他们的例子呢?	Ryan: Got it. David, one of the themes of our program is called "Living Well with Disability". Living well, of course, often includes engaging in hobbies and interests. I'd like to know, apart from the basic life skills support you mentioned, could you give our listeners examples of clients who have hobbies they wish to continue despite their disability and need specialised plans to assist them?
00:13:41	00:19:16	David: 可以。我就举两个例子, 一个例子小一点, 另一个例子大一点。小一点的例子, 在这边, 我们有帕金森氏的一个患者, 要说他的兴趣, 也不是说真的兴趣, 他其实是有一个小小的要求: 他想要躺下来睡觉的时候, 不要因为他的疾病问题而挡到他的太太, 或者是压到他的太太。这是因为帕金森氏症有一个所谓的认知障碍, 会导致他们对空间有认知上的错觉, 或是认知上的麻烦, 造成他们会觉得很多东西都靠得他们很近, 他们没有办法走过这个东西。很多东西在旁人看起来并不像是个障碍, 在他们眼里是一堵无法跨越的墙。就这么一个小小的要求, 事实上, 我们也可以做一个量身定做的治疗疗程。首先, 在物理治疗上面, 我们就利用神经传导专业的物理治疗, 对帕金森氏症的认知障碍进行一个疗程, 让他在认知障碍上面能够不要那么敏感, 让他 desensitise (脱敏), 让他可以觉得, 这条路我是可以过的, 它虽然	David: Sure. Let me give you two examples, one smaller and the other larger. A smaller example is, we have a patient with Parkinson's disease. His wish was less of a hobby and more of a simple request. When he lies down to sleep, he wanted to do it without getting in the way of his wife or rolling over onto her due to his condition. This is because Parkinson's disease can cause a cognitive disorder that results in spatial misperception or cognitive difficulties, making them feel that everything is too close and they can't navigate around objects. Many things, while not perceived as obstacles by other people, would appear like insurmountable barriers for people with Parkinson's disease. For such a small request, we provided a tailor-made treatment program. First of all, in terms of physiotherapy, we used neurological physiotherapy to treat the cognitive disorder of Parkinson's disease, helping to desensitise his heightened sensitivity and allowing him to feel that the road is navigable, even if narrow. At the same time, we provided cognitive training with strategies to overcome obstacles. We provided

	<p>窄，但是我可以过。同时，我们在认知的训练上，也可以提供给他一些：要如何能够跨越这道坎？让他能够学习一些策略让他如何跨越这道坎。在物理治疗这方面，能够训练他的脚力，能够训练他的身体的协调性，让他不会因为认知障碍跟身体行动不便的问题，造成他没有办法在床上好好地躺好。再在所谓的职能治疗方面，我们可能会提供他辅助性的、能够帮助他上下床方便的道具。在语言治疗上面，我们能够提供他沟通方面的训练，因为帕金森氏患者常常会有沟通方面的不便，他们可能讲一讲话就会停顿，而且停顿非常得久，就像整个人冻住一样。在这种多方面的训练之下，这个帕金森氏患者也上得了床，下得了床，也没有跟太太有所争执。因为他睡觉的时候也不会压到太太。全部都是我们根据他这个小小的要求制定了一系列的疗程。以人为本，就是以他所需要为本来帮助他。另外一个案例是一位脑部受伤的先生。他脑部受伤之后表现出来的症状跟中风没有两样。前期时间，我们帮他以中风为中心做治疗；后段时间，他的身体好一些了，行动能力也好一些了，沟通能力也好一些了。他跟我们提出了一个要求，他想回去踢足球。踢足球需要很多身体上面的训练，需要很多平衡的训练，因为你总不可能两只脚踢足球吧？你要一只脚站立，另一只脚踢球；还得要能跑、能跳、能够拐弯、能够跟你的队友做一些协调，沟通能力也要好。所以我们就把他的复健的场所从家里转移到了公园，转移到了足球场。然后我们的训练也开始增加了一些足球的要素。譬如说，平衡方面的，我们就会训练他单脚踢球，不要跌倒。行动力方面，我们会</p>	<p>physiotherapy to train his leg strength and body coordination, preventing cognitive and mobility issues from affecting his ability to rest comfortably in bed. In terms of occupational therapy, we may provide him with assistive equipment that can help him get in and out of bed with ease. For speech therapy, we can provide him with communication training, as patients with Parkinson's disease often have difficulty communicating, halting mid-speech for prolonged periods as if frozen. After the multi-faceted training, the patient with Parkinson's disease was able to get in and out of bed without causing any quarrels with his wife, as he won't roll over onto her when he sleeps. This is achieved by developing a series of treatments based on his simple request. The person-centred approach means helping people based on their needs. Another case was a gentleman with a brain injury. His symptoms after the injury were no different from those of a stroke. Initially, we helped him with stroke-centred treatment. Later, as he improved in health, mobility, and communication, he expressed a desire to go back to soccer-playing. This requires extensive physical training and balance training, as you can't kick the ball with both feet at the same time. You need to stand on one foot and kick with the other; you also need to be able to run, jump, turn, and work together with your teammates with good communication skills. So we moved his rehabilitation setting from home to the park and to the soccer field. We started to incorporate some soccer-playing elements to his training. For balance, we would train him to kick the ball with one foot without falling. In terms of mobility, we started by training him to do short sprints. We also added some soccer-playing elements to his movement coordination training, requiring him to run with the ball. After all, running with a ball is a totally different story, as it makes a big difference to the coordination of your movements, requiring eye-foot and eye-hand coordination. We</p>
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		<p>开始训练他进行小小的短跑。在动作协调性上面，我们也会增加一些足球的要素，让他必须带着球跑。毕竟不带球跑，跟你行动上面的协调性事实上有很大的不一样。你不带着球跑，你协调性说不定还好一些；但是如果你带着球跑，那又是 total different story (完全不同的情况)</p> <p>了，必须要能够眼脚协调，必须要能够眼手协调；这些方面，我们都能够特别专业地增加足球元素来进行训练。现在这个病人，我为他感到骄傲，他已经不太需要看我们的物理治疗服务了，我已经把他转诊到我另一个同事那。我的同事是运动治疗师，他对球类的运动比较有所钻研，能够给病人更好的指导，能够给他的动作做得更洗练一点。这就是我们可以讲的两个个案。</p>	<p>added soccer-playing elements in a professional way to conduct training in these aspects. I'm proud to share that this patient no longer requires our physiotherapy services, and I have referred him to a sports therapist colleague specialising in ball sports, who can give him better guidance and refine his movements. These are the two cases that I can share.</p>
00:19:16	00:19:26	<p>Ryan: 你这个后面的例子，好像这个朋友会发展到成为一名运动员，我觉得。</p>	<p>Ryan: In your second example, it seems that it is possible for your friend to be trained into an athlete, I think.</p>
00:19:26	00:19:34	<p>David: 也没有说到运动员这个地步，因为他想踢足球的原因就是想跟他的侄子一起玩球。</p>	<p>David: Well, not to the extent of an athlete, because he wanted to play soccer just to have fun with his nephew.</p>
00:19:34	00:19:35	<p>Ryan: 对。</p>	<p>Ryan: Right.</p>
00:19:35	00:20:08	<p>David: 就是一个小小的愿望，所有的兴趣，跟你想要学习的目标，事实上都是出自于自己心里一个小小的要求。这个要求，不必说是一个宏大远大的梦，也不必是一个非常难以达到的目标。小小的要求本身就可以是一个小小的目标。我们都会帮助我们的患者、病人，想办法达到这个所谓的目标。</p>	<p>David: Just a simple wish like that. For any interest or learning goals, it actually stems from a simple desire within oneself. This desire does not have to be a grand dream nor a challenging goal. A simple desire can itself be a small goal. We always help our patients find ways to pursue these goals.</p>
00:20:08	00:21:42	<p>Ryan: 真的非常感谢 David 分享这两个案例。尤其是第二个，我相信很多有一些残障问题的朋友，他们都会有自己的一些兴趣爱好，而我们也知道兴趣爱好是很重要的、让我们生活</p>	<p>Ryan: Thank you very much, David, for sharing these two cases. Especially the second one, as I believe that many people with disability have their own interests and hobbies, and we also know these are vital elements that bring</p>

		<p>得快乐的元素。所以，你这个例子，我个人觉得非常鼓舞，能够让很多人，如果没有用上相应的服务去帮助他们提升某一些能力，从而能够玩一些兴趣爱好、他们喜欢的东西的话，他们应该可以向这个方向去想一想，我觉得非常有启发性。David，刚才我们讲了很多关于你们这个社区型的康复机构能够提供的服务，真的很丰富，尤其是最后故事分享的部分真的很鼓舞人心。那另外我顺便想稍稍了解一下，我们在社区之中一些其他的主流的服务、活动形式，并非一定是残障人士才能使用的，而是广大的市民都会去用的主流服务机构，但是同时也适合我们残障的朋友去使用，因为它会比较有包容性，设施也是比较有无障碍设施的考虑的。如果从这个角度来说，你有没有一些地方能够建议我们的朋友去了解一下，或者去尝试使用？</p>	<p>joy to our lives. Therefore, I find your example very inspiring. It can encourage many people to think in that direction if they haven't already accessed services to enhance certain abilities, allowing them to engage in activities they enjoy. I find it very enlightening. David, we've talked a lot about the services that your community-based rehabilitation organisation can provide, which is a wide range of services indeed. The final story you have shared, that one in particular is really inspiring. I would also like to know a bit more about other mainstream services and activities in our community that are not exclusively for people with disability, but are broadly used by the general public and inclusive enough for people with disability, considering their well-thought-out accessibility features. From this perspective, are there any places you can recommend the community to explore or try?</p>
00:21:42	00:22:14	<p>David：有。就是我们当地的一些泳池，不管听众朋友是从哪里听到这个。当地的泳池通常是跟当地的政府联合举办，这些泳池通常都会提供一系列的活动跟课程，包括水疗服务。他们在这方面下了很多心力，通常也是对身体有残疾的朋友是非常友善的。</p>	<p>David: Yes. No matter where the listeners are from, they can try out their local swimming pools. These swimming pools are usually run in conjunction with local councils and offer a variety of activities and courses, including hydrotherapy services. They have put a lot of effort into this aspect and are very friendly to people with disability.</p>
00:22:14	00:22:17	<p>Ryan：另外好像也有一些健身中心等等，你能不能稍稍地.....</p>	<p>Ryan: There are also fitness centres and others, right? Could you elaborate a bit on that?</p>
00:22:17	00:23:15	<p>David：对。这些健身中心，像是YMCA，跟当地政府联合的一些小品牌的健身中心，事实上都很不错。但一些比较特别的，譬如说 Sporting Wheelies，就是给坐轮椅的残疾朋友们，能够让他们也有做运动，甚至是做竞赛运动的选择。有一些当地市政府或当地区政府自发性的，或者是一些自发性团体，一些慈善团体，也</p>	<p>David: Yes. These fitness centres, including the YMCA and some local brand centres associated with local councils, are generally quite good. But some special ones, such as Sporting Wheelies, are for wheelchair users, allowing them to exercise or even engage in competitive sports. Some local councils as well as non-governmental community groups and charitable groups also organise local activities, which are usually</p>

		<p>有举办一些当地的活动，而这些活动通常在网络上搜索一下都能够找得到。这些活动的宗旨都是以人为本。在以人为本的前提之下，它们对残疾朋友们都会十分友善。我非常推荐大家能够参加这些东西。</p>	<p>easy to find online. These activities are people-centred, making them friendly to people with disability. I highly recommend everyone to participate in such events.</p>
00:23:15	00:23:36	<p>Ryan: 好, David, 问一下你, 我们有一些听众朋友是在昆士兰州以外的其他州或者领地的, 那对于他们来说, 如果他们想找到类似你们机构的服务, 还有类似你刚才提到的一些活动设施, 你建议他们怎么样去找?</p>	<p>Ryan: Okay, David, for our listeners who are in states or territories outside of Queensland, how can they find services similar to your organisation and activities like those you just mentioned?</p>
00:23:36	00:24:24	<p>David: 就提供一些 Google 上面能够搜寻的一些关键字好了。首先, 你们要找复健: rehabilitation。第二个词汇可能要找的是社区: community。如果你要找一些市政府帮忙举办的, 你可能需要找这个关键字: council。基本上你只要包括这些关键字, 很容易就能够在谷歌上面找到你当地的一些服务。</p>	<p>David: I'll list some keywords to search for on Google. First, you can search for "rehabilitation". Another term is "community". If you're looking for services facilitated by local councils, you might search for the keyword "council". These keywords should help you easily locate relevant local services on Google.</p>
00:24:24	00:25:21	<p>Ryan: 时间过得真的很快, 又差不多到了我们节目的尾声。再次感谢 David 抽时间今天来跟我们聊残障朋友可以使用的服务的话题。我自己个人学到的东西是第一, 现在我们的医疗服务已经有非常多元化的手段, 会为有残障的朋友去提供一些康复治疗方面的服务。另外, 我们社区里面也有很多的活动选择, 可以让我们重拾自己的一些兴趣爱好, 或者是在复健的过程中也能够得到一些乐趣。另外, David, 我想知道你在节目的最后有没有什么信息留给我们听众?</p>	<p>Ryan: How time flies, and it's almost the end of our program. Thanks again, David, for taking the time to talk to us today about the services available to people with disability. What I have personally learned is that, first, our medical services can now offer diverse rehabilitation services for people with disability. In addition, our community has a wealth of activities that can help us rediscover interests or find joy in the rehabilitation process. David, do you have any final messages for our listeners?</p>
00:25:21	00:26:03	<p>David: 我希望广大听众朋友们, 尤其是有些残疾的朋友, 能够走出去看看有什么样的资讯跟资源。有一个很好的东西, 明年年初会有一个全国巡回的展览, 叫 Developing Australian Communities。你可以在谷歌上面搜</p>	<p>David: I hope that our listeners, especially those with disability, can go out and see what information and resources are available. There's an exhibition going on a national tour early next year called "Developing Australian Communities". You can search for these keywords on Google. I will</p>

		<p>寻这些关键字。我也会提供链接给 Ryan，方便大家寻找。这是对残障朋友友善的一个展览。为很多残障朋友提供沟通的桥梁，跟一些知识上的科普的普及，让大家知道有什么样的服务，有什么样的设施，有什么样的资源可以让你利用。</p>	<p>also provide a link to Ryan for easy access. This exhibition is friendly to people with disability. It provides a bridge of communication for people with disability, and helps to provide information and raise awareness, so that everyone knows what services, facilities and resources are available.</p>
00:26:03	00:26:13	<p>Ryan: 这个活动是在 2022 年，大家记住了，这是准备会来的活动。是在各个州它都会有相应的活动地点对吗？</p>	<p>Ryan: This event is in 2022. Remember that it will be held at respective venues in different states, correct?</p>
00:26:13	00:26:23	<p>David: 是。在墨尔本、悉尼、布里斯班跟珀斯，明年开始。2022 年会先举办四场，之后会是一个常态性的展览。</p>	<p>David: Yes. It will be in Melbourne, Sydney, Brisbane and Perth, starting next year. A total of four events will be held in 2022, and then it will become a regular exhibition.</p>
00:26:23	00:26:30	<p>Ryan: 非常好。今天谢谢 David，也谢谢各位听众的收听。</p>	<p>Ryan: Great. Thank you, David, and thank you to all our listeners for listening.</p>
00:26:30	00:26:34	<p>David: 谢谢听众朋友。</p>	<p>David: Thank you, listeners.</p>
00:26:34	00:27:41	<p>Ryan: 如果你喜欢我们的节目，请登录我们 Speak My Language 的官方网站 speakmylanguage.com.au 了解更多。也欢迎你将这个节目介绍给你的亲朋好友。登录我们的社交媒体平台 Facebook、Twitter、Instagram 和 LinkedIn，把我们的信息传播给全澳洲，以及世界各地的听众朋友来关注我们的节目。Ethnic Communities Council of Queensland 十分荣幸能为昆士兰州制作 Speak My Language 这个节目，Speak My Language 这个节目由 Department of Social Services 资助，并由各个州和领地的 Ethnic and Multicultural Communities' Councils 及 Multicultural Councils 也就是各个州和领地的多元文化社区理事会负责制作。我们的播放平台合作方包括有 SBS 和 NEMBC。</p>	<p>Ryan: If you have enjoyed our program, please visit the official website of Speak My Language at speakmylanguage.com.au to learn more. You are also welcome to share this program with your family and friends. Follow us on our social media platforms Facebook, Twitter, Instagram and LinkedIn to spread our message across Australia and around the world. The Ethnic Communities Council of Queensland is proud to produce the Speak My Language program in Queensland. The Speak My Language program is funded by the Department of Social Services and produced by the Ethnic and Multicultural Communities' Councils and Multicultural Councils of all state and territory. Our broadcasting platform partners include SBS and NEMBC.</p>