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IDEA! 三步法

IDEA! STRATEGY

這個方法是用來幫助您找出一個行為發生的原因，以及您可以採取哪些措施來改變它。

注意辨別行為的改變

- 首先想一想，什麼是您難以處理的行為？具體說明
- 您能看到這個行為嗎？這個行為會打擾別人嗎？什麼時候或時間發生？當它發生，有誰在附近呢？

嘗試找出什麼可能導致行為變化

了解行為改變的原因

- 健康狀況：他/她在服用新的藥物？生病？還是有疼痛？
- 環境因素：是因為太吵嗎？太熱嗎？是在不熟悉的地方嗎？
- 活動能力：他/她的活動能力減退了嗎？活動太難了嗎？指示太複雜了嗎？是不熟悉的活動嗎？
- 溝通方式：他/她是否很難理解您在說什麼嗎？

了解行為對他/她有什麼意義

- 他/她是否感到困惑，害怕，緊張，不快樂或無聊？
- 他/她會不會感覺像被別人當作小孩
- 在他/她的環境裡，有沒有東西可能會提醒他們年輕時候做的事情，比如像工作，或是接送小孩

調整可以做的事情

您是可以改變的人，但他/她不能。嘗試不同的事情，注意這個人的感受。您要練習冷靜，溫柔，令人放心。

- 解決導致行為的原因
 - 提供簡單的活動給他/她做
 - 盡可能保持家中平靜
 - 慢慢輕聲說 - 不要一次說太多
 - 不要爭辯 - 同意並安慰他/她，無論是對還是錯
 - 找到有意義的，簡單的活動，這樣他/她就不會感到無聊
- 轉移注意力：
 - 給他們喜歡吃的東西
 - 給他們看電視節目或聽音樂
 - 請他們幫忙簡單的活動
 - 把他們帶到另一個房間
- 接受行為
 - 您可能需要的是接受，而不是改變這些行為
 - 如果沒有安全方面的顧慮，也不會打擾他人，那麼您可能需要嘗試去接受這一行為



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IDEA! Strategy

An approach to help you figure out **why** a behavior is happening and **what** you can do about it.

Identify the behavior

- What is the behavior that is difficult for you to deal with? Be specific.
- Can you see it? Does it bother others? When does it happen? Who's around when it occurs?

Explore what may be causing the behavior

Understand the cause of the behavior

- **HEALTH:** Is the person taking a new medication, getting sick, or in pain?
- **ENVIRONMENT:** Is it too noisy? Is it too hot? Is the place unfamiliar?
- **TASK:** Is the activity too hard for them now? Are there too many steps? Is it something new?
- **COMMUNICATION:** Is it hard for the person to understand what you are saying?

Understand the meaning of the behavior to the person

- Does the person feel confused, scared, nervous, unhappy, or bored?
- Does the person feel like they are being treated like a child?
- Are there things that remind the person of something that they used to do when they were younger like go to work or pick up the children from school?

Adjust what can be done

You are the one who will need to change, the person cannot. Try different things. Pay attention to the person's feelings. Practice being calm, gentle, and reassuring.

- address what is causing the behavior
 - keep tasks and activities simple
 - keep the home as calm as possible
 - speak slowly and gently — try not to say too much at once
 - do not argue — agree and comfort the person whether they are right or wrong
 - find meaningful, simple activities so the person isn't bored
- distract or redirect by:
 - offering something they like to eat
 - watching a TV show or listening to music
 - asking for their help with a simple activity
 - leading them to a different room
- accept the behavior
 - some behaviors you may need to accept rather than change
 - if there are no safety concerns and it doesn't bother the person, you may need to find ways to live with it



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憤怒, 沮喪和爭執

ANGER, FRUSTRATION, & FIGHTING



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能：

由於以下原因而感到困惑：

- 新的環境或人
- 看到無法理解的事務

因做不到某些事而變得沮喪，例如：

- 自己穿衣服
- 忘記怎麼打開家裡的門
- 會有困難找到丟失的物品，如錢包，皮包或眼鏡

感到害怕：

- 淋浴或洗澡
- 新的地方或人

有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能會感到困惑、沮喪和憤怒。他們有時很難控制自己的心情和行動，可能會情緒失控。他們可能會亂敲東西和大聲喊叫。

盡量不要把他們傷人的話語及行為放在心上。請聆聽及試著理解他們心裡真正的感受和意圖，而不要去介意他們所說的話。

您可以做些什麼？

把事情簡單化

- 分配他們能力所及的事情給他們做
- 盡可能保持您家裡的安寧和平靜
- 說話放慢，盡量不要一次說太多

作出改變

- 提供如餅乾或喜歡吃的東西作為獎勵
- 帶領他們到不同的環境，幫他們冷靜下來
- 建議觀看電視節目或聽音樂，轉移他們的注意力
- 討論他們喜歡的話題

注意安全

- 收好或鎖上所有危險物品 (武器, 槍, 刀等)
- 如果他們的行為讓您害怕，請慢慢退避
- 如果您擔心自身或他人的安全，請致電911



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Anger, Frustration, & Fighting



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- be confused by:
 - new places or people
 - something they see and don't know
- become frustrated because they can't:
 - pull on a sweater
 - open a door
 - find a lost item like a purse, wallet or glasses
- be frightened/scared of:
 - the shower or bath
 - a new place or person

People with Alzheimer's or dementia can get confused, depressed, and angry. Their feelings and actions are sometimes hard for them to control.

They may hit and yell.

Don't take their words or actions personally.

Listen to what they mean, not what they are saying.

WHAT CAN YOU DO?

KEEP THINGS SIMPLE

- try to match tasks and what you expect with what your person can do
- keep your home quiet and calm when you can
- speak slowly and try not to say too much at one time

MAKE A CHANGE

- offer a treat like a cookie or some ice cream
- lead your person to a different room
- offer to watch a TV show or listen to music
- ask a question about a topic your person enjoys

BE SAFE

- remove or lock away all weapons (guns, knives, etc.)
- back away slowly if the behavior is scary
- call 911 if you are afraid for your or someone else's safety

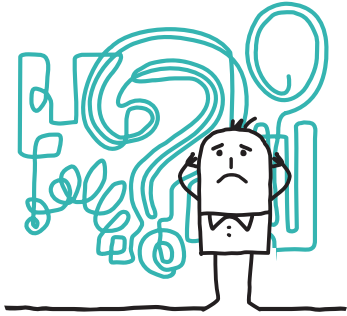


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焦慮, 緊張

ANXIETY



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會因為大腦變化造成他們難以：

- 處理他們周遭發生的事情
- 記得他們剛做過的事情, 如檢查錢包裡的錢
- 理解天色逐漸變暗是怎麼回事, 這也被稱作“日落症候群”
- 有安全感, 因為覺得家裡已經不再是自己熟悉的模樣
- 辨認照顧他們的家人或照護人員



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能因焦慮而造成緊張、不安或擔憂。這也可能導致其他行為, 如來回踱步、抓衣服或抓頭髮。這種恐懼的心情可能造成他們一再重複檢查是否有把門窗鎖好, 或擔心將會有壞事發生。

您可以做些什麼？

提供幫助的方法

- 安撫：擁抱他們或把手放在他們的手臂上
- 按他們的感受作出回應, 而不只是聽他們說話
- 避免爭辯或說服他們明白事實真相
- 提醒受照顧者他們很安全, 而您也會隨時提供幫助
- 做一個積極的聆聽者 - 和他們有眼神交流, 對他們所說的事感興趣
- 嘗試分散他們的注意力, 提供他們感興趣的事物或出去散步

如何避免焦慮情況加劇

- 固定每日的日常作息
- 對於引起他們害怕的事物給予安撫
- 留意那些會造成他們害怕的跡象線索, 盡量不要等到情況變得嚴重才採取行動
- 察覺讓他們焦慮的原因, 並在他們變得擔憂或行為有所改變前將之去除

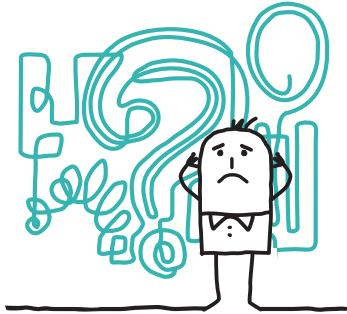
其他可試用的方法

- 確保他們有足夠的活動, 因為這有鎮靜作用
- 用平靜溫和的語氣交談
- 嘗試令人感覺平靜的氣味或環境, 如使用薰衣草精油或播放讓人放鬆的音樂
- 減少或限制飲用含咖啡因飲料, 如咖啡和汽水
- 追蹤焦慮發生的時間和地點, 以幫助辨識促成焦慮的模式和原因
- 向醫生查詢他們所服用的藥物當中是否有造成緊張不安的成分

照護好自己

- 放慢腳步並嘗試放鬆, 您的壓力可能加重當事人的焦慮
- 接受事實一些當事人認為合邏輯的行為對您而言可能並非如此
- 在照顧他人之餘要適時休息, 這樣才能更好的減輕壓力
- 練習深呼吸或其他一些簡單的放鬆運動
- 參加家屬互助團體或找心理治療師傾訴

Anxiety



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might have changes in their brains that make it harder to:

- process what is going on around them
- remember that they just did something like checking their wallet for money
- understand what is going on when it gets darker (sundowning)
- feel safe when their home may no longer look familiar to them
- recognize family members or the person is who is caring for them

People with Alzheimer's or dementia can have anxiety which can make them worry or feel nervous. It may cause other behaviors such as pacing or picking at clothing or hair. This feeling of fear can cause the person to check things over and over again, or they may feel worried that something bad is going to happen.

WHAT CAN YOU DO?

WAYS TO HELP

- be comforting — consider a hug or place your hand on the person's arm
- respond to the person's feelings, not only to what they say
- try not to argue or convince them of the truth
- remind the person that they're safe and you are there to help
- be an active listener — make eye contact, express interest in what they are saying
- try to distract them with a walk or something they enjoy

HOW TO PREVENT ANXIETY FROM GETTING WORSE

- follow a routine for the day
- be matter of fact and comforting about what is causing them fear
- look for signs that they are becoming fearful and try not to let it get worse by waiting to act
- try to identify what is causing the anxiety and try to remove it before it causes the worry or behavior

OTHER IDEAS TO TRY

- make sure they get enough exercise as this can be calming
- speak in a calm, gentle voice
- try using calming smells such as lavender oil or relaxing music
- reduce or limit drinks that have caffeine like coffee and soda
- track when/where anxiety occurs to look for patterns
- ask the doctor if any of their medications can cause anxiety

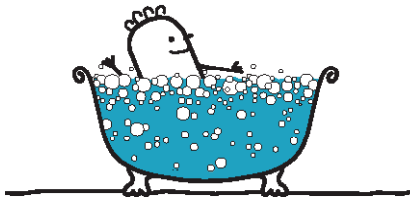
TAKE CARE OF YOURSELF

- slow down and try to relax — your stress can add to the anxiety
- accept that some behaviors may make sense to the person but not to you
- take a break from caregiving so you are better able to cope with the stress
- practice deep breathing or other simple relaxing exercises
- join a support group or speak with a therapist



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為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 擔心會摔跤
- 在您面前脫衣會感到不自在
- 害怕或困惑
- 感到無助



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能害怕洗澡, 或因為需要他人幫助他們洗澡而感到不自在。有時候他們擔心會摔跤, 或可能無法辨識熱水或冷水的水龍頭。

您可以做些什麼？

提前將浴室準備好

- 確保浴室環境是令人平靜和溫暖的
- 調節好水溫, 以免太熱或太冷
- 可能的話避免使用太亮的燈

確保浴室的安全

- 在浴缸或淋浴間裡外都採用防滑浴墊
- 考慮使用浴缸座椅
- 在浴缸內只放4英吋 (10公分) 的水
- 清除可能有危險性的物品, 如剃刀, 指甲剪, 吹風機等
- 細心看護—別讓他們獨處

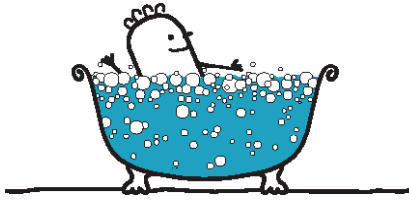
別趕時間, 保持正向態度

- 如果他們覺得洗澡時間可以放鬆自己, 請讓他們好好享受...
- 保持鎮定
- 說話要直接 (例如: 您的水放好了), 而不是說 (您要洗澡嗎?)
- 逐步提供指示... (來洗您的左手臂... 很好! 現在洗另一邊)
- 有耐心, 別急躁

要實際

- 不要爭論或感到沮喪... 每天洗澡可能太頻繁了
- 考慮以擦澡取代淋浴
- 示範您想他們做什麼... 假裝您在洗自己的手臂, 讓他們跟著做

Bathing



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- afraid of falling
- feeling uneasy getting undressed in front of you
- scared or confused
- feeling helpless



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People with Alzheimer's disease or dementia may be afraid of bathing or uneasy with having someone help them with bathing. Sometimes they worry about falling or can have trouble knowing which is the hot versus the cold water faucets.

WHAT CAN YOU DO?

PREPARE THE BATHROOM IN ADVANCE

- make sure the room is calm and warm
- run the water so it is not too hot or too cold
- don't use bright lights if possible

MAKE THE BATHROOM SAFE

- use a non-slip mat in the tub or shower as a bath mat
- consider a tub seat
- fill the tub with only 4 inches of water
- remove things that may be dangerous such as razors, nail clippers, hair dryer, etc.
- watch carefully — don't leave him or her alone

ALLOW TIME & BE POSITIVE

- allow your person to enjoy it... if he or she finds bath time relaxing
- stay calm
- be direct... "Your bath is ready now"
- instead of "Do you want to take a bath?" give one step directions
- "Let's wash your left arm... good!, now your other one" be patient... don't rush

BE REALISTIC

- don't argue or get frustrated... a daily bath may be too much
- consider a sponge bath instead of a tub bath
- show what you need from them... pretend to wash your arm so that he or she can copy



為什麼會發生這種情況？

有阿茲海默症或失智症的人因為大腦變化可能會：

- 難以找到正確的用詞或使用錯誤的用詞
- 思維混亂
- 對話時難以應答
- 不能理解您在說什麼
- 只能用他們的母語或第一語言說話



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能會喪失清晰表達及理解您所講內容的能力。這可能令有阿茲海默症的人和您都感到沮喪挫折。

您可以做些什麼？

使用短句和簡單字句

- 用簡短的回答方式 (簡短詞句)
- 給予逐步指示
- 如他們未能即時聽明白, 請慢慢重複您的指示或話語
- 即使他們需要很長時間來回答, 也請盡量保持耐心和正面的態度
- 盡量不要提醒他們忘記了, 或某事他們已跟您說過了
- 以簡單的方式來提問和回答, 如「晚飯您想吃什麼? 魚還是雞?」
- 以他們可用「是」或「否」來回答的方式提問
- 試著不要使用對待幼兒的方式來跟他們溝通
- 盡量避免使用負面的用語, 避免使用「不要從這道門出去!」, 試著說「我們走這邊!」, 並輕輕地引導對方離開那道門

讓他們把注意力集中在您身上

- 與他們平視
- 喚受照顧者的名字
- 拿開令人分心的東西, 比如關掉電視機, 帶他們到安靜的房間
- 注意您的語氣, 說話的音量及身體語言 — 這些非言語的溝通方式往往比言語「說」得更大聲
- 做一個積極的傾聽者 — 有眼神接觸, 點頭

其他可嘗試的方法

- 把文字或圖片貼在門上, 以說明房間或櫃子裏面有什麼
- 為受照顧者進行聽力測試, 以確保他們可以聽到您的聲音
- 使用粉筆或白板寫下一天的日程表或常見問題的答案
- 回應受照顧者的感受或情緒, 不僅僅是言語。與他們交談, 而不是和別人談論他
- 如果對話困難, 但您想跟他們一起做點事, 嘗試聽音樂或看舊家庭照片

Communication



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might have changes in their brains that cause them to:

- have a tough time finding the right word
- lose their train of thought
- have problems following a conversation
- not be able to understand what you are saying
- speak only in their native or first language



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People with Alzheimer's or dementia can lose their ability to speak clearly and understand what you are saying. This can be frustrating both for the person with Alzheimer's and for you.

WHAT CAN YOU DO?

USE SHORT SENTENCES & SIMPLE WORDS

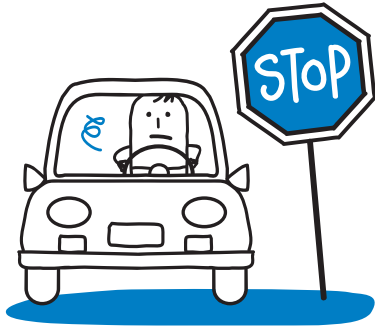
- give short, one sentence answers
- offer one step directions
- slowly repeat instructions or sentences if not understood the first time
- be patient and positive, even when it takes a long time to answer
- try not to remind them that they forgot or already told you something
- ask a question and offer a simple choice of answers such as "What do you want for dinner? Fish or chicken?"
- ask questions that can be answered with yes or no
- try not to use "baby talk" or a "baby voice"
- avoid negative words. Instead of "Don't go out that door!" try "Let's go this way!" and gently guide the person away

FOCUS THEIR ATTENTION ON YOU

- get on their eye level
- call the person by name
- remove distractions — turn off TV, go to a quiet room
- pay attention to your tone, how loudly you are speaking and your body language — which often "speak" louder than words
- be an active listener — make eye contact, nod your head

OTHER IDEAS TO TRY

- put up signs or pictures to explain what is in the room or cabinet
- have the person's hearing tested to make sure they can hear
- use a chalk or white board to write the schedule for the day or the answers to frequently asked questions
- respond to the person's feelings or emotions, not only to words
- if conversation is hard but you want to do something together, try listening to music or looking at old family photos



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能不安全，當他們：

- 不遵守交通標誌
- 車開得太快或太慢
- 開始對車裡的人或司機生氣
- 碰撞路緣
- 穿越車道
- 混淆煞車和油門踏板
- 忘記他們要去哪裡
- 前往原來知道的地方時迷路

隨著時間的推移，對於有阿茲海默症 (疾病) 或失智症 (症狀) 的人來說駕駛車輛會越來越困難。到某個時刻，他們將需要停止駕駛，這對他們來說可能非常困難。有失智症的人和家庭成員可能都會因此失去部分自由，但對每個人來說，安全至上是最重要的。

您可以做些什麼？

隨時留意

- 註意是否有違規停車或交通罰單
- 留意汽車上的新刮痕，標記或凹痕
- 多留意他們關於對其他開車的人或如何操作汽車的怨言

幫助他們停止駕駛

- 請醫生告訴他們不能再開車
- 確保醫生向車輛管理局 (DMV) 提交報告，說明受照顧者的失智症診斷
- 請一個他們尊敬且可以信賴的人如家人、朋友或宗教領袖 (如牧師、神父或師父) 要求受照顧者停止駕駛
- 告訴受照顧者有人會載他們去商店或是活動
- 詢問他人幫忙... 如提供膳食，提取處方藥，或探訪

發揮創意

- 藏好鑰匙
- 將車停在他們的視線之外
- 取下汽車電池或起動線
- 推脫說汽車正在維修工廠
- 先上車，這樣您可以成為司機
- 提供一組看起來類似，但無法啟動汽車的鑰匙
- 讓他們覺得讓別人開車更有趣

最後：

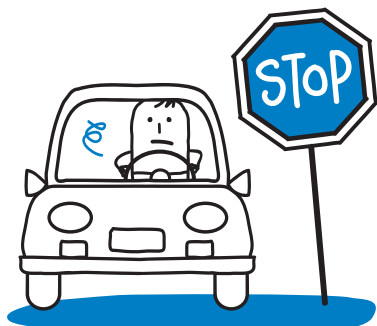
- 出售汽車 — 節省下來的汽油，保險和維修費用，可用於計程車，Uber，LYFT 或僱用別人開車



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Driving



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia may be unsafe when they:

- don't follow traffic signs
- go too fast or too slow
- become angry at others in the car or other drivers
- hit curbs
- cross over lanes
- confuse the brake and gas pedals
- forget where they are going
- get lost going places they know

Over time, driving gets harder for people with Alzheimer's or dementia. At some point they will need to stop driving and this can be very hard for them. It feels like a loss of freedom for both drivers and family members, yet SAFETY is most important.

WHAT CAN YOU DO?

KEEP AN EYE OUT

- watch for parking or traffic tickets
- look for new scratches, marks, or dents on the car
- listen for complaints about other drivers or how the car operates

HELP THEM STOP DRIVING

- ask the doctor to tell them they can no longer drive
- make sure the doctor files a report to alert the Department of Motor Vehicles (DMV) of the dementia diagnosis
- have a close friend or a minister, priest, or rabbi ask your person to stop driving
- tell them someone else will drive them to the store or appointments
- ask others for help... deliver meals, pick up prescriptions, or just to visit

BE CREATIVE

- hide the keys
- park the car out of sight
- remove the battery or starter wire
- say the car is in the shop
- get in the car first so you can be the driver
- give a set of keys that look like the old keys but won't start the car
- make having someone else drive sound like fun

FINALLY

- sell the car... it saves money on gas, insurance, and repairs that can be used for taxis, Uber, LYFT, or paying someone to drive

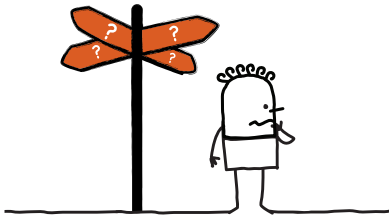


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迷路

GETTING LOST



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 感覺困惑... 特別是在下午或晚上
- 感到害怕... 家裡可能看起來並不熟悉
- 嘗試要去以往經常去的地方, 例如過去的工作單位, 教會等
- 試圖遠離噪音或太多活動
- 感到無聊 — 沒有什麼可做
- 對新藥有反應

迷路是可怕的, 並可能造成危險。有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能在外面迷路。他們有時會在公共場所徘徊, 也可能在出去散步或去商店的時候找不到回家的路。他們可能不記得自己的地址或電話號碼。

您可以做些什麼？

作好準備

- 將他們的姓名和您的電話號碼縫製或寫在衣服上
- 不要將他/她獨自留在未上鎖的大門附近
- 請求您的鄰居留意, 如果他們看到您的受照顧者單獨在外面或離家出走, 應立即通知您
- 幫他/她在白天做運動.. 走路或跟隨音樂跳舞
- 拿走錢包, 外套, 鑰匙, 太陽眼鏡... 這些可能會讓您的受照顧者想到離開的物品
- 拉上窗簾, 不要讓他/她想到自己離開家

讓家成為一個安全的地方

- 在大門, 房門, 窗戶裝兒童鎖
- 把鎖設置在他/她無法看到或伸手接觸到的地方
- 在大門, 房門或窗戶上放置鈴鐺, 以便知道它們是否被打開

關懷備至

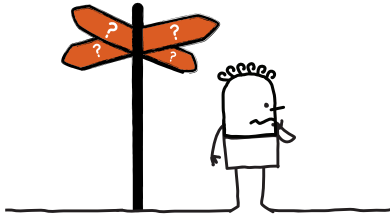
- 提供食物或做某些會讓他/她忘記離開的事情
- 請他/她做能力所及的事情, 例如幫忙折疊衣服, 做晚餐等
- 靜靜地陪伴他/她坐著, 例如一起聽音樂或看電視節目



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Getting Lost



People with Alzheimer's disease or dementia can get lost outside of their home. Sometimes they wander away in a public place. They may go for a walk or to the store and not be able to find their way home. They may not remember their address or phone number.

Getting lost is scary and can be dangerous.

WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- be confused... mainly in the afternoon or evening
- feel fearful... home may not seem the same
- try to go somewhere they used to go often — work, church, etc.
- attempt to get away from noise or too much activity
- be bored — not having anything to do
- have a reaction to a new medicine

WHAT CAN YOU DO?

BE PREPARED

- get an ID bracelet such as MedicAlert®, or a trackable device, such as a Project Lifesaver bracelet from LA Found (lafound.lacounty.gov)
- sew or write his or her name and your phone number onto clothes
- don't leave him or her alone near an unlocked door
- ask your neighbors to keep an eye out and tell you if they see your person with dementia outside alone or walking away from home
- help him or her exercise during the day... take a walk or dance to music
- put away purses, coats, keys, sunglasses... things that might make your person think about leaving
- close the curtains so he or she doesn't think about going out

MAKE HOME A SAFE PLACE

- put child-proof locks on doors, gates, and windows
- place locks very high or low so your person with dementia can't see or reach the locks
- place a bell on doors, gates, or windows so you know if they are opened

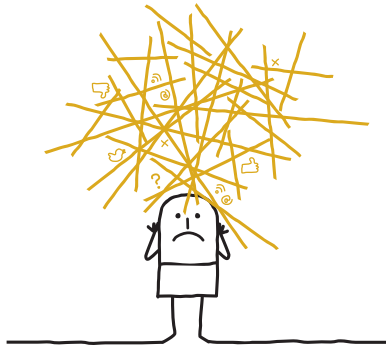
BE COMFORTING

- offer food or do something that will take his or her mind off wanting to leave
- ask for help... folding clothes, making dinner, etc.
- sit quietly with him or her... listen to music or watch a TV show



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為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 對藥物有反應
- 服用錯誤的藥量
- 經歷由於疾病導致的大腦變化



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人有時可能因幻覺而聽到, 看到, 聞到, 品嚐到不真實存在的東西。他們可能會幻想和過去認識的人聊天, 這些人可能不再住在家裡, 甚至已過世, 或者是虛構出來的朋友。如果有以上的行為, 家人或者朋友要提高警覺。

您可以做些什麼？

看醫生

- 去看醫生找出原因 (帶上所有的藥物)
- 每次有這種情況發生, 都請告訴醫生 (您可以記錄下來時間, 日期以及當時所發生的狀況)

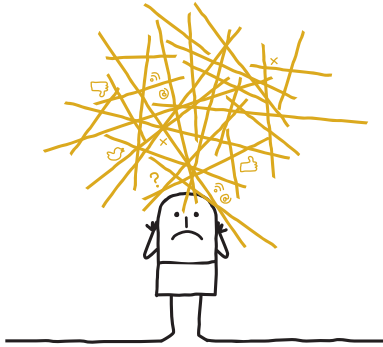
想想原因

- 根據可能造成的原因做出改變:
 - 如果他/她不知道鏡子裡的人是自己, 把鏡子蓋上
 - 如果事情在黑暗中發生, 打開燈或使用夜燈
 - 如果電視或收音機讓他/她感到困惑或害怕, 把它關掉

安慰受照顧者

- 說一些像“不要擔心, 我在這裡, 我會照顧您”的話
- 不管發生的事情是否真實, 只管同意, 不要爭論, 因為對他們來說所有的感覺都是真實的
- 讓他們做一些愉快的事情, 從而令他們分心

Hallucinations



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might be:

- having a reaction to medicine
- taking the wrong amount of medicine
- going through changes in the brain due to the disease

People with Alzheimer's or dementia can sometimes hear, see, smell, taste, or feel something that is not really there. They may talk to someone from the past who is no longer in the home or even still alive or is a pretend friend. This can alarm close ones.

WHAT CAN YOU DO?

SEE A DOCTOR

- visit the doctor to find out the cause (bring ALL medications with you)
- tell the doctor about every time you think this has happened (keep a log — day, time, and what was going on around the person with Alzheimer's or dementia)

THINK ABOUT THE CAUSE

- change the possible reason
- if the person doesn't know who is in the mirror, cover the mirror
- if things come out in the dark, turn on the lights or use a nightlight
- if the TV or radio is confusing or scary, turn it off

BE REASSURING

- say things like "don't worry, I'm here and will take care of you"
- agree, don't argue, about whether what's happening is real... it is real to them
- involve him or her in something pleasant to distract them

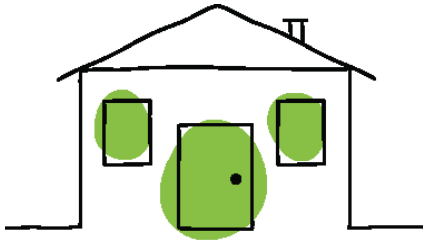


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保持居家安全

KEEPING HOME SAFE



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 因為平衡能力變化或行動不便而摔跤
- 因為視力不佳而無法看清楚
- 忘記關掉水龍頭, 爐火, 烤爐
- 忘記如何使用刀等物品, 或如何處置燃燒物品



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能無法判斷什麼是危險的, 從而難以作出安全的決定。協助他們在家中感到更放鬆和減少困惑, 有助於減少意外的發生。

您可以做些什麼？

把事情簡單化

- 確保房間保持整潔
- 把常用的物品放在固定的地方
- 移走不用的易碎的或不需要的物品

檢查地面

- 移開小地毯, 厚的地毯, 及那些可能在地面上滑動的地毯
- 切勿在地面上拋光或打蠟
- 把物品從地面移開... 例如, 電線, 書本, 玩具, 包包, 盒子等
- 確保浴室和廚房地面保持乾爽避免濕滑
- 使用穩固和可靠的桌椅

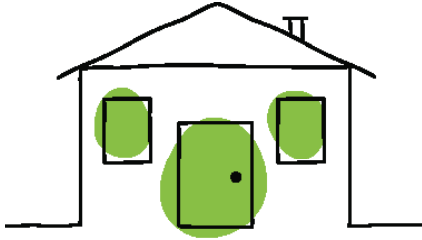
清除危險物品

- 把所有藥品: 維生素, 阿斯匹林, 處方藥... 放在可上鎖的盒子, 櫥櫃或抽屜裡以防他們誤食
- 將刀, 剪刀, 槍, 等尖銳的工具, 以及火柴和打火機放在他們看不到或可上鎖的地方
- 把所有清潔用品放在櫃子高處或鎖起來
- 拆除爐灶和烤爐的旋鈕

切勿讓受照顧者獨自在

- 正在使用爐灶或烤爐的廚房
- 水龍頭打開著的浴室
- 任何有點燃火焰的地方, 如點燃的香煙、雪茄或煙斗
- 靠近開著或沒上鎖的門

Keeping Home Safe



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- trip because of changes in balance or trouble walking
- have problems seeing clearly due to poor eyesight
- forget to turn off water, burners, or ovens
- forget how to use knives, etc. or where to safely place burning objects



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People with Alzheimer's or dementia may have trouble knowing what is dangerous or making safe decisions. By helping him or her feel more relaxed and less confused at home, you can help stop accidents.

WHAT CAN YOU DO?

KEEP THINGS SIMPLE

- make sure rooms are neat
- place "often used" items in the same place
- remove things that might break and aren't needed

LOOK AT THE FLOOR

- remove small rugs, rugs that are thick, or rugs that might slide on floors
- don't shine or wax floors
- keep items off floors... cords, books, toys, bags, boxes, etc.
- make sure bathroom and kitchen floors are kept dry and avoid walking with wet feet
- use tables and chairs that are stable enough to lean on

REMOVE DANGEROUS ITEMS

- keep all medicines... vitamins, aspirin, prescriptions... in a locked box, cabinet, or drawer
- place knives, scissors, guns, sharp tools, matches, and lighters out of sight or in a locked area
- move all cleaning supplies to a high shelf or lock them away
- take off knobs from the stove and oven

DON'T LEAVE HIM OR HER ALONE

- in the kitchen with the stove or oven on
- in the bathroom with water running
- anywhere with burning cigarettes, cigars, or pipes
- near an open or unlocked door or gate



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 忘記服用藥物
- 忘記他們已經服用了藥物，而一次又一次地服用
- 因為服用錯誤或過量藥而導致生病或中毒



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能需要他人協助準備他們的藥物。以免因服用過多、過少或者不按指示而構成危險。

您可以做些什麼？

密切觀察

- 確保受照顧者：
 - 在正確的時間服用適當數量的藥丸
 - 遵循藥物的指示
- 不要將藥物放在他/她容易拿到的地方
- 不要讓他/她單獨服藥

鎖好藥物

- 確保所有藥物都在受照顧者的視線範圍之外和不可觸及之處

與所有的醫生交談

- 在沒有詢問開處方的醫生之前，不要停止給藥
- 每次見醫生時用袋子或盒子攜帶所有藥物
 - 包括維生素，草藥，茶，藥膏和非處方的藥物
- 詢問醫生藥物是否可以混入食物或飲料
 - 如果可以的話，就能幫助您的受照顧者服藥

注意：如果您發現突然出現的變化，如暴力行為或大小便失禁，請盡快聯繫醫生

- 這些變化可能是由於藥物或新疾病反應所致

Medications



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- forget to take their medications
- forget that they took their medication, so they take them again and again and again
- get sick or be poisoned because the wrong pills or too many pills were taken

People with Alzheimer's or dementia may need help with taking their medicine. Taking too much... or too little... or not following the directions... can be dangerous.

WHAT CAN YOU DO?

WATCH CLOSELY

- make sure he or she:
 - takes the right number of pills at the right times
 - follows the directions on the medication
- do not leave medications in a pill box or cup on the counter
- do not leave him or her alone to take their medicine

LOCK AWAY MEDICINE

- make sure all medications are out of sight and out of reach

TALK TO ALL THE DOCTORS

- do not stop giving any medicine without asking the prescribing doctor first
- bring all medicines in a bag or box to every doctor
 - include vitamins, herbs, teas, creams, and other pills from the drugstore
- ask the doctor if medicines can be mixed into foods or drinks
 - this is helpful if you are having trouble getting your person to take their pills

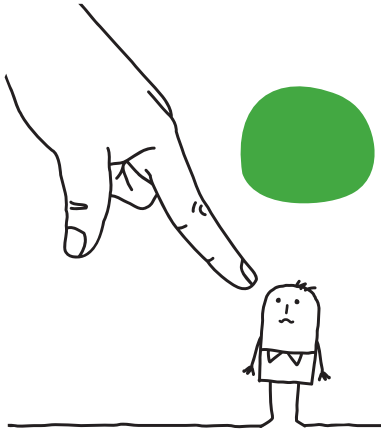
NOTE: If you notice sudden changes like violent behaviors or trouble with bathroom accidents, call the doctor

- these changes could be caused by a reaction to a medication or a new illness



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為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 遺失或把物品錯放位置，即認為它被盜
- 忘記別人說過的事情，而別人再說起時，即認為這是謊言
- 感覺配偶對待他們跟以往不一樣，認為是婚外情所致
- 無法分辨事實與虛幻



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能會疑心和害怕，甚至是對那些愛護和照顧他們的人。他們的世界好像很奇怪及令人困惑，導致他們指責別人偷竊或說謊，甚至可能認為配偶出軌，這些都會造成驚慌。請別放在心上，這是因疾病引起的大腦變化，是很常見的行為。

您可以做些什麼？

給予安撫

- 保持冷靜，並使用溫柔的聲音
- 不要爭論，當下的情境對他們來說是非常真實的
- 讓他們知道他們是安全的一切都妥當
- 握住他們的手或給予擁抱 (如果他們不介意被觸碰)

嘗試分散注意力

- 給予他們喜愛的食物或進行他們喜歡的活動
- 協助他們尋找失物，並與他們談談其間找到的物品，如照片，家中的物品，書籍等
- 帶他們到外面散步，或到另一房間進行別的活動
- 談談對他們重要的事情 (家庭，音樂，烹飪，愛好等)

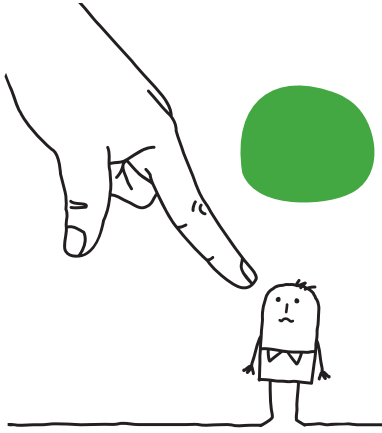
營造平靜和熟悉的環境

- 額外備存經常丟失的物品，如錢包，鑰匙，首飾，失效的支票等，幫助他們找不見的東西
- 保持他們所處的環境安靜平靜
- 把他們記得及珍惜的東西放在他們周圍
- 若廣播節目或新聞令人不安，請關閉電視或收音機
- 如果需要請重新介紹自己和他人
- 播放過去的有美好回憶的音樂

其他提示

- 使用日誌或筆記本來記述多疑的情況，並與醫生商討
- 備妥有關受照顧者的診斷，與您的關係，委託書等法律文件，以便緊急狀況時能出示給警察或其他醫護人員
- 加入家屬互助團體或找個朋友，讓您能坦然地分享自身的感受和令您沮喪的事情
- 請記住，有時候物品真的是被偷了

Paranoia



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- lose an item and think it was stolen
- forget something told to them and when re-told, think it's a lie
- feel a spouse is treating them differently and believe it's because of an affair
- be unable to tell what is real and what is not

People with Alzheimer's or dementia may become suspicious and frightened, even of those who love and care for them. Their world can seem strange and confusing, leading them to accuse others of stealing or lying. Don't take this personally; it is a common behavior.

WHAT CAN YOU DO?

BE COMFORTING

- stay calm and use a gentle voice
- don't argue... the situation is very real to them
- let them know they are safe and everything is okay
- hold their hand or give a hug (if they don't mind being touched)

TRY DISTRACTION

- offer a favorite food to eat or activity to do
- help look for missing items and talk with them about items you find along the way such as photos, objects around the house, books, etc.
- take them outside for a walk or to a different room
- talk about something important to them (family, music, hobbies)

MAKE THE ENVIRONMENT CALM AND FAMILIAR

- keep extra items that are often lost like wallets, keys, jewelry
- keep their space quiet and calm
- surround them with things they remember and cherish
- turn off the TV or radio if a show or the news are upsetting
- re-introduce yourself and others as often as needed
- play music from the past that has good memories

OTHER TIPS

- keep notes to describe the paranoia and share with the doctor
- have legal papers to show police the person's diagnosis, your relationship, power of attorney, etc.
- join a support group or find a friend where you can talk openly about your feelings and frustrations
- remember that sometimes items really do get stolen



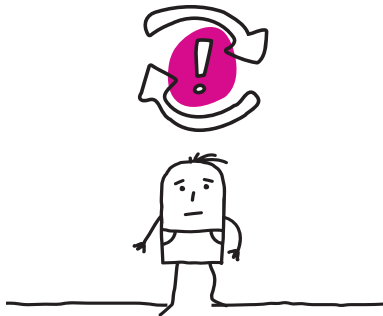
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重複

REPEATING



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 記不起他們剛剛說的話或剛剛發生的事情
- 因為他們感到緊張或害怕，所以他們重複問問題或說事情
- 難以說出他們需要或想要什麼



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人經常提問，或一遍又一遍地講述相同的事情。雖然這令人沮喪，但並沒有害處。他們不是故意這樣做的，這種行為是由大腦中的變化而引起的。

您可以做些什麼？

想想有什麼可能的原因會造成他們一直重複：

- 是不是換了新環境？周圍是不是多了不熟悉的人？他們身處在可能引起恐懼的地方？
- 他們忘記了問題已被提出或被回答
- 他們想要您的注意，所以要您的關注
- 也許他們以不同的方式表達他們的需求... 飢餓，關心某人或某事，或要用洗手間

接受此行為

- 保持冷靜和耐心。他們不能被改變，所以您需嘗試改變自己
- 不要爭論或試圖糾正他們
- 深呼吸... 要記住疾病是導致這種行為的原因
- 每次被問到時都冷靜地回答問題
- 不論這個故事被講了多少遍，在他們每次講故事時保持微笑

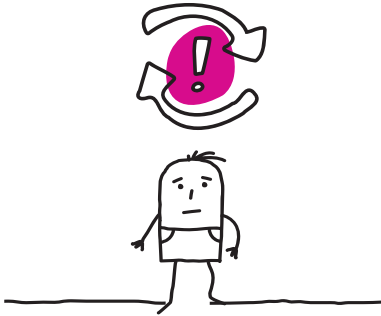
使用其他工具做提醒

- 使用時鐘，照片或其他物品來幫助提醒重複的問題
- 在他們經常看到的地方張貼筆記或日程表
- 設置一個大的“白板”，以便您可以依據需求寫上和劃掉訊息

幫助方法：

- 聽音樂，看電視，散步，或找一些他們喜歡做的事情，讓他們把心思放在其他地方
- 先想想他們的感覺，提醒自己這不是他們的錯
- 等到時間快到了再告訴他們會讓他們緊張的事情，如看醫生，洗澡或外出
- 如果您累了並可能會有負面情緒，您可以在他們安全的情況下，走去另一個房間透透氣

Repeating



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might be:

- having problems remembering what they just said or what just happened
- repeating questions or stories because they feel nervous or afraid
- having trouble saying what they need or want



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People with Alzheimer's or dementia often ask questions or tell stories over and over. While frustrating, it is not harmful. They are not doing this on purpose. This behavior is caused by changes in the brain.

WHAT CAN YOU DO?

THINK ABOUT WHY

- new place? new people? somewhere they find scary?
- they forget that the question was asked and/or answered
- they want your attention... to feel a connection with you
- maybe they are trying to tell you about a need... hunger, concern about someone or something, urge to go to the bathroom

ACCEPT THE BEHAVIOR

- stay calm and be patient, they can't change so you will need to
- don't argue or try to correct them
- breathe... and remember the disease is the reason
- calmly answer the question every time it's asked
- smile at the story every time it's told

TRY REMINDERS

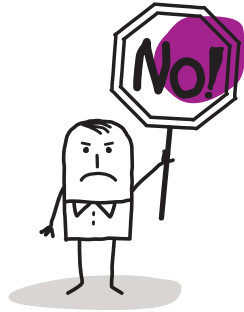
- use clocks or photos of items or objects to help with questions that are repeated
- post notes or a daily schedule in a place they often look
- get a big "white board" so you can write and erase information

WAYS TO HELP

- listen to music, watch TV, take a walk, or find something they like to do to get their mind on something else
- think first about how they are feeling and remind yourself it's not their fault
- wait until just beforehand to tell them about things that make them nervous like doctor's visits, bathing, or going out
- if you are tired and might react, and they are safe, go to another room for a bit to breathe

拒絕與抵抗

RESISTANCE



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 感到害怕或失控
- 感到倉促或匆忙
- 不明白別人對他們有甚麼期望
- 因為感到尷尬而羞於尋求幫助
- 感到不知所措
- 因要做一些新的或複雜的活動而被嚇倒

有些時候，有阿茲海默症（疾病）或失智症（症狀）的人會拒絕做日常的活動，如洗澡，或前往醫務所等某些地方。這會使照顧的人十分沮喪挫折。

您可以做些什麼？

請體諒和安撫

- 覺察他們的感受
- 聆聽他們的顧慮
- 嘗試溝通和說話時保持平靜及愉悅

請以尊重相待

- 不要把受照顧者當作小孩看待，記得他們是成年人
- 高高在上的態度會令人拒絕您的幫助
- 包容，讓他們作一些小的決定和選擇
- 洗澡和更衣時給予私隱的空間

盡早制定計劃

- 留出足夠的時間來做好準備
- 想一想可以把事務分成小步驟嗎？
- 這反應是在某同一時間或地點發生嗎？若是，試著改變時間或用不同的方式
- 是否有其他人可成功地取得受照顧者的配合？請那人幫忙

當事情叫人太洩氣時

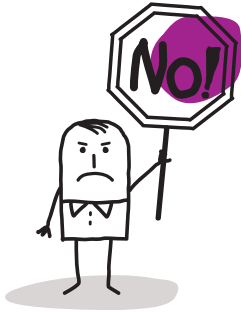
- 轉移他們的注意力至他們喜歡的事物
- 退讓或離開房間並過些時間再試，可能的話，改天再試
- 深呼吸數次，看段有趣的短片，或試用其他方法平靜下來
- 參加家屬互助團體或跟一位社工人員談談，找尋如何處理該行為及幫助您調適的新方法



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Resistance



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- feel afraid or out of control
- feel rushed or hurried
- not understand what is expected of them
- feel embarrassed and ashamed to ask for help
- feel overwhelmed
- be scared about doing a new activity or one that is complicated

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Sometimes people with Alzheimer's or dementia refuse to do common activities, like bathing, or to go somewhere, like to the doctor's office. This can be very frustrating to the caregiver.

WHAT CAN YOU DO?

BE UNDERSTANDING AND COMFORTING

- consider their feelings
- listen to their concerns
- try to look and sound calm and pleasant

BE RESPECTFUL

- treat the person like an adult
- a strong sense of pride can make a person refuse your help
- allow them to make some small decisions and choices
- provide privacy for bathing and dressing

CREATE A PLAN AHEAD OF TIME

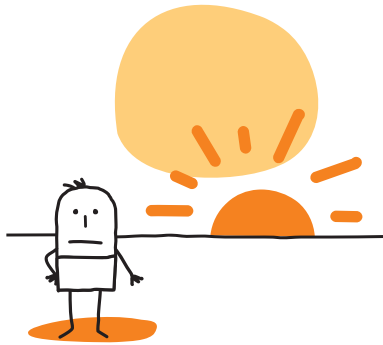
- allow enough time to get ready
- can the task be broken down into smaller steps?
- does this happen at the same time or place? If so, try another time of day or a different approach
- would someone else have better luck getting the person to cooperate? Let that person do it.

WHEN THINGS GET TOO FRUSTRATING

- change their attention to something that they enjoy
- step away or leave the room and try again later or, if possible, try it another day
- take several deep breaths, watch a few short funny videos or try another way to calm down
- join a support group or speak to a care counselor to get new ideas about how to help the behavior and to help you cope

日落症候群

SUNDOWNING



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 在下午時分更累
- 由於光影變化而困惑
- 被陰影嚇到
- 受到您的疲勞情緒影響



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有阿茲海默症 (疾病) 或失智症 (症狀) 的人可能在一天中 (特別是在太陽下山後) 變得更加困惑或緊張。這就是所謂的日落症候群。他們可能會看到或聽到不存在的東西。他們可能指責他人並無發生的事情, 如偷竊或撒謊, 並可能不安地來回走動。這不是有意的, 有失智症的人不能控制自己。

您可以做些什麼？

在家裡做出改變

- 在下午早些時候打開燈, 使房子更亮
- 調低 (或關閉) 電視或收音機音量
- 播放舒緩心情的音樂
- 避免喧鬧或混亂的噪音
- 清理出供受照顧者來回走動的通道

注意膳食和零食

- 午餐時量多些, 晚餐時量少些
- 下午3點後, 不讓他們攝取大量的咖啡因, 糖, 咖啡, 茶和汽水
- 收起含酒精飲料和香煙

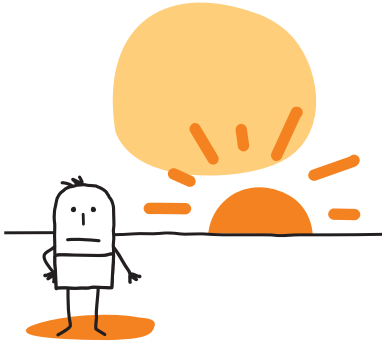
維持固定作息

- 幫助他們每天在同一時間睡覺和起床
- 用散步或跳舞來幫他們消耗額外的體力
- 建議在上午安排看醫生, 外出, 洗澡, 諸如此類的活動

其他方法

- 保持平靜和持續安撫
- 保持靈活... 如果一個想法不行, 嘗試另一個
- 安撫受照顧者, 說或做某事來平息他們的恐懼
- 嘗試新的活動, 如把硬幣分類或跳舞

Sundowning



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might be:

- more tired in the late afternoon
- confused by changing amounts of light
- scared by shadows
- reacting to your feelings of being tired



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People with Alzheimer's or dementia may become more confused or nervous later in the day, often as the sun sets. This is called sundowning. They may see or hear things that are not there. They may accuse people of things that are not true, like stealing or lying, and may pace or walk back and forth. This is not done on purpose, and people with dementia cannot control it.

WHAT CAN YOU DO?

MAKE CHANGES AT HOME

- turn lights on early in the afternoon to make the house brighter
- turn down (or turn off) the television or radio
- turn on soothing music
- avoid loud or confusing noises
- clear a path for the person to walk back and forth

PAY ATTENTION TO MEALS AND SNACKS

- provide a large meal at lunch and a light meal at dinner
- allow less caffeine, sugar, coffee, tea, and soda after 3 PM
- remove access to alcohol and cigarettes

KEEP A SCHEDULE

- make going to bed and waking up at the same time every day
- take walks or dance to use up extra energy
- plan doctor visits, outings, baths in the morning

OTHER IDEAS

- be calm and reassuring
- be flexible... if one idea doesn't work, try another
- comfort her and say or do something to calm her fears
- try a new activity, like sorting coins or dancing

如廁

TOILETING



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 難以控制身體的功能
- 正服用可能導致頻尿的藥物
- 忘記廁所和馬桶的用途
- 覺得尋求幫助是尷尬和羞愧的事
- 無法及時找到廁所
- 無法及時脫下衣服

有阿茲海默症 (疾病) 或失智症 (症狀) 的人想上廁所時可能會失禁。這常在晚上或當他們感到緊張的時候發生。有時，當他們被問到是否需要上廁所。他們可能會說不，並拒絕和您一起走到廁所。他們可能會覺得這個問題具有侮辱性或令人尷尬。

您可以做些什麼？

給予充分的時間和保持正面的態度

- 預留更多時間來如廁，保持耐性，不要急
- 保持冷靜，使用溫柔的聲音
- 給予逐步的指示....「我們現在往這邊走，很好，現在從這邊進來」
- 想想受照顧者是否會因為在您或異性面前脫衣褲而感到尷尬

簡化事情

- 找容易穿脫的衣褲，例如有鬆緊帶或魔鬼氈 (尼龍搭扣) 而不是有鈕扣的褲子
- 盡量安排他們坐得離廁所近一些，這樣他們不需要走太遠
- 廁所內保持照明，需如廁時即可找到
- 使用色彩鮮豔的馬桶座板使其易於被看見
- 安裝一個馬桶增高墊和扶手 - 有些人覺得坐在較低的馬桶時有會跌倒的感覺
- 挪開任何可能被誤認為馬桶的東西，如垃圾桶

維持固定作息

- 制定定時如廁的日程表：早上醒來時，用餐前後，睡前
- 在睡前限制水分及其他飲料的攝取

失禁意外是會發生的

- 在失禁意外發生時保持諒解的態度，在失禁意外發生後立即幫受照顧者清洗，並確保他們穿上清潔乾爽的衣服
- 如果他們生氣不悅，請保持冷靜並給予安撫
- 準備失禁意外時的用品，如額外換洗衣物及擦拭紙巾
- 若失禁屬突發性的或經常發生，請諮詢醫生可能的因素一如，新的藥物或感染可能是這種情況的成因



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Toileting



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- have poor control of their body functions
- be taking medications that cause them to urinate a lot
- forget what the bathroom and toilet are used for
- feel embarrassed and ashamed to ask for help
- might not be able to find the bathroom in time
- might not be able to remove their clothes in time

People with Alzheimer's disease or dementia can have accidents when they want to go to the bathroom.

WHAT CAN YOU DO?

ALLOW TIME & BE POSITIVE

- plan for extra time... be patient... don't rush
- stay calm and use a gentle voice
- give one step directions – "let's walk this way, let's come in here"
- think about if the person is embarrassed to get undressed in front of you or a person of a different sex

KEEP THINGS SIMPLE

- find clothes that are easy to take on and off, such as pants with an elastic waist or Velcro instead of buttons
- try to seat the person closer to the bathroom so they don't need to walk as far
- keep a light on in the bathroom so it can be seen when needed
- use a toilet seat with a bright color so that it can be seen easily
- install a raised toilet seat and grab bars – some individuals feel like they are falling when sitting down on a low toilet
- remove anything that looks like a toilet, such as a trash can

KEEP A SCHEDULE

- create a regular schedule for using the toilet: when they wake up, before and after meals, and just before bed
- limit water and other drinks close to bedtime

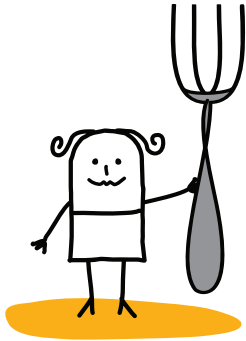
ACCIDENTS HAPPEN

- be understanding when accidents happen
- stay calm and comfort the person if they are upset
- be prepared with supplies, such as extra clothes and wipes
- if accidents happen suddenly or more often, talk with their doctor about possible reasons – for example, a new medication or an infection may cause this to happen



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為什麼會發生這種情況？

有阿茲海默症或其他失智症的人因為大腦變化可能會：

- 忘記他們已經吃過
- 忘記索求水和食物
- 如果給的選擇太多會感覺困惑
- 忘記如何使用刀, 叉, 湯匙
- 如果噪聲太多會感覺困惑

在病況晚期可能會：

- 感覺他們似乎被噎住窒息
- 變得不在乎整潔
- 失去吃東西的興趣

有些有阿茲海默症（疾病）或其他失智症（症狀）的人會有飲食方面的問題，這些飲食問題會造成受照顧者生病或變得虛弱，以及加深困惑感。

您可以做些什麼？

保持簡單

- 每頓飯以同樣方式烹飪
- 在熟悉和安靜的地方用餐
- 和受照顧者一起用餐，這樣他們可以看到你們也吃飯
- 選擇和餐桌不同顏色的餐盤
- 選擇純色的餐盤 - 不要有花紋
- 不要提供太多食物選擇

支持受照顧者

- 讓用餐安靜緩慢
- 不要擔心用餐時飲料溢出和不整潔
- 使用飲料不會溢出的杯子和吸管

讓吃飯變得容易

- 當他們坐起的時候餵他們吃飯
- 試試一天提供5-6次小餐
- 試試提供他們能用手指拿起的食物，這樣可以刺激手感和興趣
- 不要提供過熱或過冷的食物

如有以下情形需要和醫生討論：

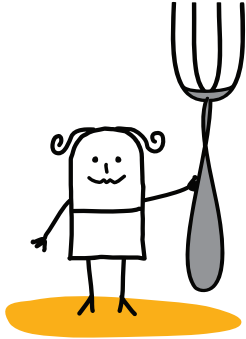
- 他們突然變得更加困惑
- 他們經常噎住窒息
- 他們體重持續下降



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Eating & Drinking



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- forget that they have eaten
- forget to ask for water or food
- get confused if there are too many choices
- forget how to use forks, spoons, knives
- get confused if there is too much noise

In the later stages of the disease they may:

- feel like they are choking
- become messy
- lose interest in eating

Some people living with Alzheimer's or other dementias have problems with eating and drinking. This may cause illness or weakness, and it can make confusion worse.

WHAT CAN YOU DO?

KEEP IT SIMPLE

- do things the same way at every meal
- serve meals in a familiar, quiet place
- eat with them so that they see you eat, too
- make the plate a different color than the table
- use solid colors – not patterns
- don't offer too many food choices

SUPPORT THEM

- make meals peaceful and slow
- don't worry about spills and messes – they happen!
- use no-spill cups or straws

MAKE EATING EASY

- feed them when they are sitting up
- try serving 5-6 small meals
- try foods they can pick up with their fingers
- don't use very hot or very cold foods

SPEAK WITH A DOCTOR IF:

- they suddenly become more confused
- they choke often
- they keep losing weight

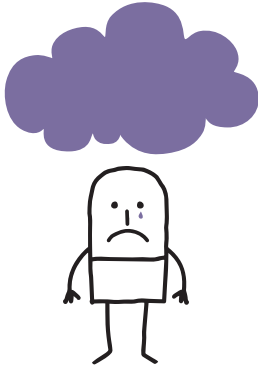


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憂鬱和悲傷

DEPRESSION & SADNESS



為什麼會發生這種情況？

有阿茲海默症或失智症的人可能會：

- 對發生在他們身上的變化感到憂傷
- 擔憂未來
- 感到孤單
- 和別人說話感到不好意思

有時候大腦變化會讓受照顧者失去生活興趣



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有阿茲海默症（疾病）或失智症（症狀）的人變得悲傷和憂鬱是很常見的現象。他們不再和朋友會面，或是因為朋友不再和他們見面而變得孤獨，他們也可能會對過去常做的事情失去興趣。悲傷會讓他們失去食慾，引起睡眠問題，或是終日嗜睡，這些都可能是憂鬱症的前兆。

您可以做些什麼？

活動

- 制定每日計劃讓他們保持活躍
- 鼓勵運動和令人愉快的體育活動
- 講故事，聽音樂，看有趣的演出節目
- 烹飪喜歡的食物和聽愉快的音樂
- 找到能和其他人一起做的事情
- 考慮使用成人日間保健中心

和受照顧者討論

- 詢問他們的感覺
- 不要叫他們強迫自己開心點或是再努力試試
- 讓他們感覺舒服，讓他們知道他們是安全的，您很關心他們
- 如果他們喜歡擁抱，就抱抱他們
- 找到一個了解憂鬱症和失智症的心理輔導人員

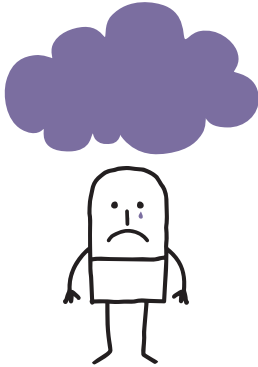
加強居家安全

- 移走槍支
- 鎖住尖銳刀具
- 藏好酒和藥物
- 鎖住有毒物品

如有以下情形需要和醫生討論：

- 受照顧者說想要傷害他們自己
- 體重下降嚴重
- 嗜睡

Depression & Sadness



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- be sad about the changes happening to them
- worry about the future
- feel alone
- feel embarrassed to talk with people
- get confused if there is too much noise

Sometimes changes in the brain make the person lose interest in life.

It is common for people living with Alzheimer's or dementia to become sad or depressed. They may stop seeing friends or become lonely because friends stop seeing them. They may lose interest in the things they used to do. The sadness can make them stop eating, have trouble sleeping, or make them sleep all the time. These can be signs of depression.

WHAT CAN YOU DO?

ACTIVITIES

- make a daily plan to keep them active
- encourage exercise and pleasant physical activity
- tell stories, listen to music, watch funny shows
- cook favorite foods and play pleasant music
- find things to do with other people
- think about using an adult day care center

TALK WITH THEM

- ask how they are feeling
- don't tell them to "cheer up" or "try harder"
- comfort them, let them know that they are safe and that you care about them
- hug them if they enjoy hugs
- find a counselor who knows about depression and dementia

MAKE HOME SAFE

- remove guns
- lock up sharp knives
- hide alcohol and medicines
- lock up poisons

SPEAK WITH A DOCTOR IF THEY:

- talk about hurting themselves
- lose a lot of weight
- sleep all the time

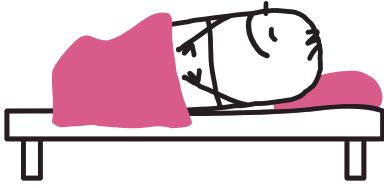


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睡眠

SLEEPING



為什麼會發生這種情況？

睡眠發生變化有很多原因：

- 大腦發生變化可能引起身體自然時鐘的變化 – 身體可能在夜晚感覺清醒，在白天感覺困倦
- 關節疼痛或其它疾病可能造成失眠
- 需要去上廁所
- 睡眠時呼吸問題可能引起大聲打鼾
- 憂傷和緊張會引起失眠



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有阿茲海默症（疾病）或其它失智症（症狀）的人普遍存在睡眠問題。很多受照顧者晚上無法入睡，白天感覺困倦。失眠也會導致其它健康問題。

您可以做些什麼？

維持規律生活習慣

- 早上以相同時間和作息開啟每天的生活
- 白天盡量保持活躍 - 散步，園藝以及其它日間活動都有助於夜間良好睡眠
- 避免白天太遲午睡
- 最好養成及保持每晚睡覺前的放鬆習慣

其它可以幫助於睡眠的事情

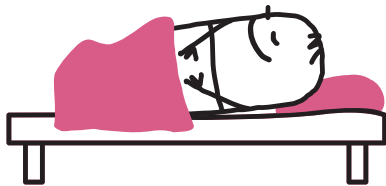
- 白天盡量多處在亮光下
- 如果他們夜間不想睡，不要強迫他們上床睡覺
- 晚上保持環境安靜和黑暗
- 下午兩點後避免飲用含咖啡因飲料如咖啡，茶，巧克力，以及汽水
- 晚間少喝水和飲料
- 廁所留燈避免意外事故
- 按摩能幫助入睡

如有以下情形需要和醫生討論：

- 他們有疼痛
- 他們打鼾嚴重
- 他們頻繁去上廁所
- 他們看起來悲傷或者緊張

在和醫生討論睡眠問題前，不要自己服用任何安眠藥，安眠藥可能會引發困惑感和跌倒風險。

Sleeping



Sleeping problems are common for people living with Alzheimer's or other dementias. Many people are restless at night and feel tired during the day. Poor sleep can also lead to other health problems.

WHAT CAN YOU DO?

WHY DOES THIS HAPPEN?

Changes in sleep can happen for many reasons:

- changes in the brain may cause the body's natural "clock" to change – the body can feel awake during the night and sleepy during the day
- pain from arthritis or other illnesses can wake the person
- the person needs to go to the bathroom
- the person may have problems breathing while they sleep; this can cause loud snoring
- feeling very sad or nervous can wake the person

KEEP A REGULAR SCHEDULE

- begin each morning at the same time and the same way
- keep them as active as possible during the day-walks, gardening, and other daytime activity is good
- avoid naps later in the day
- make sure to keep the same relaxing routine before bedtime

OTHER THINGS YOU CAN DO

- provide as much bright light as possible during the day
- if they really want to be up at night, do not force them to be in bed or to sleep
- keep everything quiet and dark at nights
- help them avoid drinking coffee, tea, or soda with caffeine after 2PM
- give less liquids in the evening
- keep a light on in the bathroom to avoid accidents
- massages may help some people

SPEAK WITH A DOCTOR IF:

- they have pain
- they snore badly
- they go to the bathroom a lot
- they seem very sad or nervous

Don't use sleep medicines of any kind without speaking with a doctor first. Sleep medicines can cause confusion and falls.



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Programs & Services

活動與服務



HELPLINE: 844.435.7259

幫助專線

available for information, emotional support, resources, and referrals
提供相關訊息、情感支持和社區資源資訊



CARE COUNSELING

社工諮詢

guidance, support, and dementia expertise from experienced social workers
專業社工人員提供資訊、支持及照顧應對技巧



LEARNING OPPORTUNITIES

學習機會

classes about Alzheimer's disease, dementia, brain health, and caregiving
免費講座主題包含阿茲海默症、失智症、大腦健康及照顧資訊



ARTS4ALZ & MEMORY MORNINGS

活動

activities that focus on art, music, cognitive stimulation, and socialization
為失智症者設計的藝術、音樂、刺激認知及社交活動 (以英文進行)



SAVVY CAREGIVER WORKSHOPS

超級照顧者課程

courses to gain the knowledge, skills and understanding needed to care
for a family member with Alzheimer's or another dementia
專門為失智症家屬照顧者打造的課程, 旨在幫助照顧者更了解失智、照顧技巧及需要注
意的照顧事項



SUPPORT GROUPS

家屬照顧者支持團體

share information and understanding with other caregivers or others living
with dementia

offered for different groups & in different languages

與其他失智症照顧者一起分享照顧資訊及經驗
提供不同背景及語言的團體

筆記欄 *Notes*
