

憤怒, 沮喪和爭執

ANGER, FRUSTRATION, & FIGHTING



為什麼會發生這種情況?

患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

患有阿茲海默症 (疾病) 或失智症 (癥狀) 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, 亂敲東西和大喊. 盡量不要把他們傷人的言語及行動放在心上, 以至於影響您的情緒. 請理解他們心裡的感覺, 而不是介意他們說的話.

您可以做些什麼?

把事情簡單化

- 分配患者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
- 帶您的患者到不同的環境, 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
- 討論患者喜歡的話題

注意安全

- 收好或鎖上所有危險物品 (武器, 槍, 刀等)
- 如果對方行為讓你害怕, 請慢慢退避
- 如果您擔心自身或他人的安全, 請致電911



844.HELP.ALZ
AlzheimersLA.org

© 2019 Alzheimer's Los Angeles
Supported by DHHS, ACL (#90ADPI0024-01-00)
Traditional Chinese

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



844.HELP.ALZ
AlzheimersLA.org

© 2016 Alzheimer's Los Angeles
Supported by DHHS, ACL (#90AL0002-01-00)