

## 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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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 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,或可能無法辨識哪一個是熱水或冷水的水龍頭.

## 您可以做些什麼?

### 提前將浴室準備好

- 確保浴室是平靜和溫暖的
- 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
- 浴室牆上和馬桶左右牆面上加裝扶手 (手把)
- 考慮使用浴缸座椅
- 在浴缸內只放4吋 (10cm) 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

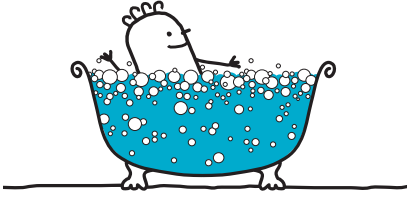
### 別趕時間, 保持正向態度

- 如果他們覺得洗澡時間可以放鬆自己, 請讓對方好好享受...
- 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?)
- 逐個步驟提供指示... (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
- 示範您想對方做什麼... 假裝您在洗自己的手臂, 讓對方跟著做

# 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