



為什麼會發生這種情況?

患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
- 對話時難以承接
- 不能理解你在說什麼
- 只能用他們的母語或第一語言說話



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人可能會喪失清楚說話及理解你在說什麼的能力. 這可能令患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
- 如患者未能即時聽明白, 請慢慢重複您的指示或話語
- 即使對方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「晚飯你想吃什麼? 魚還是雞?」
- 以對方可用「是」或「否」來回答的方式提問
- 盡量不要使用對待兒童的方式來對待他們 (尊重對方), 盡量避免使用負面的用語, 避免說「不要從這門出去!」, 嘗試說「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
- 喚對方的名字
- 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
- 為對方進行聽力測試, 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
- 回應對方的感受或情緒, 不僅僅是言語. 與對方交談, 而不是和別人談論他
- 如果對話困難, 但您想跟他一起做些事, 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

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



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