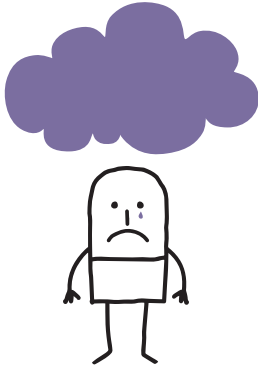


憂鬱和悲傷

DEPRESSION & SADNESS



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：

- 對發生在他們身上的變化感到憂傷
- 擔憂未來
- 感到孤單
- 和別人說話感到尷尬
- 有時候大腦變化會讓患者失去生活興趣



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 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會面而變得孤獨，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，這些都是憂鬱症的癥狀。

您可以做些什麼？

活動

- 制定每日計劃讓患者保持活躍
- 鼓勵運動和愉快的身體活動
- 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

和患者討論

- 詢問患者的感覺
- 不要叫患者強迫自己開心點或是再努力試試
- 讓患者感覺舒服，讓他們知道他們是安全的，妳很關心他們
- 如果患者喜歡擁抱，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

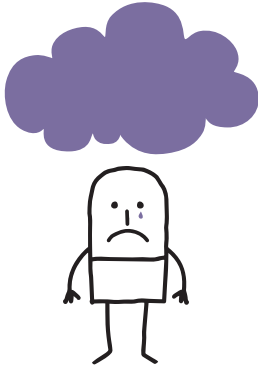
保證居家安全

- 移走槍支
- 鎖住尖銳刀具
- 藏好酒和藥
- 鎖住有毒物品

如有以下情形需要和醫生談：

- 患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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