

## 為什麼會發生這種情況？

患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

有些患有阿茲海默症 (疾病) 或其他失智症 (癥狀) 的人會有飲食方面的問題, 這些飲食問題會造成患者生病或虛弱, 以及加深患者的困惑。

## 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
- 和患者一起用餐, 這樣他們可以看到妳們也吃飯
- 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

### 支持患者

- 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

- 當患者坐起的時候餵他們吃飯
- 試試一天提供5-6次小餐
- 試試提供患者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談：

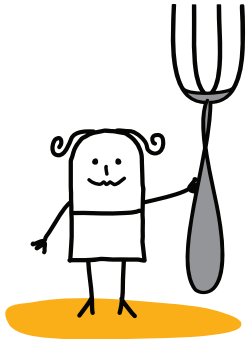
- 患者突然變得更加困惑
- 患者經常噎住窒息
- 患者體重持續下降



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Traditional Chinese

# 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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