

## 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：

- 感覺困惑... 特別是在下午或晚上
- 感到害怕... 家裡可能看起來並不熟悉
- 嘗試要去以往經常去的地方, 例如過去的工作單位, 教會等
- 試圖遠離噪音或太多活動
- 感到無聊 — 沒有什麼可做
- 對新藥有反應

迷路是可怕的,並可能造成危險.患有阿茲海默症(疾病)或失智症(癱瘓)的人可能在家外面迷路. 他們有時會在公共場所徘徊, 也可能在出去散步或去商店的時候找不到回家的路. 他們可能不記得自己的地址或電話號碼.

## 您可以做些什麼？

### 作好準備

- 為您的失智症患者準備一個MedicAlert®手鐲
- 將他們的姓名和您的電話號碼縫製或寫在衣服上
- 不要將他們獨自留在未上鎖的外出門附近
- 請求您的鄰居留意, 如果他們看到您的失智症患者單獨在外面或離家出走, 應立即通知您
- 幫他們在白天進行活動... 走路或跟隨音樂跳舞
- 拿走錢包, 外套, 鑰匙, 太陽眼鏡... 這些可能會讓您的失智症患者想到離開的物品
- 拉上窗簾, 不要讓他們想到自己離開家

### 讓家成為一個安全的地方

- 在大門, 房門, 窗戶裝兒童鎖
- 把鎖設置在失智症患者無法看到或伸手接觸到的地方
- 在大門, 房門或窗戶上放置鈴鐺, 以便知道它們是否被打開

### 關懷備至

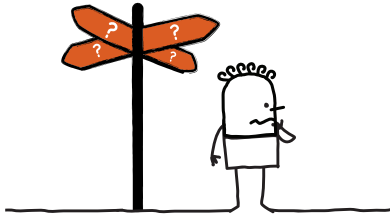
- 提供食物或做某些會讓他們忘記離開的事情
- 請他們做能力所及的事情, 例如幫忙折疊衣服, 做晚餐等
- 靜靜地陪伴他們坐著, 例如一起聽音樂或看電視節目



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Traditional Chinese

# Getting Lost



People with Alzheimer's disease or dementia can get lost outside of their home. Sometimes they wander away in a public place. They may go for a walk or to the store and not be able to find their way home. They may not remember their address or phone number.

Getting lost is scary and can be dangerous.

## WHY DOES THIS HAPPEN?

*People with Alzheimer's or dementia might:*

- be confused... mainly in the afternoon or evening
- feel fearful... home may not seem the same
- try to go somewhere they used to go often — work, church, etc.
- attempt to get away from noise or too much activity
- be bored — not having anything to do
- have a reaction to a new medicine

## WHAT CAN YOU DO?

### BE PREPARED

- get a MedicAlert® bracelet for your person with dementia
- sew or write his or her name and your phone number onto clothes
- don't leave him or her alone near an unlocked door
- ask your neighbors to keep an eye out and tell you if they see your person with dementia outside alone or walking away from home
- help him or her exercise during the day... take a walk or dance to music
- put away purses, coats, keys, sunglasses... things that might make your person think about leaving
- close the curtains so he or she doesn't think about going out

### MAKE HOME A SAFE PLACE

- put child-proof locks on doors, gates, and windows
- place locks very high or low so your person with dementia can't see or reach the locks
- place a bell on doors, gates, or windows so you know if they are opened

### BE COMFORTING

- offer food or do something that will take his or her mind off wanting to leave
- ask for help... folding clothes, making dinner, etc.
- sit quietly with him or her... listen to music or watch a TV show



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