

三步法

這個方法是用來幫助你找出為什麼一個行為正在發生，以及需要做什麼可以用來改變困難行為。

注意辨別行為的改變

- 首先想一想，什麼是你難以處理的行為？具體說明
- 你能看到這個行為嗎？這個行為會打擾別人嗎？什麼時候或時間發生？當它發生，有誰在附近呢？

嘗試找出什麼可能導致行為變化

了解行為改變的原因

- 健康狀況：這個人在服用新的藥物？生病？還是有疼痛？
- 環境因素：是因為太吵嗎？太熱嗎？是在不熟悉的地方嗎？
- 活動能力：這個人的活動能力減退了嗎？活動太難了嗎？指示太複雜了嗎？是不熟悉的活動嗎？
- 溝通方式：是否這個人很難理解你在說什麼嗎？

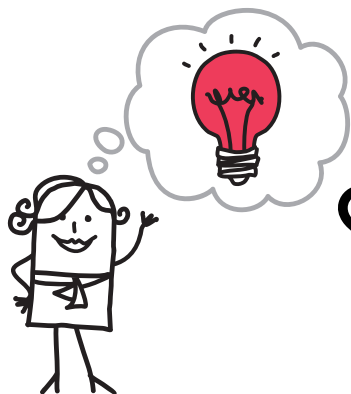
了解行為對這個人有什麼意義

- 這個人是否感到困惑，害怕，緊張，不快樂或無聊？
- 這個人會不會感覺像被別人當作小孩
- 在這個人的環境裡，有沒有東西可能會提醒他們年輕時候做的事情，比如像工作，或是接送小孩

調整可以做的事情

你是可以改變的人，但這個人不能。嘗試不同的事情，注意這個人的感受。你要練習冷靜，溫柔，令人放心。

- 解決導致行為的原因
 - 提供簡單的活動給這個人做
 - 盡可能保持家中平靜
 - 慢慢輕聲說 - 不要一次說太多
 - 不要爭辯 - 同意並安慰他/她，無論是對還是錯
 - 找到有意義的，簡單的活動，這樣這個人就不會感到無聊
- 轉移注意力：
 - 給他們喜歡吃的東西
 - 給他們看電視節目或聽音樂
 - 請他們幫忙簡單的活動
 - 把他們帶到另一個房間
- 接受行為
 - 您可能需要的是接受，而不是改變這些行為
 - 如果沒有安全方面的顧慮，也不會打擾他人，那麼您可能需要找到方法接受這一行為



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Traditional Chinese

IDEA! Strategy

An approach to help you figure out **why** a behavior is happening and **what** you can do about it.

Identify the behavior

- What is the behavior that is difficult for you to deal with? Be specific.
- Can you see it? Does it bother others? When does it happen? Who's around when it occurs?

Explore what may be causing the behavior

Understand the cause of the behavior

- **HEALTH:** Is the person taking a new medication, getting sick, or in pain?
- **ENVIRONMENT:** Is it too noisy? Is it too hot? Is the place unfamiliar?
- **TASK:** Is the activity too hard for them now? Are there too many steps? Is it something new?
- **COMMUNICATION:** Is it hard for the person to understand what you are saying?

Understand the meaning of the behavior to the person

- Does the person feel confused, scared, nervous, unhappy, or bored?
- Does the person feel like they are being treated like a child?
- Are there things that remind the person of something that they used to do when they were younger like go to work or pick up the children from school?

Adjust what can be done

You are the one who will need to change, the person cannot. Try different things. Pay attention to the person's feelings. Practice being calm, gentle, and reassuring.

- address what is causing the behavior
 - keep tasks and activities simple
 - keep the home as calm as possible
 - speak slowly and gently — try not to say too much at once
 - do not argue — agree and comfort the person whether they are right or wrong
 - find meaningful, simple activities so the person isn't bored
- distract or redirect by:
 - offering something they like to eat
 - watching a TV show or listening to music
 - asking for their help with a simple activity
 - leading them to a different room
- accept the behavior
 - some behaviors you may need to accept rather than change
 - if there are no safety concerns and it doesn't bother the person, you may need to find ways to live with it



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