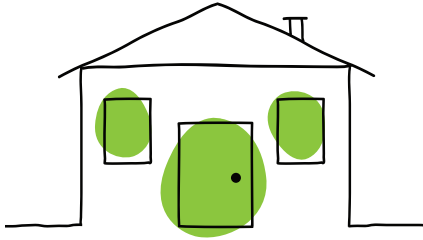


# 保持家居安全

KEEPING HOME SAFE



## 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：

- 因為平衡能力變化或行動不便而摔跤
- 因為視力不佳而無法看清楚
- 忘記關掉水龍頭, 爐火, 烤爐
- 忘記如何使用刀等物品, 或如何處置燃燒物品



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人可能無法判斷什麼是危險的, 從而難以作出安全的決定. 協助患者在家中感到更放鬆和減少困惑, 有助於減少意外的發生.

## 您可以做些什麼?

### 把事情簡單化

- 確保房間保持整潔
- 把常用的物品放在固定的地方
- 移走不用的易碎的或不需要的物品

### 檢查地面

- 移開小地毯, 厚的地毯, 及那些可能在地面上滑動的地毯以免地滑
- 切勿在地面上拋光或打蠟
- 把物品從地面移開... 例如, 電線, 書本, 玩具, 包包, 盒子等.
- 確保浴室和廚房地面保持乾爽避免濕滑
- 使用穩固和可靠的桌椅

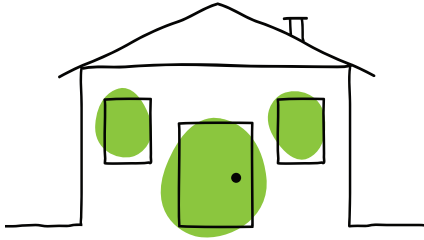
### 清除危險物品

- 把所有藥品: 維生素, 阿斯匹林, 處方藥... 放在可上鎖的盒子, 櫥櫃或抽屜裡以防患者誤食
- 將刀, 剪刀, 槍, 等尖銳的工具, 以及火柴和打火機放在患者看不到或可上鎖的地方
- 把所有清潔用品放在高架上或鎖起來
- 拆除爐灶和烤爐的旋鈕

### 切勿讓患者獨自在

- 正在使用爐灶或烤爐的廚房
- 水龍頭打開著的浴室
- 任何有煙火的地方 (例如香煙, 雪茄或煙斗)
- 靠近開著或沒上鎖的門

# Keeping Home Safe



## WHY DOES THIS HAPPEN?

*People with Alzheimer's or dementia might:*

- trip because of changes in balance or trouble walking
- have problems seeing clearly due to poor eyesight
- forget to turn off water, burners, or ovens
- forget how to use knives, etc. or where to safely place burning objects



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People with Alzheimer's or dementia may have trouble knowing what is dangerous or making safe decisions. By helping him or her feel more relaxed and less confused at home, you can help stop accidents.

## WHAT CAN YOU DO?

### KEEP THINGS SIMPLE

- make sure rooms are neat
- place "often used" items in the same place
- remove things that might break and aren't needed

### LOOK AT THE FLOOR

- remove small rugs, rugs that are thick, or rugs that might slide on floors
- don't shine or wax floors
- keep items off floors... cords, books, toys, bags, boxes, etc.
- make sure bathroom and kitchen floors are kept dry and avoid walking with wet feet
- use tables and chairs that are stable enough to lean on

### REMOVE DANGEROUS ITEMS

- keep all medicines... vitamins, aspirin, prescriptions... in a locked box, cabinet, or drawer
- place knives, scissors, guns, sharp tools, matches, and lighters out of sight or in a locked area
- move all cleaning supplies to a high shelf or lock them away
- take off knobs from the stove and oven

### DON'T LEAVE HIM OR HER ALONE

- in the kitchen with the stove or oven on
- in the bathroom with water running
- anywhere with burning cigarettes, cigars, or pipes
- near an open or unlocked door or gate