

## 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：

- 遺失或把物品錯放位置，即認為它被盜
- 忘記別人說過的事情，而別人再說起時，即認為這是謊言
- 感覺配偶對待他們跟以往不一樣，即相信是婚外情所致
- 無法分辨事實與虛幻

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人可能會疑心和害怕，甚至是對那些愛護和照顧他們的人。他們的世界好像很奇怪及令人困惑，導致他們指責別人偷竊或說謊，甚至可能相信配偶出軌，這些都會造成驚慌。請別放在心上，這是因疾病引起的大腦變化很常見的行為。

## 您可以做些什麼？

### 給予安撫

- 保持冷靜，並使用溫柔的聲音
- 不要爭論，當時的情境對他們來說是非常真實的
- 讓他們知道他們是安全的，一切都妥當
- 握住他們的手或給予擁抱 (如果他們不介意被觸碰)

### 嘗試分散注意力

- 給他喜愛的食物或進行他喜歡的活動
- 協助他們尋找失物，並與他們談談其間找到的物品，如照片，家中的物品，書籍等
- 帶他們到外面散步，或到另一房間進行別的活動
- 談談對他們重要的事情 (家庭，音樂，烹飪，愛好等)

### 營造平靜和熟悉的環境

- 額外備存經常丟失的物品，如錢包，鑰匙，首飾，失效的支票等，幫助他們找不見的東西
- 保持他們所處的環境安靜平靜
- 把他們記得及珍惜的東西放在他們周圍
- 若廣播節目或新聞令人不安，請關閉電視或收音機
- 如果需要請重新介紹自己和他人
- 播放過去的有美好回憶的音樂

### 其他提示

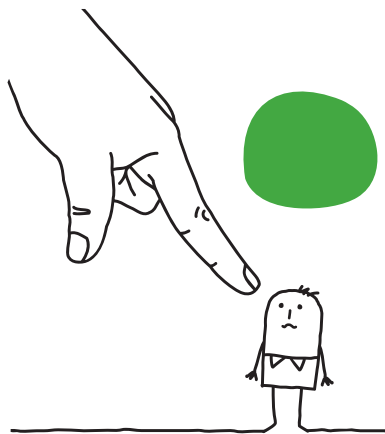
- 保留日誌或筆記來記述偏執狂的情況，並與醫生商討
- 備妥有關證明病者的診斷，與您的關係，委託書等法律文件，以便向警察或其他第一反應者展示
- 加入支持團體或找個朋友，讓你能坦然地分享您的感受和令您沮喪的事情
- 請記住，有時候物品真的是被偷了



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Traditional Chinese

# Paranoia



## WHY DOES THIS HAPPEN?

*People with Alzheimer's or dementia might:*

- lose an item and think it was stolen
- forget something told to them and when re-told, think it's a lie
- feel a spouse is treating them differently and believe it's because of an affair
- be unable to tell what is real and what is not

People with Alzheimer's or dementia may become suspicious and frightened, even of those who love and care for them. Their world can seem strange and confusing, leading them to accuse others of stealing or lying. Don't take this personally; it is a common behavior.

## WHAT CAN YOU DO?

### BE COMFORTING

- stay calm and use a gentle voice
- don't argue... the situation is very real to them
- let them know they are safe and everything is okay
- hold their hand or give a hug (if they don't mind being touched)

### TRY DISTRACTION

- offer a favorite food to eat or activity to do
- help look for missing items and talk with them about items you find along the way such as photos, objects around the house, books, etc.
- take them outside for a walk or to a different room
- talk about something important to them (family, music, hobbies)

### MAKE THE ENVIRONMENT CALM AND FAMILIAR

- keep extra items that are often lost like wallets, keys, jewelry
- keep their space quiet and calm
- surround them with things they remember and cherish
- turn off the TV or radio if a show or the news are upsetting
- re-introduce yourself and others as often as needed
- play music from the past that has good memories

### OTHER TIPS

- keep notes to describe the paranoia and share with the doctor
- have legal papers to show police the person's diagnosis, your relationship, power of attorney, etc.
- join a support group or find a friend where you can talk openly about your feelings and frustrations
- remember that sometimes items really do get stolen



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