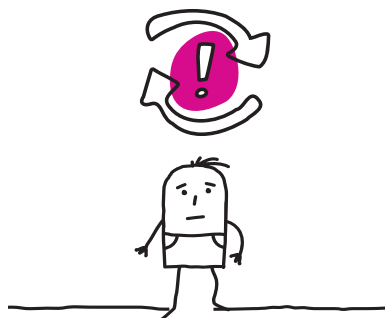


重複

REPEATING



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：

- 記不起他們剛剛說的話或剛剛發生的事情
- 因為他們感到緊張或害怕，所以他們重複問問題或說事情
- 難以說出他們需要或想要什麼



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人經常提問,或一 遍又 一 遍地講述相同的事情. 雖然這令人沮喪, 但並沒有害處. 他們不是故意這樣做的, 因為這種行為是由大腦中的變化而引起.

您可以做些什麼？

想想有什麼可能的原因會造成他們一直重複：

- 是不是換了新環境? 周圍是不是多了不熟悉的人? 他們身處在可能引起恐懼的地方?
- 他們忘記了問題已被提出或被回答
- 他們想要您的注意, 所以要您的關注
- 也許他們以不同的方式表達他們的需求... 飢餓, 關心某人或某事, 或要用洗手間

接受此行為

- 保持冷靜, 需要有耐心. 他們不能被改變, 所以您必須接受他們. 不要爭論或試圖糾正他們
- 深呼吸... 要記住疾病是導致這種行為的原因
- 每次被問到時都冷靜地回答問題
- 每次為他們說事情時保持微笑

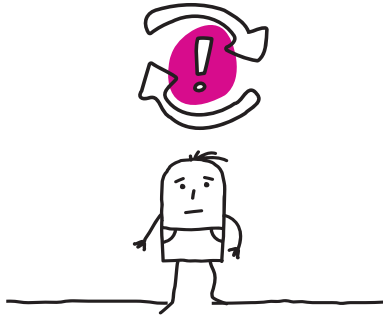
試著提醒

- 使用時鐘, 照片或其他物品來幫助提醒重複的問題
- 在他們經常看到的地方張貼筆記或日程表
- 設置一個大的“白板,” 以便您可以根據需要寫上和劃掉訊息

幫助方法：

- 聽音樂, 看電視, 散步, 或找一些他們喜歡做的事情, 讓他們把心思放在其他地方
- 先想想他們的感覺, 提醒自己這不是他們的錯
- 等到差不多時間再告訴他們會讓他們緊張的事情, 如看醫生, 洗澡或外出
- 如果您累了并可能會有負向反應, 您可以在他們安全的情況下, 走去另一個房間透透氣

Repeating



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might be:

- having problems remembering what they just said or what just happened
- repeating questions or stories because they feel nervous or afraid
- having trouble saying what they need or want



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People with Alzheimer's or dementia often ask questions or tell stories over and over. While frustrating, it is not harmful. They are not doing this on purpose. This behavior is caused by changes in the brain.

WHAT CAN YOU DO?

THINK ABOUT WHY

- new place? new people? somewhere they find scary?
- they forget that the question was asked and/or answered
- they want your attention... to feel a connection with you
- maybe they are trying to tell you about a need... hunger, concern about someone or something, urge to go to the bathroom

ACCEPT THE BEHAVIOR

- stay calm and be patient, they can't change so you will need to
- don't argue or try to correct them
- breathe... and remember the disease is the reason
- calmly answer the question every time it's asked
- smile at the story every time it's told

TRY REMINDERS

- use clocks or photos of items or objects to help with questions that are repeated
- post notes or a daily schedule in a place they often look
- get a big "white board" so you can write and erase information

WAYS TO HELP

- listen to music, watch TV, take a walk, or find something they like to do to get their mind on something else
- think first about how they are feeling and remind yourself it's not their fault
- wait until just beforehand to tell them about things that make them nervous like doctor's visits, bathing, or going out
- if you are tired and might react, and they are safe, go to another room for a bit to breathe