



## 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：

- 難以控制身體的功能
- 正服用可能導致頻尿的藥物
- 忘記廁所和馬桶的用途
- 覺得尋求幫助是尷尬和羞愧的事
- 無法及時找到廁所
- 無法及時脫下衣服



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人想上廁所時可能會失禁。這常在晚上或當他們感到緊張的時候發生。有時，當他們被問到是否需要上廁所。他們可能會說不，並拒絕和您一起走到廁所。他們可能會覺得這個問題具有侮辱性或令人尷尬。

## 您可以做些什麼？

### 給予充分的時間和保持正面的態度

- 預留更多時間來如廁，保持耐性，不要急
- 保持冷靜，使用溫柔的聲音
- 給予逐步的指示....「我們現在往這邊走，很好，現在從這邊進來」
- 想想對方會否因為在您或異性面前脫衣服而感到尷尬

### 簡化事情

- 找容易穿脫的衣服，例如有鬆緊帶或貼扣 (尼龍搭扣) 而不是鈕扣的褲子
- 盡量安排他們坐得離廁所近一些，這樣他們不需要走太遠
- 廁所內經常備有照明，需如廁時即可找到
- 使用色彩鮮豔的馬桶座板使其易於被看見
- 安裝一個昇高的馬桶座和扶手 — 有些人覺得坐在較低的馬桶時有會跌下來的感覺
- 挪開或覆蓋任何可能被誤認為馬桶的東西，如垃圾桶

### 維持固定作息

- 制定定時如廁的日程表：早上醒來時，用餐前後，睡前
- 睡前限量飲用水和其他飲料

### 失禁意外是會發生的

- 在失禁意外發生時保持諒解的態度，在失禁意外發生後立即幫對方清洗，並確保他們穿上清潔乾爽的衣服
- 如果他們生氣不悅，請保持冷靜並給予安撫
- 準備失禁用品，如一次性內衣和床墊，替換的衣服和鞋襪
- 若失禁屬突發性的或經常發生，請諮詢醫生可能的因素 — 如，新的藥物或感染可能是這種情況的成因

# Toileting



## WHY DOES THIS HAPPEN?

*People with Alzheimer's or dementia might:*

- have poor control of their body functions
- be taking medications that cause them to urinate a lot
- forget what the bathroom and toilet are used for
- feel embarrassed and ashamed to ask for help
- might not be able to find the bathroom in time
- might not be able to remove their clothes in time

People with Alzheimer's disease or dementia can have accidents when they want to go to the bathroom.

## WHAT CAN YOU DO?

### ALLOW TIME & BE POSITIVE

- plan for extra time... be patient... don't rush
- stay calm and use a gentle voice
- give one step directions – “let's walk this way, let's come in here”
- think about if the person is embarrassed to get undressed in front of you or a person of a different sex

### KEEP THINGS SIMPLE

- find clothes that are easy to take on and off, such as pants with an elastic waist or Velcro instead of buttons
- try to seat the person closer to the bathroom so they don't need to walk as far
- keep a light on in the bathroom so it can be seen when needed
- use a toilet seat with a bright color so that it can be seen easily
- install a raised toilet seat and grab bars – some individuals feel like they are falling when sitting down on a low toilet
- remove anything that looks like a toilet, such as a trash can

### KEEP A SCHEDULE

- create a regular schedule for using the toilet: when they wake up, before and after meals, and just before bed
- limit water and other drinks close to bedtime

### ACCIDENTS HAPPEN

- be understanding when accidents happen
- stay calm and comfort the person if they are upset
- be prepared with supplies, such as extra clothes and wipes
- if accidents happen suddenly or more often, talk with their doctor about possible reasons – for example, a new medication or an infection may cause this to happen



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