

焦慮, 緊張

ANXIETY



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大腦變化造成他們難以：

- 處理他們周遭發生的事情
- 記得他們剛做過的事情, 如檢查錢包裡的錢
- 理解天色逐漸變暗是怎麼回事, 這也被稱作“日落症候群”
- 有安全感, 因為覺得家裡已經不再是自己熟悉的模樣
- 辨認照顧他們的家人或看護人員



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人可能因焦慮而造成緊張, 不安或擔憂. 這也可能導致其他行為, 如來回踱步, 抓衣服或抓頭髮. 這種恐懼的心情可能造成患者一再重複檢查是否有把門窗鎖好, 或擔心將會有壞事發生.

您可以做些什麼?

提供幫助的方法

- 安撫: 擁抱患者或把手放在他們的手臂上
- 按患者的感受作出回應, 而不只是聽他們說話
- 避免和患者爭辯或說服他們明白事實真相
- 提醒患者他很安全, 而您也會隨時提供幫助
- 做一個積極的聆聽者 — 和對方有眼神的交流, 對他們所說的事感興趣
- 嘗試分散患者的注意力, 提供他們感興趣的事物或出去散步

如何避免焦慮情況加劇

- 固定每日的日常作息
- 如實說明造成他們有恐懼感的原因並給予安撫
- 避免經常更換看護者
- 留意那些會造成他們害怕的跡象線索, 盡量不要等到情況變得嚴重才採取行動
- 察覺讓他們焦慮的原因, 並在他們變得擔憂或行為有所改變前將之去除

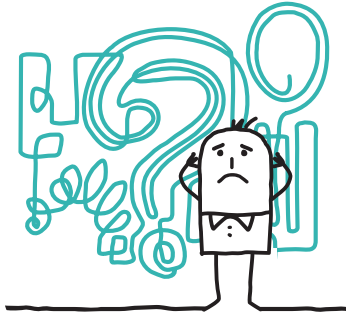
其他可試用的方法

- 確保他們有足夠的活動, 因為這有鎮靜作用
- 用平靜溫和的語氣交談
- 嘗試令人鎮靜的氣味或環境, 如使用薰衣草精油或播放讓人放鬆的音樂
- 減少或限制飲用含咖啡因飲料, 如咖啡和汽水
- 追蹤焦慮發生的時間和地點, 以幫助辨識促成焦慮的模式和原因
- 向醫生查詢他們所服用的藥物當中是否有造成緊張不安的因素

照護好自己

- 放慢腳步並嘗試放鬆, 您的壓力可能加重當事人的焦慮
- 接受事實 — 一些當事人認為合邏輯的行為對您而言可能並非如此
- 在照顧患者之際要適時休息, 這樣才能更好的處理自己的壓力
- 練習深呼吸或其他 — 一些簡單的放鬆運動
- 參加互助團體或找心理治療師傾訴

Anxiety



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might have changes in their brains that make it harder to:

- process what is going on around them
- remember that they just did something like checking their wallet for money
- understand what is going on when it gets darker (sundowning)
- feel safe when their home may no longer look familiar to them
- recognize family members or the person is who is caring for them

People with Alzheimer's or dementia can have anxiety which can make them worry or feel nervous. It may cause other behaviors such as pacing or picking at clothing or hair. This feeling of fear can cause the person to check things over and over again, or they may feel worried that something bad is going to happen.

WHAT CAN YOU DO?

WAYS TO HELP

- be comforting — consider a hug or place your hand on the person's arm
- respond to the person's feelings, not only to what they say
- try not to argue or convince them of the truth
- remind the person that they're safe and you are there to help
- be an active listener — make eye contact, express interest in what they are saying
- try to distract them with a walk or something they enjoy

HOW TO PREVENT ANXIETY FROM GETTING WORSE

- follow a routine for the day
- be matter of fact and comforting about what is causing them fear
- look for signs that they are becoming fearful and try not to let it get worse by waiting to act
- try to identify what is causing the anxiety and try to remove it before it causes the worry or behavior

OTHER IDEAS TO TRY

- make sure they get enough exercise as this can be calming
- speak in a calm, gentle voice
- try using calming smells such as lavender oil or relaxing music
- reduce or limit drinks that have caffeine like coffee and soda
- track when/where anxiety occurs to look for patterns
- ask the doctor if any of their medications can cause anxiety

TAKE CARE OF YOURSELF

- slow down and try to relax — your stress can add to the anxiety
- accept that some behaviors may make sense to the person but not to you
- take a break from caregiving so you are better able to cope with the stress
- practice deep breathing or other simple relaxing exercises
- join a support group or speak with a therapist



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