



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:

- 對藥物有反應
- 服用錯誤的藥量
- 經歷由於疾病導致的大腦變化



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人有時可能因幻覺而聽到, 看到, 聞到, 品嚐到不真實存在的東西. 他們可能會幻想和過去認識的人聊天, 這些人可能不再住在家裡, 甚至已過世, 或者是虛構出來的朋友. 如果有以上的行為, 家人或者朋友要提高警覺.

您可以做些什麼?

看醫生

- 去看醫生找出原因 (帶上所有的藥物)
- 每次有這種情況發生, 都請告訴醫生 (您可以記錄下來時間, 日期以及當時所發生的狀況)

想想原因

- 根據可能造成的原因做出改變:
 - 如果患者不知道鏡子裡的人是自己, 把鏡子蓋上
 - 如果事情在黑暗中發生, 打開燈或使用夜燈
 - 如果電視或收音機讓患者感到困惑或害怕, 把它關掉

安慰患者

- 說一些像“不要擔心, 我在這裡, 我會照顧你”的話
- 不管發生的事情是否真實, 只管同意, 不要爭論, 因為對他們來說所有的感覺都是真實的
- 讓他們做一些愉快的事情, 從而令他們分心

Hallucinations



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might be:

- having a reaction to medicine
- taking the wrong amount of medicine
- going through changes in the brain due to the disease

People with Alzheimer's or dementia can sometimes hear, see, smell, taste, or feel something that is not really there. They may talk to someone from the past who is no longer in the home or even still alive or is a pretend friend. This can alarm close ones.

WHAT CAN YOU DO?

SEE A DOCTOR

- visit the doctor to find out the cause (bring ALL medications with you)
- tell the doctor about every time you think this has happened (keep a log — day, time, and what was going on around the person with Alzheimer's or dementia)

THINK ABOUT THE CAUSE

- change the possible reason
- if the person doesn't know who is in the mirror, cover the mirror
- if things come out in the dark, turn on the lights or use a nightlight
- if the TV or radio is confusing or scary, turn it off

BE REASSURING

- say things like "don't worry, I'm here and will take care of you"
- agree, don't argue, about whether what's happening is real... it is real to them
- involve him or her in something pleasant to distract them



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