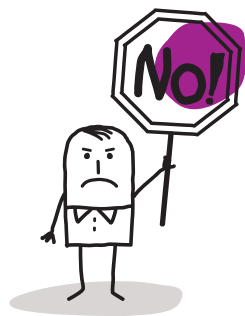


抵抗性

RESISTANCE



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：

- 感到害怕或失控
- 感到倉促或匆忙
- 不明白別人對他們有甚麼期望
- 因為感到尷尬而羞於尋求幫助
- 感到不知所措
- 因要做一些新的或複雜的活動而被嚇倒

有些時候，患有阿茲海默症（疾病）或失智症（癥狀）的人會拒絕做日常的活動，如洗澡，或前往醫務所等某些地方。這會使照顧的人十分沮喪挫折。

您可以做些什麼？

請體諒和安撫

- 覺察他們的感受
- 聆聽他們的顧慮
- 嘗試溝通和說話時保持平靜及愉悅

請以尊重相待

- 不要把患者當作小孩看待，記得對方是成年人
- 高高在上的態度會令人拒絕你的幫助
- 包容，讓他們作一些小的決定和選擇
- 洗澡和更衣時給予私隱的空間

盡早設定計劃

- 留出足夠的時間來做好準備
- 想一想可以把事務分成小步驟嗎？
- 這反應是在某同一時間或地點發生嗎？若是，試著改變時間或用不同的方式
- 是否有其他人可成功地取得患者的配合？請那人幫忙

當事情叫人太洩氣時

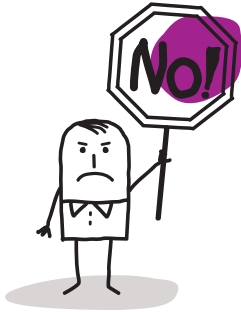
- 轉移他們的注意力至他們喜歡的事物
- 退讓或離開房間並過些時間再試，可能的話，改天再試
- 深呼吸數次，看段滑稽的短片，或試用其他方法平靜下來
- 參加支持團體或跟一位關懷輔導員談談，找尋如何處理該行為及幫助你調適的新建議



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Traditional Chinese

Resistance



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might:

- feel afraid or out of control
- feel rushed or hurried
- not understand what is expected of them
- feel embarrassed and ashamed to ask for help
- feel overwhelmed
- be scared about doing a new activity or one that is complicated

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Sometimes people with Alzheimer's or dementia refuse to do common activities, like bathing, or to go somewhere, like to the doctor's office. This can be very frustrating to the caregiver.

WHAT CAN YOU DO?

BE UNDERSTANDING AND COMFORTING

- consider their feelings
- listen to their concerns
- try to look and sound calm and pleasant

BE RESPECTFUL

- treat the person like an adult
- a strong sense of pride can make a person refuse your help
- allow them to make some small decisions and choices
- provide privacy for bathing and dressing

CREATE A PLAN AHEAD OF TIME

- allow enough time to get ready
- can the task be broken down into smaller steps?
- does this happen at the same time or place? If so, try another time of day or a different approach
- would someone else have better luck getting the person to cooperate? Let that person do it.

WHEN THINGS GET TOO FRUSTRATING

- change their attention to something that they enjoy
- step away or leave the room and try again later or, if possible, try it another day
- take several deep breaths, watch a few short funny videos or try another way to calm down
- join a support group or speak to a care counselor to get new ideas about how to help the behavior and to help you cope