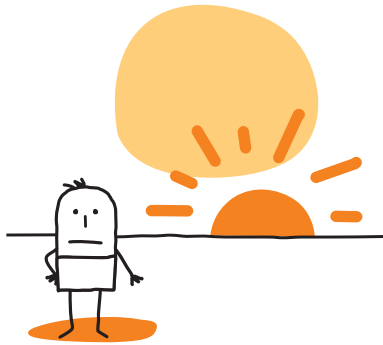


日落症候群

SUNDOWNING



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：

- 在下午時分更累
- 由於光量變化而困惑
- 被陰影嚇壞
- 受到您的疲勞情緒影響



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Traditional Chinese

患有阿茲海默症 (疾病) 或失智症 (癥狀) 的人可能在一天中(特別是在太陽下山後)變得更加困惑或緊張. 這就是所謂的日落症候群. 他們可能會看到或聽到不存在的東西. 他們可能指責他人不是真實的事情, 如偷竊或撒謊, 並可能不安地來回走動. 這不是有意的, 有失智症的人不能控制自己.

您可以做些什麼？

在家裡做出改變

- 在下午早些時候打開燈, 使房子更亮
- 調低 (或關閉) 電視或收音機音量
- 播放舒緩的音樂
- 避免喧鬧或混亂的噪音
- 清理出供患者來回走動的通道

注意膳食和零食

- 午餐時量多些, 晚餐時量少些
- 下午3點後, 只允許患者攝入少量咖啡因, 糖, 咖啡, 茶和汽水
- 收起含酒精飲料和香煙

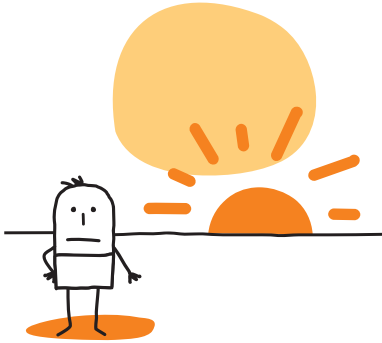
維持固定作息

- 幫助他們每天在同一時間睡覺和起床
- 用散步或跳舞來幫他們消耗額外的體力
- 建議在上午安排看醫生, 外出, 洗澡, 諸如此類的活動

其他方法

- 保持平靜和持續安撫
- 保持靈活... 如果一個想法不行, 嘗試另一個
- 安撫患者, 說或做某事來平息他們的恐懼
- 嘗試新的活動, 如把硬幣分類或跳舞

Sundowning



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia might be:

- more tired in the late afternoon
- confused by changing amounts of light
- scared by shadows
- reacting to your feelings of being tired



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People with Alzheimer's or dementia may become more confused or nervous later in the day, often as the sun sets. This is called sundowning. They may see or hear things that are not there. They may accuse people of things that are not true, like stealing or lying, and may pace or walk back and forth. This is not done on purpose, and people with dementia cannot control it.

WHAT CAN YOU DO?

MAKE CHANGES AT HOME

- turn lights on early in the afternoon to make the house brighter
- turn down (or turn off) the television or radio
- turn on soothing music
- avoid loud or confusing noises
- clear a path for the person to walk back and forth

PAY ATTENTION TO MEALS AND SNACKS

- provide a large meal at lunch and a light meal at dinner
- allow less caffeine, sugar, coffee, tea, and soda after 3 PM
- remove access to alcohol and cigarettes

KEEP A SCHEDULE

- make going to bed and waking up at the same time every day
- take walks or dance to use up extra energy
- plan doctor visits, outings, baths in the morning

OTHER IDEAS

- be calm and reassuring
- be flexible... if one idea doesn't work, try another
- comfort her and say or do something to calm her fears
- try a new activity, like sorting coins or dancing