

照顧獨居病人

CANTONESE | ENGLISH

家人和照顧者通常都特別擔心獨居的癡呆症病人。本資料單張討論了可能出現的具體問題，介紹了幫助病人安全獨居的一些方法。

每個癡呆症病人都是獨一無二的，所處境況也各不相同。大多數病人都與配偶住在一起，或者住在某種家庭環境中，但越來越多的病人獨自生活。這可能是自我選擇，也可能是情況所迫。不論原因何在，都會給獨居癡呆症病人的照顧者帶來特別的挑戰。

診斷為癡呆症，並不一定意味著病人立刻失去自理能力。幫助病人盡可能長久地留在自己熟悉的家庭環境中，這是一個很有意義的目標。但這可能讓親友感到非常擔心。

所需要的支持類別取決於個人情況。

獨居病人可能：

- 忘記吃飯或服藥
- 忘記經常洗澡或換衣服
- 對失火或電器等具有潛在危險的情況缺乏意識
- 對讓進家的人判斷力較差
- 忘記給寵物餵食或照顧寵物
- 產生一些不切實際的想法或懷疑，可能會在鄰居、警察或社區方面引起麻煩。

在這些情況中，有些可能非常容易處理。例如，如果病人忘記吃飯，不妨為病人安排上門送餐服務，然後打個電話或者讓人上門去提醒病人吃飯。但有些情況可能危及病人的安全與健康，可能就需要安排將病人搬到更具監護性的護理環境中。

如何提供幫助？

接受一定程度的風險

如果癡呆症病人獨自生活，風險就會增加。但這是否仍然屬於可以接受的風險，則需要家人、照顧者和專業人士定期覆查。此外，還必須考慮病人自己的願望和顧慮。

家人參與

在照顧和幫助獨居的癡呆症病人方面，可能需要更多家人參與。不妨盡早組織一次家庭會議，瞭解每個人現在和將來可以提供什麼幫助，確定何時對情況進行覆查。

家居安全

確保住房照明良好，不存在明顯危險，如廚具有故障、地毯鬆脫或傢俱不穩等情況。

提高獨立性的輔助設備

許多輔助設備可以幫助癡呆症病人保持獨立。其中包括：

- 洗澡、淋浴和上廁所時使用的扶手
- 容易辨認時間的鬧鐘和大日曆有助於弄清楚時間
- 提醒定時器也很有幫助，特別是在提醒服藥方面
- 個人警報或監測系統也可提供幫助

FIGHTDEMENTIA.ORG.AU NATIONAL DEMENTIA HELPLINE 1800 100 500

獨立生活

大多數州和領地都有獨立生活中心(ILC)，提供多種服務，旨在促進居住安全，並可提供煙霧探測器、熱水器溫度調節器和監測服務等產品信息。此外，獨立生活中心還可在住房改造和住房設計方面提供建議。獨立生活中心的聯絡號碼可聯絡全國癡呆症幫助熱線**1800 100 500**索取，或可瀏覽ilcaustralia.org。

理財

隨著癡呆症病情的發展，病人做出財務和法律決定的能力將下降。他們在理財方面需要幫助。在病人仍然可以參與決定時，請務必要尋求法律和財務建議。

告訴他人

請向朋友、鄰居、當地店主、相鄰農場的人士和當地警察說明病人的情況，並將聯絡號碼提供給他們。這些人可以幫你留意癡呆症病人，可能會很有幫助。確保病人外出時帶有適當的身份證明和緊急聯絡號碼。

誰可以提供幫助？

老年護理評估小組(ACAT)幫助老年人確定自己對家庭支持服務或住宿照顧的需要。小組的工作人員包括老年病學家、社會工作者和職業病治療醫師等各個領域的醫護工作者。你可以致電My Aged Care (老年護理服務)，與最近的老年護理評估小組聯絡。

澳洲聯邦政府建立了My Aged Care (老年護理服務)，提供支持服務，幫助解答有關如何獲得家庭及社區護理服務、暫息費用、保證金和收費的查詢。他們還可以幫助你尋找適合你特定需要的公立養老院。請致電**1800 200 422**或瀏覽myagedcare.gov.au

聯邦暫息與護理連接中心 (Commonwealth Respite and Carelink Centres) 提供有關本地照顧者支持服務、助殘服務和社區服務的免費、保密資訊。中心遍佈澳洲各地，你可以致電**1800 052 222** (免費電話—使用手機致電除外) 聯絡離你最近的中心。

照顧者門戶 (Carer Gateway) 網站和聯絡中心提供實用資訊和資源，為照顧者提供支持。免費電話：**1800 422 737** (移動電話除外)，網址：www.carergateway.gov.au。

若在其他時間需要緊急暫息服務，請致電**1800 059 059**。

照顧者諮詢與輔導服務為照顧者提供有關相關服務和資格的資訊和建議。請與離你最近的照顧者諮詢與輔導服務聯絡，電話：**1800 242 636**，網址：carersaustralia.com.au

詳情

澳洲阿耳茲海默氏病協會提供支持、資訊、教育和輔導。請聯絡全國癡呆症幫助熱線：**1800 100 500**，或瀏覽我們的網站：fightdementia.org.au。



若需要語言方面的幫助，請致電口筆譯服務處電話：**131 450**。

CARING FOR SOMEONE WHO LIVES ALONE

This Help Sheet addresses concerns families and carers may have when someone with dementia lives alone, and some ways to help the person live alone safely.

Each person with dementia is unique and so is the situation in which they find themselves. While most people live with a partner or in some type of family situation, increasingly many people live alone. This may be by choice, or by circumstance. Whatever the reason, it creates a particular challenge for people who care for someone with dementia who lives on their own.

A diagnosis of dementia does not automatically mean that people are immediately incapable of caring for themselves. Assisting a person to remain in the familiar surroundings of their home for as long as possible is a worthwhile goal. However it can be very worrying for family and friends.

The type of support needed depends on the individual situation.

A person living alone may:

- Forget to eat or take prescribed medication
- Forget to bathe or change their clothes regularly
- Lack awareness of potentially hazardous situations such as fire or electrical appliances
- Show poor judgement about who they let into the house
- Forget to feed or care for pets
- Have unrealistic ideas or suspicions which can lead to trouble with neighbours, the police or the community

Some of these situations may be able to be dealt with fairly simply. For instance, if the person is forgetting to eat, arrange for delivered meals, such as meals-on-wheels and then make a phone call or have a person visit to remind them to eat the meal.

Some of the situations however may compromise the person's safety and well being, and a move to more supervised care may have to be arranged.

How can you help?

Accepting a degree of risk

There is an increased risk when a person with dementia lives alone. However whether this continues to be an acceptable risk will need to be reviewed regularly by family, carers and professionals. The person's own wishes and concerns must also be considered.

Family involvement

It may be possible for more family members to be involved in aspects of the care and assistance of someone living alone. It can be useful to organise a family meeting at an early stage to work out what each person can offer now and into the future as well as when the situation will be reviewed.

Household safety

Ensure that the house is well lit and that there are no obvious hazards such as faulty kitchen appliances, loose carpets or unsteady furniture.

Aids to independence

There are many aids which can assist a person to remain independent. Some of these include:

- Hand rails at bath, shower and toilet
- Easy to read clocks and large calendars will help to orient to time
- Reminder timers may also be helpful, particularly for remembering medications
- Personal alarms or monitoring systems may help

FIGHTDEMENTIA.ORG.AU NATIONAL DEMENTIA HELPLINE 1800 100 500

Independent living

The Independent Living Centre (ILC) is in most States and Territories and offers a number of services designed to promote safe living. Information is available on a number of products including smoke detectors, hot water service temperature regulators and monitoring services. Advice is also available on home modifications and home design. Contact numbers for ILCs in each state can be obtained by contacting the National Dementia Helpline on **1800 100 500** or by visiting ilcaustralia.org

Managing finances

As the dementia progresses, the person's ability to make financial and legal decisions will decrease. They will need assistance in managing their finances. It is essential to get legal and financial advice while the person can still participate in the decision.

Telling other people

Explain the person's condition to friends, neighbours, local shopkeepers and the local police and provide them with contact numbers. They can be very helpful in keeping a tactful eye on a person with dementia. Ensure that the person has adequate identification and an emergency contact number when they go out.

Who can help?

Aged Care Assessment Teams (ACAT) provide assistance to older people in determining their needs for home based supports or residential care. A range of health care workers such as geriatricians, social workers and occupational therapists work together as part of the ACAT. You can contact your nearest ACAT by calling My Aged Care.

The Australian Government has established My Aged Care, a service to provide support and assistance with queries about access to home and community care, respite fees, and bonds and charges. They can also help you look for Government funded aged care homes that meet your particular needs. Call **1800 200 422** or visit myagedcare.gov.au

Commonwealth Respite and Carelink Centres provide free and confidential information on local carer support, disability and community services. Centres are located throughout Australia and you can contact your nearest Centre by phoning **1800 052 222** (free call except from mobile phones).

Carer Gateway website and contact centre provides practical information and resources to support carers. Freecall: **1800 422 737** (not mobile phones) or visit carergateway.gov.au

For emergency respite at other times call **1800 059 059**.

The Carer Advisory and Counselling Service provides carers with information and advice about relevant services and entitlements. Contact your closest Carer Advisory and Counselling Service on **1800 242 636** or visit carersaustralia.com.au

FURTHER INFORMATION

Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at fightdementia.org.au



For language assistance phone the Translating and Interpreting Service on **131 450**