

活動

CANTONESE | ENGLISH

本須知單提供了有關如何為癡呆症病人規劃和開展適當活動的資訊。

享受樂趣不需記憶力

每天都有許多事情讓我們的生活具有意義和樂趣。對於癡呆症病人而言，對良好生活品質的需求並未減退。但是，沒有家人和照顧者提供某種幫助，癡呆症病人要使自己的生​​活獲得意義和樂趣，就會難得多。

理想而言，這些活動應該：

- 彌補所失去的活動
- 增強自尊
- 保持剩餘的技能，而不需要學習新東西
- 提供享受樂趣和社交的機會
- 照顧到病人的文化背景

規劃活動時的一些實用指南

考慮到病人的所有特點

這就意味著要瞭解病人以前的生活方式、文化、宗教信仰、工作經歷、愛好、娛樂和社交興趣、旅遊、一生中承擔的重要職責以及引以為豪的成就。

活動能重新確定原先的職責

利用尚未忘記的技能，如給麵包塗黃油、洗碗、擺放碗筷、分揀衣物、在花園澆水和耙掃等。癡呆症病人也能夠通過這些方法來幫助做些家務，並覺得自己有用。不論職責多小，都要鼓勵病人承擔一定的職責。

活動能讓人放鬆並享受樂趣

即使癡呆症病人不記得自己去了甚麼地方，也可以享受外出的樂趣。即使不久被可能忘記這段經歷，但重要的是享受這一刻帶來的樂趣。

簡單、悠閒、富有意義的活動是最好的活動

為病人提供必要的時間和空間，讓其盡可能多地完成活動。一次集中做一件事情。將活動分解為簡單易行的數個步驟。一次傳達一項指示。

準備一個安全的工作區域

癡呆症病人通常在視覺及協調方面存在困難。因此，要確保作業表面整潔，沒有甚麼分散注意力的物品和噪音。照明良好，不會刺眼，個人座椅喜好及正確的作業高度，這些都非常重要。使用塑膠容器有助於避免打破東西。

活動不應讓病人更加意識到自己的缺陷或增加壓力

病人的能力每天都可能出現波動。如果活動不成功，或者病人未獲得樂趣，可以調整或另找時間嘗試。

利用適合病人最佳狀況的時間安排

在開展活動時，為了確保活動取得最大成功，最好考慮安排在一天中病人處於最佳狀況的時間。例如，有時最好在上午或下午較早時間散步。但是，對於在一天中較晚時候特別煩躁不安的病人來說，選擇在下午較晚時間散步可能會更好。

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不要過分刺激

外出要有選擇性。避開人群和噪音，不要不停走動，因為許多癡呆症病人覺得這些讓人受不了。

允許感情發洩

對於許多病人來講，聽音樂或者與嬰幼兒或動物接觸都讓他們感覺良好。病人通常對過去的事情保留一些美好的記憶，因此，看看舊照片、紀念品和書籍都能喚起對往昔的回憶。有機會重溫這些寶貴的時刻，可令人深感心滿意足。如果病人的閱讀技能越來越差，可以製作一些個人錄音帶，或者一起唱一些喜愛的歌曲。找些病人感興趣的圖書和雜誌。

將感官體驗包括在內

令人愉快的一些感官體驗包括：

- 手部、頸部和腳部按摩
- 梳頭
- 嗅聞鮮花、香草或工藝乾花
- 使用香精油
- 撫摸動物或具有不同顏色和質地的材料
- 參觀香草園或花展
- 品嚐食物或分揀水果或意麵
- 提供一個雜物盒，裡面裝上病人感興趣的一些東西

與大多數能力相比，運動感和節奏感通常保留得更為長久

租一台健身腳踏車或跑步機，供下雨天使用。觀看或參加舞蹈班，打太極拳、玩滾球或者一起去遛狗。經常散步的人不僅可以欣賞更廣闊的世界，而且還能獲得非常需要的鍛煉。

貴在持之以恆

如果由不同的人照顧癡呆症病人，不妨將活動照顧計劃寫下來。這樣就可以確保活動的一致性，並且滿足癡呆症病人的個人需要。

活動在應對行為變化方面具有重要作用

瞭解甚麼活動有助於讓煩躁或苦惱的病人安靜下來，或者轉移其注意力，這一點非常重要。這對暫息工作人員尤其有幫助。

不要放棄

錯誤和失敗在所難免，但不要讓癡呆症病人產生失敗感。應該不斷嘗試。

詳情

澳洲阿耳茲海默氏病協會提供支持、資訊、教育和心理輔導。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，請致電翻譯與傳譯服務電話：**131 450**。

ACTIVITIES

This Help Sheet provides information about planning and providing appropriate activities for people with dementia.

Enjoyment doesn't require memory

Each day there are many things that provide us with purpose and pleasure. For a person with dementia, the need for a good quality of life is not diminished. However, without some assistance from family and carers, their ability to achieve purpose and pleasure is much more difficult.

Ideally, activities should:

- Compensate for lost activities
- Promote self esteem
- Maintain residual skills and not involve new learning
- Provide an opportunity for enjoyment, pleasure and social contact
- Be sensitive to the person's cultural background

Some helpful guidelines when planning activities

Consider all that has made the person unique

This means knowing the person's former lifestyle, culture, religious beliefs, work history, hobbies, recreational and social interests, travel, significant roles throughout their life and achievements they are proud of.

Activities can re-establish old roles

Make use of skills that have not been forgotten, such as buttering bread, washing up, setting the table, sorting clothes or watering, sweeping and raking in the garden. These are also ways in which a person with dementia can contribute to the household and feel useful. Encourage an area of responsibility no matter how small.

Activities can give relaxation and pleasure

A person with dementia may enjoy an outing even if they do not remember where they have been. What is important is that the moment is enjoyed, even though the experience may be soon forgotten.

Simple and unhurried activities that are meaningful are best

Give the time and space necessary to allow the person to do as much as possible. Focus on one thing at a time. Break down activities into simple, manageable steps. Communicate one instruction at a time.

Prepare a safe working area

People with dementia often have difficulty with visual perception and coordination. Ensure that surfaces are uncluttered with few distractions and noise. Good lighting, without glare, individual seat preferences and correct work heights are all important. Using plastic containers might help to avoid breakages.

Don't allow activities to reinforce inadequacy or increase stress

Abilities can fluctuate from day to day. Activities can be adapted and tried another time if not successful or enjoyable.

Use times to suit the person's best level of functioning

To ensure maximum success when carrying out activities it is best to consider the times of day when the person is at their best. For instance, sometimes walking is best done in the morning or the early afternoon. However for some people who are particularly restless later in the day, a late afternoon walk may be better.

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Don't over stimulate

Be selective with outings. Avoid crowds, constant movement and noise which many people with dementia find overwhelming.

Allow an emotional outlet

For many people, music or contact with babies, children or animals provide positive feelings. Excellent memories of past events are often kept and looking through old photos, memorabilia and books enables the recall of earlier times. The opportunity to relive treasured moments can be deeply satisfying. If reading skills have deteriorated make individual audiotapes or sing favourite songs together. Locate picture books and magazines in the person's areas of interest.

Include sensory experiences

Some sensory experiences that may be enjoyed are:

- Hand, neck and foot massage
- Hair brushing
- Smelling fresh flowers, herbs or pot pourri
- Using fragrant essential oils
- Stroking an animal or different coloured and textured materials
- A visit to a herb farm or a flower show
- Food tasting or sorting fruit or pasta
- Provide a rummage box that contains things that the person has been interested in

A sense of movement and rhythm is often retained longer than most abilities

Hire an exercise bike or a walking machine for rainy days. Be spectators or participants at dance classes, do tai chi, play bocce or walk the dog together. Walkers enjoy the wider world while getting much needed exercise.

Consistency is important

It can be helpful to write out an activities care plan if different people are caring for the person. This will ensure that activities are consistent and are suited to the individual needs of a person with dementia.

Activities play a significant part in the dealing with changed behaviours

Knowing what helps to calm or divert a person when they are restless or distressed is very important. This can be particularly helpful for respite workers.

Don't give up

Mistakes and failures will happen, but don't let the person with dementia feel like a failure. Keep trying.

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