

朋友注意事项

MANDARIN | ENGLISH

本须知提供如何支持患有痴呆症的朋友及其家人的一些注意事项。您可以发挥一定的作用。

“虽然我们的生活永远发生了改变，但在确诊之后生活还要继续。随着我们建立新的生活，我们需要家人和朋友与我们同行。”南希 - 照顾者

家人、朋友和照顾者注意事项

痴呆症患者的自我表达能力可能会受到影响，但他们仍有成年人通常有的所有情绪。以下是关于您可以如何支持患有痴呆症的朋友的一些注意事项。

1. 帮助朋友保持独立

支持患有痴呆症的朋友，让他们能够尽量自己做，并且尽可能久地自己做。不要包办代替。给患者提供所需要的时间和空间。

2. 耐心聆听患者的回答

让朋友有时间在大脑中寻找到自己想要的词语。尽量不要替他们说完一句话。只要倾听即可。如果他们不记得自己说到哪里了，请不要让他们觉得难堪。

3. 交流要清晰

如果您问朋友问题，尽量用“封闭式”的问句（如使用“是/否”回答的问句），或者使用答案很明显的问句（如“你想坐这里还是坐那里？”）。“开放式”的问句（如“你感觉怎样啊？”或者“你今天想做什么？”）可能会让痴呆症患者摸不着头脑。

4. 接受患者丧失记忆力的现实

您的朋友不会什么都记得，甚至可能连最近发生的大事都记不住。如果他们不记得什么特别的事情，别往心里去。

如何支持患者的家人

照顾痴呆症患者可能会让人身心紧张。患者的一些家人可能不确定自己的感受，可能认为别人理解不了他们的感受。

请务必记住，患者的所有家人都会因其患上痴呆症而受到不同影响。作为朋友，您可以做很多事情来支持他们。

1. 保持接触

保持联系。想方设法帮助患者的家人保持兴趣或爱好。患者的家人或照顾者往往会慢慢退出各种活动，只需提供一点帮助，就可以帮他们保持活跃。

2. 做一些小事情 - 这些事情意义很大

您可以帮助做一些日常的事情。譬如说，如果您要出去办些杂事，不妨问问患者的家人是否需要什么。

3. 让他们休息一下

主动提出陪伴痴呆症患者，让患者的家人可以做自己的事情，如购物、参加支持小组、看望朋友或者只是在家里享受一些个人的时间。

4. 提供的帮助要具体

提供实际的帮助。具体询问患者的家人需要什么帮助，看看您是否能帮忙做园艺、做饭、购物之类的事情，或者问问有什么事情需要做。

5. 悉心倾听

尽量认识到患者及其家人正在经历的改变。您不需要提供解决问题的方法 - 只需要富有同情心并且悉心倾听就好。尽量不要查问或评判，而应支持和接受。

6. 了解更多知识并且积极参与

了解痴呆症的情况有助于您为朋友提供支持。不妨参加澳大利亚痴呆症协会的免费社区讲座。

详情

澳大利亚痴呆症协会(Dementia Australia)提供支持、信息、教育和辅导。请联络全国痴呆症帮助热线：1800 100 500，或浏览我们的网站：

dementia.org.au



若需要语言方面的帮助，请致电口笔译服务处电话：131 450

National Dementia Helpline 1800 100 500

dementia.org.au

Tips for friends

This Sheet gives you a few tips on how you can support a friend with dementia and their family. You can make a difference.

“Although our lives are changed forever, there is life after diagnosis. We need our family and friends to walk alongside us as we build a new life” Nancy, carer

Tips for families, friends and carers

A person with dementia still experiences all the usual adult emotions, even though their ability to express them may be affected. Here are a few tips about how you can support a friend with dementia.

1. Help your friend maintain independence

Support your friend with dementia so they can do as much as they can for as long as possible. Don't take over. Give the person the time and space they need.

2. Listen and give time for responses

Give your friend time to search their brain for the word they want to use. Try not to finish their sentences. Just listen and don't let them feel embarrassed if they lose the thread of what they are saying.

3. Communicate clearly

If you ask your friend questions, keep to closed ended questions (e.g. with yes/no answers) or ones with obvious answers (e.g. 'Would you like to sit here or sit there?'). Open ended questions (e.g. 'how are you feeling?' or 'what would you like to do today?') can be confusing to a person with dementia.

4. Be realistic about memory loss

Your friend will not remember everything, even recent events. Don't be offended if they don't remember something special.

How to support a family member

Caring for a person with dementia can be emotionally and physically stressful. Some family members may be unsure of their own feelings and may believe others cannot understand how they feel.

It is important to remember that ALL members of the family are affected in different ways by their relative's dementia. As a friend, you can do a lot to support them.

1. Keep in touch

Maintain contact. Think of ways in which you can help family members keep up their hobbies or interests. Often family members or carers drop out of activities when a little assistance could help them stay active.

2. Do little things – they mean a lot

You can help with day-to-day things. For example, if you are on your way out to do an errand, check with a family member to see if there's anything they need.

3. Give them a break

Offer to spend time with the person with dementia so family members can do things like shopping, attend a support group, visit a friend or just have some personal time at home.

4. Be specific when offering assistance

Offer practical assistance. Ask the family specifically what they need help with and see if you can assist with jobs such as gardening, cooking, shopping, or find out what is available.

5. Be a good listener

Try to acknowledge the changes the person and their family are experiencing. You don't need to provide answers – just be a compassionate listener. Try not to question or judge but rather support and accept.

6. Learn more and get involved

Understanding dementia will help you be a supportive friend. Try to attend one of Dementia Australia's free community information sessions.

FURTHER INFORMATION

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



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

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