ថ្លាស់ប្តូរភាសារាងការពារសុខភាព និងស្នាដៃជាងស្មោះ

ការហៅឈ្មោះសុខភាពប្រចាំថ្ងៃ និងការសួរសុខទុក្ខទៅលើតាមលំងៅោឋា នថែទាំអ្នកជំងឺ សលូមថណនាំខ្ួនអ្នក មានថាមពលនៅក្នុងការសួរសុខទុក្ខជួនកាលអាចងៅជាងស្កងៅ និងលំបាក ក្នុងការសួរសុខទុក្ខមិត្តភក្តិ ឬសមាជិក ម្្រួស្រ របស់អ្នក និងអាចមានណោះពាក់ក្តី។

1. បងងកីតឱ្យមានអាកប្បកិរិយដែលមានភាពបត់ថបន

2. ការមកសួរសុខទុក្ខម្្រួស្រ និងមិត្តភក្តិ ថែលមានជំងឺវងងវេងស្ មា រតី ជា្មមាតាមិនអាចផ្ួចងផ្តីមង្វេីសកមមាភាព ឬ «ទទួល រាក់ ទាក់» អ្នក ថែលជា អ្នកម្្រួស្រ មាន ស្រៈសំខាន់ អាចមានពី២១ ដែលបានផ្តល់មលូលនិ្ិងោយម្កសួងសុខាភិបាលរបស់រោឋា ភិបាលអលូនស្ ្តលី។

3. ការរៀបចំឱ្យមាន "សៀវងៅទំនាក់ទំនង" អំពីរឿងរា៉ាវសំខាន់ៗថែលម្តរូវចងចាំ

4. ប្រឹក្សារយៈប្រសើងដៃថ្មី

5. ប្រកួតពីព័ត៌មានអំពីជំងឺវងងវេងស្ មា រតី

6. ហៅប្រការពារសុខភាពប្រចាំថ្ងៃ និងស្នាដៃជាងស្មោះ
ការងបាះពុម្ពផសោយងនះ ផ្តល់ជលូនងសចក្តីសងង្ខបទលូងៅថនម្បធានបទថែលបានម្្បែណ ្ត ប់ថតប៉ាុងណា ្ណ ះ។

មនុស្សទាំងឡាយ្ួរថសវេងរកឱវាទថនអ្នកមានវ ិជាជា ជីវៈអំពីករណី ជាក់លាក់របស់ង្។ អងគាការ Dementia Australia ពុំទទួលខុសម្តរូវចំងោះកំ�ុស ឬការងភ្ចភា ្ំងណាមួយក្នុងការងបាះពុម្ពផសោយងនះង�ីយ។

ព័ត៌មានជំនួយអំពីជំងឺវងងវេងស្ មា រតី និងការយកសតវេចិញ្ចឹមថែល្ួរឲ្យម្សឡាញ់ ងៅសួរសុខទុក្ខ អាចង្វេីឲ្យសុខុមាលភាព និងសុខភាពផ្លូវចិត្តរបស់មិត្តភក្តិ ឬស្ច់ញាតិរបស់អ្នកបានម្បងសីរង�ីង។ ម្បសិនងបីងៅសួរ សុខទុក្ខងៅកថន្ងថែទាំតាមលំងៅោឋា ន សលូមសួរបុ្គាលិកថែទាំសិន  មុននឹងយកសតវេចិញ្ចឹមរបស់អ្នកមកជាមួយ។

១៥. សលូមែឹងថាការសួរសុខទុក្ខរបស់អ្នក ង្វេឱ្យមានភាពម្បងសីរង�ីង

ការម្ស្វម្ជាវបានថណនាំថា អ្នកថែលរស់ងៅក្នុងកថន្ងថែទាំតាមលំងៅោឋា ន ម្តរូវការការគាំម្ទខាង ផ្លូវចិត្តសម្មាប់សុខុមាលភាពរបស់ពួកង្ ង�ីយទំនងជាមិនសលូវមានការធា ្ក់ ទឹកចិត្ត ងៅងពលពួកង្មានអ្នកមកសួរសុខទុក្ខម្បចាំសបា្ត �៍ជាងទៀងទាត់ង�ីយ។

២១. ម្បសិនងបីចាំបាច់ សលូមនិយយងៅកាន់នរណាមា ្នក់ 

មានបញ្ ហា ជាងម្ចីនម្បថ�លជាង្វេឲ្យមានការផគាត់ផគាង់ ព័ត៌មាន  ការអប់រ ំ  និងការម្បឹកសោ ងយបល់។ សលូមទាក់ទង ថខ្សទលូរស័ព្ជំនួយជាតិអំពីជមងៃឺវងងវេងស្ មា រតី ងលខ 1800 100 500។

នៅពេលប៉ុន្តែ សលូមនិយយម្បាប់មិត្តភក្តិថែល ងចះជួយ គា ្នណាមា ្នក់ អំពី អារមមាណ ៍ របស់អ្នក ឬទលូរស័ព្ងៅថខ្សទលូរស័ព្ជាតិអំពីជំងឺ វងងវេង ស្ មា រតី ងលខ

dementia.org.au
Tips for visiting

“Regular visits can make a difference to you and your relative or friend’s emotional well-being.” Marion, residential carer

**Tips for families, friends and carers**

Visiting family and friends with dementia is important for their emotional well-being. However people with dementia are usually not able to initiate activities or ‘entertain’ you, the visitor. Here are a few tips you may find useful when visiting your friend or family member, whether they live at home or in residential care.

1. **Develop a flexible attitude**
   
   We all have high and low energy days and your friend or family member may be tired the day you visit. While things may not go as you had planned, remember your visit is still important – for you and the person you are visiting.

2. **Be kind to yourself**
   
   Visiting can sometimes be sad and difficult, and you may need nurturing – perhaps take a supportive friend with you or plan a treat for yourself on the way home.

3. **Take something with you**
   
   You can engage the person you’re visiting by taking a magazine or newspaper with you. Read out interesting articles or do a quiz together. Take flowers, a food treat or old photos or postcards. This then becomes an activity which helps with stimulation and reminiscence.

4. **Establish a visiting ritual**
   
   Say and do the same things on arrival and departure at each visit. This will add structure for your relative or friend. Introduce yourself on arrival. For example say “Hello Mum, it’s me, Elizabeth, your daughter”. This reduces your friend or family member’s anxiety as you remind them of your name and connection to them – don’t make them guess.

5. **Write cards and letters**
   
   Working together, write a letter to your mutual friends or family. This can nourish and maintain important links in their life.

6. **Get to know the care staff by name**
   
   If visiting a residential care facility, introduce yourself and explain your relationship to the person you are visiting.

7. **Silence is not a negative thing**
   
   Instead, try to learn to enjoy quiet times.

8. **Organise a drink**
   
   A cup of coffee, tea or glass of water will help your friend or family member’s fluid intake, socialisation and continue normal ‘old’ patterns of hospitality.

9. **Talking isn’t everything**
   
   Hugs, hand and neck massages and hand holding can replace or complement conversation.

10. **Start a ‘communication book’ of important things to remember**
    
    This can be written in and read by all visitors and act as a memory prompt for your friend or relative.

11. **Make a life book**
    
    This is a wonderful way of validating the life journey of your friend or family member and remembering accomplishments. Work through it on your visits. This project can make your time together even more enjoyable and special.

12. **Consider doing tasks**
    
    Sew labels on clothing, assist with food and fluids or take the person you are visiting for a walk. This will not only benefit your friend or relative but it will also maintain your vital role and help you to feel useful and important. It can also assist care staff in residential facilities.

13. **Play an instrument or sing**
    
    If you are musical, consider playing an instrument or singing for your friend or relative. Music creates relaxation, a return to fond memories and feelings of calm and security.

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National Dementia Helpline 1800 100 500  
dementia.org.au

This help sheet is funded by the Australian Government
14. **Take an animal or your pet with you**

A visit from a well-loved pet can improve the emotional health and well-being of your friend or relative. If visiting a residential care facility, speak to staff before taking your pet with you.

15. **Know that your visit makes a difference**

Research suggests that people living in residential care need emotional support for their well-being and are less likely to be depressed when they have regular weekly visitors.

16. **If necessary, talk to someone**

There are many issues around changing roles and grief that affect families, friends and carers of people with dementia. It is very important to take care of yourself. Speak to a supportive friend about your feelings or call the National Dementia Helpline on 1800 100 500.

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**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](http://dementia.org.au).

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