

活動

TRADITIONAL CHINESE | ENGLISH

本資料單張提供了有關如何為認知障礙症(失智症)患者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。認知障礙症(失智症), 俗稱痴呆症或腦退化症, 英文稱 **dementia** 是一種影响到腦部的疾病。對良好生活品質的需求並未減退。雖然他們的能力可能隨年齡或所處的認知障礙症(失智症)階段而大為不同, 但要不斷積極參加喜歡做的事情, 這一點極其重要。

許多人通過制定和採用最適合自己個別需求的策略、習慣和支援, 可以繼續成功地獨立生活, 仍然能夠參加富有意義的活動。有些興趣愛好和活動會變得更加困難, 但不需要放棄, 而有可能對活動做出修改。

對於認知障礙症(失智症)患者來說, 跟其他人談談, 諮詢如何繼續做自己喜歡做的事情, 這也會有所幫助。對於越來越難以獲得意義和樂趣的人來說, 家人、照顧者和朋友的支持可能會有很大幫助。

以下一系列實用指導準則可能有助於規劃適當的活動。

理想情況下, 為認知障礙症(失智症)患者提供的活動應該:

- 維持患者尚存的能力
- 彌補患者失去的活動
- 提升個人的自尊與自信
- 激發心智並且鼓勵學習新事物
- 提供享受樂趣和社交的機會
- 尊重患者的文化背景

考慮到患者的所有特點

這就意味著, 要瞭解患者以前的生活方式、工作經歷、興趣嗜好、休閒與社交活動、旅遊經驗, 以及人生中的重要事件。

活動能重新建立原先的職責

利用尚未忘記的技能, 如洗碗、掃地或打理花園。認知障礙症(失智症)患者也能夠通過這些方法來參與做些家務, 並覺得自己有用。不論職責多小, 都要鼓勵患者建立一份屬於自己的責任感。

活動能讓人放鬆並享受樂趣

繼續享受讓人生富有意義或者令人享受樂趣或放鬆的任何事情, 這一點非常重要。許多人喜歡富有創意的愛好, 如玩樂器、針織或畫畫。其他人則喜歡社交活動, 因此務必要盡可能多參加這些活動。即使認知障礙症(失智症)患者可能不記得自己去了甚麼地方, 也可以享受外出的樂趣。重要的是享受當下。

簡單、悠閒、富有意義的活動是最好的活動

為患者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

認知障礙症(失智症)患者通常在視覺及協調方面的困難。因此, 要確保工作環境整潔, 沒有甚麼分散注意力的物品和噪音。光線應柔和、不刺眼; 座椅須符合個人需求, 作業高度也應適當。必要時可使用塑膠容器, 以降低物品損壞的風險。

不要讓活動增強患者對自己缺陷的意識或增加壓力

患者的能力每天都可能會有所變化。如果活動未如預期, 或患者未能從中感受到樂趣, 可考慮調整活動內容或另擇時間再試。

利用適合患者身體狀況較佳的時間進行活動

為了確保活動取得最大成功，最好考慮安排在一天中患者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，對於一天中較晚時候特別煩躁不安的患者來說，在下午較晚時間散步可能會更好。

不要過分刺激

外出活動要有選擇性。有些認知障礙症(失智症)患者在大群人當中可能會感到無所適從。如果是這種情況，就要避開人群和噪音。

允許感情發洩

對於許多患者，聽音樂或者與嬰幼兒或動物接觸都讓他們帶來愉悅感。患者通常對過去的事情保留有深刻的記憶，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。如果患者的閱讀技能逐漸減弱，可以製作一些個人錄音帶或者一起唱喜歡的歌。找些患者感興趣的圖畫書和雜誌。

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
- 聞鮮花、香草或工藝乾花
- 使用香精油
- 撫摸動物或觸摸不同質地的材料
- 參觀香草園或花展
- 提供一個裝有患者一直感興趣的東西的雜物盒

與大多數能力相比，運動感和節奏感通常保留的時間更長

不妨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，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認知障礙症(失智症)患者，不妨將活動照顧計劃寫下來。這樣就可以確保活動做到連貫一致，並且符合認知障礙症(失智症)患者的個人需要。

活動在應對行為變化方面具有重要作用

活動有助於讓患者在煩躁或苦惱時安靜下來，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

身患認知障礙症(失智症)，可能會一路面臨一些挑戰，但繼續享受優質生活是有可能的。錯誤在所難免的，但不要让認知障礙症(失智症)患者感到挫敗，這一點非常重要。

鼓勵患者不斷嘗試，繼續參加有意義和樂趣並且令人放鬆的各種活動。此外還務必要鼓勵患者參加激發心智、增進健康和福祉的各種活動。

詳情

澳洲認知障礙症(失智症)協會提供支持、資訊、教育和輔導。請聯絡全國認知障礙症(失智症)幫助熱線：**1800 100 500**，或瀏覽我們的網站：**dementia.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**。

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. Abilities can vary greatly depending on a person's age or their stage of dementia, but keeping involved and active in the things you enjoy is extremely important.

Many people will continue to live successfully on their own and can still engage in meaningful activities by developing and using strategies, routines and support that best suits their individual needs. Rather than giving up on hobbies, interests and activities that are becoming difficult, it may be possible to modify the activity.

For a person with dementia, it also helps to talk to other people who may be able to help them work out how to continue doing the things they enjoy. Support from family, carers and friends can be of great assistance to people whose ability to achieve purpose and pleasure has become much more difficult.

Below are a range of helpful guidelines that can help in planning appropriate activities.

Ideally, activities for a person living with dementia should:

- Maintain residual skills
- Compensate for lost activities
- Promote self-esteem and empower the individual
- Keep the mind stimulated and encourage new learning
- Provide an opportunity for enjoyment, pleasure and social contact
- Be sensitive to the person's cultural background

Consider all that has made the person unique

This means knowing the person's former lifestyle, work history, hobbies, recreational and social interests, travel and significant life events.

Activities can re-establish old roles

Make use of skills that have not been forgotten, such as washing up, sweeping and gardening. 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

It is very important to keep enjoying anything that gives meaning to one's life or provides a sense of pleasure or relaxation. Many people enjoy creative hobbies such as playing a musical instrument, knitting or painting. Others enjoy social contact, so it is important to keep this up as much as possible. A person with dementia may enjoy an outing even if they may not remember where they have been. What is important is that the moment is enjoyed.

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. If necessary, 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.

Don't over stimulate

Some people with dementia find that being among large groups of people can be overwhelming. If this is the case, avoid crowds, constant movement and noise.

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 textured materials
- A visit to a herb farm or a flower show
- 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 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 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

It is possible to continue living a good quality life with dementia, despite any challenges that may be faced along the way. Mistakes can happen, so it is very important that you don't let the person with dementia ever feel like a failure.

Encourage them to keep trying and to continue engaging in activities that provide a sense of purpose, pleasure and relaxation. It is also important to encourage activities which provide mental stimulation and promote better health and wellbeing.

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**