

朋友注意事項

CANTONESE | ENGLISH

本資料單張提供如何支持患有癡呆症的朋友及其家人的一些注意事項。你可以發揮一定的作用。

“雖然我們的生活永遠發生了改變，但在確診之後生活還要繼續。隨著我們建立新的生活，我們需要家人和朋友與我們同行。” 南希 — 照顧者

家人、朋友和照顧者注意事項

癡呆症患者的自我表達能力可能會受到影響，但他們仍有成年人通常有的所有情緒。以下是關於你可以如何支持患有癡呆症的朋友的一些注意事項。

1. 幫助朋友保持獨立

支持患有癡呆症的朋友，讓他們能夠儘量自己做，並且儘可能久地自己做。不要包辦代替。給患者提供所需要的時間和空間。

2. 耐心聆聽患者的回答

讓朋友有時間在大腦中尋找到自己想要的詞語。盡量不要替他們說完一句話。祇要傾聽即可。如果他們不記得自己說到哪裡了，請不要讓他們覺得難堪。

3. 交流要清晰

如果你問朋友問題，儘量用“封閉式”的問句(如使用“是/否”回答的問句)，或者使用答案很明顯的問句(如“你想坐這裡還是坐那裡？”)。“開放式”的問句(如“你感覺怎樣啊？”或者“你今天想做甚麼？”)可能會讓癡呆症患者摸不著頭腦。

4. 接受患者喪失記憶力的現實

你的朋友不會甚麼都記得，甚至可能連最近發生的大事都記不住。如果他們不記得甚麼特別的事情，別往心裡去。

如何支持患者的家人

照顧癡呆症患者可能會讓人身心緊張。患者的一些家人可能不確定自己的感受，可能認為別人理解不了他們的感受。

請務必要記住，患者的所有家人都會因其患上癡呆症而受到不同影響。作為朋友，你可以做很多事情來支持他們。

1. 保持接觸

保持聯絡。想方設法幫助患者的家人保持興趣或愛好。患者的家人或照顧者往往會慢慢退出各種活動，只需提供一點幫助，就可以幫他們保持活躍。

2. 做一些小事情 — 這些事情意義很大

你可以幫助做一些日常的事情。譬如說，如果你要出去辦些雜事，不妨問問患者的家人是否需要甚麼。

3. 讓他們休息一下

主動提出陪伴癡呆症患者，讓患者的家人可以做自己的事情，如購物、參加支持小組、看望朋友或者祇是在家里享受一些個人的時間。

4. 提供的幫助要具體

提供實際的幫助。具體詢問患者的家人需要甚麼幫助，看看你是否能幫忙做園藝、做飯、購物之類的事情，或者問問有甚麼事情需要做。

5. 悉心傾聽

儘量認識到患者及其家人正在經歷的改變。你不需要提供解決問題的方法 — 祇需要富有同情心並且悉心傾聽就好。儘量不要查問或評判，而應支持和接受。

6. 瞭解更多知識並且積極參與

瞭解癡呆症的情況有助於你為朋友提供支持。不妨參加澳洲癡呆症協會的免費社區講座。

詳情

澳洲癡呆症協會(Dementia Australia)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：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**

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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dementia.org.au