

探視注意事項

CANTONESE | ENGLISH

“經常探視可以對你和親友的情緒福祉發揮一定作用。”

馬里恩 — 養老院護理者

家人、朋友和照顧者注意事項

探視患有痴呆症的家人和朋友對患者的情緒健康來說非常重要。然而，痴呆症患者往往無法主動做甚麼，也無法“招待”前來探視的你。無論你的朋友或家人住在家里還是住在養老院，在探視他們時，以下注意事項可能會對你有所幫助。

1. 態度要靈活

我們都有精力旺盛的日子，也有無精打采的日子。在你探視的那一天，你的朋友或家人可能感到很疲憊。情況可能未如你原先計劃的那樣，這時應記住，無論對你還是你探視的人來說，你的探視仍然非常重要。

2. 要善待自己

有時候，探視可能令人感到難過，覺得為難，你可能需要安慰 — 也許可以帶上一位支持你的朋友，或者計劃在回家的路上犒勞一下自己。

3. 隨身帶件東西

隨身帶一份雜誌或報紙，可以讓你跟所探視的人一起做點甚麼。朗讀有趣的文章或者一起做小測驗。不妨帶上鮮花、美食、舊照片或明信片。由此可以做個活動來激發患者，幫助他們回憶過去。

4. 建立探視模式

每次探視在到達和離開時都說同樣的話，做同樣的事情。這會給你的親友帶來更多條理性。到達時介紹自己。例如，說“媽媽，你好。我是你的女兒伊莉莎白。”這樣可以提醒親友你叫甚麼名字，跟他們甚麼關係 — 而不會讓他們猜測，因此可以減輕他們的焦慮。

5. 寫賀卡和信

一起給共同的朋友或家人寫信。這可以保持和增強他們生活中的重要聯繫。

6. 記住護理工作人員的名字

如果去養老院探視，請做自我介紹，說明你與所探視的人的關係。

7. 沉默不是壞事

不妨學會享受靜謐的時光。

8. 安排喝點飲料

喝杯咖啡、茶或水，幫助親友補充水分，增進社交，保持“以前”經常使用的招待方式。

9. 不要只是說話

擁抱、按摩手部和頸部、握手 — 這些都可以代替談話或者彌補談話的不足。

10. 準備一本“溝通筆記”來記錄需要記住的重要事項

所有探視人員都可以閱讀筆記，在筆記上寫下記錄，筆記可以用作提示親友的一種記憶工具。

11. 製作一本人生回憶錄

這是記錄親友的人生歷程、回憶他們所取得的成就的一種極佳方式。在探視時一起製作。這個項目可以使你們一起共度的時光更加愉快，更加特別。

12. 不妨做一些工作

在衣服上縫製標籤，幫助準備食物和飲料，或者帶你探視的人去散步。這不僅對你的親友有益，而且還可以保持你的重要作用，有助於讓你感到自己有所作為，感到自己非常重要。這也可以幫到養老院的工作人員。

13. 彈奏樂器或唱歌

如果你會音樂，不妨為親友彈奏樂器或唱歌。音樂可以讓人放鬆，喚起美好的回憶，帶來安靜祥和的感覺。

National Dementia Helpline 1800 100 500

dementia.org.au

14. 帶上寵物

探視親友時帶上他們摯愛的寵物，可以改善他們的情緒健康與福祉。如果是去養老院探視，請在帶寵物去探視之前向工作人員查詢。

15. 知道你的探視會發揮一定作用

研究表明，住在養老院的人需要情緒支持才能確保其福祉，如果每週定期有人探視的話，他們就更不可能感到抑鬱。

16. 必要時找人談談

許多涉及角色改變和悲傷的問題會影響到痴呆症患者的家人、朋友和照顧者。照顧好自己非常重要。找支持你的朋友談談自己的感受，或者致電全國痴呆症幫助熱線 1800 100 500。

詳情

澳洲痴呆症協會(Dementia Australia)提供支持、資訊、教育和輔導。請聯絡全國痴呆症幫助熱線：**1800 100 500**，或瀏覽我們的網站：**dementia.org.au**



Interpreter

若需要語言方面的幫助，請致電口筆譯服務處電話：**131 450**

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 wellbeing. 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.

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.

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**