

探视注意事项

MANDARIN | ENGLISH

“经常探视可以对您和亲友的情绪福祉发挥一定作用。”

马里恩 – 养老院护理者

家人、朋友和照顾者注意事项

探视患有痴呆症的家人和朋友对患者的情绪健康来说非常重要。然而，痴呆症患者往往无法主动做什么，也无法“招待”前来探视的您。无论您的朋友或家人住在家里还是住在养老院，在探视他们时，以下注意事项可能会对您有所帮助。

1. 态度要灵活

我们都有精力旺盛的日子，也有无精打采的日子。在您探视的那一天，您的朋友或家人可能感到很疲惫。情况可能未如您原先计划的那样，这时请记住，无论对您还是您探视的人来说，您的探视仍然非常重要。

2. 要善待自己

有时候，探视可能令人感到难过，觉得为难，您可能需要安慰 – 也许可以带上一位支持您的朋友，或者计划在回家的路上犒劳一下自己。

3. 随身带件东西

随身带一份杂志或报纸，可以让您跟所探视的人一起做点什么。朗读有趣的文章或者一起做小测验。不妨带上鲜花、美食、旧照片或明信片。由此可以做个活动来激发患者，帮助他们回忆过去。

4. 建立探视模式

每次探视在到达和离开时都说同样的话，做同样的事情。这会给您亲友带来更多条理性。到达时介绍自己。例如，说“妈妈，你好。我是你的女儿伊莉莎白。”这样可以提醒亲友您叫什么名字，跟他们什么关系 – 而不会让他们猜测，因此可以减轻他们的焦虑。

5. 写贺卡和信

一起给共同的朋友或家人写信。这可以保持和增强他们生活中的重要联系。

6. 记住护理工作人员的名字

如果去养老院探视，请做自我介绍，说明您与所探视的人的关系。

7. 沉默不是坏事

不妨学会享受静谧的时光。

8. 安排喝点饮料

喝杯咖啡、茶或水，帮助亲友补充水分，增进社交，保持“以前”经常使用的招待方式。

9. 不要只是说话

拥抱、按摩手部和颈部、握手 – 这些都可以代替谈话或者弥补谈话的不足。

10. 准备一本“沟通笔记”来记录需要记住的重要事项

所有探视人员都可以阅读笔记，在笔记上写下记录，笔记可以用作提示亲友的一种记忆工具。

11. 制作一本人生回忆录

这是记录亲友的人生历程、回忆他们所取得的成就的一种极佳方式。在探视时一起制作。这个项目可以使你们一起共度的时光更加愉快，更加特别。

12. 不妨做一些工作

在衣服上缝制标签，帮助准备食物和饮料，或者带您探视的人去散步。这不仅对您的亲友有益，而且还可以保持您的重要作用，有助于让您感到自己有所作为，感到自己非常重要。这也可以帮到养老院的工作人员。

13. 弹奏乐器或唱歌

如果您会音乐，不妨为亲友弹奏乐器或唱歌。音乐可以让人放松，唤起美好的回忆，带来安静祥和的感觉。

National Dementia Helpline 1800 100 500

dementia.org.au

14. 带上宠物

探视亲友时带上他们挚爱的宠物，可以改善他们的情绪健康与福祉。如果是去养老院探视，请在带宠物去探视之前向工作人员查询。

15. 知道您的探视会发挥一定作用

研究表明，住在养老院的人需要情绪支持才能确保其福祉，如果每周定期有人探视的话，他们就更不可能感到抑郁。

16. 必要时找人谈谈

许多涉及角色改变和悲伤的问题会影响到痴呆症患者的家人、朋友和照顾者。照顾好自己非常重要。找支持您的朋友谈谈自己的感受，或者致电全国痴呆症帮助热线 1800 100 500。

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**

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**