

# 漫遊行為

CANTONESE | ENGLISH

本資訊單張介紹了一些癡呆症病人出現的漫遊行為，討論了產生漫遊行為的原因，並對如何控制這種行為提出了一些建議。

如果癡呆症病人開始出現漫遊行為，家人和照顧者有時就可能要問應該做些什麼。漫遊行為在癡呆症病人中很常見，對於關心他們的安全與健康的人士來講，這種行為可能會非常令人擔心。病人的失憶症以及溝通能力下降，都可能使他們無法記起或解釋自己漫遊的原因。

## 漫遊的可能原因

### 環境改變

在新房子或日間照顧中心等新環境中，癡呆症病人可能會感到不知所措、無所適從。一旦習慣了這些改變，就可能停止漫遊行為。病人也可能希望逃離嘈雜或忙亂的環境。

### 失憶

漫遊行為可能是因為失去短期記憶引起的。病人剛開始可能是想去商店或朋友家，然後就可能忘記了自己要去哪裡或者為什麼要去。病人也可能忘記配偶說他們要出去一會兒，然後就動身去找他們。

### 精力過剩

漫遊可能是消耗過剩精力的一種方式，這也可能表明病人需要更經常進行鍛煉。

### 尋找過去

由於病人變得更糊塗，他們可能到處去尋找與過去有關的某人或某件東西。他們可能尋找已經死去的配偶、失去的朋友或者孩提時住過的房子。

### 表達無聊情緒

隨著癡呆症的發展，病人會覺得越來越難長時間集中注意力。漫遊可能是他們不讓自己閒下來的方式。

### 日夜混淆

癡呆症病人可能患上失眠症，也可能會很早醒來並變得茫然失措。他們可能以為是白天，並決定出去散步。由於視力變差或聽力喪失，陰影或夜晚的聲音可能會變得令人迷惑和煩惱。

### 繼續某種習慣

習慣於長距離步行或者過去工作非常積極的病人，可能只是希望繼續步行或工作。

### 焦慮不安

焦慮不安可導致某些病人走來走去，或者毫無明顯目的地漫遊。這可能是大腦中的變化造成的，這些變化可能會引起不安和焦慮的感覺。

### 不適或痛苦

步行可減緩不適，因此務必要瞭解病人是否有任何身體問題或疾病，盡量處理這些問題。衣服太緊、太熱或者想找洗手間，這些都可能引起問題。

### 工作

有時候，病人離家是因為他們認為自己有工作要做，搞不清一天中的時間，或者分不清季節。這可能與他們以前的職責有關，如早上去上班或者下午回家陪孩子。

### 做夢

無法將夢境與現實分開，可能會導致病人對自己夢見的事情做出反應，以為這是現實生活中發生的事情。

### 嘗試做些什麼

你採取的預防措施不僅要根據癡呆症病人的性格，而且還要根據病人的應對能力、漫遊原因、是住在潛在危險環境還是住在安全環境中。

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- 體檢有助於確定漫遊行為是否由疾病、痛苦或不適觸發的。
- 與醫生討論藥物的副作用。盡量避免可能會增加迷惑、引起困倦以及有可能引起便秘的藥物。
- 考慮造成漫遊行為的心理原因。病人是否焦慮、抑鬱或害怕？
- 確保病人總是攜帶含有當前住址的某種身份證明。
- 澳洲阿耳茲海默氏病協會可提供身份卡。
- 有些人覺得做記錄或記日記很有幫助，這樣就能瞭解漫遊行為是否有一定的規律。這種行為可能在一天的某些時間出現，也可能是因應某些情況而出現的，由此人們就可以更小心地加以控制。
- 一些物品可能會起到提醒病人漫遊的作用，因此要盡量減少看得見的這類物品的數量。手提包、外套、準備郵寄的信件和工作服都可能促使癡呆症病人產生漫遊行為。
- 對出口做出偽裝處理。
- 考慮使用門鈴和蜂鳴器，這樣在打開外面的門時會發出響聲。
- 提供讓步行成為一種活動的各種機會。讓花園的某一部份成為病人可以四處走動的安全之處。
- 將這一問題告訴鄰居和當地店主，這通常不失為一項明智之舉。大多數人都非常樂於提供幫助，一旦他們明白情況，就會友好地幫助留意病人。
- 確保病人能夠看到時鐘和日曆等有助於其意識到時間和日期的物品。
- 使用視覺提示來轉移漫遊的方向（如“返回”標誌）。

## 如果癡呆症病人走失：

1. 保持鎮靜。

2. 徹底搜尋住所及附近其他建築物。
3. 記下病人穿的衣物。
4. 通知鄰居。
5. 在街區周圍和附近地區以及病人可能經常去的地方步行或開車找找。如有可能，請安排某人留在家裡，以防病人回家，而且有人接聽電話。
6. 請與當地警察聯絡。將病人患有癡呆症以及你對他們安全感到擔心的情況告訴警察。
7. 警察需要詳細資料以及對病人長相和穿著的描述。保留病人的彩色近照通常都很有幫助。
8. 此外，警察還可能詢問病人熟悉或喜歡的地方。

## 在走失的病人回家時

1. 請立即通知警察。
2. 不論你曾感到多麼擔心或不便，都不要責備，也不要露出焦慮之情。病人自己也可能感到糊塗和害怕。
3. 請安慰病人，盡快回到日常生活習慣中。

## 誰可以提供幫助？

請與醫生討論你對行為變化的擔心及其對你造成的影響。

癡呆症行為管理諮詢服務(DBMAS)是一項全國電話諮詢服務，為擔心癡呆症病人行為的家人、照顧者和護理工作人員提供服務。這項服務每週7天、每天24小時提供保密的建議、評估、干預、教育和專業支援，聯絡電話：**1800 699 799**。

## 詳情

澳洲阿耳茲海默氏病協會(Alzheimer's Australia)提供支持、資訊、教育和心理輔導。請聯絡全國癡呆症幫助熱線：**1800 100 500**，或瀏覽我們的網站：[fightdementia.org.au](http://fightdementia.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**

# WANDERING

**This Help Sheet looks at the wandering behaviour of some people with dementia. The reasons for wandering are discussed, as well as some suggestions for ways to manage it.**

Families and carers of people with dementia may be faced at some time with the problem of what to do if the person begins to wander. Wandering is quite common amongst people with dementia and can be very worrying for those concerned for their safety and well being. The person's failing memory and declining ability to communicate may make it impossible for them to remember or explain the reason they wandered.

## Possible reasons for wandering

### Changed environment

A person with dementia may feel uncertain and disoriented in a new environment such as a new house or day care centre. Wandering may stop once they become used to the change. The person may also want to escape from a noisy or busy environment.

### Loss of memory

Wandering may be due to a loss of short-term memory. A person may set off to go to the shop or a friend's house, and then forget where they were going or why. Or they forget that their partner has told them that they were going out for a while and set off in search of them.

### Excess energy

Wandering can be a way of using up excess energy, which may indicate that the person needs more regular exercise.

### Searching for the past

As the person becomes more confused, they may wander off in search of someone, or something, relating to their past. This may be a partner who has died, a lost friend or a house they lived in as a child.

### Expressing boredom

As dementia progresses people find it harder and harder to concentrate for any length of time. Wandering may be their way of keeping occupied.

### Confusing night with day

People with dementia may suffer from insomnia, or wake in the early hours and become disoriented. They may think it is daytime and decide to go for a walk. Poor eyesight or hearing loss may mean shadows or night sounds become confusing and distressing.

### Continuing a habit

People who have been used to walking long distances or had a very active work history may simply wish to continue doing so.

### Agitation

Agitation can cause some people to pace up and down or to wander off with no apparent purpose. This can be attributed to the changes in the brain that may cause feelings of restlessness and anxiety.

### Discomfort or pain

Walking may ease discomfort, so it is important to find out if there is any physical problem or medical condition and try to deal with it. Tight clothing, excessive heat or needing to find a toilet can all cause problems.

### A job to perform

Sometimes people leave the house because they believe they have a job to do, or are confused about the time of day, or the season. This may be related to a former role such as going to work in the morning or being home for the children in the afternoon.

### Dreams

An inability to differentiate dreams from reality may cause the person to respond to something that they dreamed, thinking that this has happened in real life.

### What to try

The precautions you take will depend on the personality of the person with dementia, as well as how well they are able to cope, their reasons for wandering and whether they live in a potentially dangerous or in a safe and secure environment.

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- A physical check-up will help identify whether illness, pain or discomfort has triggered the wandering
- Discuss the side effects of medication with the doctor. Try to avoid medication which may increase confusion and cause drowsiness and possibly incontinence
- Consider the psychological causes of wandering. Is the person anxious, depressed or frightened?
- Ensure that the person always carries some form of identification that includes their current address
- Alzheimer's Australia has Identification Cards available
- Some people find it helpful to keep a record or diary so that they can see if there is a pattern to the wandering behaviour. It may occur at certain times of the day or in response to certain situations which can then be more carefully controlled
- Reduce the number of objects in sight which may act as a reminder to the person to wander. Handbags, coats, mail for posting and work clothing may encourage a person with dementia to wander
- Camouflage exits
- Consider bells and buzzers which sound when external doors are opened
- Provide opportunities for walking as an activity. Make part of the garden secure so that it becomes a safe place to walk around
- It often makes sense to tell neighbours and local shopkeepers about the problem. Most people are very helpful once they understand the situation and may offer to keep a friendly eye on the person
- Ensure the person can see items such as clocks and calendars to help orientate to time and date
- Use visual cues to re-direct wandering (such as a sign saying 'Go Back')

## If a person with dementia goes missing

1. Stay calm
2. Make a thorough search of the house and other nearby buildings
3. Write down what the person was wearing
4. Notify your neighbours

5. Walk or drive around the block and immediate area and to any places the person may regularly visit. If possible, have somebody stay at home in case the person comes home and so that the telephone can be answered
6. Contact your local police. Tell them the person has dementia and of any concerns you have for their safety
7. The police will require details and a description of the person and of the clothes being worn. It is always useful to have a recent colour photo
8. The police may also ask about familiar or favourite places for the person

## When the missing person returns home

1. Notify the police immediately
2. Do not scold or show anxiety no matter how worried or inconvenienced you have been. They may have been confused and frightened themselves
3. Provide reassurance and get back into a regular routine as quickly as possible

## Who can help?

Discuss with the doctor your concerns about behaviour changes, and their impact on you.

The Dementia Behaviour Management Advisory Service (DBMAS) is a national telephone advisory service for families, carers and care workers who are concerned about the behaviours of people with dementia. The service provides confidential advice, assessment, intervention, education and specialised support 24 hours a day, 7 days a week and can be contacted on **1800 699 799**.

## FURTHER INFORMATION

Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at [fightdementia.org.au](http://fightdementia.org.au)



Interpreter

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