

新型冠狀病毒 - 澳洲腦退化症中心溫馨提示

給主要照顧者的提示：

- 在這個時候和他人保持聯絡非常重要。可能沒有人能探訪你，但用電話或者 Facetime 和朋友及家人互通消息也有幫助。
- 大家都知道許多交誼活動及暫息服務已經停止或減少。除非你或你在照顧的人士需要自我隔離，那麼嘗試重新安排每天要做的事情，包括一些你和你照顧的人士喜歡做的東西，也是一個好主意。你可以安排一段散步的時間、或者做一些園藝工作、打電話給朋友或家人、聽音樂、閱讀、看電視或看一套影片。澳洲腦退化症中心在網上有一個電子圖書館和「聲音圖書」（網址：www.dementia.org.au/library）
- 若你需要自我隔離但你需要照顧的人士不和你同住，也可以利用以下的途徑繼續支援他們。
 - 1) 若超過一位人士分擔護理責任，可以寫下一個護理活動計劃。這麼一來，活動便能夠一致，也適合被照顧人士的需要。(參考網址：www.dementia.org.au/about-dementia/i-am-a-carer-family-member-or-friend/activities-for-people-with-dementia)
 - 2) 利用電話、Facetime 或視像 (Skype) 保持聯絡也是讓被照顧的腦退化症患者感到備受關懷的好方法。
- 致電 1800 100 500 聯絡「全國腦退化症熱綫」(National Dementia Helpline)，也鼓勵其他照顧者致電查詢。

給家人、朋友或鄰居的提示：

- 若你出現任何症狀或徵兆，切勿探訪。
- 問一問怎樣可以幫忙。若你認識正在自我隔離的腦退化症患者，或許可以幫忙購買雜貨、取藥、將圖書或拼圖遊戲送到他們家裏。

Coronavirus (COVID-19) - Tips from Dementia Australia

For primary carers

- It is important to stay connected as much as possible at this time. You may not be able to have visitors but keeping in touch with friends and family over the phone or on Facetime may help.
- We are aware that many social activities and respite programs have been cancelled or limited during this time. Unless you or the person you care for are required to self-isolate you might find it helpful to structure your day and include activities that you and the person you care for enjoy. You may schedule time for a walk, or spending time in the garden, calling a friend or family member, listening to music, reading or watching a television show or movie. The Dementia Australia Library also has a number of e-books and audiobooks available online (www.dementia.org.au/library).
- If you are required to self-isolate but the person you care for is not living with you, there are some things you can do to continue to support them.
 - (1) It can be helpful to write out an activity care plan if different people are sharing the caring responsibilities. This will ensure that activities are consistent and are suited to the individual. (www.dementia.org.au/about-dementia/i-am-a-carer-family-member-or-friend/activities-for-people-with-dementia)
 - (2) Staying in touch via phone, Facetime or Skype can be a good way to show the person living with dementia that you care.
- Contact the National Dementia Helpline on 1800 100 500 and encourage other carers to do the same.

For family, friends or neighbours

- Do not visit if you have any signs or symptoms of illness.
- Ask how you can help. If you know someone living with dementia who is self-isolating, you may be able to help with tasks such as grocery shopping, collecting medications or dropping off library books or jigsaw puzzle