

什么时候我患有失智症的家人独处不再安全？

When is my family member with dementia no longer safe alone?

这个问题没有简单的答案。每个有失智症的人和每个家庭都是独一无二的。例如，疾病的进展、个人对疾病的反应，以及此人居住的环境，都是可能影响安全的因素。每个人对风险的接受程度都不同，也就是说，我们对于风险的承担会感到多自在。在一个家庭中，对于什么是可接受的风险水平，可能会有非常不同的想法。

There is no easy answer to this question. Every person with dementia and every family is unique. For example, the progression of the disease, how the person responds to it, and the environment the person lives in are factors that can impact safety. Everyone has different levels of risk acceptance, that is, how comfortable we are with taking risks. Within a family there can be very different ideas about what is an acceptable level of risk.

仔细审查可能的风险，可以在您做决定的过程中帮助您。以下是您在决定家人安全时，需要考虑的事项清单。

A careful review of possible risks can help you in your decision process. Here is a list of things to consider as you make decisions about the safety of your family member.

- **吸烟。** 您的家人吸烟吗？如果是这样，他们是否让燃烧的香烟无人看管？当有人失忆时，就会发生这种情况。如果此人患有阿兹海默症等进行性失智症，这可能会成为

一个危险的问题。有时这个人会完全忘记自己吸烟。努力减少吸烟或戒烟的方法将变得很重要。

- **Smoking.** Does your family member smoke? If so, do they leave burning cigarettes unattended? This can happen when someone has memory loss. If the person has a progressive dementia such as Alzheimer's dementia, this can become a dangerous problem. Sometimes the person forgets about smoking altogether. Working on ways to cut back or quit smoking will become important.
- **把炉子开着。** 当人们经常燃烧锅碗瓢盆时，这可能会变得危险。有直接的方法可以处理此问题，例如：
 - 使用自动会关闭的电热水壶
 - 移除旋钮或关闭电路，让炉子无法使用
 - 让电工在炉子和烤箱上安装自动关闭计时器。
- **Leaving the stove on.** This can become dangerous when people are burning pots and pans on a regular basis. There are straightforward ways to handle this, such as:
 - Using an electric tea kettle that shuts off automatically
 - Disabling the stove by removing knobs or turning off circuits
 - Having an electrician install automatic shut-off timers on stoves and ovens.
- **有紧急情况却不知反应。** 您的家人知道在紧急情况下该怎么做吗？您或许可以问一个问题，像是“如果发生火灾，你会怎么做？”然而，即使这个人可以正确回答这

个问题，实际上他们也可能无法做到需要做的事情。重要的是，要让他们向您演示他们将如何拨打 911、离开家去邻居家等等。

- **Not responding to emergencies.** Would your family member know what to do in an emergency? You may want to ask a question like “what would you do if there was a fire?” However, even if the person can answer this question correctly, they may not actually be able to do what is needed. It’s important to ask them to show you how they would call 911, leave the house and go to the neighbor’s, etc.
- **走失。** 您的家人会独自离开家吗？去散步？全国阿兹海默症协会估计，每 100 名阿兹海默失智症患者中约有 60 人（60%）会在某个时候“游荡”。也就是说他们走失了，而且，通常是在一个很熟悉的地方。如果您的家人独自外出，您可以考虑使用安全系统，譬如通过阿兹海默症协会（1-800-272-3900;www.alz.org），的 Safe Return 计划(安全返回计划)。 Safe Return (安全返回)是一个医疗警示手链，上面有一个个人识别证号码和一个 1-800 号码，它会连接到紧急联络号码数据库。还有以 GPS 定位为基础的设备，例如阿兹海默症协会认可的 Comfort Zone（舒适区）。
- **Getting lost.** Does your family member leave the house alone? Go for walks? The National Alzheimer’s Association estimates that about 60 out of 100 (60%) of people with Alzheimer’s dementia will “wander” at some point. This means they get lost, often in a well-known place. If your family member is going out alone, you may wish to use a safety system such as the Safe Return program through the Alzheimer’s Association (1-800-272-3900; www.alz.org). Safe Return is a medic-alert bracelet with a personal ID number and a 1-800 number on it, which is linked to a database of emergency contact numbers. There are also GPS-based devices, such as Comfort Zone, which is endorsed by the Alzheimer’s Association.

- **在晚上离开家。** 有些患有失智症的人，将白天和黑夜混在一起，可能会在半夜起床穿衣服。如果这成为一个问题，或者，如果这个人曾经在半夜离开过家，那么考虑晚上的监护就变得很重要。如果家里有其他人在，可能意味着使用警报系统，或者用为儿童设计的简单锁门装置（试试玩具反斗城儿童保护商品区）。如果这个人曾经在夜里离开过家，那么晚上他们独处可能不安全。
- **Leaving the house at night.** Some people with dementia get days and nights mixed up and may get up and get dressed in the middle of the night. If this is becoming a problem, or if the person has ever left the house in the middle of the night, then it becomes important to think about supervision at night. If other people are in the house, it may mean securing the doors, either with an alarm system or with simple door securing devices designed for children (try the Toys-R-Us childproofing section). If the person has ever left the house during the night, they are probably not safe alone at night.
- **向陌生人敞开大门。** 如果有人按门铃，您的家人会怎么做？他们向陌生人敞开大门吗？患有失智症的人会慢慢失去做出安全、良好决定的能力。如果这个人可能会开门，并邀请陌生人进来，或给来人钱，这可能会变得非常危险。
- **Opening the door to strangers.** What does your family member do if someone rings the doorbell? Do they open the door to strangers? People with dementia slowly lose the ability to make safe, good decisions. This can become very dangerous if the person is likely to answer the door and invite a stranger in or give the person money.

- **把钱送出。** 邮件、电话和电脑推销，使判断力差的人生活变得危险。有失智症的人在财务上被利用的风险很高，这可能发生在陌生人或亲戚身上。也可能会因为反复捐款，或重复信用卡购买，造成财务问题。
 - 如果邮件是问题所在，一种方法是设置邮政信箱，并由家庭中其他成员监控。
 - 电话可以更改为非公布号码。
 - 如果您的家人能够使用电脑，则可能更难监控。
 - 限制金钱的取得，或在支票账户中只留下少量金额供该人使用，可能变得很重要。
- **Giving money away.** Mail, phone, and computer solicitations make life dangerous for people with poor judgment. People with dementia are at high risk for being taken advantage of financially. This can happen with strangers or relatives. Financial problems can result from giving donations repeatedly or repeated credit card purchases.
 - If mail is the issue, one approach is to get a PO Box and have someone else in the family monitor it.
 - Phones can be changed to unlisted numbers.
 - Computers may be more difficult to monitor if your family member is able to use a computer.
 - It may become important to limit access to money or to leave only a small amount in a checking account for the person to use.
- **经常跌倒。** 如果您的家人经常跌倒，他们独自一人可能不安全。在失智症的早期阶段，他们或许还可以使用手机或生命线系统来寻求帮助，但随着疾病的进展，他们很可能不会记得去使用它。

- **Falling often.** If your family member is falling often, they might not be safe alone.. In the early stages of dementia, they may be able to use a cell phone or a lifeline system to call for help, but as the disease progresses it is likely that they will not be able to remember to use it.
- **尝试以前的嗜好。** 有些嗜好，如狩猎、木工、烹饪和修剪草坪，可能会涉及一些非常危险的机器。
 - 密切观察此人能否安全操作设备变得非常重要。
 - 枪支和弹药应存放在上锁的容器中。有时，从此人家中移除工具或器具，或将它们上锁变得很重要。
- **Trying former hobbies.** Some hobbies, like hunting, woodworking, cooking, and mowing the lawn, may involve machines that can be very dangerous.
 - Closely watching the person's ability to handle equipment safely becomes very important.
 - Guns and ammunition should be stored in locked containers. Sometimes it becomes important to remove tools or appliances from the person's home or to keep them under lock and key.
- **处理酒精、药物和居家有毒物品。** 监测酒精和药物的服用非常重要。
 - 您可能需要询问您家人的医生可以安全饮用的酒精量。
 - 如果药物很简单，您的家人或许能够安全地管理一段时间。有些家庭逐渐接管药物给予的工作；有些人则使用电子提醒药盒。在某些时候，对于防止记忆力丧失的人意外服用过多药物，将药物锁上可能很重要。
 - 注意可能会被误用的家庭清洁剂。

- **Handling alcohol, medications, and household toxins.** It is very important to monitor both alcohol and medications.
 - You may want to ask your family member's doctor about the amount of alcohol that is safe to consume.
 - If medications are simple, your family member may be able to manage them safely for a while. Some families gradually take over giving medications; others use alarmed dispensers. At some point locking up medications may be important to stop a person with memory loss from accidentally taking too much medicine.
 - Pay attention to household cleaners that may be used in the wrong way.
- **频繁打电话或表现出很焦虑。** 如果您的家人经常打电话，这可能表示他们感到焦虑，而且在寻求支援。这可能是考虑加强监督或提供一个陪伴者的好时机。记忆丧失的人感到焦虑并不令人讶异。他们经常忘记一些可以帮助他们理解自己应该做什么的重要信息。这种焦虑可能会导致安全上的风险，例如离开家或邀请陌生人进门，因为他们正在寻求安慰。
- **Calling frequently or exhibiting a lot of anxiety.** If your family member calls a lot, this is probably a sign that they are feeling anxious and are looking for support. This may be a good time to think about increased supervision or a companion. It is not surprising that people with memory loss feel anxious. They often forget important pieces of information that help them understand what they are supposed to be doing. That kind of anxiety may lead to safety risks, such as leaving the house or inviting strangers in because they are looking for reassurance.
- **独居。** 什么时候失智症者不应该再独自生活？同样，没有简单的答案。您的家人在短时间内独处或许是安全的，但不能每周 7 天、每天 24 小时独处。通常，这些家庭

先透过安排兼职的陪伴者或管家在家中帮忙。有时，有些家庭会安排他们的家人在亲戚家过夜。大多数人尝试混用多种方法，例如居家护理，成人日间计划，以及定期安排与家人和朋友的时间。注意上面所列出的徵象，可以帮助您确定您的家人什么时候独处可能不再安全。

- **Living Alone.** When should a person with dementia no longer live alone? Again, there are no easy answers. Your family member may be safe for short periods of time alone, but not for 24 hours, 7 days a week. Often families start by arranging help in the home part-time through companions or housekeepers. Sometimes families arrange for their family member to spend nights at a relative's house. Most people try a blend of approaches such as home care, adult day programs, and regularly scheduled time with family and friends. Paying attention to the signs listed above can help you determine when your family member may no longer be safe alone.

我可以从何处得到更多信息? Where can I learn more?

关于居家安全的良好资源:

<http://www.nia.nih.gov/Alzheimers/Publications/homesafety.htm>

Good resource on home safety:

<http://www.nia.nih.gov/Alzheimers/Publications/homesafety.htm>

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