

Home-Based Dementia Services 認知障礙家居支援服務

Cognitive Stimulation Program 刺激認知功能計劃

Clinically, the rate of cognitive deterioration in patients with Alzheimer's disease ranges from around 2 to 4 MMSE points per year (out of a total of 30 points). As the disease progresses, patients often experience a decline in self-care ability as well as mood and behavioral problems. Early intervention is critical as it can slow down the rate of progression, optimize a patient's self-care ability, and reduce or stabilize symptoms related to the patient's mood or behavior

臨床證實，阿茲海默症患者的 MMSE 認知功能評分，每年以 2 至 4 分減退 (30 分為總分)。患病期間患者的自理能力會受到影響，也會出現情緒和行為問題。及早接受治療可減慢病情惡化速度，提高自理能力，改善情緒和行為上的問題。

Target clients:

People with mild to moderate Alzheimer's disease or other types of dementia.

服務對象：

有輕度至中度阿茲海默症或其他類型的認知障礙症。

Objectives:

To slow down the rate of cognitive decline, improve each patient's self-care ability, and reduce mood and behavioral problems.

目標：

減慢認知功能的衰退速度、提高自理能力、改善情緒和行為方面的問題。

No. of sessions (1 hour per session):

課節數目 (每節課一小時)：

- Plan A: 6 sessions led by occupational therapist; or
- 計劃 A：由職業治療師授課 6 節；或
- Plan B: 2 sessions (where the occupational therapist teaches caregivers to train the patient)
- 計劃 B：兩節課 (由職業治療師教導照顧者如何培訓患者)

Program contents 課程內容:

Contents 內容	Details 詳情
Cognitive stimulation 刺激認知功能	<ul style="list-style-type: none">• Training activities are designed according to the principles of Cognitive Stimulation Therapy, which aims to stimulate cognitive functions such as orientation, memory, attention, calculation, perception, language, and executive function.• 課程內容是根據認知刺激療法的原則設計而成，透過方向定位、記憶、注意力、演算、感知、語言和執行功能等等刺激認知功能。
Psychosocial interventions 心理社會治療	<ul style="list-style-type: none">• Psychosocial interventions such as reminiscence therapy and multisensory stimulation help reduce mood and behavioral problems through horticultural, music, and arts and crafts activities.• 心理社會治療包括透過懷舊、多感官刺激、園藝、音樂和藝術與手工藝活動，改善情緒和行為問題。
Self-care and community living skills training 自理和社區生活技能訓練	<ul style="list-style-type: none">• The therapist helps clients improve or maintain their self-care ability through memory aids, memory strategies, self-care training, and by recommending dementia-friendly environments.• 治療師將推薦有益於認知障礙症患者的環境、介紹記憶輔助工具，幫助記憶策略，並提供自理培訓，以幫助提高自我照顧能力。
Physical activities 運動	<ul style="list-style-type: none">• Different physical activities such as <i>baduanjin qigong</i>, brain gym, and other forms of exercise are taught to clients to stimulate cognitive function and improve physical fitness.• 教導八段錦、氣功及其他運動，以刺激認知功能和鍛鍊身體。

Enquiries 查詢

Our occupational therapist will be happy to respond to any questions you may have about Cognitive Stimulation Program. Please call **(852) 2835 0558** to schedule an appointment.

如需進一步資料，請向我們的職業治療師查詢。預約本院職業治療師，請致電 **(852) 2835 0558**。

This material is provided for informational purposes only and is not a substitute for medical examinations, diagnosis, treatment, or advice provided by a physician or other medical practitioners. Should you have any enquiries, please contact your doctor or medical practitioners. 本單張資料只供參考，不能代替醫生或醫療專業人士的醫學檢查、診斷或治療。如有任何健康問題，應諮詢醫生及醫療專業人士。

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Caregiver Support Program

照顧者支援計劃

The behavioral and psychological symptoms of dementia (BPSD) often cause stress to family caregivers, which can easily lead to burnout if these caregivers are unaware of appropriate handling techniques or do not receive psychological support. Our Caregiver Support Program aims to equip caregivers with helpful techniques to better care for the dementia patient and reduce stress by introducing strategies such as: the A-B-C Behavioral Management Method, proper communication skills, conflict management skills, and relaxation techniques.

認知障礙症的行為和心理症狀 (BPSD) 總為家屬帶來壓力，沒有適當的處理技巧和心理上的支持，照顧者會疲倦不堪。學習及運用「A-B-C 行為管理方法」、適當的溝通技巧、處理衝突的策略和放鬆技巧可有利減輕照顧者的壓力。

Target clients:

Caregivers of people with dementia.

服務對象：

認知障礙症患者的照顧者

Objectives:

To reduce the stress of caring for a dementia patient by teaching caregivers how to deal with BPSD and introducing stress coping techniques.

目標：

通過學習如何處理 BPSD 和運用抗壓力技巧來減輕照顧者的壓力。

No. of sessions (1 hour per session):

2 to 4 sessions led by occupational therapist.

課節數目 (每節課一小時)：

由職業治療師授課 2 至 4 節。

Program contents 課程內容:

Contents 內容	Details 詳情
A-B-C Behavioral Management Method A-B-C 行為管理方法	<ul style="list-style-type: none">• A structured and guided method that helps caregivers analyze the activating factor(s) of BPSD, formulate management plans, and review the effectiveness of used methods.• 這是一種有結構和指導性的方法，可幫助照顧者分析引發BPSD的成因，制定治療方案和審查其功效。
Proper communication skills and conflict management 正確的溝通技巧和處理衝突的方法	<ul style="list-style-type: none">• Caregivers learn validation techniques, proper communication skills, and how to manage conflicts with their loved ones suffering from dementia.• 照顧者將學習驗證技巧、正確的溝通技巧和處理親人與認知障礙症患者之間的衝突。
Stress coping strategies 壓力應對	<ul style="list-style-type: none">• Caregivers learn how to identify their source of stress and formulate a coping plan under the guidance of the occupational therapist.• Relaxation techniques such as breathing exercises and progressive muscle relaxation techniques are also taught.• 照顧者將找出壓力的根源，然後在職業治療師的指導下制定壓力應對計劃。• 此外，照顧者將學習放鬆技巧，如呼吸運動和遞進式肌肉放鬆技術。

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