

很多人以为:

随着年纪越来越大,记性变差,脑子变糊涂,这些都是正常的。

年纪大了就会得认知障碍症。

记性变差是认知障碍症最早期的症状。

我对过去的事情记忆犹新,所以我没有认知障碍症。

我要把所有问题都藏在心里,这样一来,别人就不会知道我有问题了。

如果我生活作息很健康,我就不会得认知障碍症了。

如果我吃维生素和其它保健品,我就不会得认知障碍症了。

如果我得了认知障碍症,我的孩子也会得认知障碍症。

如果我得了认知障碍症,那我就只好听天由命了。

如果我得了认知障碍症,我就不该出门。

认知障碍症患者无法照顾自己,只能住进养老院。

如果得了认知障碍症,人生就没有意义了。

认知障碍症患者会变得容易生气且暴躁。

阿尔兹海默症就是认知障碍症。

实际上:

随着年龄的增长,我们的记忆和思维都会一点点地变化。但是记忆力和思考能力不应该下降得太快,甚至影响到日常生活

老人更容易得认知障碍症,但这不是一定的。

认知障碍症的早期症状因人而异。有的人记忆力没什么问题,但是性格、行为、语言或其他能力发生了变化。

对有的认知障碍症患者来说,越陈旧的记忆,越不容易忘记,反倒是最近发生的事情,容易忘记。

把困难藏在心里并不能解决问题。不妨去看看家庭医生,弄清楚是什么原因导致了这些变化,才能对症下药,并得到相应的帮助。

健康的生活方式可以降低得认知障碍症的风险,但并不是说您就一定不会得认知障碍症。

健康的生活方式可以降低得认知障碍症的风险,但是维生素和营养品并不能预防认知障碍症。

认知障碍症不仅仅是由基因决定的。虽然如果您的家人有认知障碍症的病史,会小幅度增加您得病风险,但是生活习惯才是导致认知障碍症的主因。

现有的医疗手段可以减轻认知障碍症的症状。

多出门走走对认知障碍症患者是很有益的。保持好心态,多沟通,多活动,这样就可以减缓认知障碍症病情的发展。我们所有人是一个整体,手牵手,心连心。

认知障碍症患者还是可以生活自理以及照顾家人的。大多数患者都可以在家里生活,不必去养老院。

很多认知障碍症患者都过着充实而有意义的生活。只要能够得到正确的治疗以及相应的帮助,认知障碍症患者和家属依旧可以生活得很好。

认知障碍症患者的愤怒其实有时候是可以避免的,他们通常是在自身需求没有得到满足的情况下才会这样,比如肚子饿了,或者是感到无聊了。

认知障碍症其实是一些脑部疾病的统称。阿尔茨海默病是认知障碍症的病因中最常见的,但其实还有其它类型的认知障碍症。

认知障碍症,又称“失智症”,是“痴呆症”的一种科学名称。



共面
认知障碍症

访问: www.facingdementiatogether.au/zh
拨打全国认知障碍症热线 1800 100 500



Common thoughts & concerns The facts & reality

<i>Losing your memory and getting confused is just a natural part of aging</i>	We usually experience some gradual changes in memory and thinking with age. But memory loss or confusion should not get worse very quickly or affect daily life. If this happens, ask your GP for an assessment.
<i>All older people get dementia</i>	Old age is a risk factor for dementia, but dementia is not inevitable.
<i>Memory loss is the first sign of dementia</i>	Early signs of dementia vary. Some people have changes in personality, behaviour, language, or abilities rather than memory.
<i>I have a good memory for things in the past, so I don't have dementia</i>	Depending on the type of dementia, older memories, like those of early life are retained long into the course of dementia. More recent memories tend to be lost first.
<i>I should hide any difficulties I have, so that other people don't realise.</i>	Hiding difficulties won't help. Ask your GP - understanding any medical reasons for the changes can lead to treatments for symptoms and services which can help you.
<i>If I lead a healthy lifestyle, I will not get dementia.</i>	A healthy lifestyle will reduce your risk of dementia but does not guarantee you won't get dementia.
<i>If I take vitamins and supplements that will prevent dementia</i>	Having a healthy lifestyle reduces your risk of dementia, but vitamins and supplements do not prevent dementia.
<i>If I have dementia, then my children will get dementia</i>	Dementia is not just caused by genes. While family members have a small increase in risk of getting dementia, lifestyle has a big contribution to dementia risk.
<i>There is nothing you can do for dementia</i>	There are treatments and strategies that reduce dementia symptoms.
<i>If I have dementia, I should not go out</i>	It is important for people living with dementia to go out. Staying mentally, socially and physically active can slow the progression of dementia. Keep everyone connected.
<i>People with dementia become useless and have to live in a nursing home</i>	People with dementia can continue to do things for themselves and their families. Most people with dementia continue to live at home.
<i>Life is not worth living if you have dementia</i>	Many people with dementia lead full and meaningful lives. Getting the right treatments and support helps people with dementia and their families to live well.
<i>People with dementia become angry and aggressive.</i>	Anger and aggression might be avoidable in people with dementia. It is usually a reaction to an unmet need (e.g. hunger, boredom)
<i>Alzheimer's is the same as dementia</i>	Dementia is the name of a group of brain diseases. Alzheimer's is the most common brain disease causing dementia, but there are other types of dementia.



Visit: www.facingdementiatogether.au
Call the National Dementia Helpline
1800 100 500

