

## 适合重度认知障碍症患者的活动<sup>1 2 3</sup>

视觉	<ul style="list-style-type: none"> <li>• 看风景</li> <li>• 看窗外或门外的事物</li> <li>• 看艺术品</li> <li>• 看视频</li> <li>• 看旧相簿</li> <li>• 看各种颜色鲜艳的物件</li> </ul>
嗅觉	<ul style="list-style-type: none"> <li>• 吸一口新鲜的空气</li> <li>• 闻各种香气，例如香氛油、香料、花朵等</li> </ul>
触觉	<ul style="list-style-type: none"> <li>• 替他们梳头</li> <li>• 轻轻地按摩手部或足部</li> <li>• 触摸和与不同质感的各种物体互动，例如沙和叶子</li> <li>• 宠物治疗</li> </ul>
味觉	<ul style="list-style-type: none"> <li>• 品尝不同质感和味道的食物、饮料、香料和酱汁 (<b>*注意哽噎的风险和特别饮食要求</b>)</li> </ul>
听觉	<ul style="list-style-type: none"> <li>• 播放患者喜爱或过去听过的歌曲</li> <li>• 播放轻音乐或大自然的声音，例如海浪声</li> <li>• 跟着音乐的节奏打拍子</li> <li>• 读一本书给患者听</li> <li>• 提供一种乐器一起玩 (例如鼓、沙槌、铃鼓等)</li> <li>• 音乐治疗</li> </ul>

<sup>1</sup> National Health Service, the United Kingdom. (2021). *Activities for dementia*.  
<https://www.nhs.uk/conditions/dementia/living-with-dementia/activities/>

<sup>2</sup> Mountain-Pacific Quality Health. (n.d.). *Using the Five Senses to Support Residents with Dementia*.  
[https://www.mpqhf.org/QIO/wp-content/uploads/2016/03/508\\_Five-Senses-and-Dementia.pdf](https://www.mpqhf.org/QIO/wp-content/uploads/2016/03/508_Five-Senses-and-Dementia.pdf)

<sup>3</sup> Alzheimer's Foundation of America. (n.d.). *Therapeutic Activities for 3 Main Stages of Alzheimer's disease*.  
<https://alzfdn.org/therapeutic-activities-for-3-main-stages-of-alzheimers-disease/>