

敬老照顧小錦囊

Caregiver tips

When caring for seniors

與長者相處時:

<p>Please do 請這樣做:</p> 	<p>Never 切勿:</p> 
<p>Agree 表示同意</p>	<p>Argue 爭辯</p>
<p>Ask 徵詢意見</p>	<p>Command 給予指令</p>
<p>Distract 轉換焦點</p>	<p>Shame 讓長者覺得羞恥</p>
<p>Reinforce 一再提醒</p>	<p>Force 強迫</p>
<p>Redirect 引領</p>	<p>Reason 理論</p>
<p>Reassure 讓他安心</p>	<p>Lecture 教訓</p>
<p>Encourage 鼓勵</p>	<p>Condescend 威嚇</p>
<p>Repeat 不厭其煩地重複</p>	<p>Say I told you 說「已經告訴過你了!」</p>
<p>Reminisce 一同回憶</p>	<p>Say Remember 說「好好記住了!」</p>
<p>Say "Do what you can" 說「盡力就好」</p>	<p>Say "You can't" 說「你不能」</p>

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### Caregiver tips

Love, respect, and dignity is built through every single choice that we intentionally make for seniors to have positive and pleasant experience at each encounter. It is all about the wellbeing of our elders.

愛心、敬重、尊嚴的環境需要所有的照顧者，有意識地在與每一位長者互動時，創造正面、愉快的經驗。這是對長者福祉的承諾與堅持。