



## 腦退化症人士的遊走行為

腦退化症人士或會出現遊走行為，遊走通常指有特定模式的四處走動<sup>1</sup>。遊走有各種原因，生理上的認知缺損、社會心理狀況，和腦退化症人士身處的環境，都有可能影響這個行為<sup>2</sup>。

根據一項有關本地日間中心的調查，同工認為患腦退化症的遊走人士頗難應對<sup>3</sup>。當腦退化症人士重複逃離一個地方，這行為可能會令該人士受傷或走失<sup>2,4</sup>。一旦出現這些風險，有些腦退化症人士會被限制活動自由。一份項香港腦退化症人士走失情況的調查顯示，三成人士在走失後會被限制獨自外出<sup>5</sup>。同時，較難適應遊走和其他行為表現的照顧者較大機會把家人交由院舍照顧<sup>6</sup>。

雖然遊走帶來的風險可能會令照顧者擔憂，但間歇性踱步或無意識繞圈有時是無傷大雅的<sup>4</sup>。遊走本身其實是運動，能令腦退化症人士保持行動能力<sup>7,8</sup>。在院舍等的室內空間，在環境方面做些調整，或能減低腦退化症人士離開的風險，同時讓他們享受自由。直接加諸身體的約束措施在倫理不被接受<sup>9</sup>，而裝置設計較繁複的門鎖、設置門鈴警報器，以及將主要出口佈置成牆壁的顏色或圖案，或能令腦退化症人士較難在沒有人陪同的情況下離開<sup>10</sup>。

英國一個執法地區的失蹤人口報告指出，大部分走失的腦退化症人士在發現時兒體沒有受傷，但報告也指出那些沒有受傷的人士失蹤時間一般比較短<sup>11</sup>。對初期腦退化症人士來說，佩戴具定位功能的裝置有助他們在安全情況下在社區生活。這些裝置最基本的功能將位置資訊發送至照顧者的手提電話。一項關於這種裝置的研究指出，使用裝置三個月後，腦退化症人士表示自己有更大自由度，獨自在社區活動時也沒有之前那麼擔心<sup>12</sup>。初期至中期腦退化症人士的家人認為新的科技令他們更安心<sup>12,13</sup>，並且表示不需要花那麼多時間找尋家人<sup>14</sup>。除此以外，更先進的系統甚至可以逐步指示步行路線，或當腦退化症人士的活動偏離日常路線的時候通知他們的家人<sup>15</sup>。

新科技或者能夠鼓勵照顧者減少一點對腦退化症人士日常生活的限制，但要創造讓他們安心居住的環境則有賴社會人士支持。在美國，失蹤腦退化症人士的通報機制已經在絕大多數州分實施，特別是找尋在家附近走失的腦退化症人士，由鄰里參與找尋尤為有效<sup>16</sup>。假如明顯表現迷惘的人士能在公共交通工具<sup>11</sup>和社區設施<sup>17</sup>獲市民施予援手，腦退化症人士或能在社區中輕鬆生活，維持一向的活動習慣。



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