



脑退化症人士的游走行为

脑退化症人士或会出现游走行为，游走通常指有特定模式的四处走动¹。游走有各种原因，生理上的认知缺损、社会心理状况，和脑退化症人士身处的环境，都有可能影响这个行为²。

根据一项有关本地日间中心的调查，同工认为患脑退化症的游走人士颇难应对³。当脑退化症人士重复逃离一个地方，这行为可能会令该人士受伤或走失^{2,4}。一旦出现这些风险，有些脑退化症人士会被限制活动自由。一份项香港脑退化症人士走失情况的调查显示，三成人士在走失后会被限制独自外出⁵。同时，较难适应游走和其他行为表现的照顾者较大机会把家人交由院舍照顾⁶。

虽然游走带来的风险可能会令照顾者担忧，但间歇性踱步或无意识绕圈有时是无伤大雅的⁴。游走本身其实是运动，能令脑退化症人士保持行动能力^{7,8}。在院舍等的室内空间，在环境方面做些调整，或能减低脑退化症人士离开的风险，同时让他们享受自由。直接加诸身体的约束措施在伦理不被接受⁹，而装置设计较繁复的门锁、设置门铃警报器，以及将主要出口布置成墙壁的颜色或图案，或能令脑退化症人士较难在没有人陪同的情况下离开¹⁰。

英国一个执法地区的失踪人口报告指出，大部分走失的脑退化症人士在发现时儿体没有受伤，但报告也指出那些没有受伤的人士失踪时间一般比较短¹¹。对初期脑退化症人士来说，佩戴具定位功能的装置有助他们在安全情况下在社区生活。这些装置最基本的功能是将位置资讯发送至照顾者的手提电话。一项关于这种装置的研究指出，使用装置三个月后，脑退化症人士表示自己有更大自由度，独自在社区活动时也没有之前那么担心¹²。初期至中期脑退化症人士的家人认为新的科技令他们更安心^{12,13}，并且表示不需要花那么多时间找寻家人¹⁴。除此以外，更先进的系统甚至可以逐步指示步行路线，或当脑退化症人士的活动偏离日常路线的时候通知他们的家人¹⁵。

新科技或者能够鼓励照顾者减少对脑退化症人士日常生活的限制，但要创造让他们安心居住的环境则有赖社会人士支持。在美国，失踪脑退化症人士的通报机制已经在绝大多数州分实施，特别是找寻在家附近走失的脑退化症人士，由邻里参与找寻尤为有效¹⁶。假如明显表现迷惘的人士能在公共交通工具¹¹和社区设施¹⁷获市民施予援手，脑退化症人士或能在社区中轻松生活，维持一向的活动习惯。



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