

Department of
OCCUPATIONAL THERAPY

Strategies in Parkinson's Disease Rehabilitation
帕金森氏症的复健技巧



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Introduction 简介

Parkinson's disease often affects a person's lifestyle, including difficulties in performing activities of daily living, areas of self-care, work and leisure.

Occupational therapy plays an important role in assisting people with Parkinson's disease to maintain or improve their ability to perform meaningful daily activities.

In this brochure, we will be introducing key Parkinson's disease rehabilitation strategies that you can apply in your daily life.

帕金森病会影响一个人的生活方式，导致有困难进行日常生活活动、自我护理、工作和娱乐休闲。

职业治疗在帮助帕金森病患者康复的过程中发挥着重要作用，例如协助改善患者日常活动的能力。

在这本手册中，我们将介绍改善帕金森日常生活能力的方法。

ABCDE Approach

ABCDE 康复方法

When you are performing daily activities, apply the ABCDE Approach:

当您进行日常活动时，应用ABCDE康复方法：

- Allocate sufficient time
安排足够的时间
- Break down the task
把事情分成几部分来进行
- Concentration / Conscious attention
集中精神
- Avoid Dual task
避免同时做多种任务
- External cue and adaptation
使用外界提示和改良方法

Home Environment Safety

家中安全须知

When you are at home, be alert when:

当您在家时，请在进行以下任务时提高警惕：

- Moving around the furniture
扶着家具周围移动时
- Getting up from the chair or sitting down
从椅子站起或坐下时
- The environment is dimly lit
四周围灯光昏暗时
- Reaching for items on shelves or in cupboards
从架子上或橱拿东西时
- Going up or down the stairs
上下楼梯时



Home Environment Safety

家中安全须知

What can you do to improve home safety?

您可以采取哪些措施来改善家中安全？

- ✓ Keep all pathways clear and rearrange your furniture to ensure that there is enough space to move around
重新整理家具的位置以保持足够的活动空间
- ✓ Ensure that all furniture is secure and stable
确保所有家具牢靠稳固
- ✓ Remove clutter and tape down electrical cords
清除杂物并将电线粘在适当的位置
- ✓ Use chair with armrests and chairs/beds with a suitable height that allows you to get up and sit down easily
使用有扶手的椅子以及适当高度的椅子和床以便容易起立或坐下



Home Environment Safety

家中安全须知

What can you do to improve home safety?

您可以采取哪些措施来改善家中安全？

- ✓ Ensure your home has adequate lighting
确保家中有足够的灯光
- ✓ Place regularly used items within easy reach
把常用的物品摆放在易拿的地方
- ✓ Place brightly coloured tapes along edges of steps
在阶梯边缘粘上亮色的胶带
- ✓ Avoid talking when walking up or down stairs
上下楼梯时避免与别人交谈



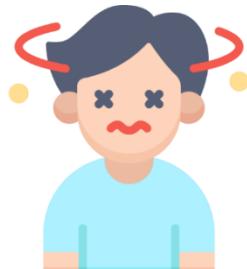
Fall Prevention

预防跌倒

When moving around, falls may occur when:

当您四处走动时，以下情况有可能会导致跌倒：

- Your medication is not working well
药物失去效力时
- Walking in crowded places or on cluttered and uneven surfaces
在拥挤，充满杂物和地面不平的地方行走时
- You are distracted
注意力被分散时
- You feel dizzy
感觉头晕时



Fall Prevention

预防跌倒

What can you do to reduce your risk of falls?

您能如何改善这个问题?



- ✓ Remember to take your medication on time
记得按时吃药
- ✓ Do not place your hands in your pockets when walking
勿把手放进口袋
- ✓ When falling, place your feet apart and keep your heels on the ground
感觉到自己要跌倒时，请将双脚张开，脚跟着地
- ✓ Wear appropriate and well-supported footwear
选择能提供良好支持并合脚的鞋子

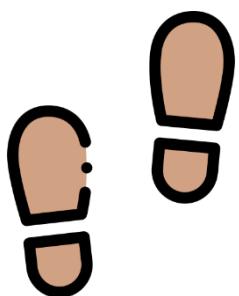
Fall Prevention

预防跌倒

What can you do to prevent falls?

您能如何预防跌倒？

- ✓ Do not make sharp turns. Instead, take wide turns
避免急转弯
- ✓ Concentrate on one task, e.g. do not talk or hold objects in your hand when walking
专注于一个动作，例如走路时请勿说话或手拿东西
- ✓ If you feel dizzy when standing up, please sit for a few minutes before moving
若起立时会感觉晕眩，请坐下休息几分钟再行动
- ✓ Take **BIG** steps
行走时，用‘大’的步伐



Fall Prevention

预防跌倒

If you fall and cannot get up, do not panic.

如果您跌倒后不能起身，请别慌张。



- Call for help or activate your call alarm if you have one at home
向别人求救或使用紧急铃
- Shout and bang on the walls to get attention
呼叫和敲打墙壁以取得注意
- Dial 995 and call for an ambulance
拨打995呼叫救护车
- Keep yourself comfortable and warm
保持舒适和保暖

Handwriting Tips

书写建议

When writing, you may face difficulties when:

当您写字时，您可能在以下情况下遇到困难：

- You are using plain paper
用白纸写字时
- You are rushing and writing too quickly
当时间太仓促而写得太快时
- You get distracted by background sounds
被周围的声响分散注意力时



Handwriting Tips

书写建议

What can you do to improve your writing?

您能如何改善书写？

- ✓ Sit comfortably and in an upright position at a table, with good lighting
请选择良好照明的环境，在桌前坐直并在桌子上写字
- ✓ Use lined paper for writing
使用横格的纸张
- ✓ STOP if your handwriting becomes too small
当字体变小时，请马上停笔

Handwriting Tips

书写建议

What can you do to improve your writing?

您能如何改善书写?

ABC

- ✓ Think 'big and slow strokes'. Pay attention to the formation of each letter
想着‘大而慢的笔画’， 并注意每个字母的构成
- ✓ Plan out what you want to write
下笔前， 先计划好您想写的字
- ✓ Concentrate and avoid rushing when writing
集中精神， 避免写得太仓促
- ✓ Avoid distractions and doing other tasks while writing
全神贯注地写字， 避免在同一时间做其他事情
- ✓ Consider using block letters instead of cursive letters
考虑使用正楷字母而不是草书字母

Fatigue Management

疲劳管理

When will you feel fatigue?

什么时候最常面对这个问题？

- When you do not take your medications regularly
不按时吃药时
- After long periods of physical activity
进行长时间体力活动后
- When there is poor sleep routine
有不良的睡眠习惯时



Fatigue Management

疲劳管理

What can you do to manage fatigue?

您能如何改善这个问题？

- ✓ Take your prescribed medication on time
确保按时吃药
- ✓ Take regular rest breaks in between activities
活动间中要有固定的休息时间
- ✓ Apply energy conservation techniques during daily activities
进行日常活动时，使用节省体力的技巧
- ✓ Delegate tasks to others to maximise the use of your time and energy
分配好工作，从而更好地运用您的时间与体力

Fatigue Management

疲劳

What can you do to manage fatigue? 您能如何改善这个问题?

- ✓ Prioritise important tasks and perform them in the morning
优先安排重要的活动，并在早上进行
- ✓ Keep a diary to identify which tasks increase fatigue and which time of the day you feel extremely tired
用日记录下给您增加较疲劳的任务，以及让您感觉极度疲倦的时间段。
- ✓ Practise good sleep hygiene routine
养成良好的睡眠习惯
- ✓ Gentle exercise during the day is very important
保持日常运动至关重要

Cognitive Management

认知思考

When will cognitive challenges likely happen?
什么时候最常面对这个问题？

- Losing your “train of thoughts”
当您在想其他事情时容易失去原有思路
- Doing many things at the same time
同一时间做多样事情
- Trying to remember your medications and appointments
试图记住吃药和预约的时间时



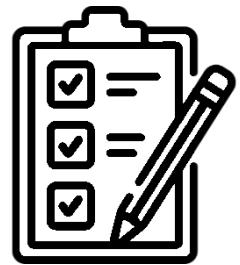
Cognitive Management

认知思考

What can you do to improve your cognitive function?

您能如何改善这个问题？

- ✓ Pay attention to each task
做每一样事情时集中注意力
- ✓ Do one thing at a time
一次只做一件事情
- ✓ Write things down. Keep a “to-do” list to remember your tasks and appointments
写下必须记得的事情。使用办事项项目列表来记录您已安排好的预约以及工作。
- ✓ Plan out activities before starting each activity
开始活动前，要先计划好。
- ✓ Use cue cards to outline the sequences of your tasks
利用卡片来提示活动的顺序
- ✓ Keep your mind active with crossword puzzles, Scrabble, reading, chess or other board games
利用填字游戏，拼字游戏，阅读，下棋，或其它棋类游戏来保持活跃的思维。

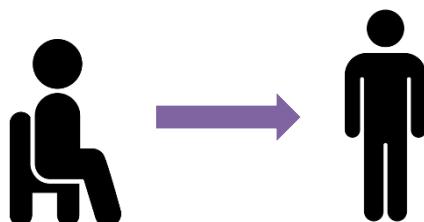


Sit To Stand

从坐到站

Moving from Sit to Stand: 从坐到站

1. Hands on the chair
双手扶着椅子
2. Sit forward to the end of the chair
臀部移前
3. Ensure feet are on the floor and placed behind the knees
摆好双脚
4. Lean forward such that your nose is in front of your toes
身体向前弯 - 鼻子的位置超过脚趾
5. Stand up
站起来



Moving in Bed

在床上移动

Rolling

滚动翻身

1. Bend knees up
膝盖向上弯曲
2. Turn head
(left / right)
转头 (左/右)
3. Arm (left / right)
reach across to
the other side
手(左/右) 伸到
另一边
4. Roll to your side
翻向一旁

Moving across the bed

在床上移动

1. Bend knees up
膝盖向上弯曲
2. Lift bottom and
move across
抬臀部
3. Move shoulders
across
移动肩膀
4. Move feet across
移动双脚

Getting Into/ Out of Bed

下床 / 上床

Getting out of bed

下床

1. Bend knees up
膝盖向上弯曲
2. Turn head
转头
3. Reach across
转手
4. Drop legs over the
side of your bed
将腿放在床边
5. Push your body off
the bed
将身体从床上推开
6. Sit up
坐起来

Getting into bed

上床

1. Sit on the side of
bed
坐在床边
2. Reach arm across
手扶
3. Lie on your side
侧躺
4. Lift legs up
抬上脚
5. Roll onto your back
躺平



Activities of Daily Living – Dressing

日常生活 – 更换衣裤

You may face difficulties when:

您或许会在以下情况下面临问题：

- Dressing in a standing position
站立着更换衣裤时
- Doing up your buttons
扣纽扣时
- Feeling rushed during dressing
时间太仓促，您赶着更换衣裤时
- Distracted by sights and sounds
被周围的事物和声音分散注意力时
- Wearing shoes with shoelaces
需要绑鞋带时



Activities of Daily Living – Dressing

日常生活 – 更换衣裤

What can you do to improve dressing?
您能如何改善这个问题？

- ✓ Sit down to dress, do up your buttons and other fastenings
坐着更衣和扣纽扣
- ✓ Do not rush! Allow more time to dress
别着急，让自己有充足的时间更换衣裤
- ✓ Concentrate on dressing and avoid distracting thoughts or conversations
专心更换衣裤，尽量避免分散注意力或与人交谈
- ✓ Rehearse how you would dress in your mind prior to starting the task
更换衣着前，先在脑海复习更换衣裤过程
- ✓ Wear loose fitting clothing with few buttons and zippers
穿较宽松和较少钮扣及拉链的衣裤
- ✓ Wear shoes with Velcro fasteners or elastic shoelaces
选择有粘扣带或有弹性鞋带的鞋子

Activities of Daily Living - Toileting

日常生活 – 厕所

You may face the following difficulties:

您或许会面临以下问题 / 困难：

- Rushing to the toilet or experiencing toilet 'accidents' if you do not 'arrive in time'
赶着上厕所或赶不到厕所时出现失禁的问题
- Frequent urination at night
在夜间频繁排尿
- Difficulty balancing when cleaning yourself in a half-standing position
难以在半站的清理姿势保持平衡



Activities of Daily Living - Toileting

日常生活 - 厕所

What can you do to manage toileting?

您能如何改善这个问题？

- ✓ Implement a regular schedule for toileting (e.g. every 2 hours)
实行定时的如厕时间（例如：每2个小时上厕所）
- ✓ Limit your fluid intake before bedtime
限制睡前的喝水量
- ✓ Consider bedroom-based toileting options e.g. urinal, bedpan or bedside commode
考虑在房内如厕的方式，例如：尿壶，尿盆，床边便椅
- ✓ Use night lights when going to the toilet at bedtime
使用夜用灯以方便半夜上厕所
- ✓ Sit on a raised toilet seat to clean yourself
可选择调高式的马桶座帮助清理过程
- ✓ Install grab bars in toilet
在厕所里安装扶手

Activities of Daily Living - Showering

日常生活 – 洗澡

You may face difficulties when:

您或许会在以下情况下面临问题：



- Your medication wears off while taking a shower
在失去药效的期间洗澡
- You feel rushed while showering
在时间紧迫，仓促洗澡时
- You experience stiff muscles and hand tremors
当您感觉肌肉僵硬和双手颤抖的时候
- There are slippery floors – falls may occur
当浴室的地板湿滑时，可能会导致您跌倒

Activities of Daily Living - Showering

日常生活 – 洗澡

What can you do to improve showering safety?

您能如何改善这个问题？



- ✓ Plan your shower around the effects of medication
根据药效来计划洗澡的时间
- ✓ Set aside more time for showers
让自己有充足的时间冲凉
- ✓ Sit on a shower chair and keep things within reach
坐在椅子上冲凉，并把物品放在轻易拿取的地方
- ✓ Hold on to grab rails for support while standing
利用扶手支撑自己站立
- ✓ Place non-slip rubber bathmats in shower room
在浴室里放置防滑橡胶浴室垫
- ✓ Bring a cordless phone with you so you can call for help when needed
携带无线电话以便需要时，能向别人求助

Caregivers Management

看护者须知

You may face difficulties when:
您或许会在以下情况下面临问题：



- Your loved one is first diagnosed with Parkinson's disease
亲人刚被诊断患有帕金森氏症时
- Your loved one is not responding well to their medications
亲人对药效的反应不理想时
- You are caring for your loved one for an extended period of time
长时间照顾您的亲人时
- You are the sole caregiver for your loved one
当您是亲人唯一的看护者时

Caregivers Management

看护者须知

What can you do to manage your caregiving responsibilities?

您能如何改善这个问题？



- ✓ Work closely with healthcare professionals to learn more about Parkinson's disease and medications
向医务人员了解更多关于帕金森氏症和药物的知识
- ✓ Set aside both money and time to attend to your own physical and mental health needs
计划如何运用时间与金钱以便能照顾到自己的生理与精神上的需求
- ✓ Schedule regular breaks from caregiving responsibilities and go for a holiday
放下看护者的责任，定时地安排休息时间或去旅行

Caregivers Management

看护者须知

What can you do to manage your caregiving responsibilities?

您能如何改善这个问题？

- ✓ Engage in stress-relieving activities (e.g. aromatherapy etc.)
参与舒解压力的活动（例如：香薰治疗等）
- ✓ Join a caregiver support group to connect with other carers
参与看护者关怀组的活动



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