**台灣老年精神醫學會 新聞稿**

**協助老年人防疫**

**─ 平、常、心、轉、動**

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2019年底，新冠肺炎從武漢開始蔓延，短短三個月間，已肆虐全球。台灣在中央流行疫情指揮中心的超前部署、醫療人員的竭力投入，以及全體同胞配合防疫政策之下，持續面對新冠肺炎的挑戰，現階段更要留意避免爆發大型社區感染。

到目前為止，全世界因新冠肺炎死亡的人數已超過三萬人，其中大多數為老年人以及患有糖尿病、心臟病等慢性疾病的人。老年人的免疫系統較弱，認知反應較慢，容易增加被感染的風險。在此非常時期，除了遵循政府的防疫政策及個人衛生外，也呼籲大家用心關懷身邊的長輩們。台灣老年精神醫學會建議民眾利用「平、常、心、轉、動」的口訣，協助年長者順利抗疫！

**平**: 以減輕長輩過度的焦慮為目標，平心靜氣用長輩可以聽得懂的語言，舉簡單的例子，**平**鋪直敘地說明病毒肺炎是怎麼一回事，相對應的措施又是怎麼一回事。平和地說明各種消息新聞或可能令長輩擔心的傳說，以減輕憂慮。

**常**: 了解對於未知的病毒或疾病會感到焦慮，是人的正常反應。在這樣的時期裡，設法維持日常的規律，即便是例如定時起床，定時入睡，這樣的小事，也有助於維持身心的安定。

**心**: 在容易焦慮的疫情氛圍中，特別要主動傳遞彼此的關愛之心。尤其關心容易受到影響的長輩，包括原本就有焦慮症，失眠，或是強迫症狀的長輩，他們可能會更加擔心，睡不好，或是不停地重複洗手。特別留心需要多加幫忙以防疫顧健康的族群，例如失智長者。他們不易記住各種防疫口訣，常會取下口罩，也常忘了已經洗過手又觸摸物品，提供適當的協助與指示很重要。

**轉**: 在疫情仍嚴峻的期間，難免新聞報導或是生活話題都圍繞著疫情為中心。建議多聊聊除了這個以外的事，恰當地轉移注意力，讓心情放鬆，並維持生活持續的運轉。比如看疫情報導以外的電視節目、拿出老照片來說說過去的故事、桌遊、歌唱、養花賞花、踏青等。與人互動建議戴口罩並保持人與人之間的安全距離（1-1.5公尺以上）。

**動**: 許多人擔心被感染，於是整日閉門不出，反而造成身心失調。建議在避免前往空氣不流通之空間，避免搭乘擁擠之交通工具的原則下，維持適當適量的戶外活動，並保持人與人之間的安全距離（1-1.5公尺以上），呼吸新鮮空氣。此外，疫情期間，採取視訊與親友維持互動是很方便而重要的。

雖然疫情仍然延燒中，相信透過「平、常、心、轉、動」的原則，讓較高風險的長輩能有效防疫，並平安渡過這波疫情帶來的衝擊。

台灣老年精神醫學會將堅定地支持我們老年精神個案及家屬，一起度過這段令人焦慮的疫情階段。如果家屬或個案有難以解決的精神困擾，可以撥打本會電話：04-2471-6239 我們將會盡力協助，並做適當轉介。

台灣老年精神醫學會關心您！

**Helping the Elderly through the Pandemic**

**--- P. E. A. C. E.**

**Taiwanese Society of Geriatric Psychiatry**

Within 3 months, COVID-19 has spread from China to across the world. The global death toll has gone well over 30,000, most of which are elderly patients and those with pre-existing chronic conditions such as CVDs and diabetes. The elderly’s weaker immune system and slower cognitive response render them more susceptible to the pandemic. In these unusual times, we should be mindful of our own health while paying more attention to the seniors around us. The Taiwanese Society of Geriatric Psychiatry recommends the use of **“P.E.A.C.E”** to better aid the elderly in fighting this pandemic.

**P (Peace, Plain language)**

Describe the unusual situation by coronavirus disease (COVID-19) and preventive measures to the elderly with plain language in a peaceful manner. Gentle and repeated explanation reduce anxiety and upset.

**E (Everyday routine, Emotional balance)**

In face of the uncertainty surrounding COVID-19, vulnerable elderly, especially people with dementia would experience emotions such as anxiety and dysphoria. In the pandemic period, maintaining an everyday routine and emotional balance as much as possible can help with coping.

**A (Alter, Alternative)**

Instead of focusing solely on the pandemic, altering attention to other aspects of life can help relieve anxiety. During an infectious disease outbreak with some restrictions in life, alternative activities (such as table game, singing, reminiscence) should be provided.

**C (Care, Concern, Consideration)**

Show care, concern, and consideration to the elderly, especially those with anxiety, depression, and dementia. They may have a more difficult time during the pandemic. Pay special attention to those with dementia as they may have great difficulty remembering the proper precautions and instructions. A little kindness, such as delivering a meal or essential medicine, can go a long way and be truly helpful for those quarantined or living alone.

**E (Exercise, Expand connections)**

Many are forced to be at home. Although this reduces the odds of transmission, staying indoors over longer periods could potentially cause mental disorders and disuse syndrome. A better option would be to avoid areas with congestion and poor airflow while maintaining exercise and outdoor activities where possible. Expand your connections to interact with friends/relatives via phone, video chat or social media can improve your mental health.

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