Eine Reise um die Welt…

Christina Kuhn, Dr. Anja Rutenkröger

Fachtag Nord „Von einander lernen“ 17.09.2020 Hamburg

Ein Projekt von

Demenz Support Stuttgart
Zentrum für Informationstransfer

Gefördert von

Robert Bosch Stiftung

Foto: Juliana Kozoski https://unsplash.com/photos/IoQioGLrz3Y

Herausforderungen weltweit

- Menschen mit MHG ist Risikogruppe: Unterversorgung und Unterdiagnostizierung
- Besondere Bedürfnisse bei MHG
- Geringe Kenntnis des Krankheitsbildes
- Stigmatisierung
- Sprachbarrieren
- Schwierige Diagnosestellung, späte Diagnose
- Ungeeignete Testverfahren

DZNE: Schmachtenberg et al., 2020

WHO

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Ziele für alle Mitglieder der WHO

- Demenz hat Vorrang für die öffentliche Gesundheit
- Demenz: Bewusstsein und Freundlichkeit
- Demenz: Risikoreduktion
- Demenzdiagnostik, -behandlung und Pflege
- Demenz: Unterstützung der Pflegenden
- Informationssysteme über Demenzerkrankungen
- Demenz: Forschung

https://www.who.int/mental_health/neurology/dementia/infographic_dementia/en/

Eine Reise um die Welt

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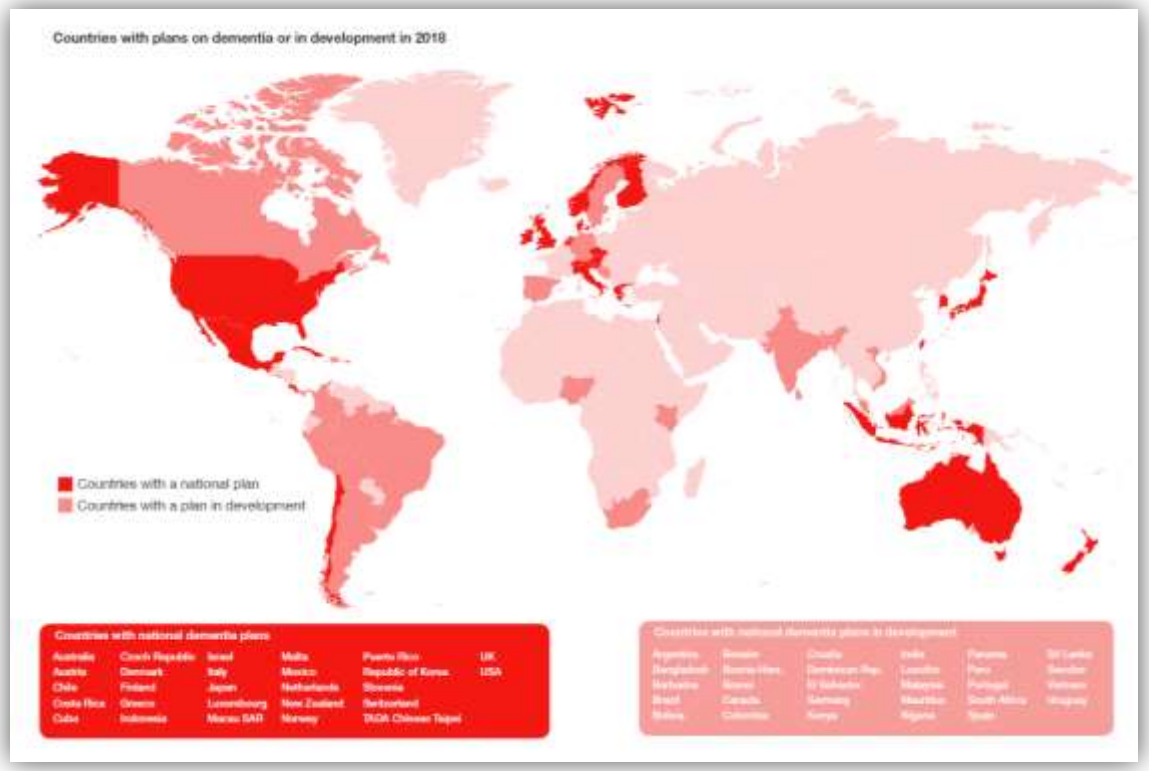
Demenz weltweit

- 2019: über 50 Mio.
- 2050: über 150 Mio.

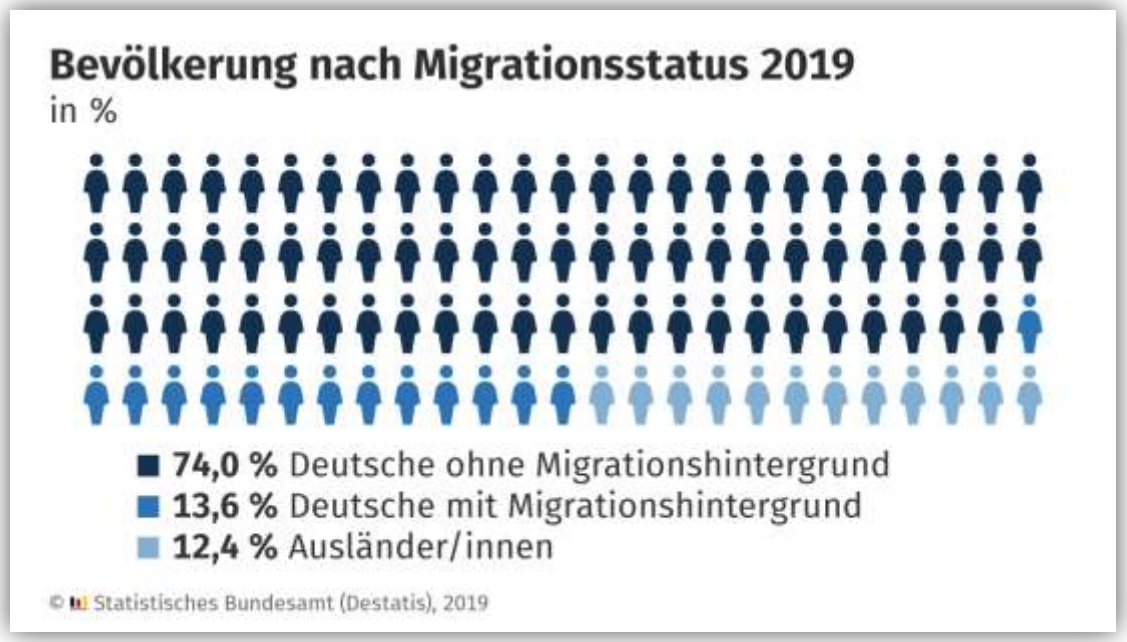
Demenzpläne weltweit (2018)



Alzheimer‘s Disease international, 2019

BRD

- 83 Mio. Einwohner
- 232 Einwohnern pro km²
- 21,2 Mio. Menschen mit Migrationshintergrund



https://www.destatis.de/DE/Themen/Gesellschaft-Umwelt/Bevoelkerung/Migration-Integration/_inhalt.html

USA

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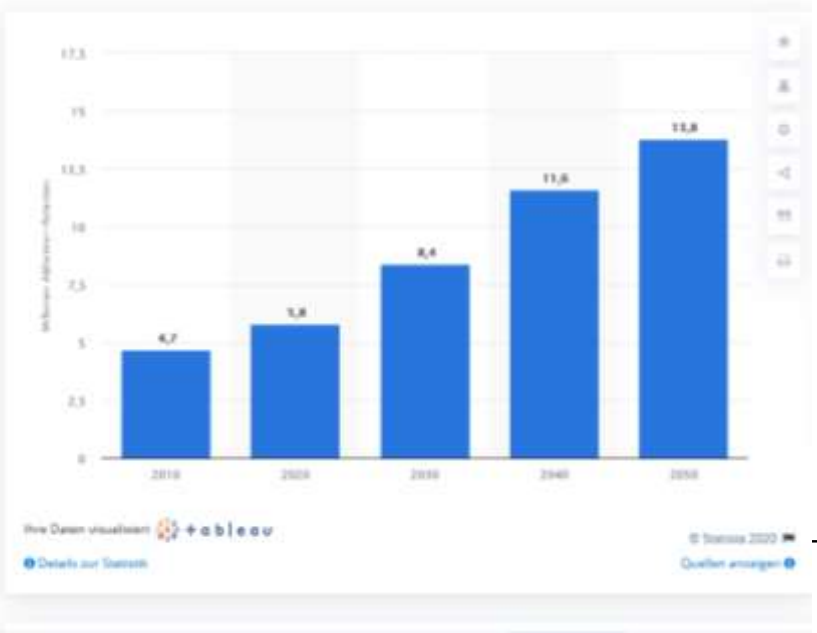
- 332,8 Mio. Einwohner (2020)
- 33 Einwohner pro km²
- 38 % Menschen mit Migrationshintergrund
- 5,7 Mio. Menschen mit Demenz (Alzheimer's´ association 2018)



- Verdreifachung der Prävalenzraten in den nächsten drei Jahrzehnten

https://de.statista.com/statistik/daten/studie/267594/umfrage/prognose-zur-anzahl-von-alzheimer-patienten-in-den-usa/

USA: Demenz Prävalenz nach Ethnien

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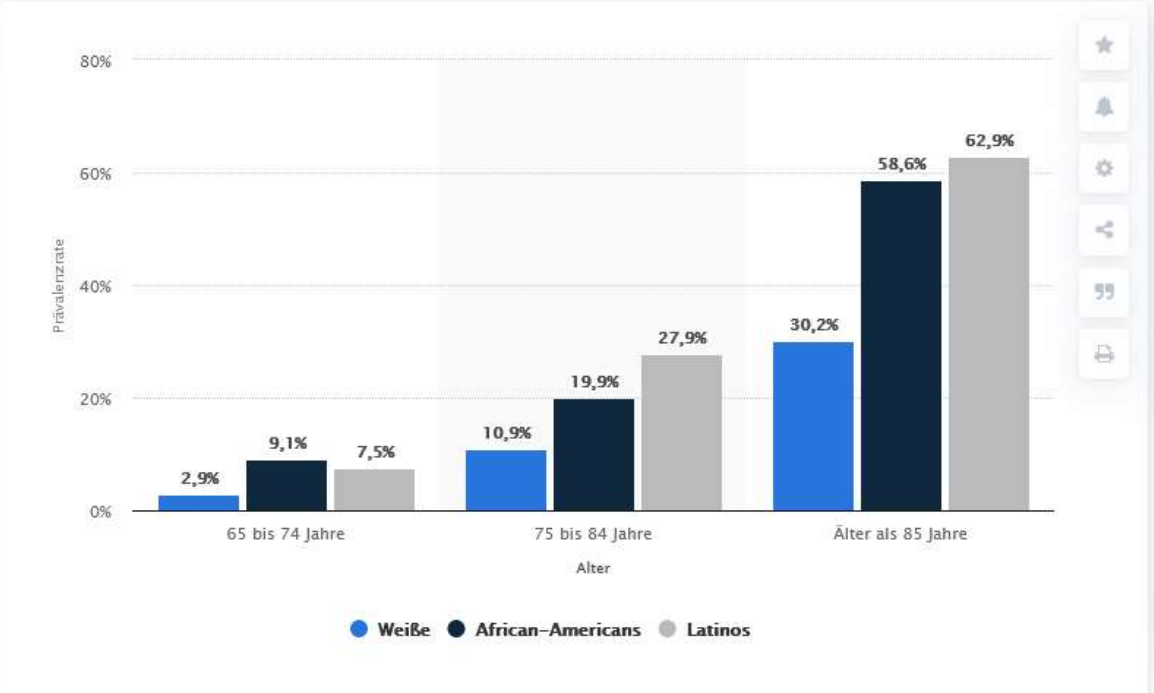

- Latinos/Hispanics und Afroamerikaner weisen erhöhtes Risiko an Demenz zu erkranken
  (Alzheimer's´ association 2018)
- Afroamerikaner 2-facherhöhtes Risiko
- Latinos/Hispanics 1,5- facherhöhtes Risiko

https://de.statista.com/statistik/daten/studie/267566/umfrage/praevalenz-von-alzheimer-und-demenz-in-den-usa-nach-alter-und-ethnie/ (Grafik von 1999)

Healthy Brain Initiative

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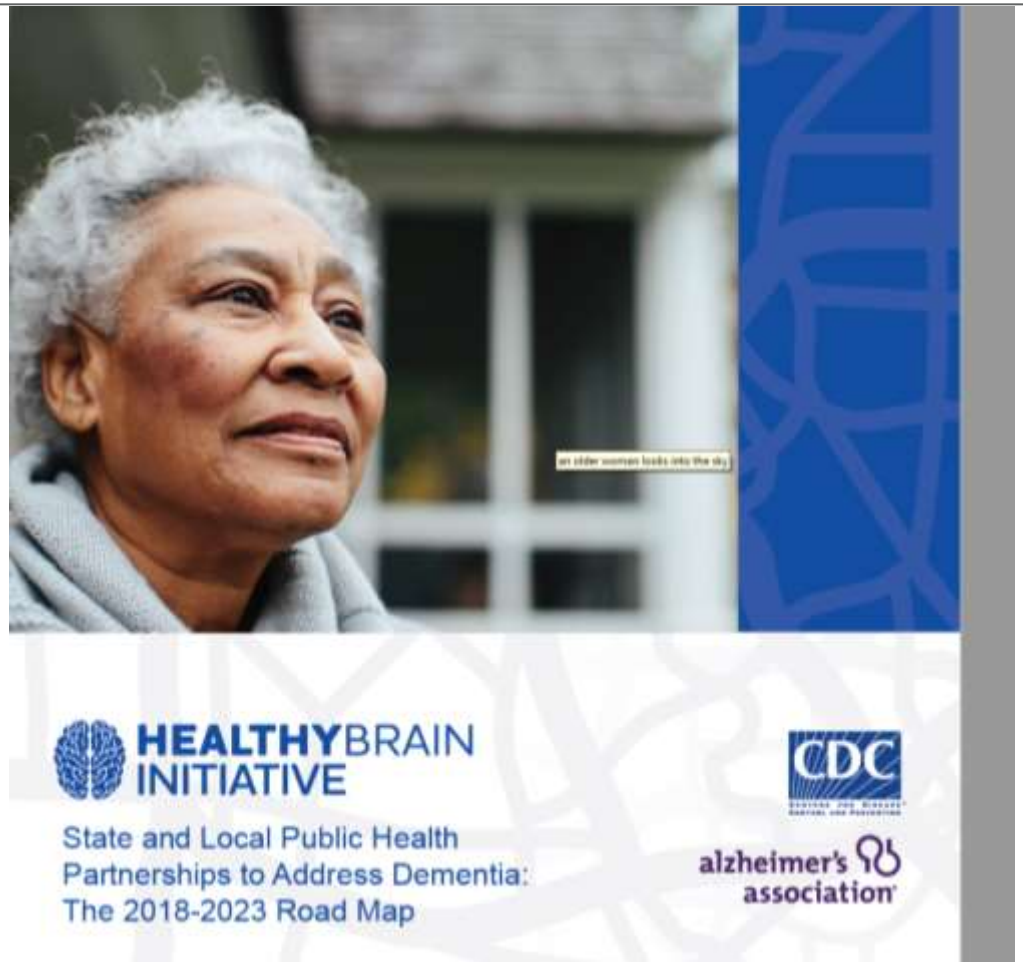

- Bildung und Empowerment
- Angebote im Gesundheitswesen ausbauen
- Kompetente Mitarbeitende sicherstellen
- Monitoring und Evaluation

https://www.cdc.gov/aging/healthybrain/roadmap.htm

Sensibilisierung in Washington

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Mitwirkende:

- Department of Health in Washington
- Seattle Center for Multi Cultural Health
- National Asian Pacific Center on Ageing
- University of Washington Healthy Brain Research Network

https://www.cdc.gov/aging/healthybrain/roadmap.htm

Puerto Rico

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- Bildung, Empowerment für Betroffene und Familien aus Puerto Rico ermöglichen
- Un café por el Alzheimer - Alzheimer Cafes – informeller persönlicher Austausch
- Soziale Medien (Kurs 4 Termine) – Wissen verbreiten in größeren Gruppen, Facebook

NEW MEXICO

New Mexico Department of Health — with community partners — developed, produced, and distributed public service announcements (PSAs) based on the Alzheimer's Association's 10 Ways to Love Your Brain. Available as a single 60-second or two 30-second PSAs, the TV spots can be adapted by other agencies.

https://www.cdc.gov/aging/healthybrain/roadmap.htm

HEALTHYBRAIN INITIATIVE

Road Map for Indian Country

alzheimer's association

CDC

COMMUNITIES IN ACTION

Many programs are currently underway to address dementia in Indian Country. A few examples are featured here as both inspiration and models on which to build.

Many other examples and relevant resources can be found at **alz.org/publichealth** and **cdc.gov/aging**.

Outreach and education

- Banner Alzheimer's Institute: Native American Outreach Program
- I-CAARE: Culturally-Grounded Dementia Educational Materials for Indigenous Community-Based Care
- Pyramid Lake Paiute Tribe: Creating a Dementia-Capable Community

Caregiving

- St. Regis Mohawk Nation: Community Support for Dementia
- Wisconsin: Dementia Care Specialist Program
- Caregivers: Education and Support in Indian Country

Erster Gesundheitsplan Indian Country

- Sensibilisierung für das Thema Demenz
- Bildungsangebote
- Kultursensible Materialien
- Unterstützungs- und Hilfsangebote für
- Familien und pflegende Angehörige

https://www.cdc.gov/aging/healthybrain/Indian-country-roadmap.html

Healthy Heart, Healthy Brain...

The River of Life Flows Through the Heart, Protecting the Mind and Body

Everyone slows down as they get older, both in body and mind. But big changes with forgetfulness, thinking, or how you solve problems that make it hard to get through the day don't happen to everyone. These changes could be a sign of early dementia or Alzheimer's disease.

5.7 Million
Americans have Alzheimer's disease

1 in 10
People age 65 and older has Alzheimer's

1 in 3
American Indians over 65 develops dementia, including Alzheimer's

*Elders with **heart disease, high blood pressure,** or **diabetes** have a much higher risk of developing Alzheimer's or other dementias.*

Key steps you can take for a healthy mind, heart, and body:

- **Call your doctor** today for an appointment to talk about how to keep your mind and heart healthy.
- **Schedule** "wellness" checkups and health screenings every year. Blood pressure and diabetes screenings are usually free with Medicare Part B or through the Indian Health Service.
- **Get a little exercise** every day.
- **Eat more fresh fruits and vegetables** and foods low in salt and sugar.
- **Stop smoking** and chewing tobacco.
- **Get help** managing high blood pressure, diabetes, high blood cholesterol, and depression or anxiety.
- **Protect your head**. Falls are the number one cause of head injury in older adults.
- **If you have trouble** with memory or forgetfulness that makes it hard to get through the day, see your doctor right away.

You can do things today to protect your mind and help try to prevent or slow dementia and Alzheimer's disease.

Turn over for your checklist to help keep the river of life flowing freely.

Keep Your River Flowing ...

Your heart is like the start of a free-flowing river. Veins and arteries that take blood away from and to the heart are like many connected small streams that flow all through the body, including the brain, feeding it with oxygen and energy.

You have to work to keep the streams flowing through your body from becoming clogged and the heart from being hurt.

Working with Your Doctor

- **Make an appointment** for health screening tests and "wellness" checkups every year. They are usually free with Medicare Part B or through the Indian Health Service.
- **Have your blood pressure checked** regularly and know your numbers. A blood pressure of less than 120/80 mmHg is normal.
- **Ask your doctor** to go over how to measure and track your own blood pressure results and find out where you can go in your community to check your blood pressure yourself.
- **Have your cholesterol checked** regularly and know your numbers. Talk to your doctor about what you can do if your cholesterol is high.
- **If you do not have diabetes,** have your blood sugar level checked regularly. Blood sugar should be less than 100 mg/dl.
- **If you do have diabetes,** have your blood sugar and A1C levels checked regularly, and work with your doctor to get them to normal levels. Your A1C should be less than 5.7%.
- **Talk with your doctor** about your medicines and vitamins to make sure they do not cause problems with your memory, sleep, or brain function.

Working on Your Own

- **Be active** or walk every day. Try to get 1 ½ - 2 hours of exercise each week.
- **Eat more fruits and vegetables** and less salt and sugar.
- **Take your medicine** for blood pressure and diabetes even if you feel good.

Der Fluss des Lebens fließt durch dein Herz, er schützt deine Seele, deinen Geist und deinen Körper.

Halte den Fluss am Fließen….

https://www.astho.org/ASTHOBriefs/Healthy-Heart-Healthy-Brain-flyer

National Pacific Center on Ageing

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NAPCA

NAPCA Community Resource Helpline for Older Adults and Caregivers

Our Helpline is available in 8 different languages.

Menu options include:

(1) Access reliable information on prevention, symptoms, and guidance for coronavirus (COVID-19)

(2) Receive guided meditation

(3) Leave us a short story of what you're experiencing in the pandemic

(4) Reach a live operator between the hours of 8:30am – 1pm (PST) M-F in English, Vietnamese, Korean, Cantonese, and Mandarin

Our Helpline is available in 8 different languages:

English 1-800-336-2722	日本語 / Japanese 1-800-398-1117	廣東話 / Cantonese 1-800- 582-4218	Tagalog / Filipino 1-800-593-8087
普通话 / Mandarin 1-800-683-7427	Tiếng Việt / Vietnamese 1-800-582-4336	한국어 / Korean 1-800-582-4259	Español / Spanish 1-800-948-3644

https://www.napca.org/resource/aapi-cultural-competency/

Australien

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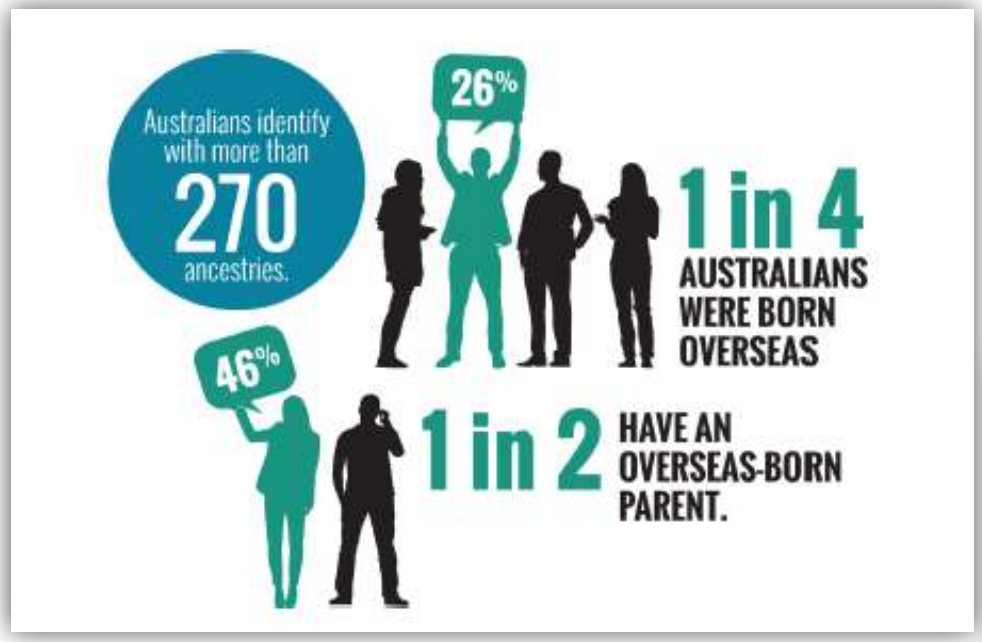

- 25,3 Millionen Einwohner
- 7,6 Millionen km²
- 3,1 EW pro km²

Australian Human Rights Commission 2014

FECCA

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Table 1: Top 10 birthplaces of CALD immigrants by older age group, Australia, 2011

Age 50–64		Aged 65–79		Aged 80+	
Italy	55,351	Italy	74,732	Italy	33,819
China	50,554	Greece	47,243	Greece	11,876
Vietnam	48,296	Germany	30,333	Germany	11,590
Philippines	38,519	Netherlands	25,609	Netherlands	9,573
Germany	33,185	China	23,254	Poland	8,675
India	30,183	Croatia	16,397	China	8,399
Greece	28,749	India	15,900	India	4,770
Malaysia	27,809	Malta	15,643	Vietnam	3,770
Netherlands	26,183	Vietnam	11,485	Malta	3,556
Lebanon	22,911	Lebanon	9,699	Hungary	3,296

Source: ABS 2011 Census

- **459.000** Australier/innen leben mit Demenz
- Ca. **1,6 Millionen** Australier/innen sind an der Pflege beteiligt

Australian Government Department of Social Services.
Federation of Ethnic Communities' Councils of Australia, 2015
https://www.dementia.org.au/about-us

Kulturelle Vielfalt im Verständnis von Demenz

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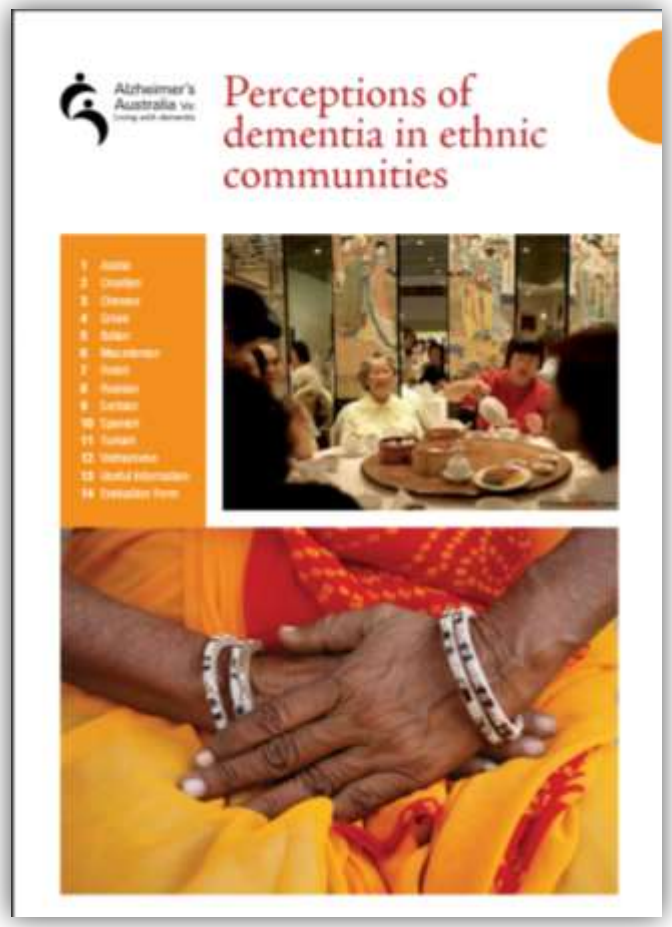
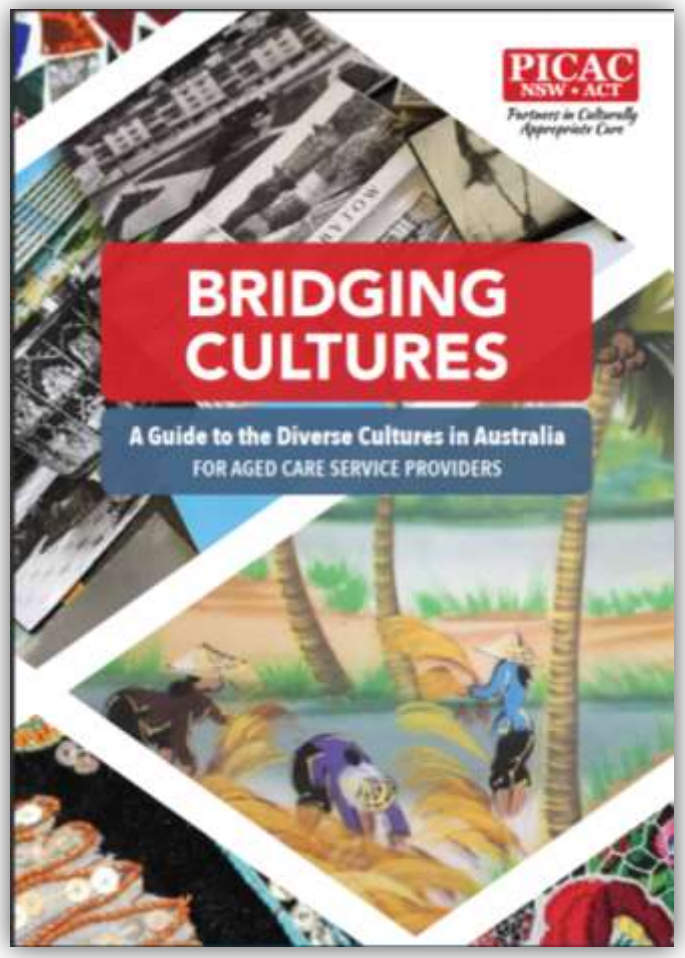


12 Kulturen unter folgendem Fokus:

- Einführung: Zuwanderungsgeschichte
- Wie Demenz wahrgenommen wird
- Diagnose und Behandlung
- Rolle der Familie
- Einstellungen zur Pflege in der Gemeinde
- Einstellungen zur häuslichen Pflege
- Einstellungen zu Beratungsangeboten
- Religion und ihre Rolle in der Versorgung von Menschen mit Demenz
- Zu berücksichtigen: wichtige Punkte
- Demenzspezifische Informationen die in anderen Sprachen zur Verfügung stehen

Alzheimer's Australia Vic, October 2008

Bridging cultures



- Basis: „Carer Recognition Act“
- Kulturell geprägte Einstellung zum Thema Demenz
- Kulturell geprägte Einstellung zum Thema Palliative Pflege
- Kulturell geprägte Einstellung zum Thema Inkontinenz
- Australien als Einwanderungsland
- Australische Kultur
- 38 Kulturen und ihre Besonderheiten

Partners in Culturally Appropriate Care (PICAC) NSW & ACT, Department of Health, 2016

Bridging cultures

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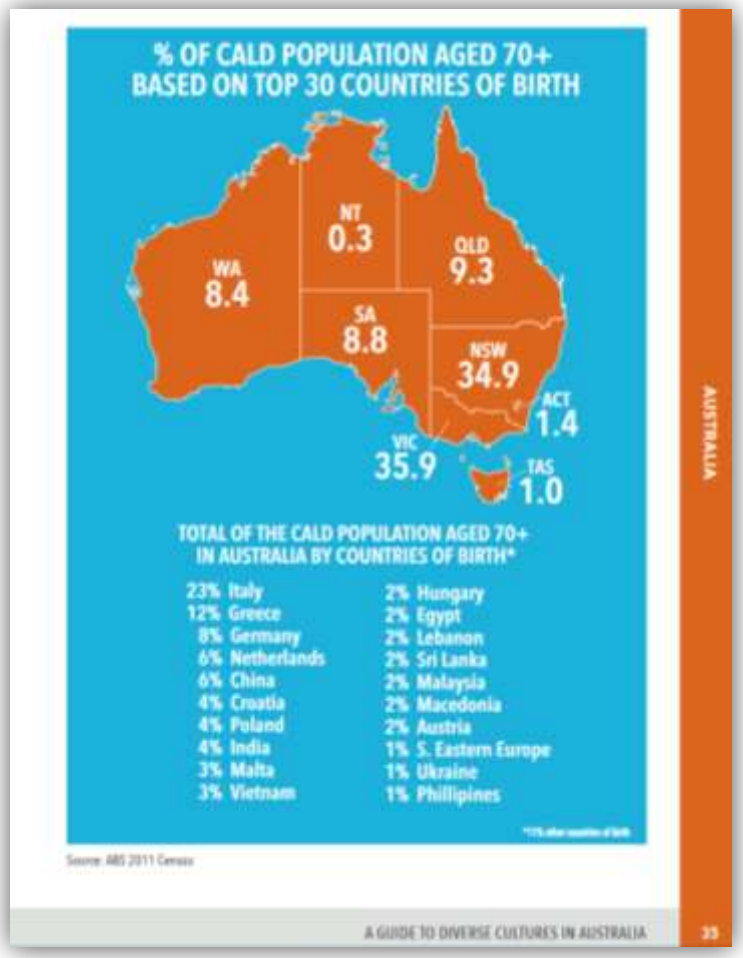

- Demografische Daten und Zuwanderungsgeschichte
- Tradition und Brauchtum
- Essen und Speisen
- Verhalten beim Besuch
- Wie ältere Menschen versorgt werden
- Gedanken zum Lebensende
- Feiertage

Partners in Culturally Appropriate Care (PICAC) NSW & ACT, Department of Health, 2016

Briging Cultures

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GERMANY

GERMANY

BACKGROUND AND DEMOGRAPHICS

In 1838, 517 Lutherans, pursuing religious freedom, were the first significant group of German migrants to Australia. The first Germans considered themselves Australia's founding pioneers together with British settlers.

From the 1850s German settlers escaping the rising nationalist sentiment in Germany began arriving in the Australian colonies looking to start a new life. Around 10,000 German settlers arrived in this era. Port Adelaide was the point of arrival for the majority of German settlers.

The Germans moved onto Western Australia, the Barossa Valley, the Riverina and South East Queensland where they found the regions suitable for wheat and dairy farming, the planting of vineyards and wine-making. They formed close communities transforming the dry marginal environment into good farming land. The German Australians maintained strong cultural ties with their German heritage up until World War I.

During World War I, German-speaking people in Australia were treated as enemy subjects and were interned. In New South Wales, the three main internment camps were at Trial Bay Gaol, Berrima Gaol and Holsworthy Army Barracks. Germans lost their jobs or had their businesses destroyed. German schools and churches in Australia were closed, German music and food was banned and Germanic place names were changed to British. Hundreds of Germans were deported and migration from Germany did not resume until 1925.

During World War II, German settlers were interned in Australian camps again. More than 2000 Jewish refugees from Germany were also interned for short periods. The two wars had a big impact on the number of Germans

82 BRIDGING CULTURES

GREECE

GREECE

BACKGROUND AND DEMOGRAPHICS

Greek immigration to Australia began in the early colonial period of the 19th century. The first known Greeks arrived in 1829 and then many immigrated during the gold rush of the 1850s. Many Greeks were among the sailors who left their English ships in Australian waters when they heard the discovery of gold. Many intended to return home as rich men, so few women came to join them. After the gold declined, those who stayed found work in restaurants, cafés and shops. The community began to consolidate through chain migration, relatives and townspeople joining Greek settlers who were already here.

In 1901, the year of Federation, the Australian Census recorded 878 Greek-born people. The Greek language press in Australia began in 1913 with the launch of the first Greek weekly newspaper, Australis.

In the 1920s a quota system limited the number of non-British immigrants to Australia, including Greeks, and between 1925 and 1929 only 100 Greeks were allowed to immigrate each month.

Post-World War II, and during the civil war in Greece that followed, over 160,000 Greeks came to Australia, mostly settling in Victoria. Initially, the majority found work in factories or farms as unskilled or semi-skilled labours, even educated migrants had to settle for manual work. Community groups, churches, welfare agencies, newspapers and schools gradually developed and eventually the population of Melbourne became one of the largest Greek settlements in the world, outside of Greece. The majority of Greek migrants arrived between World War II and the 1960s, with immigration declining in the 1970s.

86 BRIDGING CULTURES

Zum Abschluss:

- Liste der Migrantenorga-nisationen
- Anleitung: Zusammenarbeit mit Dolmetschern
- Assessment: Kultur-Checkliste

Partners in Culturally Appropriate Care (PICAC) NSW & ACT, Department of Health, 2016

Tanscultural Mental Health Centre

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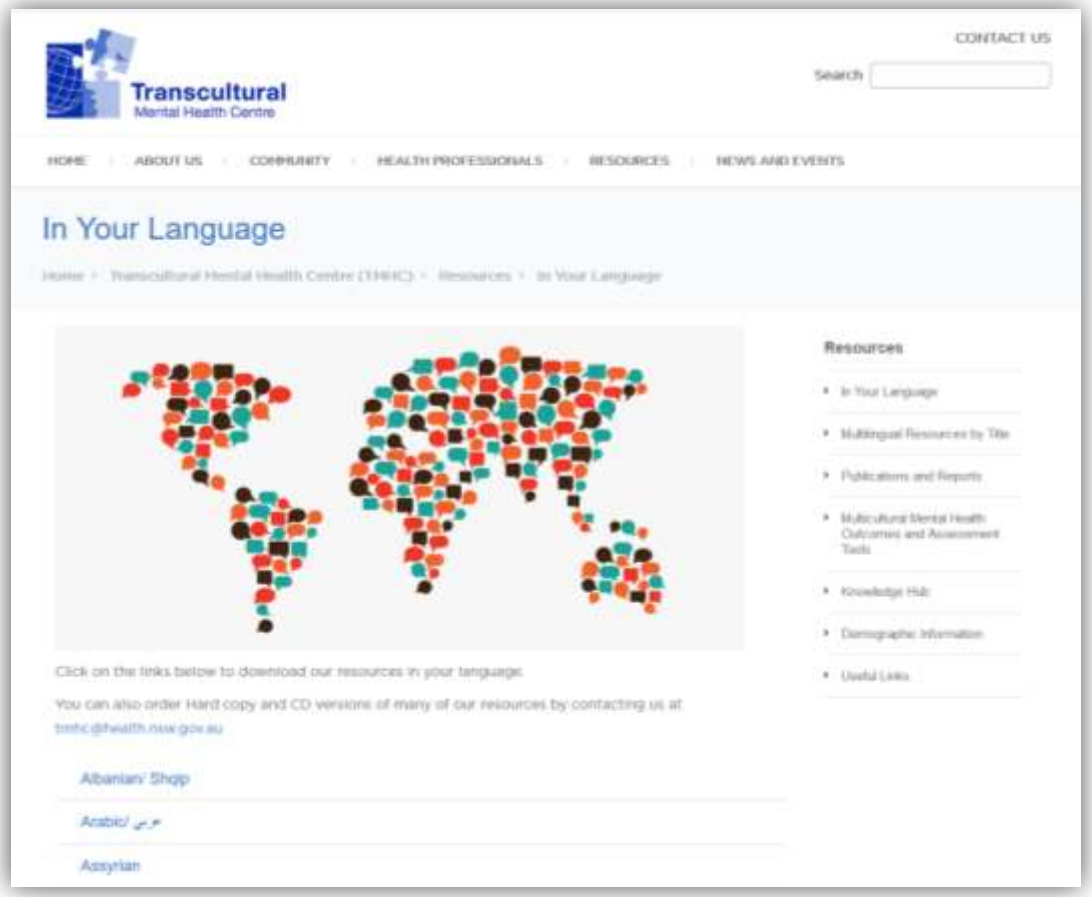

Broschüren zum Thema psychische Gesundheit

- Depression
- Schizophrenie
- Angst

- Unterstützungsangebote
- Unterstützungsprogramme für Pflegende

➔ in bis zu 44 Sprachen

https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/in-your-language

Bilder sprechen lassen

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Kultursensible Informationen z.B. arabisch, Hindi, Cantones, Mandarin

https://movingpictures.org.au/comics/
Australian Government - Department of Health Dementia and Aged Care Service (DACS)

Dementia Australia

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Dementia Australia

National Dementia Helpline 1800 100 500

Free information kit · Helpline webchat · Email support

Donate · Search

Home · Information · Support · Education · Get involved · Research · Calendar · About us

Information > Resources > Information in other languages

Information in other languages

Listen · Share

- Information
  - About dementia
  - About you
  - Resources
    - Videos
    - Information in other languages
      - Arabic - العربية
      - Armenian - հայերեն
      - Assyrian
      - Cantonese - 廣東話
      - Croatian - Hrvatski
      - Dari - دری
      - Dutch - Nederlands
      - Finnish - Suomalainen

Dementia Australia is committed to meeting the linguistic needs of all members of the community.

Find translated resources here:

Arabic - العربية	Armenian - հայերեն
Assyrian - ܣܘܪܝܝܐ	Cantonese - 廣東話
Croatian - Hrvatski	Dari - دری
Dutch - Nederlands	Finnish - Suomalainen
French - Français	German - Deutsche
Greek - ελληνικά	Hindi - हिंदी
Hungarian - Magyar	Indonesian - Bahasa Indonesia
Italian - Italiano	Japanese - 日本語
Khmer - ខ្មែរ	Korean - 한국어
Lao - ລາວ	Latvian - Latvijas
Lithuanian - Lietuvos	Macedonian - МАКЕДОНСКИ
Maltese - MALTI	Mandarin - 普通话
Nepali - नेपाली	Polish - Polskie

Recursos

Bienvenido a Dementia Australia.

La presente página contiene consejos, sugerencias útiles y respuestas a algunas preguntas comunes sobre la demencia.

Para hacer preguntas sobre la demencia o para pedir ayuda, llame a **National Dementia Helpline (Línea nacional de información sobre la demencia)**, al **1800 100 500**.

Si necesita un intérprete para hablar con la Línea nacional de información sobre la demencia, llame primero a **Telephone Interpreting Service (Servicio telefónico de intérpretes)**, al 131 450.

Fichas informativas

Sobre la demencia (about dementia)

- **¿Qué es la demencia?** (what is dementia)
- **Diagnosis de la demencia** (diagnosing dementia)
- **Planificación temprana** (early planning)
- **Cambios en la memoria** (memory changes)

Cambios del comportamiento en la demencia (changed behaviours and dementia)

- **Cambios de comportamiento** (changed behaviours)
- **Resolver problemas** (problem solving)

El cuidado de familiares y cuidadores (looking after families and carers)

- **Tómese un descanso** (taking a break)

El cuidado de una persona con demencia (caring for someone with dementia)

- **Comunicación** (communication)
- **Trabajar con los doctores** (working with doctors)

Información para las personas con demencia (information for people with dementia)

https://www.dementia.org.au/languages

Sprachvielfalt

Demenz Support Stuttgart
Zentrum für Informationstransfer

https://www.dementia.org.au/resources/videos/community-languages?language=Greek/

Alzheimer‘s Australia

Bestandsaufnahme 2005

- Erhebung: Veröffentlichungen, Quellenmaterial, Datenbanken
- Identifizierung von Lücken

Empfehlungen und Maßnahmen

- Entwicklung einer CALD-Datenbank
- Kooperationspartnerschaften für die Entwicklung eines Fachportals
- Gemeinsame Nutzung von nicht-englischem Material durch Zusammenarbeit zwischen den Alzheimer-Vereinigungen weltweit
- Zertifizierte zweisprachige Gesundheitsfachkräfte für die Bewertung von im Ausland entwickelten Materialien
- Kooperationspartnerschaften mit relevanten Organisationen multikulturelle Quellen im Internet verfolgen

Alzheimer’s Australia: CALD Resources Project Report, 2005

Lebensgeschichten

Demenz Support Stuttgart
Zentrum für Informationstransfer

https://www.dementia.org.au/resources/videos/community-languages?language=Spanish

Statement for Australia's Carers

Demenz Support Stuttgart
Zentrum für Informationstransfer

Eine Erklärung mit zehn Grundprinzipien zum Umgang mit Pflegepersonen und zu den Richtlinien für Politik und Serviceangebote:

1. "All carers should have the same rights, choices and opportunities as other Australians, regardless of age, race, sex, disability, sexuality, religious or political beliefs, Aboriginal or Torres Strait Islander heritage, cultural or linguistic differences, socioeconomic status or locality."

CARER RECOGNITION ACT 2010 GUIDELINES, 2016

Carer Gateway

Demenz Support Stuttgart
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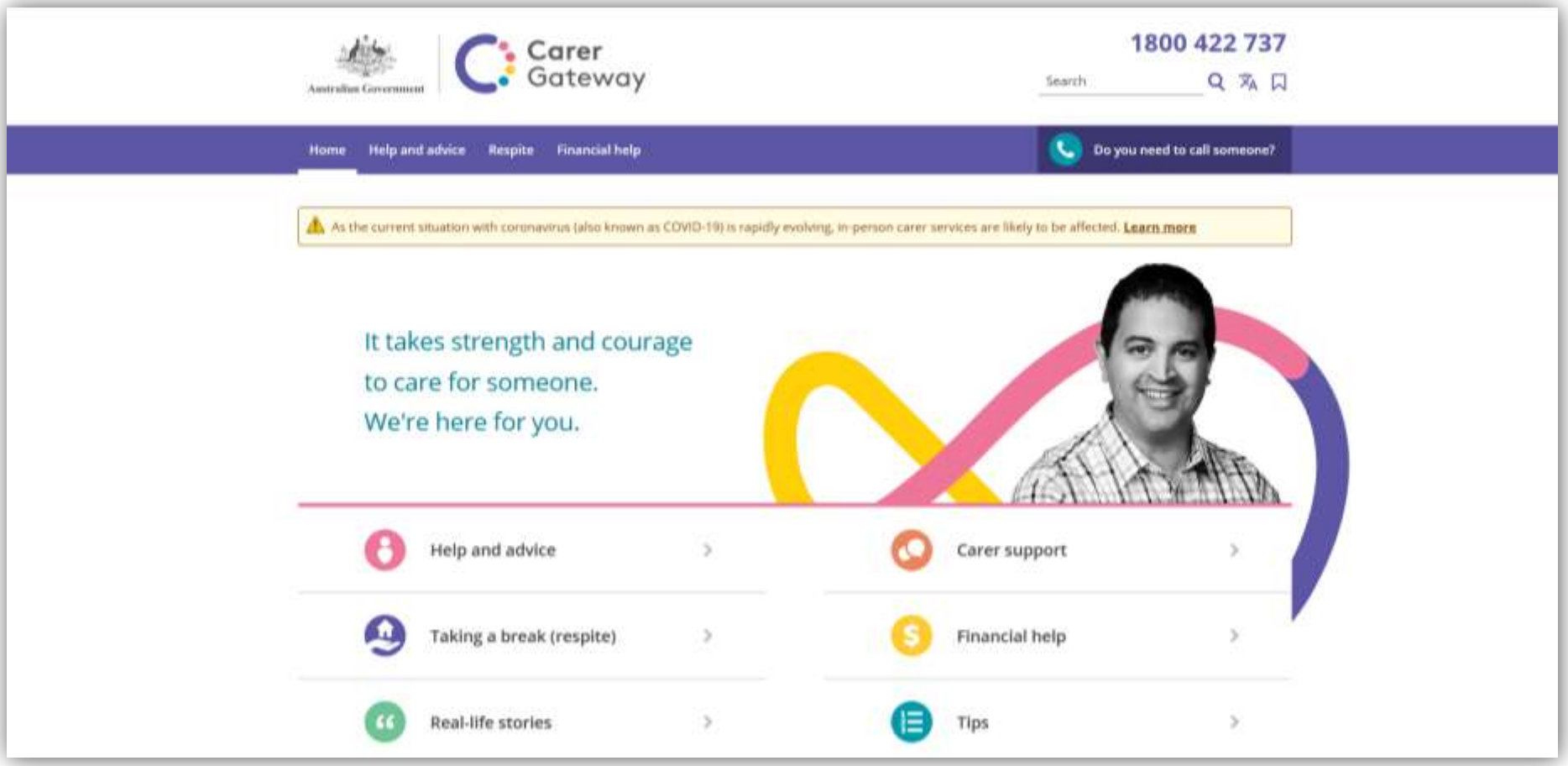

https://www.carergateway.gov.au/

Film zur Finanzierung

Demenz Support Stuttgart
Zentrum für Informationstransfer

https://www.carergateway.gov.au/

Carers Australia

Demenz Support Stuttgart
Zentrum für Informationstransfer

Carers Australia
The voice for carers across Australia

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Home > Support for Carers > Centrelink Payments For Carers

CENTRELINK PAYMENTS FOR CARERS

Carers may be eligible for specific financial support payments from the Federal Government to assist with their costs of living providing they live in Australia and they meet residence requirements.

Carer Payment

Carers who provide full-time care may be eligible for the fortnightly Carer Payment to help them meet their basic costs of living.

Who is this targeted to?

Eligibility for the Carer Payment

How much can carers get?

Go to the official Services Australia website to get the most updated rates for the Carer Payment

Go to the Services Australia website

More information about the Carer Payment

The official Services Australia website has the most up to date information about the Carer Payment

Learn more about the Carer Payment

Carer Allowance

What's on this page

- Carer Payment
- Carer Allowance
- Carer Supplement
- Other payments

Related topics

- Carer Gateway
- Centrelink Payments For Carers
- Better Start for Children with Disability
- Young Carers Network
- SANE Forums

Helpful links

- Services Australia - About the Carer Payment
- Services Australia - Carer Payment rates
- Services Australia - About the

Ziele für Menschen mit CALD-Hintergrund

- Fokus CALD befördert Entwicklung passgenauer Angebote
- Betroffene und Familien (CALD) sind informiert und können wählen
- Ältere Menschen (CALD) nutzen gesamte Palette der Pflegeangebote
- Überwachung und Bewertung von Pflegediensten, damit den Pflegebedürfnissen von Betroffenen und Familien entsprochen wird
- Kapazitäten im Bereich CALD erhöhen, um Dienstleistungen in der Pflege für ältere Menschen bereit zu stellen
- Verbesserung der Praxis durch Forschung und Datenerhebung, indem kulturelle und sprachliche Vielfalt in der alternden Bevölkerung berücksichtigt werden

National Ageing and Aged Care Strategy for People from Culturally and Linguistically Diverse (CALD) Backgrounds. Australian Government – department of Age and health, 2012

Demenz-Screening für alle: RUDAS

- Einflussfaktoren bei kognitiven Screening-Instrumenten sind u.a.: Bildung und Schulabschluss, kultureller Hintergrund und Sprache
- “Rowland Universal Dementia Assessment Scale (RUDAS)” eignet sich für multikulturelle Bevölkerung
- Auftraggeber: South West Sydney Area Health Service and the National Ageing Research und Institute to the Australian Government Department of Health and Ageing

Rowland et al. 2007; Basic et al. 2009

Multicultural Cognitive Assessment Scale

Demenz Support Stuttgart
Zentrum für Informationstransfer

RUDAS-Testkategorien:

- Gedächtnis: Einkaufsliste
- Körperorientierung
- Handlungsausführung
- Visuokonstruktion
- Entscheidungen
- Kurzzeitgedächtnis
- Sprachfähigkeit

Übersetzung des Tests in mehrere Sprachen:

- Chinesisch
- Italienisch
- Serbisch

R U D A S

Rowland 通用癡呆症評估等級：多元文化人士智力狀況小型測驗

(Storey, Rowland, Basic, Contorti & Dickson, 2002)

日期：____/____/____ 姓名：_____

患者姓名：_____

項目 最高分

記憶力

1. (說明) 我要你想像我們將去購物。這是一張雜貨購物單。我要你記住我們要在商店購買的下列東西。當我們約在5分鐘後到達商店時，我將問你我們需要購買什麼。你必須給我記住購物單上的東西。茶葉、食油、雞蛋、香皂。請復述這份購物單 (讓他/她復述3遍)。(如果這個人不能復述全部四個詞，請反復讀購物單(最多可反復讀5遍)，直到他/她學會並能全部復述。)

視覺空間方向感

2. 我將讓你識別/告訴我不同的人體部位。(正確 = 1)。當他/她正確回答了5個人體部位，就不要繼續問了，因為最高分是5分。

(1) 給我看你的右脚 ...1
(2) 給我看你的左手 ...1
(3) 用你的右手觸摸你的左肩 ...1
(4) 用你的左手觸摸你的右耳 ...1
(5) 哪個是 (指出來) 我的左膝 ...1
(6) 哪個是 (指出來) 我的右肘 ...1
(7) 用你的右手指我的左眼 ...1
(8) 用你的左手指我的左脚 ...1

Rowland et al. 2007; Basic et al. 2009

Vielen Dank für Ihre Aufmerksamkeit

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Zentrum für Informationstransfer

Slogan aus Australien:

You are not alone
Help is available

https://www.health.gov.au/resources/publications/aged-care-diversity-framework