

全面了解衰弱症

Strengthening Health and Wellness as We Age

認識衰弱症：家庭醫生的分享和建議

Identification of Patients with Frailty or Vulnerable to Frailty

常見資源 General Resources

衰弱症的症狀 Signs of Frailty



- | | |
|--|---|
| <ul style="list-style-type: none">• 胃口不好、體重減輕• 走路變慢、容易跌倒• 記憶力變差• 疲倦無力、精神與心情變差• 出門次數及活動量減少• 自理能力變差、需他人協助 | <ul style="list-style-type: none">• Loss of appetite, unintentional weight loss• Slower walking speed, frequent falls• Memory loss• Fatigue, loss of energy and mood changes• Reduction in number of outings and activity level• Declining functional status, requiring assistance from others |
|--|---|

管理高齡衰弱症患者 Management of Senior Frailty

制定護理計劃：

- 諮詢患者及家人其主要憂慮
- 檢視患者的護理目標
- 討論過往病史、目前醫療狀況和介入措施

Develop a Care Plan:

- Consider what are your and your caregiver's primary concerns
- Determine your goals of care
- Prepare your history, current medical conditions and interventions for discussion with your healthcare providers