

## UKUBA NEENKANI

***Ukuba ujonga umntu onesifo esiyingozi sengqondo uya kufumanisa ukuba ngamanye amaxesha baba neenkani. Basenokuthuka okanye boyikise, umzekelo: bakhaba-khabe okanye babethe ngamanqindi, okanye babethe abantu okanye impahla ekhoyo. Ukuba ukuziphatha okunjalo kuyenzeka, ngokuqinisekileyo uza kuziva ungonwabanga kwaye uxhalabile ngokuba uza kuyimela njani na imeko enje. Nazi iingcebiso.***



Umntu onesifo esiyingozi sengqondo unokuphendula ngohlobo olubonisa ukuba neenkani xa beziva besoyika okanye bethotywa izidima, okanye becaphukile kuba bengakwazi ukuqonda abanye abantu okanye ukuzenza baqondwe bona.

Umntu usenokuba neenkani ukuba ngaba ukugweba kwakhe okanye ukuzibamba kuye kwapheliswa sisifo esiyingozi sengqondo. Basenokungalawulwa ziintloni ezifundwe ebuntwaneni, kwaye basenokuyilibala indlela yokuziphatha eyiyo. .

Ukuba neenkani ngelinye ixesha kuye kube ngathi kukwenza ngaphaya kokuqonda. Umntu usenokungxola okanye akhale kakhulu okanye adideke ngamandla ngenxa nje yento encinane ngeyona ndlela nephazamisayo okanye ngenxa nje yokugxekwa.

Naluphi na uhlobo lokuba neenkani luyaphazamisa, kodwa kubalulekile ukukhumbula ukuba umntu lowo akazenzi. Into bayilibala ngokukhawuleza okukhulu, nangona imvakalelo eye yenza ukuba baziphathe ngolo hlobo isenokuqhubeka. Wena unokuthatha ixesha elide ukulibala loo nto kunabo.

## Izizathu zokuba neenkani

Ukuba uyayijongisisa imeko eyenza ukuba umntu abe neenkani kunye nesiganeko esikhokelela kumbhabhamo, ungakwazi ukubona izizathu uze ube nokuqonda ukuba yintoni na kanye le ibak-hathazayo.

Ngenene, akukho lula ukuhlalutya imeko enjalo ide ibe iphelile.

Kodwa, xa ubushushu belo xesha bugqithile, unganako ukucinga ngokuba bekwenzeke ntoni kwaye loo nto ibisenziwa yintoni kanye kanye.

Ukuba akubonakali kukho indlela ethile yenkqubo kokokuziphatha, kwaye kuya kusiba nzima ukuy-ilawula, funa ingcebiso yomntu ofundele iimeko ezinjalo.

Esinye seziphumo ezizezinye kunezo bezilindelwe zamayeza amaninzi isenokuba ziinkani. Izizathu ezinoku-bakho zokuba umntu onesifo esiyingozi sengqondo abe neenkani ziquka iimeko apho beziva benoku kulan-delayo:

- Beziva bexhalabile okanye beziva bethobekile ngaphantsi koxinzelelo kuba abasakwazi ukumelana neemfuno zobomi zemihla ngemihla. Kumntu onesifo esiyingozi sengqondo, kuthatha ixesha elide ukungenisa ulwazi engqondweni nokuphendula kwimeko – ngamazwi okanye ngezenzo. Ngoko ke, kuqhelekile ukuba bazive bephantsi koxinzelelo.
- Besiva utshintsho olukhawulezayo kwindawo emngqongileyo okanye kulungiselelo lomntu okhathale-layo.
- Besiva ukuba ukuba kokuzimela kwabo kunye nobomi obubobabo buphantsi kokusongelwa kuba ba-yanyanzelwa ukuba bamkele uncedo kwimisebenzi eyeyabo enje ngokuhlamba, ukunxiba okanye ukuya kwindlu yangasese.
- Ezi ziziza zobomi ebizezabo ukusukela ebuntwaneni. Akothusi ke ngoko ukuba ezi meko zibe zibenza babe phantsi koxinzelelo.
- Beziva ukuba bayagwetywa okanye bayagxekwa kuba belibele into okanye benze impazamo ekwen-zeni umsebenzi wemihla ngemihla.
- Beziva bedidekile kuba kukho ingxolo enkulu kakhulu okanye abantu abaninzi kakhulu aba-bangqongileyo, okanye kukho utshintsho kwindlela eqhelekileyo.
- Kunokuba nzima kumntu onesifo esiyingozi sengqondo ukulawula zonke ezi zinto. Umntu usenokuphendula ngendlela eneenkani kwiimeko apho besiva oku kulandelayo:
- Beziva bexhalabile okanye besothuswa kuba bengasenako ukuqaphela ezinye iindawo okanye abanye abantu. Basenokuqiniseka ukuba bakwindawo engeyiyo okanye isizalwane sakhe ngumntu angamaziyo onokuba uqhekeze kwikhaya labo.
- Basenokoyika ngenxa yengxolo esuke yakhona, amazwi abukhali, iintshukumo ezikhawulezileyo okanye umntu onondela kubo esithi gqi ngasemva kwabo ngaphandle kwesilumkiso. Ingxolo enga-phaya kunye nabantu abaninzi kakhulu banokongeza ekudidekeni kwabo.
- Basenokuva ukungonwabi, iintlungu, isithukuthezi okanye ukunxanwa.
- Musa ukuquka naziphi na iimeko zonyango ezisisiseko, umzekelo, ulosuleleko

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## Iindlela zokuthintela

Ukuba ungaqaphela ukuba yintoni na enokuba ixakanisa umntu onesifo sengqondo esiyingozi unga-nako ukubaqinisekisa okanye ukufumana iindlela zokwenza ukuba imeko inngaxakanisi kangako. Zama ukufumana iingcebiso kwabanye abantu abakhathalela aba bantu okanye kwiincutshe ezinxu-lumene naba bantu:

- Nciphisa imiyalelo oyinika aba bantu ukuba ngaba bakhangeleka bengamelani noko, kwaye qinisekisa ukuba kukho imisebenzi yesiqhelo engakhawuleziswayo nengabangeli ukubakho kox-inzelelo.
- Cacisa izinto, ngalo lonke ixesha oko kufuneka, ukwenze oko ngomoya ophantsi nangezivakalisi ezilula, unike umntu lowo ixesha elaneleyo lokuphendula kunokuba bebenokulifuna ngaphambili.
- Fumana iindlela ezinobuchule zokunceda ungakhange ubonakale ngathi uthathela kuwe.
- Khokela okanye wenze ukuba enze, uze imisebenzi uyicalu-calule ibe ngamanyathelo alula nalawulekayo ukuze bakwazi ukuzenzela kangangoko banako.
- Zama ukungagxeki. Zama ukufihla nakuphi na ukucaphuka onokuba nako. Nqanda iimeko apho umntu lowo anokungaphumeleli.
- Ncoma nayiphi na impumelelo uze ugqalisele kwizinto lo mntu asenokuzenza, kunakwezo zin-gasenakwenzeka.
- Qaphela iimpawu zokulumkisa ezinje ngokuxhalaba kunye nokuyaluzela okanye ukungazinzi, uze unike enye ingqiniseko, ukuba oko kuyimfuneko.
- Nqanda amazwi abukhali nentshukumo ekhawulezayo.
- Nqanda ungquzulwano. Zama ukuphazamisa ingqwalasela yalo mntu xa bekhangeleka bexhal-abile. Ungafumanisa ukuba kuyanceda ukuphuma kwelo gumbi okwexeshana.
- Fumana imisebenzi eza kuvuselela umdla wakhe. Qinisekisa ukuba bazilolonga ngokwaneleyo.
- Qinisekisa ukuba lo mntu uya rhoqo kutshekisho lwempilo uze uqhagamshelane nogqirha ngoko nangoko xa ngaba baziva bengonwabanga.

## Iindlela zokumelana

Uthintelo sisisombululo esingcono sokuba neenkani, kodwa aluz'ukusoloko lusebenza. Ukuba olu hlobo lokuziphatha luyenzeka, musa ukuzisola.

Endaweni yoko, qwalasela ekuluphatheni ngokuzola nangendlela eyiyo kangangoko unako.

Okwangoku:

Zama ukuzola uze ungangeni kuxambuliswano nokuba uziva ukhathazeke kangakanani na. Impen-dulo etshisayo iza kwenza ukuba imeko ibe nzima kakhulu.

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Phefumela ngaphakathi kakhulu, uze ubale uyokutsho kwishumi phambi kokuba uphendule. Qinisekisa kwakhona umntu lowo, uze uzame ukuphazamisa ingqwalasela yabo. Phuma kweli gumbi ukuba oko kuyimfuneko.

Zama ukungabonakalisi nayiphina inkxalabo kuba oko kunokwenyusa ukuyaluzela kwalo mntu. Nangona kunjalo, kulula ukuthetha, kodwa kunzima kakhulu ukwenza xa uziva ukwimeko exhalabisayo. Usenokucwangcisa iindlela ezithile kwasekuqaleni, onokuzisebenzisa kwezoo meko, ezinje ngezi zilandelayo:

- Yenza lula imisebenzi yesiqhelo kunye nemeko
- Vumela amaxesha okuphumla ngaphakathi kwemisebenzi evuselelayo.
- Yenza indawo yokuhlala ikhuseleke

#### Ezinye iingcebiso eziluncedo ngexesha lesiganeko sokuba neenkani:

- Buya umva uze unciphise ack off and limit iimpembelelo, umzekelo, ingxolo
- Khokelela umntu lowo ekubeni akhethe phakathi kwezinto ezi-2...

#### Iintetho ezinje ngezi:

- Ndingakunceda e .....
- Ungathanda ukundanceda e .....
- Ndicela uxolo kuba ukhathazekile.

- Ndiza kuhlala kufutshane nawe ude ube ngcono

**Musa:**

- Ukonyusa ilizwi lakho
- Ukubonakalisa ukungalungi okanye ukothuka
- Nqanda, ukuyalela, ukunyanzela, ukungquzulana

**Iingcebiso eziluncedo zokunqanda iziganeko zokuba neenkani:**

- Tshintsha okulindeleyo
- Yisa umntu lowo kwindawo engenangxolo kakhulu
- Nciphisa ukuphunga impungo enekhafeyini, umzekelo, ikofu enekhafeyini
- Izenzo zokuthuthuzela
- Thintela izenzo ezimayelana nemeko
- Qwalasela ulonwabo lomntu, umzekelo, isinyi, iintlungu, ukudinwa, ifiva/umkhuhlane.

## Amanqaku:

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### Contact us:

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