



## ImiThetho-siseko enguNdoqo Yokuqonda nokuKhathalela umntu onesifo i- Alzheimer

### **Mphathe ngembeko nangondiliseko lo mntu**

1. Musa ukumphatha ngokungathi akakho/ebengekho lo mntu.
2. Musa ukuhlekisa ngentetho okanye ngendlela yokuziphatha engeyiyo. Ukuhlelekisa kungalunga kakhulu xa kusenziwa ngexesha elililo.

### **Imisebenzi yenze lula**

1. Umsebenzi ngamnye okanye intshukumo nganye yicalu-calule ibe ngamanyathelo alula.
2. Luqingqe ukhetho.
3. Nika ixesha lokuhamba kancinci kwemiyalezo ukufikelela engqondweni.
4. Khuthaza umntu lowo ngenyathelo ngalinye, oko kukuthi, "Wenza kakuhle kakhulu".

### **Gcina ummandla ongqongileyo uzolile kwaye unemvakalo yoxolo**

1. Izandi namazwi azolileyo ngawona alungileyo. Umculo uyathuthuzela.
2. Mbambe ngenkuthalo xa oko kulungile.
3. Nqanda izothuso zeentshukumo ezisuka zenzeke kungalindelwanga.
4. Gcina ummandla ongqongileyo ungaguqu-guquki kangangoko unako. Nditsho notshintsho olincinane lungaxhalabisa.

### **Yazi ukuba mawenze ntoni xa umntu lowo exhalabile**

1. Zama ukufumana intsusa yenkhalabo. Ingaba ufuna ukusebenzisa igumbi lokuhlambela? Ingaba uyagula okanye uva iintlungu?
2. Tshintsha into ebekuthethwa ngayo ukuba ngaba ikhangeleka imkhathaza umntu lowo.
3. Phazamisa uzame ukumenza athathe inxaxheba komnye umsebenzi.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
[info@dementiasa.org](mailto:info@dementiasa.org) or [support@dementiasa.org](mailto:support@dementiasa.org) [www.dementiasa.org](http://www.dementiasa.org)

**National Helpline 0860 MEMORY / 0860 636 679**

## Sebenzisa uluvo oluyinyani lwesigulana

1. Indawo eyinyani yokubhekisela (ngaphandle kwexesha nendawo ngamanye amaxesha) ayilunganga kwabo balahlekelwe ngokumandla yinkumbulo.
2. Khumbula ukuba inyani yabo yahlukile kweyakho. Nglo lonke ixesha kuyimfuneko, hamba nalo mntu uze "ube kwihlabathi labo". Musa ukuxambulisana kuba oko akusayi kuba namvuzo mhle.

## Khumbula ukuba inyameko iyafuneka

1. Isifo i- Alzheimer senza ukuba umntu abe nolawulo oluncinane okanye lungabikho kwindlelela yokuziphatha engaqhelekanga yokuthetha, eyomzimba neyesondo.
2. Umntu akakhumbuli kakuhle qho ngokucinga kwexesha elidlulileyo okanye ngeendlela zokuziphatha ukuba asoloko ephendula ngendlela eyiyo.
3. Qonda ukuba okunokukhangeleka ngathi yindlelela ebhucabhucayo yokuziphatha sisifo.

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[www.dementiasa.org](http://www.dementiasa.org)

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