

Ukhuseleko ekhaya

Kubalulekile ukufumana ungqinelwano olululo phakathi kokuzimela kunye nemfuneko yokhuselo xa ukhathalela umntu onesifo sengqondo esiyingozi. Akukho nto inje ngemeko yobume bendawo engenamngcipheko tu kwaphela kuthi sonke. Mhlawumbi kuza kufuneka ukuba wamkele ukuba ezinye iingozi ezincinane zilindelekile, kodwa kukho iindlela zokuzinqanda ezinengqiqo onokuzenza. Nazi ezinye iingcebiso .

Isifo sengqondo esiyingozi sikhokelela kutshintsho ekwazini komntu ukwenza nasekuziphatheni kwakhe. Oku kwenziwa yinkqubo yesi sifo. Kuza kufuneka ukuba uluqaphele olu tshintsho uze uziqhelanise ngendlela efunekayo. Nangona kunjalo, umntu ngamnye onesifo sengqondo esiyingozi wohlukile, kwaye nemeko yekhaya ngalinye iyohluka. Nangona kunjalo, oku kulandelayo yimiba yomngcipheko:

- Inggqondo yomntu yolingano kunye nesantya sempendulo, ezo zinto ziye zisehla njongoko umntu esiba mdala.
- Ukukhubazeka emzimbeni kwenza kube nzima kakhulu ukwenza eminye imisebenzi.
- Isifo sengqondo esiyingozi sichaphazela inkumbulo nokugweba. Sikwachaphazela ingqiqo, ngoko ke umntu onesifo sengqondo esiyingozi akaz'ukuqonda xa esengozini okanye omnye umntu esengozini.
- Abantu ababakhathalelayo basoloko bediniwe kwaye bephantsi koxinzelelo. Iingozi ziye zenzeke xa abantu bephantsi koxinzelelo.
- Hlola ikhaya : Lijonge ngamehlo omntu onesifo sengqondo esiyingozi.



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Ukunqanda iingozi

Kuyacaca ukuba abakhathaleli bayadinwa bacaphuke amaxesha ngamaxesha. Ngelishwa umntu onesifo sengqondo esiyingozi uza kusibona isimo sakho sengqondo ngolwimi lomzimba wakho, nokuba akukho nto uyithethayo. Ukuba oku kuyenzeka, phefumlela ngaphakathi uze uphefumelele ngaphandle ngokucutha. Kwakhona okona kungcono kukuba uphume okwexeshana.

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Ingcali yokunyanga ngokunika isigulana umsebenzi (i-OT) inokukucebisa ngeendlela zokwenza ikhaya lakho likhuseleke ngakumbi, nangezixhobo zokuxhasa umntu onesifo sengqondo esiyingozi. Usenokuqhagamshelana kunye nengcali yokunyanga ngokunika isigulana umsebenzi ngogqirha wakho, ngeklinihi okanye ngeZiko lezeMpilo yoLuntu.

Izibane

- Qinisekisa ukuba izibane ekhayeni lakho zikhanyisa ngokwaneleyo, ukuze ninobabini nibone kakuhle ukuba nenza ntoni na.
- Ukuba lo mntu umjongayo usenokuvuka ebusuku, sukusicima isibane esisepasejini xa usiya kulala kunye nesibane sasebusuku esisegumbini lokulala.
- Izibane mazisasazeke ngokukuko.
- Makubekho izibane ezifakiweyo ezizodwa
- Qinisekisa ukuba kukho isibane esikhanyisiweyo egumbini lokuhlambela okanye egumbini langasese, ukuze umntu lo angalahleki ebusuku.

Izixhobo nolungiselelo

Lungelelanisa ubume bemeko yendawo kunokuba uzame ukufundisa ukhuseleko kumntu onesifo sengqondo esiyingozi. Iintsimbi zokubamba ezipasejini nasezitepusini, egumbini lokuhlambela nakwelangasese ziza kunceda ukuba ngaba umntu lo akazinzanga ezinyaweni. Ngokunjalo, kusonokwenziwa ulungiselelo olulodwa ukwenza ukubhafa kukhuseleke ngakumbi. Ugqirha onyanga ngokunika isigulana umsebenzi usenokucebisa.

Ukuwa

Abantu abadala basenokungazinzi ezinyaweni, kwaye kunokuba lula ukuba bawe. Oku kusenokuba yingozi. Khangela nantoni na ekhayeni lakho enokuwisa enje ngeeragi, iikhaphethi ezingathanga nca emgangathweni, ingakumbi ezitepusini kunye nemigangatho emtyibilizi. Susa iingcingo zom-

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bane ezityhutyhayo, ifenitshala ehexayo kunye nengxinano yezinto ezithe saa emgangathweni. Qinisekisa ukuba amanzi/ulwelo oluchithekileyo losulwa ngoko nangoko ukunqanda ukutyibilika.

Ukuba umntu uye wawa ngokuxhalabisayo, musa ukuzama ukumshukumisa okanye ukumnika into eselwayo. Ukuba baye bophuka, kusenokufuneka ukuba bafumane isibulali-ntlungu emva kwex- esha. Bagcine befudumele, uze ubize inqwelo yezigulana.

Izinto eziyingozi

Ngalo lonke ixesha, gcina amayeza kunye neekhemikhali zokucoca indlu endaweni abangena- kufikelela kuyo abantu abanesifo sengqondo esiyingozi. Ukuba umntu akakwazi ukulawula amayeza akhe ngokukhuselekileyo, kuza kufuneka ukuba wenze amalungiselelo okuba oku kwenziwe ngum- ntu onobuchule. Iziqulathi zokuba ulinganisele amayeza eveki yonke zinokufumaneka kusok- hemesti. Cela ingcebiso kugqirha wakho ukuba ngaba oku kuyingxaki.

Tshixela naziphina izinto eziyingozi ezinje ngesikhuhli sepeyinti, ngolwelo lokuqaqambisa impahla okanye ngesicoci esilulwelo. Umntu onesifo sengqondo esiyingozi usenokungaziqapheli ukuba ziyin- toni na aze azisele. Ukuba ucinga ukuba lo mntu unokuba uginye into eyingozi, fowunela inqwelo yezigulana okanye umse ngokukhawuleza kwisebe elikufutshane leengozi neemeko ezingxamise- kileyo. Thatha isiqulathi kunye nazo naziphina iintsalela zaloo nto ayiginyileyo uye nazo kwagqirha ukuze azi ukuba makamnike oluphina unyango.

- Lawula ukutshaya ukuba oko kuyafuneka.
- Lumkela izinto ezinokuphazanyiswa nokutya.
- Yenza lula imisebenzi ngokunika amanyathelo / ulandelelwano oluqondakalayo.
- Xhasa iimfuno zakhe – ‘musa’ ukwenza ikhaya ‘indawo engenamngcipheko’.
- Lungelelanisa, kodwa gcina ubume bemeko yendawo bukungele ukudibana nabanye abantu, buyilungele imisebenzi enentsingiselo nokuzimela / nokhetho olulula.

Nciphisa ufikelelo kwiindawo ezinokuba yingozi okanye kwizinto ezinokuba yingozi apha endlwini, umzekelo, izitshixo, iitephu.

Ikhithi

Ukuba umntu lo akakhangeleki eyiqaphela ingozi, qinisekisa ukuba izinto ezinokuba yingozi ezinje ngeemela, izikere ziyasuswa. Izinto ezisetyenziswa yonke imihla kufuneka zibekwe kwiindawo ezi- fikeleleka lula. Ukuba kuyimfunerko, faka isivalo esisodwa esitowuvini segesi ukuze isitowuvu esi singavulwa sishiywe sinjalo xa ungekhoyo, makubekho neketile yombane ezicimayo. Iingozi ziyen-

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zeka. Ukuba lo mntu uyazitshisa, galela amanzi kuloo ndawo azitshise kuyo kangangemizuzu elishumi ubuncinane ukunciphisa ukutsha kunye neentlungu.

Ulusu olutshileyo lusenokudumba, ngoko ke susa nantoni na embambayo enje ngewotshi okanye ngomsesane. Musa ukuqaba i-oyintimenti. Yigqume loo ndawo ngelaphu elicocekileyo elingenaboya. Qhagamshelana nogqirha, uze uchaze ukonzakala oko okanye umse kwisebe lengozi neemeko zikaxakeka elikufutshane. Ungalibali ukuxelela ugqirha okanye umsebenzi wasesibhedlele ngesifo sengqondo esiyingozi lo mntu anaso ngeyona ndlela inobuchule.

Ukufudumalisa

Imililo okanye isixhobo sokufudumeza endlwini (heater) zingayingozi kumntu onobuthathaka kwinkumbulo nasekugwebeni

- Ngalo lonke ixesha faka isikhuseli somlilo esizinzileyo.
- Ungaze womise impahla emlilweni okanye kwisixhobo sokufudumeza endlwini.
- Ungaze use isixhobo esiphathwayo sokufudumeza endlwini egumbini lokuhlambela.
- Qinisekisa ukuba zonke izixhobo zegesi nezombane zilungiswa ngalo lonke ixesha.
- Isivalo esisodwa singafakwa kumlilo wesixhobo sokufudumeza endlwini segesi ngohlobo olufanayo nakwisitowuvu segesi.
- Ezinye izixhobo zokufudumeza zingalawulwa ngesixhobo sokuvula nokuvala sexesha okanye sobushushu.
- Hlisa ithemostathi kwigiza, kwisilinda yamanzi ashushu.

Amanye amanyathelo okulumkela

Kufuneka kufakwe izixhobo zegesi kunye namavuso (alarms) omsi. Nokuba umntu onesifo sengqondo esiyingozi uhlala yedwa, kwaye akakwazi ukuphendula xa ivuso likhala, kuyenzeka ukuba abanye abantu abanje ngabamelwane okanye abo bagqitha kule ndlu rhoqo baza kuthatha isenzo esisiso.

La mavuso asenokufakelwa ukuba alumkise abanye kwimeko leyo, abanje ngeekhampani zokhuseleko okanye ngombutho wokugada ekuhlaleni. Ukuba amanzi etephu ashushu kakhulu, hlisa ithemostathi. Iingubo zombane zingayingozi enkulu kubantu abanenkumbulo ebuthathaka.

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Umntu onesifo sengqondo esiyingozi otshayayo usemngciphekweni wokuqalisa umlilo, kuba basenokulibala ukuba balayite isigarethi, baze bayishiye ivutha okanye balale ngexesha betshaya. Esi sesona siza sinzima kakhulu kumkhathaleli apho kufuneka alinganise imingcipheko mayelana nokhuseleko nobulunga bobomi. Ukuba uhlala nomntu onesifo sengqondo esiyingozi kunokukhuseleka kakhulu kuni nobabini ukuba unokugcina iisigarethi okanye ke imatshisi. Ukuba kuyenzeka, faka izixhobo zomsi apha endlwini.

Buza abamelwane

Ukuba lo mntu uyazihlalela okanye awukho sendlwini ixesha elide, ummelwane onobubele usenokukulungela ukujonga iimpawu ezibonisa ukuba kukho into engalunganga. Shiya ezinye izitshixo kubo kunye nenombolo yefowuni onokufumaneka kuyo xa ufuneka.

Ukufumana imvume

Ukuba umntu lo uyazihlalela, kubalulekile ukuqinisekisa ukuba unganako ukungena kule ndlu xa kuyimfuneko. Ngenxa yesi sizathu ayibobuchule ukufaka iibholithi kumnyango wangaphambili. Iindlela zevuso lombane, ezixhomekeke kumntu ocela uncedo aziloncedo xa umntu enesifo sengqondo esiyingozi kuba awunakuthembela kubo ekubeni basebenzise le ndlela. Kubalulekile ukucinga ngale meko kwasekuqaleni, ukuze xa ngaba kukho imeko yonxunguphalo unganako ukumelana nayo ngaphandle kwenkxalabo eyongezelelekileyo yokufuna ukuba uza kungena njani na.

Iinombolo eziluncedo

Ngumbono olungileyo ukugcina uludwe lweenombolo zefowuni eziluncedo kwindawo efikeleleka lula. Umzekelo:

- Iinombolo zefowuni zeemeko zikaxakeka zegesi, zamanzi nezombane
- Ezikagqirha nezesibhedlele
- Ezikanontlalo-ntle neze-arhente yokhathalelo ukuba inenxaxheba eyidlalayo.
- Eyesikhululo sendawo samapolisa
- Ezechule ngombane, ezechule ngamanzi, ezomakhi okanye ezikanozitshixo
- Ifemu yeeteksi zendawo
- Iinombolo zefowuni onokufumaneka kuzo xa ungekho.
- Inombolo yefowuni yeDementia SA.

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Quka ulwazi olunje ngolu:

- Apho imitha yombane ifumaneka khona
- Apho isiciko sokuvala samanzi sifumaneka khona
- Apho umbane wezinto zonke unokucinywa khona, nalapho amanzi anokucinywa khona.
- Apho ibhokisi enesixhobo esinocingwana olunyibilikayo olunokucima umbane xa umthwalo umkhulu ikhoyo.

Abantu abafuna ukufumana olu lwazi kufuneka baxelelwe ukuba banokulufumana phi na olu ludwe.

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