



Izimiso Eziyisisekelo Ekuqondeni Nasekunakekeleni Umuntu Ophethwe Yi- Alzheimer's

Mphathe ngenhlonipho futhi umnike isithunzi

- Ungamphathi njengokungathi akekho.
- Unganteli ngenkulumo noma ngezenzo ezingafanele. Ikhono lokubona ihlaya lingaba usizo kakhulu uma lisetshenziswa ngesikhathi esifanele.

Yenza imisebenzi ibe lula

- Cozula umsebenzi ngamunye ube izingxenye ezilula.
- Linganisela izinto angakhetha kuzo.
- Mnike isikhathi esanele sokuhlaziya imiyalezo.
- Mqinisekise lapho ephumelela ukufeza ingxenye ngayinye, mhlawumbe ngokuthi: "Wenza kahle kakhulu!"

Gcina indawo akuyo izolile futhi ithoba imizwa

- Imisindo namazwi aphantsi angcono kakhulu. Umculo ungamduduzisa.
- Mthintse ngendlela emqinisekisiyo lapho kufaneleka.
- Gwema ukumethusa ngokunyakaza ngokushesha.
- Gcina indawo isesimweni esingaguquguquki ngangokunokwenzeka. Ngisho nezinguquko ezincane zingamcasula.

Yazi okumelwe ukwenze uma eyaluzisa

- Zama ukuthola imbangela yokucasuka kwakhe. Kungenzeka yini ukuthi ufuna ukuya endlini encane? Kungebe yini ukuthi uyagula noma usezinhlungwini?
- Shintsha indaba okuxoxwa ngayo uma ibonakala imkhathaza.
- Susa umqondo wakhe kuyo bese uzama ukumbandakanya komunye umsebenzi.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Sebenzisa umbono isiguli esinawo ngokuthi liyini iqiniso

- Ukuzama ukumboniisa ukuthi liyini iqiniso (ngaphandle uma ngezinye izikhathi ephathelene nesikhathi nendawo) akuphumeleli kulabo abanenkinga enkulu yokukhohlwa.
- Khumbula ukuthi indlela abheka ngayo ukuthi liyini iqiniso ihlukile kweyakho. Noma nini lapho kungenzeka, hambisana nalo muntu kube sengathi "usezweni lakhe." Ungaphikisani naye ngoba ngeke kufeze lutho.

Khumbula ukuthi kudingeka ube nesineke

- Isifo i-Alzheimer's singenza umuntu abe namandla amancane noma angabi nawo nhlobo okulawula ukwenza kwakhe ngokuphathelene nokukhuluma, ukuziphatha nezocansi.
- Lo muntu uvame ukungasayikhumbuli kahle indlela ayecabanga ngayo ngezinto noma ayeziphatha ngayo ukuze akwazi ukusabela ngendlela efanele.
- Qonda ukuthi yilesi sifo esenza kubonakale sengathi usizakala ngawe.

Contact us:

Tel: (021) 421 0077/78

Email: info@dementiasa.org

Or support@dementiasa.org

3rd Floor,
State House,
3 Rose Street,
Cape Town

P.O. Box 16421
Vlaeberg
8018



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