

Ukuchazela izingane ngokuwohloka komqondo

Ukuthi le nkinga iyozithinta ngezinga elingakanani izingane ezincane nentsha kuxhomeke ekutheni:

- *Ubani ophethwe yilesi sifo – umzali, ugozo noma umkhulu, ubabekazi noma umamncane, njll.*
- *Zisondelene kangakanani naye*

Ukuthi ogulayo uhlalaphi, ngokwesib. Uhlala nazo ekhaya, uhlala yedwa noma usekhaya lasebekhulile

Lapho ucindezekile ngomuntu osondelene naye onokuwohloka komqondo, kulula ukukhohlwa ukuthi izingane zakho zikhathazeke kangakanani. Izingane zidinga ukuchazelwa ngokucacile nokuqinisekiswa kakhulu ukuze zikwazi ukubhekana nalesi simo esishintshile. Nakuba amaqiniso ebuhlungu kungase kube impumuzo kuzo ukwazi ukuthi indlela yokwenza engavamile yesihlobo sasekhaya ibangelwa isifo esithile nokuthi asixabene nabo.



Yebo, kuyodingeka unikeze incazelo ezovumelana neminyaka yobudala nokuqonda kwengane yakho kodwa uzame ngangokunokwenzeka ukuba ungayifihleli lutho. Ingane icasuka kakhulu uma ithola kamuva ukuthi ayinakukwethemba okushoyo ngaphezu kokuba ibhekane neqiniso, kungakhathaliseki ukuthi libuhlungu kangakanani, uma uyisekela.

Ukuchaza

Kuhlale kunzima ukwamukela indaba engajabulisi. Kuye ngobudala bazo, izingane zingase zidinge ukuchazelwa ngokuphindaphindiwe ngezikhathi ezihlukahlukene. Kungase kudingeke ukuba ube nesineke impela.

- Khuthaza izingane ukuba zibuze imibuzo. Lalela lokho ezikushoyo ukuze ukwazi ukuthola lokho okuzihluphayo.
- Ziqinisekise kakhulu, uzange futhi uzigone kaningi lapho kufaneleka.
- Ukusebenzisa izibonelo ezingokoqobo zendlela yakhe yokwenza ebonakala ingavamile, njengokukhohlwa komuntu ogulayo ikheli, ukuphambanisa amagama noma ukulala egqoke isigqoko, kungakusiza ukuba ulicacise kahle iphuzu.
- Ungesabi ukusebenzisa amahlaya. Ngokuvamile kuyasiza uma nonke nikwazi ukuhleka isimo ngasikhathi sinye. (Qiniseka ukuthi azihleki lo muntu onokuwohloka komqondo kodwa zihleka naye)
- Gxila ezintweni lo muntu asakwazi ukuzenza kanye nalezo osekuba nzima ngaye ukuzenza.

Izinto ezesatshwa izingane

- Ingane yakho ingase yesabe ukuxoxa nawe ngezinto eziyikhathazayo noma ukuveza imizwa yayo ngoba yazi ukuthi ucindezekile futhi ayifuni ukukukhathaza ngokwengeziwe. Kungase kudingeke uyikhuthaze ngomusa ukuba ikhulume.
- Ingane yakho ingase idideke ngokuthi lo muntu usithole kanjani lesi sifo.
- Izingane ezincane zingase zikholelwe ukuthi yizo ezibangele lesi sifo ngoba bezigangile noma ziye zacabanga “imicabango emibi.” Le mizwa iyindlela evamile yokusabela kunoma isiphi isimo esingajabulisi esingase siphakame ekhaya.
- Izingane esezindadlana zingase zikhathazeke ngokuthi loku kuwohloka komqondo kuyisijeziso asithola ngenxa yokuthile lo muntu akwenza esikhathini esidlule. Izingane zabo bonke ubudala zidinga ukuqinisekiswa ukuthi ukugula kwalo muntu akubangelwa yilokho.
- Kungase kudingeke nokuba uqinisekise izingane esezindadlana ukuthi lesi sifo asithathelwana nokuthi cishe akunakwenzeka ukuba wena noma zona nithole lesi sifo ngoba ninesihlobo esinaso.

Izinguquko ingane ezobhekana nazo

- Lapho othile emndenini eba nokuwohloka komqondo, wonke umuntu uyathinteka. Izingane kudingeka zazi ukuthi wena uyabuqonda ubunzima ezibhekene nabo nokuthi usazithanda, kungakhathaliseki ukuthi ngezinye izikhathi ubonakala uxinekile noma ungasineki.
- Zama ukubekela eceleni isikhathi sokukhuluma nengane yakho njalo ningaphazanyiswa lutho.
- Izingane ezincane zingase zidinge ukukhunjuzwa ukuthi kungani isihlobo sazo senza izinto ngendlela engavamile. Cishe, zonke izingane zidinga ukukhuluma ngemizwa yazo lapho kuphakama izinkinga ezintsha. Ngokwesibonelo, zingase zithande ukuxoxa:
- Ngemizwa yazo yosizi nokudabuka ngalokho okwenzeka kulo muntu ezimthandayo nangezinto ezizikhathazayo ngekusasa.
- Ngokwesatshiswa, ukucasulwa noma ngamahloni eziba nawo ngenxa yendlela yokwenza yalo muntu nokuthi zikhathele ukuzwa kulokhu kuphindaphindwa izindaba nemibuzo efanayo njalo.

Le mizwelo ingase ihambisane nomuzwa wecala ngokuthi zizizwa ngale ndlela.

- Ngokuthi kudingeka zinakekele umuntu ezikhumbula ukuthi uyena owayezinakekela.
- Ngokuzizwa zingazi ukuthi zenzenjani – ngoba isihlobo sibonakala sesishintshile noma ngoba zingasakwazi ukuxoxa naso kalula.
- Ngemizwa yokuthukuthela – ngoba amanye amalungu omkhaya ecindezelekile futhi engasenaso iskhathi sazo njengangaphambili.
- Ngokuzizwa zinecala ngokuthukuthela kwazo.

Ukuveza imizwa

- Izingane zisabela ngendlela engafani
- futhi zibonisa usizi lwazo ngezindlela ezingafani. Nazi ezinye izinto ongazibheka:
- Ezinye izingane zihlushwa amaphupho amabi noma ziba nobunzima bokulala, zingase zibonakale zifuna ukunakwa noma zigange, noma zikhale ngezinhlungu (ngokwesib. ikhanda, isisu) ezingachazeki ukuthi zidalwa yini.
- Lokhu kungase kusikisele ukuthi zikhathazeke kakhulu ngesimo futhi zidinga ukusekelwa.
- Umsebenzi wasesikoleni uvame ukusilela njengoba izingane eziphazamisekile zivame ukukuthola kunzima ukugxilisa ingqondo. Khuluma nothisha wengane yakho noma uthishanhloko ukuze othisha bazi ngesimo ebhekene naso futhi baqonde ubunzima baso.
- Ezinye izingane zizishaya ezeneme ngokweqile noma zibonakale sengathi azinandaba nakuba ngaphakathi ziphazamiseke kakhulu. Kungase kudingeke ukuba uzikhuthaze ukuba zikhulume ngalesi simo futhi ziveze imizwa yazo kunokuba ziyivalele ngaphakathi.
- Ezinye izingane kungenzeka zidabuke noma zikhale futhi kudingeke ukuba zinakwe isikhathi eside kakhulu. Nakuba nawe ucindezeleke kakhulu, zama ukuzinika isikhathi usuku ngalunye ukuze zixoxe ngezinkinga zazo.
- Izingane esezikhulakhulile zingase zibonakale zixakeke kakhulu ngezindaba zazo futhi zingase zibalekele lesi simo ngokuya emakamelweni azo noma zichithe isikhathi esiningi zingekho ekhaya kunangokuvamile.
- Zingase zikuthole kunzima kakhulu ukusingatha lesi simo ngenxa yezinto ezingaqiniseki ngazo ngokuphila kwazo.
- Ukuba namahloni kungomunye wemizwa enamandla kakhulu ezinganeni esezindadlana. Zizodinga ukuqinisekiswa ukuthi uyazithanda futhi uyayiqonda imizwa yazo.
- Ukuxoxa ngezinto ngendlela ezolile, nebhekana namaqiniso kungazisiza ukuba ziqede okunye kokukhathazeka kwazo.

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Ukubandakanya izingane

- Zama ukuthola izindlela zokubandakanya izingane zakho ekunakekeleni nasekuvuseleleni umuntu onokuwohloka komqondo, kodwa ungazethwesi umthwalo omningi kakhulu, noma uvumele ukuba udle isikhathi sazo esiningi kakhulu. Kubaluleke kakhulu ukuba ukhuthaze izingane ukuba ziqhubeke nokuphila kwazo okuvamile.
- Gcizelela ezinganeni zakho ukuthi ukuba nje nomuntu onokuwohloka komqondo nokumbonisa uthando kuyinto ebaluleke kakhulu ezingayenza.
- Zama ukuqinisekisa ukuthi isikhathi enisichitha nalo muntu siyajabulisa – ungasikisela izinto ezinjengokuthatha uhambo naye zishaywe umoya ngezinyawo, zidlale imidlalo, zipakishe izinto noma zibhale encwadini izenzakalo zesikhathi esidlule.
- Xoxani ngendlela lo muntu ayengayo ngaphambili futhi ubonise izingane izithombe zakhe.
- Thatha izingane izithombe zinalo muntu ukuze zinikhumbuze zonke izikhathi ezimnandi ngisho nangesikhathi sokugula kwakhe.
- Ungashiyi izingane zizodwa ukuba zimnakekele, ngisho noma kungaba isikhashana, ngaphandle uma uqiniseka engqondweni yakho ukuthi azinankinga ngalokho futhi zizokwazi ukusisingatha lesi simo.

Qiniseka ukuthi izingane zakho ziyazi ukuthi uyayazisa imizamo yazo.

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