

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 nephezamisayo 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.

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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 ibakhathazayo.

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 ukuyilawula, funa ingcebiso yomntu ofundele iimeko ezinjalo.

Esinye seziphumo ezizezinye kunezo bezilindelwe zamayeza amaninzi isenokuba ziinkani. Izizathu ezinokubakho zokuba umntu onesifo esiyingozi sengqondo abe neenkani ziquka iimeko apho beziva benoku kulandelayo:

- 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 okhathalelayo.
- Besiva ukuba ukuba kokuzimela kwabo kunye nobomi obubobabo buphantsi kokusongelwa kuba bayanyanzelwa 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 ekwenzeni umsebenzi wemihla ngemihla.
- Beziva bedidekile kuba kukho ingxolo enkulu kakhulu okanye abantu abaninzi kakhulu ababangqongileyo, 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 angamazayo onokuba uqhekeze kwikhaya labo.
- Basenokoyika ngenxa yengxolo esuke yakhona, amazwi abukhali, iintshukumo ezikhawulezileyo okanye umntu osondela kubo esithi gqi ngasemva kwabo ngaphandle kwesilumkiso. Ingxolo engaphaya 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 unganako ukubaqinisekisa okanye ukufumana iindlela zokwenza ukuba imeko inngaxakanisi kangako. Zama ukufumana iingcebiso kwabanye abantu abakhathalela aba bantu okanye kwiincutshe ezinxulumene naba bantu:

- Nciphisa imiyalelo oyinika aba bantu ukuba ngaba bakhangeleka ben gamelani noko, kwaye qinisekisa ukuba kukho imisebenzi yesiqhelo engakhawuleziswayo nengabangeli ukubakho koxinzelelo.
- Cacisa izinto, ngalo lonke ixesha oko kufuneka, ukwenze oko ngo moya ophantsi nangezivakalisi ezilula, unike umntu lowo ixesha elan eleyo 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 aseno kuzenza, kunakwezo zingasenakwenzeka.
- Qaphela iimpawu zokulumkisa ezinje ngokuxhalaba kunye nokuya luzela okanye ukungazinzi, uze unike enye ingqiniseko, ukuba oko kuyimfuneko.
- Nqanda amazwi abukhali nentshukumo ekhawulezayo.
- Nqanda ungquzulwano. Zama ukuphazamisa ingqwalasela yalo mntu xa bekhangeleka bexhalabile. 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 uqha gamshelane nogqirha ngoko nangoko xa ngaba baziva bengonwa banga.

Guide or prompt the person and break down tasks into easily manageable steps so that they can do as much as possible for themselves.

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Iindlela zokumelana

Uthintelo sisombululo 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. Impendulo etshisayo iza kwenza ukuba imeko ibe nzima kakhulu.

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

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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...

lintetho ezinje ngezi:

Ndingakunceda e

Ungathanda ukundinceda 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.

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