

BAKHATHALELI – UKUZIJONGA

Kulula kakhulu ukunganaki izimvo zakho xa ukhathalela umntu onesifo sengqondo esiyingozi, uli-bale ukuba nawe unexabiso. Kubalulekile ukuthatha amanyathelo okukhusela impilo nentlalo-ntle yakho, ukuze ukwazi ukuqhubeka nokumelana kunye nokugcina ukuzithemba kwakho. Nazi ezinye iingcebiso.

Ulwazi

Zama ukufumana ukuba loluphi na uncedo okanye iinkonzo (isiqabu sokhathalelo) ezinokuba zikhona zokukhathalela umntu onesifo esiyingozi sengqondo phambi kokuba uzifune. Ngalo ndlela uza kukwazi ukuba mawuye phi xa ixesha lifikile. Buza ugqirha wakho, iiNkonzo zoLuntu kunye nombutho iDementia SA. Uza kufumana inombolo yefowuni yeSebe leeNkonzo zoLuntu encwadini yefowuni. Umbutho i-Dementia SA uza kukuxelela indlela yokuqhagamshelana neqela lenkxaso elikufutshane. Zama ungayeki xa kufuneka wenze njalo. Unelungelo lokufumana uncedo.



Usapho nabahlobo

Nangona okwangoku usaqhuba kakuhle, kufuneka uqonde ukuba ukukhathalela umntu onesifo sengqondo esiyingozi kuza kuye kusiba nzima ngokuba nzima, ngokomzimba nangokwemvakalelo

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

See your GP on a regular basis for a check up and make sure he/she is aware of any stresses and problems you are experiencing.

- Zama ukuquka namanye amalungu osapho kwasekuqaleni, ukuze olu xanduva lungabi semandleni akho kuphela. Nokuba abanako ukukhathalela imihla yonke, banganako ukujonga lo mntu ngexesha wena usaphumle. Okanye banganako ukunikela ngemali kwixabiso lokukhathalela.
- Soloko ulwamkela uncedo olulungileyo olusuka kubahlobo okanye kubamelwane xa becela ukunceda.
- Ukuba uthi uyamelana nalo mthwalo, abanakucinga ngokuba baphinde bacele ukukunceda.
- Cebisa ngeendlela abantu abanokunceda ngazo. Umzekelo, bacele ukuba bahlale nesi gulana okanye bahamba-hambe naso kangangeyure, ukuze wena ube usenza enye into.
- Kwenze kucace ukuba uyixabisile inkxaso yabo, kwakunye nokuba ukuza kuncokola okanye ukufowuna kwabo babuze impilo kwenza umahluko onkhulu.
- Cacisela usapho lwakho kunye nabahlobo bakho abasondele kakhulu kuwe ukuba isifo sengqondo esiyingozi sikuchaphazela njani na ukuziphatha komntu. Uxinzelelo lomntu okhathalelayo ngomnye wemiba eyimingcipheko yophatho-gadalala lwabantu abadala. Yabelana nabo ngolwazi. Baza kuba nokuqonda ngakumbi ukungavumelani okubonakalayo kwindlela yokuziphatha kwalo mntu, kwanokuba kuninzi kangakanani ekufuneka ukwenzile, kwanokuba ukhathalelo lunika uxinzelelo olungakanani na.

Impilo yakho

Bona ugqirha wakho amaxesha ngamaxesha ukuze atshekiske impilo yakho, uze uqinisekise ukuba uyaluqonda uxinzelelo neengxaki onazo.

- Ukuba uqalisa ukuziva udangele, uxhalabile okanye uphantsi koxinzelelo, yiya kugqirha wakho ngokukhawuleza. Kulula ukunyanga oku xa kwenziwe ngexesha kunaxa kusenziwa sele kunzima.
- Zama ukuqiniseka ukuba utya ukutya okunezakha-mzimba. Kuza kukunceda ekubeni uzive, kwaye ube nokumelana ngcono.
- Qinisekisa ukuba ulala ngokwaneleyo. Ukuba umntu onesifo sengqondo esiyingozi usoloko ekuphazamisa xa ulele, cela ingcebiso kugqirha wakho, kugqirha wengqondo nakwingcali ngezifundo zengqondo.

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

- Lumka ungazonzakalisi emqolo xa uncedisa lo mntu ekushukumeni. Umntu onyanga umzimba ngemithambo uza kukwazi ukukucebisa.
- Ukwenza imithambo rhoqo kubalulekile kwimpilo yakho, kwaye kuza kukunika amandla angaphaya. Zama ukuhamba kwimpepho epholileyo qho ngemini ukuba uyakwazi ukwenza imithambo ekhaya. Ugqirha wakho okanye umntu onyanga umzimba ngemithambo unokukucebisa ngendlela esisiqhelo yokwenza imithambo onokuyilandela ekhaya.

Ezomthetho nezemali

Imeko yakho yezomthetho neyezemali ingachaphazeleka xa ukhathalela umntu onesifo sengqondo esixhalabisayo.

- Ukuba uyasebenza, kwaye ngoku kufuneka uwuyeke umsebenzi wakho, mhlawumbi okwexeshana okanye uwuyeka isigxina, tshekisha iimeko/izibonelelo zakho zomhlala-phantsi/zepenshoni. I
- Fumanisa ngezona ndlela zingcono zokulawula imicimbi yezemali yesigulana; ukwenza isicelo kumgcini-mali kungafuneka ukuba lo mntu unesifo sengqondo esixhalabisayo unempahla eliqela/eninzi.
- Khangela eyakho imeko malunga nekhaya kunye nemali yalo mntu unesifo sengqondo esiyingozi xa esiya kukhathalelo lwexesha elide okanye ebhubha. Oku kuyahluka xa ungumlingane, umntwana umhlobo okanye umkhathaleli.

Zibekela ixesha

Qinisekisa ukuba uzibekela ixesha lakho ukuze uphumle okanye wenze enye into eyakho wedwa.

Ukuba lo mntu umkhathalelayo akanakushiywa yedwa, cela abahlobo okanye usapho lwakho ukuba lukunike ikhefu, okanye buzisa ngeenkono ezikhoyo ekuhlaleni ezinje ngendawo yokukhathalela elikhaya, ngendawo ekhathalela emini okanye ngendawo esekuhlaleni enika isiqabu sokukhathalela.

- Zama ukubekela bucala ixeshana yonke imihla, xa unako, umzekelo – ukuphunga ikomityi yeti kunye nokufunda iphepha, ukumamela umculo, ukwenza amagama axwesileyo okanye ukuthatha uhambo olufutshane. Musa ukuzisola.

- *Make sure that you have some time to yourself to relax or to do something which is just for you.*
- *Time to yourself.*

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

- Zama ukuphuma ubuncinane kanye ngeveki uye kutyelela umhlobo wakho, uye kulungisa iinwele zakho, wenze eyona nto uyithandayo, okanye uqhubeke nokuthatha inxaxheba kwimisebenzi yecawe. Kubalulekile ukwenza into oyithandayo, nekwenza ukuba ube nonxibelelwano nehlabathi elingaphandle.
- Zama ukuthatha ikhefu lempela-veki rhoqo okanye ikhefu leentsuku ezimbalwa amaxesha ngamaxesha ukuze uvuselele iibhetri zakho. Fumanisa ukuba zeziphi na iinkonzo zenkxaso ezikhoyo endaweni yakho kwanokuba zixabisa malini na. Okanye cela ilungu losapho okanye umhlobo ukuba ahlale nalo mntu.

limfuno ezingquzulanayo

Zama ukukhawuleza. Ungenza kuphela okungaka, ungaziva uphelile kuba uzama ukukhathalela abantwana, ukujonga umntu ogulayo okanye uya emsebenzini kanti ukwakhathalela nomntu onesifo sengqondo esiyingozi.

- Zama ukuqinisekisa ukuba omnye osondeleyo kuwe uyayiqonda imiceli-mngeni, kwaye angacela ukukunika inkxaso.
- Khangela ukuba akukho zinkonzo na zomntu onesifo sengqondo esiyingozi ezinokukunika isiqabu kuxinzelelo onalo.

Inkxaso

Nawuphina umkhathaleli ufuna inkxaso, kunye nabantu anokuthetha nabo ngezimvo zabo.

Usenokufumana inkxaso oyifunayo kubahlobo nakusapho lwakho, kwiincutshe zomsebenzi eziqondayo okanye kwiqela lenkxaso lasekuhlaleni apho unokuthetha nabanye abakhe banamava anje ngala akho nabaqonda kakuhle ukuba kunjani na ukuba kuloo meko.

Zincome

Ngamanye amaxesha usenokucinga ukuba unomsebenzi ongenakubulelwa. Umntu onesifo sengqondo esixhalabisayo usenokungakhangeleki ngathi uyayibulela imizamo yakho, kwaye abanye basenokungaqondi ukuba usebenza kangakanani. Kufuneka uzimbambazele emqolo amaxesha ngamaxesha:

- Ngokwenza okona kulungileyo kokuphucula ubulunga bobomi bomnye umntu.
- Ngokukwazi ukumelana nemeko enzima kakhulu.
- Ngokunyamezela, ngokuba nokuguqu-guquka kakhulu nangokufumana amandla nezakhono ezintsha obungazi ukuba unazo.
- Ngokuba nomntu okudingayo.
- Ngokufundileyo apha endleleni.

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

Amanqako:

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



www.dementiasa.org

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