



PBO 930022142 NPO 049-191

UNXIBELELWANO

Kufuneka ukuba abantu abanesifo sengqondo esixhalabisayo bakhuthazwe ukuba banxibelelane ngayo nayiphi na indlela abaziva bekhululeke kuyo. Oku kuza kubanceda ukuba bagcine ukuba ngabo, baze baphucule nekhwalithi yobomi babo.

Unxibelelwano luquka okungaphezulu kokuthetha ngomlomo. Unxibelelwano olungelulo olomlomo lubaluleke kakhulu kubantu abanesifo sengqondo esixhalabisayo, kwaye kubaluleke kakhulu ukuluqonda. Sonke siqhele le ntetho ithi "izenzo zithetha ngaphezulu kunamazwi". Oku kuyinyaniso emsulwa kubantu abalahlekwa zizakhono zabo zolwimi. Uninzi lwendlela yokuziphatha, eyenza iingxaki kubakhathaleli, ngenene nangenene yinzame yokunxibelelana yalo mntu onesifo sengqondo esixhalabisayo.

Izakhono zolwimi

Uphawu lokuqala lolwimi oluchatshazelwe sisifo sengqondo esixhalabisayo kukuba umntu lowo ukufumana kunzima ukufumana amagama angawo – ingakumbi amagama ezinto. Banokubeka elinye igama elingelilo endaweni yelinye okanye baye bangakwazi ukulifumana kwaphela igama elo. Njengokuba isifo sengqondo esixhalabisayo siqhubeka, izinga lokuqala lentetho liza kuya lisiba lincinane, kwaye umkhathaleli kuza kufuneka ukuba aqhele ukuqalisa. Zama ukunqanda ukuba ubuze imibuzo ethe ngqo – umntu onesifo sengqondo esixhalabisayo angakhathazeka xa bengenako ukufumana impendulo.

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Kumanqanaba okuqala esifo sengqondo esixhalabisayo, baza kukwazi ukubonisa ezi mvakalelo, kodwa emva koko, banokuphendula ngokucaphuka okukhulu okanye ngeenkani. Uninzi lwentetho yethu eqhelekileyo yentlalo isekelwe ekubuzeni imibuzo, ngoko ke esi sisakhono esinzima sokufundwa ngabakhathaleli.

Kusenokufika ixesha apho umntu lowo esenokungakwazi ukuthetha ngamagama kwaphela. Ayiz'ukuba kukungafumani igama lezinto kuphela, basenokulibala nditsho negama lakho. Amaxesha amaninzi abantu bayabhideka zizizukulwana, bacinge ukuba abafazi babo ngumama wabo, okanye unyana ambhidanise nomyeni wakhe. Oku kunokuxhalabisa kakhulu kumalungu osapho nakubakhathaleli.



Ref. .lsc.edu/library/ILI/Classes

Kodwa ke, isizathu silele ekulahlekelweni yinkumbulo, nto leyo ilelona phawu lubaluleke kakhulu lwesifo sengqondo esixhalabisayo.

Abantu abanesifo sengqondo esixhalabisayo basenokuzama ukutolika ihlabathi elingenangqiqo kubo, kuba ingqondo yabo ibanika ulwazi olungelulo. Kubakho iingxaki ezininzi ngenxa yokutolika ngendlela engeyiyo okwenziwa ngumntu onesifo sengqondo esixhalabisayo nangumkhathaleli, zokuba lo mntu uzama ukuthini na. Ukuba wena, ungumkhathaleli, uba kuloo ngxaki yokutolika ngendlela engeyiyo, kulula ukuba uzive ukhathazekile, kwaye uza kufuna inkxaso nesikhokelo sokuphatha le meko.

lingcebiso zokunceda unxibelelwano

Ukumamela

- Zama ukumamelisisa ukuba umntu lowo uthini ngawo onke amaxesha, uze ubakhuthaze ukuba bathethe. Zama ngandlela zonke ungabaphathi ngathi ngabantwana.
- Uninzi lwethu luphendula kakubi xa luphathwa ngathi ngabantwana abancinci – abantu abanesifo sengqondo esixhalabisayo nabo abohlukanga kule meko.
- Jonga iimvakalelo, hayi amanqaku.

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- Ukuba umntu lowo ukufumana kunzima ukufumana igama elililo, okanye ukugqiba isivakalisi, bacele ukuba bachaze ngenye indlela. Mamela umkhondo.
- Yenza uqashiselo olunje, “ingaba esi sisikhafu osifunayo?”
- Ukuba kuba nzima ukulandela intetho, sebenzisani ulwazi eninalo nobabini olumalunga nani, oko kukutolika ocinga ukuba bazama ukukuthetha. Soloko ukhangela kubo kwakhona ukuze ubone ukuba usemkhondweni na. Kunokucaphukisa ukuba isivakalisi sakho sigqitywe ngomnye umntu ngendlela engeyiyo! Musa ukumngxamisa umntu ngokumngqibezelela isivakalisi.

Ukufumana ingqwalasela

- Vela ngaphambili uze uzixele.
- Zama ukunqakula nokubamba ingqwalasela yalo mntu phambi kokuba uqalise ukuthetha.
- Mbize ngegama lakhe.
- Zama ukuba kwindawo apho baza kukubona kakuhle.
- Kunganceda ukuba unokuzazisa xa ngaba umntu onesifo sengqondo esixhalabisayo ekhangeleka edidekile.
- Mjonge ngqo emehlweni. Oku kuza kubanceda ukuba bagqalisele kuwe.
- Zama ukunciphisa izandi ezikhuphisanayo, ezinje ngonomathotholo, uma bonakude okanye incoko yabanye abantu.
- Nyenyisa ukuphazamiseka

Ulwimi lomzimba

- Zama ukuzola ungashukumi xa uthetha. Oku kuza kugqithisa umyalezo wokuba umnika ingqwalasela epheleleyo, kwanokuba unexesha labo.
- Umntu onesifo sengqondo esixhalabisayo uza kufunda ulwimi lwakho lomzimba. Iintshukumo ezibonisa inkxalabo okanye ukubonakala uphantsi koxinzelelo ebusweni kunokubakhathaza, kuze oko kwenze ukuba unxibelelwano lube nzima.
- Zama ukufumana iindlela zokuphola ukuze ulwimi lomzimba wakho lubonise ukuzola nokuzithemba.

Body Language:

The gestures, postures, and facial expressions by which a person manifests various physical, mental, or emotional states and communicates nonverbally with others.

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- Usenokufumana imikhondo emalunga nendlela omnye umntu aziva ngayo kulwimi lwabo lomzimba, nokuba amagama awaphumeleli. Inkangeleko yobuso, indlela abazibamba nabashukuma ngayo inokukunika iimpawu ezicacileyo ezimalunga nokuba baziva njani na.

Ukuthetha

- Thetha ngokucacileyo nangokuzola. Zama ukungathethi kabukhali okanye unyuse ilizwi lakho.
- Oku kuza kumkhathaza omnye umntu, nokuba abakwazi ukulandela ingqiqo yamagama.
- Phepha amagama angacacanga, umzekelo, “Nantsi” endaweni yokuthi “Nasi isipaji sakho”.
- Sebenzisa izivakalisi ezilula nezimfutshane.
- Phepha iintetho ezibhidekisayo, umzekelo “yiya eshwarini”.
- Lo mntu uza kuthatha ngaphezulu kunokuba bebeqhelile ukuhambisa ulwazi engqondweni – ngoko ke banike ixesha elaneleyo. Zama ukungabangxamisi. Ukuba wenza njalo baza kubona ngathi ubabeka phantsi koxinzelelo, nokuba oko akuyonjongo yakho.
- Nika imikhondo neempawu ezibonakalayo.
- Zama ukunqanda ukubuza imibuzo ethe ngqo, kodwa ukuba kufuneka wenze njalo, yibuze nganye ngexesha, uze uyibeke ngendlela efuna impendulo engu ‘ewe’ okanye ‘hayi’.
- Abantu abanesifo sengqondo esixhalabisayo bakufumana kunzima ukwenza ukhetho, kwaye kulula ukuba babhideke okanye baxhalabe ukuba bacelwa ukuba balwenze.
- Gxininisa amagama angundoqo, umzekelo, Nanku umnqwazi wakho!
- Ukuba umntu lowo akaqondi ukuba uthini na, musa ukuqhubeka nokuphinda - phinda.
- Sebenzisa iintetho ezilungileyo kunezo zingalunganga, umzekelo, “Masihambe” endaweni yokuthi “Sukuya apho”.

Khuthaza ukuzenzekela

- Ukuhlelisa kunganceda ekunidibaniseni, kwaye sisiciko esilungileyo sokhuseleko. Ukuhlelisa kunye malunga nokungaqondi nangeziphene kunokuba luncedo.
- Ukuba ngaba umntu lowo uziva elusizi, banelungelo lokubonisa iimvakalelo zabo. Onokukwenza nje wena kukubonisa ukuba uyakhathala.

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Ukubonisa imbeko

- Ungaze omnye umntu uthethe naye ngendlela enyembayo okanye ubaphathe ngathi ngabantwana, nokuba sebekhangeleka beyiqonda kancinci kangakanani into oyithethayo. Nawe sukuvumela abanye abantu ukuba bakwenze oku nabo.
- Zama ukumqoka umntu onesifo sengqondo esixhalabisayo kwiincoko kunye nabanye abantu. Usenokufumanisa ukuba ungalungisa kancinane kwindlela yamagama esetyenziswa ngabanye abantu ekuncediseni ukuba incoko iqhubeke.
- Ukuqoka abantu abanesifo sengqondo esixhalabisayo kumaqela ezentlalo kunceda ekulondolozeni ingqiqo yabo e-ethe ethe yokuba bangoobani na. Kukwanceda ekubakhuseleni kwiimvakalelo zokuba abaqkwa nezokuba baba bodwa, nto leyo enokuba yiyo ephambili kubo. Zikhumbuze kwakhona ukuba wonke umntu uphendula kakubi xa ethathwa njengomntwana.
- Kukwabalulekile ukungathethi ngapha komntu onesifo sengqondo esixhalabisayo, ngokungathi abakho. Abantu abanokhubazeko olwahlukeneyo bakhalazela ukuphathwa ngale ndlela, kodwa oku yingozi eyodwa kubantu abanesifo sengqondo esixhalabisayo. Ukuba ufumana impendulo encinci kulo mntu, kungalula ukwenza oku. Kodwa kungenza ukuxhalaba, ukukhathazeka nosizi olukhulu.
- Soloko uthetha ngokungathi umntu onesifo sengqondo esixhalabisayo uqonda onke amagama owathethayo, nokuba abakwazi ukuphendula.

Yinyani kabani?

Nqanda ukugxeka nokulungisa.

Amanqaku kunye namaphupha zingabhidekisa njengoko isifo sengqondo esixhalabisayo siqhubeka. Zama ukungaphenduli ngokungavumelani okucacileyo kwintetho oyaziyo ukuba ayiyonyani. Kungcono ukutshintsha indlela yamagama owasebenzisayo xa uphendula.

Ngoko ke, ukuba lo mntu uthi, 'Kufuneka sihambe ngoku – umama undilindile', ungaphendula ngokuthi, 'akakhange a...?' zama ngandlela zonke ukuba ungamenzi umntu onesifo sengqondo azive esisidenge phambi kwabanye abantu.

Nqanda / Phepha ukuxambulisana.

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Ezinye iinzima

Intlungu, ukungonwabi, ukugula okanye iimpembelelo ezisemacaleni zamayeza nazo zingenza ukuba unxibelelwano lube nzima ngakumbi. Yiya kugqirha ngoko nangoko xa ucinga ukuba oku kuyenzeka. Iingxaki ezimalunga nokubona, ukuva okanye amazinyo emboleko angalingani kakuhle nako oko kunokuphazamisa unxibelelwano. Qinisekisa ukuba iindondo ezinikwe ngugqirha wamehlo zilungile, ukuba izixhobo zokuva zisebenza kakuhle kwanokuba amazinyo emboleko ahleli kakuhle, kwaye akhululekile.

Ukusondelelana

Ukhathalelo kunokunceda ukuba nisondelelane nditsho nokuba incoko iye isiba nzima. Ungathetha ngokhathalelo nangenkxaso yakho ngesandi selizwi lakho nangokubamba ngesandla sakho. Inkuthazo

onokuyinika ngokubamba nje isandla somntu, okanye ngokumgona (ukuba oko kufanelekile) akufunekanga ijongelwe phantsi. Nalapha siyabona ukuba izenzo zithetha ngaphezu kwamagama.

- Cela umntu lowo ukuba akhombe okanye abonise ngophawu xa amagama engafiki.
- Bhala izinto phantsi – phawula izinto namagumbi.

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