

## AMANQANABA OKUQALA ESIFO I-ALZHEIMER

***Umntu obandezekileyo usenokwazi okanye angazi ukuba ufumana ubunzima. Ukwenza uludwe lwezinto kunye nezinye iindlela zokukhumbuzisa zinokumnceda ukuba abe nako ukukhumbula. Inkqubo yesiqhelo kunye neendlela zesiqhelo zokwenza imisebenzi nazo zinokuba luncedo.***

Kumaxesha amaninzi umntu lowo kunye nomntu omjongayo abaqondi ukuba kukho ingxaki yempilo kweli nqanaba. Banokucinga ukuba kukudinwa, luxinzelelo olungaphaya, bubudlophatyapha, ziinkani okanye kukonqena oku kudala iingxaki.

**Ukulahlekelwa yinkumbulo:** Umntu omdala usenokuqalisa ukuba neengxaki zokukhumbula izigigaba zemi hla ngemihla, ekubeni iinkumbulo zexesha elide zisahleli. Usenokuphinda imibuzo okanye izimvo ezisanda kuthethwa, usenokulahleka xa kuncokolwa aze abeke nezinto kwiindawo ezingezizo;

**Ukulahleka:** Kusoloko kusibakho ukwehla ekukhumbuleni amacala. Umntu omdala angalahleka ekuhlaleni okanye angakwazi ukulandela indlela eya evenkileni. Kusenokubakho nokulibala ixesha, njengokulibala ukukhumbula amadinga okanye umhla onguwo.;

**I-Aprakhziya:** Umntu omdala usenokulibala indlela yokusebenzisa isixhobo okanye akufumane kunzima ukusebenzisa izixhobo, ezinje ngezixhobo ezisetyen ziswa emakhaya, ibhrashi yamazinyo okanye izixhobo zokutya;

**I-Anomiya:** Umntu omdala usenokulibala elona gama lililo okanye igama lomntu. Amagama anokuvakala nje encamini yolwimi, kodwa isithethi singabi nako ukuwabiza;

**Utshintsha-tshintsho kubuqu bakhe:** Umntu lo unokubonakala ohlukile kumntu ebekade enguye. Usenokudangala, usenokudana, usenokuxhalaba, usenokuzola, usenokuba nochuku okanye angabacingeli abanye abantu.

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Ukuba nengxaki nemisebenzi yesiqhelo: Kunzima ukuba enze imisebenzi yesiqhelo yemihla ngemihla emsebenzini okanye ekhaya. Usenokulibala ukuba amatyala akhe ahlawulwe, okanye akwazi ukuphatha imicimbi yemali ye-ofisi okanye ukuphendula ifowuni. Ekhaya, baba nobunzima bokuphatha incwadi yetshekhi okanye benze ukutya;

Ukwehla ekuzilungiseni: Kukho ukwehla ekuzilungiseni okanye kuceceko lwakhe. Umntu obekade ezilungisa kakuhle usenokuba mdaka, angahlambi okanye angakami iinwele zakhe.

## Unxibelelwano

Amagama anxulumene kakhulu asetyenziswa endaweni yamagama alityelweyo. Xa ungafumani ukuba umntu onesifo i-Alzheimer ufuna ntoni, yalatha kwizinto ezo kuthethwa ngazo ngexesha ubuza imibuzo enje ngale: "Ufuna isipaji sakho, ikama yakho"? Umntu lowo uza kuba nengxaki ekuqondeni nasekulan-deleni amacala. Izivakalisi zakho mazisoloko zimfutshane kwaye nezikhokelo zakho mazicace. "Mama, songa isikhafu". "Beka isikhafu edroweni".

## Iingcebiso nobuchule

1. Xoxani ngezinto ezibalulekileyo kusasa xa wonke umntu ehlaziyekile;
2. Gqalisela kwisihloko esinye ngexesha;
3. Sebenzisa amagama, amagama abantu nezinto ezithile;
4. Sukusebenzisa izimelabizo okanye ulwimi ngokubanzi;
5. Amagama neziganeko zinokulityalwa. Sukukhathazeka xa iimini zokuzalwa okanye ezinye iziganeko ezizodwa zilityelwe.

## Iingxaki zokuziphatha

Iingxaki zokuziphatha kumaxesha amaninzi zenzeka ekuqaleni kwesi sifo, phambi kokuba umntu okhathalela isigulana aqonde ukuba umntu lo ubandzelekile. Umzekelo lo mntu angacaphuka msinya xa iphutha lisenziwa kukungabi nankumbulo. Omnye umntu uyakuhlasela ngentetho umntu lo umjongayo xa kusithiwa ulibele ukuhlawula ityala. Omnye uyakuba nomsindo ngolona hlobo xa ebuza ukuba kutheni isizalwane singasatyeleli je, aze axelelwe ukuba besikhona kusuku olungaphambi kolo.

**Kwinqanaba eliphakathi kuyacaca ngoku ukuba "kukho okungalunganga", kwanokuba kufuneka unyango. Ngamanye amaxesha umntu onesifo i-Alzheimer usenokungaqondi ukuba kukho ukwehla kwinkumbulo yakhe. Nditsho nomntu olubonayo utshintsho uye angaqondisisi ngokuhamba kwexesha. Ukunqanqaneka kokwehla kunye nokutshintsha komntu mihla le, loo nto inokwenyusa uxinzelelo lomntu okhathalelayo okanye ojonge lo mntu. Iimpawu ziye zisiba mandundu kwiNqanaba eliPhakathi, kwaye kumaxesha amaninzi ziquka oku kulandelayo**

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1. Ukulibala kwexesha elifutshane: Emva kokutya, umntu omdala usenokubuza, "Sitya nini?"
2. Ukulibala abantu, iindawo okanye ixesha: Umntu kweli nqanaba usenokungalazi igama okanye ubuhlobo bakhe kunye nesizalwana esisondeleyo, okanye acinge ukuba amaxesha akhoyo yim inyaka eli-10 ukuya kwengama-30 eyadlulayo:
3. Ukungakwazi ukwenza iintshukumo ezinobuchule: Umntu lo usenokungakwazi ukusebenzisa izixhobo zokutya, ukubopha imitya yezihlangu okanye ukusebenzisa umatshini wokuhlamba impahla okanye isitovu;
4. Ubunzima bolwimi: Kusenokuba nzima ukucacisa izimvo neemfuno ngenxa yobunzima obukhulu bokufumana amagama; izivakalisi zisenokungabi nangqiqo; ukuthetha kusenokucotha;
5. Ukurhoxa eluntwini: Umntu omdala usenokuziva engonwabanga okanye enesithukuthezi kwindawo ezintsha okanye kumaqela abantu, uxhomekeka kubantu abamkhathalelayo aze azive edakumbile;
6. Ukuzenzekela okukhulu, iintloni ezimbalwa: Kusenokubakho iintetho ezingalunganga eziya kubahlobo, imibuzo eya kubantu abangaziwayo okanye inzame yokukhulula ezindaweni ezinabantu;
7. Ukudideka: Umntu omdala usenokuba nomsindo okanye inkxalabo xa ngaba akakwazi ukucacisa iimfuno okanye xa ejongene neemeko ezibhidekisayo. Udano lunokukhokelela kumbhabhamo wamazwi okanye womzimba, onje ngokukhwaza okanye ngokugibisela ifanitshala:
8. Ukungazinzi, ukungqunga, ukuhamba ngesantya okanye ukuzula-zula okungenanjongo: Umntu usenokungazinzi esitulweni, aze angakwazi ukuhlala nangobuphi ubude bexesha. Usenokuzu lazula indlu yonke okanye ahambe ngesantya epasejini;
9. Ukusoloko elele: Umntu lo usenokuhamba kancinane esozela. Usenokulala iiyure ezili-10 ebusuku, aze alale nasemini. Umntu lo usenokulala sele ehleli ngexesha lokutya;
10. Ukuphazamiseka okumandla xa elele: Abanye abantu balala iiyure ezili-14 ukuya kwezili-16 ngemini. Abanye balala iiyure ezimbini ukuya kwezine kuphela ngobusuku ngabunye nokuba bayalala emini okanye abalali. Abanye babhidanisa umjikelo wokulala wasemini/nowasebusuku;
11. Imfuno yoncedo: Kufuneka kwenziwe ulongamelo kunye noncedo kwimisebenzi yemihla ngemihla, nangona lusenokungafuneki ngamaxesha onke. Umzekelo, kusekokufuneka uncedo lokunxibisa ezinye iimpahla okanye ekuqaliseni umsebenzi;
12. Ukutshona kwelanga: Xa litshona ilanga, ukubhideka kuyanda;
13. Ukuva izinto ezingekhoyo, iinkohliso: Kusenokubakho ubungqina bokuva izinto ezingekhoyo okanye iinkohliso ekuyeni kuphela kwemini, ezinzulwini zobusuku okanye kwabanye abantu nangaliphi na ixesha. Oku kusenokuba kubi okanye koyikise;
14. Utshintsho kwindlela yokutya: Umzekelo, umntu usenokutya ngokuguququkayo, umzimba wehle okanye atyebe.

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## Unxibelelwano

Kweli nqanaba, ukukhumbula kunye nokuqwalasela amagama kuye kusehla kwaye nexesha lokuqwalasela liye lisiba lifutshane. Umntu onesifo i-Alzheimer usenokutshintsha into ekuthethwayo ngayo amaxesha ngamaxesha. Kusenokufuneka ukuba uphinde umbuzo okanye isivakalisi esinye amaxesha amaninzi nan-geendlela ezahlukeneyo phambi kokuba uqondwe.

## Iingcebiso nobuchule

1. Vusa imvakalelo ngomculo nokubamba;
2. Izinto zazise ngobuchule obungaqhelekanga nobuphakathi. Izinto eziqhelekileyo ukuze zingoyikisi okanye zibhidekise, kodwa zingaqheleki ukuze zinike umdla.
3. Bamba ngendlela emiselweyo. Mvuselele ngokubamba ibunzi, izidlele, iindlebe, intamo, amagxa, umqolo, iingalo, izandla, iinyawo nemileze esemazantsi ngeentshukumo ezincinane ezibusazinge. Ukukhusela ulusu sebenzisa isithambiso solusu;
4. Vuselela ivumba ngekhefu, ngokhuni, ngesepha ethambileyo, ngoboya, ngekhamfari, ngomqhaphu, njalo njalo;
5. Kama iinwele zakhe uze umnike ithuba lokuba azijonge esipilini;
6. Vuselela amadlala okungcamla;
7. Buyisa ukuphulaphula kwakhe uze ugcine ingqwalasela ngokubamba;
8. Ukuba lo mntu uthetha ngamagama amanye kuphela, nawe thetha ngamagama amanye. Nangona kunjalo, qaphela ukuba umntu lo angakwazi ukuqonda ngcono kunokuba enokuthetha.

## Iingxaki zokuziphatha

Njengokuba isifo siqhubeka, iingxaki zokuziphatha zinokuya zisenzeka qho kwaye zisiba ngaphaya. Abanye abantu kwinqanaba eliphakathi basenokungabacingeli abanye abantu babe nesikrokro, batyhole abantu ababakhathalelayo ngokuba izinto nangokungabi nanyani. Abanye abantu bayaphazamiseka xa belele, baze baqalise ukuhamba bemke apho bahlala khona. Iinkcukacha ezithe vetshe ezimalunga neeNgxaki zokuziphatha zifumaneka kwisiKhokelo seziBonelelo zokuFunda ezizezi: "Iindlela yokuKhathalela izifo i-Alzheimer neSifo sengqondo esiyingozi/esixhalabisayo" kunye nesi: "Ukumelana nesifo i-Alzheimer".

Utshintsho kwisixokelelwano semithambo-luvo lubonwa ngemisebenzi elula yezenzo ezizenzekelayo. Umntu lo wothuka ngokukhawuleza enze iingxolo eziphezulu ezikhawulezileyo, athi xhakamfu izinto nabantu angabayeki, ingakumbi xa exhawulwa; aze amunce nezinto.

Umntu onesifo i-Alzheimer esikwinqanaba lokugqibela uxhomekeke ngokupheleleyo kumntu omjongayo/omkhathalelayo. Umntu omjongayo usoloko emkhangela kwaye emnceda lo mntu ngayo yonke imisebenzi yemihla ngemihla; ukuya endlwini yangasese, ekutyeni, ekunxibeni, ekubhafeni nasekuhambeni / ekwenzeni intshukumo. Kubaluleke kakhulu ukuba umkhathaleli asoloko efumana ikhefu kweli nqanaba.

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Kweli nqanaba, lo mntu uza kufuna  
ukujongwa nokuncedwa rhoqo, iimpawu ziquka  
oku kulandelayo:

1. Ukhumbula kancinane okanye akakhumbuli tu: Inkumbulo yexesha elifutshane neyexesha elide zincipha ngokuxhalabisayo:
2. Ubunzima obukhulu bokunxibelelana nabanye abantu: Umntu lowo usenokungakwazi ukuthetha okanye aqonde amagama;
3. Akawaqapheli amalungu osapho kunye nabahlobo: Umntu lowo usenokungaziqapheli esipilini. Basenokucinga ukuba amaqabane abo ngumntu ongaziwayo okanye umntu osesipilini ngumntu ongaziwayo.
4. Imfuno yoncedo: Umntu lo ufuna uncedo kwimisebenzi okanye kwintsebenziswano;
5. Ubunzima bokukhumbula indlela yokutya: Umntu lo usenokuba nobunzima ekulungelelan iseni amanyathelo okuluma, okuhlafuna, okuginya, njalo njalo. Nangona esitya ukutya okunezakha-mzimba nezongezo zokutya, kuye kuqapheleke ukwehla komzimba;
6. Ukungakwazi ukulawula ukuzithuma kunye/okanye isinyi:
7. Ubunzima kwiintshukumo ezilungeleleneyo: Umntu lo usenokuhamba ngokungazinzanga. Usenokubhutyuza xa ebamba izinto okanye angakwazi ukuzibamba llizinto;
8. Ubuthathaka obandayo: Izihlunu zinokuba buthathaka, kwaye kulula ukuba bafumane ulosuleleko kunye nezinye izigulo zomzimba;
9. Ukungalali kakuhle: Umntu lona usenokulala kuphela ngokusela iipilisi/amayeza okulala.

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### lingcebiso ezimalunga nonxibelelwano:

Ukuya ekugqibeleni, umntu onesifo i-Alzheimer ulahlekelwa phantse kuko konke ukwazi ukunxibelelana okanye ukuqonda. Inkumbulo yexesha elide neyexesha elifutshane yonakele kakhulu, kwaye uxhomekeke ngokupheleleyo kumntu omkhathalelayo/omjongayo.

1. Qhubeka nokuthetha ngobubele, ngokuzolileyo nangokumana udibanisa amehlo akho nawakhe;
2. Mbambazele okanye umphulule. Mbambe ngothando;
3. Ncuma. Emva kokuba okunye kulahlekile, uncumo lusenokumenza azole, luzise nolonwabo.

### Ingxaki yokuziphatha

Umntu lo usenokukhala kakhulu okanye anxole ngendlela engavumelekanga, kwaye usenokuxhathalaza kwiinzame zomntu omkhathalelayo zokuba amncede ekuhlambeni, ekunxibeni okanye kwenye into emalunga nokumkhathalela. Abanye oogqirha basenokuthi makasebenzise amayeza anqanda ukuphazamiseka kwengqondo okumandla kunye namayeza okumenza azole.

### Izikhokelo zokuphatha iingxaki zokuziphatha

- Yonke into engqonge lo mntu isenokuba negalelo kwiingxaki zokuziphatha;
- Kufuneka uhlobo olululo lwalo mntu mdala, ummandla omgqongileyo kunye nomntu omkhathalelayo, nolwenziwa yincutshe eqeqeshiweyo, ukuze kube nokucwangciswa ungenelelo;
- Cinga ngenx'engaphambili uze ucwangcisele iimeko ezinokukhokelela kwiingxaki zokuziphatha;

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- Ukuzama ukuxambulisana okanye ukuphikisana nomntu onesifo i-Alzheimer kukhokelela kudano kumntu omkhathalelayo nakumntu lowo ugulayo. Akululanga ukuphumelela ngokuxambulisana kunye nomntu onesifo i-Alzheimer:
- Phazamisa, unxaxhe xa oko kuyimfuneko:
- Gcina isiqhelo ngohlobo esilulo. Utshintsho kwimisebenzi okanye kwizinto ezisisiqhelo kuyaxhalabisa kubantu abanesifo i-Alzheimer, kwaye oko kunokukhokelela kwiingxaki zokuziphatha:
- Phuhlisa ingqondo yokhuseleko nokonwaba xa iingxaki zokuziphatha zisenzeka. Iingxaki zokuziphatha amaxesha amaninzi zenziwa kukuba umntu lowo uyoyika, abe kengoko akakwazi kuqonda ngaphandle kobume bemeko yendawo.
- Sebenzisa ukunyanzela okulungileyo okunje ngokutya, uncumo, ukubamba ngokutham bileyo, ukumnika ingqwalasela kunye nokumncoma kakhulu. Ezi zixhobo zilunge kakhulu kuneempendulo ezingalunganga:
- Umntu onesifo i-Alzheimer kufuneka umnike ingqondo yokulawula. Ukwazi ukukhusela ubuso kubalulekile nditsho nakumntu obhideke kakhulu:
- Xa ujongene nendlela yokuziphatha eyoyikisayo, hlala uzolile. Oku kusenokuthomalalisa imeko exhalabisayo kuze kuncede umntu ukuba angoyiki kakhulu;
- Gcina izinto zilula. Iimeko ezinzima zenza unxunguphalo kwaye zinokwenyusa iingxaki zo kuziphatha;
- Ukuba umntu okhathalelayo uyanxunguphala abe nomsindo, kungcono ukufumana omnye umntu oza kuphatha le ngxaki aze umntu okhathalelayo ahambe kule ndawo okanye athathe ikhefu. Umntu okhathalelayo onomsindo uza kuyenza ngokungaphezulu ingxaki yokuziphatha;
- Abantu abakhathalelayo kufuneka benze iindlela zokunciphisa uxinzelelo xa besiba nonxunguphalo kunye nomsindo. Ukuphefumlela ngaphakathi kakhulu okanye ukuthetha nomnye umntu kunokuba luncedo. Khumbula ukuba uxinzelelo luvela kwiintsusa ngeentsusa, kuqukwa ubomi bomntu;
- Iingxaki zokuziphatha zisukela kwesi sifo. Musa ukuthatha izinto ezithethwa ngulo mntu nezo azenzayo. Sesi sifo esithethayo;
- Yiba nobuchule xa ufuna izisombululo zokuziphatha okunzima;
- Sebenzisa ingqondo eyiyo xa uzama ukusombulula ingxaki yokuziphatha.
- Hlekisa nditsho nakwiimeko ezinzima kakhulu. Ukuhlelekisa kuza kukunceda ukuba umelane nonxunguphalo lokukhathalela umntu omthandayo onesifo i-Alzheimer.

*Umbulelo oya kwiwebhusayithi yoKhathalelo lwabantu abadala [www.ec-online.net](http://www.ec-online.net)*

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Email: [info@dementiasa.org](mailto:info@dementiasa.org)  
Or [support@dementiasa.org](mailto:support@dementiasa.org)

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

P.O. Box 16421  
Vlaeberg  
8018



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