

## MEKGAHLELO YA QALONG YA LEFU LA ALZHEIMER

*Motho ya tshwerweng ke lefu lena a ka nna kapa a se ke a hlokomela hore o na le mathata. Manane le dikgopotso tse ding di thusa ho fetola bokgoni ba hae bo fetohang ba ho hopola. Tlhophiso ya mesebetsi ya tlwaelo le ditsela tsa tlwaelo tsa ho etsa mesebetsi di ka ba le thuso.*

Hangata motho eo le mothusi wa hae ha ba hlokomela hore ho na le bothata ba bophelo boemong bona. Ba ka nna ba nahana hore mokgathala o moholo; kगतello ya mmele e eketsehileng, ho fetofetoha ha maikutlo, manganga kapa botswa ke tsona tse bakang mathata ao.

- Tahlehelo ya Kgopolo: Leqheku le ka qala ho ba le mathata a ho hopola diketsahalo tsa letsatsi le letsatsi, ha dintho tse etsahetseng kgale tsona di dula di tsitsitse mohopolong wa hae. A ka phetapheta dipotso kapa ditaba tseo a sa tswa di bua, a lahleha kahara dipuisano le ho beha dintho dibakeng tse fosahetseng;
- Tahlehelo ya botsitso ba kelello: hangata ho na le phokotseho kelellong ya ntlha eo a yang ho yona. Leqheku le ka lahleha sebakeng se tlwaelehileng ho lona kapa la se kgone ho latela tsela e yang lebenkeleng. Ho ka nna ha ba le phokotseho ya maikutlo a mabapi le nako, jwalo ka ho se kgone ho hopola dinako tse behilweng kapa letsatsi la nnete la kopano e behilweng;
- Apraxia: Leqheku leo le ka lebala ho sebedisa sesebediswa kapa la fumana ho le boima ho sebedisa thepa ya mosebetsi, jwalo ka disebediswa, borashe ba meno kapa disebediswa tsa ho ja;
- Anomia: Motho eo a ka lebala lentsewe kapa lebitso le nepahetseng bakeng sa motho eo. Mantswe a ka utlwahala a le ntlheng ya leleme feela, empa sebui se sa kgone ho a bitsa;
- Diphetoho Bothong: motho eo a ka bonahala a se a fapane. A ka bonahala a ikgula bathong, a kgathetse matla, a tenehile, a ba bonolo, a kgopiseha ha bonolo kapa a sa tsotelle batho ba bang.

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- Bothata ba ho Phetha Mesebetsi: O ba le bokgoni bo fokotsehileng ba ho phetha tshebetso ya letsatsi le letsatsi mosebetsi kapa lapeng. A ka lebala hore d ikoloto di lefilwe, kapa a hloleha ho sebetsana le ditjhelete tsa mosebetsing kapa ho araba mehala. Lapeng, ba ka fumana ho le thata ho sebedisa chekebuku kapa ho lokisa dijo;
- Phokotseho Boithhokomelong: Ho ba le phokotseho boithhokomelong kapa bohlweking. Motho ya neng a ithhokomela hantle pele jwale o se a le bohlaswa, a sa hlape kapa a sa kame moriri wa hae.

## Kgokahano

Mantswe a atamelaneng a sebediswa bakeng sa a lebetsweng. Ha o sa kgone ho bona hore motho ya tshwerweng ke Lefu la Alzheimer o hlokang, supa dintho tse amehang ha o ntse o mmotsa dipotso tse jwalo ka hore: “Na o batla mokotlana wa hao? Kama ya hao?” Motho eo o tla ba le bothata ba ho utlwisisa le ho latela ditaello. Sebedisa dipolelo tse kgutshwane mme ditaello tsa hao e be tse hlakileng. “Mme, tlama tuku”. “Kenya tuku ka laeng.” “Kwala lae.”

## Dikeletso le Maqheka

1. Tshohla ditaba tsa bohlokwa nakong ya hoseng ha bohle ba sa ntse ba hlapohetswe;
2. Tsepamisa maikutlo tabeng e le nngwe ka nako;
3. Sebedisa mantswe a qollehileng, mabitso a batho le a dintho;
4. Se ke wa sebedisa mantswe a emetseng mabitso kapa puo e akaretsang;
5. Mantswe kapa diketsahalo di ka lebalwa. Se ke wa kgopiseha haeba matsatsi a tswalo kapa diket-sahalo tse kgethehileng di lebetswe.

## Mathata a Boitshwaro

Mathata a boitshwaro a atisa ho ba qalong ya lefu lena, pele mohlokomedi a ka hlokomela hore motho eo o na le lefu lena. Ho etsa mohlala, motho eo a ka halefa ha bonolo ha phoso e entswe ka lebaka la tahlehelo ya kgopolo. Motho e mong a ka hlasela mohlokomedi ka mantswe ha a hlokomediswa hore o lebetse ho lefa sekoloto. E mong yena a ka halefa hampe ha a botsa hore na ke eng ha setho sa lelapa sa thatohatsi ya hae se sa mo etela moraorao mme a jwetswa hore o ne a le teng letsatsi le le leng feela le tswa feta.

Nakong ya Mokgahlelo o Bohareng, ho hlakile hore “ho na le ntho e phoso” mme tlhahlobo ya bon-gaka e a hlokeha. Ka nako e nngwe motho ya tshwerweng ke lefu la Alzheimer a ke ke a hlokomela phokolo ena. Le motho ya bonang diphetoho tsena o qetella a se a sa di tsotelle ha nako e ntse e tsamaya. Ho se lepehe ha phokolo ena le bokgoni bo fetohang ba motho enwa ho sebetsa ho tloha let-satsing le leng ho ya ho le leng mme ho ka eketsa kgatello ya maikutlo ho mohlokomedi wa hae.

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Matshwao a ho kula a ka tota Mokgahlelong o Bohareng mme hangata a kenyeletsa:

1. Kgopolo ya Nakong e Kgutshwane e Mpe: Kamora ho ja, leqheku le ka botsa, "Re tlo ja neng?"
2. Pherekano ya Maikutlo ka Motho, Sebaka kapa Nako: Motho ya mokgahlelong ona a ka nna a se sebe lebitso kapa kamano le setho se haufi sa lelapa kapa a nahana hore nako ya hajwale ke dilemo tse 10 ho isa ho 30 tse fetileng
3. Ho Hloka Bokgoni ba ho Phetha Metsamao e Nang le Botsebi: Motho eo a ka hloleha ho sebe disa disebediswa tsa ho ja, ho tlama marapo le ho sebedisa motjhini o hlatswang kapa setofo;
4. Mathata a Puo: Ho ka mo hloka maiteko a eketsehilleng ho hlalosa maikutlo kapa ditlhoko mme a ba le mathata a maholo a ho fumana mantswe; dipolelo di ka nna tsa se fane ka moelelo; puo ya ba butle;
5. Boikgulo Bathong: Leqheku le ka ikutlwa le sa phutholoha kapa le sa lokelehe dibakeng kapa dihlopheng tse ntjha tsa batho, la itshetleha hodima bahlokomedi mme la ikutlwa le hatelehile maikutlong;
6. Ho Phasoloha ho Eketsehileng, Ho Hloka Boithibo Hangata: Ho ka nna ha ba le mantswe a sa lokang a ka lebiswang ho metswalle, dipotso ho baditjhaba kapa ho leka ho hlobola hara batho;
7. Ho teneha: Leqheku le ka bontsha kgalefo kapa tsitsipano ya maikutlo haeba le sa kgone ho itlhalosa ditlhoko kapa ha le tobane le maemo a ferekanyang. Ho teneha ho ka lebisa ho ho kgoroha ka mantswe kapa ka diketso, jwalo ka ho hoeletsa kapa ho betsetsa feneshara;
8. Ho hloka botsitso, Ho tshwara ba tlohela dintho, Ho ya hodimo le tlase kapa Ho Lelera Ntle le Morero: Motho eo a ka ikutlwa a sa tsitsa setulong mme a sa kgone ho dula nako e telele. A ka dikadika ho potlooha ntlo kapa a theosa a nyoloha phasejeng;
9. Ho tshwarwa ke boroko: Motho eo a ka tsamaya butle kapa a tshwarwa ke boroko. A ka robala dihora tse 10 bosiu empa a bo hlotha hanyane feela motshehare. Motho eo a ka hlotha boroko hanyane feela a ntse a dutse fatshe kapa a eja;
10. Tshitiso e Kgolo ya Boroko: Batho ba bang ba robala dihora tse 14 ho fihla ho 16 ka letsatsi. Ba bang ba robala dihora tse pedi ho isa ho tse nne feela bosiu bo bong le bo bong ntle ho bo hlotha motshehare. Ba bang ba tswakanya lebidi la nako la motshehare/bosiu;
11. Tlhokeho ya Thuso: Tshupiso le thuso mo motho eo ka mesebetsi ya bophelo ya letsatsi le letsatsi di tlameha ho fumaneha, leha di ke ke tsa hlokeha nako yohle. Ho etsa mohlala, thuso e ka hlokeha ka dikarolo tsa ho apara kapa ho qala tshebetso ena;
12. Phirimana: Ha letsatsi le sekama, pherekano e a eketseha;
13. Ho Phofa a Eme kapa ho Dumela Bohata: Ho ka ba le bopaki ba ho phofa a eme kapa ho du mela bohata ho ella qetelong ya letsatsi, hara bosiu kapa ho ba bang ka nako efe kapa efe. Nako ena e ka ba e seng monate kapa e ka tshosa;
14. Diphetoho Ditlwaelong tsa ho Ja: Motho eo a ka ba le mekgwa e sa tsitsang ya ho ja, a ka ota kapa a nona, ho etsa mohlala.

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## Kgokahano

Mokgahlelong ona, ho hopola le ho lemoha lentswe ho a fokotseha mme tsepamiso ya maikutlo e a kgutsufala. Motho ya nang le Lefu la Alzheimer a ka fetola taba eo a buang ka yona kgafetsa. O ka hloka ho pheta potso kapa polelo e le nngwe makgetlo a mangata le ka ditsela tse fapaneng pele a e utlwisisa.

### Dikeletso tsa Kgokahano:

Ho ella qetellong, motho ya nang le Lefu la Alzheimer o lahlehelwa ke bokgoni bohle ba kgokahano kapa kutlwisiso. Bobedi memori ya nako e kgutshwane le ya nako e telele di senyeha hampe mme o qetella a itshetlehile hodima mohlokamedi wa hae.

1. Tswela pele ho bua ka tsela e mofuthu, ka lentswe le theohileng mme o kopanya mahlo le yena;
2. Mo phaphathe kapa mo pholle ha bobebe. Mo thetse ka lerato;
3. Bososela. Kamora hore tsohle di lahlehe, pososelo e ka mo kokobetsa mme ya busetsa thabo ho yena.

### Mathata a Boitshwaro

Motho eo a ka tlerola kapa a hoeletsa ho sa hlokahale hape a ka hana le diteko tsa mohlokamedi wa hae tsa ho mo thusa ho tola, ho apara kapa ho fuwa tlhokomelo e nngwe ya hae. Dingaka tse ding di ka fana ka meriana e phodisang hlooho kapa e kokobetsang maikutlo.

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## Ditataiso tsa ho sebetsana le Mathata a Boitshwaro

- Ntho e nngwe le e nngwe e potipotileng motho eo e ka tlatsetsa mathateng a hae a boitshwaro;
- Tekolo e phethahetseng ya motho e moholo, tikoloho le mohlokamedi ke moprofeshenale ya rupetsweng e a hlokeha ho rera tsela ya tharollo;
- Nahanela pele mme o rerele maemo a fanang ka mathata a boitshwaro;
- Ho leka ho pheha kang le motho ya tshwerweng ke Lefu la Alzheimer ho ka baka feela ho teneha ho bobedi mohlokamedi le motho eo e moholo. Ha ho kgonehe ho ka hlola nganyis ano le motho ya nang le Lefu la Alzheimer :
- Sitisa le ho kgelosa maikutlo hohle moo ho kgonehang.
- Boloka tsela ya tshebetso e tshwana. Diphetoho mekgweng ya tlwaelo di kwatisa batho ba nang le Lefu la Alzheimer mme di kabaka mathata a boitshwaro:
- Kgothaletsa maikutlo a tshireletseho le boiketlo ha mathata a boitshwaro a ba teng. Bothata ba boitshwaro hangata ho etsahala hobane motho eo a tshohile mme a sa kgone ho utlwisisa tikoloho ya hae.
- Sebedisa matlafatso e molemo jwalo ka dijo, pososelo, ho thetsa ha bobebe, tsotello ya motho eo le thoriso e ngata. Disebediswa tsena di sebetsa hantle ho feta dikarabelo tse nang le kgohlano:
- Dumella motho ya tshwerweng ke Lefu la Alzheimer ho ba le maikutlo a hore o na le taolo. Ho kgona ho itlosa dihlong ho bohlokwa le mothong ya ferekaneng haholo:
- Tswelletsa mokgwa o tsitsitseng maikutlo ha o tobane le tshosetso ya boitshwaro. Sena se ka rarolla boemo bo tsitsipaneng haholo le ho thusa motho eo ho theola letswalo;
- Boloka dintho di le bonolo. Maemo a boima a baka ho teneha feela mme hape a ka mpe fatsa mathata a boitshwaro;
- Haeba motho eo a teneha le ho halefa, ho betere ho fumana motho e mong o sele ho se betsana le bothata boo mme mohlokamedi yena a tlohe sebakeng seo kapa a nke kgefu (phomolo). Mohlokamedi ya halefileng o tla kgona feela ho mpefatsa bothata ba boitshwaro;

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## Tips and Techniques:

Give stimulation that can be sensed emotionally, like music and touch;

Present objects with the quality of moderate novelty. Things that are familiar enough so that they do not frighten or confuse, but unusual enough so that they are of interest.

Give touch in a systematic way. Stimulate the person's forehead, cheeks, ears, neck, shoulders, back, forearms, hands, feet and lower legs through small circular stroking movements.

Use skin lotion to protect the skin;

Stimulate smell with bread, wood, soft soap, fur, camphor, yarn, etc;

Comb the person's hair and give him or her the opportunity to look in the mirror;

Stimulate taste buds;

Elicit listening behaviour and maintain attention by touching;

If the person speaks only in single words, then you should speak in single words. However, note that the person may be able to understand better than he/she can talk.

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- Bahlokamedi ba tlameha ho sebedisa ditsela tse fokotsang kगतello ya maikutlo ha ba teneha le ho halefa. Ho kga moya kapa ho bua le motho e mong ho ka ba le thuso. Hopola hore kगतello ya maikutlo e tswa mehloding e mengata, ho kenyeletswa bophelo ba motho boyena;
- Mathata a boitshwaro a bakwa ke lefu lena. Se ke wa nka dintho tseo motho enwa a di et sang le ho di bua ka tsela e tsotellang haholo. E mpa e le bokudi bo buang e seng yena;
- Eba le ditsela tsa boithahisetso ba maikutlo ha o batlana le tharollo ya boitshwaro bo soko disang;
- Sebedisa kelello e hlakileng ha o leka ho rarolla bothata ba boitshwaro.
- Boloka maikutlo a letsheho le maemong a boima ka ho fetisisa. Letsheho le tla o thusa ho thulana le ho teneha ho bakwang ke ho hlokomela motho eo o mo ratang ya tshwerweng ke Lefu la Alzheimer.

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