DEMENTIASA
managing alzheimer's and dementia care
PBO 930022142 NPO 049-191

ISIGABA SOKUQALA SESIFO I-ALZHEIMER'S

Umuntu ophethwe yilesi sifo angase angaboni ukuthi unenkinga. Izinhlu ezibhaliwe nezinye izikhumbuzo zingase zisize njengoba ikhono lakhe lokukhumbula lishintsha. Kungasiza nokuba nesimiso sezinto okumelwe azenze nendlela yokwenza imisebenzi.

Ngokuvamile, kuleli qophelo, lo muntu nomnakekeli wakhe basuke bengaboni ukuthi babhekene nenkinga yezempilo. Bangase babe nomuzwa wokuthi lezi zinkinga zidalwa ukukhathala okungapheli; ukucindezeleka ngokomqondo okungavamile, ukungabi nomqondo ozinzile, ubujaka nobuvila.

- Ukukhohlwa: Umuntu osekhulile angase aqale ukuba nenkinga yokukhohlwa izenzakalo zansuku zonke, kuyilapho inkumbulo yakhe yezinto ezindala isekahle. Angase aphinde imibuzo noma izinto ezisanda kushiwo, alahlekelwe ingxoxo noma akhohlwe ukuthi izinto uzibekephi;
- Ukulahlekelwa indawo: ngokuvamile umuzwa wokwazi ukuthi undawanaphi uyawohloka. Osekhulile angase alahleke endaweni ayijwayele noma angabe esakwazi ukuthola indlela eya esitolo. Kungase kuwohloke nomuzwa wakhe wesikhathi, njengokuthi angazikhumbuli izikhathi noma izinsuku zamaphoyimente (appointments) anawo;
- Ukulahlekelwa amakhono: Osekhulile angase akhohlwe indlela yokusebenzisa ithuluzi elithile noma akuthole kunzima ukusebenzisa ithuluzi noma umshini othile, njengezinto zikagesi, isixubho noma izinto zokudla ngazo;
- Ukukhohlwa amagama: Lo muntu angase akhohlwe igama elifanele noma igama lomuntu. Akhona olimini lwakhe, kodwa akakwazi ukuwasho;
- Ukushintsha Kobuntu: lo muntu angase abonakale eshintshile. Angase athule kakhulu, akhungatheke, ahluthuke kalula, athambe, azwele kakhulu noma angabacabangeli abanye abantu.
- Ukuba Nenkinga Nezimiso: Uya ephelelwa amandla okuhambisana nesimiso sasemsebenzini noma sasekhaya. Angase akhohlwe ukuthi izikweletu zikhokhelwe, noma angakwazi.

Ukungasakunaki Ukuzilungisa: Iyehla indlela azilungisa ngayo noma anaka ngayo inhlanzeko yomuntu siqu. Umuntu owayezilungisa kahle ngaphambili angase aba nobunuku, angagezi noma angakami.

Ukukhulumisana

Angase asebenzise amagama ahlobene eduze esikhundleni salawo asewalibele. Lapho ungakuqondi lokho umuntu ophethwe i-Alzheimer's akudingayo, mtshengise izinto ozicabangelayo, ube ubuza imibuzo enjengokuthi: "Ingabe ufuna isikhwama sakho semali? Ufuna ikamu yakho?" Lo muntu uyoba nenkinga futhi ekuqondeni nasekulandeleni iziqondiso. Gcina imisho yakho imifushane neziqondiso zakho zicacile. "Mama, goqa isikhafu." "Beka isikhafu eshalofini." "Vala ishalofu."

Amacebiso Nezindlela Zokwenza Izinto

1. Xoxani ngezindaba ezibalulekile ekuseni wonke umuntu esaqabulekile;
2. Gxilani endabeni eyodwa ngesikhathi;
3. Sebenzisa inkulumo eqondile, amagama abantu nawezinto;
4. Ungasebenzisi izabizwana noma amagama aqoqela ndawonye;
5. Amagama nezenzakalo kungase kulibaleke. Ungacasuki uma ekhohlwa izinsuku zokuzalwa noma zezinye izenzakalo ezikhethekile.

Izinkinga Zendlela Yokwenza

Izinkinga zendlela yokwenza zivame ukuba khona lapho lesi sifo sisaqala, ngaphambi kokuba ngisho nomnakekeli abone ukuthi lo muntu uphethwe yilesi sifo. Ngokwesibonelo, lo muntu angase athukuthele kalula lapho kwenzeka iphutha ngenxa yokukhohlwa kwakhe. Omunye angase athuke umnakekeli lapho eboniswa ukuthi ukhohlwe ukukhokha isikweletu esithile. Omunye angase athukuthele kakhulu lapho ebuza ukuthi kwenziwa yini ukuba kudlule izinsuku isihlobo esithile asithandayo singavakashile, abese etshelwa ukuthi besikhona izolo.

Lapho lesi sifo sesiseSigabeni Esimaphakathi, kusuke sekusobala ukuthi "kukhona okungalungile" nokuthi kudingeka ahlolwe abezokwelapha. Ngezinye izikhathi umuntu ophethwe yi-Alzheimer's angase angakuboni ukuthi kunokuwohloka okuthile komqondo wakhe. Ngisho nomuntu ozibonayo lezi zinguquko, angase angabe esazinaka njengoba isikhathi sihamba. Ukungabikezeleki kokuwohloka kwakhe nokushintsha kwekhono lakhe lokusebenza usuku nosuku kungase kwandise ukucindezeleka komnakekeli.

Izimpawu ziqina ngokwengeziwe eSigabeni Esimaphakathi futhi ngokuvamile zihlanganisa:

1. Ukukhohlwa izinto ezisanda kwenzeka: Ngemva kokuqeda ukudla, osekhulile angase abuze, "Kanti sizodla nini?"
2. Ukungasakhumbuli Abantu, Izindawo Nesikhathi: Umuntu okulesi sigaba angase angazi igama lesihlobo esiseduze noma ukuthi uhlobene kanjani nasonoma ahlehlisele isikhathi samanje eminyakeni engaba yishumi kuya kwengu-30 edlule:
3. Ukungasakwazi Ukwenza Izinto Ayenekhono Lokuzenza: Lo muntu angase angakwazi ukusebenzisa izinto zokudla ngazo, ukufasa amafosi ezicathulo noma ukusebenzisa umshini wokuwasha noma isitofu;
4. Inkinga Ngolimi: Kungase kudinge umzamo owengeziwe ukuveza imiqondo nezidingo zakhe ezinkingeni ezifuna asebenzise amagama amakhulu; imisho ingase ingabi nangqondo; angase akhulume ngokunensa;
5. Ukuzihlukanisa Nabantu: Osekhulile angase azizwe engakhululekile endaweni angayijwayele noma eqenjini labantu, athembele kubanakekeli futhi azizwe ecindezelekile ngokomzwelo;
6. Ukwanda Kokumane Enze Engacabangile, Ukuncipha Kokuzithiba: Angase asho amazwi angafanele awabhekise kubangane, abuze izihambi noma azame ukukhumula endaweni yomphakathi;
7. Isiyaluyalu: Osekhulile angase abonise intukuthelo noma ukukhathazeka uma engakwazi ukusho lokho akudingayo noma lapho ebhekene nezimo ezimdidayo. Ukukhungatheka kungaholela ekukhulumeni kwempi noma ekuboniseni ulaka ngezindlela ezingokoqobo, njengokumemeza noma ukujikijela ifenisha:
8. Ukungahlaliseki, Ukuyobayoba, Ukwehla Enyuka Endlini noma Ukuzula Okungenangqondo: Lo muntu angase azizwe engahlezi kahle esihlalweni futhi angase angakwazi ukuhlala isikhathi eside. Angase azulazule azungeze indlu noma ehle enyuka ephaseshi;
9. Ukozela: Lo muntu angase ahambe kancane futhi ahlushwe ubuthongo. Angase alale amahora ayishumi ebusuku futhi athathe isihlwathi emini. Lo muntu angase athathe isihlwathi ngisho nalapho ehlezi edla;
10. Izinkinga Zokulala Ezinkulu: Abanye balala amahora angu-14 kuya kwangu-16 ngosuku. Abanye balala amahora amabili kuya kwamane ubusuku ngabunye bathathe isihlwathi emini noma bangasithathi. Abanye baxuba umjikelezo wasemini nowasebusuku;
11. Isidingo Sosizo: Kumelwe kutholakale ukuqondiswa nosizo ngemisebenzi yansuku zonke, nakuba kungase kungadingeki njalo. Ngokwesibonelo, angase adinge usizo lapho egqoka izingubo ezithile noma nje eqala umsebenzi othile;
12. Ukushona Kwelanga: Njengoba ilanga lishona, ukudideka kwakhe kuyakhula;
13. Ukudungeka umqondo noma Ukubona izinto ezingekho: Kungase kube nobufakazi bokuthi umqondo wakhe udungekile noma ubona izinto ezingekho ngasekupheleni kosuku, kwesikabhadakazi noma lapho enabantu abathile kungakhathaliseki ukuthi kungasiphi isikhathi. Lapho lokhu kwenzeka kungase kungabi mnandi futhi kwethuse;

Izinguquko Endleleni Yokudla: Indlela yalo muntu yokudla ingase ishintshashintshe, ngokwesibonelo angase anciphe noma azimuke.

Ukukhulumisana

Kulesi sigaba ukukhumbula nokwazi amagama kuyancipha futhi nesikhathi sokugxilisa ingqondo entweni ethile siba sifushane. Umuntu ophethwe i-Alzheimer's angase ashintshe isihloko sendaba kaningi. Kungase kudingeke ukuba uphinde umbuzo noma umusho owodwa izikhathi eziningi futhi uwubeke ngezindlela ezihlukahlukene ngaphambi kokuba awuqonde.

Amacebiso Nezindlela Zokwenza

1. Yenza okuthile okungase kuvuselele imizwelo yakhe, njengomculo noma ukumthinta;
2. Xoxa ngezinto ngendlela ezenza zikhange futhi zibe nesisindo. Izinto azijwayele ngezinga lokuthi azisamethusi noma zimdide, kodwa ezingeyona insakavukela ukuze abe nelukuluku lokuzazi.
3. Mthinte ngendlela ehlelekile. Qale ngokumphulula ibunzi, izihlathi, izindlebe, intamo, amahlombe, umhlane, imikhono, izandla, izinyawo, imilenze. Sebenzisa amafutha okugcoba ukuze uvikele isikhumba sakhe;
4. Vuselela ikhono lakhe lokuhogela nge-*break*, iphunga lemithi, insipho enuka kahle, uboya, i-*camphor,* indwangu, njll;
5. Mkame izinwele futhi umnike ithuba lokuzibuka esibukweni;
6. Vuselela izinzwa zakhe zokunambitha;
7. Vuselela ikhono lakhe lokulalela, umgcine ekunakile ngokumthinta;

Uma lo muntu ekhuluma igama elilodwa ngesikhathi kuphela, nawe kufanele ukhulume igama elilodwa ngesikhathi. Phawula nokho ukuthi angase akwazi ukuqonda kangcono kunangendlela akhuluma ngayo.

Izinkinga Zendlela Yokwenza

Njengoba isifo siqhubeka, izinkinga zendlela yokwenza zinganda futhi zibe zinkulu. Abanye abantu abaseSigabeni Esimaphakathi baqala ukuba nokwesaba okungenangqondo ngabanakekeli babo, babadlinzekele noma babamangalele ngokuthi bebe izinto ezithile noma abathembekile. Abanye bayaphazamiseka lapho belele futhi bahambe ekhaya. Izihloko eziningiliza ngokwengeziwe ngeZinkinga Zendlela Yokwenza zitholakala eSiteshini Sokunakekelwa KwabaneSifo Se-Alzheimer & Nesokuwohloka Komqondo (Alzheimer's & Dementia Care Channel) nasencwadini ethi *"Coping with Alzheimer's Disease" Learning Resource Guide*

Izinguquko zesimiso sezinzwa zibonakala endleleni engokwemvelo izinzwa ezisabela ngayo lapho zithintwa. Lo muntu wethuka masinyane lapho ezwa umsindo omkhulu; uqinisa isandla lapho ebamba izinto nabantu futhi angadedeli, ikakhulu lapho exhawula; uncela izinto.

Umuntu oseSigabeni Sokugcina seSifo i-Alzheimer's uthembele ngokuphelele kumnakekeli. Umnakekeli umnikeza njalo isiqondiso nosizo kuyo yonke imisebenzi yansuku zonke; ukuya endlini yangasese, ukudla, ukugqoka, ukugeza nokuhamba. Kudingeka kakhulu ukuba umnakekeli abe nekhefu njalo lokuphumula phakathi nalesi sigaba.

Kulesi sigaba, umuntu uyodinga ukunikezwa njalo isiqondiso nosizo. Izimpawu zakhona zihlanganisa:

1. Inkumbulo Encane Noma Engasekho Nhlobo: Inkumbulo yezinto ezisanda kwenzeka nezindala isuke isiphazamiseke kakhulu:
2. Uba Nenkinga Enkulu Yokukhulumisana Nabanye: Lo muntu angase angakwazi ukukhuluma noma ukuqonda amazwi;
3. Ukungasababoni Abomndeni Noma Abangane: Lo muntu angase angasaziboni esibukweni. Angase acabange ukuthi umuntu ashade naye ungomunye umuntu angamazi noma ukuthi umuntu ambona esibukweni ungumuntu angamazi.
4. Isidingo Sosizo: Lo muntu udinga usizo emisebenzini nasekuxhumaneni kwakhe nabanye abantu;
5. Ubunzima Bokukhumbula Indlela Yokudla: Lo muntu angase abe nobunzima bokuvumelanisa izinyathelo zokuluma, ukuhlafuna nokugwinya, njll. Nakuba edla ukudla okunomsoco futhi ethasisela nangezinye izinto, ngokuvamile uyancipha emzimbeni;
6. Ukungasakwazi Ukulawula Indle Nomchamo:

Ukuba Nobunzima Bokuvumelanisa Ukunyakaza Komzimba: Lo muntu angase ahambise okomuntu odakiwe. Angase abe nedumbe lapho ecosha izinto noma angakwazi ukuzibamba

1. Uba Buthaka Ngokwengeziwe: Imisipha iba buthaka futhi ungenwa kalula izifo ezidluliselwa amagciwane nezinye izifo zomzimba;

Umjikelezo Wokulala Uyaphazamiseka: Lo muntu angase akwazi ukulala kuphela lapho ephuze imilaliso.

Amacebiso Okukhulumisana:

Lapho esezokufa, umuntu oneSifo i-Alzheimer's ulahlekelwa cishe yilo lonke ikhono lokukhuluma noma lokuqonda. Kokubili inkumbulo yakhe yezinto ezindala nezisanda kwenzeka iphazamiseka kakhulu futhi uthembela ngokuphelele kumnakekeli.

1. Qhubeka ukhuluma ngendlela enomusa, ethule futhi umbhekile;
2. Mbhambathe noma umphulule. Mthinte ngothando;
3. Momotheka. Nakuba eselahlekelwe yikho konke, ukumomotheka kungamenza azole futhi ajabule.

Izinkinga Zendlela Yokwenza

Lo muntu angase aklabalase noma amemeze kungafanele futhi angase enqabe lapho umnakekeli ezama ukumsiza ukuba ageze, agqoke noma ngezinye izinto zokumnakekela. Abanye odokotela bangamnika imithi elwa nokuphazamiseka kwengqondo noma ethoba imizwa.

Iziqondiso Zokubhekana Nezinkinga Zendlela Yokwenza

- Yonke into ephathelene nalo muntu ingaba nomthelela ezinkingeni zendlela yakhe yokwenza;
- Kudingeka ukuba uchwepheshe oqeqeshiwe ahlole ngokuphelele osekhulile, indawo ahlala kuyo nomnakekeli wakhe ukuze bakwazi ukubona indlela abangalekelela ngayo;
- Zicabangele kusengaphambili izimo ezingase ziholele ezinkingeni zendlela yokwenza futhi uhlele nendlela ozobhekana ngayo nazo;
- Ukuzama ukuphikisana noma ukubonisana nomuntu oneSifo i-Alzheimer's kuvame ukumane kuholele ekukhungathekeni komnakekeli nosekhulile. Akulula ukunqoba impikiswano nomuntu oneSifo i-Alzheimer's:
- Susa umqondo wakhe futhi uwuphambukisele kwenye into noma nini lapho kungenzeka khona:
- Gcina isimiso sezinto okumelwe azenze singashintshile. Izinguquko esimisweni sabo ziyabacasula abantu abaneSifo i-Alzheimer's futhi zingabangela izinkinga endleleni yakhe yokwenza:
- Menze azizwe elondekile futhi umduduze lapho kuvela inkinga yendlela yokwenza. Ukwenza kwakhe izinto ngendlela edala izinkinga ngokuvamile kwenzeka lapho umuntu ethukile futhi engakwazi ukuqonda indawo akuyo.

- Sebenzisa izinto ezizomqinisekisa njengokudla, ukumomotheka, ukumthinta ngomusa, ukumnaka nokumncoma kakhulu. Lezi zinto ziphumelela ngaphezu kokulwisana naloko akwenzayo:
- Yenza umuntu oneSifo i-Alzheimer's azizwe esenamandla okulawula ukuphila kwakhe ngezinga elithile. Kubalulekile ukungamehlisi isithunzi umuntu ngisho nomuntu osesangene:
- Hlale uzolile lapho enza ngendlela ekusongelayo. Lokhu kungadambisa isimo esishubile futhi kusize umuntu ukuba angethuki kakhulu;
- Gcina izinto zilula. Izimo eziyinkimbinkimbi zingamane zibangele ukukhungatheka futhi zikhulise izinkinga zendlela yokwenza;
- Uma umnakekeli ekhungatheka futhi ethukuthela, kungcono ukuthola omunye umuntu ozosingatha leyo nkinga futhi acele umnakekeli ukuba asuke kuleyo ndawo noma athathe ikhefu (isikhathi sokuphumula). Umnakekeli othukuthele uyomane ashubise inkinga yendlela yokwenza yalo muntu;
- Abanakekeli kufanele basebenzise izindlela zokunciphisa ukucindezeleka lapho bekhungatheka futhi bethukuthela. Ukudonsa umoya kakhulu noma ukukhuluma nothile kungaba usizo. Khumbula ukuthi ukucindezeleka kubangelwa izinto eziningi, ezihlanganisa nokuphila komuntu;
- Izinkinga zendlela yokwenza zibangelwa yilesi sifo. Ungathathi sengathi izinto azishoyo noma azenzayo lo muntu ziqondiswe kuwe. Akuyena osuke ekhuluma, yisifo;
- Yiba nekhono lokusungula amakhambi lapho ufuna amakhambi okubhekana nendlela yokwenza eyinkinga;
- Sebenzisa umqondo lapho uzama ukuxazulula inkinga yendlela yokwenza.
- Londoloza ikhono lokubona ihlaya ngisho nasezimweni ezinzima kakhulu. Ukuhleka kuyokusiza ukuba ubhekane nokukhungatheka okubangelwa ukunakekela umuntu omthandayo oneSifo i-Alzheimer's.

Amaphuzu:

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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

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www.dementiasa.org