

ImiThetho-siseko enguNdoqo Yokuqonda nokuK-hathalela umntu onesifo i- Alzheimer

1. Mphathe ngembeko nangondiliseko lo mntu

- a) Musa ukumphatha ngokungathi akakho/ebengekho lo mntu.
- b) Musa ukuhlekisa ngentetho okanye ngendlela yokuziphatha engeyiyo. Ukuhlelekisa kungalunga kakhulu xa kusenziwa ngexesha elililo.

2. Imisebenzi yenze lula

- a) Umsebenzi ngamnye okanye intshukumo nganye yicalu-calule ibe ngamanyathelo alula.
- b) Luqingqe ukhetho.
- c) Nika ixesha lokuhamba kancinci kwemiyalezo ukufikelela engqondweni.
- d) Khuthaza umntu lowo ngenyathelo ngalinye, oko kukuthi, "Wenza kakuhle kakhulu".

3. Gcina ummandla ongqongileyo uzolile kwaye unemvakalo yoxolo

- a) Izandi namazwi azolileyo ngawona alungileyo. Umculo uyathuthuzela.
- b) Mbambe ngenkuthalo xa oko kulungile.
- c) Nqanda izothuso zeentshukumo ezisuka zenzeke kungalindelwanga.d) Gcina ummandla ongqongileyo ungaguqu-guquki kangangoko unako. Nditsho notshintsho olincinane lungaxhalabisa.

4. Yazazi ukuba mawenze ntoni xa umntu lowo exhalabile

- a) Zama ukufumana intsusa yenkxalabo. Ingaba ufuna ukusebenzisa igumbi lokuhlambela? Ingaba uyagula okanye uva iintlungu?
- b) Tshintsha into ebekuthethwa ngayo ukuba ngaba ikhangeleka imkhathaza umntu lowo.
- c) Phazamisa uzame ukumenza athathe inxaxheba komnye umsebenzi.

5. Sebenzisa uluvo oluyinyani lwesigulana

- a) Indawo eyinyani yokubhekisela (ngaphandle kwexesha nendawo ngamanye amaxesha) ayilunganga kwabo balahlekelwe ngokumandla yinkumbulo.
- b) Khumbula ukuba inyani yabo yahlukile kweyakho. Nglo lonke ixesha kuyimfuneko, hamba nalo mntu uze "ube kwihlabathi labo". Musa ukuxambulisana kuba oko akusayi kuba namvuzo mhle.

6. Khumbula ukuba inyameko iyafuneka

- a) Isifo i- Alzheimer senza ukuba umntu abe nolawulo oluncinane okanye lungabikho kwindlela yokuziphatha engaqhelekanga yokuthetha, eyomzimba neyesondo.
- b) Umntu akakhumbuli kakuhle qho ngokucinga kwexesha elidlulileyo okanye ngeendlela zokuziphatha ukuba asoloko ephendula ngendlela eyiyo.
- c) Qonda ukuba okunokukhangeleka ngathi yindlela ebhucayo yokuziphatha sisifo.

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

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