



## Maano a Motheo Ho utlwisisa le ho Hlokomela motho ya nang le Lefu la Alzheimer

### 1. Tshwara motho eo ka tlhompho le seriti

- a) Se ke wa tshwara motho jwalo ka ha eka ha a teng.
- b) Se ke wa etsa metlae e mabapi le dipuo tse makatsang tseo a di buang. Letsheho le ka ba monate ha le etswa ka nako e lokelang.

### 2. Nolofatsa mesebetsi

- a) Arola mosebetsi le tshebetso ka nngwe ka mehato e bonolo.
- b) Etsa meedi dikgethong.
- c) Dumella nako ya hore a thuse melees butle.
- d) Kgothatsa motho eo mohatong ka mong, k.h.r. "O tswella hantle."

### 3. Tswellelsa tikoloho e iketlileng, e hlabollang

- a) Medumo le mantswe tse bobebe di molemo ka ho fetisisa. Mmino o ka phutholla motho eo.
- b) Thetsa motho eo ka tsela e mo kgothatsang ka nako e lokelang.
- c) Qoba ho mo tshosa le metsamao e tlerohang.
- d) Boloka tikoloho e tsitsitse ka hohle ka moo ho kgonehang. Le diphetoho tse bobebe feela di ka mo kwatisa.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
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#### 4. Tseba hore o lokela ho etsa eng ha motho eo a kgathatseha

- a) Leka ho fumana hore mohlodi wa se mo tshwenyang ke eng. Na o hloka ho sebedisa ntlwana? Na o a kula kapa o a opelwa?
- b) Fetola taba eo le buang ka yona haeba e bonahala e kgathatsa motho eo.
- c) Mo kgelose maikutlo le ho leka ho mo kenya tshebetsong e fapaneng.

#### 5. Sebedisa tjebo ya mokudi ya seo e leng nnete

- a) Tlwaetso ya seo e leng nnete (ntle le ka nako e nngwe bakeng sa nako le sebaka) ha e sebetse ka katleho bakeng sa batho ba tshwerweng ke tahlehelo ya kgopolo.
- b) Hopola hore seo e leng nnete ho bona se fapane le seo wena o se bonang. Hohle moo ho kgonehang, dumellana feela le motho eo mme “o be lefatsheng la hae”. Se ke wa pheha kgang le yena kaha sena se ke ke sa ba le molemo.

#### 6. Hopola hore mamello e bohlokwa

- a) Lefu la Alzheimer le ka ba le taolo e nyane kapa la hloka taolo mabapi le boitshwaro bo makatsang ba puo, mmele kapa tsa thobalano.
- b) Motho hangata a ke a hopola dintho tse lekaneng mabapi le dibopeho tsa maikutlo kapa boitshwaro ba hae ba nakong e fetileng e le hore a kgone ho arabela ka tsela e nepahetseng.
- c) Utlwisisa hore se ka bonahalang eka boitshwaro bo nkang monyetla ka batho ba bang e mpa e le tsela eo lefu lena la bona le leng ka yona feela.

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## Dinoutsu:

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