

ABANAKEKELI – UKUZINAKEKELA WENA

Akuve kulula ukungazinaki izidingo zakho lapho unakekela umuntu onokuwohloka komqondo, ukhohlwe ukuthi nawe ubalulekile. Kubalulekile ukuba uthathe izinyathelo zokuvikela impilo nenhlalakahle yakho siqu, ukuze ukwazi ukubhekana nalesi simo futhi uqhubeke uzethemba. Nakhu ukusikisela okumbalwa.

Imfomesheni

Zama ukuthola ukuthi yiluphi usizo noma izinkonzo (ukunakekela okwesikhashana) ongase ukutholele umuntu onokuwohloka komqondo ngaphambi kokuba ukudinge. Ngaleyo ndlela uyokwazi lapho ungaya khona uma leso sikhathi sifika. Buza udokotela wakho, uMnyango Wezenhlalakahle, i-Dementia SA. Inamba yocingo yoMnyango Wezenhlalakahle uyoyithola encwadini yezingcingo ngaphansi kwesihloko esithi, Local Government. Abe-Dementia SA bazokutshela ukuthi ungaxhumana kanjani neqembu lomasakhane eliseduze nawe. Phikelela uma kudingeka. Kuyilungelo lakho ukuthola usizo.

Umndeni Nabangane

Nakuba kungenzeka ukuthi okwamanje usakwazi ukubhekana kahle nesimo, kudingeka uqaphele ukuthi ukunakekela umuntu onokuwohloka komqondo kuyokukhandla ngokomzimba nangokomzwelo.



- Zama ukwenza ukuba namanye amalungu omndeni abandakanyeke kwasekuqaleni ukuze lo mthwalo ungabi semahlombe akho wedwa you. Ngisho noma bengenakukwazi ukumnakekela nsuku zonke, bangase bakwazi ukumnakekela lapho wena usathathe ikhefu. Noma bangase bakwazi ukunikela ngemali ezindlekweni zokumnakekela.

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- Lwamukele njalo usizo olufanele lapho abangane noma omakhelwane befisa ukukunikeza lona. Uma uthi awuludingi bangase bangacabangi ukukubuza nangesinye isikhathi.
- Sikisela izindlela abanye abantu abangasiza ngazo. Ngokwesibonelo, bacele ukuba bahlale nalo muntu ihora elilodwa noma belule izinyawo nesiguli, ukuze ukwazi ukwenza ezinye izinto.
- Yenza kucace ukuthi uyakwazisa ukusekela kwabantu futhi ubazise ukuthi ukuvela kwabo ngenjongo nje yokuzoxoxa noma ukukushayela ucingo njalo babuze impilo kungenza umahluko omkhulu.
- Chazela umndeni wakini nabangane abaseduze indlela ukuwohloka komqondo okungathinta ngayo indlela yomuntu yokwenza izinto.
- Ukucindezeleka komnakekeli ngokomqondo kungenye yezingazi ezingabangelwa ukuxhashazwa kwabantu abadala. Cobelelana nabo imfomesheni. Bayokwazi ukukuqonda ngokwengeziwe ukuthi kungani lo muntu ebonakala eguquguquka endleleni yakhe yokwenza, nokuthi ungakanani umthwalo osemahlombe akho nokuthi ungakucindezela kanjani ngokomqondo.

See your GP on a regular basis for a check up and make sure he/she is aware of any stresses and problems you are experiencing.

Impilo yakho

Bonana nodokotela wakho njalo ukuze akuhlole futhi qiniseka ukuthi uyamtshela nganoma iziphi izingcindezi nezinkinga ohlangabezana nazo. Uma uqala ukuzizwa ucindezeleke kakhulu ngokomzwelo nangokomqondo, noma ukhathazekile, bonana nodokotela wakho ngokushesha ngangokunokwenzeka. Kulula ukusingatha lesi simo

- isaqala ngaphambi kokuba sibe esingalawuleki.
- Zama ukuqinisekisa ukuthi udla ukudla okunazo zonke izondla-mzimba ezidingekayo. Kuyokusiza ukuba uzizwe ungonono futhi ukwazi ukubhekana nesimo.
- Qiniseka ukuthi wena ulala ngokwanele. Uma lo muntu onokuwohloka komqondo ekuphazamisa njalo lapho ulele, cela iseluleko sikadokotela wakho, isazi sezifo zengqondo (psychiatrist), isazi sokusebenza kwengqondo (psychologist) noma usonhlalakahle.
- Qaphela ukuba ugweme ukuzilimaza iqolo uma umsiza ukuba asuke endaweni ethile aye kwenye. Udokotela wakho noma owelapha ngokuvocavoca umzimba (physiotherapist). uyokwazi ukukweluleka.
- Ukuvivinya umzimba njalo kubalulekile ukuze ube nempilo enhle futhi kuyokunika amandla engeziwe. Zama ukuhamba endaweni enomoya omusha nsuku zonke uma ukwazi noma uvivinye umzimba ekhaya.

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- Udokotela wakho noma i-*physiotherapist* bangakweluleka ngezindlela ezilula zokuvivinya umzimba ongazilandela ekhaya.

Isimo Sezomthetho Nesezimali

- Isimo sakho sezimali nesomthetho singase sithinteki lapho unakekela umuntu onokuwohloka komqondo.
- Uma usebenza futhi kudingeka ukuba uyeke umsebenzi wakho okwesikhashana noma unomphelo, hlola ukuthi sinjani isimo sezinzuzo zempesheni ongayithola nokuthi itholakala kanjani.
- Thola ukuthi yiyiphi indlela engcono kakhulu yokusingatha isimo sezimali sesiguli; kungase kudingeki ugcwalise ifomu lokuba wumphatheli (curatorship) uma lo muntu onokuwohloka komqondo enempahla noma imali ebhekekile.
- Hlola esakho isimo ngokuphathelene nekhaya lalo muntu nezimali zakhe uma kwenzeka adinge ukunakekelwa isikhathi eside noma eshona. Kuhlukile uma kungumuntu oshade naye, ingane, umngane noma umnakekeli.

Ziphe isikhathi okungesakho

- Qiniseka ukuthi uba nesikhathi sakho sokuphumuza umqondo noma sokuzenzela okuthile.
- Uma lo muntu omnakekelayo engenakushiywa yedwa, cela abangane noma abomndeni ukuba bakuphumuze noma ubuze ukuthi yiziphi izinkonzo ezitholakalayo endaweni ezinjengekhaya elinakekela abagulayo, elibanekekela emini noma elinendawo yokubahlalisa isikhathi esithile eside.
- Zama ukubekela eceleni isikhashana sakho nsuku zonke uma ukwazi, ngokwesibonelo – ukuze uphuze itiyi noma ufunde iphephandaba noma ulalele umculo, noma wenze iziphicaphicwano zamagama noma uthi ukulula izinyawo.
- Ungabi nomuzwa wokuba necala ngalokhu.
- Zama ukuphuma okungenani kanye ngesonto uyobona umngane, uyolungisa ikhanda, uyokwenza umsebenzana wokuzilibazisa noma uqhubeke uya ezinkonzweni zesonto. Kubalulekile ukuba wenze okuthile okujabulelayo okuyokwenza uhlale unolwazi ngokwenzekayo ezweni.

- *Make sure that you have some time to yourself to relax or to do something which is just for you.*
- *Time to yourself*

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- Zama njalo ukuthatha ikhefu lempelasonto noma izinsuku ezithile ukuze ukhokhe umoya. Thola ukuthi yiziphi izinkonzo zomasakhane ezitholakalayo endaweni yakini nokuthi zibiza kangakanani. Noma cela ilungu lomndeni noma umngane ukuba asale nalo muntu ogulayo.

Izimfuneko Ezingqubuzanayo

- Zama ukungazicinanisi. Awukwazi ukwenza yonke into, ngakho ungase uzizwe uhlukeno phakathi ngoba uzama ukunakekela izingane, ukunakekela othile ogulayo noma ukuya emsebenzini ube unakekela nomuntu onokuwohloka komqondo.
- Zama ukuqiniseka ukuthi abantu osondelene nabo bayaziqonda izinselele obhekene nazo nokuthi bangasekela.
- Bheka ukuthi zikhona yini izinkonzo zabantu abanenkinga yokulahlekelwa umqondo ezingakuphumuza ngezanga elithile ekucindezelekeni kwakho.

Ukusekelwa

Noma ubani ongunakekeli udinga ukusekelwa nabantu angase axoxe nabo ngemizwa yakhe.

Ungase uthole ukusekelwa okudingayo kubangane noma emndenini, kochwepheshe abaqondayo noma eqenjini lendawo lomasakhane lapho ungase uxoxe khona nabanye abaye bahlangabezana nesimo esicishe sifane nesakho futhi abasiqonda ngempela ukuthi sinjani.

Zincome

Ngezinye izikhathi ungase ube nomuzwa wokuthi wenza umsebenzi okungekho muntu ozokubonga ngawo. Umuntu onokuwohloka komqondo angase abonakale engayazisi imizamo yakho futhi nabanye bangase bangazi ukuthi kungakanani ngempela okwenzayo. Kudingeka uzincome wena njalo ngezikhathi ezithile:

- Ngokwenza okusemandleni akho ukuze uthuthukise izinga lempilo yomunye umuntu.
- Ngokukwazi ukubhekana nesimo esinzima kakhulu.
- Ngokubekezela, ukuzivumelanisa nezimo nokuthola amandla namakhono amasha obungazi ukuthi unawo.

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