PBO 930022142 NPO 049-191

# Ukuphepha ekhaya

***Lapho unakekela umuntu onokuwohloka komqondo, kubalulekile ukukuqonda ngokufanele ukuthi kunini lapho kumelwe umyeke khona azimele futhi kunini lapho kumelwe umvikele khona. Ayikho indawo okungathiwa ayinazo neze izingozi kunoma ubani kithi. Cishe uyovuma ukuthi izingozi ezithile ezincane azigwemeki, kodwa zikhona izinyathelo ezinengqondo ongazithatha zokuvikela izingozi. Nanka amacebiso ambalwa .***

Ukuwohloka komqondo kuholela ezinguqukweni emakhonweni nasendleleni yokwenza izinto yomuntu onayo. Lokhu kubangelwa ukudlanga kwalesi sifo. Kuyodingeka ukuba uziqaphele lezi zinguquko futhi uzivumelanise nazo njengoba kudingeka.

Yebo, umuntu ngamunye onokuwohloka komqondo uhlukile nesimo sekhaya ngalinye sihlukile. Nokho, nazi izinto ezingaba yingozi:

- ***Assess the home : look at it through the eyes of someone with dementia***
- ***Physical disabilities make it harder to carry out some activities.***
- ***A person's sense of balance and speed of reaction tend to de-cline, as one gets older.***

- Ikhono lokuzinza (balance) nelokusabela ngokushesha livame ukuncipha, njengoba umuntu ekhula.

- Ukukhubazeka emzimbeni kwenza kube nzima ukufeza imisebenzi ethile.

- Ukuwohloka komqondo kuthinta inkumbulo nekhono lokwahlulela isimo. Ithinta nokuqonda, ngakho umuntu onale nkinga ngeke ayibone into eyingozi kuye noma kwabanye abantu.

- Ngokuvamile abanakekeli basuke bekhathele futhi becindezelekile. Izingozi zivame ukwenzeka lapho umuntu ecindezelekile.

Ref. speedysigns.com/images

## Ukugwema izingozi

Kuyinto engenakugwemeka ukuba abanakekeli bazizwe bekhathele futhi becasukile ngezikhathi ezithile. Ngeshwa umuntu onokuwohloka komqondo uyoyibona indlela ozizwa ngayo esimweni sobuso bakho noma ngokushukuma komzimba wakho, ngisho noma ungashongo lutho. Uma lokhu kwenzeka, donsa umoya kakhulu bese uthi ukuyeka okwenzayo isikhashana. Okungcono nakakhulu ukuba 'uphume' imizuzu embalwa.

I-*occupational therapist* ingase ikweluleke ngezindlela ongenza ngazo ikhaya lakho liphephe nangezinsiza zokuphasa umuntu onokuwohloka komqondo. Udokotela wakho, abaseMtholampilo noma abaseSikhungweni Sempilo Somphakathi bangakuxhumanisa naye.

*"Handrails in the passages and on the stairs, grab rails in the bathroom and toilet will help if a person is un-steady on their feet."*

## Ukukhanya

- Qiniseka ukuthi ukukhanya okusemzini wakho kwanele ukuba nobabili nikwazi ukubona kahle enikwenzayo.
- Uma umuntu omnakekelayo ethanda ukuvuka ebusuku, shiya isibani sasephaseshi sikhanya lapho uya kolala futhi ukhanyise nesibani esingakhanyi kakhulu ekamelweni lakhe.
- Ukukhanya kufanele kufinyelele yonke indawo ngokulinganayo
- Izibani ezikhethekile
- Qiniseka ukuthi isibani sasendlini encane sishiywa sikhanya ukuze akwazi ukubona indlela ebusuku.

## Izinsiza Nezinto Ezidinga ukuvunyelaniswa naye

Lungisa indawo ivumelane naye kunokuzama ukufundisa umuntu onokuwohloka komqondo ngokuphepha.

Izinto zokubambelela emaphaseshi nasezitebhisini, izinto zokubambelela endlini yokugezela nasendlini yangasese, ziyosiza uma lo muntu engasakwazi ukuzimelela ngokwakhe. Ngokufanayo, kungalungisa nezinto ezithile ezivumelana naye ukuze aphephe lapho egeza. I-*occupational therapist* ingakweluleka ngazo.

## Ukuwa

Amadolo abantu asebekhulile avame ukuxega futhi kuvame kakhulu ukuba bawe. Lokhu kungaba yingozi. Hlola ekhaya lakho izinto ezingase zimwise njengezingubo eziphansi, okhaphethi abanyakazayo, ikakhulukazi ezitebhisini nasezindlini ezinephansi elishelelayo. Khumbula ukususa izintambo ezihamba phansi, ifenisha exegayo nezinto ezimahlikilili ezibekwe phansi. Qiniseka ukuthi amanzi noma uketshezi oluchithekile lusulwa ngokushesha ukuze uvimbele ukushelela.

Uma lo muntu ewa futhi kubonakala sengathi ulimele kakhulu, ungazami ukumsusa noma ukumnika okuphuzwayo. Uma ephuke ithambo angase adinge isibulala-mizwa kamuva. Mgcine efudumele futhi ubize i-ambulense.

## Izinto eziyingozi

- Beka njalo imithi namakhemikhali futhi uvalele amakhemikhali asetshenziswa ekhaya kude nomuntu onokuwohloka komqondo. Uma engakwazi ukuziphuzela imithi yakhe ngokuphepha, kuzodingeka wenze ilungiselelo lokuba ayinikwe umuntu ofanelekayo. Ungathola amabhodlela ayokusiza ukuba ufake izilinganiso zemithi yesonto lonke kosokhemisi. Cela udokotela wakho ukuba akusize ngalokhu uma kuyinkinga.
- Khiyela noma yiziphi izinto ezinobuthi njengomuthi wokukhipha upende, i-*bleach* noma isibulala-magciwane. Umuntu onokuwohloka komqondo angase angaboni ukuthi ziyini lezi zinto bese eziphuza. Uma ucabanga ukuthi lo muntu udle okuthile okunobuthi, shayela i-ambulense noma umyise masinyane emnyango wabalimele nowezimo eziphuthumayo. Thatha ibhodlela nanoma yini esele kulo lalobo buthi uhambe nalo ukuze udokotela akwazi kubona ukuthi ikuphi ukwelapha okumelwe amnikeze khona.
- Yiba neso endleleni abhema ngayo uma kudingeka
- Qaphela izinto angase acabange ngephutha ukuthi ziwukudla
- Yenza imisebenzi ibe lula, ibe yizinyathelo eziqondakalayo.
- Msekele ezidingweni zakhe – ungazami ukwenza ikhaya libe “indawo engenazingozi.”
- Lilungise ukuze livumelane nayo, kodwa ugcine indawo ivumela ukuba nivakashelwe, nenze imisebenzi enenjongo, futhi umvumele azimele/azikhethele ezintweni ezincane.

*“Beware of items mistaken for food.”*

- Yenza kungangeneki ezindaweni ezingaba nobungozi endlini noma ukba zingasebenziseki kalula izinto ezinjalo, ngokwesib. izingidi, ompompi.

## Ikhishi

Uma lo muntu engasakwazi ukubona ingozi, qiniseka ukuthi uyazisusa izinto ezingaba nobungozi njengemimese ebukhali nezikele. Izinto ezidingwa nsuku zonke kufanele zibekwe endaweni efinyeleleka kalula.

Uma kudingeka, faka ivaluvu ezimele esitofini segesi ukuze angakwazi ukusivulela futhi asishiye sivutha lapho usaphumile futhi ube negedlela kagesi ezicimayo.

Izingozi ziyenzeka. Uma lomuntu ethelwa uketshezi olushisayo noma ezishisa, thela amanzi abandayo kuleyo ndawo okungenani imizuzu eyishumi ukuze unciphise amandla omlilo nobuhlungu. Isikhumba esishile singase sivuvukale, ngakho susa noma yini embambayo njengewashi noma indandatho. Ungamgcobi amafutha. Vala le ndawo ngendwangu ehlanzekile, engashiyi iziboya. Thintana nodokotela umchazele ngalokhu kulimala noma uyise lo muntu emnyango oseduze wabalimele nowezimo eziphuthumayo. Ungakhohlwa ukutshela udokotela noma abasebenzi basesibhedlela ngokuwohloka komqondo walo muntu ngendlela enobuhlakani ngangokunokwenzeka.

## Ukufudumeza indlu

- Umlilo noma *i-heater* kungaba yingozi kumuntu onkumbulo nokhono lakhe lokwahlulela isimo likhubazekile.
- Ngaso sonke isikhathi, faka into ezonqanda ukubhebhetheka komlilo
- Ungalokothi nanini womise izingubo phezu komlilo noma kwe-*heater.*
- Ungalokothi uthathe i-*heater* ephathekayo ungene nayo endlini yokugezela
- iniseka ukuthi zonke izinto zegesi nezikagesi zihlolwa njalo ukuthi zisesimweni esihle.
- Ivalvu yokwenza kube kodwana ingase ifakwe emlilweni wegesi ngendlela efanayo nokuyifaka esitofini segesi.
- Kwamanye ama-*heater* ungakwazi ukucupha isikhathi nezinga lokushisa.
- Cima inkinobho evulela amanzi ashisayo ku-*geyser* nasemphongolweni wamanzi ashisayo.

## Ezinye izinyathelo zokuphepha

Kufanele ufake imishinyana ekhalayo uma kunegesi noma intuthu. Ngisho noma lo muntu onokuwohloka komqondo ehlala yedwa, futhi engenakukwazi ukusabela lapho kukhala inhlabamkhosi, cishe abanye, njengomakhelwane noma abantu abadlula njalo ngakuleyo ndlu bayokwazi ukuthatha isinyathelo esifanele. Ungazicupha lezi zinhlabamkhosi ukuba ziqaphelise nabanye ngalesi simo, njengezinkampani zonogada noma inhlangano yomakhelwane abaqapha indawo.

Uma amanzi akumpompi eshisa kakhulu, cisha inkinobho ewashisisayo.

Izingubo zikagesi ezishisisa umbhede zingaba yingozi kakhulu kubantu abankumbulo yabo ikhubazekile.

Umuntu onokuwohloka komqondo obhemayo usengozini yokokhela umlilo ngoba angase akhohlwe ukuthi wokhele ugwayi bese ewushiya uvutha noma azumeke esabhema.

Lena enye yezinto eziyinkinga okudingeka ukuba umnakekeli ahlukanise khona phakathi kokuyingozi nokuphephile kanye nokubaluleka kwempilo. Uma uhlala nomuntu obhemayo onokuwohloka komqondo, kungase kube okuphephe kangcono kini nobabili uma kunguwe ogcina ugwayi noma umentshisi. Uma kunokwenzeka, faka imishinyana ekhalayo uma kunentuthu endlini.

## Cela omakhelwane

Uma lo muntu ehlala yedwa noma uma ungabi sekhaya izikhathi ezinde, umakhelwane onomusa angase avume ukudamane ephonsa iso ukuze abone uma kuba khona izimpawu zokuthile okungahambi kahle. Mshiye nabanye okhiye bendlu kanye nenamba yocingo angase akuthinte kuyo uma kudingeka.

## Ukungena

Uma lo muntu ehlala yedwa kubalulekile ukuqiniseka ukuthi uyakwazi ukungena kuleyo ndlu umakudingeka. Ngakho, kungase kungabi umqondo omuhle ukusebenzisa umshudo emnyango ongaphambili. Izinhlabamkhosi ezikhala lapho umuntu odinga usizo ezicindezele azisizi ngalutho uma umuntu enokuwohloka komqondo njengoba ugeke wethembe ukuthi uzoyicindezela inhlabamkhosi. Kungcono ukucabangisisa ngesimo esinjalo kusengaphambili, ukuze uma kuphakama isimo esibucayi, ukwazi ukubhekana naso ngaphandle kokukhathazeka obekungagwenywa kokuthi uzongena kanjani.

# Amaphuzu:

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DEMENTIASA
managing alzheimer's and dementia care

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## Izinamba eziwusizo

- Kuwumqondo omuhle ukuhlale unohlu lwezinamba eziwusizo olubekwe endaweni efinyeleleka kalula.  Ngokwesibonelo:
- Izinamba zezimo eziphuthumayo eziphathelene negesi, amanzi nogesi
- Udokotela nesibhedlela
- Isisebenzi sezenhlalakahle nomuntu ongakuxhumanisa nabahlengikazi abanakekela iziguli emakhaya uma bebandakanyekile.
- Amaphoyisa endawo
- Uchwepheshe wezinto zikagesi, umuntu osebenza ngamapayipi amanzi, umakhi noma umuntu owenza okhiye
- Inkampane yendawo yamatekisi
- Izinamba zocingo ongathintwa kuzo lapho ungekho.
- Inamba yocingo ye-Dementia SA.

## Hlanganisa nemininingwane enjengale:

- Singatholakala kuphi isigubhu sikagesi
- Singatholakala kuphi isigubhu samanzi
- Lapho kungacishwa noma kuvalwe khona ugesi namanzi.
- Lingatholakala ibhodi elinenkinobho  ewisa ugesi uma kudingeke.

Abantu okudingeka babe nalolu lwazi kufanele batshelwe ukuthi bangaluthola kuphi lolu hlu

# Notes:

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