

## MATSHWAO A PELE A LEFU LA LA ALZHEIMER LE TSHENYEHO YA METHAPO

1. Tahlehelo ya kgopolo e amang ditsebo tsa tshebetso
2. Bothata ba ho phetha ditshebetso tse tlwaelehileng
3. Mathata a puo
4. Pherekano ya nako le sebaka
5. Phokotseho kapa ho se kgone ho etsa diqeto tse ntle
6. Mathata a ho nahana ho kgelohileng
7. Ho beha dintho dibakeng tse sa lokelang
8. Diphetoho tsa maikutlo kapa boitshwaro
9. Diphetoho sebopehong sa botho
10. Tahlehelo ya boikitlaetso



Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
[info@dementiasa.org](mailto:info@dementiasa.org) or [support@dementiasa.org](mailto:support@dementiasa.org) [www.dementiasa.org](http://www.dementiasa.org)

**National Helpline 0860 MEMORY / 0860 636 679**

## Dinoutsu:

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### Contact us:

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