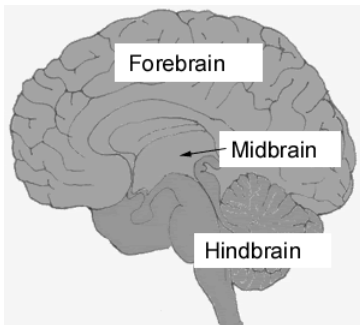


Inggondo nendlela yokuziphatha

Isifo i-Alzheimer yimeko yokuwa enxulunyaniswa nokulahleka okuqhubekayo kweeseli zemithambo-luvo. Esi sifo sityhutyha ngokucotha iindawo ezininzi zengqondo. Nangona kunjalo, iimpawu ezikhulayo zomonakalo zinokwahluka kakhulu phakathi kwabantu abohlukeneyo. Ngenxa yoko, umntu ngamnye onesi sifo usenokuba neemeko ezininzi zobunzima namava, nto ezo zingaqhelekanga kubo. Eli phepha lolwazi licacisa ukuba zeziphi na iindawo zengqondo ezinoxanduva olukhulu kweziphi izakhono nobuchule, kwanokuba utshintsho kwindlela yokuziphatha, kwinkumbulo nakwiingcinga esizibonayo kubantu abanesifo i-Alzheimer zinganeziphumo ezithe ngqo njani na kwindlela esi sifo esichaphazela ngayo ingqondo.



Source: mynextbrain.com/blog/?page_id=110

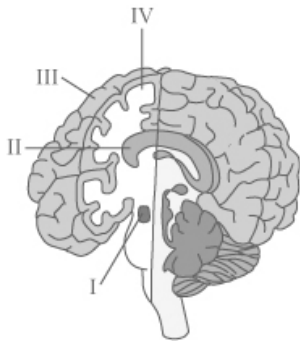
Inggondo iquka amacandelo amathathu angundoqo: ingqondo engasemva, ingqondo ephakathi nengqondo engaphambili (jonga umzobo 1). Inggondo engasemva nengaphakathi zona zilawula kakhulu imisebenzi yenkxaso esisiseko sobomi, enje ngoxinzelelo lwegazi kunye nokuphefumla.

Yona ingqondo engaphambili ilawula uninzi lwemisebenzi efuna ingqondo eninzi, enje ngenkumbulo nolwimi.

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Source: www.brainandnerves.com/.../Our-

Inwebu yobuchopho

Eyona ndawo ibalulekileyo yengqondo ephambili yinwebu yobuchopho, iqokobhe elibhityileyo neligqume umphandle wengqondo engaphambili. Lo maleko ubhityileyo ushwatyaniswe wasongwa ngokuqinileyo ukuze kwandiswe umphezulu wawo. Ngenxa yoko, inwebu iyodwa iqulethe izigidi ezilishumi lamawaka eeseli zengqondo/zobuchopho ('inkqunto engwevu'). Ngaphantsi kwale nwebu epakishwe ngokuxineneyo kukho iinyanda zefayibha ('inkqunto emhlophe') ehambisa ulwazi kwinqwaba nakwezinye iingingqi zengqondo (jonga umzobo 3).

Izahlulo zengqondo

Ukusanceda ukuba sichaze iindawo ezahlukeneyo zengqondo, ingqondo engaphambili yahlulwe yangamacandelo amane okanye 'izahlulo' eziboniswe kumzobo 2. **Isahlulo esingasemva engqondweni (i-occipital lobe)** sisemva kwengqondo kwaye siphethe ikakhulu ulwazi olubonwayo olusuka emehlweni.

Isahlulo esiseludongeni lwengqondo (i-parietal lobe) sikumva ophezulu wengqondo, kwaye sidlala indima kulwazi olumalunga nonxulumano lwesithuba nesakhiwo. **Isahlulo seentlafuno ezikumphambili wentloko (i-temporal lobe)** singaphantsi kwesahlulo esiseludongeni lwengqondo (i-parietal lobe) kwaye sidlala indima kwinkumbulo. Okokugqibela, **isahlulo esikumphambili wengqondo (i-frontal lobe)** kunokuthiwa liziko lethu lolawulo oluphezulu. Siza kuchaza ngokucace ngakumbi imisebenzi yesahlulo ngasinye kwixa elizayo.

Iziqingatha zomzimba

Ingqondo ikwahlulwe ngokomzimba yaziziqingatha ezimbini okanye iziqingatha zomzimba, esasekhohlo nesasekunene. Iziqingatha zomzimba azahlukanga kwaphela – zidityaniswe yinyanda enkulu yemicwana, eyenza ukuba zithethe kunye. Ekubeni ezi ziqingatha zikhangeleka ngathi ziyafana ngaphandle, esinye isiqingatha sisoloko sinamandla kunesinye. Kubo bonke abantu abasebenzisa isandla sasekunene kakhulu nakubantu abaninzi abasebenzisa isandla sasekhohlo kakhulu, sisiqingatha somzimba esisekhohlo esinamandla.

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Imithetho-siseko elungiselelayo

Kukho imithetho-siseko, ekhangeleka iyiyo elawula ulungiselelo lwengqondo. Ulwahlulo oluphakathi kweziqingatha zengqondo lubonisa omnye wale mithetho-siseko – ukusuka **kumacala (lateralization)**.

Ukusuka kumacala kuthetha ukuba icala langasekhohlo lengqondo lenza kakuhle eminye imisebenzi, ekubeni eminye ixhaswa kakhulu licala langasekunene.

Kwinkqubo yokusebenza kwemithambo yabantu, isiqingatha sengqondo sasekhohlo silawula icala lasekunene lomzimba, size isiqingatha sasekunene sengqondo silawule icala lasekhohlo lomzimba. Nangona kunjalo, ayiyiyo yonke imisebenzi eyabelwe ngokulingana. Umzekelo, ulwimi luba ngumsebenzi wesiqingatha esinamandla sengqondo (esisoloko silicala lasekhohlo).

Ulwazi lukwaziswa ngendlela elandelelanayo **engathi yimephu** ngaphakathi kwengqondo. Umzekelo, inwebu yemithambo-luvo eshukumisa izihlunu, ethumela iintshukumo ezihlunwini, ilungiselelwe ngendlela yokuba amalungu omzimba akufutshane ngokomzimba (umzekelo, isandla nesihlahla) alawulwe ngamaqela eeseli, nazo ezikufutshane enye kwenye (jonga umzobo 3).

Ukugcina ulwazi oluhambelanayo endaweni enye kunwebu kunceda ekugcineni isixa sokubiya phakathi kweeseli sibe kwinqanaba elisezantsi, kuze oko kulondoloze isithuba.

Iyakuba yintetho echaza ngokunciphisa okukhulu ukuthi isakhiwo sengqondo sinzima. Nangona kunjalo, ngokufunda iindlela zokuziphatha nokwazi ukwenza ngokusebenzisa ingqondo ebantwini abaneengqondo ezisempilweni nabaneengqondo ezonakeleyo, oososayensi bakwazile ukubonisa imisebenzi yemithetho-siseko yeendawo ezahlukeneyo zengqondo. Apha sijonga ukuba izahlulo zengqondo ezine zithatha inxaxheba njani na kumava ethu asehlabathini, ukuqala emva kwengqondo nesahlulo esingasemva engqondweni.

Isahlulo esingasemva engqondweni

Nangona amehlo eyintsusa yolwazi olubonwayo olumalunga nehlabathi elisingqongileyo, ngenene nangenyaniso yingqondo eyona yenza owona msebenzi unzima.

Ameqela atshintsha ulwazi loluvo olumalunga nokukhanya lube kukuqhubela phambili okukhawuleza okombane, kodwa olu lwazi ludluliselwa engqondweni ukuze lutolikwe.

Olu lwahlulo lomsebenzi luthetha ukuba kufuneka sahlule phakathi kobukhali nokuqonda.

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Ubukhali obubonwayo – ukwazi ukubona izinto ezincinane – kuphunyezwa kukusebenza kwamehlo ngokwawo.

Ukuqonda kuphunyezwa sisahlulo esingasemva engqondweni nesahlulo esiseludongeni lwengqondo ngolwazi olumalunga nemibala, imilo nentshukumo ezihanjiswa ngokwahluka kwazo lunwebu oluseludongeni lwengqondo phambi kokuba ludluliselwe kwisahlulo esiseludongeni lwengqondo ukuze ludityaniswe lube ngumfanekiso we3D opheleleyo wehlabathi.

Ngenxa yoko, umntu usenokufumana ubunzima ekuboneni ukuba into leyo yintoni na kanye kanye, nangona amehlo omabini ekwimo elungileyo. Nangona kunjalo, kusafuneka ukuba kwandiswe ukubona kwabo (umzekelo), ngeendondo ezizizo azimiselwe ngugqirha wamehlo) ukuze ingqondo ibe nolwazi oluninzi kangangoko enokusebenza ngalo.

Isahlulo esiseludongeni lwengqondo

Imisebenzi yesahlulo esiseludongeni lwengqondo , ngandlela ethile, yahlukene kakhulu, kwaye kukho umahluko obonakalayo phakathi kwamacala anamandla nangenamandla.

Isahlulo esiseludongeni lwengqondo esinamandla

Isahlulo esiseludongeni lwengqondo esinamandla (esidla ngokuba licala elisekunene) kunokuthiwa sinegalelo kwizinto ekufuneka sizidibanise zibe lulandelelwano okanye isakhiwo. Ngoko ke, imisebenzi enje ngokufunda nokubhala (efuna ukubeka oonobumba namagama kunye) kunye nokubala (okuquka ukulandelelanisa nokudibanisa amanani) ixhomekeke kakhulu kwisahlulo esiseludongeni lwengqondo esinamandla.

Eli cala lesahlulo esiseludongeni lwengqondo nalo liye lanxulunyaniswa nemeko ekuthiwa yi-**apraxia** (“umonakalo weentshukumo ezifundwayo nezineenjongo”).

I-*apraxia* yokunxiba lolona hlobo luqhelekileyo, kwaye alubonisi kuphela ukungakwazi ukulungelelanisa, kodwa lubonisa okona kulibala iintshukumo ezifunekayo zokuphumeza injongo (ukuqhobosha iqhosha, umzekelo).

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Ngokungathi kukwenza nzima iingxaki ezinjalo, isahlulo esiseludongeni lwengqondo esinamandla sikwanoxanduva loluvo lwemizimba yethu, oko kukuthi, ukwazi isandla sasekhohlo nesasekunene, kunye nokuva apho ilungu linobudlelwane nomzimba wethu uphela.

Isahlulo esiseludongeni lwengqondo esingenamandla

Kwelinye icala, isahlulo esiseludongeni lwengqondo esingenamandla (esidla ngokuba sisiqingatha sasekunene), kunokuthiwa 'liziko le-3D' lethu. Njengoko kuye kwakhankanywa ngaphambili, le ndawo yesahlulo esiseludongeni lwengqondo ifumana ulwazi olubonwayo olusuka kwisahlulo esingasemva engqondweni. Umsebenzi wale ndawo kukudibanisa ulwazi olunjalo kwimbonakalo ye-3D yaloo nto ibonwayo.

Umonakalo kule ndawo ukhokelela kuphawu ekuthiwa yi-**visual agnosia**, ukungakwazi ukuqaphela izinto, abantu okanye indawo emngqongileyo. Ngenxa yokuba ulwazi olubonwayo luhanjiswa lodwa kwezinye iindlela zoluvo, kulula ukuba abantu bangakwazi ukuqaphela ubuso ngokububona, kodwa bazi ukuba ngoobani na xa bethetha.

Isahlulo esiseludongeni lwengqondo esingenamandla sinegalelo ekuqondeni kwethu isithuba, kodwa ngendlela eyahlukileyo kuleyo yesahlulo esiseludongeni lwengqondo esinamandla. Ekubeni isahlulo esiseludongeni lwengqondo siphethe uluvo lomzimba wethu okanye isithuba somntu, icandelo elingenamandla lisinceda ekubeni sibeke izinto kwisithuba esingaphandle, kunye nokubala indawo ekubekwe kuyo izinto ngobudlelwane bazo nathi (umzekelo, xa sifikelela ekuthatheni into).

Isahlulo esikwiintlafuno ezikumphambili wentloko

Izahlulo ezikwiintlafuno ezikumphambili wentloko zilawula ikakhulu imisebenzi yenkumbulo. Isahlulo esikwiintlafuno ezikumphambili wentloko esinamandla senzela inkumbulo yokuthetha (esekelwe kumagama) kunye namagama ezinto. Sixhomekeke kwisahlulo esikwiintlafuno ezikumphambili wentloko esingenamandla ngokwenkumbulo yethu yezinto ezibonwayo (engeyiyo intetho) - ubuso, imiboniso, njalo njalo.

Kukwakho neentlobo ezahlukeneyo zenkumbulo yeziganeko, ezirekhodishwa nobhekiselo kwixesha xa zisenzeka (umzekelo: "nditye amaqanda ngesidlo sakusasa".)

Inkumbulo emalunga neziganeko, njengoko negama layo lixela, yinkumbulo yethu yeziganeko, ezirekhodishwa nobhekiselo kwixesha xa zisenzeka (umzekelo: 'Nditye amaqanda ngesidlo sakusasa')

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Inkumbulo emalunga nesemantikhi Kunokuthiwa sisichazi-magama sethu samanqaku nemizobo (umzekelo, “Amaqanda anoqweqwe, abekwa zizikhukukazi, kwaye anokutyiwa xa ebilisiwe, eqhuqhiwe okanye eqhotsiwe”). Kwisifo i-Alzheimer yinkumbulo yeziganeko eyonakala kakhulu.

Akukacaci ukuba iinkumbulo zexesha elide zigcinwa phi na, kodwa ingathi iinkumbulo ziphunyezwa ngokuqinisa izidibanisi phakathi kweeseli zemithambo-luvo ehambelanayo. Kucaca kakuhle ukuba iinkumbulo zakudala okanye ezikude, ezinje ngokuba ubani ubefunda kwesiphi isikolo, zigcinwa nzulu kakhulu kuneenkumbulo eziqhelekileyo okanye ezisentsha, ezinje ngokuba ubani wenze ntoni izolo.

Oku kukhangeleka kudibana kunye namava omntu onesifo i-Alzheimer, onokukufumana kulula ukuchaza ngobuntwana bakhe kunokuba bekwenzeke ntoni ngala mini.

Isahlulo esikumphambili wengqondo

Izahlulo ezikumphambili wengqondo ziqulethe iindawo eziliqela ezisebenza zonke kunye ukwenza iziko lethu lolawulo oluphezulu.

Ukucwangcisa izenzo nokufunda imisebenzi emitsha

Imiphandle esemacaleni okanye engaphandle kwesahlulo esikumphambili wengqondo ikhangeleka ibalulekile ekulungiseleleni nokucwangcisa izenzo zethu nokufunda imisebenzi emitsha. Ekufundeni ukuqhuba, umzekelo, ezi ndawo zengqondo zisinceda ekudibaniseni ukulandelelana okunzima kakhulu kweentshukumo, ezingathi kuqala zinzima, kwaye zinobutatasholo kodwa eziye ekuhambeni kwexesha ziyeke ukudlokova zizenzekele. Kumntu onokonzakala kule ndawo, iba ngathi ngumfundi onemisebenzi emininzi eyahlukeneyo enje ngokupheka nokuye kuthenga ezivenkileni neye isiba nzima kakhulu kuba ipatheni okanye isicwangciso silahlekile.

Umonakalo kwezi ndawo zisemacaleni kunokwenza ukuba abantu bahlale kuloo nto bayenzayo (ekuthiwa ‘luzingiso’). Njengokuba isahlulo esikumphambili wengqondo sinxibelelana kunye nezinye iindawo ezininzi zengqondo, olu zingiso lunokuthatha uhlobo lokusebenzisa igama elinye amaxesha amaninzi okanye ekukhupheni impahla enye yokunxiba edroweni, aze akhuphe zonke ezinye iimpahla ngaphandle kwenjongo.

Impembelelo

Ukuya kwisahlulo esiphakathi kweziqingatha ezibini, icandelo eliphakathi lesahlulo esikumphambili wengqondo senza impembelelo yethu kunye nokufuna ukwenza. Ukuba ngaba le ndawo yengqondo iyachaphazeleka, abantu banokulahla ‘ukuphakama kwabo bahambe’, bonqene kwaye bangafuni ukuphakama ebhedini okanye ukwenza umsebenzi othile. Kwakhona, kubalulekile ukuqaphela ukuba oko kunokubonwa njengokwenqena ngabanye, kunokuba sisizathu esithe gqo sokulahleka kweeseli kule ndawo yengqondo.

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Ukulawulwa kweendlela zethu zokuziphatha

Ukulawulwa kweendlela zethu zokuziphatha kukhangeleka kulawulwa yindawo yesithathu yezahlulo ezikumphambili wengqondo, indawo ekuthiwa yi-*orbitobasal*, ekwigophe elikumphambili kanye wengqondo.

Kubantu abasempilweni, ezi ndawo zengqondo zanceda ekongameleni, ekulawuleni nasekuthothiseni iindlela zethu zokuziphatha, umzekelo, ukusinganda ekubeni sithethe into ekrwada xa umntu esicaphukise nyani.

Ukunceda umntu ekubeni aqonde olu luvo lokungaphumeleli kweentloni, sisenokujonga kwimiba engaqhelekanga yendlela zethu zokuziphatha ezisempilweni. Umzekelo, singatsala intambo yesibane xa singena egumbini nokuba isibane sesikhanyisiwe. Ekwenzeni oku, asiphumeleli ekucothiseni okanye ekophuleni ipatheni elungiselelweyo yendlela yokuziphatha.

Kwisifo i-Alzheimer, le meko iyakhawuleziswa kwaye inokukhokelela ekuthukeni okanye kwenye indlela yokuziphatha umntu kuqala ebeyibona ingalunganga.

Ezinye iindawo nezakhiwo

Iindawo ezininzi zenwebu azikhathalelanga kangako ukuxhasa umsebenzi othile kodwa ngokuxuba nokunxulumanisa imveliso yeendawo ezimngqongileyo. Indima efana naleyo idlalwa zizakhiwo ezininzi ezingaphantsi kwenwebu ezinje ngenkqubo yamalungu omzimba evumela inkumbulo nendlela yokuziphatha ukuba zifuthelane, phakathi kwezinye izinto. Le nkqubo yamalungu ikwadlala indima ebalulekileyo ekuveliseni iimvakalelo kunye nonxibelelwano lwazo kunye neendlela zokuziphatha kwethu.

Isiphelo

Kwenza umdla ukuqwalasela nokufunda ngeendlela ezinzima zokuba amalungu engqondo ayenza aze ayilawule njani imiba yethu yokuphila. Ukuba singadibanisa olu lwazi kunye nobugcisa obusoloko busanda nobusivumela ukuba sibone ukuba ingqondo echatshazelwe sisifo i-Alzheimer itshintsha njani na, kwixesha elizayo siza kuba nako ukuqikelela, ukunyanga nokulawula iimpawu ezahlukeneyo ezinxulunyaniswa nesi sifo.

Okwangoku, ukuhluzisa okumandla kobudlelwane phakathi kwengqondo kunye nendlela yethu yokuziphatha kunokunceda abantu abanesifo i-Alzheimer kunye nabakhathaleli babo ukuba baqonde kwaye bamelane kunye notshintsho oluninzi oluziswa sesi sifo.

Eli phepha lolwazi libhalwe yiSebastian Crutch kwisiBhedlele sikaZwelonke seNzululwazi ngezifo zemithambo-luvo kunye noNyango lwezifo zemithambo-luvo, eQueen Square, eLandani

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