

Ukuzula

Kukho izizathu ezininzi ezenza ukuba umntu onesifo sengqondo esiyingozi azive efuna ukuhamba okanye ukuwashiya amakhaya abo. Kubalulekile ukucinga ukuba inokuba yintoni na eyenza ukuba lo mntu enze oku, ukuze ube nako ukufumana iindlela zokuphatha le meko. Nayiphi na indlela oyikhethayo, kufuneka igcine kangangoko ukuzimela nokundiliseka kwalo mntu. Nazi ezinye iingcebiso.

Abakhathaleli bangaziva bexhalabile kwaye bedidekile xa ngaba umntu abamkhathalelayo uqalisa ukuzula ngendlela engabonisi njongo. Amanyathelo owathathayo aza kuxhomekeka ekubeni uphile kangakanani na ukuba angamelana nawo, kwakunye nokuba yintoni na izizathu zokuziphatha ngolu hlobo. Kuza kufuneka ukuba uqwalasele nokhuseleko lommamda ongqonge lo mntu.



Akukho nto inje ngommandla ongqongileyo ongenamngcipheko, kodwa nangona kunjalo ezinye iindawo zikhuselekile kunezinye. Kubaluleke kakhulu ukuba abantu bakhuthazwe ukuba bahlale bezimele kangangoko banako. Usenokwenza izigqibo, njengabakhathaleli abaninzi, zokuba iqondo elithile lomngcipheko livumelekile ukuze kulondolozwe ubulunga bobomi bomntu.

Kutheni abantu beziphatha ngale ndlela?

Kulungile ukuba simana sizikhumbuza ukuba kutheni sisenokuthatha uhambo.

- Lusinceda ekubeni sihlale somelele kwanokuba silale ngcono ebusuku.
- Yindlela elungileyo yokunciphisa uxinzelelo.

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- Abanye bethu bahambela ukuzonwabisa. Kubantu abaninzi, ukuhamba ngumkhwa wobomi obude.

Ezi zizathu zisebenza ngokufanayo nakubantu abanesifo sengqondo esiyingozi. Ukuba umntu omkhathalelayo uya kwindawo yokhathalelo lwasemini, kwindawo yekhefu yokukhathalela okanye kwindawo yokuhlala yokhathalelo okanye kwindawo yokhathalelo yexesha elide, kubalulekile ukuxelela abasebenzi ngemikhwa yabo yokuhamba, kwano-kufumana ukuba uthini na umgaqo-nkqubo weli khaya, ukuze ucacelwe yimeko kwangaphambili.

Izizathu zokuhamba Ukuziva ulahlekile

Ukuba umntu usanda kumka ekhaya, uhamba kwindawo entsha yokhathalelo lwasemini okanye ukwindawo yokuhlala yekhefu yokukhathalela, basenokungaqiniseki kwindawo entsha, kwaye basenokufuna uncedo olungaphaya lokufumana indlela xa behamba-hamba apha. Basenokudideka ngakumbi yimo yezentlalo yamakhaya abo xa bebuya. Oku kudideka kufuneka kunyamalale xa beqhela le ndawo intsha ibangqongileyo. Nangona kunjalo, njengokuba isifo sengqondo esiyingozi siqhubeka, abantu basenokungakwazi ukuqaphela iindawo ezibangqongileyo abaziqhelileyo – basenokubona ngathi namakhaya abo ziindawo ezintsha.

Ukulahlekelwa yinkumbulo

Ukulahlekelwa yinkumbulo yexesha elifutshane kunokukhokelela kolu hlobo lokuziphatha. Umntu uza kuthatha uhambo ngenjongo ethile nangembono ethile esengqondweni. Basenokulibala ukuba bayaphi na kwanokuba kutheni besiya apho. Basenokulibala ukuba ububaxelele ukuba usaphuma, baze baye kukukhangela. Oku kunokukhokelela kwinkxalabo emandla, kwaye baza kufuna inkuthazo engaphaya.

Kumanqanaba okuqala, kunokunceda ukubhala amanqaku amkhumbuzayo ukuba uye phi na kwanokuba uza kubuya nini na. Kubalulekile ukubeka la manqaku – eqhotyoshelwe ngokukhuselekileyo – endaweni apho umntu lo kulula ukuba awabone, njengakufutshane neketile okanye nefowuni. Njengokuba le meko iqhubeka, ngokuqinisekileyo loo maqhinga awasayi kusebenza.

“They may forget that you have told them that you are going out and they will set out to look for you.”

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Ukuqhubeka kwalo mkhwa

Abantu ebebengabahambi ngenxa yobomi obude, ngokuqinisekileyo baza kufuna ukuqhubeka nokwenza njalo. Zama ukukwenza oku kwenzeke kangangoko unako.

Usenako ukufuna uncedo lwezizalwane okanye lwezihlobo eziza kukukhapha ukuba ngaba akukwazi ukwenza oku wedwa.

Isithukuthezi

Abantu banokuhamba-hamba kakhulu kuba benesithukuthezi. Abantu abaninzi abanesifo sengqondo esiyingozi abananto ininzi yokwenza. Ukuxakeka kuzisa ingqondo yenjongo kunye nokuzixabisa kumntu wonke, kwaye ke ngoko nabantu abanesifo sengqondo esiyingozi abangobanxaxhi kuloo mbono.

Amandla

Ukuhamba rhoqo kusenokubonisa ukuba umntu onesifo sengqondo esiyingozi usenamandla angaphaya, kwaye uva imfuneko yokuba enze ngakumbi umthambo wesiqhelo.

Iintlungu nokungonwabi

Sisoloko sihamba xa sisiva iintlungu, sizama ukuthomalalisa ukungonwabi kwethu. Kwimeko yeentlungu zokuqaqamba kwamalungu nokutyatyamba kwamathambo, ukuhamba kunokunceda. Abantu basenokuba bazama ukuphepha iintlungu. Cela ugqirha ukuba ahlole lo mntu ukuba oko kunokuba ngunobangela. Ukuhamba kusenokuba yimpembelelo engeyiyo yamanye amayeza. Kwakhona kufuneka ucele ugqirha wakho ukuba akhangele.

“Walking can also be a side effect of certain drugs.”

Impendulo kwixhala

Abantu banokuhamba-hamba kakhulu xa bekhathazekile okanye benexhala. Basenokuba baphendula kwimibono, nto leyo eluphawu oluqhelekileyo kubantu abanesifo sengqondo esiyingozi (jonga iphepha leengcebiso, *Imibono neenkohliso*). Zama ukukhuthaza umntu lona ukuba akuxelele ngamaxhala abo uze umnike inkuthazo.

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Ukukhangela ixesha eladlulayo

Njengokuba isifo sengqondo esiyingozi siqhubeka, abantu banokuqalisa ukukhangela umntu okanye into enxulumene nexesha labo eladlulayo. Bakhuthaze ukuba bathethe malunga noku, uze ubonise ukuba izimvo zabo uzithatha ngondileko.

Umsebenzi ekufuneka wenziwe

Umntu onesifo sengqondo esixhalabisayo usenokuhamba kuba baziva kufuneka benze umsebenzi othile.

Lo isenokuba ngumsebenzi abakhe bawenza ngaphambili onxulumene nomsebenzi ababeqashelwe ukuwenza. Kusenokuba lula ukufumana umsebenzi ophumeza le ngqondo yenjongo.

Ukubhideka lixesha

Kuqhelekile ukuba umntu onesifo sengqondo esiyingozi abhideke lixesha. Basenokuvuka ezinzulwini zobusuku baze balungiselele usuku oluzayo. Kulula ukuqonda isizathu soku kubhideka, ingakumbi ebusika xa abantu besiya kulala kumnyama baphinde bavuke kusemnyama. Zama ukumnika imisebenzi yasemini ethe chatha nesebenzisa amandla, okanye mhlawumbi mcenge ukuba aye kulala emva kwexesha. Ukuba iwotshi yabo yomzimba ayisebenzi kakuhle, kuya kufuneka ukuba ufune iingcebiso zamachule.

Iingcebiso

Ukuba umntu lowo uyanyamalala, musa ukuxhalaba, hlala uzolile.

- Qinisekisa ukuba lo mntu uphethe uhlobo oluthile lokuzazisa – umzekelo, igama nenombolo yefowuni yomntu ekunokuqhagamshelwana naye – xa benokulahleka. Lisenokuthungelwa ebhatyni okanye ebhegini yakhe ngohlobo lokuba lingasuki lula.
- Gcina ifoto yakhe entsha ukuze abantu bamqaphele lula lo mntu.
- Qwalasela elona xesha lemini aqhele ukuhamba ngalo, uze ucwangcise imisebenzi emayenziwe ngeli xesha lokuhamba kwakhe.
- Ukuba lo mntu uzimisele ukuhamba, kungcono ukungaxambulisanani naye njengokuba oku kunokukhokelela ekubeni nikhathazeke nobabini. Hlala uzolile, bakhaphe umgama omfutshane, uze uphazamise ingqwalasela yabo ukuze nibuye nobabini.
- Ukulahleka kwenkumbulo yexesha elifutshane kuza kukunceda ngenene kwezi meko, kuba ukuba ngaba anikhange nixhalabe nobabini; lo mntu uza kusilibala ngokukhawuleza esi sehlo.

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- Musa ukumnika iyeza lokunqanda ukuba ahambe. Izixa ezinamandla awonele ukuphumeza oku, aza kubangela ukozela, ukwanda kokudideka kuze mhlawumbi kuban gele nokuwa nokungakwazi ukuzibamba.
- Nciphisa ukulala emini ukuba kuyenzeka.
- Abanye abakhathaleli abalusapho batshixa babholithe iingcango, ukunqanda umntu lona ukuba angaphumi endlwini. Ukuba ubona ukuba azikho ezinye iindlela, zama ukunciphisa la maxesha kangangoko unako. Kufuneka uqaphele umngcipheko wemililo, uqiniseke ukuba zonke izitshixo neebholithi kulula ukuba uzisebenzise.
- Musa ukumnika iziselo kwiiyure ezi-2 ukuya kwezi-3 phambi kokuba aye kulala.
- Abanye abakhathaleli baye bafumanisa ukuba ukubeka isipili epasejini okanye ukuxhoma umdiyadiya onamaso kumnyango wangaphambili kuza kwenza ukuba lo mntu oyike ukuphuma.
- Nangona kunjalo, abanye abantu abanesifo sengqondo esiyingozi ezi ndlela zibenza baxhalabe.
- Usenokufumanisa ukuba kuluncedo ukuxelela oonovenkile basekuhlaleni nabahlali ukuba lo mntu unesifo sengqondo esiyingozi. Banike inombolo yakho yefowuni ukuze bakufowunele xa kukho imfuneko yokwenza oko.
- Ukuba akukwazi ukubafumana ngokwakho okanye ngoncedo, xelela amapolisa endawo.
- Xa lo mntu ebuya, zama ukungabangxolisi okanye ubabonise ukuba uxhalabile. Bak huthaze uze ubabuyisele kwimisebenzi yesiqhelo ngokukhawuleza.
- Ukusonjululwa nje kwale meko, zama ukuphumla. Fowunela ilungu losapho okanye umhlobo ukuba ngaba unako ukuthetha ngeemvakalelo zakho.
- Khumbula ukuba olu hlobo lokuziphatha aluthathi xesha lide. Kukhangeleka ngathi linqanaba okanye yimeko abagqitha kuyo aba bantu. Kuxhomekeke kuwe ukuba isehlo six halabisa kancinane na okanye siyinkxalabo enkulu.
- Abantu abaninzi abanesifo sengqondo esiyingozi bayayigcina ingqondo yabo yendlela, kwaye kubonakala kunqabe kakhulu ukuba babandakanyeke kwiingozi zendlela.

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Gada ngaphezulu xa :

- Umntu ebuya kuhambo lwesiqhelo oluvumelekileyo emva kwexesha kunelo lesiqhelo.
- Ethetha ngokuphumeza uxanduva lwexesha eladlulayo, umzekelo, ukuya emsebenzini.
- Ezama “ukugoduka” naxa esekhaya.
- Ukuzula-zula okubonakalisa inkxalabo kusenyuka.
- Engenako ukufumana iindawo eziqhelekileyo.
- Eziva elahlekile kwindawo entsha aze axhalabe.

lingcebiso zokulungisa ubume bekhaya :

- Beka izibane zasebusuku ngobunono
- Beka izitshixo ngobunono, kodwa apho zingabonwayo
- “Jika imbonakalo” yeengcango, umzekelo, zibe nombala ofanayo noweendonga.
- Yiba nentsimbi yokulumkisa kumphezulu wocango
- Yiba neeheyithi / neengcingo / namathango akhuselekileyo

Umbutho wesifo i-Alzheimer wase-UK ubulela uGqirha Rupert McShane, weSebe lokuFunda no-kuNyanga izifo zengqondo kwiYunivesithi yase-Oxford ngokuncedisa ekulungiseni eli phepha lengcebiso.

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