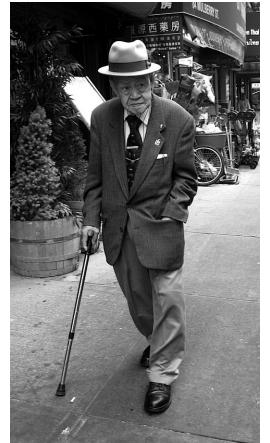


Ukuhambahamba noma 'ukuzula'

Kunezizathu eziningi ezenza abanye abantu abanokuwohloka komqondo bazizwe bephoqelekile ukuba bahambahambe noma basuke ekhaya. Kubalulekile ukucabanga ngokuthi wenziwa yini lo muntu ukuba enze lokhu ukuze ukwazi ukuthila izindlela zokubhekana nalesi simo. Noma iyiphi indlela oyikhethayo, kufanele ilondoloze umuzwa walo muntu wokuzimela nesithunzi sakhe ngangokunokwenzeka. Nanka amcebiso ambalwa.

Abanakekeli bangase bazizwe bekhathazekile futhi bedidekile uma umuntu abanakekelao eqala ukuhambahamba ngendlela ebonakala ingenanjongo.

Izinyathelo ozithathayo ziyoxhomeka ekutheni lo muntu ukwazi kangakanani ukuzinakekela kanye nezizathu okungenzeka zibangele lokhu akwenzayo. Kuyodingeka ucabangele nokuphepha kwendawo akuyo. Ayikho indawo okungathiwa iyindawo engenazo izingozi kodwa kusobala ukuthi ezinye izindawo ziphephe kakhudlwana kunezinye. Kubaluleke kakhulu ukuba lo muntu akhuthazwe ukuba aqhubeke ezimele isikhathi eside ngangokunokwenzeka. Ngakho-ke, ungase unqume njengoba kwenza abanakekeli abaningi ukuba uvumele izinga elithile lezingozi ezingenzeka ukuze ulondoloze umuzwa walo muntu wokuthi usaphila njengabanye abantu.



Kungani lo muntu enza ngale ndlela?

Kuyazuzisa ukuzikhumbuza ukuthi kungani sithatha uhambo lwebanga elithile ngezinyawo.

- Kuisiza ukuba sizigcine siyimiqemane futhi silale kangcono ebusuku.
- Kuyasiza ekunciphiseni ukufuthelana ngokomzwelo.
- Abanye kithi bahamba ngoba nje bekujabulela. Kwabangingi, ukuhamba kuwumkhuba abawenza ukuphila kwabo konke.

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Izizathu zokuhamba



Umuzwa wokuthi udukile Uma lo muntu esanda kuthutha, eya ekhaya elisha elinakekela iziguli emini noma ayohlala kulo okwesikhashana, angase abe nomuzwa wokungaqiniseki endaweni entsha futhi angase adinge usizo ukuze abone indlela. Angase futhi adideke ngokwengeziwe ngendawo umuzi wakhe okuyo lapho ebuyela ekhaya.

Lokhu kudideka kufanele kuphele lapho esejwayelene nendawo yakhe entsha. Nokho, njengoba ukuwohloka komqondo kuqhubeka, lo muntu angase angakwazi ukubona izindawo azijwayele – angase abe ngisho nanomuzwa wokuthi umuzi wakhe uyindawo angayazi.

Ukulahlekelwa inkumbulo

Ukulahlekelwa yinkumbulo yezinto ezisanda kwenzeka kungase kuholele kulolu hlobo lwenkinga yokuzula. Umuntu angangena indlela ngenjongo ethile nangomgomo othile. Khona manjalo akhohlwe ukuthi uyaphi nokuthi uyokwenzani.

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

Angase akhohlwe ukuthi umtshelile ukuthi usaphuma bese ehamba ekufuna. Lokhu kungaholela ekukhathazekeni okwedlulele futhi angase adinge ukuqinisekiswa kakhulu. Lapho lesi sifo sisesigabeni saso sokuqala, kungasiza ukubhala phansi ukuthi uyaphi kungamkhumbuza ukuthi uyephi nokuthi uzobuya nini. Kubalulekile ukuba unamathisele ngokuqinile lokho okubhalile endaweni lapho lo muntu azokubona khona – njengaseduze kwegedlela noma ucingo.

Njengoba lesi sifo siya sidlanga, cishe amasu anjengalawa ngeke esasebenza.

Ukuqhubeka nomkhuba wakhe

Kungokwemvelo ukuthi abantu ababelokhu behamba ukuphila kwabo konke, bayofisa ukuqhubeka benza kanjalo kungakhathaliseki ukuthi bakwenza ngasiphi izizathu. Zama ukwenza lokhu kuqhubeke kwenzeka isikhathi eside ngangokunokwenzeka.

Ungase ukwazi ukuthola usizo lwezihlobo noma aabangane ukuze bahambisane nalo muntu uma wena ungeke ukwazi ukwenza kanjalo.

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Isithukuthezi

Abantu bangazula ngoba benesithukuthezi. Abantu abaningi abanokuwohloka komqondo ngokuvamile abanazo izinto eziningi abangazenza. Ukuba matasa ngokuthile kulethela wonke umuntu umuzwa wokuba nenjongo nowokubaluleka futhi kungokufanayo nangabantu abanokuwohloka komqondo.

Amandla

Ukuhamba njalo kungase kubonise ukuthi umuntu onokuwohloka komqondo unamandla angawasebenzisa futhi uzizwa enesidingo sokuvivinya umzimba ngokwengeziwe.

Izinhlungu nokungazizwa kahle

Ngokuvamile siye sihambe lapho sisezinhlungwini, sizama ukuqeda lokho kungazizwa kwethu kahle. Lokhu, empeleni kungasebenza kumuntu onezinhlungu ezibangelwa ukuqina kwamalunga amathambo noma ukuqaqamba kwamathambo (rheumatism). Ngakolunye uhlangothi, kungenzeka ukuthi abantu basuke bezama ukubalekela izinhlungu. Cela udokotela ukuba amhlole lomuntu ukuthi akunakwenzeka yini ukuthi yilokhu okumenza azule. Ukuhamba kungase futhi kubangelwe imiphumela engathandeki yemithi ethile. Nakulokhu, kufanele ucele udokotela ukuba ahlole ukuthi akunakuba yini isizathu sokuzula kwakhe.

Ukusabela ekukhathazekeni

Abantu bangase bazule kakhulu uma bephazamiseke kakhulu emoyeni noma bekhathazekile. Kungenzeka nokuthi benziswa ukudungeka komqondo, okuwuphawu oluvamile lwezinhlobo ezithile zokuwohloka komqondo (bheka iphepha leseluleko elinesihloko esithi, *Ukudungeka komqondo nokubona imibono*). Zama ukukhuthaza lo muntu ukuba akutshale ngezinto ezimkhathazayo futhi umqinisekise.

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

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Ukucinga isikhathi esidlule

Njengoba ukuwohloka komqondo kuqhubekela phambili, lo muntu angase ahambe ngoba ecinga othile noma into ethile ehlobene nesikhathi sabo esidlule.

Mkhuthaze ukuba axoxe ngalokhu futhi ubonise ukuthi awuyithathi kancane imizwa yabo.

Umsebenzi afuna ukuwenza

Umuntu onokuwohloka komqondo angase azule ngoba enomuzwa wokuthi kunomsebenzi othile okumelwe awenze. Kungase kube umsebenzi abawenza esikhathini esidlule

ohlobene nomsebenzi ababawenza. Ungase ukwazi ukumtholela umsebenzi owanelisayo lo muzwa wokuzizwa benenjongo.

Ukudideka ngesikhathi

Kuvamile ukuba umuntu onokuwohloka komqondo adideke ngesikhathi. Angase avuke kwesikabhadakazi futhi aqale ukuzilungiselelela usuku olulandelayo. Kulula ukusiqonda isizathu salokhu kudideka, ikakhulukazi ebusika lapho abantu belala kumnyama futhi bavuke kumnyama. Zama ukumnika imisebenzi eminingi emini esebenzisa amandla noma mhlawumbe umkhuthaze ukuba ephuze ukulala. Uma iwashi lomzimba wakhe lisilahla kakhulu isikhathi, kungase kudingeke ucele usizo lochwepheshe.

Amacebiso

- Uma lo muntu enyamalala, ungethuki, ungaxhamazeli.
- Qiniseka ukuthi uhlale enokuthile okumchazayo – ngokwesibonelo, igama nenamba yocingo yomuntu ongase athintwe – uma kwenzeka eduka. Lokhu ungakuthungela ebhantshini yakhe noma esikhwameni ukuze kungasuki kalula.
- Hlale unesithombe sakhe samuva ukuze abantu bakwazi ukusheshe bambone.
- Phawula isikhathi sosuku avame ukuzula noma ukuhambahamba ngaso bese uhlela imisebenzi ezothatha lesi "sikhathi sokuzula."

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- Uma ezimisele ukuhamba, kungcono ukungahilizisani naye njengoba lokhu kungase kugcine sekunithukuthelisile nobabili. Hlale uzolile, uhambe naye ibanga elithile bese ususa umqondo wakhe ngokumbonisa okuthile ukuze nijike nobabili.
- Ukulahlekelwa kwakhe yinkumbulo yezinto ezisanda kwenzeka empeleni kuyokusiza kulezi zimo, ngoba lo muntu uyosikhohlwa masinya lesi senzakalo, kodwa kuphela uma nobabili ningazange nicindezeleke.
- Gwema ukumnika imithi emvimbela ukuba angahambi. Isilinganiso sale mithi esinamandla okufinyelela lokhu iyombenza ozele, yandise ukudideka futhi ibangele ukuwa nokuphunyakwa indle noma umchamo.
- Nciphisa izikhathi zokulala emini uma kungenzeka.
- Eminye imindeni enakekela umuntu onale nkinga ihluthulela noma ishude iminyango ukuze lo muntu angakwazi ukuphuma. Uma unquma ukuthi ayisekho enye indlela, zama ukunciphisa izikhathi zalokhu ngangokunokwenzeka. Kumelwe ukuba uyazi ngengozi yokokheleka komlilo futhi uqinisekise ukuthi kuhlale kulula ukuvula uma kukhiyiwe noma kushudiwe.
- Ungamniki okuphuzwayo amahora amabili kuya kwamathathu ngaphambi kokuba alale.
- Abanye abanakekeli baye batholaukuthi ukubeka isibuko ephaseshi noma ukufaka ikhethini elinobuhlalu emnyango ongaphambili kuyovimbela lo muntu ukuba aphume.
- Nokho, lezi zinyathelo ziyabacindezela abanye abantu abanokuwohloka komqondo.
- Ungase ukuthole kuwizo ukutshela abaninizitolo nomakhelwane ukuthi lo muntu unokuwohloka komqondo. Banike inamba abangakuthinta kuyo uma kudingeka.
- Uma uhluleka ukumthola ngokwakho noma ngosizo lwabanye, yazisa amaphoyisa endawo.
- Lapho lo muntu ebuya, zama ukungamthethisi noma ukungambonisi ukuthi ukhathazekile. Mqinisekise futhi umbuyisele endleleni yokuphila ayijwayele ngokushesha ngangokunokwenzeka.
- Uma lesi simo sesixazululekile, yenza konke okusemandleni akho ukuba ukhululeke. Shayela ilungu lomndeni noma umngane uma ukwazi ukuxoxa ngemizwa yakho.
- Khumbula ukuthi le ndlela yakhe yokwenza ayithathi isikhathi eside. Ibonakala iyisimo esidlulayo umuntu asishiyayo.
- Kukuwe ukuthi uyobheka isenzakalo esincane njengokukhathazeka okungatheni noma njengento enkulu ekukhathazayo.
- Abantu abanengi abanokuwohloka komqondo bayayikhumbula ukuthi basemgwaqweni futhi akuvamile ukuba babandakanyeke ezingozini zomgwaqo.

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Xwaya:

- Uma lo muntu ebuya ekuzuleni kwakhe okuvamile sekudlule isikhathi avame ukubuya ngaso.
- Ekhuluma ngezibopho okumelwe azifeze zesikhathi esidlule, ngokwesib. ukuya emsebenzini.
- Ezama “ukuya ekhaya” ngisho nalapho esekhaya.
- Inkinga yokuhambahamba kwakhe endlini ikhula.
- Ehluleka ukuthola izindawo azijwayele.
- Ezizwa elahlekile endaweni entsha futhi eqala ukukhathazeka.

Amacebiso okulungisa ikhaya ukuze livumelane naye:

- Beka izibani ezikhanyiswa ebusuku ezindaweni ezicatshangelwe kahle
- Beka izingidi ezindaweni ezicatshangelwe kahle kodwa ezingabonakali masinyange
- “Fihla” iminyango, ngokwesib. Ngokusebenzisa upende ofanayo nowezindonga.
- Faka insimbi exwayisayo phezulu emnyango
- Yiba namasango / uthango /nothango lwezihlahlana ngenjongo yokuphepha

Inhlangano Yabanesifo I-Alzheimer's Yase-UK ifisa ukubonga uDkt Rupert McShane, woMnyango Wezifo Zengqondo, e-Nyuvesi Yasersity of Oxford, ngosizo lwakhe ekulungiseleleni leli khasi lezeluleko

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Notes:

Contact us:

Tel: (021) 421 0077/78
Email: info@dementiasa.org
Or support@dementiasa.org

3rd Floor,
State House,
3 Rose Street,
Cape Town

P.O. Box 16421
Vlaeberg
8018



www.dementiasa.org

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