

## YINTONI I-DEMENTIA?

I-DEMENTIA ligama elicacisa ingqokelela yeempawu ezinokubangelwa luluhlu lwezinto ezingasebenzi kakuhle engqondweni. Yingqokelela yezifo ezisengqondweni eziqhubekayo neziya zisiba mandundu zichaphazela indlela okhumbula ngayo izinto, ukucinga kwakho, indlela oziphethe ngayo novakalelo lwakho. I-DEMENTIA ASIYIYO nxalenye yokuguga okuqhelekileyo.

## IZINTO EZIBANGELA I-DEMENTIA

Izinto ezibangela i-dementia zinokuquka izigulo ezithile, ixesha lasemva kokuba ubukhe wasebenzisa iziyobisi okanye zidibane zombini ezi zinto. Kumazwe asakhulayo malunga nesiqingatha samaxhoba e-dementia okubizwa ngokuba yiAlzheimer.

## IINTLOBO EZAHLUKENEYO ZE DEMENTIA

**I Dementia ebizwa ngokuba sisifo iAlzheimer:** Kwesi sigulo, kubakho ukutshintsha kweekhemikhali zendalo ezisengqondweni, okugqibela ngokulahleka kwethishyu yengqondo. Ukuqala kwayo kungaqala kancinci, kodwa kulandelwe kukuya kunyukela ukuya ekutshabalaleni kwazo okukhawulezayo. Isifo iAlzheimer asikwazi kubuyiswa mva, kodwa amayeza athile angakuhlisa ukuqhubeka kwaso.

**I Dementia yemithambo yegazi (i*vascular dementia*):** Apha, ingqondo iyila iindawo ngeendawo ezincinci zethishyu engaphiliyo ebangelwa kukuthinteleka okukhoyo kwimithambo yengqondo emincinci. Oku kuxhaphake kakhulu kwabo bantu babekhe banesifo soxinzelelo lwegazi, ukufa icala (isitrowukhu), ukutshaya okanye ukusela okugqithisileyo. Ukunyanga ezi zigulo kungakunciphisa ukuqhubeka kokonakala kwemithambo yegazi.

**I Dementia ebangelwa butywala:** Ukonakala kwengqondo okubangelwa kukusela utywala okunzulu kwexesha elide. Unyango ludinga ukungaseli, ukubuyiselwa kwezakha mizimba, ukulungiswa kweengxaki zonyango kunye nokulawulwa kweengxaki zokuziphatha.

Ezinye iintlobo ziquka i Dementia ebangelwa sisifo sokushukuma okungalawulekiyo (i*Huntington's disease*), idumbe (i*Parkinson's disease*), i Dementia yokulahlekelwa yingqiqo (i*Lewy body dementia*), ukugula ngengqondo (i*Creutzfeldt-Jakob disease*), isifo sokuqhawukelwa yimithambo sikwenze ungakwazi kuthetha (i*Pick's disease*) nentsholongwane kagawulayo/nogawulayo.

## IIMPAWU OKUZIBONAKALISA NGAZO

Iimpawu ze Dementia zohluka ngokweemeko yaye zixhomekeka kumntu ngamnye kunye nonobangela wako. Uphawu lokuqala lwe Dementia ludla ngokuba kukulibala kwethutyana. Ezinye iimpawu ziquka ukutshintsha-tshintsha kweendlela oziva ngayo (*mood changes*), iingxaki zonxibelelwano nokuziva ukhathazekile, usoyika okanye unomsindo.



Iimpawu ezikhawuleza zibonakale ziquka:

- ukulibala izinto ezisanda kwenzeka
- ukubhideka malunga nexesha nendawo okuyo
- ubunzima ekwenzeni izinto oziqhelileyo
- ukutshintsha indlela oziva okanye oziphethe ngayo
- iingxaki nokuthetha ulwimi (ukuba nengxaki nokubiza izinto oziqhelileyo)
- ukuthatha izigqibo ezingabonisi ngqiqo
- ukungakwazi ukuziqalela izinto
- ukulahla izinto
- ingxaki nokucinga malunga nezinto ongaziboniyo
- ukutshintsha kwendlela oziphethe ngayo (*personality*)

Ngokuya i Dementia iba mandundu, iimpawu ziya zizicacela nangakumbi yaye zinokuquka:

- ubunzima ekwenzeni imisebenzi elula efana nokuqhuba, ukupheka, ukufunda nokubhala
- ukulibala iinkcukacha zezinto ezenzeka ngoku
- ukungakwazi ukuqiqa nokungakwazi ukuqaphela ingozi
- ukubhideka, ukubona izinto wedwa, ukudangala, ukuba nomsindo ngokukhawuleza
- ukutshintsha kwendlela olala ngayo, uthande ukuvuka ebusuku
- ukungathandi ukudibana nabantu
- ukuthetha izivakalisi ezibonisa ukubhideka usebenzisa amagama ngokungachanekanga
- ukuxabana nabantu nokuba nobundlobongela

Abo bane Dementia emandla, banokungakwazi ukwenza imisebenzi yesiqhelo yemihla ngemihla, ukuqonda abantu bosapho okanye ukuqonda ulwimi abaluthethayo.

## UKUTHINTELA I DEMENTIA

- oonobangela abaninzi be Dementia abakwazi kuthinteleka
- ukuyeka ukutshaya nokunyanga isifo soxinzelelo lwegazi oluphezulu nesifo seswekile kungawunciphisa umngcipheko we Dementia yemithambo yegazi (*vascular dementia*)
- indlela yokuphila ngokusempilweni, ukutya ukutya okunezakha-mzimba (*balanced diet*) nokwenza imithambo rhoqo kungawunciphisa umngcipheko we Dementia yemithambo yegazi

## UKULAWULA I DEMENTIA

Ukunyangwa kwe Dementia kuxhomekeke ekubeni kubangelwe yintoni. Unyango luya kujonga ekulibaziseni ukuqala kwesi sifo kunciphise nokuqhuba kwaso. Ukwenza unyango olutsha lwesifo iAlzheimer licandelo lophando eliqhubayo.



Ukulawulwa kwe Dementia kubandakanya ukuvelelwa kumacala amane (*iquadrangle*) angala: ugqirha, umguli, umongi noluntu. Ngokuphangaleleyo, umgangatho wobomi bomongi bubonisa umgangatho wobomi bomguli. Abongi kufuneka bazazi iindlela zokulawula iimvakalelo zabo ngokufunda kangangoko banakho malunga nesifo.

Kufuneka kuqale kwenziwe unyango olungaquki mayeza phambi kokuba kulingwe unyango lwamachiza. Oku kuquka ukufundiswa malunga nezigulo zengqondo nenkxaso yabongi, ukuseka indlela ekhuselekileyo neqhelekileyo yabaguli, ukuncedisa abaguli kwimisebenzi yabo yemihla ngemihla nokubagcina benento yokwenza.

Sele ekhona ngoku amachiza okunyanga ngokukodwa isifo iAlzheimer. La machiza akayi kusinyanga esi sifo okanye abuyisele umva umonakalo osengqondweni, kodwa angaphucula iimpawu anciphise ukuqhubeka kwesi sifo. Oku kungaphucula umgangatho wempilo yomntu, kulibazise ukufakwa kwakhe kwikhaya lokukhathalela abagulayo. Kungaphinda kuncedisane nabongi nanjengoko kunciphisa umthwalo wabo.

## FOWUNELA UMNKI WOKHATHALELO LWEMPILO WAKHO UKUBA

- kukho ukutshintsha okukhawulezileyo kwemeko yengqondo
- awukwazi ukukhathalela umntu one Dementia ekhaya

## UNGENZA NTONI KWAYE UNGALUFUMANA PHI UNCEDO?

Uninzi lwabantu abanengxaki yokungazinzi kwesimo sengqondo bamelana kakuhle nonyango. Inyathelo lokuqala kukuxoxa ngeempawu onazo nengcaphephe enamava, njengogqirha wosapho lwakho.

## IWEBHUSAYITHI EZINOKUKUNCEDA

[www.dementiasa.org](http://www.dementiasa.org)

[www.alzheimers.org.za](http://www.alzheimers.org.za)

## IZIKO LEENKCUKACHA NGEZEMPILO NGOKWASENGQONDWENI LASEMAZANTSI E-AFRIKA (I-MHIC)

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