

## YINI ONGAYENZA UMA USOLA UKUTHI UKHONA ONE DEMENTIA

Uma usola ukuthi wena okanye isihlobo, umngani noma umuntu omaziyo unezimpawu ze dementia. Ungaxhumana nathi.

Uma sisola izimpawu ze dementia, sizohlela sikuvakashele, sikuhlale sikudlulisele phambili uma kunesidingo.

Sithinte noma sivakashele ehovisi.

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Amahovisi ethu aseduzane ne  
Muthande e Lamontville

## YENZANI I BMF EMIPHAKATHINI

- Sixilonga abantu
- Silekelela leyo mindeni enabantu abane dementia ukuze bakwazi ukubhekana nalesisifo.
- Siqwashisa futhi sazise nge dementia kanye nezifo eziphatheleni nengqondo
- Lokhu sikwenzela ukuthi silwisane nayo
- Silekelelana nezigungu ezimayelana nokulwisana nedementia



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**BESSIE MAKATINI  
FOUNDATION  
(BMF)  
NPO No 138-129NPO**

**SISEBENZISANA  
NABANTU ABANE  
DEMENTIA KANYE  
NEZIFO ZENQONDO  
EMIPHAKATHINI**

**Usizo  
lwethu  
lumahala**

## YINI I D E M E N T I A ?

I dementia isifo esenziwa yizifo eziphathelene nengqondo. Lokhu okulandelayo izimpawu:

- Ukulahlekelwa yinqondo kanye nokukhohlwa okujulile
- Ukuphimiswa kwamagama kanye nokungakhulumi kahle
- Ukuguquka kokuziphatha kubantu
- Umfufunyane
- Izimpawu zalesisifo ziyakhula ngemuva kwesikhathi

Uma umuntu eba nalezimpawu ezingenhla, lokho akusho ukuthi njalo usene dementia, kodwa kubalulekile ukuthi lowo onalezimpawu acilongwe ebese eyiswa ko dokotela

Kwa BMF sihlola noma ngabe ubani okusolakala ukuthi une Dementia, ebeze simthumelela emtholampilo noma ezibhedlela ukuze bakuqinisekise ngokuhlola.

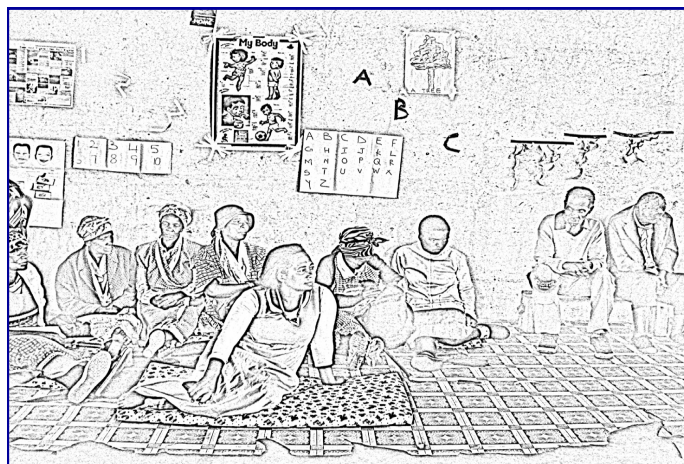
## ISIGUNGU ESILEKELELAYO

Kuyinselelo ukunakekela lowo osuke ene dementia. Uke uzizwe unomzwangedwa, engekho ongakhuluma naye? Iza kwisigungu esilekelelayo

Sinikeza ithuba kulabo abanekekela abane dementia ukuze babonise futhi baxoxisane ngokulandelayo:

- Ngemizwa
- Ngezizinkinga
- Ngemibono kanye
- Nolwazi nabanye

Ungaxhumana nathi noma uze ehovisi



## UKUQWASHISA NGE DEMENTIA

Sisebenzisana nawo wonke umuntu, imiphakathi, izinhlaka ezahlukene, (amabandla, Sukuma Sakhe, izitokofela, amaphoyisa nokunye), ukuze siqwashise nge dementia emiphakathini.

Ukuthola ulwazi oluthe xaxa, ungathintana nathi noma uze ehovisi.

## I DEMENTIA AYINA MINCELE

I dementia ingangena wonke umuntu, ikakhulukazi abadala, nabancane ngokweminyaka ingabangena nabo.

Ithinta wonke umuntu, abesilisa nabesifazane, izinkolo nezinkolelo.

Asisebenzisane sonke ukuze silwisana ne dementia nakho konke okuphathelene nayo



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