

## **ULWAZI LWABAHLANGANYELI**

### **Izindinganiso Ezizungeze Ukuzamazama: Ukuhlola kwe-World Alzheimer Report 2019**

Siyabonga ngokucabangela ukuhlanganyela kulolu cwaningo olubukeka ngesimo sengqondo nezinkolelo mayelana nezifo ze-Alzheimer kanye nezinye izinhlobo ze-dementia emhlabeni jikelele. Leli shicilelo lwazi luchaza injongo yocwaningo futhi lunikeza incazelo yokubandakanyeka kwakho namalungelo njengomhlanganyeli, uma uvuma ukuthatha ingxenye

#### **1. Uyini ucwaningo mayelana?**

I-Alzheimer's's International Disease (ADI), sifuna ukuqhuba inhlolovo enkulu kunazo zonke emhlabeni jikelele ngesimo sengqondo nezinkolelo ngokuphathelene nokugula komqondo. Ukuze senze lokhu, sifuna ukuqoqa ulwazi kubantu abano-dementia, abanakekeli babo, ochwepheshe bezempilo kanye nomphakathi jikelele.

Ukuze uthole ukuqonda okucebile kwesihloko, sicela amaqembu amaningi abantu ukuba bahlanganyele, kusukela kuwo wonke umhlaba, kuhlanganise nemiphakathi yasemaphandleni nasemadolobheni. Sizobe sakha umbiko ofingqa ukutholakala okuzotholakala esidlangalaleni.

#### **2. Ingabe kufanele ngihlanganyele?**

Kungukuthi ukuthi unqume ukuthi noma ungahlanganyeli yini noma cha. Akudingeki ukuba uhlanganyele uma ungafuni. Uma ukhetha ukuthatha ingxenye sizokucela ukuba uqedele umbuzo wokuvuma ngaphambi kokuqeda ucwaningo.

#### **3. Ukuzibandakanya kwami kuyoba yini?**

Uzocelwa ukuqedela inhlolovo ngemibuzo ephathelene nokugula kwengqondo kanye ne-Alzheimer's. Lolu cwaningo lungagcwaliswa ku-intanethi noma usebenzisa ithebhulethi enikeziwe ukuthi uyisebenzise. Ucwaningo kufanele luthathe cishe imizuzu engu-10 kuya ku-15 ukuqedela.

#### **4. Ngisuka kanjani ekutadisheni?**

Ungakwazi ukuhoxisa nganoma isiphi isifundo, ngaphandle kokunikeza isizathu. Uma kunemibuzo phakathi nesikhathi sokuhlola okukwenza uzizwe ungakhululekile, akudingeki uphendule. Ukushiya ekutadisheni ngeke kube nethonya kuwe.

#### **5. Ulwazi lwami luzosetshenziselwa ini?**

Sihlela ukubika imiphumela yocwaningo kwi-World Alzheimer Report 2019. Ngeke ukhonjiswe kunoma yikuphi umbiko / okushicilelwe noma okunye ukuxhumana ngalolu cwaningo.

## **6. Ingabe ukuhlanganyela kwami nedatha yami kuzokugcinwa kuyimfihlo? Ingabe ngeke kwaziwa?**

Yebo. Yonke imininingwane esiqoqa ngawe igcinwa ngokuyimfihlo futhi yonke idatha ngeke ikwaziwa ukuthi kusho ukuthi asikwazi ukuxhuma noma yiziphi izimpendulo zemphenyo nabantu abaqeda ukuhlola. Wonke amafayela wedatha ngeke aziwe futhi azokwabiwa kuphela ngokucwaninga abacwaningi. Zizogcinwa ngamafayela adijithali edijithali e-intanethi zizonikwa amakhodi futhi zilondolozwe ngokwahlukana kunoma yiliphi amagama noma ukukhomba okuqondile kwabahlanganyeli. Noma yimaphi amakhophi anamandla olwazi locwaningo azogcinwa kumafayela avaliwe ngaso sonke isikhathi.

## **7. Yiziphi izinzuzo zokubamba iqhaza?**

Azinkho izinzuzo ezisheshayo kuwe, kodwa esikhathini eside, lolu cwaningo luzohlinzeka ngolwazi olubalulekile mayelana nenhlamba engasetshenziselwa ukuthuthukisa izinhlelo ezingcono zabantu abaphila nokuphelelwa nge-dementia.

## **8. Yiziphi izinkinga nezingozi zokuthatha ingxenye?**

Akukho okulindelekile. Uzobuzwa mayelana nezinkolelo zakho nezimo zengqondo, ngakho-ke kungase kwenzeke ukuthi ezinye imibuzo zingakucasula. Uzokwazi ukuyeka ukubamba iqhaza nganoma isiphi isikhathi futhi ungase unqabe ukuphendula noma yimiphi imibuzo eyenza uzizwe ungakhululekile.

## **9. Kuthiwani uma nginombuzo noma isikhalazo?**

Uma unemibuzo mayelana nalolu cwaningo sicela uxhumane noWendy Weidner: [w.weidner@alz.co.uk](mailto:w.weidner@alz.co.uk)

**Uma ujabulela ukuhlanganyela kulolu cwaningo, sicela ugcalise umbuzo wokuvuma.**