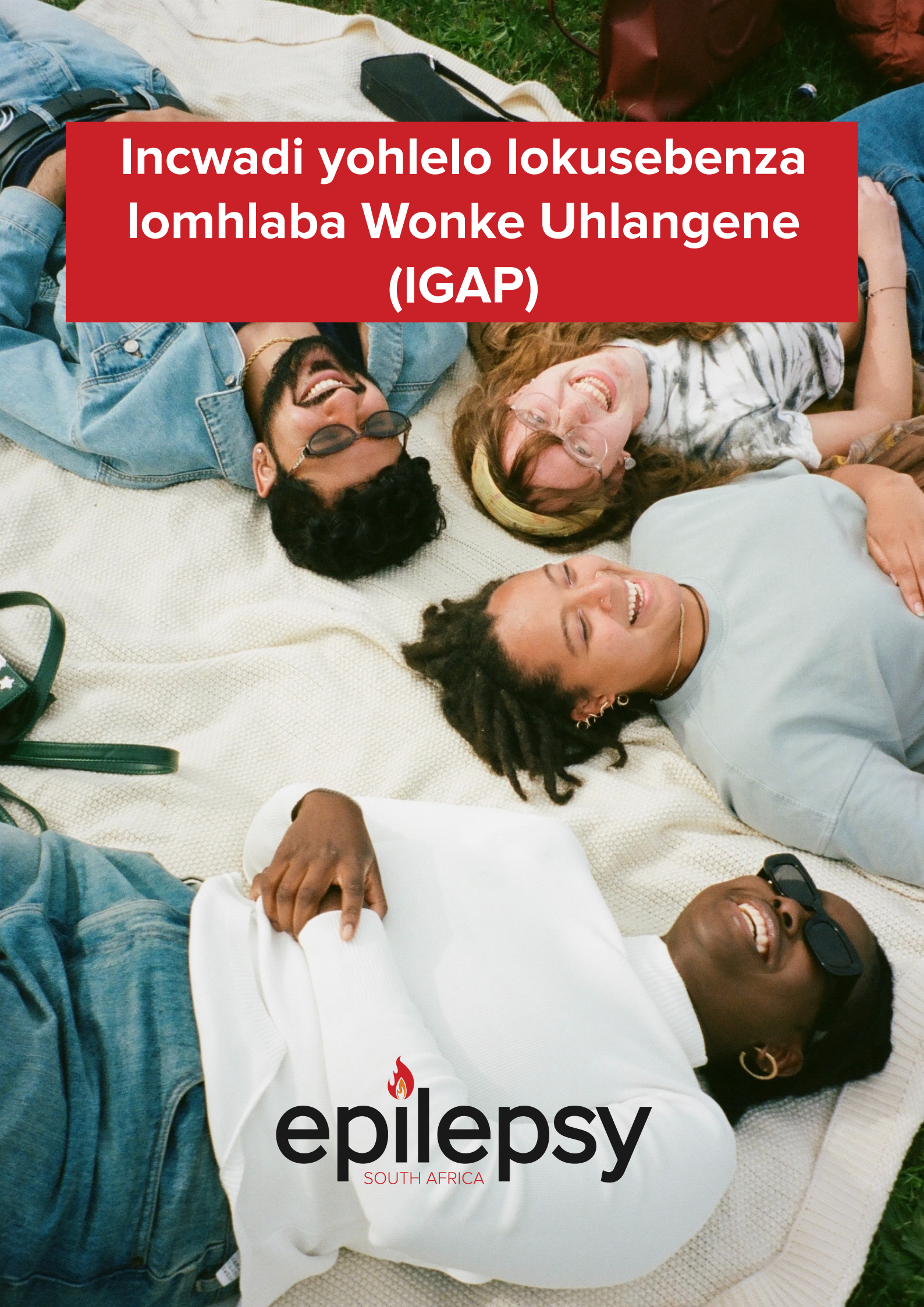


A photograph of four young adults (two men and two women) lying on their backs on a white, textured blanket spread over green grass. They are all smiling and laughing, looking towards the camera. The man on the left wears a blue denim jacket and glasses. The woman next to him has long brown hair and glasses. The woman in the center has dark dreadlocks and is wearing a light blue long-sleeved shirt. The man on the right is wearing a white long-sleeved shirt and sunglasses. A red banner is overlaid at the top of the image, and the Epilepsy South Africa logo is at the bottom.

Incwadi yohlelo lokusebenza lomhlaba Wonke Uhlangene (IGAP)

**epilepsy**
SOUTH AFRICA



Uhlelo lokusebenza lomhlaba Wonke Uhlangene (IGAP)

“Ukwehlisa ukucwaswa,ingcindezi no mthwalo wesifo semizwa lokhu kubala ukubandakanyeka kwabo ku kufa,ukugula noku khubazeka futhi sikhuphule izinga lempilo yabantu abazifo zemizwa, kwimsebenzi nakwi mndeni yabo.”



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Umhleli



Kuyenkulu intokozo ukwethula lomshicilelo. Intersectorial Global Action Plan (IGAP) iphephabhuku eline mningwane ebalulekile elizokwazisa lisekele abantu abanesifo sokuwa naba thandiweyo babo eNingizimu Africa yonke.

Ihlanganiswe iqembu elisezingeni eliphezulu futhi njengo muntu one sifo sokuwa ngyabonga ukuba ingxeye yaleliqembu.

Leli phephabhuku linikeza ithuba kubantu ukuthi baqode, nemiphakathi yabantu abanesifo sokuwa nendlela yokwenza **umphakathi ongacwasiyo**.

Isifo sokuwa isimo esiphazamisa asiphathe abantu abaningi ngedlela ezahlukenene. Isifo sokuwa sikwazi ukuphazamisa.

Ukukhuluma ngaso kubaluleke kakhulu.

IGAP, ikhuluma **ngendlela abantu abaphila ngayo** nezintselelo, namaphupho abantu abane sifo sokuwa ezweni lonke. Lisifundisa nangendlela esingabalelkelela ngayo siqubekela phambili.

Kulokhu kushicilelwa, sifaka ulwazi olubalulekile nge IGAP futhi nezi ndlela zokumela na nesifo sokuwa. Siyathemba ukuthi konke ozokuthola kulo mshicilelo kukhuthaza futhi siyakhuthaza ukuthi uzokwabelana ngalo kude.

Kwiqembu le IGAP, Marina Clarke eKapa (Meluleki wohlelo) no Megan Couchman (maketha) siyabonga kakhulu ngemibono eniyiveze kuhlangukiswa lolushicilelo.

Ungaxhumana nathi kule number ye hhovisi elikhulu lakwa Epilepsy South Africa 0860 EPILEPSY noma kule email info@epilepsy.org.za uma ufuna ukucaciseleka kabanzi.

Syabonga.

Sharlene Cassel,
Umqondisi kazwelonke,
Epilepsy South Africa



Epilepsy South Africa

Epilepsy South Africa yasungulwa ngo 1967 njenge South African National Epilepsy League(SANEL). I yona yodwa inhlango ezwenilonke enika ngokukhethekile nolunzulu usizo kubantu abanesifo sokuwa.

Umbono we Epilepsy South Africa ukubona umhlaba lapho abantu abanesifo sokuwa bebandakanywa kuthi bamukelwa ngaphandle kokucwaswa. **Umsebenzi wethu** ukukhuphula amalungelo abantu abaphila nesifo sokuwa.

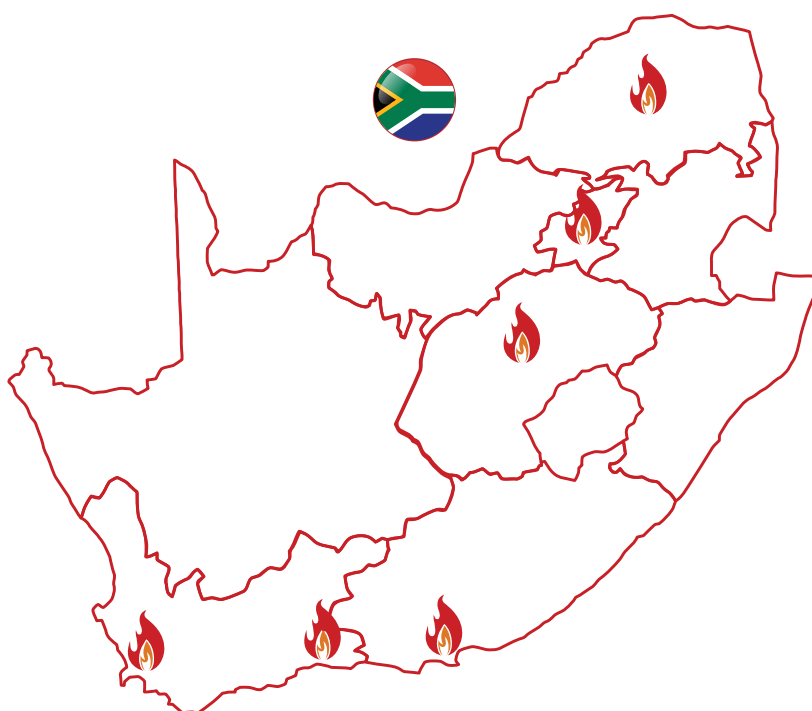
Epilepsy South Africa iyaziqhenya ngokuba kwi sahluko sase Ninguzimu Africa kwi International Bureau of Epilepsy (IBE), IBE ikhuphula isimo senhlalo ne zinga le mpilo labantu abanesifo sokuwa nalabo ababanakekelayo.

Umbono we IBE kumhlaba ula ekutheni yonke ukungazi nokusaba isifo sokuwa kususwa ukwazi nokukhathalelana.

IBE yaziwa umhlaba wonke ngokumela izinhlangano zesifo sokuwa ezwenilonke lokho kunesthakazelo esikhethekile ekuphuculeni isimo senhlalo ne zinga le mpilo Kubantu abanesifo sokuwa naba nakekeli babo.

Epilepsy South Africa ihlose uku “ukuvuthisa ilangabi loku ngenzeka” kubo bonke abantu abanesifo sokuwa.

epilepsy
SOUTH AFRICA



IGAP

Yini IGAP

Intersectorial Global Action Plan kwi sifo sokuwa kwazezinye izimo zokuphazamiseka komqondo njengoba siyazi ibizwa nge IGAP. Kuphezu kweminyaka eyamashumi amabili ikhona.

I-IGAP iwumhlahlandlela weminyaka eyi-10 (2022 - 2031) owethulwe yiNhlango Yezempilo Yomhlaba (i-WHO), ukubhekana ngempumelelo nezimo zemizwa kanye nokwenza ngcono izimpilo zabantu abanesifo sokuwa kanye nezinye izimo ze-neurological emhlabeni jikelele.

Kungani ibalulekile iIGAP?

IGAP **EYOKUQALA NGQA** emhlabeni ohlelwani lokusebenza kwi sifo sokuwa nakweziye izifo zomqondo.

Ulando walombhalo omangazayo

Ngo May 2015 iWorld Health Organization(WHO) yabona umthwalo we sifo sokuwa emhlabeni wonke ingakho kwabakhona International Global Action Plan (IGAP) kwi sifo sokuwa kwazezinye izimo zokuphazamiseka komqondo 2022-2031. IGAP yamukelwa ngo May 2022 ngawo wonke amalunga ezindawo, INingizimu Africa enye yawo.

IGAP ikhuthaza umhlaba lapho:

- Impilo yobuchopho yaziswa, kukhuthazwa futhi buvikeleke impilo yonke;
- Ukuphazamiseka komqondo kungavikeleka, kuxilongwe futhi kulashwe ukubalekela ukufa ngaphambi kweskhathi;
- Abantu abathintekayo kukuphazamiseka kwemizwa nabanakekeli babo.

Sidinga ukukwakha umhlaba lapho abantu abane sifo sokuwa neziye izifo zomqondo bamukelwa bahlanganyele ngaphandle kokucwaswa.



World Health Organization



Yini Isifo Sokuwa?

Oyendwa kwabawu 20 uzozwa ukuquleka kwingxeye yempilo yabo.

Ukudlikiza kwenzeka ngokuphazima kweso, ukungawuleki kokuqhuma kukagesi ebuchoshweni okwenza ushintsho ekuphatheni, ekunyakazeni, imizwa nakwizinga lokwazi. Ukudlikiza Kanye akusho ukuthi usune sifo sokuwa. **Udokotela oshoyo ukuthi unaso isifo sokuwa noma cha.** Isifo sokuwa imvamisa ukudlikiza uphindelela. Ukuyukuphazamiseka kwe spectrum okusho ukuthi zihlukene kaningi izinhlobo zokuquleka, kodwa esikhathini esiningi imbangela yokuquleka ayaziwa.

Isofo sokuwa sibonakala ngokuwa kaningi, kube nokudlikiza komzimba. Kusuka engqondweni. Lokho kucacisa ngokusobala ukuthi ziningi izinhlobo zesifo sokuwa, imbangela iyabonakala ngobuxhakaxhaka boDokotela kanti kwabanye abantu ayibonakali.

Abantu abahlukene bazoba nempawu ezingafani Kuya ngendlela abadlikiza ngayo . Ngenxa yokuthi isifo sokuwa sidalwa into eyenzeka ebuchoshweni, ukudlikiza kungaphazamisa ukusebenza kobuchopho. Impawu zingafaka ukudideka okweshashana, ukugqolozela esbhakabhakeni, ukuquna komzimba, ukunyakaza okungawuleki kwezingalo nemi lenze, ukulahlekelwa ulwazi, nezimpawu zomqondo ezinjengokwe saba, ukuthuka no asakewakubona (umuzwa usake wawuphila wadlula osakewawuzwa ngaphambili).

Ngekathi izinto eziningi zizoshitsha Uma uthola ukuthi unesifo sokuwa, into ekmele usheshe uyenze ne balulekile ukutshela abantu iqiniso ngesimo sakho:

- isifo sokuwa singaphazamisa **noma ubani ayikhethi iminyaka**, ubulili no buzwe ngokungabheki izinga lemali.
- isifo sokuwa **siyigozi** uma ingaxilongwana, ingalashiwe noma ingahleliwe.
- isifo sokuwa singa lashwa futhi sihleleke.
- 25% wamacala **esifo sokuwa angagwemeka**.
- wonke umuntu **angafunda ukuthi usiza umuntu odlikizayo**.
- **oyedwa kwaba ngamashumi amabili** uzoba nokudlikiza kwingxeye yempilo yakhe kodwa akusho ukuthi usune sifo sokuwa.
- izingane ezinesifo sokuwa **kumele ziye eskoleni** ngoba ziyakwazi ukufunda njengabanye abantwana.
- abantu abanesifo sokuwa **bayakwazi ukufunda noku sebenza** ngoba bayakwazi ukwenza okwenziwa abanye.



- **Ikhanda elibuhlungu** lenza ubuhlungu nasebusweni. Ubuhlungu bekhandabuyahlukana kuya ngokuthi insusa ikuphi. Nangokuhlukana kobuhlungu kodwa ubungozi abukho kodwa futhi kungabonisa izimpawu zezinye izifo. Kunezinhlobo zobuhlungu bekhanda ezingaphezulu kuka 150.
- Izifo lezi eziphazamisa ukusebenza kwemisipha ngenxa yokuba nenkinga nemithambo nemisipha. Lokhu kwaziwa nge **neurodegenerative disorders** (ulahlekelwa amaseli obuchopho) noma ukuphazamiseka kwemisipha. Okujwayelekile isifo sikaParkinson, isifo sikaAlzheimer, ukuwohloka komqondo, ukuwohloka kwemisipha, isifo sikaHuntington, ukuguquguquka kwemisipha olubuye lwaziwe njenge sifo sika Lou Gehrigs, ne sifo semotor neuron.
- Isifo esiphazamisa ukuya kwegazi ebuchoshweni (**isifo se cerebrovascular**). Lokhu kubala isifo sohlangothi nokuvuvukala kwemithambo yobuchopho (kudalwa indawo entekenteke noma encane kumthambo osebuchoshweni ovuvukalayo ugchwale igazi). Lezi zimo eziphuthumayo zempilo futhi kumele zilashwe ngokushesha.
- Ezinye zalezifo eziphazamisa ubuchopho zidalwa amagciwane athelelanayo futhi aziwa ngokuthi isifo i-**neuroinfectious** noma i-**neuroimmunological** .Lokhu kufaka i-meningitis

- Izigulo eziphazamisa ukuhamba kwegazi (**Isifo sokuphazamiseka kwemithambo yegazi-cerebrovascular disease**). Ihlanganisa ukufelwa uhlangothi, amahluli ebuchosheni. Leziso zifo zimayelana nokungaphili futhi kumele umntu aye emtholampilo ayothola usizo.
- Ezinye izifo ezichaphazela ingqondo zenziwa ugcobho engqondweni bubalwa **ihlumela/ukuvuvukala kobuchopho nezinye izifo**.
- Ezinye izimo ziphazamisa ukusebenza kobuchopho (**izifo ze-neurodevelopmental**). Izibonelo zifaka i-attention-deficit/hyperactivity disorder (ADHD), i- autism, nokuye ukukhubazeka kokufunda ne cerebral palsy.
- **Ubuchopho no mgogodla kungalinyazwa inganeko esinobuhlungu** njenge ngozi yemoto noma ukulimala emdlalweni. Kuphazamisa ukusebenza okujwayelekile kobuchopho ngenxa ye qhubu, ukufutha noma gcuma okuya ekhanda noma into ngena ebuchoshweni noma emugogodleni . Ngenkathi wonke umuntu asengcupheni , ikakhulukazi izingane nabantu abadala basengcupheni. Eminye imidlavuzo ingaphazamisa ukusebenza kwemizwa.
- Eminye imihlume ichaphazela ingqondo nomgogodla.

Yikuphi okufunwa ukuzuzwa iGAP?

IGAP inezinhloso ezu-4 ezimisele ukuzifeza futhi lezi nhlelo zigxeye yokuqaliswa kwe IGAP eNingizimu Africa.

Lezinhloso zimi kanje:



INHLOSO 1

Ukuciphisa ukucwasa, umthelela nomthwalo we wokuphazamiseka kwe mizwa ngikuqwasisa, sifundise abantu nokwadisa ukuqonda.



INHLOSO 2

Ukwenza ncono izinga lempilo labantu abane sifo semizwa, imisebenzi yabo nemindeni yabo.



INHLOSO 3

Ukuqinisa ukunqanda, ukulashwa noku nakekeleka.



INHLOSO 4

Ukuqinisekisa indlela ephilele, lapho iqembu lezempilo, umuntu ngamunye nayo yonke inhloso nezemvelo inomthelela ekusebenzeni ndawonye.

Singayisebenzisa kanjani i- IGAP njenge balazwe longaqo eNingizimu Africa?

Uma ufunda i-IGAP, **uzobona ukuthi inezi njongo namasu amahlanu.**

Epilepsy South Africa yenze uncwaningo lukazwelonke ngo nhlangulana / ntulikazi 2022 bebuza abantu abaphazamiswe isifo sokuwa neziye izifo ephazamisa imizwabefuna befuna uvo labo ngezichasiso ezibalulekile. **Ngokwenza lolu hlelo zine izichasiso ezikhombisa okumele kwenziwe eNingizimu Africa.**

ISICHASISO 1

Ukwenza isifo sokuwa naezinye izifo zemizwa zibaluleke

ISICHASISO 2

Ukunika ngempumelelo, ngaskhathi futhi nokuxilongwa okusabelayo, ukwelashwa noku nakekelwa

ISICHASISO 3

Ukusebenzisa Amasu Okuvimbela Izimo Zemizwa Nokuthuthukisa Ukuziphatha Okunempilo kanye Nempilo Yengqondo

ISICHASISO 4

Ukuqinisa Indlela Yezempilo Yomphakathi Yesifo sokuwa

Isichasiso 1:

Ukwenza Isifo sokuwa kanye Nezinye Izimo Zemizwa Zibe Yinto Ebalulekile

Ubuwazi ukuthi eNingizimu Afrika umuntu oyedwa kwabayikhulu unesifo sokuwa kanti abaningi abanesimo semizwa?

NgoNtulikazi 2023 inani labantu baseNingizimu Afrika lalilinganiselwa ezigidini ezingama-61,5 okusho ukuthi okungenani bangu-615,000 abantu baseNingizimu Afrika abanesifo sokuwa. Uma sicabanga ukuthi wonke umuntu onesifo sokuwa unamalungu amane omndeni aseduze, cishe abantu baseNingizimu Afrika abayizigidi ezi-2,5 bathintwa yilesi simo. Ngaleso sizathu sidinga ukunika BONKE abantu baseNingizimu Afrika amandla ngolwazi. Lokhu singakufeza uma sonke seseka uguquko lwenqubomgomo eNingizimu Afrika.

Ngaleso sizathu sidinga ukunika BONKE abantu baseNingizimu Afrika amandla ngolwazi. Lokhu singakufeza uma sonke seseka uguquko lwenqubomgomo eNingizimu Afrika. Siyaziqhenya ukusho ukuthi umphakathi wethu wamazwe ngamazwe uhlangene futhi wakha umhlahlandlela walokhu. Yebo, yilona kanye iphepha esiyilo ukuxoxa - IGAP.

USHINTSHO KUNQUBOMGOMO LUBALULEKILE!

Iningizimu Afrika ibhekene nenani lezindaba ezibalulekile zezempilo njenge-HIV/AIDS, i-TB, isifo sikashukela, nesifo senhliziyo. Lokhu kusho ukuthi izinsiza ezifana nemali nabasebenzi kumele zenziwe zitholakale ukuze kubhekwane nakho ngakunye kwalokhu. Ngokwesiko, izimo ze-mizwa abanesifo sokuwa abakayitholi izinsiza ezidingekayo ukuze zenze umehluko wangempela ezingeni lempilo yabantu. Umgomo ozinikele uzokwenza kube nokwenzeka ukwaba izinsiza ezengeziwe okwenza kube yisiqalo iphuzu lokushintsha.

Senzani?

Ngo June 2023 u Epilepsy South Africa wathumela izinhlelo zakhe malungana nesifo sokuwa nezinye ezichaphazela inqondo kunmyango wamantu besifazane, abantu abasha kanye nabantu abakhubazekile (DWYPD) kuhulumeni. Loluhlelo luchaza ngesimo esikuso njengamanje nendlela okungashintshwa ngayo. Sinethemba iphalamende lizoyamukela futhi liyipasise maduzane.



ISICHASISO 2:

Ukuhlinzeka Ngempumelelo, Ngesikhathi, futhi Ukuxilongwa Okuphendulayo, Ukwelashwa, Nokunakekelwa

Kudingeka sibheke izindawo ezimbili eziqondile ezixhumene kakhulu:

- Ukunakekelwa kwezempilo kufanele kubandakanye okunembile ukuxilongwa kanye nezinketho zokwelashwa eziphumelelayo okusekelwa ngabasebenzi bezempilo abanakekelayo nabanolwazi ukuze kuncishiswe igebe lokwelashwa.
- Ukunakekela ngokwengqondo kubhekisela ezingxenyeni ze-impilo yengqondo yomuntu kanye nempilo engokomzwelo. Lokhu kuhlenganisa izindlela zokunakekela, ukusekelwa kwabanakekeli, nokusebenza ngokubambisana.

Igebe Lokwelapha

“Igebe lokwelapha” umehluko phakathi kwenani labantu abanesifo sokuwa abathola ukwelashwa okufanele kanye nalabo abangakutholi.

Cishe abangama-75 kwabayi-100 abantu abanesifo sokuwa e-Afrika abakutholi ukwelashwa noma abakwazi ukufinyelela ekunakekelweni kwezempilo kanye nemithi (okuvame ukushibhile). Nakuba isimo sisingcono kakhulu emadolobheni aseNingizimu Afrika, angeke kushiwo okufanayo ngamaphandle izindawo. Kuphathelele nokuthi abantu abaningi banolwazi oluncane kakhulu ngesimo sabo futhi ngokuvamile abaqondi ukwelashwa kwabo noma izibopho zabo.

Leli gebe lokwelashwa ngokuvamile libangelwa:

- Izimpahla ezinganele kanye nezindleko eziphezulu zemithi elwa nesifo sokuwa.
- Ukuntuleka kwabasebenzi bezempilo abaqeqeshelwe ukuxilonga nokwelapha isifo sokuwa.
- Ukufinyelela okulinganiselwe ezikhungweni zezempilo ikakhulukazi ezindaweni zasemakhaya.
- Ukucwaswa emphakathini, ulwazi olunganembile, nezinkolelo zendabuko.
- Amathuba alinganiselwe okuqeqeshwa okukhethekile ku-neurology.

Ukuxilongwa

Isifo sokuwa kufanele sihlolwe ngudokotela oqeqeshiwe.

Nakuba kunenani lokuhlola elitholakalayo ukusiza udokotela ukuxilonga okuningi kwenziwa ngempumelelo ngokusekelwe engxoxweni phakathi kukadokotela nomuntu ngamunye (kuhlenganise namalungu omndeni/ abanakekeli) okusekelwe kokuhlangenwe nakho kwabo kanye nezimpawu. Lokhu kwaziwa njengomlando wokugula.

Udokotela wakho uzobuza imibuzo ehlukenene njenge:

- Kuqale nini ukuquleka kwakho?
- Usuke waquleka?
- Ingabe uyaluqaphela ushintsho ngaphambi kokuba ubanjwe isithuthwane?
- Kuthathe isikhathi esingakanani ukubanjwa?
- Ingabe ukwazile ukuhlonza izimbangela eziholeda ekuqulekeni?
- Ingabe ukhona umuthi owudlayo?



Nansi eminye imibuzo ongase ufune ukuyibuza udokotela wakho:

Ngabe ngiyadlikiza/ ngiwe futhi kuyini lokhu?

- Kunezinhlobo ezahlukenene zokuquleka futhi udokotela wakho angakusiza ukuthi uqonde ukuthi kwenzekani kuwe.

Yiziphi izivivinyo ezidingekayo?

- Ukubonisana nodokotela wakho.
- I-MRI (Magnetic Resonance Imaging) ihlola ukungahambi kahle kwesakhiwo sobuchopho. Ayinabuhlungu futhi ayidingi ukulaliswa esibhedlela.
- I-EEG (i-electroencephalogram) irekhoda imisebenzi kagesi yobuchopho engasiza udokotela ukuthi athole ukuthi yini ebangele ukudlikiza kwakho.

Ngazi kanjani ukuthi nginesifo sokuwa?

- Ukudlikiza kanye akusho ukuthi unesifo sokuwa, ukudlikiza kaningi kungaba inkomba.

Ingabe ngidinga ukubonana nochwepheshe?

- Udokotela wakho uzonquma ukuthi kudingekile yini ukuthi ubone udokotela onjengodokotela wezinzwa. Ungase futhi uthole ukwelulekwa okuthile kuwusizo ukulungisa ukuxilongwa kwakho ngakho cela udokotela wakho ukuthi akudlulisele.

Yikuphi ukwelashwa okukhona?

- Imithi ngokuvamile iyisinyathelo sokuqala sokulawula ukuquleka kwakho. Kunezinhlobo eziningana zemithi futhi udokotela wakho uzokusiza ukuthi uthole leyo ekusebenzela kangcono.
- Uma imithi ingasizi, udokotela wakho uzobheka ezinye izindlela. Kubalulekile ukuphuza imithi ngendlela ebekiwe ukuze uthole imiphumela engcono kakhulu.

Ingabe ukudlikiza kunezimpawu eziyisixwayiso?

- Azikho izimpawu eziyisixwayiso ngaso sonke isikhathi, kodwa abanye abantu baba ne-aura (uphawu oluyisixwayiso). Lokhu kungenzeka kwehluke kuwo wonke umuntu kodwa kungase kuhlenganise iphunga, ukunambitha noma umuzwa. Kubalulekile ukutshela udokotela nganoma iziphi ezinye izidakamizwa ozithathayo lapho uxoxa ngokwelashwa okungenzeka (ngisho nangaphandle kwekhawuntara).



Izindlela Zokwelashwa

Ukwelashwa okujwayelekile kwesithuthwane ukusetshenziswa okujwayelekile komuthi owodwa noma eminingi yokulwa nesithuthwane noma eqeda ukudlikizela.

Ngokufanelekile abantu abanezimo zemizwa kufanele baphuze imithi emincane ngangokunokwenzeka ngenkathi belondoloza ukulawulwa kokuquleka kanye nezinye izimpawu zesimo sabo.

Uma abantu besebenzisa izinhlobo ezingaphezu koyedwa zomuthi izidakamizwa zingaba nomthelela wodwa futhi ziguqule umphumela wazo.

Ukusebenzisana phakathi kwemithi yokuvimbela inzalo ephuzwayo kanye nemithi elwa nesifo sokuwa kungase kunciphise ukusebenza kahle kokuvimbela inzalo okuholela ekukhulelweni

okungahleliwe. Ngakho-ke abesifazane abanesifo sokuwa kufanele baxoxe ngalokhu nodokotela wabo ukuze baqinisekise ukuvimbela inzalo okuphumelelayo.

Gwema ukusebenzisa utshwala nezidakamizwa zokungcebeleka lapho uthatha imithi elwa nesifo sokuwa.

Kufanele ulandele ukudla okulinganiselayo ukuze uqinisekise ukuthi imithi ingasebenza ngempumelelo.

Indlela Yokunakekela Umuntu Onesifo Sokuwa

Indlela yokunakekela iyisu lomuntu onesifo sokuwa. Kufanele ihlanganise zonke izici zempilo nokuphila komuntu kusukela ekukhulelweni kuya ekugugeni.

Izindlela zokunakekelwa okuhle zisabela ezidingweni zabantu abanezimo zemizwa kanye nemindeni/nabanakekeli babo. Ukuhlala endaweni yasemadolobheni noma yasemaphandleni kungase kunqume ukuthi yiziphi izinketho zokunakekelwa ezikhona. Ngokufanayo, izindlela ezahlukeneyo ziyadingeka ngezikhathi ezahlukeneyo empilweni yomuntu.

Kubalulekile ukuthi abantu abanezimo zemizwa bangagcini nje ngokuthola usizo lwezokwelapha, kodwa futhi nokunakekelwa komphakathi ukuze bathuthukise inhlalakahle yabo kanye nezinga lempilo.

Lolu hlobo lokwesekwa kufanele lutholakale emindenini nakubanakekeli njengoba ziningi izingcindezi ezibangelwa umuntu onesifo sokuwa.

Ukusebenzisana

Kubaluleke kakhulu ukuthi umuntu, umndeni/umnakekeli wakhe kanye nodokotela basebenzisane ukuze bathole imiphumela engcono kakhulu.

Udokotela uzokwazi ukunikeza imithi ngokunembe kakhudlwana uma umuntu noma ilungu lomndeni lingakwazi ukuchaza ngokunembile izimpawu kanye nomphumela imithi. Usokhemisi angaphinde anikeze ulwazi nezeluleko mayelana nemithi.

Izigulo ezifana njengesifo sokuwa zinomthelela omkhulu kubantu ngabanye, emindenini yabo nasemiphakathini. Kuningi ukwesekwa okutholakalayo. Ukunakekela umuntu onesifo sokuwa ngokuvamile kuwumthwalo wemfanelo wamalungu omkhaya noma abangane abaseduze. Ukunakekela umuntu onesifo sezinzwa kungathinta impilo yomnakekeli, inhlalakahle, ubudlelwano bomphakathi, kanye nekhono lokuthola imali engenayo. Ngakho-ke kubalulekile ukuthi imindeni nabanakekeli bathole ukwesekwa okudingekayo.

Senzani?

I-Epilepsy South Africa yinhlangano kazwelonke esekela abantu abanesifo sokuwa kanye nemindeni / nabanakekeli babo.

I-Epilepsy South Africa ingakusiza ukuba uqonde isimo sakho futhi usijwayele. Xhumana negatsha eliseduze le-Epilepsy South Africa ukuze uthole ulwazi olwengeziwe kanye nosizo lokuzijwayeza ukuxilongwa kwakho.

Kukhona nenani lezinhlango ezisebenza nabantu abanezimo ezihlukene zemizwa. Ukuze uthole ulwazi olwengeziwe ngalezi zinhlangano vakashela isizindalwazi seSouth African Disability Alliance (SADA).



Isichasiso 3:

Ukusebenzisa Amasu Okuvimbela Izimo Zemizwa kanye Nokukhuthaza Ukuziphatha Okunempilo kanye Nempilo Yengqondo



Ukuvikela isifo sofuka

Izimo eziningi zemizwa zingavinjelwa (kuhlanganise nama-25% ezimo zesimo sokuwa). Lokhu kudinga impendulo ebanzi evela kwezempilo yomphakathi, ikakhulukazi ukunakekelwa komama abakhulelwe/abasanda kuzalwa kanye nezinsana zabo, ukulawulwa okungcono kwezifo ezithathelwanayo, ukuvimbela ukulimala nokunakekelwa okuthuthukisiwe kwezifo ezithinta inhliziyo nemithambo yegazi (impilo yenhliziyi nemithambo yegazi).

Uma sifuna **ukuvimkela isifo sokuwa** kubalulekile **ukukhomba izimbangela** zalezi zimo ezingashintshwa. Lokhu kuhlanganisa ukususa ubungozi kanye nokuthuthukisa ukuvikeleka, ikakhulukazi ezinganeni kanye nentsha lapho ubuchopho busakhula.

Ezinye izingozi ezezempilo ezifana nezinkinga zokuzalwa kanye nezifo futhi zizodinga isinyathelo seminyango yezempilo ezingeni likazwelonke, lesifundazwe, nelendawo.

Abantu besifazane kanye namantombazane kumele **bafundiswe** ngamalungelo baphinde baqhuquzele nangezempilo okunokuba siza mabezisola ukuthi bakhulelwe, bakwazi nokuteta ngendlela ephephile.

Ngebhadi, abafazi basazithola besebunzimeni ngenxa yezimo nokushitsha okudalwa ukukhulelwa kanti abanye bahlukana nemiphefumulo.

Uhulumeni kumele enze ushintsho ukulungiselela kancono abantu besifazane abakhulelweyo.

Kungumsebenzi wabazali ukuqinisekisa ukuthi izingane zabo zithola **yonke imigomo edingekayo** ukuze kuvinjelwe izifo ezingase zibangele izimo zemizwa. Bonke abantu baseNingizimu Afrika kufanele basekele imikhankaso yokugoma ekuqondeni ukuthi impilo enhle **ingumthwalo ohlanganyelwe**.



Ukukhetha indlela yokuphila kungaholela ekulimaleni ngengozi. Kuyiqiniso ukuthi izingozi eziningi zomgwaqo zidalwa ukukhetha ukuphuza nokushayela noma ukusebenzisa umakhale-khukhwini ushayela. Sekuvele **kunemithetho** ngaphakathi INingizimu Afrika **ivikele abantu** emigwaqeni njengokubopha amabhande ezihlalo, ukuthutha izingane nezingane ezihlalweni zokuphepha, nokuthobela imithetho ehloselwe ukusigcina siphephile. Nokho, akubona bonke abasebenzisi bomgwaqo abanamathela kulokhu.

Ukulimala kwezemidlalo nakho kungaholela ekulimaleni kwengqondo. Ungazivikela wena kanye nezingane zakho kulokhu ngokusebenzisa izinto zokuphepha ezifanele njengezigqoko zamabhayisikili nezinsimbi zokuvikela izinsini.

Ukuvimbela izimo zemizwa kuncike ekukhuthazeni nasekuthuthukiseni impilo yobuchopho engcono impilo yonke.

Ukukhuthaza ukuziphatha okunempilo nempilo yobuchopho

Impilo enhle yobuchopho yilapho wonke umuntu engafunda futhi abone amandla akhe aphelele. Lokhu kuhlenganisa ukusebenzisa ngempumelelo ikhono lokuzicabangela, ukwenza izinqumo zakho, ukuqonda izwe elikuzungezile futhi uphile impilo ngokugcwele, **ngisho nasemhlabeni oshintshayo**.

Ukukhuthaza ukukhula kobuchopho kubalulekile kukho konke ukuphila futhi iqala kusukela ekukhulelweni. Kubaluleke kakhulu ebuntwaneni nasebusheni lapho ubuchopho busakhula. Nokho, kuyasebenza nasekugugeni okunempilo.

Kunobudlelwane obuqinile phakathi kwezimo eziningi zemizwa (njengokuwohloka komqondo

kanye nesifo sohlangothi) ezinezingozi zezempilo ezifana nomfutho wegazi ophakeme, isifo sikashukela, nokukhuluphala (ukukhuluphala). Lezi zingozi zenziwa zibe zimbi nakakhulu ukukhetha kwendlela yokuphila njengokungawuvivinyi umzimba (ukungazivocavoci), imikhuba emibi yokudla, ukubhema, nokusebenzisa kabi utshwala nezidakamizwa. Ngokwesibonelo, ukubhema kuye kwaxhunyaniswa izimo zemizwa njenge-stroke, ukuwohloka komqondo, ne-multiple sclerosis.

Ukusetshenziswa kabi kotshwala nezidakamizwa kungathinta isimiso sezinzwa futhi kubangele izimo zemizwa, kodwa futhi kunomthelela ezingozini zomgwaqo, udlame, nokuwa okungase kubangele ukulimala kobuchopho nomgogodla.

Kubalulekile ukuthi impilo kanye nokuphila kahle kwezingane kanye nabantu abadala babe nemikhuba emihle yokulala. Ukungalali kahle nokunganele kungaba yingozi.

Nakuba sonke sijabulela ukudla okulula okungenampilo kanye nokudla ngezikhathi ezithile, kubalulekile ukugcina ukudla okunempilo. Lokhu kusho ukudla ukudla okunomsoco ngemifino nezithelo ezanele, nokunciphisa ukudla okuyingozi njengoshukela ocolisiwe, amafutha agcwele, nokunye okuningi i-caffeine.

Izichasiso 4:

Ukuqinisa Impilo Yomphakathi Indlela Yesithuthwane

Ukufinyelela ekunakekelweni wezempilo

Bangu-278 kuphela odokotela bezinzwa ababhalisiwe eNingizimu Afrika. Nokho, abanye balaba sebeye bathatha umhlalaphansi noma bafuduka kodwa basahlala kurejista. Abaningi basemsebenzini wangasese nabambalwa kuphela ekunakekelweni kwezempilo kukahulumeni. Lokhu kusho ukuthi cishe kukhona udokotela wezinzwa oyedwa kubantu abangu-218,547.

Kwabikwa ngo-2021 ukuthi bangu-16% kuphela abantu baseNingizimu Afrika ababengamalungu ezinhlelo ze-medical aid okusho ukuthi iningi labantu baseNingizimu Afrika lithembele ezinsizakalweni zezempilo zikahulumeni. Lokhu kuba nzima nakakhulu ukushoda kwezinsiza ezindaweni zasemakhaya.

Umthwalo onzima ekunakekelweni kwezempilo komphakathi (ikakhulukazi emitholampilo yezempilo eyisisekelo) wengeza ezinseleleni abantu abanesifo sokuwa nezinye izimo zemizwa ababhekana nazo ekutholeni usizo lwezempilo.

Ukuzimela kanye nokumela

Abantu abanesifo sokuwa kanye nezinye izimo zemizwa banelungelo lokuzimela futhi baveze imibono nemibono yabo ngaphandle kokwesaba. Uyakwazi ukuzikhulumela ngokwakho okusho ukuthi ungakwazi ukulwela amalungelo akho.

Kubalulekile ukukhomba udaba ofuna ukulungisa nokuqonda isixazululo sangempela senkinga. Uzodinga amaqiniso afanele kanye nolwazi ukusekela isikhundla sakho, uthole abanye abakwenzayo ngivumelana nawe futhi ngikwazi ukuphikisa kwakho. Ukusebenzisa abezindaba (ikakhulukazi imidiya yomphakathi endaweni yangakini) kuzokusiza ukuthi utshele abanye ngalolu daba.

Isibonelo, uma ukhathazekile ngokucwaswa abantu abanesifo sokuwa futhi ufuna ukukushintsha, ungase uthande ukuqala ngokususa ezinye zezinto abantu abazikholelwayo ngesithuthwane. Ungakwazi kwenze lokho ngokunikeza amaqiniso ngesimo. Lokhu kungase kube lula njengokukhuluma nabangane bakho nomakhelwane, kodwa kungase kuhlenganise nengxoxo ku-isiteshi somsakazo noma ukuthola iphephandaba lendawo ukuthi lishicilele udaba ngalokhu.

Senzani?

I-Epilepsy South Africa ithuthukisa abantu abazimelayo ngezinhlelo zokuqeqesha nezinye izinkonzo. Xhumana negatsha langakini uma udinga ulwazi, iseluleko, noma usizo.





Yini Ongayenza Manje?

Hlanganyela nsuku zonke ekuphuleni i-STIGMA sesifo sokuwa esigcwele eNingizimu Afrika

ENingizimu Afrika abantu abaningi bakholelwa ukuthi isifo sokuwa sibangelwa amandla emilingo noma ukuthi siyisiqalekiso kumuntu nomndeni wakhe ngenxa yokuthi kukhona okungalungile akwenzile.

Izinto eziningi **abantu abazikholelwayo ngesifo sokuwa azilona iqiniso**, kodwa ngenxa yokuthi abantu bayakukholelwa, bazama ukugwema abantu abanesifo sokuwa nemindeni yabo futhi bazobandlulula ngokuqondile. Lokhu kungenxa yokuthi siyazama ukuqhela ezintweni esizesabayo, futhi sesaba isifo sokuwa ngoba kuncane kakhulu esikwaziyo ngaso. **Kudingeka sinikeze amaqiniso anembile** futhi ulwazi mayelana nezimo zemizwa njengesifo sokuwa ukushintsha umsuka wokucwasa nokucwaswa.

Hlanganyela nenhlangano engu **Epilepsy South Africa** futhi uthathe inxexheba kwi micimbi nezinto abazenzayo eziphakamisa ukuqwashiswa nokufundisa abantu.

Ukucwaswa nokucwaswa

Yize iNingizimu Afrika inesiko lokuziqhenya lamalungelo abantu, abantu abanesifo sokuwa kanye nezinye izimo zemizwa basabhekene nokuziphatha okungekuhle kanye nezimo zengqondo eziholela ekuziphatheni kabi.

Kodwa-ke, lokhu kungaxazululwa ngemizamo yokuqwashisa, imfundo, kanye nokumela kanye nezinyathelo zokuvikela umphakathi (izibonelelo zokukhubazeka).

Ukucwaswa kubathinta kanjani abantu abanesifo sokuwa kanye nezinye izimo zemizwa?

Ukucwaswa kungadikibalisa abantu ekufuneni ukwelashwa futhi ngaleyo ndlela kube nemiphumela yezinga lempilo yabo nokufakwa emphakathini kuzo zonke izici zempilo nomphakathi.

Unganciphisa ukucwaswa ngokutshela abanye ngesimo sakho futhi uchaze ukuthi ukucwaswa kukuthinta kanjani. Uma ukhuluma ngesimo sakho kanye nomthelela wenhlamba kuwe, abanye bazoqala qonda ukuthi lezi zimo zithinta abantu kuyo yonke imiphakathi nokuthi uma belashwa, abantu bangaphila izimpilo ezikhiqizayo

Funda ukuthi ungabhekana kanjani nokudlikiza

Ukubona umuntu oquleka kungase kwesabe kakhulu, kodwa wonke umuntu angafunda ukuthi yini okufanele ayenze ukuze asize. Khumbula ukuthi awukwazi ukumisa ukubanjwa nokuthi kuzozimisa ngokwakho.

Ukubhekana nokudlikiza

Ungenzi

- Zama ukubamba umuntu nganoma iyiphi indlela ummise ukunyakaza kwakhe, noma umnyakazise (ngaphandle kwalapho esengozini eqondile) – uzomlimaza kuphela njengoba ungeke ukwazi ukunqanda ukubanjwa.
- Faka noma yini emlonyeni womuntu njengoba lokhu kungase kuphule amazinyo noma umhlathi. Umuntu akakwazi ukugwinya ulimi lwakhe (yize abantu abaningi bekholelwa ukuthi lokhu kuyiqiniso).
- Shisa noma yini ephambi komlomo noma ikhala lomuntu njengoba lokhu kuzokwenza kube nzima kuye ukuphefumula.
- Nika umuntu noma yini ukudla noma okuphuzwayo nanoma yimuphi umuthi.

Yenza lokhu

- Isikhathi ukuthi ukuquleka kuthatha isikhathi esingakanani.
- Gcoba ikhanda lomuntu futhi uvikele umzimba wakhe ekulimaleni okwengeziwe.
- Khulula noma yiziphi izingubo ezimpintshayo bese ukhipha izibuko zabo.
- Jikela umuntu ohlangothini lwakhe lwesobunxele endaweni yokululama.
- Hlala nabo futhi ubaqinisekise baze balulame ngokugcwele.
- Shayela i-ambulensi uma ukuquleka kuqhubeka isikhathi esingaphezu kwemizuzu emi-5.



"Iqhawe ngumuntu ojwayelekile othola amandla okubekezela nokubekezela naphezu kwezithiyo ezinkulu."

Umlingisi uChristopher Reeve owaziwa kakhulu ngokudlala i-superman nokuba yisishosho se-quadruplegia



Izithenjwa:

Epilepsy South Africa at www.epilepsy.org.za

South African Disability Alliance (SADA) at www.sada.org.za

International Bureau for Epilepsy (IBE) at www.ibe-epilepsy.org

Xhumana nathi



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