



Information Session

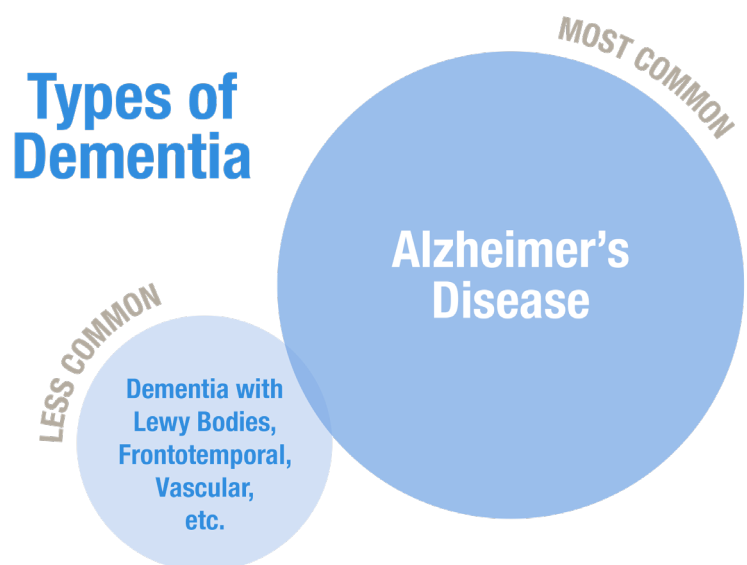
Dadka qaba xanuunka asaasaqa/ilowsha qaba waxay u baahan yihiin in la fahmo iyo laga taageero bulshadooda.

Waad ku caawin kartaa adiga oo noqda Saaxiib Asaasaq.

Waa maxay cudurka ilowsha ee loo yaqaano Dhiminsha?

Asaasaqa ma aha cudur gaar ah. Waa erey guud oo sharraxaya astaamo ballaaran oo kala duwan oo la xiriira hoos u dhaca xusuusta ama xirfadaha kale ee fikirka oo aad u daran si loo yareeyo awoodda qofka ee waxqabadyada maalinlaha ah.

Cudurka Alzheimers waa nooca ugu badan ee waallida wuxuuna ka kooban yahay 60 ilaa 80 boqolkiiba kiisaska. Noocyada kale ee waallida waxaa ka mid ah 'Dementia with Lewy Bodies, Frontotemporal, and Vascular'.



Cudurka ilowsha iyo Q ofka markuu weynaado

Toban calamadood oo lagu garto	Qofka markuu weynado
1. Ilowsha waxuu sameyaa dadaka malin waliba	Ilowshaha sida balamada, oo marka balanta ku dhaafto soo xasuusaneysid
2. Dhibatoyinka iyo qorsheynta xal u raadinta.	Making occasional errors when balancing a checkbook
3. Dhamaystirka shaqadda malin laha iyo aydoo dhameyn karin oo aad ilowwaysid hadana aad kadaa ku soo xasuusaneysid.	U bahanasha cawimada, sida inaad isticmashid tv ama dduubida tvga.
4. Adigoo ku warerayo waqtiga iyo meesha aad jogtid	Adiga ku warerayo malinta isbuca lagu jiro hadana aad gadaal kasoo xasuusaneysid.
5. Waxaa igu adag fahanka iyo araga saaawiradda iyo goobaha.	Ariga oo isbadasha qof wax is,u arkaayo
Dhibatooyinka cussub sida xaga hadalka erayada iyo qoraalka	Marar qaar oo ku dhibaayo wax aad ku hadli rabtid ama erayadda o kuu gooya
6. waxaa meel aad dhegatid aad heleynin oo adan u soo xasuusan karin.	Marwaliba wax ayaa kaa dhuma helideedana wey kugu dhib badantahay
7. Nusqamid iyo go,aan qaldan qadasho	Marar qaar go,aan qaldan qadatid
8. Adigoo shaqooyinka katagay ama bulshadda kataagtay.	Mararka qaar waxaan dareemaa nooc nooc kale iyo arimaha bulashadda quseya.
9. Dabacadaha iyo shaqsiyadda oo isbadhasha.	Qof oo hal nidaam kaliya ku soconaayo wuxuuna noqaneyaa qof iska xanaaqsan markay wax isbadalaan.

Faafin dheraad ah:

www.alz.org/10-signs-symptoms-alzheimers-dementia.asp

Jumladu aan dhameystirneyn

U dhigma weedhaha ku jira Tiirka 1-aad iyo Safka 2 adoo xarriiqa ka jaraya weedh kasta oo ka bilaabmaysa dhamaadka weedha u dhiganta. Waa inaad kudhameeysid shan weedho oo macno samaynaya oo noqda shan fariimood oo muhiim ah oo ku saabsan waallida!

Column 1
1. Cudurka ilowshaha ma,ahan ...
2. Cudurka ilowsha waxaa sababay...
3. Cudurka ilowshaha ma,ahan kaliya...
4. Macquul matahay inaa helo...
5. Waa wax qofka ka badan

Column 2
A. ...Waa cudurka maskaxda
B. ...Cudurka ilowsha
C. ... Nolol fiican oo tayo leh iyo cudurka ilowshaha.
D. ... Kawaran Qabida xauus la,aanta
E. ...Waxey ka midtahay Da,da

Bookcase Story

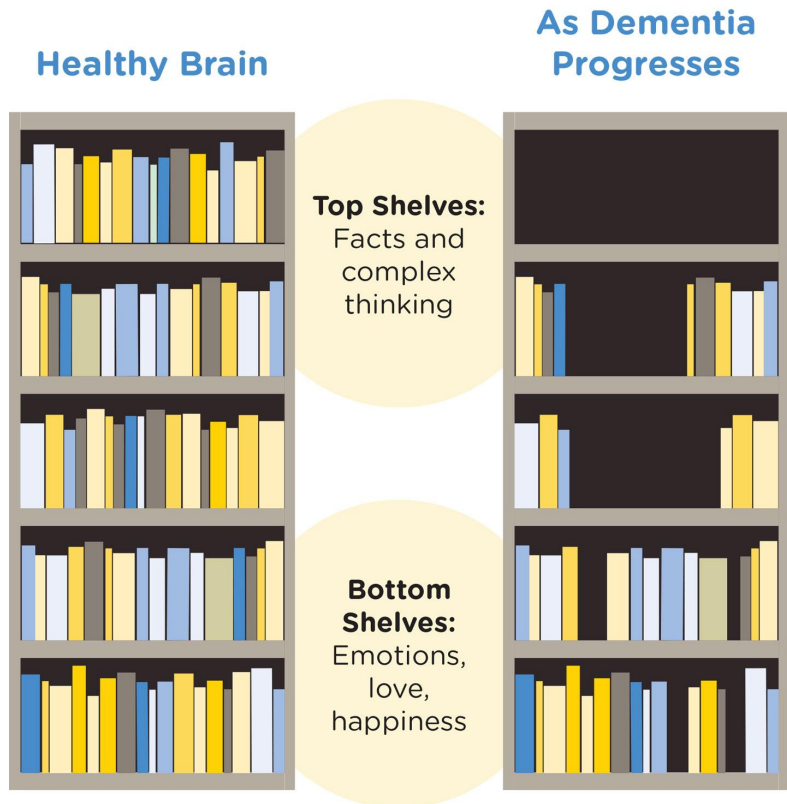
Qiyaas haweeney 70 jir ah oo qabta cudurka ilowshaha. Hada qiyaasi inay jirto agab buugeed oo buuxa oo agteeda ah. Buug kasta oo ku dhex jira shandadda buuggu wuxuu u taagan yahay mid ka mid ah xirfadaheeda ama xusuusteeda.

Dusha sare armaajada waa xusuusteeda ku saabsan xaqiiqda iyo xirfadeeda ay ugu fikirto siyaabo isku qasan ama qalafsan. Dadka waallida qaba, qaybta sare ama qaybta kore ee maskaxda ayaa marka hore dhaawac gaadha. Xirfadaha sida xisaabta, isticmaalka luqadda iyo ilaalinta dabeecadda qofka ayaa ku jira qaybtan maskaxda ka mid ah. Sheekadayada buug-gacmeedka, xirfadahani sidoo kale waa buugaag ku yaal khaanadaha sare.

Marka waallida ay ruxdo sanduuqa buugta ee haweeneyda, buugaagta ku yaal qanada sare waxay bilaabaan inay soo dhacaan. Haweeneydu ma xasuusan karto wixii ay quraacda ku cuntay, ama inay ku bixinayso alaabada ka socota dukaanka dawada ama qof uu saaka u yimid inuu soo booqdo.

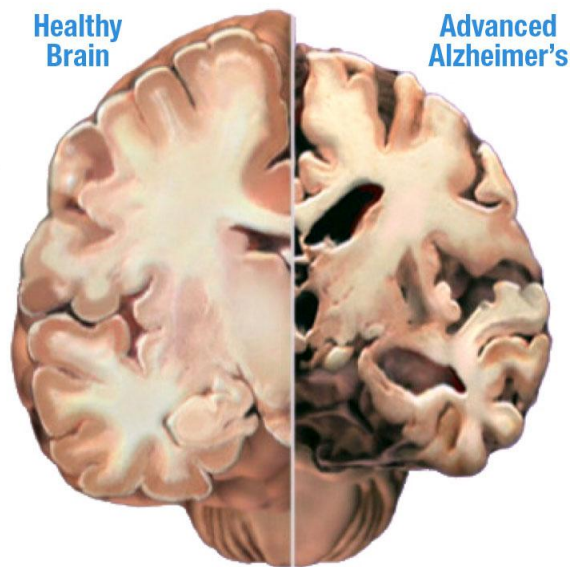
Dareenka iyo dareemadu way ku hooseeyaan qolka buugga gudihiisa sida ay ugu jiraan qaybta hoose ama hoose ee maskaxda. Tani waa aagga maskaxda ee maskaxda. Dareennada sida jacaylka, farxadda, jahawareerka iyo xushmadda dareemaya ayaa halkan deggan. Maaddama waallida ay ruxeyso shandadeeda buugga, buugaagta ku yaal khaanadahaan hoose waxay sii jirayaan waqti aad u dheer.

Sheekada buug-yaraha ayaa ka caawinaysa sharraxidda xirfadaha fikirka iyo xusuusta kala duwan iyo saamaynta waallida. Xaqiiqooyinka iyo fikirka adag ayaa si dhakhso leh u dhici doona. Caadifadaha iyo dareenka ayaa sii dheeraan doona.



Shaqadda malinlaha ah

Qor adiga raacaya talabo kasta oo aad qaadid dhameystir sahaqada qabatay malinkaas oo dhan. Waa in aad heshaa qof kuu aqrinaayo si, aad u raacdid talabooyinka.



Qaabka loola hadalo qofka qabka cudurka ilowshaha

Ogoow arimaha marka aad lahadleysid qofka qaba cudurka ilowsha.

Qofka kula dhaqan si, sharaf leh oo tixgalin leh ka ilaali inaad qof kala hadashid waxii lasoo dhaafay waayo waxaa lagayabaa in uu qalbigiisa uusan joogin.

Lasoco marxalada. Qaabka aadu hadleysid ayaa qeexi kara inaad hanaqsantahay iyo kale. Wajigaaga hanoqdo mid soo dhoweyn leh oo farxad kamuuuqata.

Noqo qof dulqaad leh oo fiiican. Qof ha ogaado inaad dhageysaneysid oo isku dayeysid inaad fahantid.

Dareensii iinaad kawarheysid. Qof haduu dhibaayo inuu dadka lahadlo ku dhiiri gali una sheeg inay caadi tahay.

Iska ilaali inaad waxx kasheegtid ama saxdidi. Qofka ha, usheegin wax lagu dhahay wax qaldan bey ahayeen. dhageyso oo isku dayo inuu fahmo waxii ladhahay.

Hala murmin. Haddii qofkaa uu dhaho wax aadan ku wafaqeynin sideeda ha, u ahaato. Muranka xalad unbuu sii xumeyaa waxeyna sababi kartaa walaac.

Wax u saadali Haddii qofku adeegsado eray qaldan ama uu eray heli waayo, isku day inaad qiyaasto erayga saxda ah. Haddii aad fahanto waxa uu qofku ula jeedo, helitaanka ereyga saxda ah lagama maarmaan maahan.

Ku dheeri gali inaad kugula xiriiro qaab kale . Haddii aadan fahmin waxuu waxii ladhahay, isku daya inaad qofka u qiyaas ama u tilmaan.

Qababka loo hadala

Markaad u tageysid qofka qaba cudurka ilowsha oo lahadleysid:

Qofka ugu imaaw waji ka waji si, uu kuu aqoonsado indhahan ka eeg si fiican. Haddii qofku aanu taagnayn, hoos ugu dhaadhaca heerka isha.

- Qofka ugu wac magaca ay doorbidaan si aad dareenkiisa u hesho.
- Adeegso weedho gaagaaban oo fudud oo ku celi macluumaadka sida loogu baahdo. Hal su'aal weydii markiiba.
- Si tartiib u hadal. Adeegso cod dabacsan.
- Si dulqaad leh u sug jawaab inta uu qofku waqti ku qaadanayo howsha aad sheegtay.
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Xiliga wada hadalka:

- Bixi qoraal intaad weydiin lahayd su'aal. Tusaale ahaan, dheh "Musqusha ayaa halkan ku taal," halkii aad weydiin lahayd, "Ma u baahan tahay inaad isticmaasho musqusha?"
- Ka fogow hadalada aan caddayn ee ku saabsan wax aad rabto qofku inuu sameeyo. Si toos ah ula hadal: "Fadlan halkan kaalay. Qadadaadu waa diyaar." Magaca shey ama meel. Halkii aad ka odhan lahayd "Waa tan," waxaad dhahdaa "Waa kaa koofiyaddaadu."
- Waxyaabaha diidmo ah u rogo wanaag. Halkii aad ka odhan lahayd, "Halkaa ha u bixin," waxaad dhahdaa, "Aan tagno halkan."

- Sii tilmaamo muuqaal ah. Tilmaan ama taabo sheyga aad rabto inuu qofku isticmaalo ama adigu bilowdo hawsha.
- Ka fogow su'aalaha su'aalaha sida "Ma xasuusataa goorma?"
- Isku day inaad u isticmaasho qoraallo ama sawirro xusuusin ah haddii qofku awood u leeyahay inuu fahmo.
-

Shan qaboob ugu fiican

- Ilowsha ka mid ma, ahan da, weyn
- Cuudurka ilowshaha waxaa sababa cudurka ku dhaca maskaxda.
- Dhemiinsharka ma, ahann kaliya qoofka inuu xasuustiisa yaraato.
- Weyficantahay in uu qof ku noolaado nolool fiican.
- Wax badan ayaa jira qof u bahanyahay marka uu qqabao cudurka asaasaqa.

Fahan oo talaabo qaad

Waxaan saaxib lanoqon dadka qaba cudurka asaasaqa...

- _____ la xiriir oo la kulan qof aadd ogahay inuu ku noolyahay cudurka 'dementia'.
- _____ dulqaad yeelo
- _____ fahmo badan
- _____ Noqo qof ficil muujinaayo :



Cawimaad hadii aad u bahantahay

Alzheimer's Association Greater Wisconsin Chapter www.alz.org/gwwi 920.469.2110 24/7 Helpline: 800.272.3900	WI Department of Health Services https://www.dhs.wisconsin.gov/dementia/index.htm
Wisconsin Alzheimer's Institute Memory Clinic Network www.wai.wisc.edu/clinics/overview.html	Wisconsin Alzheimer's Institute Best Practice Guides www.wai.wisc.edu/publichealth/guides.html
Aging and Disability Resource Center of Barron, Rusk & Washburn Counties www.adrconnections.org 888.538.3031	
Dementia Brain Health with link to the Dementia Care and Resource Support www.adrconnections.org/dementia-friendly/brain-health	



Wisconsin Alzheimer's Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Dementia Friends Wisconsin is a program of the Wisconsin Alzheimer's Institute at the University of Wisconsin. For more information, please contact Kate Kowalski at kmkowalski@wisc.edu, or visit www.wai.wisc.edu/dementiafriendswi