

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

INgxenye 6 Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.1 IMali Yesibonelelo Sikahulumeni

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.1 sihlose ukukucobelela ulwazi ngemali yesibonelelo sikahulumeni.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza izinhlobo ezihlukene zemali yesibonelelo sikahulumeni yabantu abadala
- Ukuchaza izinhlobo ezihlukene zemali yesibonelelo sikahulumeni yezingane
- Ukuchaza ukuthi iziphi izincwadi ezidingekayo uma ufaka isicelo semali yesibonelelo
- Ukuchaza izindlela zokusiza abantu ukuba bafake isicelo futhi bathole imali yesibonelelo

Okuqukethwe Yilesi Sifundo

- Izinhlobo ezihlukene zemali yesibonelelo sikahulumeni yabantu abadala neyezingane
- Izincwadi ezidingekayo uma ufaka isicelo semali yesibonelelo

Kutholakala

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Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngezinhlobo ezihlukene zemali yesibonelelo sikahulumeni etholwa abantu abadala nezingane, kanye nezincwadi ayozidinga uma efaka isicelo. Kufanele futhi uwathumele ehhovisi le-South African Social Security Agency langakini uma edinga ukufaka isicelo sanoma yisiphi isibonelelo.

INgxenye 6 Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.1 IMali Yesibonelelo Sikahulumeni

1. Imali Yesibonelelo Sikahulumeni

UMthethosisekelo waseNingizimu Afrika uthi izakhamuzi kanye nabantu abanobuzwe baseNingizimu Afrika banelungelo lokuthola usizo lukahulumeni uma bengakwazi ukuzisekela bona kanye nemindeni yabo. Lokhu kwaziwa ngokuthi imali yesibonelelo sikahulumeni. Abantu abanobuzwe yilabo bantu uhulumeni abanikeze imvume yokuhlala eNingizimu Afrika.



Amacebiso Awusizo

I-South African Social Security Agency (SASSA) ngumnyango onika imvume nokhokha imali yesibonelelo.

Imali Yesibonelelo Sikahulumeni isiza ngezindlela ezilandelayo:

- Isiza abazali abangasebenzi ukuba bathenge izinto eziyisidingo neziyisisekelo njengokudla kwezingane
- Isiza ekuqinisekiseni ukuthi izingane zinokudla okwanele ukuze zikhule futhi zibe nempilo
- Isiza ngokwehlisa izinga lobumpofu
- Isiza ngokuvimbela ubugebengu, njengoba abanye abantu bengaphoqeleka ukwenza ubugebengu, njengokweba, ukuze bondle imindeni yabo

2. Imali Yesibonelelo Sikahulumeni yabantu abadala

- c. Imali Yesibonelelo Yokukhubazeka
- d. Imali Yesibonelelo Yasebekhulile
- e. Imali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile

a. Imali Yesibonelelo Yokukhubazeka (DG)

Imali Yesibonelelo Yokukhubazeka inikezwa abantu abakhubazeka ngempela futhi ngenxa yalokhu abangeke bakwazi ukuthola umsebenzi. Lokhu kungase kube ngenxa yokukhubazeka noma isifo esinjenge-TB.

Ukuze umuntu akwazi ukuthola lemali yesibonelelo kufanele:

- Abe nombiko osuka kudokotela oshoyo ukuthi ngeke akwazi ukusebenza. Lo mbiko akufanele ube nesikhathi esingaphezu kwezinyanga ezi-3 kusukela ngosuku abhalisa ngalo bese uya kumsebenzi wezokwelapha obhekelele ezezimpesheni ukuba ugunyazwe



- Abe nokukhubazeka noma ukugula okusho ukuthi ngeke akwazi ukuthola noma iluphi uhlobo lomsebenzi. Lokhu kukhubazeka kufanele kube yinto aphila nayo noma okungenani kulindeleke ukuba kuthathe isikhathi esingaphezu kwezinyanga eziyi-6
- Kufanele ube neminyaka ephakathi kuka-18 no-59 ubudala
- Kufanele bakwazi ukubonisa ukuthi abalingani babo ngeke bakwazi ukubasekela (noma bashonile). Abalingani babo nabo kufanele baphumelele ekuhloleni okubheka ukuthi abanawo umholo owanele ukuze baphile
- Babonise ukuthi abahlali endaweni enakekelwa nguhulumeni njengejele noma ikhaya lasebekhulile, lapho bezothola khona ukudla nendawo yokuhlala
- Babonise ukuthi ayikho enye imali yesibonelelo sikahulumeni abayitholayo
- Kube ukuthi bagula kakhulu ngendlela yokuthi ngeke bakwazi ukusebenza, unomphela, noma okungenani izinyanga ezingu-6

Yiziphi izincwadi ezidingekayo?

- Umazisi oluhlaza onamagabelo
- Umbiko wezokwelashwa wakamuva osuka kudokotela wasesikhungweni sezempilo noma wasesibhedlela
- Kudingeka bagcwalise ifomu elithile futhi. La mafomu ayatholakala esibhedlela kanye naseMnyangweni Wokuthuthukiswa Komphakathi

Ingculaza Negciwane Layo kanye Nemali Yesibonelelo Yokukhubazeka

Le mali yesibonelelo iba ngeyezinyanga eziyisithupha (6) KUPHELA.

Uma umuntu engasebenzi kodwa enamandla okusebenza, ngisho noma enegciwane lengculaza noma ingculaza, uMnyango Wezokuthuthukiswa Komphakathi ngeke uvele nje umnikeze imali yesibonelelo sikahulumeni.

Umuntu angayithola kanjani Imali Yesibonelelo Yokukhubazeka ngenxa ye-HIV?

- Uma isibalo samaseli abo e-CD4 singaphansi kwezinga elithile
- Uma benezinye izifo ezingosomathuba eziyingozi njenge-TB [bheka iSifundo 4.9 mayelana naMagciwane Angosomathuba]

b. Imali Yesibonelelo Yabantu Asebekhulile

Le mali yesibonelelo eyabantu asebekhulile asebebadala kakhulu ukuthi bangasebenza. Kusukela ngo-Ephreli 2010 iyatholakala kubo bonke abesilisa nabesifazane abaneminyaka engu-60 nangaphezulu

Ukuze umuntu akwazi ukuthola lemali yesibonelelo kufanele:

- Abe iSakhamuzi saseNingizimu Afrika futhi ahlale eNingizimu Afrika
- Angahlali endaweni enakekelwa nguhulumeni njengejele noma ikhaya lasebekhulile
- Angatholi noma iyiphi enye imali yesibonelelo sikahulumeni
- Abe nomholo ongenele ukuthi ungamsekela



Yiziphi izincwadi ezidingekayo?

- Umazisi oluhlaza onamagabelo
- Isitifiketi somshado (uma ushadile)
- Ikhopi yesiliphu somholo noma incwadi evela kumqashi ebonisa ukuthi uhola malini
- Ikhopi yesiliphu somholo somlingani wakhe noma incwadi evela kumqashi ebonisa ukuthi umlingani wakhe uhola malini (uma eshadile)
- Kuyofuneka babhale phansi izinto yena nomlingani wakhe (uma eshadile) abanazo njengendlu yabo nemoto uma benayo
- Uma bene-akhawunti yasebhange kufanele bathathe isitatimende sasebhange sezinyanga zokugcina ezintathu
- Uma bengenayo i-akhawunti yasebhange bazodinga incwadi (incwadi efungelwe) efakazelwe ukhomishinala wezifungo (esiteshi samaphoyisa noma eposini) eshofo ukuthi abanayo i-akhawunti yasebhange, egxivizwe esiteshini samaphoyisa noma eposini

c. Imali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile (SROD)

Imali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile (SROD) eyabantu kakade asebebhalisele imali yesibonelelo kodwa abahlupheke ngendlela yokuthi abakwazi ukuphila kuze kufike imali yesibonelelo. Imali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile (SROD) kungenzeka inikezwe ngamaphasela okudla noma imali kuye ngeSifundazwe. Inikezwa kuphela isikhathi esiyizinyanga ezi-3, futhi eyokunika usizo lwesikhashana kuphela.

Yiziphi izincwadi ezidingekayo?

- Uhlobo oluthile lwesiqinisekiso sokuthi umuntu uludinga kangakanani usizo lwezimali njengencwadi evela esibhedlela noma incwadi efungelwe eshofo ukuthi kwenzekeni (indlu ishile njl). Kudingeka incwadi efungelwe evela esiteshi samaphoyisa. Leli ifomu umuntu aligcwalisayo achaze ukuthi kwenzekeni bese amaphoyisa eligxiviza
- Uhlobo oluthile lwencwadi yokumazisa – umazisi, iphasiphothi noma isitifiketi sokuzalwa



Amacebiso Awusizo

OKUBALULEKILE!

Noma iyiphi imali umuntu ayitholayo ye-SROD izothathwa emalini yakhe yesibonelelo lapho ifika.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.1

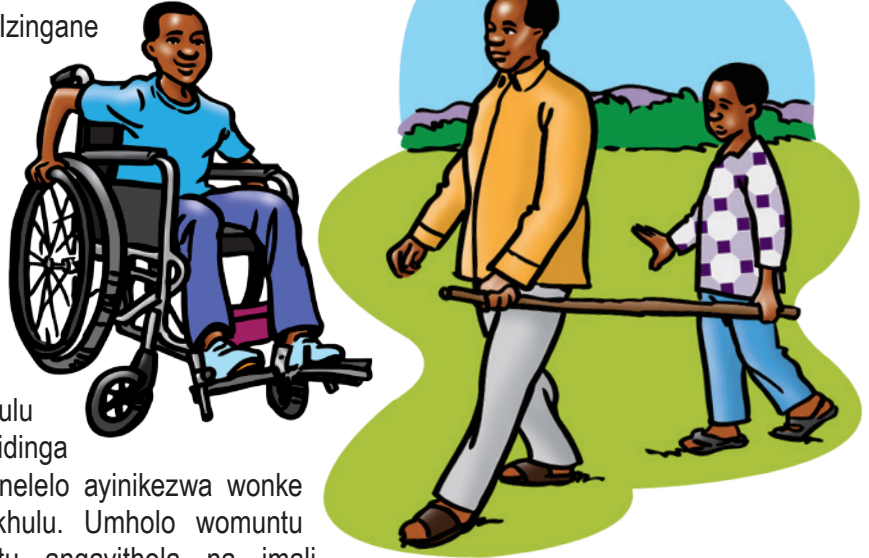
Imali Yesibonelelo Sikahulumeni

3. Imali Yesibonelelo Sikahulumeni Sezingane

- Imali Yesibonelelo Yokunakekela Izingane Ezikhubazekile (CDG)
- Imali Yesibonelelo Yokunakekela Izintandane (FCG)
- Imali Yokunakekela Izingane (CSG)

a. Imali Yesibonelelo Yokunakekela Izingane Ezikhubazekile (CDG)

I-CDG ngeyezingane ezikhubazeke kakhulu ezingaphansi kweminyaka engu-18 ezidinga ukunakekelwa okwengeziwe. Le mali yesibonelelo ayinikezwa wonke umuntu onakekela ingane ekhubazeke kakhulu. Umholo womuntu uyahlolwa uma kunqunywa ukuthi umuntu angayithola na imali yesibonelelo. Lokhu kubizwa ngokuthi uKuhlola Indlela Yomuntu Yokuziphilisa (Means Test). Uma kwenziwa lokhu kuhlola bazokubuza imibuzo eminingi mayelana nokuthi imali engakanani etholwa umndeni nokuthi banayo yini indlu noma imoto, njl).



Yiziphi izincwadi ezidingekayo?

- Umbiko wezokwelashwa ovela kudokotela wasesikhungweni sezempilo noma wasesibhedlela obonisa ukuthi ingane ikhubazekile
- Kudingeka nokuba kugcwaliswe ifomu elithile. Leli fomu liyatholakala esibhedlela naseMnyangweni Wezokuthuthukiswa Komphakathi

b. Imali Yesibonelelo Yokunakekela Izintandane (FCG)

Imali Yesibonelelo Yokunakekela Izintandane (FCG) eyezingane ezingahlali nabazali babo kungenzeka ngoba:

- Bazilahlile
- Abazali bazo bashonile

I-FCG inikezwa umndeni onakekela lezi zingane okwesikhashana, hhayi ngenxa yokuqeda ububha. I-FCG itholwa yizingane zize zibe neminyaka engu-18 ubudala. Lokhu kungaqhubeka ingane ize ibe neminyaka engu-21 uma isesesikoleni.



Yini okuyodingeka umuntu ayenze?

- Iya kusonhlalakahle osenhlanganweni ebhalisile (njengenhlango enakekela inhlahlakahle yezingane). Bayomsiza umuntu ukuba abhalisele imali yesibonelelo yokunakekela izintandane
- Usonhlalakahle uzohlola aqinisekise ukuthi umuntu obhalisela imali yesibonelelo angakwazi ukunikeza ingane/izingane izidingo eziyisisekelo. Usonhlalakahle ube esedlulisela umbiko enkantolo yezingane oshoyo ukuthi umuntu obhalisela imali yesibonelelo uzoba umzali wentandane okahle. Inkantolo yezingane yenza isinqumo sokugcina. Uma samukelwa isincomo sikasonhlalakahle, inkantolo izonikeza umuntu obhalisele imali yesibonelelo umyalo wenkantolo Wokunakekelwa Kwezintandane
- Ukuze athole le mali yesibonelelo, obhalisayo kufanele athathe lo myalo wenkantolo Wokunakekelwa kwezintandane awuyise kusonhlalakahle bese efaka isicelo seMali Yesibonelelo Yokunakekela Izintandane. Usonhlalakahle uzovakashela lelo khaya njalo izikhathi ezithile okungenani izinyanga ezintathu kuye ezinyangeni eziyisithupha

c. Imali Yokunakekela Izingane (CSG)

Imali Yokunakekela Izingane isiza ukunikezela izidingo eziyisisekelo ezinganeni zaseNingizimu Afrika zize zibe neminyaka engu-14 uma abazali bazo noma abanakekeli bangeke bakwazi ukuzisekela ngoba bengasebenzi noma bengenamali yokunakekela izingane zabo.

Ayikho imithetho ekhethekile ngaphandle kokuthi abazali noma abanakekeli kufanele kube ukuthi ayikho enye imali yengane abayitholayo (isib. Imali Yesibonelelo Yokunakekela Izintandane) nokuthi abazali noma abanakekeli ngeke bathole usizo lwezingane ezidlula eziyisithupha abangazizali (Izingane ongazizali yizingane okungezona ezakho noma ongahlobene nazo).

Lapho kunqunywa kubhekwa lokhu:

- Yimalini etholwa umnakekeli noma umzali nyanga zonke
- Ihlala kuphi ingane, emakhaya noma edolobheni
- Kubhekwe nokuthi ingane ihlala emjondolo (umkhukhu noma indlwana) noma endlini (enodonga lwezitini/ lukakhonkolo noma lwe-asbestos)

Iziphi izincwadi ezizodingeka?

- Isiqinisekiso salokho abakuholayo (isiliphu somholo). Bangabhalisela kuphela i-CSG uma behlupheka
- Umazisi oluhlaza onamagabelo nesitifikethi sengane sokuzalwa



Amacebiso Awusizo

KUBALULEKILE UKUBA UKUKHUMBULE LOKHU

- Kunezigaba ezintathu kwinqubo yokufaka isicelo semali yesibonelelo:
 - Isigaba sokufaka isicelo: ukugcwalisa amafomu esicelo, ukugingqa iminwe, ingxoxo nomsebenzi we-South African Social Security Agency (SASSA) (amahora ama-2)
 - Isigaba sokwaziswa: incwadi yokuvunywa noma yokwenqatshwa kwesicelo (zingakapheli izinyanga ezi-2)
 - Isigaba sokufaka isikhalo ngesinqumo: ukufaka isikhalo ngesinqumo kwenziwa zingakapheli izinsuku ezingu-90 ngemva kokuthola incwadi yokwenqatshwa kwesicelo
- Ayikho imali edingekayo ukuze ubhalisele imali yesibonelelo. Uma othile ezama ukukhokhisa imali, lokhu kufanele kubikwe emaphoyiseni
- Inani lemali ngayinye yesibonelelo ishintshwa unyaka ngamunye
- Uma umuntu eguge noma egula kakhulu ukuthi angaya emahhovisi aseduze akwa-SASSA ayofaka isicelo semali yesibonelelo, ilungu lomndeni noma umngane angayomfakela isicelo
- Abantu abathola imali yesibonelelo bangakhokhelwa ngezindlela ezihlukene:
 - Ebhange ngokuqondile (kodwa amabhange ayakuhlululisa ngomsebenzi wawo)
 - Eposini noma
 - Ikhadi lokuhola lakwa SASSA
 - Ukheshi emahhovisi akwa-SASSA noma endaweni yokukhokhela impesheni
- Lapho ubhalisa kubalulekile ukuba uthole ifomu eliyisiqinisekiso sokuthi ubhalisile. Linenombolo yerifarensi nayo yonke imininingwane yakho. Umnyango kufanele unikeze obhalisile umholo kusukela ngosuku abhalisa ngalo
- Akekho ovunyelwe ukuthatha imali ethile kule mali yesibonelelo ngaphandle kokuba umuntu ngokwakhe enika imvume yokwenza lokho

INgxenye 6 Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.1 IMali Yesibonelelo Sikahulumeni

Le ndaba elandelayo iyisibonelo sokuthi abantu bangasizwa kanjani ukuze bathole imali yesibonelelo uma kunokungahambanga kahle.



Izindaba Zesibonelo

Umama onezingane ezine ezineminyaka ephakathi kwengu-2 nengu-17 ubudala uhlala emijondolo yaseCato Manor. Ubaba wazo washona futhi bekunguye yedwa owondlayo (nguye yedwa umuntu owayeletha imali). Umama uthengisa ama-apula futhi wenza imali engaba ngu-R100 ngenyanga. Ayikho enye indlela yokuzisekela. Yikuphi angakwenza

- Umama kufanele athathe umazisi wakhe oluhlaza onamagabelo aye ehhovisi lesifunda ayocela iMali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile (SROD)
- Uma bethi cha, bakhumbuze ukuthi umthetho uthi uma umuntu obesebenza eseshonile futhi ingekho imali eyanele etholwa umndeni, umuntu angayithola i-SROD. **Khumbula:** kufanele kube ukuthi ayikho enye indawo umuntu athola kuyo usizo futhi akukho muntu endlini othola imali yesibonelelo. Lokhu kufanele kubhalwe phansi. Bhala incwadi efungelwe esiteshini samaphoyisa noma ePosini
- Uma beqhubeka bethi cha, bhala konke okwenzekile encwadini ukuthumele eNhlokweni YoMnyango Wezokuthuthukiswa Komphakathi

Ingenzenjani i-CCG ukuze isize umama noma ugogo otshelwe iHhovisi Lesifunda ukuthi akobuya ngemva kwezinyanga ezintathu azofaka isicelo seMali Yeqolo (CSG)?

- Yeluleka umama noma ugogo ukuba aye ehhovisi lesifunda, acele ukuba bathathe isicelo seMali Yeqolo ngokushesha, bese ecela iMali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile (SROD)

Yini i-CCG engayenza ukuze isize umama noma ugogo osicelo sakhe senqatshiwe? Watshelwa ukuthi uthola umholo ngakho akamukeleki?

- Hlola ubheke umuntu ukuthi uhola ngaphansi kuka-R800 yini ngenyanga uma ehlala emakhaya noma ngaphansi kuka-R1 100 ngenyanga uma ehlala edolobheni noma eduze nedolobha
- Uma kukhona izincwadi eziqinisekisa ukuthi uhola imali engaphansi kwalokho, yeluleka umama noma ugogo ukuba aye ehhovisi lesifunda futhi ame kwelokuthi kudingeka athole i-CSG. Hamba naye uma kungenzeka
- Faka isicelo seMali Yesibonelelo Sikahulumeni Sokusiza Abahluphekile ngesikhathi esifanayo

Yini i-CCG engayenza ukuze isize ugogo onakekela ingane eneminyaka engu-6 ubudala enganakiwe ngunina? Ingane ayitholi kudla, inempilo ebuthakathaka futhi ayiyi esikoleni. Uyise akakaze avakashe. Ugogo ukutshela ukuthi usonhlalakahle umtshela ukuthi abhalisele i-CSG. Ugogo usegugile futhi ubuthakathaka. Ufuna ingane inakekelwe yindodakazi yakhe endala. Ukhathazekile nokuthi unina uzobuya ayithathe ingane aphinde angayinaki.

- Yeluleka ugogo ukuba acele umngane noma esinye isihlobo ukuba sihambe nengane baye kusonhlalakahle ukuze bacele usizo
- Landelela usonhlalakahle kanye ngenyanga

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.1

IMali Yesibonelelo
Sikahulumeni

Izindaba Zesibonelo

Yini i-CCG engayenza ukuze isize umama/ugogo ukuba afake isicelo seMali Yesibonelelo Yokunakelela Izingane Ezikhubazekile sengane esigule isikhathi eside noma ingane ekhubazekile?

- Yeluleka umama noma ugogo ukuba aye esibhedlela sendawo athole incwadi kadokotela wasesibhedlela
- Kufanele bathathe incwadi bayiyise eMnyangweni Wokuthuthukisa Umphakathi bese bewucela ukuba wamukele isicelo. Bazonikezwa ifomu abazolijisa kuDokotela Ohlinzayo Wesifunda
- Umama noma ugogo kufanele manje bahambe baye kuDokotela Ohlinzayo Wesifunda. Udokotela Ohlinzayo Wesifunda uzothumela umbiko kusonhlalakahle. Buza unesi ukuthi umbiko uzothunyelwa nini kusonhlalakahle
- Ngemva kwamaviki amabili, umama noma ugogo kufanele babuyele ehhovisi Lokuthuthukiswa Komphakathi ukuze balandelele isicelo sabo. Ngesikhathi esifanayo bacele iMali Yesibonelelo Sikahulumeni Yokusiza Abahluphekile
- Uma kungekho okuqhubekayo kuze kuphele amaviki amathathu, tshela umama ukuba aye ehhovisi lendawo le-SASSA

Kufanele wenzenjani uma isicelo senqatshwa (sibuyiselwa emuva)?

Uma isicelo singaphumelelanga, umuntu unelungelo lokufaka isikhalo ngesinqumo zingakapheli izinsuku ezingu-90. Lokhu kusho ukuthi umuntu angacela umnyango ukuba uphinde ubheke isicelo sakhe.

Yeluleka umuntu ukuba aye ehhovisi lendawo le-SASSA nencwadi yokufaka isikhalo ebhalwe nguye esho usuku lokufaka isicelo nezizathu ezenza angavumelani nesinqumo. Ifomu lokufaka isikhalo kufanele ligcwaliswe ehhovisi lendawo le-SASSA bese ebanika kanye nencwadi yokufaka isikhalo kanye nencwadi yokwenqatshwa abayithole kwa-SASSA. Baluleke ukuba bagcine amakhopi azo zonke lezi zincwadi kanye nezinsuku namagama abantu abakhulume nabo.

Yini okufanele uyenze uma umuntu eselinde izinyanga ezingu-8 ukuze isicelo sakhe sisetshenzwe futhi efinyelela zonke izimfuneko?

(Izicelo kaningi zithatha isikhathi eside kunaleso ebekufanele zisithathe futhi abantu bayalamba ngesikhathi belindile.)

- Bhalela ihhovisi lendawo lakwa-SASSA ufuno isizathu sokubambezeleka kwesicelo
- Bazise ukuthi abayihloniphi inqubo yabo yokusebenza isicelo zingakapheli izinyanga ezintathu

Kwenzakani uma imali yesibonelelo imiswa ngephutha?

Kunezikhathi lapho imali yesibonelelo imiswa ngephutha. Uma lokhu kwenzeka, ofaka isicelo kufanele athumele incwadi kulo kanye ihhovisi abhalisa kulo. Incwadi kufanele inikeze:

- Yonke imininingwane yesicelo
- Usuku agcina ngalo ukuhola
- Imininingwane mayelana nemiholo emeqile
- Nanoma yisiphi isizathu asaziyo sokuthi kungani engawutholanga umholo ofanele
- Futhi acele imali

Gcina ikhopi yencwadi kanye nesiqinisekiso sokuthi incwadi yathunyelwa, ngokwesibonelo, isilipu seposi elibhalisiwe.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.1

IMali Yesibonelelo Sikahulumeni

Uhlu Lokuhlola Lwe-CCG

Imibuzo evamile	Imali Yesibonelelo Sikahulumeni yabantu abadala abaneminyaka engu-18 nangaphezulu
<ol style="list-style-type: none"> 1. Igama kanye nekheli lomuntu obhalisela imali yesibonelelo. 2. Hlobo luni lwemali yesibonelelo umuntu afuna ukulubhalisela? 3. Iyiphi imali engenayo kanye nezinto anazo (izinto okungezakhe njengendlu, imoto, i-TV, njll)? 4. Ingabe lo muntu uzophumelela eKuhlolweni Kwendlela Yomuntu Yokuziphilisa? 5. Ingabe lo muntu uzofaneleka ukuthola imali yesibonelelo? 6. Ingabe lo muntu kungenzeka enqatshelwe/ angafaneleki ngenxa yanoma yimuphi umthetho oyisipesheli? (Khumbula ukugcina zonke izinsuku kanye namagama abantu okukhulunywe nabo). 	<ol style="list-style-type: none"> 1. Ingabe kakade ikhona imali yesibonelelo sikahulumeni asebeyibhalisele? 2. Bazalwa nini? (Baneminyaka emingaki?) 3. Ingabe bayasebenza noma ikhona imali abayitholayo? Uma kunjalo, imalini? 4. Ingabe banaye umazisi noma i-reference book noma iphasiphothi noma incwadi yokuhamba noma isitifikethi sokuzalwa noma isitifikethi sokubhaphathizwa noma isitifikethi somshado? 5. Uma bekhubazekile, banaye yini udokotela? Ubani igama likadokotela? Ingabe banalo ifomu lezokwelashwa elichaza ukukhubazeka kwabo? 6. Ingabe ikhona enye imali yesibonelelo abayithola kwenye indawo?
Uma umuntu eke wathola imali yesibonelelo esikhathini esidlule kodwa umholo usumisiwe	Imali yokunakekela izingane
<ol style="list-style-type: none"> 1. Ugcine nini ukukhokhelwa imali? 2. Ingabe lo muntu akazange ayithathe imali yesibonelelo ngenxa yezimo abekade ebhekene nazo ebezingaphezu kwamandla akhe? 3. Ingabe lo muntu uke walaliswa esikhungweni sikahulumeni (esifana nekhaya lasebekhullile)? 4. Ingabe lomuntu uthole ikhadi lokubuyekeza? Lesi yisaziso esivela kwa-SASSA esithi kuzobuyekizwa imali yesibonelelo phakathi nezinyanga ezintathu. 	<ol style="list-style-type: none"> 1. Ingabe ubaba (noma umama) wengane usaphila? 2. Ingabe bayazi ukuthi uhlala kuphi? 3. Zineminyaka emingaki izingane?

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.2 sihlose ukukucobelela ulwazi mayelana nezingadi zokudla.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuthi izingadi zokudla zisungulwa kanjani
- Bachazele abantu ukuthi bangalutholaphi isizo uma befuna ukulima izingadi zokudla

Okuqukethwe Yilesi Sifundo

- Ukusungula izingadi zokudla

Kutholakala

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http://www.gardeningedden.co.za/Door_size_Vegetable_garden.html
2. Vegetable Garden Guide. How Planting a Vegetable Garden Can Improve Your Health and Lifestyle. 2011. Available from:
<http://www.vegetable-garden-guide.com/>
3. Extracted from - Pat Featherstone, Starting a vegetable garden. Filed in: green gardening • issue 3 • soil for life <http://biophile.co.za/gardening/starting-a-vegetable-garden>

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngendima ebalulekile yezingadi zokudla ekuqinisekiseni ukuthi anokudla okunempilo okwanele angakudla. Kufanele futhi usebenzise leli thuba ukuze uxoxe nawo ngendlela yokwenza ingadi yokudla, ukubaluleka kokuphila ngendlela enempilo, kuhlanganise nokudla ukudla okunempilo, ukuzivocavoca nokungabhemi.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.2

Izingadi Zokudla

1. Ukubaluleka kwezingadi zokudla

Kubalulekile ukuthi abantu badle ukudla okunempilo ukuze bahlale bephile kahle [bheka Isifundo 2.2 mayelana noKudla Ukudla Okunempilo]. Imizimba yethu idinga izinhlobonhlobo zokudla ukuze ikulungele ukulwa nezifo. Kwesinye isikhathi ayibikhona imali eyanele yokuthenga ukudla okudingekile. Enye yezindlela yokonga imali nokuthola izilimo (amaveji) eziningi wukusungula ingadi yokudla yakho.

Ingadi yokudla kumele ibengakanani?

Ingadi yokudla ayidingi indawo enkulu. Umuntu angakwazi ukutshala izilimo (amaveji) omndeni wakhe ngokusebenzisa imibhede engalinganiswa nesicabha sendlu (2m x 1.5m).



2. Isungulwa kanjani ingadi yokudla?

Khetha indawo ongenza kuyo ingadi yokudla

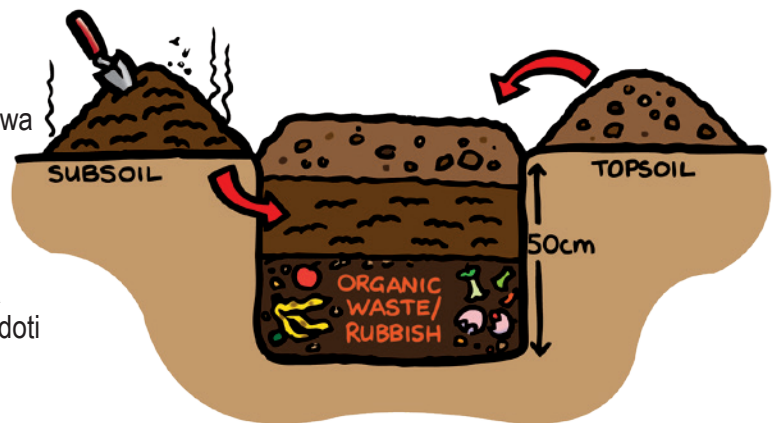
- Izilimo zidinga ilanga eliningi. Khetha indawo enelanga eliningi. Uma ingadi yakho ingalitholi ilanga elanele usuku lonke, qiniseka ukuthi ingadi ibekeke lapho okungenani litholakala khona ilanga lasekuseni. Izihlahla nezakhiwo zingalivimbela ilanga ukuba lingafiki engadini
- Ingadi yokudla mayibe seduze nendlu ukuze kube lula ukuyinakelela
- Mayibe seduze nalapho kukhona amanzi
- Uma inhlabathi inganohile, izilimo ezibolayo zingasiza ukuyinika umnotho
- Uma indawo yokulima isikhethiwe, siphula bonke utshani nezihlahla, konke nezimpande zakho. Lokhu okusile makugcinwe ukuze kwenze imvundiso. Imvundiso isiza inhlabathi ukuba ikhiphe ukudla okunohile

Khumbula:

- Uma ingadi isendaweni eyehlelayo, tshala izilimo emigqeni evundlile ukuze inhlabathi ingaguguleki uma kuna izimvula
- Ububanzi bemibhede yokutshala mayingabi ngaphezulu kwemitha
- Lezizindledlana eziphakathii nemibhede mazibe yingxenye yemitha ububanzi
- Ubungako obukahle bombhede yimitha ububanzi amamitha amabili noma amathathu ubude (imitha lilingana nengxathu lomuntu)
- Uma indawo ezoba yingadi seyikhethiwe, qala ukulungisa inhlabathi emibhedeni ozotshala kuyo

Ukulungisa inhlabathi

- Inhlabathi kufanele ingenwe ngumoya ngokwanele, amanzi nomnotho wokudla ukuze izithombo zikhule kahle. Imvamisa yenhlabathi igqibelene ngenxa yokunyathelwa nezinto ezihamba ngaphezu kwayo, lokho kwenza kubenzima ukuba izimpande zikhule kahle
- Uma inhlabathi inganohle noma igqibelene, kulula ukwenza lokhu okubizwa ngokuthi ama 'trentshi' (imigodi yokufaka udoti engadini ukuze kukhandwe imvundiso)



Ukumba umgodi wokuqala

- Ngaphambi kokuba uqale, qoqa zonke izinhlobo zokulahlwe okuyimvelo okungasiza ngokunika umnotho enhlabathini
- Okulahlwe okuyimvelo kungaba ngamakhasi acwecwa ezilimweni nezithelo ekhaya noma ezimakethe, izikhokho zokudla, amagobolondo amaqanda, amathambo, izimpaphe, amakhalibhodwe, amaphepha, utshani, amahlamvu omile, yonke imfucuzo yasengadini, umanyolo noma yini enye engavundisa. Ungabasebenzisi oplastiki, amabhodlela nokusansimbi
- Yimba umgodi ongangesicabha sendlu, ukujula kwawo kungabi ngenhla kwamadolo ukusuka phansi
- Yimba inhlabathi engaphansi ukujula kulingane nesipeyidi. Yibeke eceleni kombhede wembewu. Lenhlabathi inohle kunaleyo embiwe ngaphezulu. Susa onke amatshe namadwala
- Yekethisa inhlabathi esekugcineni komgodi, ngemfoloko, uyemboze ngokhalibhodwe
- Landelisa ngodoti wemvelo phezu kwekhalibhodwe, thela leyanhlabathi ebiphakathi nendawo obuyibeke eceleni ngesikhathi umba, bese uchelela ngamanzi
- Qhubeka uphinde lokhu obukwenza, susa amatshe, amabhodlela noplastiki, kuze kugcwale umgodi. Njalo uma uqeda ukwenza uhlu olulandelayo, nisela ngamanzi
- Manje usungabuyisela leyanhlabathi obuyisuse ngaphezulu kanye naleya obuyimbe ngesikhathi wenza izindledlana, qgiba kuze kube inqumba. Itrentshi izophakama kunendlela Kodwa ngokuhamba kwesikhathi iyehla uma udoti ngaphansi usuvundile
- Thela imvundiso engaba yibhakede ngaphezu kwemibhede yezithombo (uma ikhona). Lungisa kahle inhlabathi usebenzisa ihhala noma ipulangwe
- Sebenzisa induku ekhoneni lombhede ukuze wazi ukuthi yini etshalwe kulowombhede. Khumbula unganyatheli lapho sekutshalwe khona
- Yemboza umbhede ngotshani obomile noma amahlamvu, ungalisebenzisa ikhalibhodwe noma amaphepha. Lokhu kusiza ukugcina inhlabathi iswakeme kahle, kwaziwa ngokuthi i 'mulch'
- Itrentshi yiyeke kuze kuphele inyanga, emva kwenyanga izobe isikulungele ukuthi kutshalwe. Uma umbhede

wokuqala usutshaliwe, yimba ulungise owesibili okungatshalwa kuwo enyangeni elandelayo

- Imibhede emine-umunye ulingana nesicabha sendlu-kungakwazi ukondla umndeni ngezilimo ezintsha kanye nemifino. Kuyamangalisa ukwazi ukuthi kungakanani okungatshalwa emibhedeni engangesicabha sendlu

Ukuthola isivuno esihle

- Yehlukanisa ingadi yakho izigaba ukuze utshale izilimo ezinhlobonhlobo
- Sebenzisa induku noma umunwe ukwenza umgodi emhlabathini. Uma izithombo zinkulu umgodi mawushone phansi. Ngokucophelela beka izithombo emgodini omncane
- Ungafaka zibe ningana ukwenzela ukuthi zingafi zonke. Uma zonke zimila, ungazisusa uzitshale engxenye, uzidayise noma uphe umakhelwane noma umngane
- Zemboze ngenhlabathi obuyimbe emgodini izithombo, cindezela kancane ukuze zisondelane nenhlabathi. Manje usungazichelela ngethini elenziwe izimbobo ezincane esinqeni. Ungalisebenzisi ithumbu lokunisela (hosepipe) Amanzi aphuma ngamandla abulale izithombo
- Hlola ingadi yakho nsukuzonke kabili ngosuku ukuthi izithombo azifi na
- Tshala izithombo ezinhlobonhlobo ngesikhathi esisodwa



QAPHELA LOKHU!

- Ukuzitshalela izithombo kushibhile kunokuzithenga
- Uma kunenkinga yezinyoni ezidla imbewu etshaliwe, noma zigugulwa yizimvula ezinamandla, izikhwama zo-anyanisi nokunye okuyizisefo kungasetshenziswa ngokuchonywa othini njengenethi emakhoneni emibhede. Lokhu kungazivikela izinyoni zingacoshi imbewu
- Ukusungula ingadi kungaba ngumdlalo omnandi futhi kunika nethuba lokuzivocavoca
- Fundisa iziguli ukunakekela kahle izingadi zazo, uphinde ubakhuthaze ukuthi bafundise nabanye ukuzisungulela izingadi zabo

Amacebiso Awusizo

Hlukanani nibe ngamaqoqo.

Yilelo nalelo qembu malibe neshidi lokubhala kanye namapeni lapho lizodweba khona ingadi yalo yokudla. Ingadi yokudla mayibe nezinhlobonhlobo zezilimo.

Iqembu ngalinye malixoxisane ngokwenzekayo kusukela ekusungulweni kwengadi yokudla kuze kube ngesikhathi sesivuna izilimo.

Umsebenzi Weqembu

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.3 sihlose ukukucobelela ulwazi mayelana noMazisi.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ubumqoka bomazisi
- Bachaze inqubo yokubhalisela omazisi

Okuqukethwe Yilesi Sifundo

- Ubumqoka bukamazisi
- Inqubo yokubhalisela omazisi

Kutholakala

1. Department of Home Affairs. Applying for identity documents. 2011. Available from:
<http://www.dha.gov.za/identity%20document.html#ID1>

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngokubaluleka kokuba nomazisi, kanye nendlela yokufaka isicelo sikamazisi. Kufanele futhi uwathumele ehhovisi le-South African Social Security Agency langakini uma edinga ukufaka isicelo sanoma iyiphi imali yesibonelelo sikahulumeni.

INgxenye 6 Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.3 Omazisi

1. Kungani ngidinga umazisi?

Umazisi incwadi esemthethweni esetshenziselwa ukukhomba umuntu ukuthi nguye ngempela. Wonke umuntu oneminyaka eyishumi nesithupha nangaphezulu udinga ukuba nomazisi. Lencwadi iwubufakazi bokuthi abantu bayibo ngempela njengoba besho. Iyasiza uma ufaka isicelo semali yomxhaso kahulumeni, iyasiza futhi uma ufaka isicelo semali mboleko ebhange kanye nezinsizakalo zomuzi. Umazisi uyadingeka uma ufaka isicelo somsebenzi, kungaba kuhulumeni noma ezinhlangothini ezizimele.



2. Ubani ongawuthola umazisi?

Umuntu angawuthola umazisi uma:

- Ezalelwe eNingizimu Afrika futhi eneminyaka eyishumi nesithupha noma ngaphezulu
- Ezalelwe ngaphandle kwaseNingizimu Afrika kodwa abazali bengabaseNingizimu Afrika
- Eshade nesakhamuzi saseNingizimu Afrika
- Bafike eNingizimu Afrika besuka kwelinye izwe bathola imvume yokubayisakhamuzi esemthethweni egcwele
- Banemvume yomsebenzi yokusebenza eNingizimu Afrika



Amacebiso Awusizo

KUBALULEKILE!

Gcina umazisi wakho usendaweni ephephile ngaso sonke isikhathi.

Uma umazisi wabo ulahlekile, untshontshiwe noma wonakele, bangasifaka isicelo sokuthola omunye.

Umuntu angakwazi futhi ukuthola omusha umazisi uma:

- Beba izakhamuzi zaseNingizimu Afrika
- Beshintsha isibongo (isibonelo uma beshada noma behlukanisa)
- Behlala kwelinye izwe okwesikhashana kade benomazisi waseNingizimu Afrika ngaphambili

3. Ukufaka isicelo sikamazisi

Umuntu angafaka isicelo ngokuvakashela iminyango kaNdabazabantu endaweni ahlala kuyo agcwalise amafomu esicelo. Uma isicelo siphumelela, bayonikwa umazisi wesikhashana osemthethweni isikhathi esifishane. Lona wesikhashana uwubufakazi obusemthethweni obukuchazayo njengoba usalinde umazisi ukuthi ukhishwe. Isicelo sokuqala esenziwa umuntu sikamazisi asikhokhelwa kodwa uma umazisi ulahlekile kulapho-ke okunemali ekhokhwayo ukuthola omunye.

Ubumqoka bokubhalisa ukuzalwa komntwana ozelwe kusemqoka, njengoba kudingeka ube nomazisi uma ubhalisa esikoleni, ezikoleni zokuqeqeshelwa imisebenzi namakhono, emanyuvesi, noma ucela luphi usizo [bheka iSifundo 6.1 mayelana neMali Yesibonelelo Sikahulumeni].

Ukufaka isicelo umuntu kufanele abe nezincwadi ezilandelayo:

- Incwadi yokuzalwa
- Uma ingekho incwadi yokuzalwa kufuneka:
 - ilunga lomndeni uma likhona limkhaphe lona obhalisela umazisi
 - uma umzali noma abazali sebeshonile angaletha amakhophi ezitifiketi zokushona
 - isitifiketi sombhabhadiso noma
 - incwadi evela esikoleni lapho ufunde khona iBanga lokuqala (lencwadi kufanele ibe nesigxivizo sesikole) noma
 - Ikhadi lasesikhungweni sezempilo



OKUHLOSIWE KULESI SIFUNDO

Isifundo 6.4 sihlose ukukucobelela ulwazi ngokunakelelwa komphakathi emakhaya nokunakelelwa kwalabo asebezoshona.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuthola iziguli ezidinga ukunakelelwa emakhaya azo emphakathini
- Bachaze ukuthi kusho ukuthini ukunakelelwa umuntu osezoshona
- Bakhombise lokhu okumayelana nokunakelelwa umuntu ongasavuki embhedeni:
 - Ukugeza isiguli embhedeni
 - Ukumupha ukudla
 - Ukunakelelwa umhlane nezindawo ezingaba nezilonda zokulala
- Bakhombise ukuqondisisa mayelana nokusiza umndeni noma umuntu othile ukulungiselela ukufa

Okuqokethwe Yilesi Sifundo

- Ukunakelelwa iziguli emakhaya asemphakathini
- Ukugeza isiguli esilele embhedeni
- Ukusiza Umndeni ekulahlekelweni yilunga lawo

Kutholakala

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3. Caregiver Booklet Symptom Management and end of Life Care. Geneva. 2011. Available from:
<http://www.who.int/3by5/capacity/palliative/en>
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http://www.ehow.com/how_4476780_money-home-care-equipment-elderly.html

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuhlinzeka ngokunakelelwa komphakathi emakhaya, njengengxenye yeqembu, kumakhasimende ngokwawo noma kumalungu omkhaya wawo asegulela ukufa. Kufanele unikeze usizo ngokuwabonisa indlela yokugeza isiguli esingakwazi ukuvuka embhedeni kanye nendlela yokunakelelwa nokufunza abantu abagulela ukufa.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

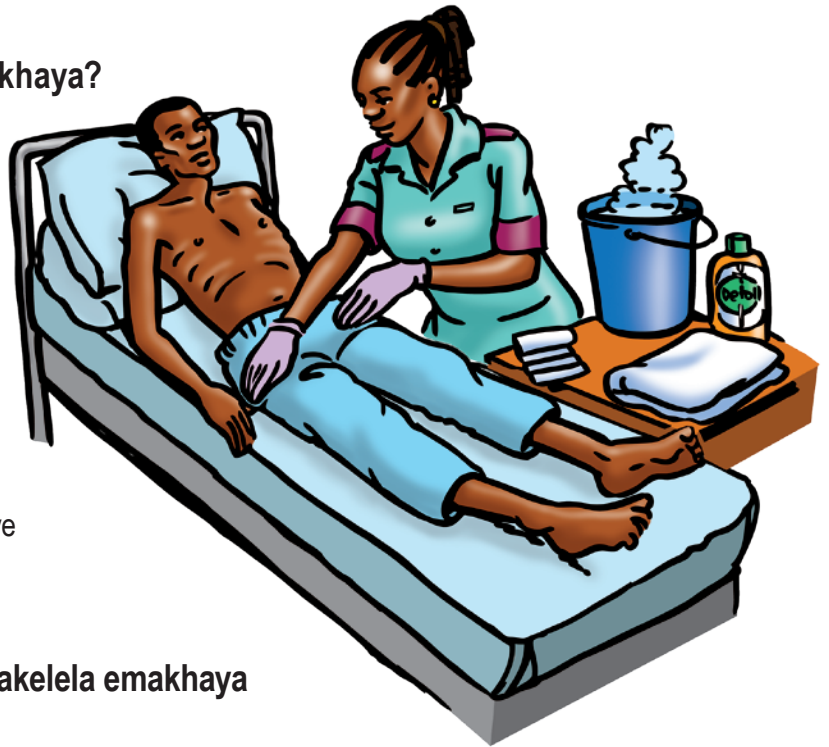
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Isifundo 6.4

Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

1. Kuyini ukunakekela umphakathi emakhaya?

Ukunakekela umphakathi emakhaya kusho ukunakelela isiguli ekhaya laso. Lokhu kungenziwa omunye welunga lomndeni, noma ilunga lomphakathi noma i-CCG. Ukunakelela emakhaya kungafezwa yithimba elakhiwe abantu abahlukahlukene, belekelelana ukusiza ogulayo ngezidingo ezinqala. Izingo ezinqala zibandakanya ukumgeza, ukunakelela lezondawo ezingaba nezilonda zokulala emzimbeni, ukuhlanza indlu yalowo ogulayo, ukumthengela izinto azidingayo njengokudla kanye nokumsiza aye endlini encane.



2. Ubani okufanele abe sethimbeni lokunakelela emakhaya emphakathini?

Amalunga onakelelo lwasemakhaya emphakathini yilaba:

- Amalunga omndeni lawo amnakelelayo
- Umnakeleli wasekhaya oyilunga lomphakathi
- Ithimba lasesikhungweni sezempilo noma esibhedlela esixhase umnakeleli womphakathi
- Abanye njengomnakeleli wokomphefumulo wasesontweni noma ethempelini, namaqoqo okusekelana

3. Ubani okufanele athole ukunakelelwa komphakathi ekhaya?

Abantu kufanele bathole ukunakekelwa emakhaya emphakathini uma:

- Benesifo esibagcina besembhedeni
- Sebezoshona

Kubalulekile ukuthi umuntu avume ukungenela uhlelo lokunakelelwa ekhaya emphakathini. Kufanele babe:

- Namalunga omndeni angase akwazi ukubanakelela ekhaya
- Nomnakeleli womphakathi oqeqeshiwe emphakathini

4. Kushoni ukugulela ukufa?

Lokhu kusho izinyanga ezimbalwa zokugcina empilweni yesiguli, uma isiguli sinesifo esingalapheki esingabangela ukufa masinyane.

Kuyini ukunakelelwa komuntu osezoshona?

Ukunakelelwa komuntu osezoshona yindlela yokunikeza umuntu nomndeni omnakelele impilo engcono.

Ukunakelelwa komuntu osezoshona:

- Kwehlisa izinga lezinhlungu nokukhathazeka emphefumleni
- Kusiza isiguli ukuthi siqonde ukuthi ukufa yindlela yempilo ejwayelekile
- Akubambezeleli noma kusheshise ukufa
- Kusiza isiguli ukuthi sibhekane nomcabango wokufa futhi sizilungiselele sibe nokuthula emoyeni
- Kusiza umndeni ukwazi ukumelana nokugulelwa, ukufelwa kanye nokumkhalela
- Kusiza isiguli nomndeni ngokubeluleka ngokulahlekelwa yilungu lomndeni uma kunesidingo. Ukweluleka ngokulahlekelwa yilungu kusiza abomndeni ukuthi bamelane nesimo

5. Yini engenziwa ukwelekelela?

Abantu abalele embhedeni ngenxa yokugula noma uma sebezoshona bavamise ukuthola nezinye izifo.

a. Ukushisa

Ukushisa kusho ukuthi umzimba uyashisa uma uthintwa.

Kufanele kwenziweni?

- Susa izingubo ezinohlonze
- Yesula isikhumba ngendwangu emanzi uwuphephethe umzimba
- Phuzisa isiguli amanzi amaningi

Isiguli kufanele sithunyelwe uma sinezinye zalezizimpawu ezilandelayo:

- Uma ukushisa kuthatha isikhathi esingaphezulu kwamahora angu-48
- Uma kunezinye izimpawu njengalezi:
 - Izilonda emlonyeni ezenza kungadleki noma kungagwinyeki
 - Izinhlungu ezinamandla
 - Ukuqina kwentamo okuhambisana nekhanda elibuhlungu
 - Ukudlikiza
 - Amehlo aphuzi
 - Ukuhuda
 - Ukukhulelwa noma osandukubeletha

b. Ukuhuda

Lokhu kusho ukuthi isiguli siya endlini yangasese kathathu noma ngaphezulu ngosuku, kanti nendle yakhe ihlambuluke okwamanzi.

Kufanele kwenziweni?

Buyisela amanzi alahlekile:

- Isiguli asiphuze kancane kancane okuphuzwayo okuningi, amanzi, umdokwe, itiye elilula, isobho

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.4

Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

- Hlanganisa isololo bese ubaphuzisa njalo emva kwemizuzu engamashumi amathathu noma njalo uma bebuya endlini encane
- Khuthaza isiguli ukuba sidle kancane kancane
- Ungasiniki isiguli izinto ezinoshukela omningi, utshwala, ukudla okunamafutha noma ukudla okungaphekiwe



Amacebiso Awusizo

ISOLOLO

- Uhafu wethisipuni likasawoti
- Amathisipuni awu-8 kashukela
- Ilitha elilodwa lamanzi abilisiwe

Kwesinye isikhathi kungababomvu futhi kubebuhlungu ezinqeni:

- Uma isiguli sibuya endlini encane, sula izinqe ngepheshana lasendlini yangasese
- Geza izinqe ngensipho namanzi
- Gcoba izinqe ngo-Vaselina
- Ukuhlala emanzini afudumele anasawoti kungabupholisa ubuhlungu
- Sebenzisa amagilavu njalo uma uthinta okuwuketshezi oluphuma emzimbeni

Isiguli singathunyelwa nini esikhungweni sezempilo?

Isiguli singathunyelwa esikhungweni sezempilo uma:

- Uma indle inegazi
- Ukuhuda kuthatha ngaphezulu kwezinsuku ezinhlanu, futhi ehuda okungamanzi kahlanu noma ngaphezulu ngosuku
- Ukuhuzuka ezinqeni
- Ukuhlanza kungahlali lutho esisiwini
- Ukudideka kwengqondo nokukhathala
- Ukuquleka

c. Ukucanuzela kwenhliziyo nokuhlanza

Uma isiguli sicanuzelwa yinhliziyo:

- Munike ukudla kancane kancane lokho akuthandayo. Lokhu kufanele akudle ngokunensa akuhlafunisise. Ukudla okupholile noma okubandayo yikhona okungcono
- Munike ukudla okunosawoti noma okumuncwana. Ugweme okunoshukela
- Tshela isiguli ukuthi siphuze ngokunensa kodwa siphuze njalo njalo iziphuzo ezinjengamanzi, ujusi kalamula noma itiyu
- Ungakupheki ukudla okunamaphunga aklasile njengekhabhishi, ugaliga no-anyanisi, lokhu kungabhebhezela ukucanuzela kwenhliziyo

Isiguli singathunyelwa esikhungweni sezempilo uma sinezinye zalezi zimpawu:

- Sicanuzelwa yinhliziyo kuze kuphele amasonto angaphezulu kwamabili
- Sinolimi olomile
- Sihlanza kuze kube ngaphezu kosuku olulodwa
- Sichama umchamo omncane
- Sinesisu esibuhlungu namehlo aphuzi

d. Ukukhwehlela nokuphefumula kanzima

Kungenziwanjani?

- Nikeza itiyi elifakwe ulamula elinandiswe ngoju lwezinyosi
- Uma ukukhwehlela kukusha noma kuqhubeka isikhathi esingaphezulu kwamasono amabili, lokhu kungakhomba ukubakhona kwesifo se-TB. Sedlulisele isiguli esikhungweni sezempilo siyohlolwa ukuthi asinayo i-TB
- Sisize isiguli ukuthi sihlale siqhiyame ukuze siphefumule kahle. Imiqamelo eyengeziwe ingasetshenziswa ukusekela umhlane
- Khuthaza isiguli ukuba siphuze amanzi kancane kancane njalo nje
- Vula amafasitela ukuze kungene umoya ohlanzekile. Senzele isiphephetha-moya futhi ugweme intuthu uma kungenzeka
- Shaya kancane isiguli emhlane noma esifubeni ukuze isikhwehlela sibe lula futhi sikhwehlele kalula

Isikhwehlela kumele siphathwe kanjani?

- Sebenzisa amagilavu njalo uma uthinta okusaketshezi okuphuma emzimbeni
- Siphathe ngokucophelela isikhwehlela ukuze uvikele ukwanda kwesifo
- Mnike ibhodlela noma ithini okuvalwayo lokukhiphela isikhwehlela. Faka izibulali-magciwane (njenge-Dettol) esitsheni sokukhwehlela ukubulala amagciwane esikhwehleleni. Sivale isitsha
- Thulula isitsha sesikhwehlela endlini encane, usiwashe ngo-Jiki noma ngamanzi abilisiwe

Isiguli kumele sedluliswe uma sinalezizimpawu ezilandelayo:

- Ukuhefuzela noma ubuhlungu besifuba
- Ukushisa nokujuluka ebusuku
- Isikhwehlela esinegazi
- Izimpawu ezithatha isikhathi esingaphezulu kwamasono amabili

e. Ikhanda elibuhlungu

Uma isiguli sinokushisa, singaphathwa nayikhanda. Ungasiza ngokuba wenze lokhu:

- Ukuhlikihla ikhanda nentamo
- Yeluleka isiguli ukuthi siphumule
- Yeluleka isiguli ukuthi singabuphuzi utshwala

Isiguli kufanele sidluliswe uma sinezinye zalezizimpawu:

- Ikhanda liqhubeka ngaphezu kosuku noma isiguli siphuzisa amaphilisi ezinhlungu
- Ehlanza noma noma ebona kaluvivi
- Engakwazi ukukhuluma kahle noma isiguli sizwakala sengathi sidakiwe
- Ubuhlungu entanyeni noma ukuqina kwentamo
- Ukuthamba kohlangothi
- Ukungazi ukuthi kwenzakalani

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.4

Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

f. Izidingo zesikhumba

Izidingo zesikhumba zingabandakanya:

- Isikhumba esomile futhi esilumayo
- Izilonda
- Ukuqubuka kwesikhumba
- Amathumba

Yini engenziwa ngesikhumba esilumayo?

- Nquma izinzipho zibe mfushane ukuze iziguli zingaziilimazi uma zizenwaya
- Pholisa isikhumba ngamanzi
- Hlikihla ngentende yesandla
- Gcoba iKhalamayini
- Geza njalo njalo ngensipho namanzi

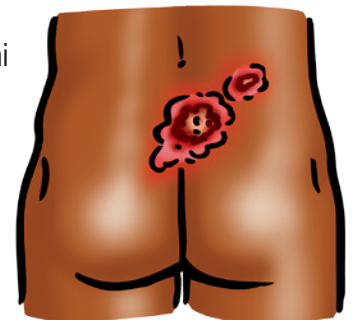
Yini engenziwa ngesikhumba esomile?

- Gwema ukusebenzisa insipho enegwebu elinamandla
- Sebenzisa uVaselina, amafutha, kanye nezinye izinto zokugcoba

g. Izilonda zokulala

Izilonda zokulala zenzeka kanjani?

Isiguli esilele phansi esingakwazi ukuvuka sinyakaze, singaba nezilonda zokulala embhedeni. Izilonda ezibangwa ukulala embhedeni isikhathi eside futhi ezaziwa ngokuthi izilonda ezibangelwa ukucindezeleka, zenzeka uma isikhumba sithintene namathambo. Uma isiguli singakwazi ukuziphendukela kalula, leyondawo esilele ngayo ayilitholi kahle igazi elanele, leyondawo ibabomvu. Isiguli singazithola izilonda uma silala eshidini elishwabene noma izingubo zikhuhlana nesikhumba. Izilonda zokulala embhedeni zenzeka ikakhulu ezindaweni ezingamathambo njengezithende, izinqe, izinqulu, emahlombe, ezindololwaneni nasemaqakaleni.



Izilonda zokulala zingavikelwa kanjani

- Qaphela futhi ubheke izinkomba eziyingozi ezisheshe zivele njengokuba bomvu kwesikhumba
- Khuthaza kakhulu isiguli ukuba siphume embhedeni
- Shintsha isiguli izindlela esilala ngazo njalo emva kwamahora amabili, umshintshe kusuka ohlangothini kuya ekulaleni ngomhlane
- Gcina amashidi omile emchameni, emakakeni, emhlanzweni nasemjulukweni
- Gcina amashidi elulekile ukuze kungabi nakushwabana ngaphansi kwezindawo ezicindezekile
- Beka imiqamelo ngaphansi komzimba wenzela ukuthi isisindo somzimba singabi ndawonye
- Sebenzisa amashidi nezingubo okuthambile
- Sebenzisa umatilasi othambile
- Hlikihla izindawo ezicindezekelayo ngentende yesandla ukukhuthaza ukuhamba kwegazi

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.4

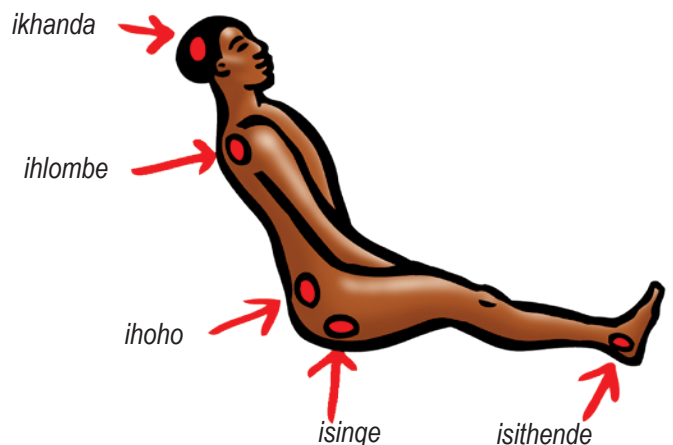
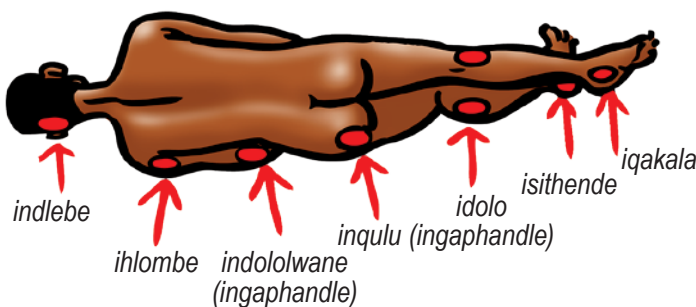
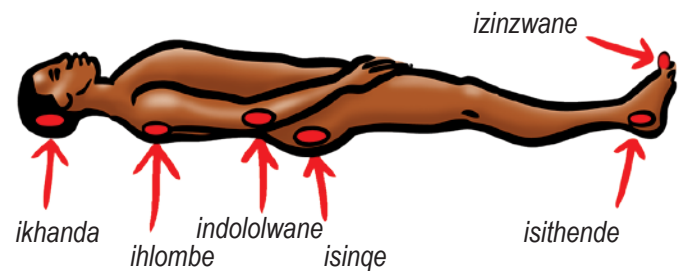
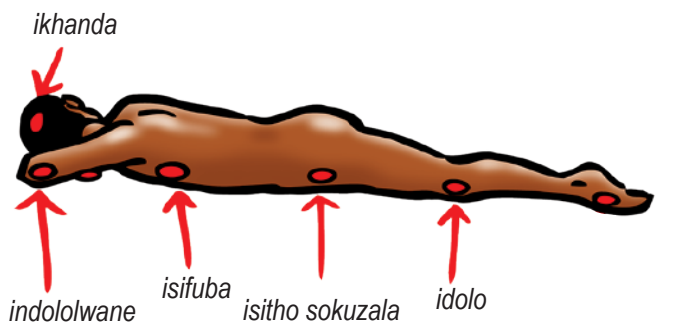
Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

- Hlanza isikhumba ngensipho epholile namanzi afudumele bese usesula ngokusiphaphatha isikhumba
- Uma isikhumba siswakeme, siqhole ngophawuda wezingane kuleyondawo
- Uma somile gcoba izithambisi zesikhumba
- Qiniseka ukuthi isiguli siphuzza ngokwanele, ngokumane usiphuzisa njalo
- Beka ikhadibhodi (elisikwe ngendlela yokuthi likwazi ukubekwa ngaphezulu) kwamadolo libheke phansi ukuze liqhelise izingubo zingathinti ezinyaweni
- Nyakazisa imilenze nezingalo ukukhuthaza ukuhamba kwegazi:
 - Izingalo: Uma isiguli singakwazi ukunyakaza, bamba izingalo ngaphezu kwehlombe esihlakaleni bese ugoba ingalo izikhathi eziyishumi nanhlanu (15) njalo emahoreni amabili
 - Imilenze: Mana eceleni kombhede; ubambe umlenze njengoba kukhonjiswe esithombeni, ugobise umlenze edolweni. Kuphinde lokhu izikhathi eziyishumi nanhlanu njalo emahoreni amabili



Izilonda zokulala zingelashwa kanjani?

- Cwilisa indwangu ethambile emanzini afudumele bese ugezisisa izilonda. Faka ingcosana yensipho eyisibulali-magciwane uma ikhona, noma cela esikhungweni sezempilo bakunikeze. Mgeze kabili ngosuku, ekuseni nantambama, ukuze ugcine umzimba ungenamagciwane angabangela ukubhebhetheka kwezilonda zokulala
- Uma isilonda sivulekile, cela esikhungweni sezempilo bakunike ingxubevange yamanzi nosawoti ongakusebenzisa ukuze izilonda ezivulekile njalo uma ushintsha amabhandeshi. Kumele kuboshwe ngebhandishi (noma isisefana sokubopha izilonda) esihlanzekile esitholakala esikhungweni sezempilo



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.4

Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

Izindawo ezicindezelekayo Ukuhlikihla umhlane

Ukuhlikihla umhlane wesiguli kusiza kuxegisa imisipha ukuze igazi lihambe kahle. Ukuhlikihla umhlane wesiguli kubasiza ukuba bazizwele benakekelwe futhi bethandwa, lokhu kubenza bazizwe bengcono.

- Geza umhlane ngensipho ekahle namanzi, ukuze uwugcine uhlanzekile futhi igazi ligeleza kahle
- Wesule kahle ngokuwumbambatha kancane
- Hlikihla leyo ndawo kamnandi ngamafutha, uVaseline noma into yokugcoba

Umsebenzi Weqembu

Yehlukanani ngamaqoqo amancane.

- Khombisanani ukuthi zikuphi izindawo ezicindezelekayo nokuthi zinakelelwa kanjani
- Fundisanani ngababili nikhombisane ukuvocavoca izingalo nemilenze yesiguli esingakwazi ukunyakaza
- Xoxisanani ngokuthi abanakeleli bangenzani ukukhombisa ukuhlonipha iziguli ezisezinhlungwini

- Xoxisanani ngezindlela zokukhuthaza umuntu ukuba aphume embhedeni okwesikhashana uma kungenzeka, abe nokuzimisela

Thumela iklayenti esikhungweni sezempilo oseduze uma ukhathazekile ngokuthi lingase libe nezilonda zokulala.

6. Kuyini ukugezela embhedeni?

Ukugeza umuntu olele embhedeni ongavuki kungaba nzima kodwa kwenza umuntu azizwe engcono. Ukugeza kungasiza nokuba igazi ligeleze kahle emzimbeni futhi kusize isiguli siphumule futhi yisikhathi esikahle sokubheka ukuthi isiguli asinazo yini izilonda noma amashashazi noma izindawo ezicindezelekayo.

Kubalulekile ukuba isiguli sizame ukusiza ngokugeza uma kungenzeka. Kususiza ukuba sinyakaze futhi singanciki kakhulu kwabanye. Buza isiguli ukuthi iyiphi insipho, uphawuda noma into yokugcoba esizoyisebenzisa.

Khumbula ukuvikela ingasese lesiguli. Qiniseka ukuthi izingxenye zomzimba ongazigezi ngaleso sikhathi zimboziwe. Lokhu

kusiza nokuba isiguli singangenwa amakhaza. Gcina amafasitela neminyango kuvaliwe lapho ugeza isiguli uma kubanda noma kunomoya. Ukugeza isiguli esisembhedeni yisikhathi esikahle sokushintsha amashidi. Qaphela ukuba usibambe isiguli ukuze singawi embhedeni ngesikhathi usiguqula ukuze ufake amashidi amasha embhedeni.

Kubalulekile ukuba uchazele isiguli yonke into phakathi nale nqubo ukuze sazi ukuthi kwenzekani kuso futhi singesabi noma sixakeke.

Sigezwa kanjani isiguli embhedeni?

- Yenza indlu ifudumale
- Vala amafasitela
- Vala iminyango namakhethini
- Qoqa izinto ozosebenza ngazo njengoba zibalulwe kuloluhla olungezansi:
 - Izitulo ezimbili eziqinile
 - Indishi enkulu yokugezela
 - Insipho yokugeza esesitsheni sayo
 - Amathawula okusula nelokugeza
 - Izingubo zokushintsha
 - Amaphephandaba (okuvikela isihlalo ukuze singabi manzi)
 - Iziquholo zomzimba ezahlukahlukene njengophawuda womzimba, okokugcoba, uvaselina, iziquholo zamakha (perfume)
 - Amagilavu (wacele esikhungweni sezempilo)
- Sondeza izitulo eduze kombhede
- Yendlala iphephandaba kwesinye isihlalo
- Beka indishi yamanzi nensipho phezu kwesitulo esikhavwe ngephephandaba
- Sebenzisa esinye isihlalo ukubeka ezinye izingubo zokwembatha embhedeni
- Susa ezinye izingubo bese ushiya ingutshana elulana ukugcina ukufudumala nokwemboza umzimba
- Geza izandla
- Gqoka amagilavu ukuze uzivikele
- Mkhumule izingubo. Mcele akusize
 - Qala ngenhla ukumgeza ungamkhumulanga ezangezansi uze uqede ukumsula bese uyamemboza
 - Msize akhumule izingubo uma engakwazi ukuzisiza noma enesifo sokufa kwemilenze nezingalo
 - Khipha ibhulukwe ngokulehlisa ngemilenze lize liphume ezinyaweni. Cela isiguli sikusize ngokuphakamisa esingezansi. Uma singakwazi ukunyakaza, sikhumule ohlangothini ngalunye ngokulokhu usiphendula
- Mboza umzimba wonke kuvele kuphela indawo egezwayo
- Thela amanzi ayisigamu esinguhafu endishini
 - Hlola izinga lokushisa kwamanzi ngendololwane
 - Yengeza amanzi ashisayo noma abandayo uma kunesidingo
 - Shintsha amanzi kaningi ngangokunokwenzeka ngesikhathi ugeza isiguli
- Insipho yokugeza yigcine isendishini yayo, uyisebenzise nethawula elincane uma kudingekile. Lokhu kuvimbela amanzi ukuba angabi negwebu eliningi

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.4

Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

- Geza ubuso besiguli
 - Beka ithawula ngezansi kwesilevu phezu kwezingubo zokulala
 - Manzisa ithawula, ulikhame amanzi kancane, bese unika isiguli ukuthi sizigeze uma kungenzeka
 - Uma isiguli singakwazi ukuzigeza ubuso, manzisa ithawula ukhame amanzi asele
 - Isiguli sivale amehlo, geza amehlo uqale ekusukeni kweliso ukuyofika endlebeni. Iiso lingadinga ukugezwa kaningana
 - Sebenzisa insipho uma ngabe isiguli sicela loko
 - Geza isiphongo, ikhala, izihlathi kanye nesilevu
 - Yakaza ithawula bese usula ubuso besiguli ngokufanayo
 - Beka ithawula endishini. Bhambatha ubuso besiguli ngethawula elomile, uma usula ungalikihli ngoba ukuhlilikhla ngethawula kungenza isikhumba sibe buhlungu. Uma umzimba wesiguli uhlilikhwa kufanele kusebenze izandla ngoba indwangu ingalimaza isikhumba
- Geza intamo nezindlebe zesiguli
 - Manzisa ithawula bese ulibamba ngamachopho ukuvimbela ukuconsa kwamanzi
 - Faka insipho ethawuleni. Likhame amanzi
 - Sula intamo, izindlebe zesiguli, nasemva kwezindlebe ngendwangu yokugeza
 - Yesula intamo nezindlebe zesiguli ngethawula elomile
- Geza izingalo
 - Beka ithawula ngaphansi kwengalo engakolunye uhlangothi
 - Manzisa ithawula uligcobe ngensipho. Likhame ukunciphisa amanzi
 - Phakamisa ingalo ozoyigeza uyisekele ngendololwane
 - Geza ingalo, wehle wenyuke uqinise isandla
 - Geza ikhwapha ngesikhathi usasekele indololwane
 - Hlambulula ithawula nengalo nekhwapha ulandelise ngendlela efanayo
 - Sula ingalo nekhwapha
 - Geza uhlabulule usule enye ingalo ngendlela efanayo
 - Bheka ukuthi uyakwazi yini ukusebenzisa izandla zakhe ngaphandle kosizo
 - Beka ithawula ngasohlangothi
 - Beka indishi yamanzi phezu kwethawula
 - Bamba indishi ngesinye isandla ukuze amanzi angachitheki
 - Beka insipho esandleni sesiguli
 - Msize ukuze akwazi ukugcoba insipho ezandleni azigeze
 - Buyisela insipho endishini bese uyamvumela acwilise ahlambulule izandla
 - Khipha izandla endishini
 - Beka izandla ethawuleni
 - Buyisela indishi phezu kwesihlalo



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.4 Ukunakelelwa Komphakathi Emakhaya Nokunakelelwa Kwasebezoshona

- Msule izandla kahle ikakhulukazi phakathi kweminwe
- Nquma izinzipho uma kunesidingo
- Geza isifuba nesisu
 - Mboza izingalo ngamathawula
 - Goqa ithawula, phezu kukablankethe ngenhla kwesingezansi sesisu
 - Manzisa ubhixhe ithawula ngensipho bese uyalikhama kancane ukunciphisa amanzi
 - Geza isifuba nesisu ngokuphenduphendula ithawula
 - Geza isikhumba esingaphansi kwesifuba noma amabele
 - Hlambulula ithawula. Hlambulula wesule isikhumba esifubeni some phaqa
 - Mboza izindawo ezigeziwe ngethawula
- Geza indawo engezansi engaphambili
 - Manzisa ithawula uligcobe ngensipho. Likhame ukunciphisa amanzi
 - Geza isisu esingezansi ngokuphenduphendula ithawula
 - Qinisekisa ukuthi indawo engasenkabeni iyagezwa kanye nezinyama ezifingqene
 - Hlambulula indwangu yokugeza. Mesule sengathi wenza indilinga uqinise isandla
 - Sulisisa kahle
- Siza isiguli ukuze sizigeze phakathi kwemilenze (izitho zangasese)
 - Yemboza isifuba nesisu ngethawula
 - Goqa ublankethe uze ufike enhla nemilenze
 - Beka ithawula embhedeni ngaphansi kwezinqe
 - Gingqa isiguli ukuze sibheke ngakulowo osigezayo
 - Yisonge indwangu yokugeza uyimanzise, uphinde uyikhame amanzi
 - Yiqoke indwangu yokugeza
 - Beka uhafu wethawula embhedeni ngendlela yokuthi uhafu walo wesibili ogoqiwe useduze nezinqe
 - Mgingqele ngakolunye uhlangothi ukuze itwawula ebeligoqiwe ulikhulule. Gingqela isiguli kulo
 - Gcoba ithawula kancane ngensipho
 - Linike isiguli ukuze sizigeze isitho sangasese
 - Sinikeze inkululeko isiguli
 - Hlambulula ithawula uma eseqedile ukuze isitho sangasese. Mnike ithawula futhi elihlanjuliwe agezise kuleyondawo
- Geza isiguli phakathi kwemilenze uma singakwazi ukuzigeza ngokwaso. Uma isiguli singakwazi ukugcina imilenze ivulekile siguqile, ngokucophelela ndlala imilenze yesiguli embhedeni
 - Yemboza isifuba nesisu ngethawula
 - Goqa ublankethe uze ufike enhla nemilenze



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.4 Ukunakelelwa Komphakathi Emakhaya Nokunakelelwa Kwasebezoshona

- Beka ithawula embhedeni ngaphansi kwezinqe
- Gingqa isiguli ukuze sibheke ngakulowo osigezayo
- Yisonge indwangu yokugeza uyimanzise, uphinde uyikhame amanzi
- Beka uhafu wethawula embhedeni ngendlela yokuthi uhafu walo wesibili ogoqiwe useduze nezinqe
- Mgingqele ngakolunye uhlangothi ukuze ithawula ebeligoqiwe ulikhulule. Gingqela isiguli kulo
- Manzisa ithawula uligcobe ngensipho kancane
- Geza indawo ngokuqala ngaphambili uye ngemuva
- Hlambulula ithawula uphinde uligcobe futhi ngensipho ngemva kokugeza ukuze uvikele ukwandisa amagciwane
- Gezisisa kahle ikakhulukazi izindawo ezinezinyama ezifingene
- Msulisise isikhumba some
- Mumbathise afudumale akhululeke. Shintsha amanzi

- Geza imilenze yesiguli

- Yembula umlenze ongakolunye uhlangothi. Shutheka ublankethe ngaphansi komlenze oseduze nawe bese umboza wonke umzimba ngaphandle komlenze osazogezwa
- Phakamisa umlenze uwusekele ngemuva kwedolo
- Beka ithawula ngaphansi komlenze
- Manzisa ugcobe ithawulo ngensipho. Likhame unciphise amanzi ethawuleni
- Geza umlenze uqinise isandla kusuka enqulwini kuya edolweni
- Hlambulula wesule umlenze ongenhla ngendlela efanayo. Mboza ngethawula
- Phinda kusuka edolweni kuya eqakaleni
- Phinda izinyathelo njengasenhla komunye umlenze
- Mboza umzimba wonke ushiye izinyawo



- Geza izinyawo zesiguli

- Uma isiguli sikwazi ukuhlala esihlalweni, mgeze ehlezi khona. Beka indishi yamanzi phezu kwephephandaba. Uma indishi iyinkulu, faka izinyawo zombili. Nquma izinzipho emva kokucwilisa izinyawo
- Uma elele phansi engakwazi ukuhlala, msize ngokugobisa idolo ukuze akwazi ukubeka unyawo luthi cababa embhedeni
- Beka ithawula embhedeni eduze konyawo
- Beka indishi yamanzi phezu kwethawula
- Bamba indishi yamanzi ngesinye isandla ingawi
- Faka unyawo ngokucophelela endishini yamanzi
- Geza unyawo ikakhulukazi phakathi nezinzwane ngethawula elinensipho
- Hlambulula ugezisisa iphume yonke insipho bese uyamsiza akhiphe unyawo endishini
- Sulisisa unyawo lome
- Landelisa ngezinyathelo ezifanayo kolunye unyawo
- Siza isiguli ukuthi sigobise amadolo. Susa indishi yamanzi
- Yelule imilenze yesiguli ngesikhathi usisekele ngemuva kwamadolo

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.4 Ukunakelelwa Komphakathi Emakhaya Nokunakelelwa Kwasebezoshona

- Nquma izinzopho uma kunesidingo
- Shintsha amanzi
- Geza umhlane. Indawo yomzimba enamandla ekwaziyo nokunyakaza kufanele kugcinwe ngayo ukugeza ukuze ogulayo athokomale
 - Msize aphenduke alale ngohlangothi lwakhe
 - Mgcine njalo efudumele ngokumembathisa
 - Yembula umhlane
 - Goqa ithawula ngobude balo ulendlale embhedeni. Lelithawula lingase lisetshenziswe ukusekela ogulayo
 - Manzisa ithawula uligcobe ngensipho
 - Qinisa isandla umgeze eqolo nangemuva kwentamo
 - Sula ngendwangu yokugeza kome. Gcoba iloshini kancane. Susa ithawula
 - Mphendulele ngasohlangothi oselugeziwe. Yendlala ithawula
 - Mgeze uhlangothi obelungakagezwa
 - Sula isikhumba some. Gcoba iloshini esalele ngohlangothi



- Geza ingemuva lezinqe
 - Beka ithawula ngaphansi noma eduze nezinqe
 - Gobisa idolo
 - Faka umcamelo phakathi kwamadolo
 - Manzisa ugcobe ithawula ngensipho
 - Geza inqulu bese kulandela isinqe kusuka ngaphambili kuya emuva
 - Hlambulula uphinde ugcobe futhi insipho njalo uma uqeda ukumgeza
 - Sulisisa kahle ngethawula lokugeza elihlambululiwe
 - Sulisisa isikhumba some. Gcoba iloshini
 - Qala ushintshe amashidi ngenkathi isiguli sisalele ngohlangothi
- Mgqokise ihembe le phijama noma umumbathise ublankethe ukuze afudumale akhulukeke uma engawagqoki amaphijama
 - Qala ngokumgqokisa ingalo engenamandla uma ingalo inokukhathala
 - Ihembe lephijama malixege ekhanda ngenkathi egqokiswa engalweni egulayo
 - Lidonse ngasemuva ube ulibambile ngesinye isandla emaceleni bese ulehlisa ngokucophelela
 - Kulenkathi bheka ukuthi isiguli sisathokomele yini. Qiniseka ukuthi ihembe lephijama alifingqekile
- Uma isiguli sizikhethela ukugqoka izingubo kunamaphijama, sigqokise zona

7. Ukufunza isiguli

Kubalulekile ukuba ogulayo ohlala elele embhedeni aqhubeke nokudla ukudla okunempilo [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo].

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.4

Ukunakelelwa Komphakathi
Emakhaya Nokunakelelwa
Kwasebezoshona

- Kungadingeka badle ukudlana okuncane okuthambile (njengephalishi noma amazambane abondiwe) noma basizwe ngokuba ukudla kucutshuzwe kusikwe izicutshana [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo]
- Siza isiguli ukuba sikwazi ukuzimela noma ukuzisiza ngokuzifunza ukudla uma kungenzeka
- Uma isiguli singakwazi ukubona kahle, kudingeka sitshelwe ukuthi ukudla kungakuphi epuletini. Kuhle ukusebenzisa ubuso bewashi ukuchaza indawo lapho ukudla kungakhona isibonelo: istambu sitholakala ku 6 ngqo

Abanye kungenzeka bangakwazi sanhlobo ukuzifunza ukudla. Ukusiza umuntu ongakwazi ukuzidlela:

- Mnikeze inhlonipho uma kungenzeka ikakhulukazi uma esafunda ukuzifunza ngenxa yesifo sohlangothi noma ngenxa yokulimala
- Mtshale ngezinhlobo zokudla ezise treyini lakhe, nokuthi zibekwe kuphi etreyini
- Yiba nesineke uhlale eduze kwakhe uxoxe naye ngesikhathi edla, yize noma engakwazi ukukuphendula
- Mkhuthaze ukuba naye azisize ngesikhathi efunzwa, noma ethembele kakhulu komsizayo, menze abe neqhaza azolibamba isibonelo: ngokumcela azesule ubuso ngendwangu
- Sebenzisa isipunu, hayi imfoloko
- Mnike ukudla okuncanyana kancane kancane. Mnikeze isikhathi esanele ukuthi ahlafune aphinde agwinye umthamo ngamunye
- Kancane kancane mphuzise ngesikhathi edla

8. Ukulungiselela ukufa

Ukufa yinto enzima ukwamukeleka kulowo ogulayo nakwabomndeni. Kubalulekile ukukuhlonipha lokhu nokuzinikela ekwesekeleni umndeni uma kufika lesi sikhathi.

Lokhu kungenziwa ngalezindlela ezilandelayo:

- Khombisa ukudabuka ngokulahlekelwa (okuzayo) ngendlela efanelekile usebenzisa amazwi ahambelana nesimo sokulahlekelwa
- Zinikele ngokusiza umndeni ngokufanele kwenziwe nsukuzonke isibonelo: ukupheka ukudla, ukuhambisa izingane esikoleni, ukushaya ucingo njalo njalo
- Yiba khona eduze ukuze ukhombise uzwelo ngokulalela uphinde ube umxhumanisi womndeni namaqoqo okusekelana, abeluleki abakufundele, abefundisi, abantu abadala emphakathini, njalo njalo
- Zinikele ukusiza ngamalungiselelo omngcwabo uma kunesidingo
- Bavakashele emva komngcwabo ukuze uqiniseke ukuthi bathola ukwesekelwa ngezulekko mayelana nokulahlekelwa



Umsebenzi Weqembu

Yehlukanani nibe ngamaqoqo amancane.

- Khombisani omunye komunye ukuthi ogulayo ugezwa kanjani
- Xoxisanani ngokuthi ufunzwa kanjani ogulayo

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.5 sihlose ukukucobelela ulwazi mayelana nokunakelelwa kwabantu abadala.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ulwazi ngokunakekela kanye nokuvikela abantu abadala
- Bakhombise ukuqonda ukuthi siyini isifo i-Alzheimer

Okuqukethwe Yilesi Sifundo

- Ukunakekela kanye nokuvikela abantu abadala
- Izimbangela zesifo i-Alzheimer
- Ukunakekela isiguli esinesifo i-Alzheimer

Kutholakala

1. Department of Social Development: Care & Services to Older Persons. Caregiver Training Manual. Pretoria. 2009
2. Department of Social Development, Province of KwaZulu-Natal. March 2011. Learning Areas for CCGs on DSD specific Sub-Programmes. Obtained from Department of Social Development, Province of KwaZulu-Natal

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukunikeza usizo nokusekela kubantu abadala. Kufanele uxoxe namaklayenti akho ngezidingo zabantu abadala nangendima angayidlala ukuze asize abantu abadala. Kufanele ubheke nezimpawu zokuhlukunyezwa kubantu abadala futhi ubathumele lapho bezothola khona usizo.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.5

Ukunakelelwa
Kwabantu Abadala

1. Ngobani abantu abadala?

Abantu abadala ilabo abangaphezu kweminyaka engamashumi ayisithupha. Njengoba abantu sebephila isikhathi eside, sebeyanda abantu abanezifo ezingamahlalakhona njengoshukela nesifo senhliziyo. Laba bantu abadala bangadinga ukunakekelwa okukhethekile. Abanye abantu abadala bangahlala emakhaya okugcina abantu abadala, kodwa abaningi bazohlala nemindeni yabo.



2. Iziphi izidingo abantu abadala abanazo?

Eziningi izidingo zabantu abadala zibangwa imizimba nemiqondo yabo esintengantenga. Abanye babantu abadala abasakwazi ukuhlala futhi bazinakekele ngokwabo emphakathini. Izidingo abantu abadala abangaba nazo zihlanganisa:

- Ukungadli kahle
- Ukukhubazeka ngenxa yesifo sohangothi noma samathambo (Isifo samathambo ukuvuvukala kwamajoyinti, njengeminwe, amadolo, nokunye)
- Ukulimala okungatheni njengokuwa ezitebhisini
- Izifo ezingamahlalakhona njengoshukela [bheka iSifundo 5.2 mayelana neSifo Sikashukela] kanye nokuphazamiseka kokusebenza kwenhliziyo [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophakeme]
- Imidlavuza
- Ukuguliswa ukudideka kwengqondo kanye nokukhohlwa (bheka isifo i-Alzheimer kulesi sifundo).
- Ukubhekana nokulahlekelwa kanye nosizi
- Ukuba sesimweni sokudabuka

3. Isifo i-Alzheimer

Siyini isifo i-Alzheimer?

Isifo i-Alzheimer's esibuye saziwe nge-Senile Dementia into ethile ephatha abantu abadala. Alikho ikhambi lalesisifo esivamise ukuhlupha abantu abangaphezu kweminyaka engamashumi ayisithupha nanhlano.

Usibona kanjani isifo i-Alzheimer?

Abantu abanesifo i-Alzheimer bangaba nezinye zezimpawu ezingezansi:

- Ukudideka
- Ukukhohlwa izinto ezisanda kwenzeka njengokuthi badleni ngesidlo sasekuseni
- Ukucasuka nokuba nochuku
- Ukuba sesimweni esijikajikayo sisuka ekujabuleni sibe ukudabuka sibe ukucasuka
- Ubunzima bokusebenzisa amagama abawajwayele kanye nolimi
- Kancane kancane bakhohlwa izinto ezenzeka esikhathini esedlule futhi bagcina bengasawakhumbuli amalunga omndeni



Yini ebanga isifo i-Alzheimer?

Imbangela yesifo ayiqondakali futhi alikho ikhambi langempela.

Kufanele anakekelwe kanjani umuntu onesifo i-Alzheimer?

Uma umnakekeli ecabanga ukuthi omunye wamaklayenti unesifo i-Alzheimer kufanele babatshela ngomtholampilo ozobaxilonga futhi uqaphe.

Kusemqoka ukuthi umuntu one Alzheimer abe nalokhu okulandelayo:

- Ukwelekelela iklayenti ukuthi ingqondo yayo ihlale isebenza. Bakhombise izithombe zomndeneni bese ubakhumbuza amagama. Dlala nabo imidlalo futhi ubagqugquzele ukuxoxa izindaba
- Siza iklayenti ngokunyakazisa umzimba, ahambahambe nomunye (ngoba bangakhohlwa lapho bekhona kanye nokubuyela ekhaya), noma basebenze engadini
- Bagqugquzele ukudla ukudla okunempilo
- Inakekele ngaso sonke isikhathi iklayenti uma isifike ezingeni lokudideka njengoba ingaba sengozini noma ilahleke

4. Ukuhlukumezeka kwabantu abadala

Kunezindlela ezahlukene zokuhlukumeza ezithinta abantu abadala kodwa lezindlela ziyafana kubantu beminyaka yonke nobulili bonke. Yilezi:

a. Ukuhlukumeza emzimbeni

Ukuhlukumeza emzimbeni ikhona okwejwayelekile kubantu abadala. Kungaba lula ukukubona ngoba kuvamise ukuba namashanda noma imihuzuko emzimbeni; umzekelo imihuzuko ezungeze izihlakala ngenxa yokuboshelwa emibhedeni. Ukuhlukumeza emzimbeni kungaba ilokhu okulandelayo:

- Ubuhlungu noma ingozi – ukuzwisa ubuhlungu umuntu omdala uma bengazenzi izinto umnakekeli afuna bazenze
- Ukubathinta emzimbeni ubaphoqa ukwenza into abangayifuni
- Ukubalawula ngokubophela imizimba yabo phansi ukuze banganyakazi; ubakhiyele endlini noma ubanike imithi ezobalalisa balawuleke

b. Ukuhlukumeza ngokocansi

Ukuhlukumeza ngocansi umuntu omdala akulula ukukubona, kodwa kusho noma iyiphi indlela yokuthinta izitho zakhe zangasese ngaphandle kwemvume yakhe. Lokhu kusho nokubathwebula izithombe benqunu. Uboqaphela lokhu:

- Izifo ezithelelanayo esithweni sowesifazane sangasese
- Ukopha kwesitho sangasese sowesifazane noma esithweni sangemuva sokuzikhulula
- Imihuzuko ezungeze isitho sowesifazane sangasese kanye nasemabeleni

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.5

Ukunakekelwa Kwabantu Abadala

c. Ukuhlukumezeka ngokomoya noma ingqondo

Ukuhlukumezeka ngokomoya noma ingqondo kunzima ukukubona. Lokhu kuhlukumeza kungaba:

- Ukumkhahla (umfakela amahloni) umuntu omdala phambi kwabantu azibone engelutho ngoba enze iphutha, njengokumthethisa uma ewise into ngephutha
- Ukubesabisa njengomzekelo wokuthi uma bengayinikezeli imali yabo yempesheni abazukuba nayo indawo abazohlala kuyo
- Ukubajezisela izinto abangakwazi ukuzilawula njengokubaphoqa ukuthi balale embhedeni omanzi uma bephunyukile bachamela umbhede



Ezinye zezimpawu abangazikhombisa abantu abadala:

- Ukwesaba ukukhuluma ngokukhululeka nabanye, ikakhulukazi uma kukhona umuntu othile eduzane
- Ukuzigodla, bathule bangakhulumi ngisho kukhona okhuluma nabo
- Ukwesaba, ukwethuka nokuzibona bengenalusizo
- Ukushintsha kwezindlela zokulala, indlela abathanda noma bangathandi ngayo ukudla kanye nokuziphatha

d. Ukuhlukumezeka ngokwemali nempahla

Lokhu kusho ukuthi abanakekeli bangenza lokhu okungezansi:

- Ukuthatha izinto kubantu abadala ngaphandle kwemvume yabo
- Ukuthatha imali yabantu abadala ukufeza izinjongo zenu ngaphandle kwemvume yabo
- Ukushiya abantu abadala ngaphandle kwemali kodwa zibe zikhona izimali zokubanakekela zibabheke
- Ukushintsha imininingwane yasebhang; uphoqe ukusayina njengomuntu omdalla, usebenzise inombolo yakhe yasebhang eyimfihlo ukukhipha imali ngaphandle kwemvume yakhe
- Ushintshe ngokungemthetho ifa lomuntu omdala
- Uphoqe abantu abadala ukusayina izinto abangazithandi noma izincwadi abangazazi ukuthi zichazani

e. Ukunganakekelwa

Ukunganakekelwa kwabantu abadala olunye uhlobo lokuhlukumeza. Ukunganakekeli kusho ukuthi abanakekeli ababanakekeli abantu abadala ngendlela ecacile ezobavikela ezingozini kanye nezifo. Izibonelo zokunganakekeli ukuthi:

- Banganikwa abantu abadala ukudla okwanele okunempilo
- Bangavunyelwa abantu abadala ukuthola usizo lwezempilo uma beludinga
- Ukushiya abantu abadala ngaphandle kokunakekelwa nokusizwa kodwa bebe bengasakwazi ukuzibheka ngokwabo

Qaphela lokhu okulandelayo:

- Ukungahlanzeki nokubukeka ungagezile
- Izilonda esikhumbeni
- Ukungondleki noma indlala
- Ukuntuleka kwamanzi emzimbeni



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.5

Ukunakekelwa
Kwabantu Abadala

- Ukungabi bikho kwezinto ezidingakalayo ukuthi zibasize njengenqola yokubambelela uma uhamba, amazinyo afakelwayo noma okokuzwa ezindlebeni
- Umuntu omdala kube nguye ovikela noma othethelela umnakekeli

5. Yimiphi imibandela yokuhlukunyezwa kwabantu abadala?

Lezizinto ezingezansi zingenza imibandela yokuhlukumezeka kwabantu abadala inyuke:

- Ukusetshenziswa kwesidakamizwa esiwutshwala ikakhulukazi umnakekeli
- Uma umuntu omdala esedideka noma abenochuku
- Uma kunobunzima bezimali ekhaya
- Ukucinana komndeni

Ukubika ukuhlukumeza

Uma umuntu omdala ethi uhlukunyeziwe noma kunobufakazi obukhombisa ukuthi umuntu omdala kungenzeka ukuthi uhlukunyeziwe, kuyisidingo ukuthi kubikwe esikhungweni sezempilo noma kusonhlalakahle. Uma esengozini esheshayo kungabizwa amaphoyisa.

6. Amalungelo abantu abadala

Ukuhlukumezeka kwabantu abadala kwenzeka ngoba abantu abadala kanye nabanakekeli babo abazi ukuthi athini amalungelo abo. Umuntu omdala angahlukunyezwa umndeni wakhe uqobo kanye nabantu basemphakathini.

Abantu abaningi abadala bayavinjwa ukuba nelungelo laloku:

- Ulwazi ngempesheni yobudala
- Izindlu ezicocekile
- Ukuthola usizo lwezempilo
- Ukwenza izinqumo zabo
- Ukunakekelwa ngenhlonipho

7. Liyini iqhaza elibanjwe umnakekeli womphakathi?

Umnakekeli womphakathi kufanele:

- Agqame futhi abonakale ewusizo lwawo wonke umuntu emphakathini
- Agqugquzele ukuphila okunempilo, alekelele ukuvikela izifo, bese enika ukunakekela kanye nokwelapha nokusiza kwabalashelwa izidakamizwa
- Asize abantu abadala ukusebenzisa imali yabo ngobuchule, abagqugquzele ukuthi bavumele umuntu abamthembayo ukuthi abakhiphele imali egameni labo ebhange noma babalandele impesheni
- Abalekelele ngenqubo yokuphila nezifo ezingamahlalakhona kanye nokukhubazeka. Chaza ngokucophelela ukuthi bangasizakala kanjani esikhungweni sezempilo nakwabezenhlalakahle



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.5

Ukunakelelwa
Kwabantu Abadala

- Asize umuntu omdala ukuthi aphumele obala ngokuphathwa kabi, ukuhlukunyezwa umndeni nezihlobo nokuphathwa kabi umphakathi
- Asize umuntu omdala ukujoyini iqembu lokusekelana elifanele
- Asize umuntu omdala ukuthi ageze [bheka iSifundo 6.4 mayelana noKunakelelwa Komphakathi Emakhaya Nokunakelelwa Kwasebezoshona]
- Bonisa izindlela ezilula zokuzivocavoca ukulwa nesifo samathambo [bheka iSifundo 2.3 mayelana noKuvocavoca Umzimba]

Isivivinyo

1. Bhala phansi izinhlobo zokhlukumeza abantu abadala abangahlangabezana nazo.

2. Yiziphi izimpawu ezingakhombisa ukuthi umuntu omdala kade ehlukenyezwa?

3. Uzizwa kanjani umuntu omdala ngezinqumo ezithathwa ngaye?

4. Angahlala kuphi umuntu uma esemdala?

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.5

*Ukunakelelwa
Kwabantu Abadala*

Isivivinyo

5. Lithini isiko mayelana nokuphathwa kwabantu abadala?

6. Ingenza kanjani i-CCG ukuqinisekisa ukuthi umuntu omdala unalo ithuba lokukhuluma nayo ngaphandle kokusatshiswa amalunga omndeni?

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.6 sihlose ukukucobelela ulwazi mayelana nezinsizakalo zezenhlalakahle zezingane.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi izigungu zokunakekelwa kwabantwana ziyini, iqhaza ezilibambile kanye nemisebenzi yazo
- Baxoxe ngokuthi ukusizwa kwabantwana kwezengqondo nezenhlalakahle kuyini
- Bachaze amalungelo ezingane
- Bakhombise ulwazi olusemqoka ngokunakekelwa kwabantwana abakhubazekile
- Bakhombise ulwazi lokuthi ingayiswa kuphi ingane esengozini kanye nomndeni ophethwe ingane
- Bakhombise amakhono okwenza umsebenzi wokweluleka izingane

Okuqukethwe Yilesi Sifundo

- Isidlangala sokunakekelwa kwabantwana
- Ukusizwa kwabantwana
- Amalungelo abantwana
- Abantwana abanokukhubazeka

Kutholakala

1. UNICEF. Psychosocial support for children. Protecting the rights of child victims and witnesses in transitional justice process. Florence. 2010
2. Department of Social Development, Province of KwaZulu-Natal. March 2011. Learning Areas for CCGs on DSD specific Sub-Programmes. Obtained from Department of Social Development, Province of KwaZulu-Natal

Indima yakho njenge-CCG

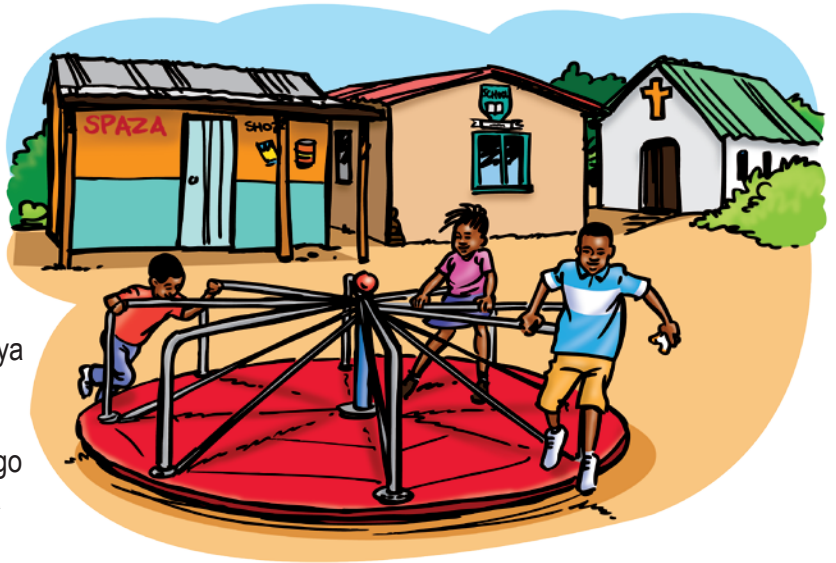
Indima yakho njenge-CCG ukuqiniseka ukuthi zonke izingane emphakathini zithola ukunakekelwa nokusekelwa ezikudingayo. Kufanele wazi nokuthi ziyini izimpawu zokuhlukunyezwa ezinganeni futhi uthumele endaweni efanele noma yiziphi izingane ezibonisa noma yiziphi zalezi zimpawu. Kufanele ubheke nezingane ezingenabani, njengezintandane, futhi uzithumele endaweni efanele bese uyazilandelela ukuze uqiniseke ukuthi ziyaluthola usizo eziludingayo.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

1. Yini izidlangala zokubheka abantwana?

Izidlangala zokubheka abantwana izindawo lapho abantwana bexhunyaniswa khona nemisebenzi abayidingayo ilapho futhi bengathola khona okuya ethunjini, basizwe ngomsebenzi wabo wesikole futhi bachithe khona isikhathi uma bebuya esikoleni. Izindawo eziphephile zabantwana. Zitholakala ezindaweni lapho ingekho eminye imisebenzi yokubhekela abantwana. Zifeza izidingo zezingane eziyizintandane nezisengozini ezaziwa futhi ngokuthi ama-OVC.



Yiliphi iqhaza elibanjwe izidlangala kanye nemisebenzi yazo?

Ukusiza nokunikezela ngemisebenzi ehlanganisa okulandelayo:

- Ukusiza ngokuthola uxhaso lwemali kahulumeni
- Ukuvakashela amakhaya
- Izinhlelo eziphakelana ukudla
- Ukusiza ingane ekwenzeni umsebenzi wesikole kanye nalowo owenzelwa ekhaya
- Ukusiza ngokuthola ukwelashwa nosizo lwezempilo
- Ukusiza ngokweluleka ngokwengqondo nomphefumulo
- Ezemidlalo kanye nokuvivinya umzimba
- Ukuvikelwa kwabantwana
- Ukweluleka abaphazamisekile (Ukweluleka abaphazamisekile ukweluleka okwenzeka ngemva kwento eshaqisayo ebangelwa, isib. ukuhlukunyezwa, ukudlwengulwa, ukubona into esabisayo)
- Izimfundiso ngezenkolo ezisiza ukuqondisa abantwana ngokuphila
- Ukunakekelwa komphakathi emakhaya

2. Yini usizo lwengqondo nenhlalakahle yomntwana?

Lolu inoma uluphi uhlobo losizo oluhlose ukuphephisa nokuthuthukisa ngokwezempilo izingqondo zezingane, indlela ezizizwa ngayo, indlela ezihleli ngayo indlela ezixhumana ngayo nabanye abantu emphakathini kanye nokuvimbela noma ukunakekelwa kwezingane ezinezifo zengqondo.

Imisebenzi yengqondo nenhlalakahle ihlanganisa:

- Ukwenza indawo evikelekile yabantwana
- Ukusungula ukuhlanganyela nezinhlangano ezingaphethwe uhulumeni (NGOs) nezindawo ezibheke ukuvikeleka kwabantwana ezinikezela ngosizo kwezengqondo nenhlalakahle
- Ukudlulisela abantwana ezinhlanganweni zezempilo kwezengqondo
- Ukusungula izigungu zasemphakathini zabantwana nemindeni yabo zokuphefumula ngolwazi lwabo ngezikhathi ezinzima
- Usizo ngendawo yokuhlala, imfundo noma ukuqeqeshelwa ukuthola umsebenzi
- Ukusiza umndeni

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.6

Usizokalo
Zezenhlalakahle Zezingane

3. Yini amalungelo ezingane ngokoMqulu Wezingane ZaseNingizimu Afrika?

Amalungelo ezingane angamalungelo abantu ezinganeni ikakhulukazi emalungelweni akhethekile okuvikela kanye nokunakekelwa okunikezwa abantwana.

Amalungelo abantwana ashicilelwe kuMthethosisekelo waseNingizimu Afrika kanye noMqulu Wezingane ZaseNingizimu Afrika.

Zonke izingane zinelungelo lalokhu:

- Ukuba negama, anakekelwe umndeni, abe nokudla, indawo yokuhlala, nokunakekelwa ngezempilo
- Avikelwe ekuphathweni kabi, ukunganakwa, ukuhlukunyezwa, ukuthelwa ngehlazo futhi avikelwe ekwenzeni imisebenzi yabantu abadala
- Anikwe ithuba lokuveza umbono wakhe futhi alalelwe
- Abantwana bangagxekwa noma bakhishwe inyumbazane ngesimanga sebala, ubuhlanga, ubulili, ulimi, inkolo, umbono welunga lomndeni noma umbono ngezepolitiki, ubuzwe noma ukukhubazeka komzali noma umndeni
- Alandele inkolo yakhe, isiko nezinkolelo ngaphandle kokwesaba
- Avikelwe kuzona zonke izihlobo zokuhlukumezwa njengezomzimba, ezomphefumulo, ezokukhuluma, ezocansi, ubuhlanga, ekhaya, esikoleni, emphakathini noma emgwaqweni
- Anikwe imfundo yamahhala nelinganayo, engenabuhlanga, engenabulili, futhi ephoqelekile. Leli ilungelo hayi inhlanhla
- Avikelwe ekwenzeni imisebenzi yobugqila
- Angaphoqwa ukuhlala emgwaqweni noma ukubuyela ekhaya uma amalungelo akhe ayisisekelo ezoqhubeka nokuhlukumezeka. Izingane ezingenamakhaya kufanele zigqugquzelwe ukubuyela ekhaya uma kuphephile kubo ukwenza njalo



4. Uyini umphakathi onaka izingane?

Umphakathi ozibophezele ngokwanelisa amalungelo ezingane ilowo lapho yonke ingane izoba:

- Ingxenye yomndeni onothando
- Ibe nokudla okunempilo okwanele
- Ithole amanzi ahlanzekile, indawo efanele yokuzikhulula kanye nendawo ephephile
- Ibe nekhaya elifudumele
- Ibe namathuba okufunda esikoleni esikahle
- Ibe nesikhathi sokudlala zonke izinsuku
- Ithole ukunakekelwa okuhle kwezempilo kanye nokwelashwa
- Ibe nokuhlonipheka kanye nesizotha
- Inqume ngempilo yayo
- Ihlale emphakathini obhekelela izidingo namalungelo ayo kuqala futhi zonke izingane ziphephe futhi zivikelwe ngokukhethekile

5. Ukunakekelwa kwezingane ezikhubazekile

Yini ukukhubazeka?

Uma umuntu ekhubazekile kusho ukuthi kunengxenye noma izingxenye zomzimba wakhe ezingakwazi ukusebenza ngokufanele. Lokhu okungezansi kungathinteka:

- Ukubona
- Ukuzwa (ezindlebeni)
- Ukukhuluma
- Ukunyakaza
- Ukucabanga
- Ukuzwa (kwemizwa)
- Ukulawula ingxenye yomzimba

Abantu abakhubazekile banamalungelo afanayo nawo wonke omunye umuntu. Abantu abakhubazekile kufuneka basizwe ukuba babebahle kakhulu kulokho abanokukwazi. Imiphakathi ivamise ukwenza kube nzima kubantu abakhubazekile ukufinyelela esicongweni sezinto ezingaba amathuba ngokwenza amathuba anzima. Umntwana ongakwazi ukubona angakuthola kunzima ukuya esikoleni ngoba asikho isikole sabangaboni eduze kwakubo.

6. Yiziphi izinhlobo ezahlukene zokukhubazeka?

a. Ukukhubazeka komzimba

Ukukhubazeka komzimba ukukhubazeka okuphazamisa ukusebenza kwezitho zomzimba njengokungaboni, ukungakwazi ukuhamba, noma ukusebenzisa ingalo noma ungakwazi ukukhuluma noma ukuzwa. Okuningi ukukhubazeka komzimba kungumphumela wokulimala noma wezingozi kodwa kwesinye isikhathi abantu bazalwa benjalo. Akulona iphutha lomuntu ukuthi unokukhubazeka futhi umuntu okhubazekile akasiyo ingozi.

b. Ukukhubazeka ngengqondo

Lokhu kukhubazeka ilokhu lapho ukwakheka kwengqondo kungaphansi kwalokho okujwayelekile. Ingane ifunda kancane kancane. Ezinye izingane zingafunda okwanele ukuthi zikwazi ukuzibheka nokwenza imisebenzi elula. Labo abaphazamiseke kakhulu bangeke bakwazi ukuzinakekela ngoba izingqondo zabo zihlala ezingeni lengane encane. Kufanele baphathwe ngenhlonipho futhi kufanele bavikelwe kulabo abangafuna ukubaphatha kabi.

c. Ukuphazamiseka kwengqondo

Umuntu ophazamisekile ngengqondo unesifo esiphazamisa ukucabanga kwakhe lokho okumenza acabange futhi aziphathe ngezindlela ezingajwayelekile.

7. Ukuvinjelwa kokukhubazeka

Abazali kufanele bafundiswe ngalokhu okulandelayo:

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.6

Usizokalo
Zezenhlalakahle Zezingane

- Omama abazithwele kufanele bayohlolwa ngesikhathi bekhulelwe futhi kubekhona omsizayo ngesikhathi ebeletha. Lokhu kuzosiza ukuvimbela ukuthi ezinye izingane zilimale ngesikhathi zizalwa nokungasiza ekuvimbeleni ukulimala kwengqondo
- Ukuhambisa umntwana esikhungweni sezempilo ayothola yonke imigomo
- Ukuhambisa abantwana nezingane esikhungweni sezempilo ukuthi zikalwe isisindo
- Izingabe zinikwe ukudla okunempilo
- Ukufuna usizo ngokushesha uma umntwana egula
- Omama abakhulelwe noma abancelisayo akufanele baphuze utshwala, babheme noma basebenzise izidakamizwa njengensangu
- Bafundise abantwana ngezingozi njengokunakekela uma beqa umgwaqo, bangadlali emgwaqweni, bangazithinti izinto eziyingozi noma badle izithelo eziyimbulunga ezinoju noma izitshalo abangazazi ukuthi ziphephile yini ekutheni zingadliwa

Miningi imthetho eNingizimu Afrika evikela amalungelo abantu abakhubazekile. Akufanele uvumele ukuthi umuntu okhubazekile aphantswe kabi.

Isivivinyo

1. Iziphi izinkoleloze okade unazo noma umphakathi unazo ngokukhubazeka?

2. Yini ocabanga ukuthi ungayenza ukusiza umphakathi ukuthi uqonde ngokukhubazeka?

8. Imisebenzi yabalekeleli bomphakathi:

- Ukufundisa umphakathi ngokugwema ukukhubazeka
- Ukusiza imindeni ukuthi ikwazi ukunakekela izingane ezikhubazekile emphakathini nasemakhaya
- Basize abantwana ukufunda ukuzinakekela zonke izinsuku ngezinto ezifana nokuzigeza, ukuzigqokisa, ukuzixubha amazinyo nokuya endlini yokuzikhulula
- Ukufundisa izingane ukuthi uzivocavoca kanjani ukuze kuthuthuke ukunyakaza [bheka iSifundo 2.3 mayelana noKuvocavoca Umzimba]
- Ukufundisa izingane ukudla ukudla okunempilo [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo]
- Fundisa noma udlulisele umndeni lapho uzofunda khona ukusebenzisa izimpawu zokukhuluma uma umntwana engezwa (ezindlebeni)
- Lekelela umphakathi ukwakha izindawo okulula ukufinyelela kuzo, (njengezindawo zokuqhuba izinqola zabakhubazekile, kanye nezindlu zokuzikhulula ezinkulu ngokwanele ukungenisa inqola yomuntu okhubazekile)

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

- Tshela umphakathi ngamalungelo ezingane nabantu abakhubazekile
- Lekelela umphakathi ukufunda kabanzi ngokukhubazeka
- Fundisa ngezempilo ezikoleni ukwenza izingane zazi ngokukhubazeka ukuze zimukele ozakwabo abakhubazekile
- Bandakanya izingane ezikhubazekile nemindeni yazo ekunakekeleni izingane ezikhubazekile
- Sebenzisana nezinye izinhlaka esigungwini sezempilo njengomunye okhubazekile, othisha, osonhlalakahle, abahlengikazi basemitholampilo, umuntu ofundisa ukuzivocavoca, ofundisa abantwana ukufunda nalowo ongasiza izingane ngokuzwa nokukhuluma

9. Ithunyelwa kuphi ingane esengozini?

Izingane ezisengozini kufanele zithunyelwe kulemisebenzi elandelayo:

- Okwezempilo, thumela esikhungweni sezempilo noma esibhedlela esiseduzane
- Emnyangweni wokuthuthukiswa komphakathi ukuze zithole usizokalo ezinjengalezi:
 - Ukusizwa kwezenhlalakahle nemixhaso yezimali kahulumeni
 - Inkantolo yezingane lapho kusizwa khona izingane ezibe yizisulu zokuhlukunyezwa nokuyekelelwa
 - Ukutholwa abazoyinakekela
 - Ukuhlinzekwa ngokukhuliswa kwezingane zisencane [bheka iSifundo 3.5 mayelana noKunakekelwa Kosana Nengane]
 - Labo abanika usizo ezinganeni ezihlala futhi/noma ezisebenza emgwaqweni
 - Ukutholela umntwana odingayo abazali
 - Ukunakekelwa kwezingane ezitheleleke ngengculazi nesandulela ngculazi
- Okwemfundo, thumela esikoleni esisendaweni
- Okomoya nomphfumulo, thumela kubaholi bezenkolo abasendaweni
- Okomphakathi, thumela kubaholi bomphakathi
- Okuphathelele namaphoyisa, thumela izingane ezisengozini yodlame lwasekhaya noma lomphakathi

10. Ukwelulekwa kwabantwana

a. Uyenza kanjani indawo emukelekile?

Thola indawo yokukhulumela engasese futhi engenamsindo lapho futhi owazi khona ukuthi ngeke uphazanyiswe. Yenza isiqiniseko ukuthi indawo yokuhlala ithokomele futhi ube nesiqiniseko ukuthi ayibandiki kakhulu noma ishise.

Yazisa ingane ukuthi unesikhathi esanele sayo. Chaza ukuthi noma yini eniyishoyo izoba eyakho naye kuphela ngeke utshele muntu omunye.

Ubuye usho ukuthi uma indaba yabo ikwenza ucabange ukuthi basengozini, kuzobe sekufuneka utshele othile ukuze basizwe.

Ube futhi nephepha nepeni ngoba ingane ingase ingafuni ukukhuluma kodwa ingenza umdwebo okhombisa ukuthi iphatheke kanjani.



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.6

Usizokalo
Zezenhlalakahle Zezingane

b. Ukwenza kanjani ukulalela okwemukelekile?

Indlela eyodwa yokugqugquzela ingane noma umuntu osemncane ukuthi akhulume ukuba babe nesiqiniseko sokuthi ulalele. Ungakwenza lokhu ngokuthi ulalelisise futhi ubakhombise ukuthi ulalele. Kwesinye isikhathi lokhu kungaba ukubuka ingane futhi ukhombise ukuhambisana kwamehlo enu nobabili. Kwesinye isikhathi ukuhlala eceleni kwengane kungehlisa izinga lokwesaba. Zama ukungaphazamisi ngesikhathi ingane noma umuntu osemncane ekhuluma. Ngokuhlalahlala uvuma ngekhandla noma ukuvuma buthule noma ukwenanela ingane noma umuntu osemncane angagqugquzeleka ukuvuleleka akhulume. Ungalinyusi izwi lakho ngoba lokhu kungenza ingane yesabe. Khulumela phansi. Ukubika enganeni ngokufingqiwe ngalokho esanda kukusho nokubuza ukuthi ngabe uzwe ngakho enye indlela yokwenza lokhu. Yenza isiqiniseko sokuthi ubukeka futhi uzwakala uzolile futhi unakekela. Ungayitsheli ingane ukuthi ayisheshise.

c. Ungayibuza kanjani imibuzo?

Buza iningi lemibuzo engaphenduleki ngegama elilodwa uyebo noma ucha futhi ayigqugquzele izimpendulo ezichazayo, isibonelo:

- 'Uzizwa kanjani ngalokhuya?'
- 'Uma wenza lokho ucabanga ukuthi kuyokusiza kanjani?' (izinzuzo)
- 'Kungenzeka kanjani ukuthi ingasizi?' (izici ezimbi)

Gwema imibuzo evalekile ingaba nemiphumela yezimpendulo ezingu yebo/qha njengokuthi:

- 'Uphatheke kabi?'
- 'Ulangazelele ukufika kwamaholide esikole?'

d. Uyigqugquzela kanjani ingane ukuthi ikhulume?

Ukwelekelela ingane ukuthi ikhulume nawe, kusemqoka ukuthi ukhombise inhlonipho ngokulalela ngendlela eyamukelayo. Umyalezo ozama ukuthi ufinyelele enganeni ukuthi 'Ngiyacabanga zonke izingane kufanele zibe nethuba lokusho ezikucabangayo nezikuzwayo. Ngiyokulalela' Lokhu akufani nokuthi uyavumelana nemibono noma izenzo zengane futhi kulungile ukukwenza kucace ukuthi imibono yakho nendlela obona ngayo izinto kwehlukile, inqobo nje uma lokhu kwenzeka ngendlela yokuhloniphana. Futhi sebenzisa imidwebo, izindaba. Mhlawumbe ingane izokutshela indaba ngokuthi izizwa kanjani noma idwebe isithombe. Zingase zisebenzise elinye igama endabeni ukuze zizivikele zona.



e. Nciphisa izeluleko

Zama ukunciphisa ukunikeza iziyalo eziqonde ngqo enganeni ngesikhathi sengxoxo yenu. Lokhu kusemqoka kakhulu ezinganeni esezikhulile kunalezo ezisencane ngoba ezincane zidinga izeluleko (noma ukuholwa) ezingaphezulu. Lokhu kuyisehlo esiphuthumayo ekuqaleni kwengxenye yengxoxo yokuxazululwa kwenkinga. Isibonelo, kuvamise ukuba ngcono ukuqala ngokuthi 'Ucabanga ukuthi yini into engcono kuwena elandelayo ongayenza?' kunokuthi, 'Okulandelayo okufanele ukwenze ukuthi...'

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.6

Usizokalo
Zezenhlalakahle Zezingane

f. Ungakwenza kanjani kusebenze?

- Ungayijiki ingxoxo yenu uyenze imibuzo. Noma ukwazi kangakanani ukweluleka, ezinye izingane kungenzeka ukuthi azikakakulungeli ukukhuluma nawe noma azifuni ukukhuluma nawe. Lokhu akusho ukuthi sezehlulekile. Kungaba ukuthi ziyokhuluma ngesinye isikhathi noma ziyokhuluma kuzakwenu abamazi kangcono noma uzakwenu wobunye ubulili. *Kuthatha isikhathi ukwakha ukwethembana*
- Yenza isiqiniseko sokuthi uyabona uma ungasakwazi ukumelana nesimo. Uma ingxoxo yakho nengane ikhombisa ubufakazi obucacile bokuhlukunyezwa noma ukuphazamiseka engqondweni okunzima/ukugula, thola ngokushesha iseluleko eqenjini elisendaweni lobuchwepheshe bezempilo kwezengqondo
- Emva kwengxoxo yakho nengane iba nesiqiniseko sokuthi uthathe ikhefu lokuyokhuluma nozakwenu noma umphathi wakho ngengxoxo obenayo nengane

Indaba Eyisibonelo

USimphiwe umfana oneminyaka emihlanu ubudala obelokhu eqhuba kahle enkulisa futhi ekhula kahle. Ezinyangeni eziyisithupha ezedlule useqale ukuba luhlaza kwezinye izingane futhi usechamele amabhulukwe akhe izikhathi eziningi.

Hlukanani nibe amaqoqo.

Ilunga elilodwa lizodlala indawo ye-CCG bese kuthi elinye lidlale indawo kaSimphiwe. Dlalani indima yokweluleka uSimphiwe bese amalunga asele anike umbiko ngemibono yawo.

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.7 sihlose ukukucobelela ulwazi mayelana nemisebenzi eyisidingo yentsha.

Imiphumela Yesifundo

Ekupheleni kwalesifundo abafundi kufanele bakwazi:

- Bachaze ukuthi kusho ukuthini ukuthi 'intsha'
- Baxoxe ngemisebenzi eyisidingo yentsha nobunjalo bayo
- Ukumelela imisebenzi eyisidingo sentsha
- Ukuchaza ukuthi kuyini ukuba socansini
- Bachazele ukuthi ukuba socansini kuhlangana kanjani nemitholampilo enosizo lwabasha
- Bachaze ukuthi intsha ingasizwa kanjani ekubekeni imigomo

Okuqukethwe Yilesi Sifundo

- Intsha
- Izingqinamba zentsha
- Imisebenzi eyisidingo yentsha
- Indlela yokubona umtholampilo onosizo lwabasha
- Ukuba socansini
- Ukuhlanganisa ukuba socansini nemitholampilo enosizo lwabasha
- Ukubeka imigomo

Kutholakala

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INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.7
Imisebenzi
Eyisidingo Yentsha

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuqiniseka ukuthi intsha emphakathini ithola ukunakelelwa nokusekelwa ekudingayo. Kufanele futhi uxoxe nentsha ngalokho engakwenza ukuze iqiniseke ukuthi ithola usizokalo ezidingayo.

1. Yini Intsha?

Intsha isikhathi esiphakathi kobungane nobudala. Kuhlenganisa noshintsho emzimbeni, engqondweni kanye nolwazi bese kuba ushintsho emphakathini nakwezezimali. Lolu shintsho luthinta indlela abantu abasha abaziphatha ngayo. Abanye bangase baziphathe ngendlela ebabeka engcupheni njengokwenza ucansi olungaphephile, ukudla izidakamizwa noma imisebenzi yokuzijabulisa eyingozi kodwa akufanele uyibophe ngabhande linye yonke intsha noma uyicwase ngenxa yemibono yakho. Abantu abasha bangase babe abakwazi ukusungula izinto ezintsha futhi bafune ukufunda kabanzi ngokuphila futhi ngezinye izikhathi abalitholi ithuba lokuthola ulwazi ngezihloko ezibalulekile endaweni enobungane. Kulesi sihloko, intsha ichazwe njengabantu abaneminyaka esuka kwengu-14 kuya kwengu-35.



2. Kungani intsha isengozini?

Intsha iyiqembu elisengozini ngoba libhekene nezimo ezibucayi njengalezi:

- Ingculazi nesandulela-ngculazi ebhebhetheka ngenxa yezindlela eziyingozi zokuziphatha ngokocansi
- Imindeni eminingi esiphethwe abafana noma amantombazane angaphansi kweminyaka engamashumi amabili nane. Lokhu kungenxa yokuthi abazali bawo kungenzeka bashona, bayagula kakhulu ukuthi bangabanakekela noma babashiya
- Intsha eningi isiphendukele ebugebengwini ukuze ikwazi ukuthola izimali zokondla imindeni
- Ukusetshenziswa kwezidakamizwa sekunyukile entsheni
- Kunzima ukuba intsha ithole imisebenzi ngenxa yokweswela amakhono, ukuqeqeshwa nolwazi lwemisebenzi



3. Yimiphi imisebenzi yentsha eyisidingo?

Ukuhlinzeka ngemisebenzi eyisidingo sentsha kumayelana nokuhlinzeka ngezinsizakalo entsheni uqonda kahle ukuthi abantu abasha bakulowo mphakathi badingani ngoba banezidingo eziqondile nezihlukene. Imisebenzi eyisidingo entsheni ukwakha insizakalo abantu abasha abayethembayo futhi abanomuzwa wokuthi ikhonela bona nezidingo zabo. Kubalulekile nokuqinisekisa ukuthi lezi zinsizakalo zisezindaweni intsha engafinyelela kuzo kalula.

Usizokalo ezibhekelele intsha kufanele zicabangele ubunzima obuthile abantu abasha ababhekana nabo ekufinyeleleni usizokalo zezempilo, isib. amahora okusebenza emitholampilo angavumelani nayo, iminyaka angakwazi ukuthola kuyo usizokalo ngaphandle kwemvume yabazali noma yabanakekeli, ukukhathazeka ngokugcinwa kwemfihlo, ukwesaba

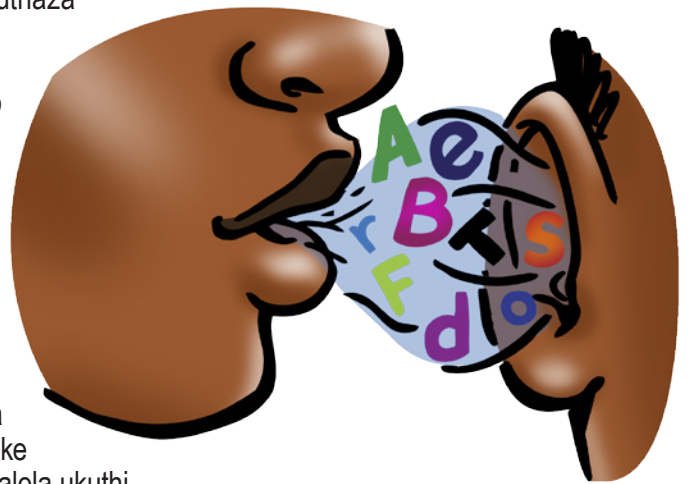
ukucwaswa, ikakhulukazi emantombazaneni aseya ocansini nokungaphathwa ngenhlonipho, lokhu kuphakathi kwezinto ezingamisa umuntu omusha ekutheni ayothola usizokalo zezempilo.

I-CCG ingaluleka intsha ukuthi ingazithola usizokalo zentsha emitholampilo, ezikhungweni zentsha ngokuqondile, ezikoleni noma emphakathini.

4. I-CCG ingayiphatha kanjani intsha?

Kusemqoka ukuthi ama-CCG abe ngabantu abakhululekile entsheni. Lokhu kusho ukuthi i-CCG iyokwenza lokhu:

- Yiba nozwela emicabangweni nemizwa yabantu abasebancane, ngisho noma ingafani nemizwa nemicabango yakho
- Yiba nesineke kubantu abasha ngoba abasheshi ukuveza imizwa nemicabango yabo yangempela; ngakho-ke i-CCG kufanele isebenzise amakhono okulalela [bheka iSifundo 1.2 mayelana noKuthuthukiswa Kwamakhono Emphakathini, Ukungena Emakhaya, Ukuhlonza kanye Nokuthumela endaweni efanele] ukuze ibasize
- Khuluma nentsha ngendlela engayijaji kodwa eyikhuthaza ukukhuluma ngokukhululeka ngezinto ezesabayo nezizwayo egazini futhi ikhuluma ngolimi lwayo
- Khombisa isimo sokwamukela noma esithembisayo entsheni futhi ubheke nezinto eziyikhathazayo
- Khombisa inhlonipho yabantu abancane
- Gcina ulwazi mayelana nentsha ezocela usizo njengemfihlo
- Nika intsha isikhathi esanele sokuyilalela ukuze ibone ukuthi izidingo zayo zimqoka
- Gqugquzela intsha ngokuyenza icabange ngemigomo yayo namaphupho ayo futhi ibe nombono omuhle ngokuphila. Intsha ivame ukuzizwa ishiywe ngaphandle futhi iqondwa kabi. Kaningi kusuke kuwukuthi akukho muntu oke wazinka isikhathi sokulalela ukuthi yini efuna ukuyenza ngokuphila kwayo
- Yiba yisilaleli esihle futhi ubagqugquzele ukuba benze kangcono futhi bafune okuningi ekuphileni kwabo. Sebenzisa imibuzo enjengethi 'uthanda hlobo luni lomculo?' 'ubukela maphi ama-movie noma ama-soapie?' njll. ukuze ukwazi ukuzibeka esimweni sabo futhi intsha nayo izizwe ikhululekile ukuxoxa ngezinto ezithile



5. Ikwenza kanjani i-CCG ukumelela nokusekela imisebenzi eyisidingo sentsha?

Indlela yemisebenzi eyisidingo entsheni kudingeka iqale khona kanye ekhaya ne-CCG. Ukuqonda izinto abantu abasha ababhekana nazo, njengokucindezela kontanga nokwazi ukuthi ungasenza kanjani isimo esinobungane entsheni kuyokwenza uzizwe ukhululekile ukufinyelela ezinsizakalweni zezempilo nezinye ezidingayo. Ngakho-ke kubalulekile ukuba i-CCG yakhe inethiwekhi enhle yabahlizeki bezinsizakalo zezempilo nezinye endaweni ukuze ikhuthaze intsha ukuba ikhululeke ukufinyelela lezi zinsizakalo. I-CCG ingenza umehluko ekuletheni ushintsho endleleni intsha ebheka ngayo laba bahlinzeki bezinsizakalo.

I-CCG kufanele:

- Izazi izinto eziphathelele nentsha nezinsizakalo ezikhona emphakathini njengokuthi zinto zini ezikhona zemidlalo namakilabhu entsha futhi iyithumele kulezi zindawo
- Igqugquzele intsha ukuthi ijoyine amakilabhu, izibandakanye nezinto ezivumelekile zokuzijabulisa, ezemidlalo, nokunye
- Izame ukugqugquzela intsha ukuthi iqale amaqoqo ayo okusekelana, amaqoqo ezemidlalo, njll.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.7

Imisebenzi
Eyisidingo Yentsha

Uma ingekhoi misebenzi yetsha ekhona, yibe usuyisiza intsha ukusungula iqembu lezemidlalo [bheka iSifundo 6.8 mayelana namaqoqo Okusekelana]

- Ibandakanye intsha kunoma iziphi izinhlelo ezihlelelwe intsha
- Ibize imihlangano yentsha ukuzothola izidingo zayo bese isebenzisana nayo intsha kokuqhubekayo
- Ibuze intsha ukuthi yiziphi izinhlobo zezinsizakalo ezidingayo bese iyisa le mibono ezinhlanganweni ezifanele, ngokwesibonelo, ukucela ukuba umtholampilo uvulwe ngemva kwesikole
- Ixhumane nezinhlangano zomphakathi ezaziwa ngama-NGO kanye nama-CBO ezinikeza usizokalo nezinhlelo ezidingwa emphakathini. Ikhuthaze intsha ukuba ithole ulwazi esikhungweni sezempilo nakwezinye izindawo lapho kutholakala khona usizokalo zentsha
- Ikhuthaze intsha ukukhuthalela ukuthola amakhono okusebenzisa amakhompuyutha ukulungiselela imisebenzi esikhathini esizayo
- Ikhuthaze intsha ukwenza imisebenzi yesikole bese icela usizo uma kunesidingo
- Igqugquzele intsha ukubamba iqhaza emakilabhini omculo uma kungenzeka
- Ibe nolwazi lwezinto ezibhekene nentsha emphakathini njengokuntuleka kwemisebenzi, ukungabibikho kwamathuba okufunda, isizungu, ucansi, ukukhulelwa kwentsha esencane, ukuba isigqila sotshwala nezidakamizwa, izifo zocansi ezithathelanayo kanye nengculazi ukuze ithumele intsha ezinhlanganweni ezifanele
- Ikhuthaze intsha ukuthi ingazikhuluma izinto eziyisifuba nayo, bese nayo iyihlonipha imfihlo futhi isebenze njengommeleli wemisebenzi ewusizo entsheni

Ingxoxo Yeqembu

Xoxisanani emaqenjini.

1. Ithini imicabango nemizwa yethu ngentsha?

2. Ngabe mihle noma mibi?

3. Le micabango nemizwa izoyithinta kanjani imisebenzi enikezwa intsha?

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.7
Imisebenzi
Eyisidingo Yentsha

Ingxoxo Yeqembu

4. Singasebenzisana kanjani ndawonye nentsha ukuze sithuthukise ushintsho oluhle?



Amcebiso Awusizo

Thinta u-LoveLife osebenza amahora angamashumi amabili nane uma ufuna ukukhuluma ngezinto zobusha eziyisidingo entsheni kulenombolo ethi 0800 121 900 noma uthumele umlayezo wokuthi bakuthinte kulenombolo 083 323 1023.

Indaba Eyisibonelo

UThembi oneminyaka eyishumi nesithupha ofunda isikole ufika ekhaya ngesikhathi wena uzobona lomndeni. Uphatheke kabi ngoba uze waya esikhungweni sezempilo ukuyolanda amaphilisi akhe okuhlela umndeni sesiphumile isikole. Uthe uma efika egqoke umfaniswano wesikole bese kuzovalwa. Ubuze umsebenzi wezokwelapha ukuthi angesizwe yini ngoba amaphilisi akhe asephelile? Umsebenzi wezokwelapha umtshele ukuthi umugqa usuvaliwe, wambuza ukuthi ufunani esikhungweni sezempilo wokuhlela uma efunda isikole ngoba akufanele ngabe uzibandakanya nocansi.



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.7
Imisebenzi
Eyisidingo Yentsha

Indaba Eyisibonelo

Hlukanani nibe amaqoqo bese nixoxisana ngokulandelanayo:

1. Umsebenzi wezokwelapha ubengalusingatha kanjani ngenye indlela loludaba?

2. Ibingameluleka ngokuthini i-CCG uThembi mayelana nokuhlela ukuthola amaphilisi kusenesikhathi ukuze angamupheleli?

3. Yini i-CCG ebingayixoxisana nomtholampilo mayelana nokushintsha izikhathi zilungele intsha?

4. Ingenzani intsha ukunxenxa usizo olungcono noma bangawaqala kanjani amakilabhu namaqoqo?

6. Kungani kusemqoka ukuthi intsha izibekele izinjongo?

Ukuze uzuze izinto ezithile empilweni wonke umuntu kufuneka azenzele izinjongo zakhe. Kwabanye kubanzima ukuqala indlela eya empumelelweni, kulapho-ke la umlekeleli esiza khona intsha ngAmacebiso ambalwa. Indlela enhle yokugwema ukutheleleka ngengculazi, ukukhulelwa umncane, izinga eliphezulu lokungabikho kwemisebenzi ukulekelela intsha ukuqonda izinjongo zayo, ilekelelwe ukuhlela ukuthi iyofikelela kanjani ezinjongweni zayo. Lokhu futhi kuzosiza intsha ukuthi ibe nokuzethemba kubuye kubasize ekutheni bayofuna futhi bamele imisebenzi enobungane noma esimamisa intsha.

Ukwenza izinjongo kuzosiza intsha ukuthi ibheke endleleni ezokwenza amaphupho ayo atholakale. Idinga nosizo ukuze inqume futhi ihlele indlela yokufinyelela lezo zinjongo.

Intsha izakha kanjani izinjongo zayo?

Into okufanele uyikhumbule ukuthi izinjongo kufanele zenziwe yintsha ngokwayo, ingenzelwa omunye umuntu. Kwesinye isikhathi izinjongo zingabonakali zingelona iqiniso kodwa zingahlephulwa zibe izicucwana ezincane, isib. ukufuna ukuba udokotela kungabonakala kuyinto engenzeki kodwa isinyathelo esisodwa esiya ngakhona ukuqeda esikoleni samabanga amakhulu ngezifundo ezifanele futhi uziphase ngendlela efanele lezi zifundo ukuze wamukeleke ukuyofundela ubudokotela.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

Zinto zini ozibhekayo uma uhlela injongo yakho?

Cabanga ngezinto ezifana:

- Yini injongo yami?
- Ngifuna ukuyithola nini?
- Zinto zini okufanele ngizifunde?
- Zinto zini okufanele ngizenze ukuze ngiyithole?
- Ubani okhona ozongisiza?
- Iziphi usizo ezidingakalayo?

Khumbula, lezi zinjongo ezomuntu osizwayo (iklayenti) ngakho-ke kungenzeka ukumhola nokumeluleka kodwa i-CCG kufanele:

- Ihloniphe (intsha mayizicabangele indlela yokuzuza injongo yayo)
- Ibe nesineke (nikeza intsha isikhathi sokucabanga ukuze ithathe isinqumo)
- Igqogquzele (nanela isinqumo somuntu omusha bese umncoma ngeqhaza alithathile)

Leli thuluzi kufanele lisetshenziselwe ukusiza intsha ukuthi ibhale phansi lokho ekuhlelayo.

Uhlelo Lwami

Injongo yami uku:

Ngizoyizuza mhlaka: (usuku)

Amakhono ami uku: (bhala amakhono onawo azokusiza ukuzuza injongo)

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

Uhlelo Lwami

Yini okusafanele ngiyifunde?

1. _____ **Sengikwenzile!**
2. _____ **Sengikwenzile!**
3. _____ **Sengikwenzile!**
4. _____ **Sengikwenzile!**

Izinyathelo: (bhala phansi konke ozokwenza ukuzuza injongo yakho bese ubeke uphawu uma usuqedile)

1. Ngizo

Sengikwenzile!

2. Ngizo

Sengikwenzile!

3. Ngizo

Sengikwenzile!

4. Ngizo

Sengikwenzile!

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6 Isifundo 6.7
Imisebenzi
Eyisidingo Yentsha

Uhlelo Lwami

Ubani ongangisiza?

1. _____
2. _____
3. _____
4. _____
5. _____

Yiziphi ezinye usizo engingazithola zingisize?

1. _____
2. _____
3. _____
4. _____
5. _____

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 6.8 sihlose ukukucobelela ulwazi mayelana namaqoqo okusekelana.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi yini iqembu lokusekelana futhi libaluleke ngani?
- Bachaze ngenzuzo yokujoyina amaqoqo okusekelana
- Bachaze ukuthi amaqoqo okusekelana asungulwa kanjani

Okuqokethwe Yilesi Sifundo

- Incazelo yeqembu lokusekelana
- Izinhlobo zamaqoqo okusekelana
- Ukuqala iqembu lokusekelana
- Ubuhle nezinseselele zamaqoqo okusekelana

Kutholakala

1. National Limb Loss Information Centre. Starting a support group- the basics. 2007. Available from: http://www.amputee-coalition.org/fact_sheets/start_sg.html
2. How to start a peer-to-peer support group. 2010. Available from: <http://haruteq.com/howtosupport.htm>
3. Department of Social Development, Province of KwaZulu-Natal. March 2011. Learning Areas for CCGs on DSD specific Sub-Programmes. Obtained from Department of Social Development, Province of KwaZulu-Natal

Indima yakho njenge-CCG

Indima yakho njenge-CCG ukusiza amaklayenti akho aqonde indima ebalulekile engadlalwa amaqoqo okusekelana (support groups). Kufanele futhi usize amaklayenti akho asungule amaqoqo okusekelana azohlangabezana nezidingo zawo.

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.8

Amaqoqo
Okusekelana

1. Liyini iqembu lokusekelana?

Amaqoqo okusekelana:

- Yindawo ehlanganisa abantu abanezinkinga ezifanayo, kwazise wonke umuntu uyakudinga ukuxoxisana nabanye ngezinye izikhathi. Kuyindawo lapho abantu becobelana ngemizwa yakwezomoya nendlela izinto ezingenziwa ngayo, kanye nolwazi
- Yindawo lapho abantu babelana ngolwazi mayelana ngenhlalakahle kanye nezempilo, bayibheke impilo injengokujwayelekile, bafundisane noma baziphumulele nje
- Uhlobo lweqembu lokusekelana lapho amalunga ezenzela khona izinto, yiwona alawula ukuphathwa kwayo. Lamalunga aphuma emphakathini, bangamavolontiya angalindele ukukhokhelwa. Bangabantu abanezinkinga ezifanayo, ngakho-ke basiqonda kangcono isimo kunalabo abangenayo lenkinga. Ngesinye isikhathi babizwa ngezinhlangano eziwumfelandawonye wokusizana
- Amanye amaqoqo okusekelana aphathwa ngabanye abantu abaphuma emikhakheni ehlukeni, abangenazo izidingo ezifana nezeqembu lokusekelana; isibonelo oSonhlalakahle noma amalunga amasonto. Umholi weqembu nguyena owengamela izingxoxo



2. Kungani kumele uzibandakanye neqembu lokusekelana?

Amaqoqo okusekelana akhiwe ngabantu abadlule ezimweni ezifanayo, futhi abesekulezozimo ezifanayo. Bayaziqonda izimo abakuzona. Amalunga eqembu lokusekelana acobelana ngolwazi olusemqoka. Yindawo esemqoka yokucebisa ngamalungelo, ukunakelelwa, ukondleka, kanye nemishanguzo. Amalunga eqembu lokusekelana azi ukuthi ukuhloma ngolwazi kungamandla kubo. Ukwazi ngabanye abantu kanye nezinhlangano ezithile, kuyabasiza ukuba bazibone benganqobekile kodwa besizana. Amaqoqo okusekelana asiza imindeneni nabathandiweyo babo ukuba bakwazi ukubhekana nezinkinga kanye nalezo ezimaqondana nezimali.

3. Yiziphi izinhlobo zamaqoqo okusekelana kanti ngubani ongahlanganyela?

- Awabantu abadinga ukusekelwa abanohlobo oluthile lwezifo njengabaphila negciwane lesandulela-ngculazi
- Awamalunga omndeneni womuntu ohlaselwe yisifo sophuzo olunamandla
- Awabantu abadinga usizo lokunakelelwa lwesikhashana, uhlelo lokubuyiselwa kwempilo esimweni sayo noma usizo lwezimali
- Awabantu ababhekene nesimo sokushonelwa emndenini

4. Lisungulwa kanjani iqembu lokusekelana elisha?

Izinyathelo ekusungulweni kweqembu lokusekelana:

a. Ukucabanga ukuthi yiluphi uhlobo lweqembu lokusekelana bese kubuzwa lemibuzo:

- Iyini inkinga?
- Ubani odinga ukusekelwa?
- Ubani ongahlanganyela?
- Iqembu lokusekelana lelo lidinga ukufeza ziphi izinjongo?

b. Indawo yokuhlangana ekahle nesikhathi esikahle

Khethani indawo yokuhlangana okukwazi ukufinyelela wonke umuntu. Uma ingekho indawo yomphakathi okungahlanganyelwa kuyo, amalunga angahlanganyela emzini welinye. Kuhle kukhethwe indawo elungele bonke abantu. Kungaba kuhle ukubakhona kwendawo yokunakelela abantwana lapho.

c. Ukuhlanganisa amalunga eqembu lokusekelana

Uma sekwaziwa ukuthi yini ezokwenziwa, sekuyisikhathi sokumema amalunga. Kungakhangiswa ephephandabeni lendawo, ezindlini zikadokotela wendawo, esikhungweni sezempilo wendawo, kumtapo wolwazi lwezincwadi, noma kwezinye izindawo ezivamise ukuhanjelwa ngabantu abangase babe ngamalunga.

d. Ukucabanga ngobungako beqembu lokusekelana?

Ubungako beqembu lokusekelana bubalulekile. Uma iqembu lokusekelana lilikhulu kakhulu, amanye amalunga awabinalo ithuba lokuzwakalisa imibono noma imizwa yawo. Okungcono ukuthi iqembu lihlukaniswe libe amaqoqo amabili ukuze bonke bakwazi ukunakeleleka kahle. Uma iqembu lokusekelana lilincane kakhulu lokhu kungabangela ukuthi abanye badebesele ukuhlanganyela bese ligcine seliphela.

e. Umhlangano wokuqala

Umhlangano wokuqala kumele usetshenziselwe ukuthola ukuthi yini abantu abalindele ukuyizuzwa eqenjini. Iqembu lingaphumelela kahle uma konke lokhu kucatshangiswe kahle.

f. Yabelanani ngemisebenzi

Umsebenzi awungenziwa ngumuntu oyedwa wonke. Kungamesinda. Iqembu kumele liqoke umxhumanisi, umphathi –sikhwama nonobhala. Iqembu lingaqoka ukukhetha abanye abantu njalo ngonyaka. Ngaphandle nje kokuthi abantu bayakhathala, ukwabelana ngomsebenzi kunganikeza bonke abantu ithuba lokuzibandakanya ezintweni zeqembu.

g. Ukuvikela ukuyeka kwamalunga

Amaqoqo okusekelana amaningi ahluleka ukuqhubeka ngenxa yokuphelelwa wugqozi. Ugqozi lwamalunga lungakhuthazwa ngokuhlela imicimbi enomdandla kanye nezihloko ezihehayo. Nakhu okunye okungenziwa:

- Mema izikhulumi zangaphandle kweminye yemihlangano
- Landelela kulokho okucebiswa ngamalunga. Kulula ukuthi abantu badikibale uma bebona sengathi imibono yabo ayithathwa njengebalulekile, ikakhulukazi uma kunomuntu oyedwa othatha izinqumo enze nemisebenzi yonke

- Amalunga mawanikezwe ithuba lokuthi nawo aveze izihloko futhi ahlele imihlangano
- Khuthaza amalunga ukuthi azibandakanye ngokuthi nawo axoxe ngakwaziyo nalokho adlule kuko. Kuya ngohlobo lweqembu lokusekelana amalunga angaletha nezindlela zokupheka acobelelane nangokuthi azixazulula kanjani ezinye zezinkinga zawo
- Sungula umtapo wolwazi, ugcine amaphephabhuku nokunye okufuze lokho okuqoqwe ngamalunga
- Cela usizo esikhungweni sezempilo oseduze, kumsebenzi wezempilo, emasontweni, kuthishanhloko, ethempelini. Abaholi bezenkolo bavamise ukuba nolwazi ngezinkinga zempilo yamalunga awo, kanti bangazisa ekucobelaneni ngolwazi futhi bahlanganise abantu
- Hlela imicimbi yokungcebeleka. Lokhu kunganikeza ithuba lokuthi amalunga azane kangcono esimweni esikhululekile. Amalunga asesimweni esifanayo avela kwamanye amaqoqo okusekelana nawo angamenywa

h. Amaqoqo okusekelana ahlanguana kuphi?

Amaqoqo okusekelana ahlanguana lapho wonke amalunga engafinyelela khona. Ngesinye isikhathi imitholampilo nezibhedlela kungasetshenziswa njengendawo yokuhlangana. Futhi kungahlanganelwa emizini yamalunga, emasontweni, ematempelini, ezikolweni kanye nezinye izakhiwo zomphakathi.

i. Ahlangana kangaki amaqoqo okusekelana?

- Kuya ngezidingo zamalunga
- Amaqoqo amakhulu anamatatsha ahlanguana kanye ngenyanga ngawodwana, bese eba nomhlangano omkhulu wamatatsha wonke kanye ngonyaka. Ubude besikhathi somhlangano buya ngobungako bamalunga

j. Litholakala kanjani iqembu lokusekelana?

Ezinye zezindlela zokuthola iqembu lokusekelana zingaba yilezi:

- Ukukhuluma nomsebenzi wezempilo, noma umeluleki esikhungweni sezempilo oseduzane noma esibhedlela noma umholi wezenkolo
- Ukubuza lapho kutholakala khona ulwazi esikhungweni sezempilo noma esibhedlela
- Ukubuza uSomtapo wolwazi emtatsheni wolwazi wangakini
- Ukubuza izinhlangano eziphathelene nohlobo oluthile lwezifo noma izidingo njenge-TBCare noma u-AA (Alcoholic Anonymous)

k. Yini eyenza iqembu lokusekelana libe lihle?

Umuntu nomuntu ubuka ubuhle ngeyakhe indlela. Kunezimpawu ezikhombisa ukuthi iqembu lokusekelana lisebenza kahle:

- Babanolwazi olumayelana nalesosikhathi futhi oluyilona
- Baphendula ngokushesha uma bebuzwa noma ngani
- Bahlangana njalo
- Banomholi weqembu oqotho
- Banenqubo-mgomo/nemithetho mayelana nokugcina izimfihlo zabo
- Bavamise ukumema izikhulumi zangaphandle njengomhlengikazi wasesikhungweni sezempilo oseduze, umeluleki wezenqondo noma noma umqquguzeli, ukuzokhuluma neqembu

l. Yiziphi izinto okumele zicatshangwe uma ufuna ukukhetha iqembu lokusekelana?

Umuntu ofuna ukukhetha iqembu lokusekelana angacabanga ngalokhu:

- Angakwazi ukuhamba ibanga elingakanani?

- Ngabe uzodinga ukugibela na?
- Ngabe uhlobo lweqembu alifunayo ngelomuntu ogulayo noma namalunga omndeni angamukeleka na?
- Ngabe bafuna iqembu lapho bengakwazi ukukhuluma ngokukhululeka noma bazifunela usizo ngezimali?

5. Yiziphi izinto ezinhle ngamaqoqo okusekelana?

Izinto ezinhle ngamaqoqo okusekelana yilezi:

- Ukuzizwela ungomunye wabanye beqembu
- Ukwabelana namalunga ngolwazi oluyilonalona
- Ukwabelana ngendlela enizwa ngayo isimo
- Ukuxhasana komunye nomunye
- Ukucabanga ngezindlela ezintsha zokwenza izinto
- Ukukhuthaza ukuphila ngaphandle kokuzenyeza
- Kungaba yindawo yokuqala imisebenzi engenisa imali

6. Ziyini izingqinamba/izidingo zeqembu lokusekelana?

Lezi ngezinye zezingqinamba zeqembu lokusekelana:

- **Ukucwasa:** Abantu bavamise ukungathandi ukuhlanganiswa nabantu noma nezinto ezithintene negciwane lesandulela-ngculazi noma ukuguliswa yilo
- **Ukuphumela obala:** Kuvamile ukuthi abantu bangakulungeli ukuphumela obala mayelana nesimo sabo ngegciwane lesandulela-ngculazi, noma abazihlanganisi namaqoqo okusekelana amayelana ne 'HIV kanye ne AIDS'
- **Ukungahlanganyeli kahle:** Ngenxa yezizathu eziningi abantu bangakuyeka ukuhlanyela neqembu lokusekelana
- **Ukweseleka kwezingqala-sizinda:** Azikho izindawo zokuhlangana eziphephile kanye nezinto zokugibela kuyiwe emihlanganweni
- **Ukulindela izinto ezinkulu:** Kuvamile ukuba umuntu alindele noma abe namaphupho amakhulu ngalokho angakuthola kumaqembu okusekelana, kanti iqembu lokusekelana alinakho; isibonelo amaphasela okudla noma imali. Abantu ke bayadikibala bangabe besabuya
- **Ukugcina izimfihlo:** Kungabanzima ukugcina izimfihlo zabantu

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

6

Isifundo 6.8

Amaqoqo
Okusekelana

Ingxoxo Yeqembu

1. Yimaphi amaqoqo okusekelana akhona emphakathini wangakini?

2. Ngabe ayaphumelela? Uma impendulo ithi cha, ngabe yini imbangela, futhi yini engenziwa ukuba aphumelele?

3. Ngabe akhona amaqoqo okusekelana adinga ukusungulwa emphakathini wangakini?

4. Yingani libalulekile iqembu lokusekelana?

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

Indaba Eyisibonelo

UMam' Girly Mbuyazi uneminyaka engu-63 ubudala futhi usethathe umhlalaphansi kanti uhlala nendodakazi yakhe eneminyaka engu-29 ubudala, uLindiwe, onezingane ezimbili, ezineminyaka engu-5 nengu-12. ULindiwe wayesebenza eThekwini kodwa wabuyela ekhaya ngemva kokuba esegula kakhulu engasakwazi ukusebenza. Unegciwane lesandulela-ngculazi futhi wayene-TB. Umfowabo kaLindiwe osashona wayenezingane ezingu-3 uSandile oneminyaka engu-20, uMbali onengu-16 noSihle onengu-8. Kusukela uyise ashona bezihlala nogogo wazo, u-anti nabazala bazo. USandile wenza unyaka wokuqala ekolishi le-FET lendawo. Ugogo wabo utshelwe ukuthi unomdlavuzwa webele. Imithi okudingeka ayithathe imenza akhathale kakhulu futhi akasakwazi ukuzihambela. Unompilo wendawo uza kabili futhi iyabiza kakhulu. ULindiwe ukuthola kunzima ukusiza unina endlini ngoba akasakwazi ukuzihambela. I-CCG yakule ndawo iza kabili kuphela ngeviki izosiza uLindiwe ngoba inamaklayenti amaningi. UMam' Girly wenza ingadi yamaveji ngaphambi kokuba agule, lapho babethola khona amaveji amaningi. USandile useyivuselele le ngadi futhi wenza ingadi engangesicabha ukuze ugogo wakhe athole isobho lamaveji amasha njengoba kwakwenzeka beseyizigane.



INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

Indaba Eyisibonelo

Hlukanani nibe amaqoqo bese nixoxa ngale mibuzo elandelayo.

1. Yimaphi amathuluzi okuhlonza impilo ongawasebenzisa kumalungu alelikhaya?

2. Yisho izinhlobo ezihlukene zezinsizakalo zomphakathi umndeni wakwaMbuyazi ongazithola uma uzidinga.

3. Ungawuthumela kuphi umndeni wakwaMbuyazi ukuze uthole izinhlobo ezihlukene zezinsizakalo zomphakathi?

4. Xoxani ngokuthi amalungu omndeni wakwaMbuyazi ayafaneleka wonke yini ukuthola imali yesibonelelo sikahulumeni, uma kunjalo, hlobo luni lwesibonelelo ilungu ngalinye eliyofanelekela ukusithola?

5. Yimaphi amaphuzu i-CCG okufanele ixoxe ngawo noMbali noSandile (intsha)?

6. I-CCG ingayisiza kanjani intsha yalo mndeni ibeke imigomo?

7. Yiziphi izindlela intsha yakuleli khaya engasiza ngazo ekhaya?

8. Yimaphi amalungelo izingane zakuleli khaya ezinawo?

9. Hlobo luni lwezinsizakalo zomphakathi ongazitusa ezinganeni zakuleli khaya?

INgxenye 6

Ukunakelelwa Nokusekelwa Komphakathi

Indaba Eyisibonelo

10. Yini i-CCG okufanele iyixoxe nezingane, isib. uSihle (kuhlanganise isikole, njll)?

11. Akhona yini amaqoqo okusekelana omdlavuza namanye kulo mphakathi? Uma engekho, yini wena njenge-CCG ongayenza ukuze usize?

12. Hlobo luni lokunakekelwa komphakathi emakhaya kanye nokunakekelwa kwabantu abadala ongalutusa ekusizeni uMam' Girly?

13. Chaza ukuthi ungawusiza kanjani lo mndeni ekuhlinzekeni ukunakekelwa komphakathi emakhaya kubo bobabili uMam' Girly noLindiwe?

14. Yisiphi iseluleko ongasinikeza leli khaya mayelana nokubaluleka kokuphila ngendlela enempilo?

15. Ngokuya ngokwezimo zabo zamanje, bangaqiniseka kanjani ukuthi bashintsha indlela abaphila ngayo ukuze babe nempilo?

16. Ubani ongatusa ukuba abhekelele lokhu kuleli khaya?

17. Ngolwazi lwakho njenge-CCG, akhona yini amanye amaphuzu ongaxoxa ngawo noma usizokalo ongazitusa ekusizeni umndeni wakwaMbuyazi?
