

Daryeelka saaxiibo ama qoys markii ay isbitaalka ka soo baxaan

Saxiibada iyo qoyska dadka u baahan daryeel daba joogto ah ama taageero nolol maalmeed waxay halkaan ka heli doonaan talo waxtar leh. Macluumaadkaan waxaa laga soo qaadey talada dowladda oo wuxuu waxtar u lahaan doonaa dadka qabo cudurka waalida/dhimirka (dementia) iyo qoyskooda taageero.

Caawinaad iyo taageero waxaa lagu qaban karaa gurigooda ama telefoonka ama internetka ayadoo la isticmaalaayo Zoom ama Skype. Taageerida waxaa ka mid noqon karo:

- taageero shucuureed sida ku caawinta in qofku maamulo walaaca ama dhibaato caafimaad kale
- hawlaha guriga sida cunto karinta, wax nadiifinta, ama hawlo guri kale.
- taageero shakhsiyeed sida ku caawinta dhaq-dhaqaaqa, wax dhaqidda, cunto cunidda, ama lebiska
- caawinaad si loo helo waxyaabaha lagama marmaanka ah sida daawo iyo cunto
- caawinaadda maamulka lacagta, daryeelka lacagta la siiyey ama adeegyo kale

Waxa loo baahan yahay in la tixgeliyo haddii aad qof taageerto

1. Dadka kale ha kugu caawiyaan daryeelka iyo hawlaha maalinlaha

- Isku day inaad keeliga wax kasto sameyso. Kala hadal saaxiibada iyo qoyska nooca taageerida uu qofka u baahan yahay iyo waxa ay dadka kale samayn karaan si ay u caawiyaan. Miyey kala qaybsan karaan howlaha?

- Tag bogga internetka Carers UK iyo Carers Trust [si aad ka hesho macluumaadka taageerada la heli karo](#). Carers UK wuxuu xittaa qabaa madal internet, halkaaso la hadli kartid daryeelayaal kale, wuxuu furan yahay Isniin ilaa Jimco, 9 subaxnimo ilaa 6 habeenimo, ka wac 0808 808 777.
- Haddii aad shaqeyso, kala hadal shaqo-bixiyahaada sida aad u samayn kartid shaqadaada intii aad qof daryeelayso. Waxaad awoodi doontaa inaad qaban-qaabiso saacado shaqo la bedeli karo, iyo shaqo bixiyayaal badan waxay baxshaan habab [kale](#) ee arinta lagu fududeeyo.
- Haddii qofka qaba cudurka waalida qayb ka yahay isla 'kooxdaada taageerida' weli waad u booqan kartaa 14 Setembar 2020 ka dib, xittaa haddii uu ka kooban yahay lix qofood ka badan.
- Haddii aad joogto dugsiga, kulliyada, u sheeg inaad qof daryeesho si ay kugu caawiyaan maamulka waxbarashadaada. [Carers Trust](#) waxay qabaan talo caawinaad leh ee badan oo ku toosan dhallinyarada daryeelo xubin qoys ama saaxiib.
- Baar wixii uu golaha deegaanka ama dowladda hoose ku siin karaan. Hel boggooda internetka adigoo isticmaalaayo [nidaamka koodka boostada ee internetka](#). Adeegyada way is-beddeli karaan intii lagu jiro cudurka caalamka.
- Talo gaar ah ee ku saabsan daryeelka ka hel ururyada sida Alzheimer's Society, Dementia UK, Age UK, MIND iyo kuwo kale. Kuwo badan waxay taageero siiyaan daryeelayaasha.
- Eeg bogga internetka Race Equality Foundation oo haayo maalcuumaad ku toosan qoys iyo saaxiibo qabo cudurka waalida, kaasoo lagu turjumay [lugado kala duwan](#)
- Waxaad la xiriiri kartaa ururada xaafadda ee dadweynaha madowga ah iyo kuwa ka socda qowmiyadaha laga tirada badan yahay ee la shaqeeyo dadka qaba cudurka waalida ama dadka duqa ah.
- Xasuuso in taageerida kooxaha fool ka foolka ee dadka qaba waalida (ay ku jiraan daryeelayaasha qoyska ah) weli la ogol yahay 14 Setembar 2020 ka dib, xittaa haddii ay yihiin lix qofood ka badan. Waxaad xaafaddaada ka heli kartaa kooxo taageero adigoo u maraayo ururyada kor ku xusan.

2. Ilaali caafimaadkaaga iyo sidoo kaleba midka qofta aad taageerto

Waxaa muhiim ah inaad is daryeesho si aad caafimaad-qab u ahaato iyo ka hortagto inaad jirrato. Cun cunto dhellitiran, hurdo kugu filan

Setembar 2020

seexo iyo isku day inaad maalin walba sameyso dhaq-dhaqaaq jireed. Waxaa laga yaabaa inaad sameyso waxyaabo lagu ilaaliyo caafimaadkaaga iyo midka qofta aad daryeesho. Fiiri buug-yaraha [Helping Someone Living with Dementia to Stay Well](#)

Waqti u qaadashada naftaada si aad jimicsi u sameyso ama si tartiib ah u neefsato si aad isku dejiso ayaa yareyn karo cadaadiska iyo kugu caawin karo maamulkiisa maalin walba. Eeg bogga internetka [NHS 'Every Mind Matters'](#) si aad uga hesho taloyin dheeraad ah. Haddii fayruska korona ama cudur kale ku jirratid adiga ama qofta aad daryeesho, la xiriir GP'gaaga ama wac NHS 111.

3. Horey wax u qorshee si aad daryeelka ugu dhigtid mid lala qabsan karo haddii ay xaaladda is-beddesho

Meel ku qor qorshaha daryeelka uu qofta u baahan yahay iyo waxa la rabo inay dadka kale sameeyaan haddii sabab walba ha noqotee adiga awoodin inaad sii bixiso daryeel. Waxaa muhiim ah in dadka kale si fudud u helaan qorshaahada iyo si dhaqso ah u fahmaan waxa la rabo in la sameeyo haddii aadan joogin. [Carers UK](#) wuxuu ku siin karaa taloyin ku saabsan sida qorshe loo sameeyo.

4. Talo ku toosan daryeelayaasha aanan mushaar qaadanin

Hagaha Dowladda waxa ku qoran talo faah-faahsan [ku saabsan daryeelka saaxiibo ama qoys intii lagu jiro xilliga fayruska korona](#) ka hel GOV.UK.

Waxaa xittaa waxtar leh inaad eegto [macluumaadka iyo iloyinka](#) ee si fiican lagu taageero dadweynaha madowga ah iyo kuwa ka socda qowmiyadaha laga tirada badan ee qabo cudurka waalida iyo qoyskooda.

## 5. Iloyin macluumaad kale

Khadka caawinta Alzheimer's Society Dementia Connect 0333 150 3456 The Silver Line 0800 4 70 80 90 Talada caafimaadka NHS wac 111 (ama booqo [www.111.nhs.uk](http://www.111.nhs.uk))

Haddii aad internetka geli kartid, waxaad xittaa macluumaad waxtar leh ka heli kartaa bogag internet lagu tashan karo:

- Alzheimer's Society [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Age UK [www.ageuk.org.uk](http://www.ageuk.org.uk) / Age Cymru [www.ageuk.org.uk/cymru](http://www.ageuk.org.uk/cymru) NHS [www.nhs.uk](http://www.nhs.uk)
- BBC [www.bbc.co.uk](http://www.bbc.co.uk) Dowladda [www.gov.uk](http://www.gov.uk) / [www.gov.wales](http://www.gov.wales)
- Public Health England [www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)
- Golaha Deegaanka <https://www.gov.uk/find-local-council>
- Race Equality Foundation [www.raceequalityfoundation.org.uk/blog/better-support-for-bame-people-living-with-dementia](http://www.raceequalityfoundation.org.uk/blog/better-support-for-bame-people-living-with-dementia) Covid Mutual Aid UK [www.covidmutualaid.org](http://www.covidmutualaid.org)

