



Autism Practical Aspects Zulu

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IZINCWAJANA EZICHAZAYO ZITHOLAKALA E ASA

Ulwazi lwabazali

Ulwazi lawo Thisha
Ulwazi lwawo Dokotela
Imicabango Ka Dade/Mfo (abazalanayo)

Ulwazi nge Asperger Syndrome

Ukusombulula ngeziphathelene nohlelo lwezoKudla
Izincwadi ezingu 4 ezibhalwe ngu Michael MacGregor,
Ongumuntu omdala one Autism

"I am growing up" – incwadi ephathelene nezoBulili.



Lencwajana Yolwazi itholakala ngenxaxhaswa ngezezimali yi National Lottery Distribution Trust Fund.

EMINYE YEMIMO YE AUTISM EYEJWAYELEKILE

Ngenxa yenguquko yokubunjwa kanye namakhemikhali engqondweni, abantu abane autism abakwazi ukuqonda ngokuphelele ukuthi abanye abantu bacabanga kanjani, ngakhoke

bathola kunzima ukuhlangana nabanye, kaningana bakhetha ukuba bodwa.



Ukukhula/ukwakheka kwenkulumo kanye nolimi kungaphuza/bambeleka noma kungabikhona nhlobo. I 40% yabantu abanohlobo olungaphansi lokusebenza lwe autism (Kanner Autism)

abakhulumi neze.



Ukungakwazi ukuqonda ngokugcwele indlela yenkulumo, yingakhoke bengasiboni isizathu sokushintsha ukwenza okwejwayelekile noma okwemvelo

kubanga ukuphambanisa okwedlulele kanye nokwethuka.



Ukuziphatha ngendlela yokuthanda ukuzilimaza isibonelo, uzishayisa ikhanda, ukuziluma nokunye kungaba yindlela yokudala indawo ethile yezinhlungu ezeqile ukuvimbela yonke imisindo, amaphunga,

ukukhanya nokunye konke okusecelini kwabo/ okubazungezile nsuku zonke.



Aabantu abane Autism bavamile ukuthola kunzima ukubheka kanye nokulalela ngesikhathi esisodwa ngakhoke ungaqaphela ukuthi akukho ukuhlanganisa amehlo okuncane noma

akukho nhlobo uma bezama ukulalela lokho okushoyo.



Ngenxa yozwelo olukhudlwana nokuphathelene nemizwa, abantu abane autism bangakhombisa ukuzonda

ukukhanya, imisindo, ukunambitha, ukunukisa noma ukuthinta.



autism bangaba nokuhlanganisa okungafanelani nezinto.



Aabantu abane autism

bangahleka kungazelele noma bakhale ngaphandle kwesizathu esibonakalayo.



Bangase babe nezindlela ezingalungile zokulala.




. Please see reverse side for more

Ukukhula kwengqondo ngasengase bangakwazi ukudlala ngama bhlokwana okhuni balingise

ngathi yimoto.





Kuthikamezeke kakhulu okungabangela indlela yokufunda yempilo yakhe yonke nokungakwazi ukuqonda izinto ezidinga umcabango kanye nokudlala ngokuziqambela engqondweni, isib, Indawo yengqondo ekuyiyona ebheke ukuqondwa kwamazwi enkulumo ngase ithikamezeke, kuvame ukuphetha ngomcabango omcane noma

ungabibikhona ngokukhulunywa ngakho noma okushiwo kubona.  . **Ukuqiniseka** ukuthi bazizwe bephephile futhi bacatshangelwe ngaphambili, abakwenzayo okwejwayelekile


bavamise ukwenza futhi ngokhulu ukuzabalaza uma kunombono wokutshintsha  .


Ubonisa ukuziphatha ngokuhlasela noma ukuthukuthela akuvamile ukuba ukuziphatha 'kabi' , kepha kwenzakala ngenxa yovalo olukhulu, ukubindeka nokwesaba. Khumbula ukuthi konke

ukuziphatha kuyinhlobo yokukhulumisana nabanye.  . **Akukho** ukwesaba izingozi

ngempela, ngokudabuka lokhu kungagcina kudale izingozi kanye/ noma ngokufa.  .

Ukukhula okungekühle kwemizwa ehambisa imilayezo kungagcina kuthinte izigaba zokukhula

ngendlela engeyona, lokhu kungaholela ekutholeni ukukhubazeka okuningi.  . **Imizwa** yabo yokuthinta, ukunambitha, ukubona, ukuzwa kanye/ noma ukunuka ngase kudlulele noma

kunciphe kulokho okwejwayelekile.  . Ukwenza okungavamisile okufana nokudunduzela (ukurokha) ukubhakuza izandla noma ukujikisa izinto kuvamile kubantu abane

autism.  . **Bangakhetha** ukudlala bodwana  .

AUTISM SPECTRUM DISORDERS (ASD)

I Autism Spectrum Disorder (ASD) yisimo sofuzo nokuzalana okuphetha ngokuthi ingqondo ingakhuli futhi ingasebenzi kahle. Ziningi izincwaningo ezenziwayo ukuzama ukuthola ukuthi ibangwa yini i autism, kodwa kuze kubemanje azikakabikhona izimpendulo eziqondile. Kepha kukhona ukuvumelana ngokuthi iautism akulona **iphutha lanoma ngubani. Akusikhona ukukhubazeka** ngokwengqondo noma umphefumulo. **Akusona** isizathu sokukhulisa kabi ingane, futhi izingane ezine ASD azizikhetheli ukuziphatha kabi. Ukungaziphathi kahle kuvamise ukuba wukuzibuyisela emvelweni kanye nokukhombisa ubunzima abakubo.

Imvamisa ye Autism Spectrum Disorders (ASD) iyanda emhlabeni jikelele, amanani ayo emazweni jikelele akhombisa ukuthi ngumntwana oyedwa kwaba ngu 158 abaphansi kweminyaka engu 8 abathola IASD. IASD iphatha abafana abadlulele ka 4 lapho kuqhathaniswa namantombazane. **Kusemqoka ukuthi ukhumbule ukuthi akulona ihlazo uma ingane ine autism, nanoma ngabe yiyiphi inhlobo yokukhubazeka.**

ISEXWAYISO KUBAZALI: Akukho maphutha owenzile. Akulona iphutha lakho ukuthi ingane yakho izalwe ine autism.

1. ASPERGER SYNDROME

I ASD ayigcini ngokukhubaza ingqondo ngasonke isikhathi. Abantu abane ASD bangaba kahle njengokwejwayelekile ngokwengqondo, noma babe nezinga eliphakeme lenhlakanipho elisondele kakhulu ekwenzeni inkulumo ikhandeke kahle. Lababantu kuthiwa bane Asperger Syndrome. Cishe kube yi 25% yabantu abane ASD abane Asperger Syndrome.

2. CLASSIC / KANNER AUTISM

Uma iASD ihambisana nokukhubazeka kwengqondo noma/nenkinga yokufunda labantu bajwayele ukubizwa ngokuthi bane 'Classic' noma 'Kanner' ye autism. I 75% yabantu abane ASD bayakhubazeka engqondweni noma ngokufunda.

3. INHLOBO YE SAVANT YE AUTISM

Cishe kube ngu 5% wabantu abane ASD yenhlobo ye Savant. Lesisigaba sabantu bangachazwa njengabantu abaphiwe "ngokwedlulisile esintwini" kokunye, kanye nokukhubazeka okwedlulele, isibonelo umuntu angakwazi ukudlala isiqephu esiphelele somculo kuphiyano emuva kokusizwa kanye nje kuphela, futhi engakaze afundiswe ukudlala uphiyano kepha engakwazi ukwenza imisetshenzana elula yansuku zonke.

'UKUKHUBAZEKA OKUKATHATHU'

Noma ngabe nhloboni ye ASD umuntu anayo noma ukukhombisa inhlobo ethize abanayo kumele kukhunjulwe ukuthi BONKE abantu be ASD ababonwa kahle ngodokotela batholwa bene ASD, babandakanywa 'No kukhubazeka okukathathu' . Lokukhubazeka okukathathu kubanga ukulibaziseka kwenkulumo kanye nezinkinga eziqhubekayo zo Lwimi kanye Nokukhulumisana, Nokuhlalisana nabanye nokuSebenzisa Umqondo/Umcabango ngokuthile.

1. ULIMI KANYE NOKUKHULUMISANA NABANYE

- Ukuthuthuka kolimi kanye nokukhuluma ngase kukhubazeke, kungabikhona noma kulibaziseke;
- Ngase kube nokuziphendulela okuncane uma abantu bekhuluma nabo noma kube ngathi bayizithulu
- Ngase bangaqondi iphimbo lezwi, ukukhuluma ngezandla, ukukhombisa ngezandla noma ngobuso, isib. Ukuhwaqabala noma basineke;
- Bangathatha okufananayo, ukungathekisa noma ukukwitiza ingcaca (isib. bangacabangisa okweziphukuphuku bachithe ingane namanzi obhavini (kumayelana namabhrashi noma izingane);
- Bangase bathole kunzima ukubamba inkulumo ;
- Bangaphindaphinda amagama, imibuzo, noma izingxenywe ezithize baziphindaphinde;
- Abantu abane ASD ngase bakhulume kahle ngendlela kodwa bangase bangaqondisisi ukuthi kuthiwani kubona
- Bangabonakala bephikisana, benenkani, benolaka noma bethobe ngokwedlulele, bevumela konke noma kungelona iqiniso;
- Bangakhuluma ngendlela eqondile, enokuqina noma enokuziphakamisa;

- Bangabonakala ngathi kabanakile noma bangasabeli;
- Baziwa ngokuthi bathembekile ngendlela yokukhuluma ngqo bangagegelezi noma badelele.

2. UBUDLELWANE NABANYE

Abantu abane ASD:

- Babonakala bezikhethile, noma babonakale bengenandaba/benganaki abanye ngokusobala;
- Bathola kunzima ukufunda ngezenzo zomzimba, noma ukuqonda isidingo sokuzithoba;
- Bavame ukuziphatha ngendlela engafanelekile noma emangalisayo;
- Bangaxwaya ukubheka abantu emehlweni uma bekhathazekile noma becindezekile;
- Bangazonda ukuthintana ngomzimba;
- Bangakhetha ukudlala bodwana noma abeyedwa;
- Ukukhululeka okusobala kungase kungasitheza ukuzikhetha kanye nokungakwazi ukuba nabanye
- Angaziphatha ngendlela engalindelwe ngoba banenkinga yokuqonda ubudlelwane nabanye nolimi olukhulunywayo.

3. UKUZIPHATHA KANYE NOKUZIQAMBELA NGENGQONDO

- Badlala ngamathoyisi ngendlela engafanelekile isib, bahlelisa amathoyisi ngomugqa esikhundleni sokudlala ngawo;
- Abakwazi ukubona okungase kwenzeke ngenxa yezenzo zabo;
- Ushintsho kulokho okwejwayelekile noma inhlalo yendawo, isib.ukushintsha indlela yokuya ezitolo, noma ukushintsha indlela izimpahla zendlu ezimengayo ngase kulethe ukukhathazeka;
- Bangayithanda imithetho ebekiwe, bese bephatheka kabi ngokudlulele uma abanye beyiphula noma beyishintsha;
- Abanye bangaba nokuthatheka okukhethiwe okungaba ukongamela okwedlulele;
- Bangase bathole kunzima ukubona noma ukusebenzisa umqondo kwabanye abantu
- Abanye bangaba nemikhuba engajwayelekile efana nokuzamazisa, pininiza, ukuphathaza iminywe, ukuphathaphatha izinto, ukupininiza izinto, ukuthinta izinto ukuthi zenziwe ngani, noma ukuhlela izinto ngemigqa noma ngamaphethini njalonjalo;
- Banganamathela ezintweni, isib, ukubamba isiqeshana sovalo ilanga lonke;
- Bangathukuthela bazishayise phansi ngesizathu esingangabonwa noma esingaqondwa ngabanye abaseduze nabo;
- Ukuthakasa nokunye okungenziwa kungaba kuncane kakhulu isib, angathakasela amaphazili kuphela.

Ungaqaphela lezimpawu ezilandelayo:

- Ukubhekana ngamehlo okuncane noma lutho;
- Ukungasabi nhlobo okuyingozi;
- Ikhono lokufunda elincane, noma ukuzabalazela izindlela ezejwayelekile zokufundisa;
- Indlela emangalisayo yokuphendula imisindo, ukukhanya, amaphunga nokunye, isib, ukuvula izindlebe, amehlo, ukungathandi ukuthintwa;
- Ukukhala noma ukuhleka ngaphandle kwesizathu esisobala/esibonakalayo;
- Ukuziphatha ngendlela yokuzilimaza, isib, ukuzimuhuza ngekhandu, ukuzikrwebha, ukuziluma;

- Izindlela zokulala ezingahambi ngohlelo.

Imizwa yokuZwa nokubona Engaphezulu/ Eyandile

Ngaphezu koku “Khubazeka oku Thathu”, abantu abane ASD bangaba **NOZWELO LOKUBONA/ LOKUZZA OLUKHULU NOMA OLUNCANE**. Isibonelo, imizwa yokuthinta, yokunambitha, ukuhogela/ukunukisa, ukubona kanye nokuzwa kungase kwande noma kunciphe kunalokho okwejwayelekile.

Lengxenywe yehlukile kumuntu nomuntu futhi akubona bonke abantu abane ASD abanezinkinga zemizwa ezifanayo. Isibonelo, omunye umuntu angaba nemizwa yokuhogela nokuthinta ephezulu, kuthi omunye umuntu abe nemizwa yokuzwa nokubona kuphela ephezulu.

Umpfumela okhona walemizwa ephezulu emuntwini one autism ngase kube wukuthi inhlalo yendawo ingamuthi **mbo ngezimbangela ezibuhlungu** ezingaphetha ngokuthi baphendule noma baziphathe ngendlela “eyehlukile”. Umuntu angaqhathanisa lokhu ngokuchitha impilo yakho emakethe eliphithizelayo noma endaweni yokuzijabulisa yasebusuku lapho umculo uphezulu kakhulu, amalambu akhanya acishe njalo, abantu abaninigi baphuma bengena kanye namaphunga amaningi anamandla, njalonjalo.

Lengxenywe ye ASD isemqoka kakhulu kufanele icatshangwe njalo uma kuzanywa ukuqonda izindlela zokuziphatha. Khumbula ukuthi indlela ezibonisa ngayo iASD kumuntu ngamunye ingahluka kakhulu.

UKUBONWA NOKUHLOLWA KOMUNTU OSOLWA UKUTHI UNE AUTISM SPECTRUM DISORDER

Ayikho indlela ekhona yokuhlola umzimba eqinisa ukuthi umuntu une ASD. Ingabonakala ngokubhekwa yithimu labantu beminyango ehlukene, lokhu kufaka uDokotela, noma ngesikhathi sokuhlolwa ingaba ngudokotela oyedwa, kepha onolwazi olubanzi olukhulu. Lomuntu ubhekisa umbono wakhe ngesimo sokunquma esihlelwe ezincwadini ezichachisa izindlela ezehlukene zokubheka, lezi yi International Classification of Diseases, 10th edition ((DSM IV, American Psychiatric Association, 1994).

Ezikhathini ezihleleke kahle futhi ngesikhathi esifushane, umuntu one ASD angase angabonisi izimpawu ezisobala “zokuziphatha ze autism”. Izimpawu ezibonakala kancane zingase zeqwe zingabonwa bese lokho kwenze ukuthi umbono ugeje.

Iphethini elingalungile lokuziphatha liyazibonakalisa ngokuya kwesikhathi. Ukubona (ukudayagnoswa) okuyikona kungenziwa kuphela ngokuthatha **umlando wokukhula kusukela esikhathini sobuntwana** kanye nokuthola ngokufanayo ulwazi olujulile mayelana ngokuziphatha ezinhlelweni ezahlukene eminyakeni eyahlukene. Siphakamisa ukuthi uma usola ukuthi kubonwe iASD, kufanele ukuthi udlulisele ingane kudokotela onolwazi olubanzi nge ASD noma ukulibaziseka kwamabanga okukhula.

UHLU LOKUHLOLA I AUTISM EZINGANENI EZICATHULAYO (CHAT) (copyright of MRC/SBC1995)

Uhlu lokuhlola iautism ezinganeni ezisacathula (CHAT) yindlela ebhaliwe emfushane yokubhekisa eyenzelwe ukuveza uma ngase kubekhona iAutism Spectrum Disorders kuzingane ezisacathula. Njengoba kulithesti lokubhekisa, iCHAT inikeza umlenze wokuqala wokulinganisa onikezela ngesimo sika “yebo/cha”, esikhathini samanje, IASD ngase kube ikhona noma ayikho (futhi idinga ukuhlaziya) iCHAT yashicilelwa ngo 1992 ngu Baron – Cohen, et al nabanye. ICHAT ithatha imizuzu emihlanu kuya kwelishumi bese inikeza umphumela. Ukuqeqeshwa okuthize akudingekile, futhi ingasatshenziswa ngabantu abahlukene. I CHAT yenziwe ngendlela elungele izingane ezincane ezinezinyanga ezingu 18.

ICHAT inemibuzo eyisishiyagalolunye ka “yebo/cha” ekufanele iphendulwe ngumzali wengane. Lemibuzo ibuzisa ukuthi kukhona yini ukuziphatha okuthile okukhonjiswa yingane, kufakela ukudlala nezinye izingane nokukhombisa ukunaka ezinye izingane, ukudlala kokuzenzisa ukulalelisa okufanayo, ukukhomba ngendlela yokucela okuthize, ukudlala budedengu, ukuthuthuka kwemizwa ehambisa imilayezo nokudlala okusebenzayo. ICHAT futhi ifakela ukubheka izindlela ezinhlanu ezimfushane ezikhombisa ukuhlangana phakathi kwengane nomhloli, okwenza ukuthi ohlodayo aqhathanise indlela okuyiyona aziphethe ngayo kanye namariphothi omzali.

Ukunconywa

1. Kusemqoka ukubona/ukuthola izingane ezine ASD kusesekusha kakhulu. ICHAT yindlela yohlelo lokuqala lokubhekisa izingane kusukela ezinyangeni ezingu 18 kuya kuzinyanga ezingu 36 ubudala lapho kukhona khona ukuzikhathaza ngobukhona kwe Autism Spectrum Disorders.
2. Uma ngabe ukubhekiswa okusebenzisa u CHAT kukhombisa ukuthi ngase kube ne Autism Spectrum Disorders, ukuhlolwa okuthe xaxa kuyadingeka ukufinyelela kudagnosi.
3. Uma ngabe ukubhekiswa okusebenzisa u CHAT kukhombisa ukuthi akuthembeki ukuthi IASD ingabakhona, kusemqoka ukuthi:

Kuhlolwe ezinye izinkinga zokuthuthuka enganeni noma ngezempilo ezibangele ukukhathazeka ekuqaleni.

Qhubeka ngokubhekisa ngezikhathi ezithile izinkinga ezingase zibandakanye ekubangeni ukukhathazeka ekuqaleni.

4. Kusemqoka ukukhumbula ukuthi akuzona zonke izingane ezine ASD ezingatholwa kusesekusha.
 5. Ngoba isikhathi sokuqala kanye nokujiya kwezimpawu kuyadlulana, kukhuthazwa ukuthi ukubhekiswa kuphindwe emazingeni athize eminyaka uma ngabe kukhona ukukhathazeka mayelana ne ASD kuyaqhubeka.
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I CHAT – ezosetshenziswa ngodokotela ama GPs noma Abavakashi Bezempilo ngesikhathi seshekaphu lokubheka ukukhula ezinyangeni ezingu 18 .

Isiqaba A: Buza umzali

Ingane yakho iyakujabulela ukusiwa le nale ibhampiswe emadolweni akho nokunye?	YEBO	CHA
Ingane yakho iyakhombisa ukulangazelela ezinye izingane?	YEBO	CHA
Ingane yakho iyathanda yini ukugibela ezintweni ezifana nezitebhisi ezikhuphukayo?	YEBO	CHA
Ingane yakho iyayithanda yini imidlalo efana nomacashelana	YEBO	CHA
Ingane yakho ike nje IZENZISE, isib. Ukwenza inkomishi yetiye, isebenzisa inkomishi kamadlalisa negedlela lakhona, noma izenzise nje ezinye izinto?	YEBO	CHA
Ingane yakho ike nje isebenzise umunywe wayo ophakathi okhombayo, okuthile UKUCELA okuthile?	YEBO	CHA
Ingane yakho ike nje isebenzise umunywe wayo ophakathi okhombayo UKUBUZA okuthize?	YEBO	CHA
Ingane yakho ike nje isebenzise umunywe wayo ophakathi okhombayo ukukhombisa UKUTHATHEKA kokuthile?	YEBO	CHA
Ingane yakho iyakwazi ukudlala ngendlela ngamathoyisi (isib. Izimoto noma amabhlokwe) ngaphandle kokuwafaka emlonyeni , ukuwaphathaphatha noma iwawise?	YEBO	CHA
Ingane yakho ike ilethe izinto kuwena (mzali) UKUBONISA okuthize?	YEBO	CHA

Isiqaba B:Okubhekwa nguDokotela wakho noma Umvakashi Wezempilo:

Ngesikhathi sokuza lapha, ingane yakho ike yakubheka emehlweni ?	YEBO	CHA
*Zama ukuthi ingane ikubheke, bese ukhomba phesheya endlini enikuyona engase imhehe bese uthi “bheka laphaya! Kukhona (shono igama lethoyisi). Buka ubuso bengane. Iyabheka yini ingane ngaphesheya ukubona lokho okukhombayo?	YEBO	CHA
Zama ukuthi ingane ikubheke, bese uyinikeza ithoyisi elincane kakhulu le nkomishi kamadlalisa kanye negedlela lakhona bese uyibuza “uyakwazi ukwenza inkomishi yetiye “ingane iyakwazi ukwenza engathi iyaliphuza nokunye ?	YEBO	CHA
Yithi enganeni ‘kuphi ukukhanya? Noma ‘ngibonise ukukhanya’. Ingane IYAKHOMBA ngomunwe wayo wokukhomba lapho kukhanya khona?	YEBO	CHA

Ingane ingakwazi ukwakha ngezitini kuye phezulu? (uma kunjalo, ezingaki?) inani lamabhloko

YEBO

CHA

INKOMFA YOKUXOXA NGABATHILE – ISELULEKO NGENDLELA YOKUPHILA YABAZALI EBHALWE NGABAZALI!

Kubazali imiphumela yemihlangano, ukuvakashela kwa dokotela noma inhlangano yethimu ingaba yinto ebuhlungu kubazali. Lapha yizelulekwana ezimbalwa ekufanele ukwenza lemihlangano iqondakale kangconywana futhi ingasabeki:-

1. Zilungiselele

- Ezinsukwini ezimbalwa noma ezingengaki ngaphambi kwevizithi lakho, yiba nepeni kanye nephepha eduzane, ukuze ukwazi ukubhala phansi imibuzo othanda ukuyibuza. Esikhathini esiningi siyazama ukugcina imibuzo emakhanda ethu bese ukwethuka kwethu kwenze ukuthi siyikhohlwe.
- Gcina wonke amariphothi engane yakho, imiphumela yamathesti neminyaka yokukhula ukufunda ukwenza okuthile nokunye efayilini ngokulandelana ngezinsuku bese uza nalolulwazi.
- Uma kukhonakala, qinisekisa ukuthi bobabili abazali babakhona kulemihlangano, noma uma kungenzeki, cabanga ukuza nesihlobo noma umngane wakho weqiniso ukuthi azokuxhasa.

2. Ngalelo langa

- Thatha iphepha lokubhalela ukuze uthathe amanothi njengoba ubuzwa. Gqoka izimpahla ezikwenza ukuthi uzizwe ukhululekile futhi uzizwe uqinile emoyeni.
- Uma ngabe bobabili abazali bazile emhlanganweni zamani ukuthi omunye angahlali eduzane nomunye. Hlalani nibhekane ukuze nikwazi ukukhulumisana ngamehlo, nibhekane ngokukhuthazana futhi nokududuzana.
- Kuloko ongakwenza njemgomzali lalela ngomqondo ovulekile nangokuqaphela lokho okutshelwa ngochwepheshe. Ungesabi ukubuza imibuzo noma ukucela incazelo yamatemu asetshenziswa ngodokotela. Uma unohlu lwemibuzo, qinisekisa ukuthi ubhala phansi izimpendulo masinyane eceleni kombuzo wakho.
- Uma nobabili nikhona emhlanganweni, nobabili kufanele nithathe amanothi njengoba lokhu kuzoqinisekisa ukuthi niba nerekhodi elilungile lomhlangano.
- Uma ngabe isikhathi siyaphela ningekayibuzi yonke imibuzo yenu, ningabeka isikhathi esilandelayo sokuhlangana maduzane noma ushiye uhlu lwakho lwemibuzo bese ucela udokotela noma uthisha ukuthi basize bakuthinte mayelana nezimpendulo ezisasele.
- Uma usuka endaweni kadokotela, e X-ray, nanoma yimuphi umhlangano, thatha amariphothi namafilimu nokunye uye nako ekhaya. Uma lokhu kungakhonakali, buza

ukuthi ungelandi yini amakhophi. Lamariphothi angadingakala esikhathini esizayo futhi lokhu kungavikela ingane yakho ekuphindeneni ukwenza konke asekwenzile.

- Khumbula ukuthi ochwepheshe noma ithimu elibhekisisayo elingaphambi kwakho likhona ukuze likusize wena ne nengane yakho. Bangasohlangothini lakho!

Emuva komhlangano

Funda amanothi akho owabhalile uma nje kuphuma umhlangano lapho lonke ulwazi luselusha emqondweni wakho ngoba kungenzeka ukuthi kukhona okweqile obekufanele ukubhale phansi. Ongase ukwenze, bhala ngokufingqiwe lokho okuqondile emhlanganweni bese ukuthumela kudokotela noma ethimini lokuhlola, ubacele ukuthi baqinisekise ocabanga ukuthi ukuqondile.

Khumbula awuwedwa. Bangingi abanye abazali abadlule lapho, noma udlula kulokho okuzwayo.

Uyacelwa ukuthi uthintane ne National Body yabantu abane autism e South Africa (Autism South Africa) njengoba bangakuxhasa, bakunike nolwazi bakweluleke. . Bangabuye bakuxhumanise nabazali, izikole, izigungu zendawo yakini.

Noma ungaba namahloni noma wethuke kuyasiza ngempela ukukhulumisana nabanye abazali bezingane ezine autism. Ungacobelela imizwa yakho, nishintshane ngemiqondo bese nakha ubuhlobo benu nobabili wena nengane yakho.

AMATHIPI EMPILO YANSUKUZONKE

Leziziqeshana ezilandelayo zikhishwe kwi “Autistic Spectrum Disorders: Understanding The Diagnosis and Getting Help” ka Mitzi Waltz, copyright 2002 by O'Reilly & Associates, Inc. Imvume inikeziwe ukuthi kungashicelelwa kunikezelwe ngaleliqeshana kungakhokhiswa yinkani lokhu okungenhla kufakiwe. Ulwazi kuleli phepha lwenzelwe ukufundisa futhi akufanele lusetshenziswe esikhundleni sabaqeqeshiwe kwezokwelapha WWW.PATIENTCENTRES.COM (Amanye amagama ashintshwe kancane ukuze afanele indlela yokuphila yase South Africa nolunye ulwazi olunezelelwe lufakiwe)

Ukugundwa kwezizwele



Uma ungazama ukuthola ukuthi ngabe yini lapha ekugundeni izinwele okukhathaza ingane yakho, zama ukukususa lokho. Ungakwazi ukuthi lomsebenzi wenziwe ngumgundi owejwayelekile kepha oqondisisayo. Izinkinga kanye nezixazululo ezejwayelekile zifaka lokhu:

- **Ukuzwela amaphunga endaweni yokugundela.** Funa umgundi wesikhathi sakudala ongasebenzisi amashampu anamaphunga abukhali. Okusetshenziswayo okungena phunga kuvamile ukubakhona, kepha kungamele uzithengele wena uhambe nako. Zama ukuthi ungabeki isikhathi esisodwa nomuntu ozophema izinwele zakhe noma ozofaka udayi ezinweleni njengoba lezizinto zinamaphunga abukhali kakhulu. Futhi ungazama ukuthola isikhathi lapho kuvulwa abe ngowokuqala noma kugcine ngaye osukwini.

- **Ukuzwela umsindo womshini noma wesikelo sokugunda.** Abanye abantu bangamelana nomsindo owodwa hayi omunye wesibili. Ungacabanga nokuthatha okuvimba amadlebe noma i walkman (umsakazo ofakwa emadlebeni umuntu ahambe ewulalele) ukubulala umsindo okuzungezile. Umgundi wakho angakwazi ukusebenza kufakwe okwasemadlebeni okuvimbela umsindo uma lokho kungagcina ingane yakho esihlalweni!. Kanti ungakhetha ukwamukela isitayela esithatha isikhathi esidana uma ukugeza nokubrasha izinwele kungeyona inkinga. Lokho kusho ukuthi kuzovakashelwa umgudi izikhathi ezincane
 - **Ukuzwela okuphathelene nemizwa okwejwayelekile.** Zama ukubrasha izinwele zengane yakho kaningana ngokusebenzisa ibrashi eliphakathi naphakathi ukuthamba ngokuzama ukuthi ajwayele ukuthi izinwele zakhe ziyabrashwa noma zigezwe. Ungathi ingane yakho igone kuwe ngesikhathi igundwa. Okunye okungasiza ukuxazulula lokhu wukuthola umuntu okwaziyo ukugunda izinwele aze ekhaya uma ingane ikuzonda ukuya kumgundi. Qinisekisa ukuthi kusetshenziswa okuhlala entanyeni kanye nekheyiphi ukugcina ukuthi izinwele zinganamatheli esikhunjeni nasezingutsheni ngoba ukuzwela okukhulu kungabangela ukunganethezeki nokunkajabuli.
-
- **Ukukhuthala okwedlulele kakhulu.** Ukunyakaza okungekona kwangempela okukodwa esihlalweni somgundi kungabangela isitayela esingasile. Ngalesizathu abazali abaningi bazigunda izinwele izingane zilele/ isikele singasetshenziswa esikhundleni sekliya elibanga umsindo. Beka ibrashi kanye nekama eduzane, usebenze kancane.

Ukugunda /kuhlanza kwezinzwane neminye

Kungaba wukwesaba okwedlulele kokusikwa, ukukhanuka ukungafuni ukulahlekelwa yingxenywe yomzimba wakho, noma umsindo womshini wokugunda, kodwa ke izingane ezine ASD ziyazonda ukugunda izinzipho eminweni nase zinzwaneni. Imishini emikhulu egobile yokugunda yezinzwane isebenziseka kalula kunemincane imishini yokugunda izinzipho zeminwe. Lona ngomunye umsebenzi ongenziwa uma ingane ilele.



Ukugeza



Uma ingane ene ASD ingathandi ukugeza yenza ukuthi ukugeza kube ngathi ngumdlalo ngokufaka okufana nogwebu wobhavu, insipho embalabala amapensela kanye namathoyisi

Kungase Kube yintselele ukwenza ingane noma umuntu omdala one ASD azigeze ngoba bathembele kakhulu ekuboneni izinto. Umuntu one ASD angageza udaka ezandleni nasezinyaweni zakhe kodwa angaqondisisi ukugeza isikhumba namakhwapha nokunye ngoba abakuboni ukungcola, ngakhoke abasiboni isizathu sokugeza lezozindawo.

Ezinye izingane ezisaba noma ezingathandi ubhavu wokugezela zingajabulela ukubhukuda. Khuthaza ingane ukuthi yejwayele amanzi ngokudedela ingane inisele utshani igqoke amabhulukwana amafushane. Okusha njengezindawo zokubhukudela kanye nezinto zokunisela ngesinye isikhathi kuyabasiza ekusabeni ukubamanzi.

Ukuqeqeshelwa ukuya endlini encane



Ngazi kanjani ukuthi ingane yami isilungele ukuqeqeshelwa ukuya endlini encane?

Izingane ezine ASD ngase zilibaziseke ekufundeni indlela yokuya endlini encane. Nengane ephile kahle imbala ngase ibenezinkinga zokuqonda imizwa yokudinga ukuya endlini encane. Izinga lokuthuthuka lwengane kuba yindlela ekhombisa ukuthi ingane isilungele ukuqeqeshelwa ukuya endlini encane. Izincwadi/ okokufunda ngokuqeqeshela ukuya endlini encane icabanga ukuthi kungalindwa ingane ize ibeneminyaka okungenani emine ngomchamo, kuthi iminyaka emine nohafu ngendle.

Uphawu lokuqala ukuthi ingane ngase kube seyilungele ukuqeqeshelwa ukuya ngasese uma sebeqala wukuzwa ukuthi badinga ukuya endlini encane. Isibonelo, lokhu kungazibonakalisa ngoshintsho ngendlela yokuziphatha, abukeke ephazamisekile noma abambe ayekele. Ezinye izingane zingezwa ukuthi inabukeni limanzi noma lingcolile bakwazi ukwazisa abazali/ abababhekayo ngalesisimo. Ukwazi ukuthi ingane isilungele ukuqeqeshelwa ukuya endlini encane inkomba ukuthi ingane iyakwazi ukuhlala ihlanzekile ihora noma amahora amabili ngesikhathi, nangesikhathi sokuthatha isithongwana. Uma kungenjalo kungenzeka ukuthi ingane ayikakalungi ngokomzimba ukuthi ingaqeqeshelwa ukuya endlini encane.

Uma kucatshangwa ukwenza lokhu uhlelo lokuqeqeshela ukuya ngasese kusemqoka ukuthi ingane ikwazi ukuxhumanisa ukuya ngasese kanye nemfihlo yendlu yangasese/ indlu yokugezela. Nangaphambi kokwenza uhlelo okuzoqhutshwa ngalo, ukushintshela inabkeni lengane yakho endlini encane, ingase isize ingane ekutholeni ukuthi konke ukuya ngasese kwenzelwa lapha. Uma kuqaliswa ipoti, zama ukuthi lisetshenziselwe endlini encane.

Ukuthola ukuthi ingane yakho iya sikhathi sini endlini encane

Bhekisisa ingane yakho izinsuku ezimbalwa noma iviki ukubona ukuthi iya nini endle, noma ichama nini. Kujwayelekile ukuthi izikhathi ezithile zingaqhamuka ikakhulukazi uma izikhathi zokudla kanye nezokuphuza zenzeka cishe ngezikhathi ezifanayo nsuku zonke. Uma kutholakale kunaleliphethini (isenzo esejwayelekile/ esivamile kungasiza ukubona ukuthi ingane yakho ungayisa nini endlini yangasese noma ingabekwa nini epotini, kungandisa amathuba abo okusebenzisa indlu engasese ngempumelelo.

Ukukhandwa kohlelo lokuya endlini encane

Uma kwenziwa uhlelo futhi uma kwenzeka, yandisa okusamanzi kanye nokudla okunefayibha okwenza ukuthi kwandise isidingo sabo sokuya endlini encane. Uma usuthole izikhathi ezithile, osukwini lapho kungenzeka khona ukuthi ingane ingase idinge indlu encane ngase kuqonde nje kalula. Inhloso wukuthatha ingane uyise endlini encane ngaphambi nje kokudinga indlu encane, uma ingane ingcolisa inabukeni ngo 9 ekuseni, 11.15 ekuseni nango 1pm njalo njalo, muse endlini encane wenze ukuthi ahlale epotini imizuzu emihlanu noma eyishumi ngaphambi kwesikhathi. Mkhuthaze ukuthi ahlale isikhashana ukwandisa izinga

lempumelelo. Kungasiza futhi ukumnikeza isiphuzo emizuzwini engu 10 kuye ku 15 ngaphambi kokwenza lokhu kuqeqeshela ukuya endlini engasese kungakhuphula izinga labo lokuchama noma ukuzithuma.

Indlu yangasese kudingeka ukuthi kube yindawo “enomusa” enganeni ene ASD. Ukunikeza ingane yakho okokwenza ngenkathi isendlini encane kungakhuphula ukucabangisisa nokukhululeka esib, ukumnikeza incwadi noma ithoyisi angadlala ngalo alithanda kakhulu. Ukusebenzisa okokugcina isikhathi okufana newashi noma okokugcina isikhathi okwakheke saqanda kungasiza ingane ukuthola ukuthi isihlale isikhathi esidingekayo.

Ukuklomela kuyadingeka. Yini kuphela njengabazali abangazi ukuthi yini ingane yenu engayithanda ukuklomelwa ngayo. Kwezinye izingane kungaba nguswidi othandwa kakhulu, kwabanye ngungaba wukudlala ngamanzi osinkini. Uma ingane yakho ikwazi ukuhlala esihlalweni sasendlini encane isikhathi esithile, uklomelelwa lokuziphatha, kungandisa ukuzethemba futhi bangabambisana nabazali. Kuyadingeka ukuthi ingane yakho uyiklomele uma ichamile noma izithumile. Uma nje ukuya endlini encane iya njengenjwayelo, nciphisa ukuklomela kancane kancane, ungawususi masinyane kakhulu umklomelo ngoba lokhu kungambuyisela emuva. Uma kusetshenziswa ulwazi ngezithombe, (okufana nezithombe ezibonisa izingaba ezifanele zenziwe ngesikhathi sokuya endlini encane) kungase kwenze impumelelo yaloluhlelo lokuqeqeshela ukuya endlini encane ibengcono. Lokhu kuyenziwa nasezinganeni ezikwazi ukuzenzela konke.

(ithathwe ku The National Autistic Society – UK

www.nas.org.uk)

IZINGUBO



Wenzani ngengane ekhumula izingubo uma ithuba njalo livela? Okokuqala zama ukuthola isizathu sokwenza lokho. I sizathu esivamisile kaningi wukuthi (ukuzwela kakhulu uma ingane ithintwa) njengoba ezinye izingane azithandi ukuthintwa yindwangu, uvalo, ilebuli nemiphetho njalo njalo.

Kuyinselele ukuthola ukuthi yini engahle yenziwe ukuthi ingane ihlale isikhathi eside igqokile. Kunezindlela eziningana ongakhetha kuzona njengokusebenzisa indwangu entofontofo , ukususa ilebula, nokuphendukezela umphetho ukuthi ube phandle unganwayi isikhumba. Izingane ezingakwazi ukubekezela ibhande lokhalo elejwayelekile, zingakhona ukubekezela injoloba/ilastiki noma amabhulukwe amafushane, ikakhulukazi lawo enziwe ngendwangu entofontofo lena entofontofo okwenziwa ngayo amatreksudi.

Ezinganeni ezidinga ukugqoka amanapukeni, inapukeni ngokwalo kungaba yinkinga. Bhekisisa bese welapha ukuqubuka kwezinqe okubangwa yinabukeni. Funisisa ezinhlobeni eziningi zamanapukeni, zama amanapukeni enziwe ngendwangu yethawula, indwangu noma lana enziwe ngephepha alahlwayo, noma ungazama amanapukeni amakhulu uma ngabe kunenkinga yokuthi ayamqina okhalweni nasemilenzeni. Amatresuti axegayo angabangcono ngaphezu kwamanapukeni.

Abantu abanengi abanezinkinga eziphathelene nemizwa bakhetha izindwangu ezintofotofo njenge jezi lika kotini noma indwangu ye terri , ngaphansi kwezindwangu eziqinile nje ngama denimi. Kungasiza ukuwasha ezisezintsha kaningana ngaphambi kokuthi uzinike ingane ukuthi iziqgoke njengoba lokukuziwasha kunga susa ukuqina namaphunga angajwayelekile.

Uma ngabe ingane yenqaba ngesidumo ukuqgoke impahla ethize, qiniseka ukuthi awushintshanga insipho noma uketshezi lokuthambisa izingubo. Ingane yakho kungenzeka ukuthi ayilithandi elisha noma lolukethezi lokuthambisa izingubo olusha. Ingane yakho ngase ingathandi iphunga elisha noma mhlawumbe une aleji kulensipho entsha noma uketshezi lokuthambisa izingubo.

Susa amalebula ngaphakathi kwezingubo uma kunesidingo uma ngabe amatheyiphu wokubhala igama lengane ayadingeka ungawathungeli entanyeni kepha eceleni komphetho lapho lingezothinta isikhumba sengane.

Isu elilodwa olungakongela imali nezinkinga zakho wukuthenga amasekeni wezingubo kunokuthenga izingubo ezintsha. Lezi zingubo esezithanjisiwe ngaphambili zingazwakala zithambile futhi “zilunge nqgo”, futhi zingadinga ukuwashwa kaningana ukususa amaphunga akhathazayo.

Ukuhlobisela iautism



Uma uyothenga ifenisha entsha, nakekela bese uthenga ifenisha eqinile, enamacezu awasheka kalula. Ungasebenzisa okokunamathisela okungemuva ivalkro noma I prestiki okunamathisela okokuhlobisa eshalufini. Kungaba ukuhlakanipha ukubeka izinto eziyigugu kude lapho ingane ingazofinyelela khona.

Imibhede ekhwezene nezinye izinto ezingakhuthaza ingane ukuthi igibele noma ibambezele kuzona azilunganga enganeni ene asd kakhulukazi njengoba kaningana lezizingane azesabi izinto ezinengozi nokwehluleka ukunyakazisa izitho zomzimba namakhono.

Amashelufu asetshenziswa njengesitebhisi ngakhoke kufanele aqiniswe / ashayelwe obondeni noma asuswe.

Ezinye izingane zinempopo yokususa ifenisha,zivamile ukususa izingcezu ukwakha ummango ukufinyelela lapho zingafinyeleli khona, noma lapho zitshenwe ukuthi zingagibeli khona. Izincazululo zifaka:

- Ukususa amasondo noma amaplastiki ashelelayo emilenzeni yefenisha
- Khetha ifenisha esinda kakhulu
- Faka izisindo ukuvimbela ukunyakaza kwe fenisha ngezivimbeli zikasimende ezifihlwe ngaphansi kosofa abahlohiwe nezihlalo
- Ukushayela ifenisha obondeni noma phansi endlini kungaba ngumxazulo.

Uma ufuna ukuba nekamelo noma amakamelo amahle ungawagcina ekhiyiwe noma uzimisele ukuhlala uwaqaphile ngaso sonke isikhathi. Abazali abanesipiliyoni bangakutshela ukuthi ukuzama ukuqapha ikamelo elingakhiyiwe akulula kulukhuni.

Ukwenza ingane ingafinyeleli izintweni eziyingozi



Abazali bezingane ezikhasayo nezicathulayo bafanele babenesineke basuse zonke izinto ezingahle zibe yingozi lapho ingane ingeke ifinyelele kuzona, lokhu kuyinto ngesinye isikhathi abazali abanezingane ezine ASD abadinga baqhubeke ngayo iminyaka eminingi.

Izinto ezingaba yingozi enkulu zibala :

Izinto ezakhiwe nge ngilazi nama windi. Ezinye zezingane kubukeka sengathi zithanda umsindo odaleka uma kwephuka ingilazi futhi kungaba nenzuzo ekutheni uqinisekise ukuthi amawindi avalwe ngongwengwezi lokhethelo noma ingxenye yogwebu elingavala ingaphakathi lewindi lowo wuxazululo olungabizi. I plastiki engaphuki ingasetshenziswa esikhundleni sengilazi lewindi noma ukuxhunywa izithombe zobonda kungavimbela izingozi eziningi.

Izintambo zokubamba ama blyndi amawindi.

Lezi zintambo zinobungozi zokulengisa uma ingane ifaka ikhanda layo phakathi kwesihibe/isikhala. Sika phakathi nesikhala noma sika intambo ibemfushane kakhulu ukuze ingane ingafinyeleli kuyona

Hamba hamba endlini yakho ucabange ngobuncane/bukhulu, nomnako bengane yakho emqondweni. Uma ubona futhi ususa izinto ezingase zibeyingozi ngaphambi kokuba ingane yakho izibone, uzobe wenze kahle. Nazi ezinye izinto okufanele uzinakekele:

Amaplaki kagesi asobala. Ungathenga izivimbo zamaplaki ezitolo ezithengisa okokusebenza eziningana.

Izintambo zikagesi ezisobala kanye nezintambo zokunweba ugesi. Nanoma yiziphi izintambo, nezintambo zokunweba zikagesi ezisobala kufanele zivalwe ngetheyphu evimbela ugesi ungaputshuki okungenani ilondeke ngokuvikelekile. Izintambo zokunweba zinga ncishiswa ngokufakela amaplaki asobondeni noma uma kunesidingo kuba ngcono ukuzinamathisela obondeni.

Amafeni kagesi lana angathi angamabhokisi akanangozi kakhulu kepha iminwana emincane ingangena ezikhaleni. Zama ukubeka ifeni ezindaweni ezahlukene. Ungaze uqoke ukusebenzisa ifeni eliphanyekwa phezulu esilingini esikhundleni samafeni azimela-odwa.

Izitofu ezivuthayo. Izibhekamlilo zingehlisa ukukhangeka kokuthinta umlilo, amalangabi noma ukunkewuzela kwamalahle afudumele, izibhekamlilo zingadala ukusha uma zithintwe zisashisa. Abanye abazali basusa isikhanda sesitofu bese bebeka into engavimbela ngaphambi kwesitofu. Faka ivalufe elengeziwe ukwahlukanisa irasi emuva kwesitofu noma uyikhiphe uma ingasetshenziswa. Ngezelela izingidi ezicabheni zase khishini ugcine izikhiya zifihliwe.

Umentshisi, izinto zokokhela umlilo nezinto ezinokuvutha. Khiyela zonke lezizinto, futhi ubhekisise izihambi ezingashiya izinto zokokhela umlilo noma umentshisi ngokunganaki ematafuleni.

Izinto zokugcina ikhaya lihlanzekile, opende, izisusa pende namanye amakhemikhali. Ikhabethe elikhiyeka kahle liyafuneka ukuze ligcine okokuhlanza kanye namkhemikhali kude nezingane. Ezinye izingane ezincane ezine ASD kwenzekile ukuthi zikhubazeke ubuchopho ngenxa yokuphinda phinda ukuhogela uphethiloli, iglu, nabanye oketshezi abancibikiliso.

Imithi, kubalwa amakhambi nama vithamini. Gcina yonke into enomuthi lapho ingane ingeke ikwazi ukufinyelela khona. Amakhabethe akhiywayo endlini yokubhavela angasebenza, kodwa ukugcina imithi endlini yokugezela akuwona umqondo omuhle ngenxa yezinga eliphakeme lomswakamo. Kufanele ucabange ukufaka ikhabethe elicishe lifane naleli khabethe kwelinye ikamelo noma usebenzise ibhokisi elikhiyekayo elilula. Amabhokisi agcina alula emali asebenza kahle futhi atholakala ezitolo ezidayisa izingubo zama hovisi ngentengo ephansi. Ukuzenzela kalula, ungafisa ukugcina imithi yeviki, imithi yokunezezela, namavithamini abaliwe azonela isonto elilodwa ebhokisini le plastiki lamaphilisi, bese ugcina leliplastiki lamaphilisi endaweni ephephile. Kufanele uqaphele ikakhulukazi ekushiyeni imithi engahlafuneka nama vithamini lapho ingane ingeke ifinyelele khona.

Osikilidi. Ungacabanga ukuthi osikilidi banambitheka kabi ukuthi bangadliwa, kepha ezinye izingane ziyaziwa ukuthi ziyawudla. Ugwayi uyingozi uma udliwa. Gcina usikilidi nesinafu, isigazi, ugwayi ohlafunwayo noma isitsha somlotha kasikilidi kude nezingane.

Utshwala : Kuyingozi ukuhlanganisa ngisho imbijana yotshwala nemithi eminingi esethenziswa ngabantu abane ASD. Uma uthanda ukugcina izinhlobo ezehlukene (**olukhethiwe lotshwala**) zotshwala ekhaya , kufanele ucabange ikhabethe elikhiyiswayo noma ugcine ifriji elikhiywayo egaraji ozokwazi ukulikhiya.

Imimese. Imimese ebukhali ngamathulusi ekhaya ajwayelekile kepha yebo, ayingozi kakhulu. Kufanele ucabange ukufaka isikhiya edroweni lemimese .Qaphela imimese nezinye izinto ezibukhali ekhishini zingashiywa kusinki, etfuleni noma emshinini wokuwasha izitsha.

Ukuqikelela ubungozi obungahle buvele



Ezinye izingane ezine ASD zibukeka zinekhono lokwazi ukweqa emakamelweni azo, emakhaya nase zingadini. Lesisiphiwo noku ngesabi ingozi okujwayelekile kungadala imiphumela engaba yingozi kakhulu.

Izindlela zokulonda ezikhethekile abazali abazizamile zamabanga ahlukile empumelelo, zilandela:

Ukufaka ingidi noma izibambo zomnyango ezisontayo ezibheke ngaphandle emakamelweni okulala lokhu kungagcina ingane iphephile endlini yokulala ebusuku. Kusobala ukuthi izidingo zokuya endlini yangasese zingaba yinkinga uma ingane ise kamelweni elikhiyelwe. I intercom noma ibhaza lokubiza umzali kungayixazulula lenkinga (njenge sitsha sokuchamela kulezo ngane ezithandayo ukuyizama.)

Ungaze ushiye ihitha inganakekelwanga ekamelweni.

Ukhiye ofana nomshudo, okugaxayo neketanga lokukhiya okufakwe phezulu esivalweni sangaphakathi sekamelo, kunganciphisa ukungena kumakamelo athize, noma igcine ingane ekamelweni elilodwa. Yebo, kungaba lula ukuvula leminyango uma ingane ibe yindana, isiqinile ngokwanele ukuvula isicabha ngamandla noma isibonile ukuthi ingagibela esihlalweni ukuze ifinyelele emshudweni.

Iminyango yokuvikela yangaphandle evulwa kabili noma kathathu ingabambezela umuntu one ASD othanda ukugijima. Gcina okhiye endaweni efihlekile lapho abanye abantu bewazi ukuthi utholakala kuphi uma kunengozi yomlilo.

Amawindi angakokotelwa noma ashudwe, uqaphele ingozi yomlilo evezwa yilokhu.

Izinsimbi zingafakwa emawindini kanye nama alamu akhona angakwexwayisa uma kungukuthi isicabha noma iwindi livulekile. Kuya nge jubane lengane yakho, kungenzeka lokhu kungakuniki isikhathi esanele sokubamba ingane ngaphambi kokuthi iye emgwaqweni noma edaweni yokubhukuda njalonjalo. Ucingo olude oluqinile namasango kuyisu elihle lokubiyela ikhaya lakho.

Kungenziwa iketange elifakwa engalweni noma umgexo oxhumana nomakhala ekhukhwini womzali noma walona obheke ingane ngenombolo efakwa yingane ngasosonke isikhathi. Ubusenga noma umgaxo ingeziwa ibe nenombolo yomakhalekhukhwini yamzali noma inombolo yomuntu onakekela ingane ozahlala eyigaxile ngasosonke isikhathi umbiko ofanele ukuqoshwa kulomgexo ifaka lokhu:

- Ngine autism
- Angikwazi ukukhuluma
- Angiqondisisi amagama
- Anginamizwa yokusaba ingozi
- Thintana no.....

IZINZWA ZOMHLABA ZALABO ABANEMIZWA ENXAKANXAKA . Ithathwe ku The National Autistic Society (UK) Webpage (www.nas.org.uk) Adapted slightly for the SA community.

Isingeniso

Ukusebenza nokuthatha iqhaza emhlabeni osizungezile, sidinga ukusebenzisa izinzwa zethu. Izinzwa zinomsebenzi omkhulu, zisisiza ukuthi siqonde ubunjalo bendawo esikuyo nokuthi siphendule kanjani kuyo. Izinzwa zinendima ebalulekile ekunqumeni ukuthi singenze njani esimweni esithize. Cabanga ukuthi kungenzekani futhi ungezwa kanjani uma umuntu noma zonke izinzwa zidlangile noma bezingekho neze okwamanje. Lokungasebenzi kahle kubizwa "Izinzwa Ezihlangene Ezingasebenzi Ngendlela" futhi itholakala ebantwini abaningi abane ASD.

Imisebenzi yezinsuku zonke (okuyikuthi iningi lethu luyithatha kalula) kubantu abane ASD kungaba buhlungu kunyelise(kungaphatheki kahle), kulethe ukuphatheka kabi. **Ukubonakala kwendlela yokuziphatha ngqo kwizinzwa. Indlela yokuziphatha ebonakaliswa ngumuntu one ASD kungaba yindlela yokuziphendulela ngqo ngenxa yezinzwa zabo.** Ngakhoke kuyaqondakala ukuthi kungani abantu abane ASD benza inkambiso noma ukuvuselela ububona bokuziphatha njengo kuphotha, bhakuza, qhwabaza njengoba lokhu kwenza bazizwe ukuthi baziphethe futhi baphephile ngendlela yabo ehlukile futhi kaningi emazweni abo athusayo.

Uhlelo oluphathelele nemizwa yenziwe ngezinzwa eziyi 6, lezizinzwa zinezigaba ezimbili ezimqoka; izinga eliphezulu noma eliphansi lozwelo. Kubalulekile ukuthi ukhumbule ngalokhoke ukuthi izinkinga zombili zingazwiwa ngabanye abantu abane ASD.

Izinkinga eziphathelele Nemizwa

1. Uhlelo lokulinganisa (Uhlelo lokubhalansa- ukuma nokuhamba ngokuqonda (Endlebeni ephakathi naphakathi) Vestibular

Umuntu one ASD ubunzima/ ukuhlukana kungaba:

Izinga eliphansi. Isidingo sokuyenzela, ushwiba nesokuphatha.

Izinga eliphezulu. Ubunzima ekusebenzeni okufaka ukunyakaza njengo kuhluleka ukunyakazisa okukhulu kwezitho zomziba.

Izaluleko Ezinosizo

Izinga eliphansi Khuthaza imisebenzi esiza ukukhulisa ibalansi yabo- ihashi eliwuginqgigonqgo, ukushwiba, ukuzungeza no ginqgigonqgo

Izinga eliphezulu Hlukanisa imisebenzi ibe mincanyana, sebenzisa iziboniso ezibonwayo nje ngo muqga wokuqeda umjaho izifuzelelo mzimba noma ezibonwayo.

2. Uhlelo lokuqondisa umzimba

Kumuntu onezinkinga/ ukwahlukana okubanzi kungaba:

Izinga eliphansi Ukuma asondelane eduze kakhulu kwabanye /ukungaqondi isikhala somzimba somuntu, ngakhoke ashayisane nabantu engahlosanga.

Izinga eliphezulu Izinkinga zokusebenzisa imizwa emincane yokwenza okuthile ngeminwe, i (inkinobho, ukubopha izintambo zezicathulo) futhi nokunyakazisa umzimba wonke ukubheka utho oluthize.

Izeluleko Ezilusizo

Izinga eliphansi Misa ifenisha emaceleni ekamelo ukwenzela ukuthi kube lula ukuqondisa indlela futhi ungabeka itheypu ebondobondo phansi ukubonisa umgcele. Sebenzisa umthetho “wokugcina umuntu kude ngobude bengalo”

Izinga eliphezulu Sebenzisa imisebenzi yokufaka intambo embotsheni noma umchili wamabodi

Uhlelo oluphathelele nokunukisa ngamakhala

Izinga eliphansi Abanye abantu abana zinzwa zokunuka ngamakhala futhi abakwazi ukunuka amaphunga anamandla, noma angakhotha izinto ukuze bazizwe esikhundleni sokuzizwa ukuqgiba ukungezwa ngamakhala.

Izinga eliphezulu Amaphunga angaba namandla amakhulu futhi adlangile kungaba nezinkinga zokuzithuma noma ukungathandi abantu abanephunga lamakha agqamile nemithi yokugeza izinwele, njanjalo.

Izeluleko Ezinosizo

Izinga eliphansi Sebenzisa amaprodakthi anephunga elimnandi kakhulu ukuklomela futhi ungathikizisa ingane yakho kwizinsusa ezinephunga elinamandla elingafanele nje nge ndle

Izinga eliphezulu Sebenzisa insipho yokuwasha noma umuthi wezinwele engaqholiwe, yeka ukuziqhola yenza ubunjalo bendawo bungabi nephunga.

Uhlelo oluphathelele nokubona

Izinga eliphansi Angabona izinto kahle, alahle ulwangu noma imiqga. Abanye bangajula emngceleni wehlo ngoba ukubona okuphakathi kufiphele; abanye bathi into ekuyiyona yona iyandiswa izinto ezisemgceleni ziyafiphala. Kungaba khona ukunganeli ekuboneni okujulile njengezinkinga zokulahlela noku nqaka kanye nobudahladahlala.

Izinga eliphezulu Ukubona okuphendukezelwe kuyenzeka futhi izinto nezi bane ezikhanya kakhulu zingajomba. Iziqephu zesifanekiso, njengemiphumela yemithombo eminingi. Ukuqondisa du kwezinto ezincane (izihlekehle zesihlabathi) zimthokozisa ukudlula into ephelele.

Izeluleko ezinosizo

Izinga eliphansi Andisa iziboniso, ezibukwayo, ezibonisayo nezithombe.

Izinga eliphezulu Nciphisa ukukhanya okumibalabala ngokusebenzisa amaglobu akhanyisa ngokuphansi esikhundleni, sebenzisa amagilazi elanga, bese ulungise indawo yokusebenzela egumbini lokufundela. Yenza isikhala noma beka ideski eduzane ne ndawo enobonda olude noma izahlukanisi emaceleni omabili ukuvala isikhala ukuze uvale ukubona okuphephelezayo obuvela phambili nacemaceleni. Sebenzisa amakhethini afakwe indwangu engabonakalisi.

Uhlelo lokuzwa

Izinga eliphansi Umsindo ungazwakala endlebeni eyodwa, enye indlebe ingezwa kancane noma ingezwa nhlobo. Umuntu kungenzeka angavumelani nemisindo ethize, kepha ajabulele izindawo ezinabantu abaningi abanomisiko, amakhishi nokushayeka kwezicabha kanye nezinye izinto ezihlangene.

Izinga eliphezulu Izinga lomsindo lingakhuliswa futhi umsindo ozungezile ugaphendukezelwa futhi kube yisiphithiphithi nokungakwazi ukuhlukanisa umsindo okhethiwe, ubunzima bokucabangisisa noma angaba nokulalela okufushane okunokwenza babe nokuzwela (auditory stimuli) nje inkulumo ekude.

Ukungezwa kahle kwabo kungaba nomthelela nqgo ekhonweni labo lokukhuluma kungezeka ukuthi lokhu kube nomthelela ebalansini yabo.

Izaluleko Ezinosizo

Izinga eliphansi Sebenzisa imiboniso ebonakalayo ukuvuselela ulwazi lwenkulumo yomlomo.

Izinga eliphezulu Vala izicabha namawindi ukuze unciphise umsindo oqhamuka ngaphandle. Lungisela umuntu ngaphambi kokuthi aye endaweni enomsindo noma enabantu abaningi bese umnikeza isivimbela msindo sezindlebe noma uwalkman.

Uhlelo lokuthinta

Izinga eliphansi Ubamba abanye abaqinise, uzwela ubuhlungu kakhulu, njengo kuzwela izinga lokushisa / nobuhlungu, kungaba nokuzilimaza, bathanda izinto ezisinda kakhulu zibekwe phezu kwabo.

Izinga eliphezulu Ukuthintwa kungaba buhlungu futhi kungamphatha kabi futhi kangingi zingahoxisa ekuthinteni, lokhu kungaba nemiphumela emibi kubudlelwane nabanye. Ukuzonda nokungathandi ukuba notho ezandleni noma ezinyaweni kungaba nezinkinga ekubhulasheni nokugeza izinwele futhi bathande izinhlobo ezithile zezingubo noma ukwakheka kwezingubo.

Izeluleko ezinosizo

Izinga eliphansi Izingubo ezinesisindo / amasaka okulala phandle

Izinga eliphezulu Xwayisa umuntu uma uzomthinta, mqhamukele ngaphambili ngaso sonke isikhathi. Khumbula ukuthi ukumngaxa kungaba buhlungu kunokumduduza. Ngenisa izinhlobo ezahlukene zokwakheka kancane kancane- yiba ne bhokisi lezinhlobo lezindwangu ezikhona. Vumela umuntu aqedezele imisebenzi ngokwakhe, umvumele ukuthi ahambise ukuzwela kwabo (nje ngokubhulasha nokuwasha izinwele).

Uhlelo lokunambitha

Izinga eliphansi Ukuthanda ukudla okunongwe kakhulu, ukudla konke- inhlabathi, utshani ne zindwangu.

Izinga eliphezulu Ezinye izinongo nokudla zinamandla kakhulu futhi ezinye izindwangu zingenza angaphatheki kahle, ezinye izingane zingadla ukudla okuthambile njengamazambane abondiwe no ice-cream.

Izindlela ezingase zibekhona- Ukuqondisisa ukwazi ukuthi okuphathelene nezwe lemizwa labantu kulelizinga kungavumela ukuthi ukwazi ukubasiza bakhulele endaweni enethezekisayo.

Lemicabango nezindlela ezilandelayo zingasiza uma uzama ukwenza ubunjalo bendawo bunethezeke kubantu abasezingeni lokuvimbela izitho zezinzwa zingagcwali ngokweqile.

Ukwazisa- Ukwazi ukuthi ukungasebenzi kahle kwemizwa kungaba yisizathu senkinga, bhokisisa njalo ubunjalo bendawo.

Lungisa – Xwayisa umuntu njalo ngezisusa eziphathelene nemizwa njengomshini wakususa udoti endlini, amathulusi kagesi nezindawo ezinomsindo ezicinene.

Izibonelo zezinkinga, ezilandelwa cishe yizizathu nemibono nge zezisusa eziphathelene nemizwa.

- **Okhetha ukudla** – unozwelo ekunambitheni noma ekwakhekeni, kungenzeka angakwazi ukuzwa ukudla emlonyeni – ngenisa kancane kancane ukwakheka okuhlukene emlonyeni womuntu nje nge flaneli, ibhulashi lamazinyo, ngenisa ukudla ngezingxenye ezincane, shintsha indlela yokwakheka kokudla, kugaye kube saketshezi. Khuthaza imisebenzi esebenzisa umlomo njenge mpempe, ukwenza amabhamuza, ukupenda ngomucu welala.(straw)

- **Ukukhulafuna yonke into**, kubalwa izingubo nezinye izinto- lokhu kwenza anethezeke, uthanda ukukitazwa yizinto –amashubhu angena njoloba(ilatex)ilala, inhlaka eqinile (ebandiswe emakhazeni)
- **Ukuninda-** bangathanda ukwakheka kwezandla zabo noma babe nezinga eliphansi kumaphunga- zama ukuletha okwakheke njengo jeli, impuphu kakolo namanzi

Uyala ukuqgoka izingubo ezithize- akathandi ukwakheka noma isisindo sokuthintwa yizingubo esikhumbeni, uphendukezela izingubo ukuze umphetho ungabikhona, ususa iziqhephezane, amalebula bavumele baqgoke izingubo ezibenza banethezeke kuzo.

- **Ubunzima bokulala-** angaba nezinkinga zokuvala izinzwa kakhulukazi ezamehlo nezokuzwa. Sebenzisa amakhethinisi avikela ukukhanya, vumela ingane ilalele umculo ovala umsindo ovela ngaphandle, sebenzisa izingubo ezinesisindo.
- **Uthola ubunzima bokucabangisisa egumbini lokufundela-** angaba nezinzwa ezithikameziwe eziningi: umsindo omkhulu (ukukhuluma ,izinsimbi, izihlalo, ukuhuhla phansi, abe nezinzwa zamehlo eziningi (abantu,izithombe obondeni) angathola ukubamba ipensela kulikhuni (kunuzima/ banda) – babeke kude nezicabha namawindi, sebenzisa ifenisha egumbini ezokwenza indawo ingaphazamiseki noma uma kukhonakala, yenza indawo yakhe yokusebenzela, zama ukwakheka okuhlukene, yenza ipensela libambeke kahle.

UKUQONDISISA IMIDLINZO, IMIDANTI, NOKUPHINDAPHINDA KOKUZIPHATHA Taken from the National Autistic Society (UK) Webpage (www.nas.org.uk) Adapted slightly for SA community.

Umdlino, ukuphindaphinda kokuziphatha nemidanti yizimpawu ezimqoka ze Autism Spectrum Disorders. Indlela lemimo ebonisa ngayo izohluka kumuntu nomuntu.

Ukuqondisisa, umdlino, imidanti, nokuphindaphinda kokuziphatha

Lokhu kungafaka ukubhakuza isandla noma ingalo, ukuphathaza iminwe, ugingqigongqo ukujomba, ukuphatha noma ukushayisa ikhanda nokunyakazisa izitho zomzimba eziphithene. Kungafaka ukulibaziseka ngezingxenye zezinto (ezinjengokuphatha amavili wezimoto zokudlala), ukuphindaphinda ukudlala ngezinto ezithize, ngokuphathaza ibande lenjoloba noma ukudonsa intambo noma ukuphinda phinda umsebenzi obandakanye lezi zinzwa (ukuphindaphinda ukunuka, ukuthinta, ukwakheka kwezinto ezithize nokulalela imisindo ehlukeni. (Howlin, 1998).

Okwenza ngqo kwimvelo nokusebenza kokuphindaphinda kumuntu nomuntu, kepha ke izizathu eziningi zalokuziphatha eziphakamisiwe zifaka:

- Ukuzama ukuzuzisa okuphathelene nemizwa njengo (gingqigongqo okungaba ukuzama komuntu ukuzuzisa ukufaka okufanele uhlelo lokubalansa, ukubhakuza izandla noma ukuphathuzisa iminwe kunganikeza ukuvusa okubonwayo.
- Ukuzama ukwehlisa ukufaka okuphathelene nemizwa (njengo kubheka ngqo ubunjalo bendawo (kuqondiswe emsindweni othize kungehlisa amandla okushayana kwendawo enomsindo futhi iphule umoya.)
- Ukuphindaphinda kokuziphatha kuvamise ukuba indlela yokukhona ukuphatha, ukukhathazeka kanye nokwethuka nokuvikela nengcindezelo nokungaqiniseki.
- Ngumthombo wokuzijabulisa nomsebenzi.

Imidlinzo

Imidlinzo ingafaka izihloko eziningi ezahlukene njengamadaynaso, amakhomputha, izitimela, izinsuku zomlando noma zezigameko, izinombolo zokubhalisa izimoto, uhlelo lezikhathi zebhasi, noma isitimela, amakhowudi amaposi, amarobhothi, izinombolo, izimo noma izitho zomzimba ezithile njengezinyawo noma izindololwane.

Abanye abantu bazohlala benake indawo eyodwa impilo yabo yonke, abanye banaka indawo entsha emuva kwesikhathi esithize. Imidlinzo ingaxhantela kakhulu empilweni yomuntu futhi ikhawule ukuzibandakanya komuntu kweminye imisebenzi

Omunye umgomo ojwayelekile we ASD ukuthanda izinto ezithile lokhu kungaba ngamathoyisi athile nje ngo doli abancane noma izifanekiso zezimoto noma izinto ezingajwayelekile nje ngezivalo zebhodlela lobisi, amatshe, izicathulo noma amaplagi wokuvala ubhavu njalunjalo.

Kungaba nezizathu ezithize ezingenza ukuthi umuntu one ASD abe nemidlinzo ethize.

Lokhu okulandelayo kungacishe kube yezinye zezizathu:

- Ikakhulukazi Izindaba \noma izinto zinganika isimo, uhlu, nokubikezela kumuntu one autistic spectrum disorder, lokhu kungasiza umuntu ukuthi akwazi ukumelana noshintsho nokungaqondisi impilo yezinsuku zonke.
- Umuntu angaba nobunzima ukuhlangana nokukhuluma nabanye abantu bomphakathi, angabhekisisa endaweni eyigugu ukuqhuba inkulumo nokuthola izinzwa ezimduduzayo kulezizimo.
- Imidlinzo ingasiza umuntu ukuthi anathezeke.
- Umuntu angajabula kakhulu ngokufunda ngesihloko esithize noma ngokuhlanganisa izinto azithandayo.

Imidanti nokuzabalazela ushintsho

Abantu abaningi abane autistic spectrum disorder, bayo yonke iminyaka, izigaba zekhono, banokukhetha kakhulu iminyendo nezinto ezifanayo. Umuntu angaba nezidingo zonyendo emaceleni emisebenzi imihla ngemihla ethize jenge zikhathi zokudla kumbe sokulala, bangezwa ubuhlungu obukhulu uma iminyendo iphazamisekile. Iminyendo ingaba yinkambiso kwimvelo edinga ukulandelwa ngendlela efanele/eqondene nqo ngokulalelisa imininingwane emincane . Kungaba nesidingo ukuhlanganyela izinto ezilandelayo zokuziphatha ngendlela okucishe kuphoqeleke, futhi umuntu angakhathazeka kakhulu uma ephazanyiswe ngaphambi kokuthi aqede inkambiso yeminyendo.

Abanye abantu bangakhulisa ukuziphatha okuyimpoqo njengo kugeza izandla njalo njalo, nokubhekisisa izikhiya, abanye bangaba nemidlinzo yemicabango ephathelene ne zihloko ezinosizi njengokufa nokugula noma ukwenza amaphutha (Howlin, 1998). Izinkambiso zingaba umlayezo womlomo futhi zingabandakanya umuntu ngokuphindaphindene nokubuza imibuzo efanayo nokufuna impendulo eqonde nqo.

Umuntu angathola ushintsho kubunjalo bendawo ngokwemvelo (ukuhlelwa kwe fenisha ekamelweni) noma ukubakhona kwabantu abasha/ ukungabikhona kwabantu abajwayele kube lukhuni kakhulu ukuwakhona. Nanoma yilolo shintsho kwimidanti yomsebenzi ngokulandelana kwayo abanye bangajabulela amaholide noma usuku lokuzalwa lokhu kunga dala ukwethuka/ukwesaba kumuntu one autistic spectrum disorder. Ngesinye isikhathi ushintsho oluncane nje ngoku shintsha phakathi kwemisebenzi emibili kungadala ukukhathazeka, kwabanye ushintsho olungajwayelikile kuba nzima kakhulu ukukhona. Abanye abantu bangaba nokukhetha okuqonde nqo futhi kube lukhuni uma kuqondene nokudla abakudlayo

(nje ngokudla okunombala othize) izingubo abaziqgokayo (baqgoka izingubo ezenziwe ngendwangu ethize) noma izinto ezisetshenziswa nsuku zonke nje ngenhlobo ethize noma uhlobo oluthize lwephepha lokusula lase ndlini encane abangalisebenzisa.

Ukuncika nqgo kwimidanti kunganda ngesikhathi soshintsho, sengcindezelo, ukugula futhi kungaqgama kakhulu ngalezizikhathi (Attwood, 1998)

U Attwood (1998) uphakamisa ukuthi ukunaka imidanti kungandisa noma kubuye kuvele ngesikhathi sokuthi sokuthomba ngenxa yemiphumela yokushintsha ubuyena, ubunjalo bendawo umuntu avezwe kuyona.

Imidanti ingagxamukela kakhulu empilweni yomuntu, kumndeni wakhe nakulaba abababhekayo. Ingadala ukunganeliseki okukhulu kunciphise ukuzwa, ikhono namathuba omuntu. Kodwa ke, kubalulekile ukuthi ukhumbule ukuthi ubuwen busebenza umsebenzi omkhulu kumuntu, ukungenisa uhlu, isakhiwo, nokubekezela nokusiza umuntu ukuthi akwazi ukukhona izinga lokuthuka.

Ukuphendula ekuzindlekeni, imidanti nokuphindaphinda kokuziphatha.

Ngaphambi kokutih sibheke ukuthi singaphendula kanjani ekudlinzekeni, ukuphindaphinda kokuziphatha nemidanti, kubalulekile ukuthi sizibuze imibuzo eminingi:

- Ngaba umuntu ubukeka ekhathazekile yini uma exoxisana ngokuziphatha noma umuntu unika izimpawu zokuthi uzama ukuvimbela ukuziphatha? (njengo muntu oqhwabaza izandla), angazama ukuhlala phezu kwezandla zakhe ukuvikela loku kuziphatha.
- Umuntu angayeka lokukuziphatha ngokwakhe yini?
- Loku kuphindaphinda kokuziphatha, ukuzindla noma iminyendlo inomthelela ekufundeni komuntu yini?
- Loku kuziphatha kunciphisa amathuba omuntu emphakathini yini?
- Loku kuziphatha kudala inqxakangxaka ebalulekile kwabanye abantu nasempilweni yomuntu?

Kubalulekile ukuthi ucabange ukuthi ngempela ngempela kuwusizo yini kumuntu ukuthi umvimbele nqgo ekuziphatheni okuthize. Uma impendulo kungu yebo kweminye yemibuzo ebuzwe ngaphezulu, ngakhoke kubalulekile ukuthi ubheke izindlela zokumsiza ukwehlisa izinga lokuzindleka nokuziphatha okuphindaphindiwe.

Ukuhlisa ukuziphatha okuphindaphindene kutholakala ngokwenza ushintsho oluncane bese uluhambise kancane. Ukuqondisa kufanele kubhekiswe njalo ekukhulisweni kokungeziwe ngamakhono okusiza umuntu ukuthi anakekele izinga lovalo nokuthi akhone kangcono ubukhona bomhlaba.

Ukuphindaphinda kokuziphatha, imidlinzo nemidanti kuvamile ukuthi kuvimbele ushintsho uma kuqhubeka isikhathi eside. Ngalesisizathu, kubalulekile ukuthi ubeke umkhawulo kuku phindaphinda nokuziphatha kusekuhle. Ukuziphatha okwamukelekile enganeni eneminyaka engu 2 noma engu 3 ngeke kuvumeleke uma ingane isikhulile futhi kungaba lukhuni ukushintsha ngalesisikhathi.

ISIMO/ISAKHIWO SOBUNJALO BENDAWO

Ukukhulisa isakhiwo semvelo noku hlalisisa kobunjalo bemvelo kungasiza ukuthi umuntu uyakhona ukuziphathela umhlaba wabo lokhu kungahlisa izinga lokuthuka. Izinga elehlile lokuthuka lingaba nomphumela wokwehlisa isidingo sokuphindaphinda ukuziphatha, libuye

lehlise ukwethembela emidantini. Izinga eliphezulu lesakhiwo semvelo singahlisa isizungu ngakhoke iqhubeke ngokunciphisa amathuba okuthatha iqhaza ekuphindaphindeneni kokuziphatha.

- Iziboniso ezibonakalayo njengezinto, izithombe, izifanekiselo, noma uhlu olubhaliwe kungasiza ekuhliseni uvalo oluphathelene nobunzima nokubikezela ukuthi kuzokwenzekani ngokulandelayo nangokulandelana kwemisebenzi futhi kungaxhaswa umuntu okhetha kakhulu ukwenza okwejwayelekile. Umbiko oqondene neziboniso ezibonwayo zingatholakala kwi Do 2 Learn website, futhi efaka inani lezithombe ezifanekiswayo ezingakhishwa mahala kwi: www.do2learn.com
 - Ukunciphisa umfutho yokuphathelene nemizwa efana nemisindo (isib. izintsimbi zesikole) noma amaphunga (isib. amakha noma izinsipho) kungasiza ukuthi umuntu akwazi ukubhekana nobunjalo bemvelo yakhe.
 - Ushintsho lungaba yinto engenakuvinjelwa futhi yinto ebalulekile empilweni engenza ubunzima obukhulu kubantu abaningi abane autistic spectrum disorder. Njengoba ngesinye isikhathi angeze kwenzeke ukuthi ulungisele ushintsho emisebenzini noma kwisimo, kubalulekile ukuthi unike umuntu isexwayiso nokuzilungiselela okukhulu. Vezela umuntu kancane kancane izinto ezintsha, indawo, umuntu, noma vezela umuntu ingxenye encane yesimo angakwazi ukusikhona, lokhu kungasiza ukuthi umuntu akwazi ukubhekana no shintsho.

Beka umkhawulo wokuziphatha oqondile futhi olandelene

Ukubeka umkhawulo emaceleni onke wokuphindaphinda ukuziphatha, imisebenzi nokuzindleka kubalulekile futhi kaningi kuyindlela esemqoka yokunciphisa umfutho walokukuziphatha empilweni yomuntu.

- Khombisa ngokucacile ukuziphatha okuphindaphindiwe, imidlinzo nemidanti ekhathazayo (isibonelo UPeter uthanda ukukhuluma ngezinjini zesitimela ngasosonke isikhathi ehlangana nabantu. U Peter manje useqala ukukhuluma nge zinjini zesitimela cishe emuva kwemizuzwana engu 10 kokuqalwa kwenkulumo kuze kube amaminithi angu15).
 - Cabanga ngemikhawulo efanele futhi engaphumelela ongayibeka ngokuziphatha njengo kuthi u Peter uvunyelwe ukukhuluma ngenjini yesitimela okokuqalo emva kwemizuzwana engu 20 emuva kokuqalwa kwenkulumo akhulume amaminithi angu 5 kuphela kuya ngokuthi u Peter ukhona kangakanani nalokhu, isikhathi sokukhawulisa sizokhushulwa, umkhawulo uzongeniswa ekutheni uPeter uvunyelwe ukukhuluma kangaki ngenjini yesitimela nokuthi u Peter uvunyelwe ukukhuluma nabani nge zinjini zesitimela. Inhloso yokwenza lokhu ekugcineni kungaba wukuthi u Peter angakhuluma nge njini yesitimela kubantu bomndeneni kuphela iminithi elilodwa kuphela kabili ngosuku.
 - Umkhawulo/umthetho ungabekwa ngezindlela eziningi kuya ngokuthi umuntu uziphethe kanjani:-
 - Angaphatha amatshe amahlanu kuphela ephaketheni lakhe;
 - Angabheka ividiyo yenjini ka Thomas the Tank amaminithi angu 20 ngesikhathi kabili ngosuku;
 - Ukuphatha kuvunyelwe ekhaya kuphela.
 - Kubalulekile ukuthi kube nendlela efanayo yomkhawulo ilandelwe kubobonke ubunjalo bendawo ukusiza umuntu ukuze afunde.
 - Imikhawulo kufanele ibe memithetho ecacile futhi ebonisayo echaza ukuthi kuphi, nini, nobani noma isikhathi esingakanani esivunyelwe ukuthi umuntu angaziphatha

ngaloluhlobo ukusiza umuntu ukuthi aqondisise nokuthi ubasize ukumelana nokuthuka okungavimbela ukuthi abuyele kuzindleko nokusebenza okungenzeka. Imidlinzo ingaba yindlela okuyiyona yokwandisa amakhono, nendawo yomnako ibuye ikhulise ubuwena bokuzazisa nokukhulisa ukuhlangana komuntu namanye amaqembu.

- Umdlino kumakhomputha kungaqala kube wunsebenzi kweziphatelene namakhomputha.
- Umuntu onomnako ongavamile kumlando nezinsuku angahlangana neqembu lomlando wezizwe ahlange nabantu bomnako ocishe ufane.
- Umuntu onolwazi lwezemidlalo noma umculo angaba wumuntu osemqoka kwiqembu lomphicaphicwano.
- Umnako kumisindo ethize ingaholela ukutheni afundiswe ukudlala igumbagumba noma imfijoli.
- Umuntu onomdlino wokudabula amaphepha angasetshenziswa kumakhono wokusebenzisa ukuphindaphinda ukusetshenziswa kwe phepha.
- Uma ethanda kakhulu ukubeka izinto ziqonde angenziwa ukuthi akhande izinto zendlu.

Imizindlo ingasetshenziswa ukukhuthaza noma ukuvuna ngokulandela umsebenzi ongathandwa kakhulu (nje ngosebenzi wesikole) owenziwa ekhaya ngesikhathi sokuthola ithuba lokuzindla (njengesikhathi esinezezelwe sekhomputha).

UMHLAHLANDLELA “NOKUNGABONI KWENQONDO”

Umhlahlandlela wenqondo ungachazwa njenge khono lomuntu lokuthi angakhona yini ukucabangela nokuqonda imicabango nokuzwela abanye abantu, njengoba lelikhono lenza indima enkulu ekuhlanganeni nabantu

Ukungaboni kwenqondo

- Kumuntu one ASD lelikhono livimbelekele, lithikamezeke kakhulu, libe nemiphumela emibi elandelayo;
- Ubunzima obukhulu bokubekezela, ukuthi abanye abantu bangaziphatha kanjani okungenza ukuthi umuntu one ASD aveze umqondo wokungazethembi bese aveze imiphumela wokuziba abanye abantu.
- Ukungabi nokuzwisisa izinhloso zabantu abamzungelezile noma ukuqonda ukukhuthaza kwezenzo zabo.
- Ukunqondisisi mayelana nozwelo noma ukuzwela abanye abantu. Lokhu kungaziveza njengokungabi nomhawu lokhu esikhathini esiningi akuvumelekanga noma abanye abantu abakuqondisisi
- Ukunqondisisi ukuziphatha kwabo ukuthi kubandakanya ukuzwela nokucabanga ngawe. Lokhu kungabanga ukungakhuthazeki ukwanelisa abanye kanye nokungabi nonembeza.
- Ukuqonda kancane/ naka ukuthi abanye abantu bazini, noma bafuna ukwazini kanye nendlela yokungakwazi ukubona nokuthi baphendula kanjani kubantu ababalalele. Lokhu kungabangela ukuthi umuntu one asd akhulumele safuthi ngalokhuokukhulunywa ngako.

- Ukuqonda kancane ukuthi kungani kufanele ashintshe ukulalelisa okuqondwe ngqo noma kungaba yinkulomo noma egumbini lokufundela nokunye.
- Njengoba bengenawo amakhono wokuhlangana nabantu emphakathini, kangingi kunokungaqondisisi ukuthi bashintshane uma bekhuluma nokuthi banike abanye ithuba ngaphandle kokubangena emlonyeni, noma isidingo sokushintshana enkundleni yokudlala, njalo njalo.
- Konke okuphawulwe ngaphezulu kungakhinyabeza umuntu kakhulu ekwakheni nokugcina ubungane, ukuzuza empilweni yansuku zonke , ekufundeni nase kufundisweni.

UKUFAKA INGANE ENE ASD OHLELWENI LWESIKOLE

Uma ucabanga isikole kunezinto eziningi okufanele uzicabangisise:

1. Beka engqondweni ukuthi akusiyona imfundo yengane kuphela esemqoka, kepha nokuthi ubunjalo bendawo nemvelo yesikole kuzoyiphatha kanjani ingane emphefumleni imihla namalanga;

2. Othisha esikoleni bamele ukuthi babe nolwazi olubanzi futhi oluzwakalayo nge ASD

- Inqubo yemithetho kanye nezinhlelo zemfundo zesikole kufanele sikwazi ukungenisa futhi sibe nozwelo ezinganeni ezine ASD.

Uzixhwaye izikole ezinezingane eziningi futhi ezinezindlu eziningi zokufundela. Inani elihle kumele kube yiratio engu 6-8

Qiniseka ukuthi othisha nabazali bayakhummisana nokuthi othisha bayathanda ukulalela imizwa yabazali.

- Qinisekisa ukuthi isikole singakwazi futhi sikwazi ukushintsha iprogramu yokufunda kwezingane ukuze bakwazi ukubhekana nezinkinga ezingahle zivele ngenxa ye Triad of Impairments.

7. Fundisisa imithethe yesikole mayelana nempatho eqininle yokuziphatha okungasile.

8. Tholisisa ukuthi amakamelo okufunda avulekile njengoba lokhu kungenza umonakalo omkhulu enganeni. Kungabangcono ukuthi izingane ezine ASD zibe nendawo yokusebenzela ezimele enazo zonke izinto zezingane eduzane.

9. Tholisisa ukuthi ukufunda okusizwa ngamakhomputa ne zindlela zesifanisele sokhuluma uma kunesidingo.

10. Uzesabe izikole ezinomnako wokunqabela ukuphatha zonke izingane ngendlela efanayo . Lokhu akungeke kukhuthaze izidingo zengane yakho

11. Tholisisa ukuthi kuzoba nesidingo yini sokuthi ingane yakho ikwazi ukusebenza nezinye izingane ezingalingani nayo ngeminyaka kwi zihloko ezahlukene.

12. Uma unenkinga yokuthola isikole esingaphendula imibuzo ephathelene nokufunda kwengane yakho, bese utholisisa ukuthi bangavuleka kangakanani ukuhola ngokwakhayo ko thisha abasezikoleni eziqondene ngqo nabafundi abane ASD.

**Sicela ukhululeke ukuthintana ne
Autism of South Africa ngosizo futhi
nangolunye ulwazi.**