Vroeë demensie aan die toeneem

Na aanleiding van die Wêreldgesondheids-organisasie se verslag dat daar wêreldwyd sowat 50 miljoen mense is wat demensie het, en bykans 10 miljoen nuwe gevalle elke jaar voorkom, meen baie gesondheidsowerhede dat gevalle van demensie regoor die wêreld besig is om toe te neem.

"Die groeiende ouer bevolking – 'n groep wat statisties meer vatbaar is vir demensie – beteken dat die wêreldwye las van hierdie toestand al hoe groter word. Hier in Suid-Afrika het ons 'n soortgelyke situasie," sê Ivan Oosthuizen, uitvoerende hoof van die Livewell Groep, 'n organisasie wat in demensiesorg spesialiseer.

Oosthuizen sê die diagnostiese hulpmiddels vir die diagnose van demensie — 'n sindroom wat ongeneeslik is en progressief die geheue en kognitiewe funksie aantas — het in die laaste jare beduidend verbeter.

"Dit het ongetwyfeld tot gevolg dat meer gevalle vandag gediagnoseer word, en dat vroeë demensie – voor ouderdom 65 – by meer jonger persone geïdentifiseer word. Trouens, die Livewell Groep het die afgelope paar jaar ook 'n groter getal navrae gekry van pasiënte met vroeë demensie wat hulp verlang," sê hy.

Progressiewe toestand

Oosthuizen verduidelik dat demensie op talle verskillende maniere manifesteer en verskeie oorsake het. Ongeveer 60% tot 70% van gevalle hou verband met Alzheimer se siekte. Voorts verskil die tempo van ontwikkeling van die toestand van persoon tot persoon.

"Demensie bly egter 'n onbehandelbare en onomkeerbare progressiewe toestand. Dit beteken dit raak al hoe moeiliker om dit te bestuur – veral vir gesinne in die huisomgewing. Vir baie gesinslede raak die uitdaging al hoe groter en meer stresvol om die nodige sorg te verskaf wat tuis nodig is om hul geliefde te beskerm en so lank as moontlik betrokke te hou in die huishouding," sê hy.

Vooruitbeplanning

Volgens Oosthuizen kan demensie baie swaar wees vir gesinne, en wanneer 'n geliefde vir die eerste keer gediagnoseer word, is dit nie altyd maklik om te voorsien watter kognitiewe en fisieke veranderings in later jare met die toestand gepaard sal gaan nie.

"Daarom vind die meeste persone by wie vroeë demensie gediagnoseer word, dat dit help om saam met hul gesinne vooruit te beplan om die impak wat die toestand vorentoe op al die betrokkenes sal hê, tot die minimum te beperk," sê hy.

"Hoewel die diagnose van demensie moontlik geassosieer word met 'n beperking van die persoon se vermoë om self keuses te maak, kan 'n proaktiewe en ingeligte benadering terwyl hulle dit wel nog kan doen, geweldig baie vir daardie persoon beteken."

Oosthuizen sê vroeë beplanning stel die persoon met demensie in staat om duidelik sy of haar wense ten opsigte van toekomstige sorg uit te spreek en betyds die nodige regs-, finansiële en ander besluite te neem voordat die toestand ver vorder.

Oosthuizen beveel aan dat persone by wie demensie gediagnoseer is, aan die volgende aspekte aandag gee wanneer hulle vooruit beplan: gesondheid en langtermynsorg, regsaspekte en geldsake en eiendom.

Ondersteuningsgroepe

"Livewell hou gratis maandelikse ondersteuningsgroepsessies waar mense by ons spanne advies en hulp kan kry met hul beplanning, en ook ondersteuning kan kry van ander wat soortgelyke uitdagings die hoof moet bied," beklemtoon Oosthuizen.

"Demensie is 'n groot oorsaak van ongeskiktheid en afhanklikheid onder ouer mense in Suid-Afrika en het 'n groot impak – nie net op die persoon en die gesin nie, maar ook op die breë gemeenskap en die ekonomie," sê Oosthuizen.

Uitgereik deur Martina Nicholson Associates (MNA) namens Livewell, Februarie 2018

Excited trail runners in action at the 2017 FNB Platinum Trail Run.
Photo Credit: David Tarpey

Magalies Monster and FNB Trail Run entries open!

Buffelspoort – Taking place at the ATKV Buffelspoort on Saturday, 2 and Sunday, 3 June, entries are officially open for the 16th annual FNB Magalies Monster MTB Classic and the 6th annual FNB Platinum Trail Run.

"The FNB Magalies Monster MTB Classic and the FNB Platinum Trail Run provide adventurous families with the ideal mid-year breakaway," says Michael Meyer, managing director of Stillwater Sports.

For more information on the FNB Magalies Monster MTB Classic or FNB Platinum Trail Run contact Stillwater Sports on 082-991 0045 or email entries@stillwatersports.com.

Rustenburg Local Municipality

THE RUSTENBURG LOCAL MUNICIPALITY HEREBY NOTIFIES THE COMMUNITIES WITHIN ITS JURISDICTION OF THE TOWN PLANNING COMPLIANCE PROCESSES

THINKING ABOUT RUNNING A BUSINESS

Do you know what your property rights are, as well as what uses, and activities are permissible on your property? Running a business from the comfort of your home within the Rustenburg Municipal area without the Municipality's permission against the law may lead to you being prosecuted.

Development Planning together with Law Enforcement Units are clamping down on illegal land users to ensure law breakers are brought to book. Members of the public and neighbours are encouraged to anonymously report suspected incidents of illegal operations to the Municipality. These will be followed up and appropriate legal action taken.

It is the duty of the Unit Development Planning to protect the rights of residents and home owners and to promote order and amenity in the built environment. Whether you are an entrepreneur or a concerned citizen you need to know what activities are allowed /permitted in your property.

The Development Planning Unit is on hand to inter alia advise and assist you with your concerns and/ or complaints, as well as advise on how to legally establish and operate your business. This includes what procedures need to be followed to possibly legalize your operation and avoid prosecution. This office therefore has dedicated and qualified staff that can assist with planning enquiries or any other related matters. Please call the Municipality to report land use contravention and obtain planning information and assistance on the following numbers:

CONTACT NUMBERS: Admin Office: 014 590 3083/74 | Town Planning: 014 590 3664/084 | Town Planning Inspectors: 014 590 3598/32

Alternatively, enquiries can be made at the Rustenburg Local Municipality; 3rd floor, Missionary Mpheni House, Directorate Planning and Human Settlement

APPROVED/NOT APPROVED
MUNICIPAL MANAGER - Ms. N S SITHOLE

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Support Janine Boyce

Janine Boyce

Rustenburg – Rustenburg's very own Janine Boyce was recently selected as a finalist for the prestigious Toddler &Tween of the World 2018 pageant.

This 12-year old girl and only representative from the North West province in her age category, has already clenched the title as Miss Kind hearted winner 2018, despite only doing modelling for the past year.

Part of her challenges for the title of Miss Toddler & Tween World 2018 is to procure sponsorships and create food parcels for less fortunate individuals such as children's homes and the SPCA. She needs your help!

Show your support by sending an SMS TTWORLD 159 to 47439 (R3 / sms) or sponsor a care package for the less fortunate. For more information contact Taryn on 084-407 9230.