

Abantu elizweni lonke abanolwelwe bengqondo	Iqondo lokusebenza kwengqondo	Ukumelana nesimo	Ubulwelwe obugqibeleleyo
Bangumlinganiso ongamashumi asibhozo aneshilani ekhulwini (85%)	IQ 50 – 69	<ul style="list-style-type: none"> Ukusilela ekukhuleni ngamabakala okukhula Uyakwazi ukunxibelelana nabanye. Angakufunda ukwenza imisetyenzana elula. Angakwazi ukufunda ukusebenzisa ikompyuta kumgangatho womntwana oneminyaka eli-9 nokuya kwi-11. Angasebenza kodwa uyayidinga inkxaso. 	Balinganiselwa ekubeni mnye babini ekhulwini (1 – 2%)
Ubulwelwe obukwiqondo eliphakathi	IQ 35 – 49	<ul style="list-style-type: none"> Ufikelela kade kumabakala okukhula esijonga ngawo ukukhula komntu. Uyakwazi ukunxibelelana nabantu esebenzisa izivakalisi ezilula. Uyasokola kakhulu ukufunda nokulandelelana iingcinga zakhe ngendlela. Angakwazi ukufunda nokubhala amagama ambalwa. Abantu abadala bayaludinga uncedo kodwa uncedo oludingekayo luyahluka kubantu ngabantu ukuze bakwazi ukuziphilela. 	IQ 20 – 34
Ubulwelwe obumandundu		<ul style="list-style-type: none"> Ufikelela kade kumabakala okukhula esijonga ngawo ukukhula komntu. Uyakwazi ukunxibelelana nabantu esebenzisa izivakalisi ezilula. Uyasokola kakhulu ukufunda nokulandelelana iingcinga zakhe ngendlela. Angakwazi ukufunda nokubhala amagama ambalwa. Abantu abadala bayaludinga uncedo kodwa uncedo oludingekayo luyahluka kubantu ngabantu ukuze bakwazi ukuziphilela. 	Bangumlinganiso osisithathu ukuya kwisine nje ekhulwini (3 – 4%)
		<ul style="list-style-type: none"> Ufikelela kade kumabakala okukhula esijonga ngawo ukukhula komntu. Uyakwazi ukunxibelelana nabantu esebenzisa izivakalisi ezilula. Uyasokola kakhulu ukufunda nokulandelelana iingcinga zakhe ngendlela. Angakwazi ukufunda nokubhala amagama ambalwa. Abantu abadala bayaludinga uncedo kodwa uncedo oludingekayo luyahluka kubantu ngabantu ukuze bakwazi ukuziphilela. 	IQ ngaphantsi kwama20
		<ul style="list-style-type: none"> Ufikelela kade kumabakala okukhula esijonga ngawo ukukhula komntu. Uyakwazi ukunxibelelana nabantu esebenzisa izivakalisi ezilula. Uyasokola kakhulu ukufunda nokulandelelana iingcinga zakhe ngendlela. Angakwazi ukufunda nokubhala amagama ambalwa. Abantu abadala bayaludinga uncedo kodwa uncedo oludingekayo luyahluka kubantu ngabantu ukuze bakwazi ukuziphilela. 	<ul style="list-style-type: none"> Akakwazi ukuzinakekela konke konke, nokuthetha kunzima mpela. Akaluqondi uvakalelo lwabantu. Ukuxhuzula, ubulwelwe ngomzimba nokuba nobom obufutshane ziqhelekile kule meko. Ukukhula kwakhe kulinganiselwa kumntana oneminyaka engaphantsi kwesithathu.

Lufumaneka nini, phi, uncedo?

Ukuba ukrokrela ukuba isantya sokukhula somntwana wakho asikho mgangathweni funa uncedo kwangoko. Thetha nomongikazi okanye ugqirha kwikliniki ekufutshane nawe, ukuze umntwana ahlolwe mhlawumbi athunyelwe kwikliniki yokukhula kwabantwana. Ukuba umntwana seleqalile esikolweni mhlawumbi esabaqalayo okanye kumabanga aphantsi thetha notitshala womntwana okanye utitshala omkhulu ukuze kubonwe icebo lokuncedisa umntwana wakho akhule ngendlela eyiyo nangesantya esisiso.



Ubulwelwe ngengqondo bubulwelwe obungaswanga so, ze bungahoyeki eMzantsi Afrika. IQumrhu elijongene nobulwelwe ngengqondo eNtshona Koloni (Western Cape Forum for Intellectual Disability) oko laqalwa ngonyaka we-1971, lidlale indima enkulu ekuphuhliseni ubuchule, ulwazi nenkqubela kumalungelo abo banobulwelwe ngengqondo.

Information adapted from Adnams C and Johns R (eds). *Understanding Intellectual Disability* (WCFID, 2016)

With special thanks to Professor Sharon Kleintjes, Vera Grover Chair of Intellectual Disability, University of Cape Town and Department of Health, Western Cape Government

Translation by Professor Thobeka Mda, Dean, Faculty of Education, Cape Peninsula University of Technology

Xhumana naba iqumrhu le ntshona koloni lokhubazeko ngengqondo



021 510 4686



021 510 4687



info@wcfid.co.za



www.wcfid.co.za



www.facebook.com/wcfid

This pamphlet is also available in English and Afrikaans



Visit the National Lotteries Commission website to find out about other projects supported by the NLC. www.nicsa.org.za



ULWAZI NGOBULWELWE NGENGOQONDO/NGENGOQO

Intshayelelo – Umphandle wencwadana

Ubulwelwe ngengqondo bubizwa ngeendlela ngeendlela, ikakhulu ukungemi kakuhle engqondweni, okanye ukungabi nangqondo. Eli gatyana “ubulwelwe ngengqondo” lisikhumbuza ukuba phantsi komthetho wehlabathi nowoMzantsi Afrika, bonke abantu, kuquka nabo bagokekileyo, banelungelo lokuphathwa ngesidima, baxhaswe, ukuze bathathe inxaxheba kuwo wonke amasebe obom, bafikelele kwiinkonzo zempilo, imfundo, ingqesho, nasekuhlaleni. Kubalulekile ngoko ukuba abantwana abanolwelwe bengqondo baxhaswe kwangoko ukuze bakhule ngendlela eyiyo, bakwazi ukuba ngamalungu apheleleyo entlalweni.

Yintoni ubulwelwe ngengqondo?

Ubulwelwe ngengqondo bunefuthe ekukhuleni komntwana, buqala phambi kokuba umntwana afike kwiminyaka eli-18, buqhubeka nasemva koko. Buchaphazela ubuchopho, nesimo somzimba.

Ubulwelwe ngengqondo benza ukuba abantwana bacotho ukukhula xa bethelekiswa neentanga zabo, ngezi ndlela:

- Ukusebenzisa ingqiqo:** Bayasilela ekufundeni, ekusombululeni iingxaki, ukuqinisa, nokuqonda iimeko zentlalo xa bethelekiswa neentanga zabo.
- Ukumelana neemeko okuzo:** Bayasilela kwiintanga zabo ekufundeni iindlela zokuziphatha nokuzixhobisa kwiimeko zokuphila.

lindlela ezibalulekileyo zokukwazi ukumelana nemeko okuyo ziquka ukukwazi ukuzimela (umz. Ukuzityisa, ukuya ngasese, ukunxiba,) nokwazi ukwenza imisebenzi yekhaya, uqhagamshelwano (ukufunda ukuthetha, ukuqonda okuthethwayo nokukwazi ukuphendula), ukuhlalisana nabanye (indlela yokuziphatha xa unezihlobo, kwizizalwane, kunye nabanye abantu), kwakunye nobuchule nobuchwepheshe emfundweni, emsebenzini, nezinye iindlela jikelele zokuphila ngokuzimela nangokuncedisana nabanye njengomntu omdala.

Bubangelwa yintoni ubulwelwe ngengqondo?

Baninzi oonobangela bobulwelwe bengqondo. Abona nobangela baxhaphakileyo ngaba:

1. Oonobangela phambi kokuba umntwana azalwe



- limeko zofuzo nezinye izigulo ezinjengezi: iindidi ngeendidi zesindromu (syndromes) (Down – isigulo esichaphazela ingqondo esiye sibonakale nakwinkangeleko yobuso yomntu onaso – ubuso obubanzi obubujikeka; Fragile X – isigulo sengqondo umntu onaso uthetha kade, asoloko exhalabile, asoloko enentshukumo angahlaliseki phantsi, uye abe neendlebe ezinkulu nobuso obude; Prader-Willi – umntu onesi sigulo uzalwa enezihlunu zomzimba ezibuthathaka kube nzima esemngumntwana ukuzityisa. Eyona nto iphambili kwaba bantu kukusoloko belambile ibenze basoloko besitya baze batyebe ngokugqithisileyo; Rett – esi sigulo sesamantombazana kuphela; baqala bakhule kakuhle kodwa phambi kokugqiba iminyaka emibini baye becotha ukukhula, kube nzima ukusebenzisa izandla nokuma, intloko ingakhuli njengamanye amalungu omzimba, ibe ncinci; Turner – sisigulo kumantombazana esichaphazela isibeleko, senze ukuba intombazana icotha ukukhula amalungu esini namabakala obuntombi)
- lingxaki ekukhuleni kobuchopho nokukhula kosana kwisibeleko
- Ukufunyanwa ziityhefu ezikumama (umz. ukutshaya, ukusela iziselo ezinxilisayo, nokusebenzisa iziyobisi ngexa umama esakhulelwe)
- Ukosulelwa (umz. yimasisi)
- Impilo kamama engentle ngexa akhulelweyo (umz. onesifo ugawulayo, ukungaty kakuhle)

Kubalulekile ngoko ukuba abantwana abanobulwelwe bengqondo baxhaswe kwangoko ukuze bakhule ngendlela eyiyo, bakwazi ukuba ngamalungu apheleleyo entlalweni.

2. Oonobangela ngexa umntwana ezalwa



- Ukuzalwa phambi kweenyanga ezilithoba umntwana engekaphuhli ngokugqibeleleyo (umz. intliziyo okanye imiphunga engagqibanga ukukhula)
- Ukwenzakala ngexesha lokuzalwa okanye ukungahambi kakuhle kobekeko
- Impilo eyonakala emva kokuzalwa (umz. ijondisi ukugula yinyongo)

3. Oonobangela ngexesha lobuntwana



- Ukonzakala entloko nasebuchotsheni (umz. kwingozi yesithuthi)
- Izifo ezosulelayo zabantwana (umz. udumbo–nwebu yobuchopho)
- Izifo zokuwa ezifana nokuxhuzula
- Ukungaty ngendlela eyiyo okanye ukutya okufaneleyo (umz. iingxaki ekutyisweni okanye ukungondleki)

4. Oonobangela bemichiza nezentlalo



- Ukungenwa zizibi/ziityhefu emzimbeni ezinjengeziselo ezinxilisayo, ilidi (lead) nemetyhuri
- Intlupheko (ukuzalwa emncinci kakhulu okanye ekhaphukhaphu nesondlo esingafanelekileyo)
- Ukwenzakala kwisiganeko esibuhlungu entloko okanye entliziyweni okanye ngobudlova
- Ukunqaba kwamathuba okusebenzisa ingqondo ukuqiqa, namathuba okufumana indlela zokufunda

Ubulwelwe ngengqondo buxilongwa kanjani?

lindlela zokusebenza kwengqondo nokukwazi ukumelana neemeko ziyahluka kumntu ngamnye.

Ukusebenza kwengqondo kuxilongwa ngeendlela zokuvavanya umgangatho wokucinga (IQ thesti) amanqaku awamkelekileyo ngalikhulu (100), (umntu okhule ngokupheleleyo, onengqondo esebenza kakuhle, ufanele afumane amanqaku aphakathi kwama-85 ne-115, kanti abo abanobulwelwe bengqondo bafumana amanqaku angaphantsi kwe-70).

limvavanyo ngokulungela iimeko nezimo ongakuzo zivavanya ukuba nazo izixhobo zomqondo, zasekuhlaleni, nokuzenzela izinto zokuphila kwiindawo ohlala kuzo.

Zombini ezi ndlela zovavanyo ziyanceda ukukhangela iindlela zokuxhasa umntwana, ulutsha okanye umntu omdala onobulwelwe bengqondo, ukuze akhule aziphilele, aphuhlise intlalo yakhe kangangoko anako. Abo ubulwelwe babo bengqondo bukhulu kakhulu badinga uncedo olungamandla kunabo ubulwelwe bukwinqondo eliphantsi.

Amabakala obulwelwe akumanqwanqwa amane: ubulwelwe ngengqondo obukwiqondo elisezantsi; ubulwelwe ngengqondo obukwiqondo eliphakathi; ubulwelwe ngengqondo obumandundu; nobulwelwe ngengqondo obugqibeleleyo.



Abantu abanokukhubazeka engqondweni banelungelo lofikelelo kwiinkonzo ezifanayo njengabanye abantu xa bebonke.