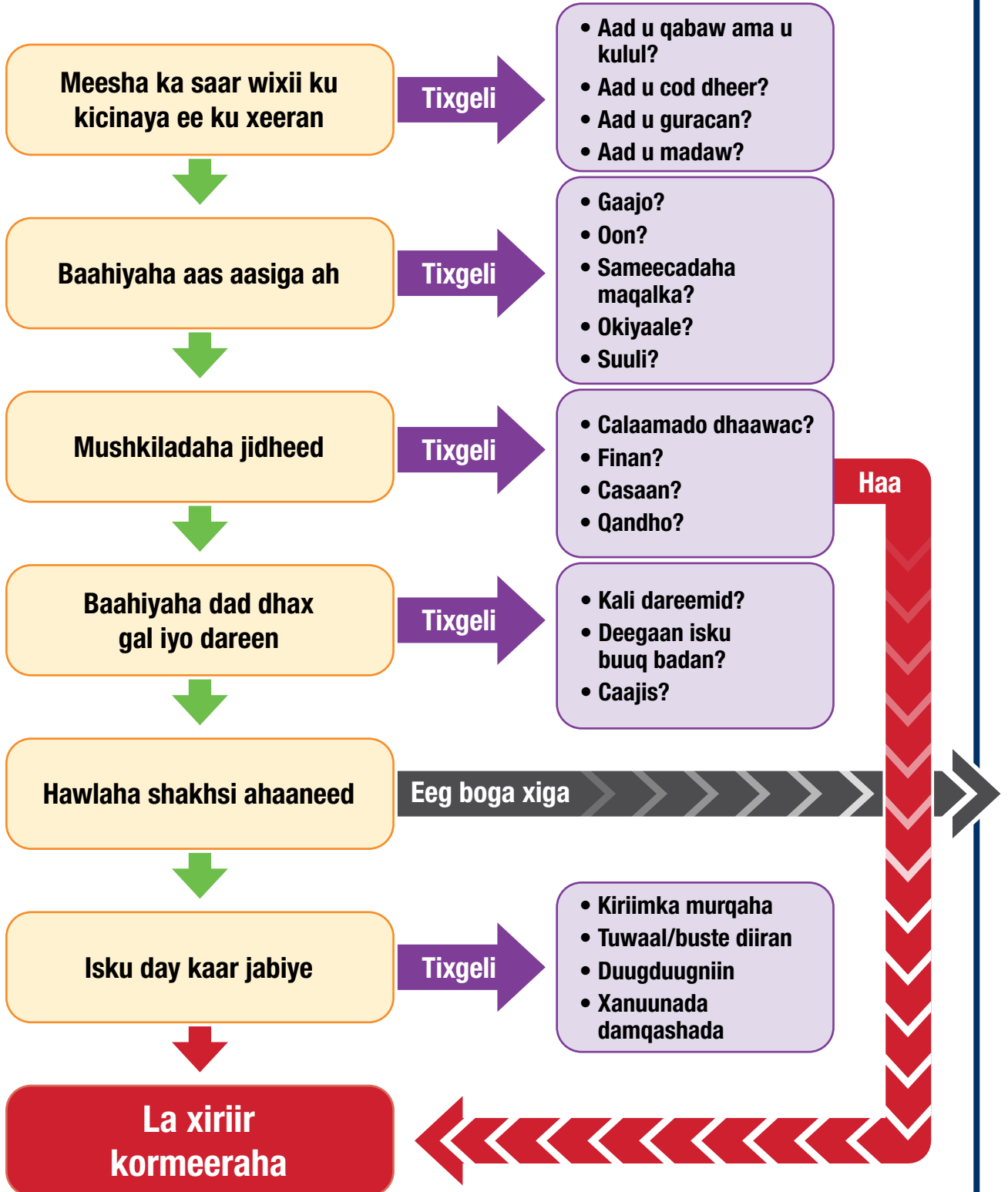


Is deji oo deji qofkana.



SPADO

Maamulida Dhibsashada Dhexe ee Xanuunka Waalida Bilaa Dawooyin

Khayraad dheeraad ah



Cida Garansaarka Lala Leeyahay ee Daryeelka Oregon

<https://oregoncarepartners.com/classes/family-caregivers/>



Iskaashiga Daryeelaha Qoyska

<https://www.caregiver.org/caregiver-resources/caring-for-another/>



Qaabka Wanaagsan ee Teepa Snow ee Daryeelka

<https://www.youtube.com/user/teepasnow/playlists>



Ururka Xanuunka Dhimirka

<https://www.alz.org/help-support/caregiving/stages-behaviors/anxiety-agitation>



Xiriirka ilaha Waayeelka iyo Naafada ee Oregon

<https://www.adrcforegon.org/consite/explore-alzheimers-disease-and-related-dementias.php>



Hay'ada Maraykanka ee Xanuunka Dhimirka

<https://alzfdn.org/caregiving-resources/webinars-support-groups/>

Hawlaha shakhsi ahaaneed

Ku salaysan rabitaanka iyo awoodaha shakhsi ahaaneed

Ku hees ama tun hees aad taqaano.

Ku maaxinta dareenka dhadhanka cunto la yaqaan (shaglaydh, toon, mastardhi, qorofal, bun, iwm.).

Laydhadka xiisaga leh: laambadaha lava, laydhadka bidhbidhleeya, tuunbooyinka shidma.

Bustayaasha hunka ah, caruusado, ama shaxda.



U duugid dhabarka ama gacanta ee jilicsan.

Hawlaha banaanka: lugayn, fadhi, wax beerid.

Hawlaha bulshada sida booqashada qaraabada ama la ciyaarida xayawaan nool ama roobood ah.

Hawlaha la jiheeyay: geemam, laalaabida tuwaalada, xujada, cajiinta ciyaarta.