



# UMQULU WOKUSIZA ABANE- AUTISM

UMHLAHLANDLELA  
WOKUNAKEKELA ABANE-  
AUTISM

VANDERBILT CONSORTIUM LEND



Inhloso yalomqulu ukunikeza abanakekeli bezingane ezisencane imininingwane emayelana ne-autism spectrum disorder. Lo mqulu uchaza ukuthi iyini i-autism, uchaze nezenzo noma izimpawu ezingabhekwa ezinganeni, nalokho abanakekeli abangakwenza uma kukhona okubakhathazayo. Lomqulu ugxile ezinganeni, kodwa i-autism uyibuka njengokwehluka kwengqondo, impilo yayo yonke.

LE PHROJEKTHI ISEKELWA YI-  
HEALTH RESOURCES AND  
SERVICES ADMINISTRATION  
(HRSA) YE-U.S. DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
(HHS) NGAPHANSI KWENOMBOLO  
YESIBONELELO ETHI  
T73MC30767, VANDERBILT  
CONSORTIUM LEND. LE  
MINININGWANE NOMA  
OKUQUKETHWE KANYE  
NEZIPHETHO  
KUNGOKWABABHALI FUTHI  
AKUFANELE KUBHEKWE  
NJENGOKUSEMTHETHWENI NOMA  
NJENGENQUBOMGOMO, FUTHI  
AKUKHO ZINCOMO OKUMELWE  
ZIBHEKWE NJENGEZIGUNYAZWE  
YI-HRSA,  
I-HHS NOMA UHULUMENI WASE-  
US.

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## IYINI I-AUTISM?

**I-AUTISM NE-AUTISM SPECTRUM DISORDER (ASD) AMAGAMA AVAMILE EQEMBU LEZIFO EZIBUCAYI ZOMQONDO OSAKHULA.**

Izimpawu ze-autism zibonakala kwingane isencane. Izingane nabantu abadala abane-autism bakuthola kunzima ukuxoxa/ukuxhumana nabanye abantu futhi bathanda into eyodwa noma ukwenza into eyodwa ngendlela efanayo noma ngokuphindaphindiwe.

### *I-autism inhlobonhlobo.*

- I-autism iyisifo “esinhlobonhlobo” ngoba izimpawu ze-autism ziyahluka kubantu abahlukahlukene.
- Abantu abane-autism bangaba nezimpawu ezihlukahlukene kusuka kwezingezimbi kakhulu kuya kwezimbi kakhulu.
- Umuntu ngamunye unamakhono nezinsalelo ezahlukahlukene.
- Izingane nabantu abadala abane-autism banamakhono ahlukahlukene futhi balandela imizila ehlukahlukene yokukhula.

# OKUMELWE KUBHEKWE

Ngezansi kunezibonelo zezenzo ongazibheka uma ukhathazeke nge-autism. Kubalulekile ukuqaphela ukuthi ingane ebonisa izimpawu eziyisixwayiso ingase ingahlangabezani nezimfuneko zokuhlahlwa kwe-autism.

## AMAKHONO OKUXHUMANA NOKUSEBENZISANA NABANYE

- Lapho inezinyanga eziyisishiyagalolunye ubudala, ayisabeli lapho othile ebiza igama layo
- Lapho inezinyanga eziyisishiyagalolunye ubudala, isimo sayo sobuso asiyibonisi imizwa, enjengokujabula, ukudabuka noma ukumangala
- Lapho inezinyanga eziyishumi nambili ubudala ayiyidlali imidlalo elula ehilelayo, enjengomacashelana.
- Lapho inezinyanga eziyishumi nambili ubudala, ayizishukumisi izandla lapho ikhuluma njengokuvayiza lapho ithi bhabhayi
- Lapho inezinyanga eziyishumi nanhlano ubudala, ayibonisi ukuthi ithandani, njengokubonisa umnakekeli ithoyizi elithandayo
- Lapho inezinyanga eziyishumi nesishiyagalombili ubudala, ayikhombi ngomunwe
- Lapho inezinyanga eziyishumi nesishiyagalombili ubudala, ayikubuki okuthile okukhonjwa umnakekeli
- Lapho inezinyanga ezingamashumi amabili nane ubudala, ayiqapheli lapho abanye belimele noma bedangele
- Lapho inezinyanga ezingamashumi amathathu ubudala, ayidlali umdlalo wokulingisa njengokufunza unodoli
- Lapho inezinyanga ezingamashumi amathathu nesithupha ubudala, ikuthola kunzima ukuqonda indlela abanye abazizwa ngayo kanye/noma indlela yona ezizwa ngayo
- Lapho inezinyanga ezingamashumi ayisithupha ubudala, ayithandi ukudlala nezinye izingane, ithanda ukudlala yodwa

## UKUTHANDA INTO EYODWA NOMA UKWENZA INTO EYODWA NGENDLELA EFANAYO NOMA NGOKUPHINDAPHINDIWE

- Ibeka amathoyizi noma ezinye izinto zibe umugqa futhi iyacasuka lapho omunye umuntu ekushintsha lokho
- Lphinda ingzenya yezinto ezishiwo omenye umuntu
- Idlala ngamathoyizi ngendlela efanayo njalo
- Igxila ezingxenyeni ezithile zezinto noma zamathoyizi, njengokujikelezisa amasondo emoto eyithoyizi esikhundleni sokuhambisa imoto eyithoyizi phansi
- Iyacasuka lapho kwenziwa ushintsho oluncane, njengokushintshwa kohlelo losuku noma ukuya endaweni entsha
- Inezinto ezithile ezithanda kakhulu
- Kumelwe ilandelele izinqubo ezithile zokwenza izinto
- Ishaya izandla, inyakazisa umzimba, noma ijikezele ndawonye
- Isabela ngendlela engavamile endleleni izinto ezizwakala ngayo, ezinuka ngayo, ezinambitheka ngayo, ezibukeka ngayo noma ezizwakalayo ngayo lapho zithintwa
- Ayibonisi ukuthi izwa ubuhlungu ngisho nalapho ilimala

## EZINYE IZIMPAWU

- Lyaphuza ukukhuluma kunezingane ezilingana nayo
- Ziyephuza ukuqala ukuhamba kunezinye izingane ezilingana nazo
- Ifunda kanzima
- Inenkinga yokunaka nokulalela
- Idla izinhlobo ezimbalwa zokudla kuphela
- Imikhuba yokulala engavamile

# UKUXHUMANA NABANE-AUTISM

Abanakekeli bayazi kangcono ingane yabo, futhi bangabantu abafaneleka kangcono ekwesekeni futhi basize ingane yabo. Ngezansi kunezindlela eziqondile ezingasiza abanakekeli baqhubeke beseke futhi besiza ingane yabo ene-autism.

<b>INTO ENZIMA ENGANENI:</b>	<b>LOKHO ONGAKWENZA:</b>
<b>Amakhono okuxhumana ngaphandle kokukhuluma (ukushumisa izandla, ukunyazisa umzimba, ukunyakazisa ubuso, imizwelo)</b>	<ul style="list-style-type: none"> <li>• Khuthaza ingane yakho ukuba ilingise ukushukuma kwezandla zakho ukuze isho ekufunayo nekudingayo, njengokukhomba into ethile.</li> <li>• Yincome ingane lapho isebenzisa ukuxhumana ngaphandle kokukhuluma.</li> <li>• Chaza imizwelo ekuzhumaneni ukuze usize ingane yakho iqonde.</li> <li>• Hlobanisa ukushukumisa izandal namagama ukuze usize ingane yakho iqonde. Isibonelo ukunqekuzisa ikhanda lapho uthi yebo.</li> <li>• Bonana nongoti osiza ngezinkinga zokukhuluma ukuze uthole usizo olwengeziwe.</li> </ul>
<b>Ukufunda ulimi</b>	<ul style="list-style-type: none"> <li>• Funda nengane yakho. Lokhu kugqoguzela ukukhula kolimi.</li> <li>• Fundisa ingane yakho imisindo ehluahlukene yolimi noma yezilimi ezikhulunywa ekhaya.</li> <li>• Fundisa ingane yakho indlela enembile yokuphimsela amagama.</li> <li>• Fundisa ingane yakho indlela yokwakha imisho. Yifundise imithetho yendlela amagama ahlelwa ngayo emushweni.</li> <li>• Yifundise amagama asohlelweni lolwimi futhi usebenzise izithombe noma izinto.</li> <li>• Cela ingane yakho ukuba ibize ixinoto ezibonayo ngamagama.</li> <li>• Phrakthiza usebenzisa ukuphakama nokwehla kwezwi lapho ukhuluma nengane yakho ukuze uveze umzwelo.</li> <li>• Khuluma uma ugeza, ufunza futhi ugqokisa ingane yakho. Khuluma ngalokho okwenzayo, lapho oya khona, lokho ozokwenza lapho ufika lapho uya khona, nokuthi uzobona bani futhi ubone nani.</li> <li>• Nikeza ingane yakho amathuba okukuphendula.</li> <li>• Tshela ingane yakho ukuthi sekuyithuba layo.</li> <li>• Yenezela emagameni asetshenziswa ingane yakho. Ngokwesibonelo, uma ingane yakho ithi "Inja," yenezela ngokuthi "Ubonainja ensundu."</li> <li>• Phinda lokho okushiwo ingane yakho ukuze ubonise ukuthi uyakuqonda ekushoyo.</li> </ul>
<b>Ukuqonda izifengo</b>	<ul style="list-style-type: none"> <li>• Fundisa ingane yakho ngokuthi ununtu uyisebenzisa nini inkulumo ehlukelele ukuze akhulume akuqondile. Ngokwesibonelo, "likhipha umkhovu etsheni" okusho ukuthi "kushisa kakhulu." Zijwayeze ukusebenzisa izibonelo ekhaya</li> </ul>

# IZENZO ZABANE-AUTISM

INTO ENZIMA ENGANENI:	LOKHO ONGAKWENZA:
<b>Ukuhlala uzolile</b>	<ul style="list-style-type: none"> <li>• Qondisa esenzweni esiphephile. Ngokwesibonelo, uma ingane yakho iluma izandla zayo, yinikeze into ephephile engayihlafuna.</li> <li>• Cabanga ngalokho ongakwenza ngaphambi kokuba isenzo siqale ukuze unciphise ithuba lokuthi senzeke. Ungakwazi yini: <ul style="list-style-type: none"> <li>◦ Ukusuka endaweni enomsindo kakhulu noma ekhungathekisayo?</li> <li>◦ Ukusebenzisa amagama, izimpawu noma enye indlela yokuxhumana ukuze usho ukuthi badinga ikhefu?</li> </ul> </li> <li>• Ezinye izenzo aziphephile enganeni futhi ingane ayikuqapheli lokho. Ungakwazi yini: <ul style="list-style-type: none"> <li>◦ Ukushintsha indlela osho ngayo izinto noma indlela osabela ngayo?</li> <li>◦ Ukusebenzisa izinsizakufunda eziyisithombe noma imisindo?</li> <li>◦ Ukushintsha ukulandelana kwezizakalo noma ukwenza imisebenzi isikhathi esifushane?</li> <li>◦ Ukusebenzisa okunemikhono emide, amagilavu, imiqamelo, njll., ukuze usize ingane yakho ihlale iphephile ngisho yenza lezo zenzo?</li> <li>◦ Ukususa noma yiziphi izinto ezingaba yingozi endaweni ingane engafinyelela kuyo?</li> <li>◦ Ukucabanga ngalokho okubangela ukuba ingane icasuke? Noma ukucabanga ngalokho okwenzeka ngaphambi nje kokuba kwenzeka noma yisiphi isenzo esibonisa ukucasuka?</li> </ul> </li> </ul>
<b>Ukusuka komunye umsebenzi uye kolandelayo</b>	<ul style="list-style-type: none"> <li>• Nikeza ingane yakho isixwayiso ngaphambi kwesikhathi sokushintsha umsebenzi. Zama ukuthi “Sizoyeka ukudlala ngemva kwemizuzu engu-2.”</li> <li>• Sebenzisa izinsiza ezibonakalayo, njengohlelo lwezithombe noma okokubala isikhathi ukuze ingane yazi ukuthi yini ezokwenzeka ngokulandelayo.</li> <li>• Sebenzisa ibhodi elibonisa ukuthi kuzokwenzekani kuqala ngemva kwalokho kulandeleni. Ibhodi kufanele libonise isithombe sento engafiseleki bese silandelwa into ethandwa kakhulu. Ngokwesibonelo, isithombe sombhede, silandelwe isithombe sethoyizi. Lokhu kubonisa ukuthi okokuqala ingane kumele indlule umbhede wayo. Ngemva kwalokho, ingane ingadlala ngethoyizi layo.</li> </ul>
<b>Ukudla</b>	<ul style="list-style-type: none"> <li>• Injongo ukwenza ukudla kube yinto emnandi enganeni nasemndenini.</li> <li>• Lungiselela futhi upheke ukudla ndawonye nengane yakho.</li> <li>• Yidla ukudla okusha phambi kwengane yakho.</li> <li>• Klomelisa ingane yakho ngokuzama ukudla okusha.</li> <li>• Qala ngezinyathelo ezincane. Okokuqala, ithi ingane mayithinte futhi inambithe ukudla. Okulandelayo, ithi mayibeke ukudla ezindebeni zayo. Ngemva kwalokho ithi mayithinte ukudla ngolimi lwayo. Ngemva kwalokho ithi mayikulume kancane</li> </ul>
<b>Ukushintsha Kwenqubo</b>	<ul style="list-style-type: none"> <li>• Khuluma kusengaphambili nengane yakho ngokuphathelene noshintsho lwenqubo yayo ukuze uyilungiselele. Lokhu kuzosiza ingane ingacasuki.</li> <li>• Nikeza ingane yakho engakukhetha. Ivumele ukuba ikhethe phakathi kokudla okulula okubili, amathoyizi amabili, imisebenzi emibili, njll., lapho ufuna ukwenezela okuthile enqubweni/ohlelweni lwayo ukuze ikhethe efuna ukukwenza ngokulandelayo.</li> <li>• Sebenzisa uhlelo lwansuku zonke oluyisithombe</li> </ul>

# AMAKHONO OKUXHUMANA NOKUSEBENZISANA NABANYE KUBANTU ABANE-AUTISM

<p style="text-align: center;"><b>INTO ENZIMA ENGANENI:</b></p>	<p style="text-align: center;"><b>LOKHO ONGAKWENZA:</b></p>
<p><b>Ukukhuluma Nabanye</b></p>	<ul style="list-style-type: none"> <li>• Yiba nezinto ezibukwayo ezizosiza ingane yakho iprakthize amagama ezowasebenzisa engxoxweni. Kungaba yizithombe, imidwebo noma izinto ezibhaliwe.</li> <li>• Zijwayeze ukukhuluma ngesihloko esisodwa ngesikhathi ekhaya. Siza ingane yakho iqonde izinto ezihlobene noma ezingahlobene nesihloko okuxoxwa ngaso.</li> <li>• Zijwayeze ukushintshana, omunye alalele omunye akhulume</li> </ul>
<p><b>Ukudlala nabanye</b></p>	<ul style="list-style-type: none"> <li>• Khuthaza ingane yakho ukuba ibambe iqhaza ezintweni ezenziwa abanye ekhaya nangaphandle kwekhaya..</li> <li>• Hilileka ekudlaleni kwengane yakho nayo.</li> <li>• Qaphela izinto ezithandwa yingane yakho bese ubamba iqhaza ekwenzeni imisebenzi ezobandakanya lezizinto ezithandayo.</li> <li>• Yincome ingane yakho lapho idlala nabanye.</li> </ul>
<p><b>Ukuqonda imibono yabanye</b></p>	<ul style="list-style-type: none"> <li>• Fundisa ingane yakho ngendlela abanye abangase bazizwe ngayo ezimweni ezihlukahlukene.</li> <li>• Zijwayeze ukuqaphela isimo sobuso kanye nemizwa.</li> </ul>
<p><b>Ukuxoxa nabanye</b></p>	<ul style="list-style-type: none"> <li>• Xoxa ngezihloko nangezinto ezithandwa yingane.</li> <li>• Yenza amathuba okuxoxa nengane yakho, njengokuba nosuku lokudlala.</li> <li>• Buza imibuzo edinga izimpendulo nezicelo. Ngokwesibonelo, "Ingabe ufuna ukudlala ngalokhu noma ngalokhuya?" noma "Yimuphi umbala oyintandokazi?"</li> </ul>

# ONGAKWENZA UMA KUKHONA OKUKUKHATHAZAYO

Ukungenela nokusiza ingane ene-autism isencane kubalulekile. Ucwangingo lubonisa ukuthi ukuthola usizo zisezincane kuba nomthelela omuhle ezinganeni ezine-autism.

## UHLELO LOMPHAKATHI

- Ukuze uthole usizo ohlelweni lomphakathi, vakashela umtholampilo womphakathi ukuze ukhulume nodokotela.
- Kusukela lapho, cishe uzothunyelwa komunye umhlinzeki, ngokuvamile udokotela wezingane.
  - Uma ingane idinga ukuhlolwa okwengeziwe, ingase ithunyelwe kungoti. Ongoti laba bangase bahlanganise isazi sokusebenza kwengqondo, udokotela wengqondo, noma udokotela wokukhula kwezingane.
- Izingane okutholakale ukuthi zine-autism zifakwa ohlwini lwezingane ezine-autism ezilinde ukutholelwa isikole.

## UHLELO OLUZIMELE

- Lapho usohlelweni oluzimele, bonana nomhlinzeki wezempilo omthandayo. Lona kungase kube udokotela ovamile wengane yakho, udokotela wezingane, isazi sokusebenza kwengqondo, noma udokotela wengqondo..
- Uma uthanda, ungase ufune ukuhlolwa isisebenzi sezempilo noma ungoti osiza ngezinkinga zokukhuluma.
- Uma ingane yakho kutholakala ukuthi ine-autism, ungase ukhethhe ukujoyina uhlu lokulinda ukutholelwa isikole. Ungase uthumele ingane yakho esikoleni esizimele.



# EZINYE IZINSIZA

- **Autism South Africa** Inhlango eNingizimu Afrika egxile ekwamukelweni kwabantu abane-autism, ukubasekela, ukubakhulumela, nokwakha ubuhlobo nabanye.
  - <https://aut2know.co.za/>
- **Els for Autism, ikhasi le-Facebook laseNingizimu Afrika:** Inhlango egxile ekusekelweni nasekuqeqeshweni kwabanakekeli, esungulwe umdlali wegalofu u-Ernie Els
  - <https://www.facebook.com/ElsforAutismSA/>
- **Centre for Autism Research in Africa:** Uhlelo lokucwaningo oluzinze eNyuvesi yaseKapa olugxile ekufundiseni nasekuqeqesheni abanakekeli, ongoti, kanye namalungu omphakathi ukuba asekele abantu abane-autism kanye nemindeni yabo
  - <http://www.cara.uct.ac.za/>
- **Southern African Academy of Childhood Disability (SA-CHILD):** Inhlango egxile ekuthuthukiseni impilo nenhlalakahle yabantu abaphila nokukhubazeka
  - <https://www.sa-child.org/>
- **Isihloko esiku-Autism Parenting Magazine:** Isihloko esimayelana ne-autism nokusekela eNingizimu Afrika
  - <https://www.autismparentingmagazine.com/autism-support-south-africa/>

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