

# Fakailoaaga ke lata mo e gagao, Loto-nimo (dementia) mo e tau Lagomatai



Niue

## Fakaalofa lahi atu!

Ko e, laupepa fakailoaaga nai, ma lautolu kua tupetupe ha koe gagao Loto-nimo pokua manako ke iloa atu foki. Tata lahi e tau lagomatai. Finatu ke he [www.alzheimers.org.nz](http://www.alzheimers.org.nz) po ke vilo atu ke he 0800 004 001 ke lata ma e falu a fakailoaaga mo e tau lagomatai.

## Ko e heigoa e Loto-nimo?

Ko e Loto-nimo kua fakaaoga ke talahau-aki e lekua he manamanatuaga ha ko e hikihikiaga he tau puhala kua gahua ki ai e uho-ulu (brain) he tagata. Ko e gagao Alzheimers kua talahau lahi ko e taha vahega gagao Loto-nimo a ia.

Maeke, he ha tagata he tau tagata ke mouai he gagao Loto-nimo. Mafiti lahi e tau tagata momotua, fuakau ke moua e gagao Loto-nimo.

Ko e tau fakamailoga ke kitia lahi ki ai, ko e hikiaga he manamanatuaga, hikihikiaga he tau mena taute, hikihikiaga he tau tauteuteaga tino mo e logonaaga he loto manamanatu. Holo ki mua e lekua he tau fakamailoga nai maitua ke he hikihikiaga he Uho-ulu.

Kehekehe e gagao Loto-nimo he tau tagata – fakataitai-atu ke he mafiti he tau hikihikiaga he moui he tagata.

## Tau fakamailoga fakamua

To, uka ke kitia mo e mailoga e tau fakamailoga fakamua he gagao Loto-nimo Loga he tau gagao kehekehe ke kitia mai ai e tau fakamailoga he gagao Loto-nimo. Maeke falu he tau fakamailoga he gagao nai, ke tului. Mena haia, kua lata ia koe ke kitia fakamua e Ekekafo haau po ke taha tagata gahua malolō tino.

Moua mafiti e tului po ke lagomatai ke lata mo koe kaeke, kua iloa fakamua kua moua a koe he gagao Loto-nimo. To, moua e koe e tau lagomatai, tau fakailoaaga, tau tului mo e fai magaaho ke palana.

## To-tua e manamanatuaga latau-atu ke he galo e manamanatuga (Memory lapses versus Memory loss)

Mahuiga lahi ke iloa, ko e heigoa e gagao Loto-nimo po ke, nakai ko e gagao Loto-nimo Nimoia, ia tautolu loga e tau mena ka, momotua fakahaga e tau tino mo e tau momoui. Nakai pehē e mena ia, kua moua a tautolu he gagao Loto-nimo.

Ko e, tau fakataitai ke he tau fakamailoga gagao Loto-nimo kua maeke ke lauia ai e tau mena nai:

- Nakai, la leva ne moua he tau lekua e moui gahuahua
- Uka mo e vihu ke taute e tau gahua fa mahani ki ai tuga e, tunu-kai, totogi e tau kaitalofa po ke finatu ke fakatau ke he fale-koloa
- Uka, ke he fakaaogaaga he vagahau
- Uka, ke fifili po kua hepe e fifiliaga
- Hikihikiaga he tau mena taute mo e ita-vave/ita-fua

## Tau, gagao Loto-nimo kehekehe

Ua (2) la e vahega gagao Loto-nimo, kua ha hā iai:

- **Gagao Manamanatuaga**

Ko e gagao fa kitia mau e gagao Loto-nimo. Ua e mena ke tolu-aki (2/3) e puke tagata kua moua he gagao Loto-nimo hakoe tau-manamanatuaga kua gagao foki. Ko e, hikiaga he uho-ulu kua lauia ai e talaga-aga he tau koloa mahuiga mo e vihuvihu fano e tau koloa ne talaga-aki, kitia ai foki e memege uho-ulu po ke holo-talo.

- **Gagao Loto-nimo ke ua-aki**

Ko e faga gagao Loto-nimo ke ua-aki a nei kua iloa ki ai. Moua hakua nakai mitaki e utaaga he toto ke he uho-ulu. Kitia e tau fakamailoga ka mole-atu e moua e tagata he gagao stroke (mate taha faahi tino)

## Matutakiaga he tau magafaoa ke he gagao Loto-nimo

Falu vahega gagao Loto-nimo fai matutakiaga mo e tau magafaoa. Liga, taha e mena ke tolu aki (1/3) he tau tagata kua haha iai e tau fakamailoga gagao e tau manamanatuaga (Alzheimers) kua ha hā i ai e matutakiaga mo e tau lafu (tau mamatua, tehina po ke taokete, lafu mahakitaga) kua moua he gagao Loto-nimo. Ko e gagao Loto-nimo nakai ko e gagao pikitia, ti nakai pehē ko e gagao magafaoa.

Ka, fai manatu tuahā ko e fai he magafaoa kua moua he gagao loto-nimo, tutala atu ke he Ekekafo haau. Loga he tau tuluiaga maeke ke moua e to-tua he manamanatuaga (memory lapses) uka ke manamanatu, fakagogoā noa ni (confusion) mo e nimo e loto (forgetfulness).

## Tau fakailoaaga mo e tau lagomataiaga

Kaeke, kua tupetupe a koe po kua iloa e koe ko e fai tagata kua moua he gagao Loto-nimo, tutala ke he Ekekafo po ke taha Matakau gahua malolō tino.

Ka, iloa e koe kua moua a koe he gagao Loto-nimo, ha hā i ai e tau lagomatai. Ke he Faahi Alzheimers New Zealand, ha hā i ai loga e tau lagomatai ke lata mo e gagao Loto-nimo. Ko e tau lagomatai nai kua lauia ai e loga he tau huhū kua manako a koe ki ai.

Ko e tama pepa **About Dementia: A guide for people diagnosed with dementia** (hagaaō ke he Loto-nimo: Ko e Takitakiaga ma lautolu kua fuafua, kua moua he gagao Loto-nimo) kua talahau ai e tau fakailoaaga hagaaō ke he:

- Ko e, heigoa e Loto-nimo
- Tau, fakakiteaga fakamua mo e tau fuafuaaga
- Malolō he Uho-ulu mo e tau hagahaga-kelea ka moua mai ai
- Tau, lagomatai fefē kua ha hā i ai
- Palana ma e anoiha

### Translation

Te Pūtahi Whakawhiti Reo | The Translation Service  
Te Tari Taiwhenua | Department of Internal Affairs

### Translation Review Centre for Pacific Languages

Ko e lau-pepa fakailoaaga nai kua ha hā i ai e fakamaopoopoaga fakahiku ka e nakai ke hukui-aki e tau fakailoaaga pulotu kua fitā he iloa ki ai. Ko e, ha tagata kua moua he gagao Loto-nimo (kua, lauia ai e magafaoa mo lautolu kua foaki e tau lagomatai) kua lata ke kumi atu ke he tau hataki pulotu ma e ha lautolu a tau tutūaga taki-toko-taha. To, nakai agahala po ke fakahala e Faahi Alzheimers New Zealand kaeke kua fai hepe e tohiaga he tau fakailoaaga nai pokua nakai katoatoa hakoe mahani fakahanoa po kua nakai tokaga. Ko e, Lau-pepa fakailoaaga nai, kua tohia ai he tau 2023.

Finatu ke he [www.alzheimers.org.nz](http://www.alzheimers.org.nz) po ke vilo atu ke he **0800 004 001** ma e falu a fakailoaaga mo e tau lagomataiaga.