

URUGENDO RUTANGA ICYIZERE

URUGENDO RWA IRAGENA

IGITABO CYA

4



Niba uri umurwayi wa shizofereni, iki gitabo kizagufasha kwitegura urugendo rw'ubuzima bwawe bwose rwo gukira.

Kurikirana urugendo rwawe rwo gukira kugira ngo ugire ubuzima bwiza

Kubaho ubuzima bwawe ku rugero rwiza mu rugendo rwo gukira

Gushyiraho no kugera ku ntego z'ubuzima no gukira

MENYA ABAVUGWA

MU NKURU

Iki gitabo gikubiyemo inkuru ya Iragena, umugore ufite uburwayi bwa shizofereni*, n'urugendo rwe rwo gukira. **Inkuru ya Iragena ni impimbano**, ariko hari abantu benshi bafite uburwayi nk'ubwe.

JOHN

Umugabo wa Mitaako. John ni umucuruzi wo ku Muyumbu kandi akunda gusenga. Ahangayikishijwe n'uburwayi bwa Iragena.

IRAGENA

Umugore ufite uburwayi bwa shizofereni* utuye mu nkengero z'umugi mu bice byo ku Muyumbu. Ari mu myaka 30 kandi afite abana babiri. Afite intego zikomeye zo gukira kwe.

TWAHIRA

Nyina wa Iragena akaba n'umurwaza we w'ibanze. Ni umwarimu mwiza w'abakobwa be n'abuzukuru be. Ni umubyeyi wihangana kandi witonda.



MITAAKO

Murumuna wa Iragena akaba n'inshuti ye.

GATETE AND MUJA

Umukobwa muto n'umuhungu ba Iragena. Bahoze batewe ubwoba n'uko nyina ameze ariko bagenda bitoza kumwizera mu rugendo rwe rwo gukira.

DR. MIHIGO

Inzobere yita ku buzima bwo mu mutwe ikurikirana ubuzima bwo mu mutwe bwa Iragena. Akora ku bitaro byita ku buzima bwo mu mutwe, akaba agaragara mu nkuru atanga amakuru y'ingenzi ku ndwara ya shizofereni*.

Iyi ni yo salo nza gukoramo iminsi itatu mu cyumweru hano ku Muyumbu. Na mama akora aha. Ni we wanyigishije ibyo nzi gukora byose mu gutunganya imisatsi. Ndaza kumukwerekana mu kanya. Nkunda gukorana na mama kandi nkunda akazi kange.



Aha ni ho mba. Ni ryo cumbi ryange. Nta na kimwe gihenze, ariko ndahakunda.

Ntabwo maze igihe kinini nibana kandi niyitaho nita no kubana bange ngenyine nubwo ntari narigeze ntekereza ko byambaho.

Byose biterwa n'uko ndwaye shizofereni*.

Ubaye umeze nkange, urwaye shizofereni*, waba uzi uko iyi ndwara ikomeye.

Hashize imyaka myinshi mvuye shizofereni* mu bitaro byita ku buzima bwo mu mutwe.



Icyo gihe, namaze mu bitaro igihe k'ibyumweru bitandatu, navurwaga n'umuganga wita ku bantu cyane witwa Dr. Mihigo.



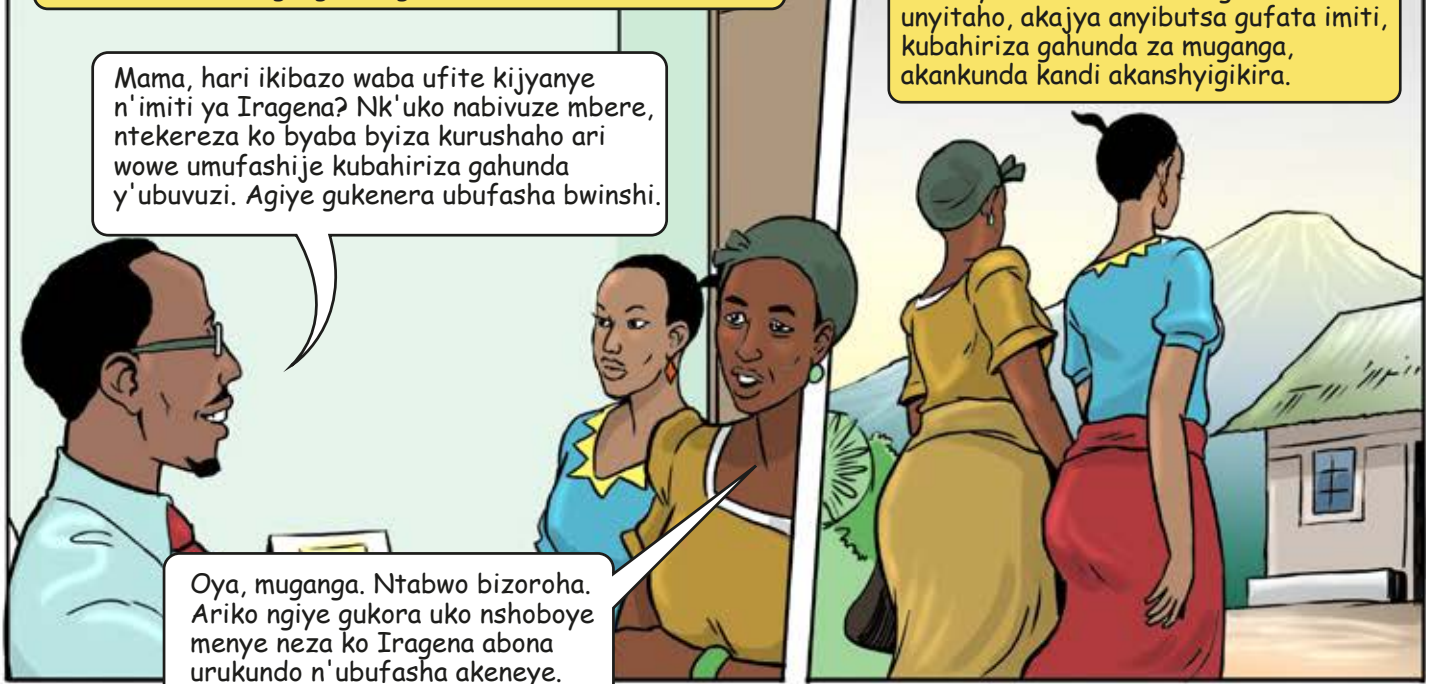
Byari uruhurirane rw'ibintu bibi byatumye bigera aha, ubwo nge na mama byarangiye dushatse ubuvuzi bw'ibimenyetso byange.



Mama, Imana imuhe umugisha! Yajyaga aza kundeba buri uko ashoboye, kandi tukagumana agategurana uburyo bw'ubuvuzi na muganga wange.

Mama, hari ikibazo waba ufite kijyanye n'imiti ya Iragena? Nk'uko nabivuze mbere, ntekereza ko byaba byiza kurushaho ari wowe umufashije kubahiriza gahunda y'ubuvuzi. Agiye gukenera ubufasha bwinshi.

Igihe nasubiraga mu rugo nyuma y'ibyo byumweru bitandatu, ikintu cya mbere namenye ni akamaro ko kugira umuntu unyitaho, akajya anyibutsa gufata imiti, kubahiriza gahunda za muganga, akankunda kandi akanshyigikira.



Oya, muganga. Ntabwo bitoroha. Ariko ngiye gukora uko nshoboye menye neza ko Iragena abona urukundo n'ubufasha akeneye.



Ubwo nari mu bitaro, umugabo wange yarahunze amaze kubwirwa n'umuryango we ngo "nasaze".

Birumvikana ko yari mama nange, n'ubundi bufasha buke bwavaga ahantu hatandukanye, no kuri murumuna wange.



Nagerageje kwizerera imbaraga n'intego nari nkeneye ngo niyiteho mu bana bange.

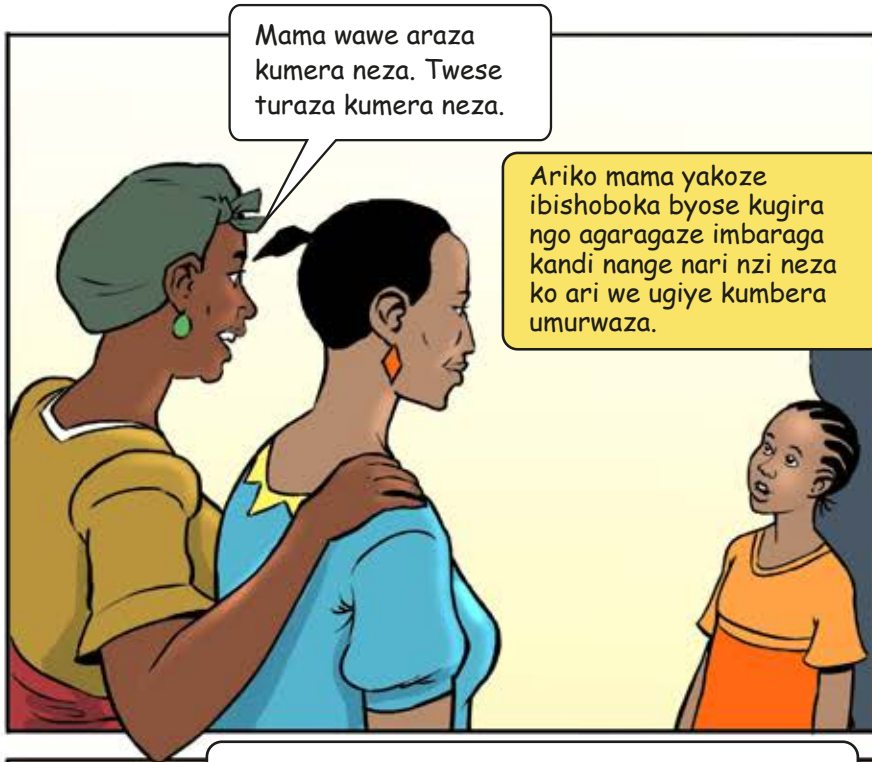


Nyamara nge na mama twarabikemuye, kuko twakurikije buri kimwe Dr. Mihigo yatubwiye gukora kandi twubahiriza ingengabihe yo gufatiraho imiti.



Mama, umeze neza koko?

Nari mbizi ko umuryango wange wagombaga kugira ubwoba kandi bakagira gushidikanya ku gukira kwange nyuma y'ibyo bari bamaze kunyuramo.



Mama wawe araza kumera neza. Twese turaza kumera neza.

Ariko mama yakoze ibishoboka byose kugira ngo agaragaze imbaraga kandi nange nari nzi neza ko ari we ugiye kumera umurwaza.



Nabange koroherwa nyuma yo kuvurwa ku nshuro ya mbere, maze mbasha no kugira uturimo duke two mu rugo nkora.



Iragena, niba bitakugoye, wagerageza kumesa uyu muni? No gukoropa birakenewe...

Yego, mama. Ndaza gukora uko nshoboye.

Yego, urebe ibyo ushoboye. Ngomba kujya ku kazi. Abana barasa n'aho bamaze gufata amafunguro mu rugo. Bityo, ndaza kuza nzanye ibya nimugoroba.

Nubwo byari byiza kuko nagendaga noroherwa buhoro buhoro, numvise nkomeje kwanga uburyo ndemerewemo maze nkifuza kuba nari nshoboye gukora ibirenzeho.

Murasa neza mwembi. Nimuze twinjire serivisi itaratangira.



Igihe nisangaga ntangiye kumva ndakaye, nageragezaga kwibanda ku bintu binzira ibyishimo...

Kujya gusenga, kumarana umwanya n'abana bange...

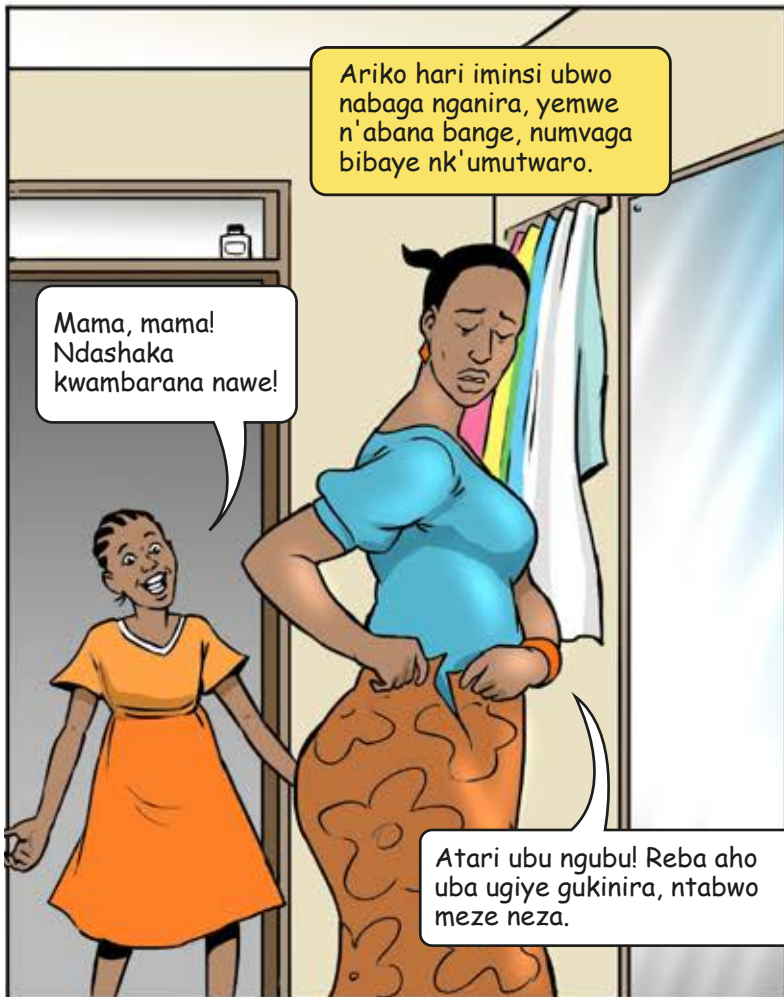


Reba nawe ukuntu aba bato biga kubyina!

Yego, umunsi umwe muzaba ibirangirire mwese!

Nibura rimwe mu cyumweru, murumuna wange yazanaga abana be maze tugakina twese.

Mu by'ukuri, natangiye kumva ibintu bisa n'ibyongeye kuba byiza.



Ariko hari iminsi ubwo nabaga nganira, yemwe n'abana bange, numvaga bibaye nk'umutwaro.

Mama, mama! Ndashaka kwambarana nawe!

Atari ubu ngubu! Reba aho uba ugiye gukinira, ntabwo meze neza.



Umwana, ha mama wawe umwanya. Ndaza dukine mu kanya.



Mama, nta mwenda wange ukinkwira!
Ndimo kugenda mbyibuha.

Icyo gihe sinari mbizi ariko imiti nafataga mu rwego rwo guhangana n'ibimenyetso yatumaga ngenda mbyibuha.

Kuri nge ntabwo utandukanye. Ariko murumuna wawe azajya guhaha ku isoko ejo. Kuki mutajyana ukareba imyambaro mishya?



Ni byo. Gusa ntunguwe n'ukuntu imyenda yange itakinkwira.



Iragena, nyamara uyu wari kukubera rwose.

Simbizi.



Gerageza uwambare turebe!

Ntureba se! Nari mbizi ko uza kukubera.
Urakubereye rwose!

Urabona mama wawe adasa neza?

Ariko umunsi umwe, twasubiye mu rugo
rwa Mitaako maze ibintu bihinduka bibi
cyane, ubwo twahuraga n'umugabo we,
John, wari umutegereje...



Nari ntangiye kumva meze neza ku
buryo najya mu bandi, by'umwihariko
bitewe no kubishishikarizwa na
murumuna wange.

Uraho neza! Ntabwo
nari niteze ko waba uri
mu rugo.

Abana, muge gukinira
hanze muduhe
akanya tuganire.



Hari ikibazo se?

Yego! Hari ikibazo rwose!

Birababaje cyane kuba
twaragize umusazi
w'umugore mu muryango.
Biranababaje kuba uzana
abana bacu mu rugo rwe buri
cyumweru.





Wa mwana we, iri si ikosa ryawe. Abantu benshi bizabagora gusobanukirwa uburwayi bwawe.

Wowe ubwawe ukwiye kwishimira aho ugeze kandi ukizera abantu bashobora kubona ko ukiri wowe. Wowe wa nyawe kandi mwiza.

Ndatekereza ko byaba ari uruhurirane rw'ingaruka mbi ziterwa n'imiti... kumva ndemerewe kandi ntifitiye ikizere... ariko kandi nkumva nshaka kwiyumvisha ko nakize...

... ko nta kibazo mfite nyuma y'uko ibimenyetso byange bitangiye gukurikiranwa.



Ngomba kugenda mukundwa. Wibutse gufata imiti?

Yego, mama.

Ni byiza noneho. Uze kwita ku bintu nimba maze kugenda. Turabonana nimugoroba.



Ntabwo byatwaye igihe kirekire kugira ngo bimwe mu bimenyetso byange byongere kugaragara.

Nubwo byagombaga kurangira nicuza ku bw'umwanzuro nafashe, nahagaritse gufata imiti.

Iragena, natekerezaga ko iri joro byaba byiza ngize abamperekeza. Bityo, hari abagore natumiye ngo baze tuge gusangira ibya nijoro...

... ariko nkeneye ko waza kumfasha gutegura ibyo kurya mu gihe ntahari.

... Aha ni ho nanditse urutonde rw'amafunguro natoranyije. Umuntu yahera ku birayi...

... mu gihe ibindi biza kuba bitetse, ushobora koza ibyombo...

Mama yitonderaga cyane amabwiriza ampa, ariko amagambo ye...

... kuri nge, numvaga adahura...

Ubwo narebaga ku mafunguro yo gutegura n'amabwiriza yanditse, numvaga amagambo adafite icyo asobanuye.

Mama, ni iki nyogokuru akeneye ko dukora?

Shhh!!! Ceceka wa mwana we! Ndimo kugerageza kwibanda ku kintu.

Mama yarinjiye maze ahita abona ukuntu nangije gahunda ze.

Iragena, ni iki cyabaye hano?

Watetse ibikoresho byo ku meza?



Kandi warimo... ukuba ibirayi?

Umbabarire mama... uyu muni numvaga atari nge. Nagerageje gukurikiza amabwiriza ariko... nta...
... ntabwo mbizi... ntabwo mbasha kwibanda ku kintu cyangwa ngo ntekereze neza...

Ntekereza ko byaba byiza ugiye kuryama, Iragena. Gerageza uruhukeho gato.

Iryo joro, bya bihe byange byo kumva ntaruhuka byaragarutse. Sinabashije kubona ibitotsi maze ntangira kumva mfite ubwoba.



Ngiye kugerageza gusubiza ku murongo ibitagenze neza.
Nyuma, ndaza guhamagara inshuti zange duhagarike gahunda twari dufitanye.



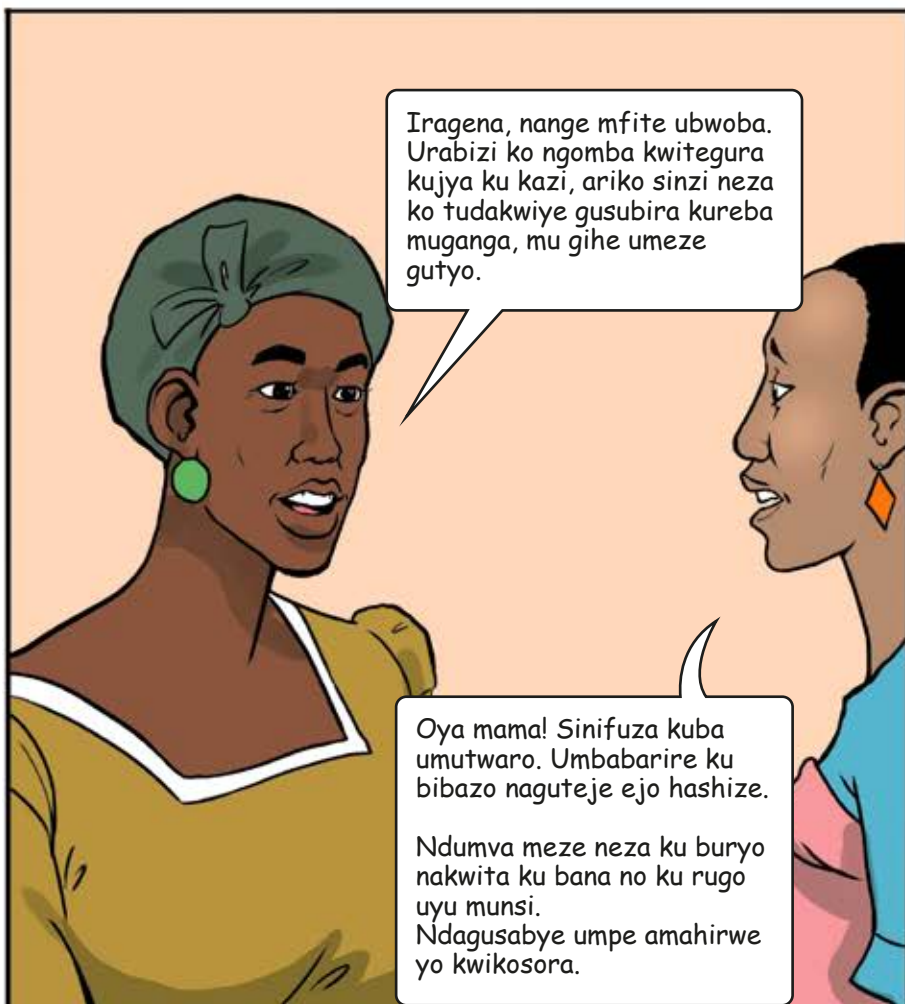


Iragena!?

Wabashiye gusinzira mu ijoro ryahise?



Ntabwo nasinziriye neza. Mfite ubwoba mama.



Iragena, nange mfite ubwoba. Urabizi ko ngomba kwitegura kujya ku kazi, ariko sinzi neza ko tudakwiye gusubira kureba muganga, mu gihe umeze gutyo.

Oya mama! Sinifuzaga kuba umutwaro. Umbabarire ku bibazo naguteje ejo hashize.

Ndumva meze neza ku buryo nakwita ku bana no ku rugo uyu muni. Ndagusabye umpe amahirwe yo kwikosora.



Ni byiza! Noneho uze kumpamagara niwumva hari bimwe mu bimenyetso byawe bitangiye kugaruka.

Sinari mbizi icyo gihe,
ariko burya mama yari
afite gahunda yo
kuncungira hafi...



Mitaako, ni mama wawe.
Ndimo kujya ku kazi ariko
mpangayikishijwe na
mukuru wawe..

Byagenze bite, mama?



Yongeye kwitwara mu buryo
budasanzwe nka mbere.

Bisa n'aho ibimenyetso bye
bishobora kugaruka.

Numvaga bitanyoroheye kuba
namusiga wenyine ariko nanone
ntabwo binyoroheye kuba nasiba
akazi..

Nifuzaga kumenya niba
byagukundira ko waza kumusura
mu masaha ya nyuma ya saa sita
ukandebera uko ameze.



Ntabwo nibuka neza uko byaje kugenda
nyuma y'aho. Ndabizi ko numvaga nataye
umutwe. Birashoboka ko nari natangiye
kwikanga baringa nubwo ntabihamya neza.



Nagerageje gukora uko
nshoboye ngo ntume abana
bange batekana, maze
ndabafungirana. Navuga ko
bari bafite ubwoba bwinshi
kandi batizeye neza ibyo
nakoraga.

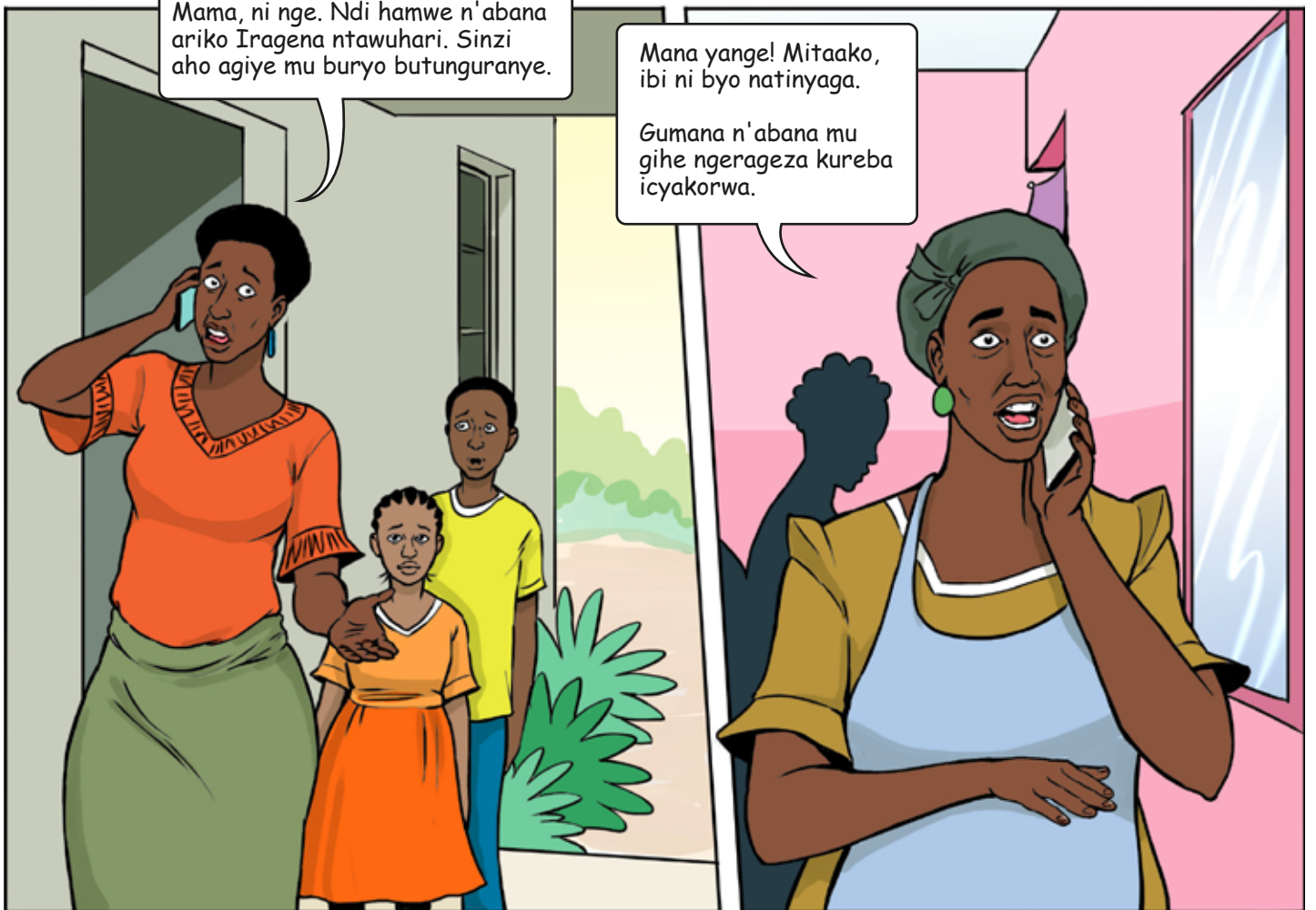




Yego, alo!

Mama, ni nge. Ndi hamwe n'abana ariko Iragena ntawuhari. Sinzi aho agiye mu buryo butunguranye.

Mana yange! Mitaako, ibi ni byo natinyaga.
Gumana n'abana mu gihe ngerageza kureba icyakorwa.





Ubwo ibimenyetso byari byagarutse, sinongeye kumva ntekanye ahari ho hose. Nari meze nk'aho ngomba kugenda ariko nta gitekerezo kizima nari mfite k'icyo nahungaga cyangwa uwankurikiraga.

Madamu Jean, ndabizi ko dufite akazi kenshi uyu munsu, ariko ndatekereza ko ngomba kugenda vuba.

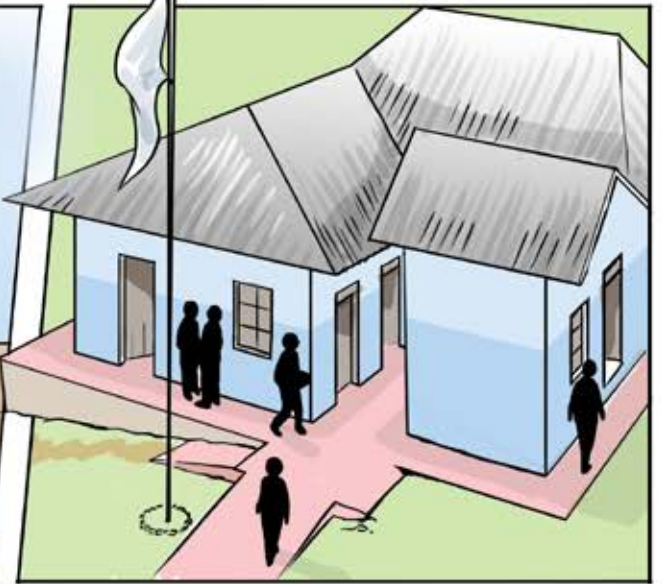
Ihangane gato, madamu Jean... Yego, alo!



Twahira, dufite abakiriya bamaze igihe kirenga isaha bategereje...



Yego, alo, madamu Twahira? Hari ikintu ki... kibaye ku mukobwa wawe Iragena.



Abapolisi bambonye ngenda ku mihanda nsakuza, nshinja abantu kunkurikira.



Ku bw'amahirwe, bangiriye impuhwe ku bw'uburwayi bwange maze bandekura ngomba gusubizwa ku bitaro byita ku buzima bwo mu mutwe.



Nyuma yo kongera kuvurwa ngaruye ubuzima, nagombaga kubwiza ukuri mama na Dr. Mihigo ko nari narahagaritse imiti...



Ikigaragara ni uko habayeho gusubira inyuma, kandi ibi byatewe cyane n'uko Iragena yahagaritse imiti...

GUSUBIRA INYUMA K'UMURWAYI

Ntabwo bihora byoroshye gufata iyi miti buri munsu, kandi ushobora guhitamo kuyihagarika.

Ariko ni ingenzi gusobanukirwa neza ko utazigera 'ukira burundu' shizofereni*. Kabone nubwo ibimenyetso byakoroha, burya uba ukibana na shizofereni*. Guhagarika imiti ni imwe mu mpamvu rusange zitera kugaruka kw'ibimenyetso.

Nyamara nubwo wahabwa imiti ikomeye, abarwayi ba shizofereni* bakenera guhabwa urukundo kandi bagomba kwizera ababitaho.



GUSUBIRA INYUMA
K'UMURWAYI

IMBARUTSO

Ibihe bimwe cyangwa imyitwarire, byitwa imbarutso, bishobora gutuma habaho gusubira inyuma k'umurwayi. Kumenya ibyerekeye imbarutso byafasha mu kurinda ibyo byago.

Imbarutso zishobora gutandukana kuri buri wese, ariko zikubiyemo:



- Gukoresha ibiyobyabwenge na/cyangwa kunywa inzoga
- Kugira umunaniro ukabije cyangwa guhangayika
- Amakimbirane mu mibanire, harimo n'akato mu muryango cyangwa mu muryango mugari
- Kwangwa n'umuryango cyangwa kudahabwa ubufasha n'itsinda ry'ubuvuzi
- Uburwayi cyangwa urupfu rw'uwo wakundaga
- Izindi mpinduka z'ubuzima zikomeye

KWIGA KUMENYA KO

UMURWAYI YASUBIYE INYUMA

Dore ibimenyetso bimwe na bimwe by'uko ushobora kuba uri kongera kumererwa nabi. Ibuka ko bishobora kuba bitunguranye.

Guhagarika imiti
cyangwa kutayifata
uko bikwiye



Gusinzira bikabije
cyangwa
kudasinzira **bihagije**

Kumva uhangayitse,
ubabaye, cyangwa
ufite umushiha



Kuva mu bandi cyangwa
kwiheza (kutajya ku kazi,
ku ishuri cyangwa
ibikorwa bihuza abantu)

Kwiyongera k'urwikekwe,
kwikanga baringa, cyangwa
kumva amajwi adahari



Kutigirira isuku
(kutiyitaho)

Kwitiranya ibintu
cyangwa kuvuga
ibitajyanye



Kugira imyumvire ipfuye
cyangwa kugira ibitekerezo
bihabanye n'ukuri
(kwiyumvisha ko abantu
bakurwanya, kwigirira ikizere
kirengeje urugero)

**Kwiyongera
kw'imyitwarire yo
kwishora mu byateza
akaga** (gukoresha
amafaranga cyane,
kunywa inzoga cyangwa
gufata ibiyobyabwenge)



Gusubura inyuma ni cyo kintu cyakunze kumbaho. Buri uko narebaga mama, nahitaga numva ko hari icyo ngiye gukora uko nshoboye kugira ngo ngume mu nzira yange yo gukira.

Muganga, kimwe mu bintu byerekeye ubuvuzi mpabwa byankomereye ni uko imiti yanteye kubyibuha. Numvise ndatuje ku bw'izo mpinduka zidasanzwe z'umubiri wange.

Yego, nejejwe n'uko iki kintu ukivuzeho. Ntekerezako niba ufite ubushake, dushobora kubona undi muti ukwiranye nawe. Ubutaha, ntuzashidikanye kumbwira izindi ngaruka mbi z'imiti wahura na zo. Mu by'ukuri, ubwo dutangiye uyu muti mushya, ujye wandika mu gakaye ibyo ugenda uhura na byo kugira ngo tuzongere duhindure ni biba ngombwa.

Mbibwiwe na muganga, nahinduye imiti nkoresha ibinini bicishwa mu kanwa, none kugeza ubu, ingaruka z'imiti ntabwo zikiri umutwano nka mbere.

Mama, nzi neza ukuntu ibi byakuremereye, abana... na buri wese. Ndashaka kumenya neza ko kuri iyi nshuro gukira kwange ariko nshyize imbere. Ndifuzza kwereka buri wese mu muryango ko ubu burwayi atari bwo busobanura uwo ndi we.

Ndakwizera, Iragena. Ndakwizera rwose. Igitekerezo cyange ni uko twategura gahunda yo guteranya umuryango. Uko waba ufite ubushake kose, uzadukenera, kandi ibyo ni nge biheraho.

Mama yakoranyije umuryango wose... yemwe, na pasiteri wacu yaraje kugira ngo abe umuhuza w'ibiganiro.

Ndabizi ko uyu muryango umaze amezi menshi mu kababaro kandi unyura mu bikomeye, ariko kandi nzi neza ko kimwe n'indi miryango nyarwanda myiza, dufite ubushobozi bwo gukiza no kubabarira bishingiye ku mwuka w'Imana.

Mama nk'umurwaza wange, yateruye amagambo aravuga ngo...

Buri wese muri uyu muryango akeneye gusobanukirwa ko Iragena azakomeza kubana n'uburwayi bwe ubuzima bwose, kandi ko azakenera ubufasha bwacu, by'umwihariko ku ikubitiro...

... ibi bivuze ko tugiye kugabana inshingano...

... gukurikirana gahunda ze na muganga, kureberera abana mu gihe yagiye kwa muganga... kwihugura ku byerekeye ibimenyetso bye... no kwihugura ku bijyanye n'ibimenyetso biburira gusubira inyuma kwe.

Nyuma na nyuma, nafashe umwanya mvuga ibindimo kugira ngo umuryango wange umenye icyo ukwiye kunyitegaho...

Ndabizi ko nakoze amakosa... natumye mwese muhangayika... nabaye umutwaro kenshi.

Hari n'igihe najyaga numva mbabaye kandi nkajya kure y'abo nkunda cyane.

Birababaza kwitwa 'umusazi' cyangwa 'umutamutwe'.

Nta kindi mbasabye kitari ukongera kunyizera, kundeba mukambonamo Iragena wa nyawe, umubyeyi, umuvandimwe wanyu, nge wigenga.

Kandi uhereye ubu, icyo ni cyo ngiye guharanira.

Nyuma yo kuvuga ibyo nagombaga kuvuga, twasengeye hamwe maze ntagira igice k'ingenzi mu buzima bwange.

Nyuma y'igihe, ibimenyetso byange byatangiyeye kugabanuka, maze ntangira kumva nshoboye kuba nakora imirimo mito hafi ya mama mu rugo.

Ariko n'ubwo numvaga meze neza, sinifuzaga kumva ko nihagije.

Nitondeye agakayi nandikamo amakuru ajyanye no gukira kwange.

Natangiyeye kwandika buri kimenyetso ngize, ntitaye ku buto bwacyo, kugira ngo bige bimfasha kuri gahunda zange mfitanye na muganga zihoraho.

Iyo nabaga mbonye ikintu cyose gishobora kuba ari ingaruka mbi z'imiti yange mishya, nko guhondobera (gusinzira bya hato na hato), naracyandikaga.



Nakomeje gukurikirana inshingano zange nari nshoboye kuva nava mu bitaro.



Nakurikiranye kandi ibintera kwishima n'ibinzanira amahoro kugira ngo menye neza ko mbiha umwanya.



KUGIRA AGAKAYE WANDIKAMO AMAKURU

Kimwe mu bintu byiza nakoze kugira ngo nzamure urwego rwo gukira kwange, ni ukugira agakaye nandikamo ibihe by'ingenzi nagize mu gukira kwange. Ibi bishobora kuba ingenzi cyane kuganiriza muganga wawe ibijyanye no gukira kwawe.

Izi ni zimwe mu ngero...



Wagize
ingaruka mbi
ziterwa n'imiti

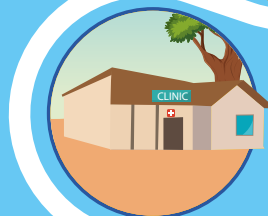


Wahagaritse
imiti

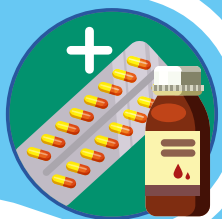
Wasubiye
inyuma



Wandikiwe
ibitaro



Watangiyeye
umuti mushya



Wifatanyije n'itsinda
ritanga ubufasha



Wabonye
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Watangiyeye
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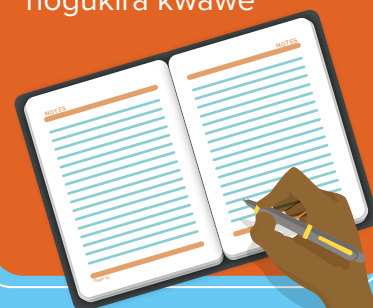


Wagiye mu
rukundo



Ahakurikira:

Ikorere agakayi kawe bwite ko kwandikamo amakuru ajyanye nogukira kwawe



AGAKAYI KANJYE

K'AMAKURU YO GUKIRA

Ushobora gukoresha agatabo ko kwandikamo ako ari ko kose ugakora agakaye koroheje nk'agakurikira. Bigire umuco kwandika amakuru inshuro imwe mu kwezi cyangwa mu cyumweru.



ITARIKI

1. URUMVA UMEREWU UTE UYU MUNSI?

 NABI CYANE

 NABI

 BIRINGANIYE

 NEZA

2. KUKI WUMVA UMEZE UTYO?

3. NI IBIHE BIHE BYIZA BYABAYEHO?

4. NI IZIHE NGORANE WAHUYE NA ZO?

GUTAHURA IKIBAZO



Nyuma yo gusubira inyuma kwange, namenye ko ngomba guhangana n'ingorane mbere y'uko ziba inzitizi mu gukira kwange. Ibyo bisobanura gutahura ibibazo no gucunga ibisubizo byabyo.

Urugero, nari mfite ibibazo mu muryango kandi imiti yanteraga kubyibuha.



Uru ni urugero rw'urupapuro ushobora kwifashisha. Nkugiriye inama cyane yo kubikorana n'uwikwitaho .



Ni ikihe kibazo ukenezemo ubufasha?



Ni ibihe bimenyetso cyangwa ibibazo ukeneye ko bibonerwa ibisubizo?



Umaranye ikibazo igihe kingana ki kandi cyatangiye gite?



Ni gute ikibazo ufite kibangamira intego zawe bwite cyangwa iz'ubuvuzi?



Wigeze ugira iki kibazo na mbere? **Yego** **Oya** (Shyira mu kaziga igisubizo kimwe)

Ni iki cyatumye ikibazo (niba gihari) gikemuka cyangwa kiba kibi kurushaho mu gihe cyahise?

NEZA KURUSHAHO

NABI KURUSHAHO



Ni iki wamaze kugerageza cyangwa gukora mu rwego rwo guhangana n'icyo kibazo mu gihe cyahise?

Urugero: *KUKIGANIRIZA INSHUTI, KUJYA KU BAFASHAMYUMVIRE, GUFATA IMITI, N'IBINDI.*

Ikindi gice k'ingenzi mu gukira kwange cyari ukwegera inzobere mu by'ubuzima bwo mu mutwe bo ku kigo nderabuzima cya hano ku Muyumbu.



Ni ivuriro rito ugereranyije n'ibitaro byita ku buzima bwo mu mutwe, ariko itsinda ryaho rirashoboye kandi rirafasha cyane. Kandi ibi bisobanuye ko ntakeneye guhora njya mu muguri uko ngize ikibazo kijyanye n'imiti cyangwa ubuvuzi.

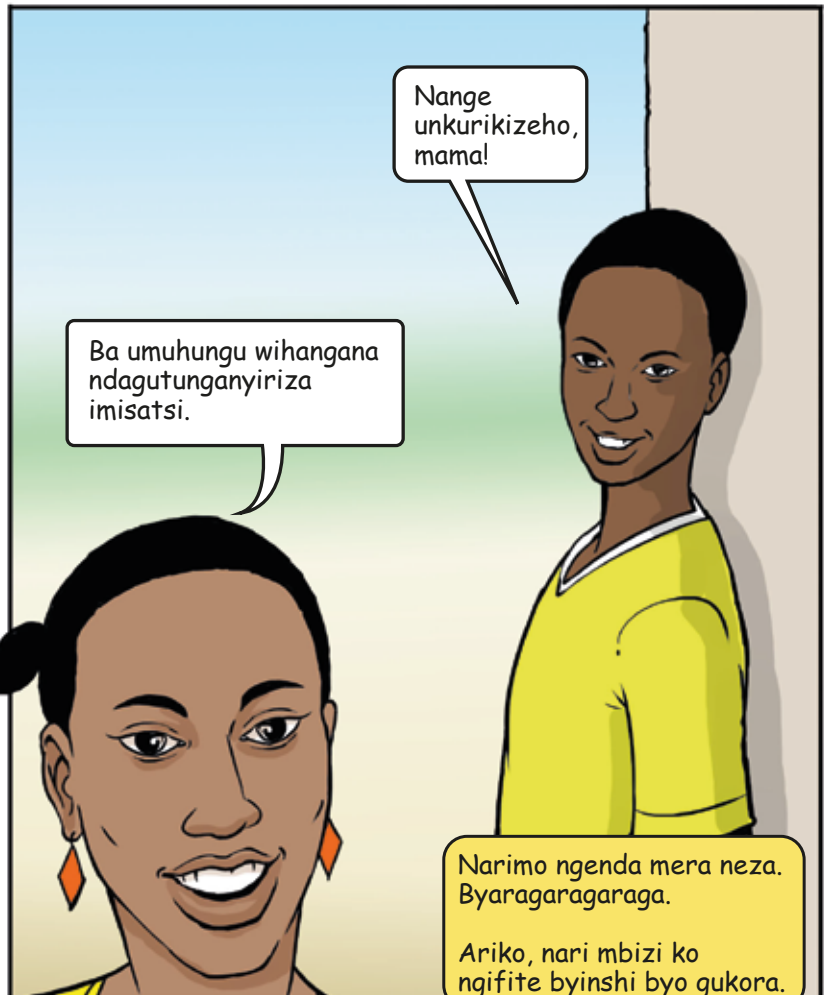


Urabona udasa neza, mukundwa?



Yego, mama!

Ba umuhungu wihangana ndagutunganyiriza imisatsi.



Nange unkurikizeho, mama!

Narimo ngenda mera neza. Byaragaragara.

Ariko, nari mbizi ko ngifite byinshi byo gukora.

Mama, mu gitondo narimo ntunganya imisatsi y'abana none byanteye gutekereza ko nagerageza gusubira ku kazi.

Ndabizi neza ko utajya upfa kwihangana, Iragena. Ariko sinshaka ko ukora ibintu byinshi vuba.

Ibyo byose ni byiza! Mukundwa, ariko bisobanuye no gutekereza ku nshingano nyinshi n'abana.

Ndabizi, kandi nizera ko nimbyitwaramo neza... niduhitamo uburyo bwiza... ntekereza ko bizashoboka.

Si ko bimeze, mama... ndumva niteguye kongera kugira urugo rwange.

Nta kibazo! Reka turebe ibyo wifuza kurangiza, maze turebe uko bizakorwa.

Ikintu cy'abere nabanje gukora uwo munsu kwari ugufata umwanzuro ku ntego eshatu z'igihe kirekire nari nabonye ko zimfiteye akamaro... Kongera kuzanzamura ikizere cy'abana bange n'umuryango ... Gusubira ku kazi ngatangira gukorena amafaranga ... No kubona aho mba nita iwange.



KWITEGURA GUKORA

Niba wumvise ko witeguye gusubira ku kazi ngo ukorere amafaranga, n'ubwo yaba ari akazi k'amasaha make ku munsu, uru rupapuro rwagufasha.



Gutangira akazi

Kaba akazi, ubucuruzi buciriritse, cyangwa akazi kadahoraho, ni ingenzi kwitegura imbogamizi mbere maze ugategura uburyo bwo guhangana na zo.

| Imbogamizi ishoboka | Igisubizo | Ni nde Watanga Ubufasha? |
|---|-----------|--------------------------|
| Kugira imyenda y'akazi iboneye | | |
| Kumenya neza ko ugerera ku kazi igihe | | |
| Gufatira imiti ku kazi | | |
| Imbogamizi n'akato uhabwa n'abagukuriye mu kazi n'abo mukorana bitewe na shizofereni* | | |
| Gukomeza gukora igihe ntumva meza neza cyangwa nagezweho n'ingaruka z'imiti zikabije | | |
| Gucunga amafaranga | | |
| Ni nde uzandeberera abana nimba ndi ku kazi | | |



Kugumana akazi: Kugumana ubuzima buzira umuze

Ni ingenzi gutahura uburyo bwa gufasha kumva umerewe neza mu gihe uri ku kazi.

Uburyo bwo kwiyitaho

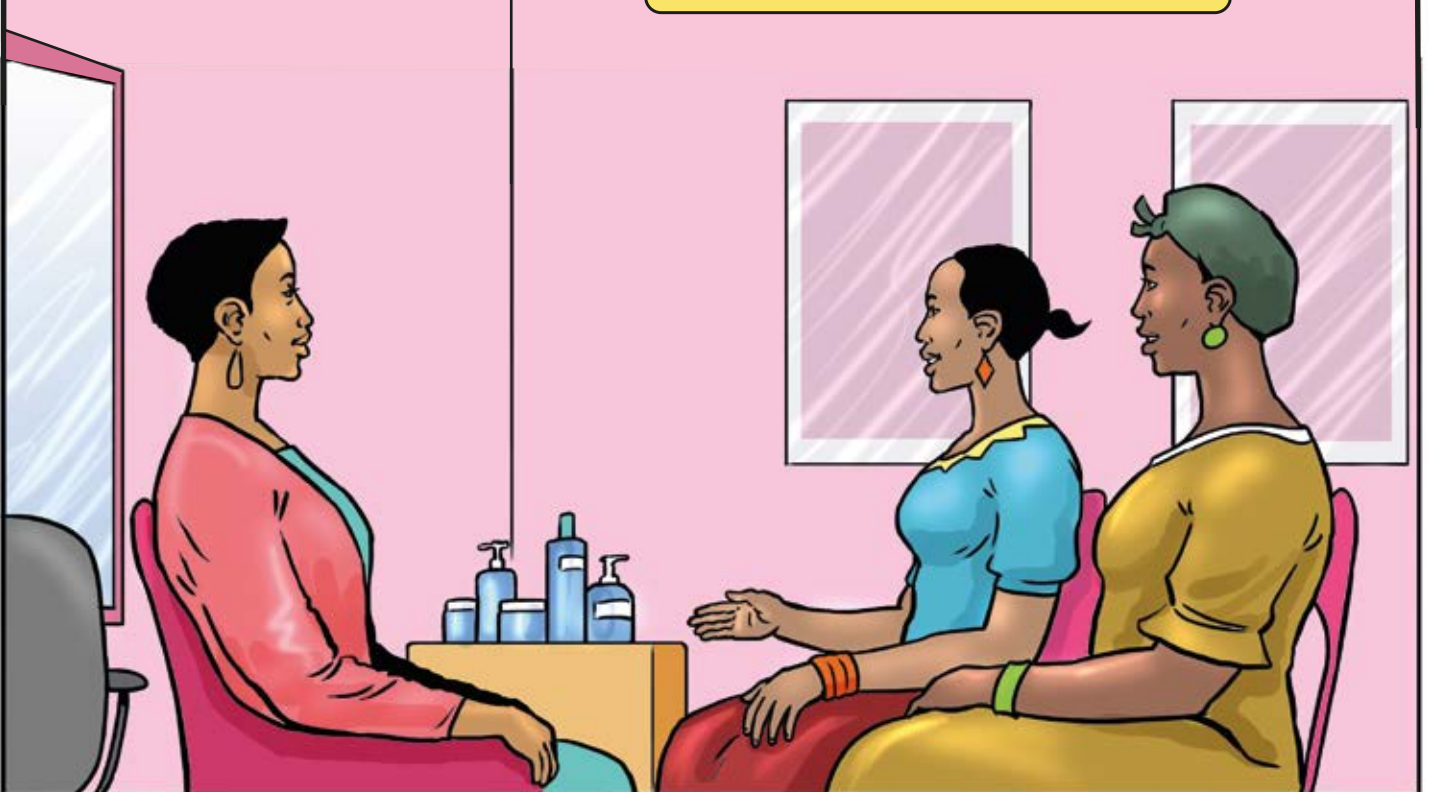
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- | | |
|---|--|
| <input type="checkbox"/> Isuzuma rihoraho hamwe n'itsinda ryawe ry'ubufasha | <input type="checkbox"/> Imyitozo ngororamubiri |
| <input type="checkbox"/> Gufata imiti nk'uko wayandikiwe na muganga | <input type="checkbox"/> Kwibuka kwitabira gahunda ufitanye na muganga |
| <input type="checkbox"/> Kwivuganira | <input type="checkbox"/> Guhangana n'umunaniro wawe |
| <input type="checkbox"/> Kugena gahunda yawe yo gusinzira neza | <input type="checkbox"/> Gukora ikintu kikunezeza |
| <input type="checkbox"/> Gufata amafunguro yuzuye | <input type="checkbox"/> Ikindi: _____ |

Ubwa mbere natangiye akantu gato... zimwe mu nshuti za Mitaako zajya ziza mu rugo rimwe na rimwe ... Ntabwo nakoreye amafaranga menshi, ariko numvaga ari byiza gukomeza...



Byasabye imbaraga za mama kubyumva, ariko madamu Jean yari afite akazi kenshi ku buryo tutari gutangirana. Bityo, buhoro buhoro, nabashije kugira inshuro njya kuri salo hamwe na mama buryo buhoraho.



Ndemeza ko numvaga nizezerewe kandi nkumva ko ndimo kwereka mama ko atibeshye kungirira ikizere.



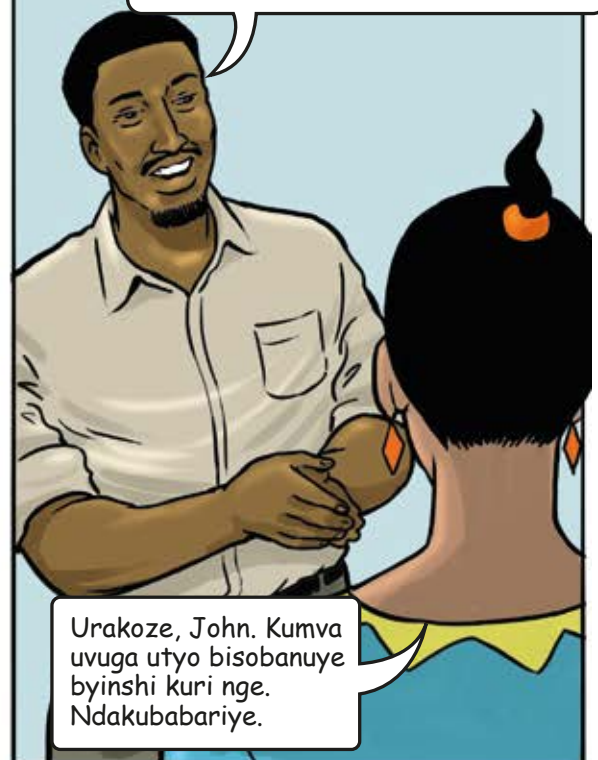
Mitaako yandeberegera abana iyo nabaga nagiyeye ku kazi, nibura kugeza bakuze bo kujya ku ishuri.

Igice kimwe k'intego yange yo kongera kubaka ikizere cy'umuryango kuri nge kwari ukuba aho nari narasezeranye ko nzajya mba ndi.

Reba uwo ari we!
Mama wawe ageze mu rugo, avuye ku kazi!



Iragena, twe turakunezerewe. Kandi ngusabye imbabazi ku myitwarire yange yose. Ntabwo naguhaye urukundo rw'umuryango wange bwite. Kandi uri umuryango wange bidasubirwaho. Ndizera ko ushobora kumbabarira.



Urakoze, John. Kumva uvuga utyo bisobanuye byinshi kuri nge. Ndakubabariye.

Kubera iki, nzabikora. Fungura radiyo udushakire indirimbo nziza!

Mama, twarimo tubyina. Uraza kubyinana natwe twese?

Ikindi nashyize imbere ni ukubareka bakabona ko nishimanye na bo kandi ko nishimiye ibihe nagiranye na bo.

Iminsi yarashize indi irataha. Ntabwo buri gihe byaba byoroshye. Hari minsi najyaga nongera kumva ibimenyetso byange...

... gusubira kubonana na muganga kuri gahunda dufitanye ntabwo byari byoroshye... ariko nakomeje kubyitaho maze ngira iminsi myinshi myiza kurusha imibi.

Iyo umaze guhitamo intego zawe z'igihe kirekire, ni ingenzi kuzirikana intambwe nto ushobora gucunga zizagufasha gukomeza gutera imbere no kubaka ahazaza hawe.

Ndabereka uko nabikoze. Ariko, uru ni urugero rw'urupapuro ushobora kwifashisha mu gutegura intego zawe bwite.

Wibuke kumenyesha abarwaza n'itsinda ry'ubufasha gahunda n'intego zawe kugira ngo bagufashe gukomeza kubikurikirana.



GUTAHURA INTEGO

Iyi mbonerahamwe ishobora kugufasha kumenya urwego unyuzweho cyangwa wishimyeho mu bice by'ubuzima bitandukanye. Noneho ukamenya ibice by'ubuzima ushaka gukoramo impinduka no gushyiraho intego nshya.

Gushyiraho intego ni uburyo bwiza bwo kwibanda ku rugendo rwawe rwo gukira. Ibi bikorane n'umuryango wawe cyangwa Ukwitaho.



Nyuzwe bingana iki?

| IBICE BY'UBUZIMA | Sinyuzwe | Ndanyuzwe mu rugero | Ndanyuzwe Cyane | IBICE BY'UBUZIMA | Sinyuzwe | Ndanyuzwe mu rugero | Ndanyuzwe Cyane |
|----------------------------|----------|---------------------|-----------------|--------------------------|----------|---------------------|-----------------|
| Aho kuba | | ✓ | | Imibanire n'inshuti | | | |
| Muganga/ Itsinda ry'Ubuuzi | | | | Kujya mu rukundo | | | |
| Umuti | | | | Kuba uw'umuryango mugari | | | |
| Uburezi | | | | Ubuzima muri rusange | | | |
| Akazi | | | | Ibinezeza/ Ibyo ukunda | | | |
| Amafaranga/ Imari | | | | Gusenga | | | |
| Imibanire n'umuryango | | | | Ikindi | | | |



Ibi ni ibice by'ubuzima bitatu nifuzwa kuzamura urwego rwabyo no kwiha intego nshya:

1. _____
2. _____
3. _____



Uru rupapuro ruzatuma intego zawe ziba nyakuri kandi zishobora kugerwaho wifashishije uburyo bwo kuzigabanyamo ibikorwa bito. Andika intego zishoboka wifuza kugeraho maze wibaze ubwawe niba ari iz'igihe kigufi cyangwa ari iz'igihe kirekire. Maze ukore urutonde rw'intambwe ushobora gutera kugira ngo ugere ku ntego zawe. Ibi bikorane n'abo ukunda kugira ngo bamenye intego zawe bagufashe kuzikurikirana kugira ngo uzigereho.

Dore uko Iragena yageze ku ntego yo gutangira gukora na none.



Intego ishoboka KUBONA AMAFARANGA NK'UTUNGANYA IMISATSI

Intambwe nshobora gutera kugira ngo ngere kuri iyi ntego:

- KWIMENYEREZA GUTUNGANYA IMISATSI KU BANA BANGE KUGIRA NGO NIGARURIRE IKIZERE
- KUREBA KURI YOUTUBE INAMA N'UBURYO BWO GUTUNGANYA IMISATSI BUGEZWEHO
- KUBONA UMUKIRIYA UMWE UNSANGA MU RUGO
- GUSHAKA IKIRAKA MURI SALO UMUNSI UMWE MU CYUMWERU HAMWE NA MAMA
- GUTANGIRA AKAZI KA NYAKABYIZI KURI SALO

Ubu wagerageza:

Intego ishoboka _____

Intambwe nshobora gutera kugira ngo ngere kuri iyi ntego:

Ndetse natangiye no gukora ku yindi ntego buhoro buhoro.



Mama, dore ni hafi yo mu rugo!
Reka turebe niba twakwinjira
tukarebamo imbere.

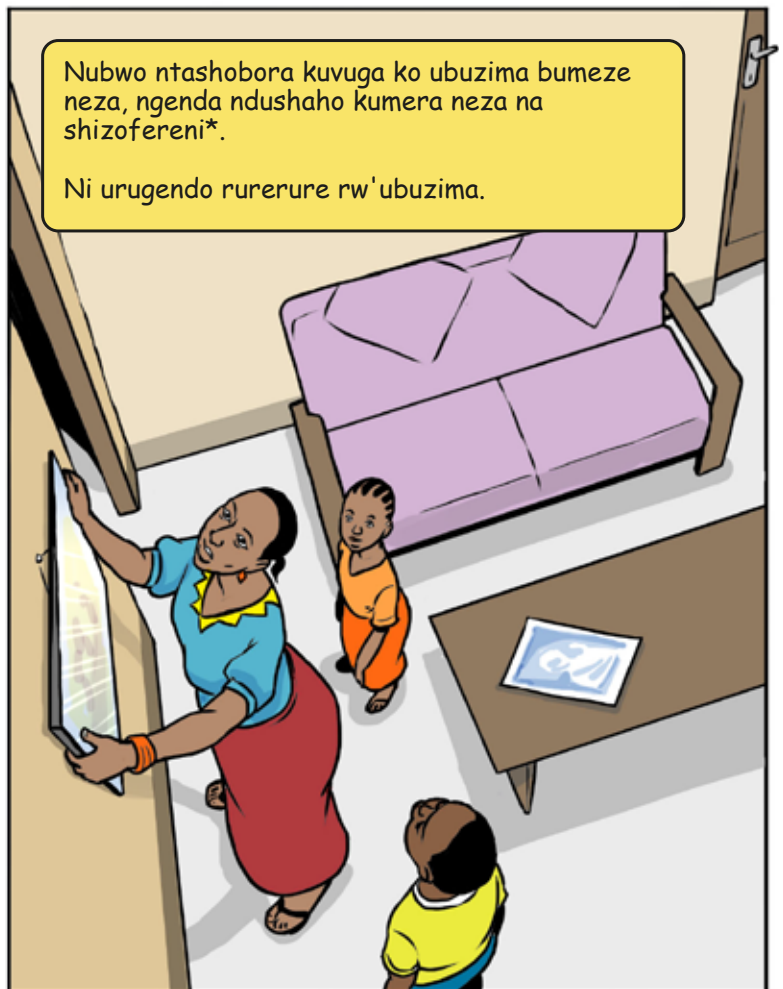


Maze kubona icumbi rito, hafi yo
kwa mama, kandi nshobora
kwishyura... namenye niteguye
gutera iyo ntambwe.



Nubwo ntashobora kuvuga ko ubuzima bumeze
neza, ngenda ndushaho kumera neza na
shizofereni*.

Ni urugendo rurerure rw'ubuzima.



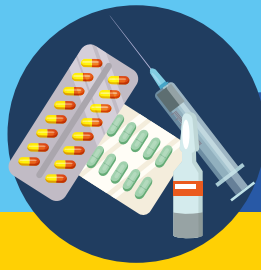
Mbega! Muvandi,
sindikwiyumvisha ukuntu
aha hantu ari heza!



Ariko ubu mfite uburyo bwo kumfasha. Hari ibyo nanyuzemo na gahunda ngomba gusubiraho. Kandi mfite n'itego nkurikirana kugira ngo nkomeze guhatana. Yego, mfite akazi kange.



Ubu mfite aho nkorera. Gusa, bihora ari byiza iyo umuryango uje kuhasura. Ni bo banyibutsa ko mfite Urukundo. icyizere. N'ubuvuzi.



KUBAHIRIZA GAHUNDA Y'UBUVUZI

IBITEKEREZO N'UBURYO

Nahuye n'ingaruka zikomeye ubwo nahagarikaga imiti nagombaga gufata ku buryo buhoraho kuko byarangiye nongeye kwandikirwa ibitaro.

Ku barwayi benshi ba shizofereni*, kubahiriza gahunda yo gufata imiti bishobora kuba kimwe mu bigize inzira yo gukira bigoranye kubahiriza.

Dore inama n'uburyo byagufasha gukurikirana imiti yawe kugira ngo ubone umusaruro mwiza.



Vugisha muganga wawe maze umubaze niba haba hari indi miti idafatwa kenshi.



Shyira ingengabihe yawe yo gufata imiti muri gahunda yawe ya buri muni, nka kimwe mu mafunguro.



Ifashishe uburyo bukwibutsa, nk'inyibutsa ya telefone cyangwa indangaminsi.



Saba umwe mu bagize itsinda ryawe ry'ubufasha akwibutse.



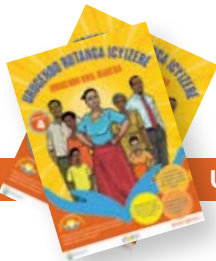
Andika ibyiza by'imiti maze ubibike hafi kugira ngo bige bikwibutsa impamvu ari ingenzi.



Andika ingaruka mbi ziterwa n'imiti maze ubaze muganga wawe niba hari icyo wakora kugira ngo zigabanuke.

| Nakoresheje Ubu Buryo | Ndashaka kugerageza ubu buryo |
|-----------------------|-------------------------------|
| | ✓ |
| | |
| | |
| | |
| | |
| | |
| | |

*shizofereni = uburwayi bwomumutwe bukabije



Urugendo rwa Iragena

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na numero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!



Urugendo rwa Iragena

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na numero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!



Urugendo rwa Iragena

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na numero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!



Urugendo rwa Iragena

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na numero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!





Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Kimwe mu bintu bikomeye nanyuzemo ni ukuganiza umuryango ibyerekeye indwara ya shizofereni. Ariko, mu kuganiriza umuryango wanjye, nabashije kubasobanurira uburwayi bwanjye, kandi narwanyije akato nahabwaga mu muryango no mu muryango mugari. Mu gukora ibyo, inzira iganisha ku gukira kwanjye yaje gushoboka. **Dore inama zagufasha kuganiriza umuryango wawe kuri shizofereni:**



- 1 Tegura ikiganiro wihugura uko ushoboye ku ndwara ya shizofereni** kugira ngo ubashe gutangira guhugura umuryango wawe ari na ko ubakuramo imyizere n'imyumvire ipfuye bafite ku burwayi. Baganirize ibyerekeye ibimenyetso n'uburyo imiti ifasha, n'uburyo ari uburwayi buvuzwa. Kubwira umuryango wawe ibyerekeye ingaruka mbi ziterwa n'imiti na byo bishobora gufasha, cyane cyane ku ngaruka zigaragara nko gusumira cyangwa guhondobera.
- 2 Irwaneho.** Ni ingenzi cyane kumenyeshya abantu ko gukoresha imvugo nko "gusara" cyangwa "guta umutwe" bikomeretsa kandi byatera ikibazo.
- 3 Isanzure.** Shishikariza abantu kukubaza ibibazo kandi niba utabifitiye ibisubizo, byandike ubundi uzabibaze muganga wawe kuri gahunda itaha.
- 4 Baganirize ku bintu byiza mu buzima bwawe.** Umuryango wawe ukeneye gusobanukirwa ko uburwayi bwawe bwo mu mutwe atari bwo busobanura uwo uri we.
- 5 Bwira umuryango wawe ko uzakenera ubufasha bwabo** kandi ubahe ikaze muri urugendo rwo gukira. Bashishikarize kwihugura basoma kandi basangiza abandi ibi bitabo!

Tangira usangiza iki gitabo umuryango wawe n'abaturanyi!

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Republic of Rwanda
Ministry of Health



Johnson & Johnson