



व्यवहार में बदलाव

व्यवहार में बदलाव त्वा माओमिसेम बदलाव (दिमोमिसय)

yah sahayata p-k kuC saamaanya vyavaharaoM maom badlaava ka ivacaar krta hO jaao ik iDmaoMiSayaa sao ga'st vyai@tmaoM hao saktO hOMI pirvat-na ko karNa tqaa Jnaka saamanaa krnao ko kuC saamaanya inado-SaoM pr ivacaar-ivamaSa-ikyaa jaata hOI

iDmaoMiSayaa sao ga'st vyai@t ko vyavahar maom badlaava bahut saaQaarNa baat hOI [sako karNa pirjanaaoM evaM doKBaala p'dataAaoM pr bahut tnaava hao saktO hOI yaid kao]- eosaa vyai@t AjaIba yaa Aak'amak ZM,ga sao bata-va kro jaao phlao ivanama' evaM snaohl svaBaava ka hao, tao yah ivaSaoYa \$p sao proSaanal vaalal baat hao saktI hOI

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iksal vyai@t ka vyavahar @yaaom badlata hO, [sako k]- karNa haoto hOMI iDmaoMiSayaa idmaaga maom haonao vaalao pirvat-naoM ko pirNaamasvaSp haota hO tqaa vyai@t ki smarNa Sai@t, [sako svaBaava evaM vyavahar idmaaga maom hao rho [na pirvat-naoM sao saMbaMiQat hao saktO hOI Anya JdahrNaaom maom, yah vyavahar vyai@t ko maahaOla, [sako svasaaya tqaa dva-p'yaaga maom hao rho badlaavaom ko pirNaamasvaSp haota hOI Saayad kao]- kaya-, jaOsao ik nahanaa, bahut mauiskla hao yaa Saayad vyai@t Saarlink taOr pr svasqa mahsaUsa naa kr rha haol iDmaoMiSayaa laogaom kao Alaga Alaga trh sao p'Baivat krta hOI yah jaanakarI ik kao]- vyai@t ikсал ek Kasa ZM,ga sao vyavahar @yaaom kr rha hO, Aapkao [sa baat ka saamanaa krnao maom sahayak hao saktI hOI

हमें से सुझाव

vyavahar badlaava saMbaMqal icaMtaAaoM ko baaro maom hmaoSaa Da@Tr ko saaga ivacaar-ivamaSa- kroM jaao ik yah jaaMea kr payaogaa ik @yaa Aapkao kao]- Saarlink balmaarI yaa baOcaonal tao nahIM hO tqaa saaga hl salaah do payaogaal Da@Tr [sako baaro maom salaah do paegaa ik kao]- AndSnal maanaIsak raoga tao nahIM hOI

सामानाकरण

vyavaharaoM maom badlaava ka saamanaa krnaa bahut mauiskla hao saktO hO, tqaa yah A@sar AMdaja, a lagaanao ko samaana haota hOI hmaoSaa yaad rKoM ik vyavahar jaana baUJa kr nahIM haotaI Jnako k'aoQa va Jnaki Aak'amakta ka inaSaanaa A@sar pirvaar ko sadsya tqaa doKBaala p'data banato hOM @yaaomik vao Jnako sabasao najadlk haoto hOMI vyavahar vyai@t ko inayaM-Na sao baahr haota hO AaOr vao [sasao kafI Dro hue hao saktO hOMI JnhoM AaEvaasana idlaanao kl ja\$rt haotI hO halaamik Saayad eosaa krnao kl AavaSyakta p'it naa haoI

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- eosaa SaaMt evaM tnaava riht maahaOla ijasamaoM iDmaoMiSayaa sao ga'st vyai@t ek piricat idnacayaa- ka AnausarNa krta hO, kuC kizna vyavaharaoM sao bacanao maom sahayata kr saktO hO
- maahaOla kao jaanaa phcaanaa banaayao rKnao ka p'yaasa kroMI yaid iDmaoMiSayaa sao ga'st laoga Apnao Aap kao ek AjaIba isqatI maom yaa ikсал eosaa Apiricat laogaom ko samaUh maom pato hOM jahaD vao Gabarayao hue mahsaUsa krio

hOM tqaa eosal isqait ka saamanaa nahIM kr pato hOM, tao vao proSaana hao saktO hOMI laogaom kl JmaldaoM kao pUra naa kr panao ko pirNaamasvaSp haonao vaalal inaraSaa [sa hd tk baZ, saktI hO ik yah Jnako vyavahar maom badlaava laa saktI hO

- yaid Jnaka vyavahar kizna bana jaata hO, tao inayaMi-t krnao, dUr lao jaanao yaa pICo sao pasa Aanao jaOsao ikсал p'kar ko Saarlink saMpk- ka p'yaaga na krnaa hl baohtr hOI jaba tk vao zIk naa hao jaayaoM, JnhoM Akolaa CaoD,naa yaa madd ko ilae ikсал ima- yaa pD,aosal kao baulaanaa Saayad baohtr haogaal
- [sao inajal taOr pr na laonao kl kaoiSaSa kroM
- JDeal Aavaaja ka p'yaaga na krnao kl kaoiSaSa kroM
- sajaa donao sao bacaoMI vyai@t kao GaThaa Saayad yaad Bal naa rho AaOr [sailae vah [sasao kao]- sabak Bal naa lao payaoI
- QalmaI, SaaMt tqaa AaEvaasana donao vaalal Aavaaja maom baat kroM
- J<aoijay na haonao kl Aqavaa bahsa maom naa pD,nao kl kaoiSaSa kroM

आवृत्ति

yah Saarlink jaOsao ik p'har krnao yaa maoiKk jaOsao ik ApSabdaoM ka p'yaaga krnao ko \$p maom hao saktI hOI Aak'amak vyavahar AamataOr pr k'aoQa, Baya yaa htaSaa KI AiBavyai@t hOI

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- Aak'amak vyavahar htaSaa ko karNa hao saktO hOI drvaajao pr talaa lagaanao sao ibanaa matlaba [Qar]-Qar GaUmanaa raoka jaa saktO hO, prntu [sako pirNaamasvaSp htaSaa baZ, saktI hOI
- gaitivaiQayaaD tqaa vyaayaama kuC hd tk Aak'amak vyavahar kao raoknao maom sahayak hao saktO hOM
- vyai@t ko pasa Qalro Qalro tqaa [sa p'kar jaanaa ik vah Aapkao pUra doK payaoM, sahayak hao saktO hOI saMixaPt evaM sPaYT vaa@yaaom maom samaJaayaoM ik @yaa GaiTi haonao jaa rha hO jaOsao ik "maOM Aapka kaoT] tarnaao maom Aapkl madd krnao jaa rha hUD"l eosaa krnaa [sa vyai@t kl [sa QaarNaa kao samaaPt kr saktO hO ik Jsapr Aak'amaNa haonao vaalaa hO tqaa [sakl p'itik' yaa maom Aaimarxaa ko ilae [sako Aak'amak hao jaanao KI saMbaavanaa sao Bal bacaa jaa saktO hOI
- jaaMea kroM ik khIM Aak'amak vyavahar vyai@t ki [cCa kao pUra ike jaanao sao saMbaMiQat tao nahIM hOI yaid eosaa hO tao ja\$rtaoM ka pUvaa-naumaana krnao ka p'yaasa krnaa sahayak hao saktO hO

AapatpUNA- p'itikiyaad

iDmaoMiSayaa sao ga'st kuC laaoga Apnal maamaUlal sal naakamayaabal yaa qaaodI sal Aalaacanaa pr Ait p'itikiyaa krto hOMI [samaoM]nako Wara calKnaa, icallaanaa, Anaicat daoYaaraopNa krnaa, bahut]<aoijay yaa ijad'dI bana jaanaa, yaa AinayaMi-t va Anaupyaui@t trlko sao raonaa yaa hDsanaa Saaimala hOI Ait p'itikiyaa krnao kl yah p'vaRi<a raoga ka ihssaa hO tqaa [sao AapatpUNA- p'itikiyaa khto hOMI

kBal kBal AapatpUNA- p'itikiyaa iDmaoMiSayaa sao ga'st haonaa ka phlaa laxaNa hOI yah ek gaijar jaanao vaalal Avasqaa hao sakti hO jaao ik dSaa ko baZ,nao ko saaga-saaga imaT jaatI hO, yaa kuC samaya tk rh saktI hOI

AapatpUNA- vyavahaar: iminiditakti ko karNa hao sakti/hO

- isqait kl AiyaaQak maaMgaaom ko pirNaamasvaSp hue maava ko karNa
- saMdoSaaom kao galat samaJanao ko pirNaamasvaSp huf- inaraSaa ko karNa
- iksal Anya AndSnal raoga ko karNa

yah vyavahaar bahut jalal saamanaa Aa sakti hO AaOr pirjanaaom va doKBaala p'dataAaoM kao BayaBalt kr sakti hOI prmtu, AapatpUNA- vyavahaar ko karNa ka pta lagaanao sao kBal kBal [sasao bacaa jaa sakti hOI ek Dayarl banaa kr rKnao sao]na p'irisqaityaaom ka pta cala sakti hO ijanako karNa eosaa vyavahaar GaiTt haota hOI yaid yah saMBava nahim hO, tao Aap phlao saUcalbaw ike gae kuC idSaa inado-Saaom ka p'yaagaa kr ko [sa vyavahaar sao SalGa` va kuSalatpUva-k inapTnao ko trlko ZUDZ sakti hOMI

jaanaaKraoM

iDmaoMiSayaa sao ga'st laaoga A@sar iksal eosal calja kl tlaaSaa krto p'tIt hao sakti hOM, jaao]nhom lagata hO ik Kao ga[- hO, AaOr vao saurixat Sp sao rKnao ko ilae caljaaoM kao [kT,za krto hue Bal p'tIt haoto hOMI

jaanaaKraoM ko saMBava: Qaavyavahaar iminiditakti ko karNa hao sakti/hO

- ekaMil jaba iDmaoMiSayaa sao ga'st vyai@t kao Akolaa Caod, idyaa jaata hO yaa vah nakara huAa mahsaUsa krta hO, tao vao saMBavat: pUNA-Sp sao svayam pr Qyaana koMid't krnao laga jaato hOMI caljaom jamaa krnao kl caah ek saamaanya p'itikiyaa hOI
- Aitl kl yaadoMI vat-maana kl GaTnaayaom Aitl kl yaadaom kao saamanao laa sakti hOM jaOsao ik Baaf-yaaoM va bahnaoM ko saaga rhnaa ijanhaoMnao]naki caljaom lal qal, Aqavaa Avasaad yaa yauw ko daOrana nae pirvaar ko palana KI ijammaodarI ko saaga jalnaal
- Kao donaal iDmaoMiSayaa sao ga'st vyai@t Apnao jalvana ko ihssaaom kao inarMr Kaoto hOMI ima-aom, pirjanaaom, jalvana maoM ek Aqa-pUNA- BaUmaka, Aaya, tqaa ivaSvasanalya smaRit kao Kao donao kl GaTnaayaom caljaom jamaa krnao KI caah kao baZa saktI hOMI
- Bayal laUTO jaanao ka Baya ek Anya Aama AnauBaUit hOI vyai@t iksal klmatl calja kao Cupa sakti hO, yah BaUla sakti hO ik]sa vastu kao khaD Cupayaa gayaa hO, tqaa baad maoM]sao cauranao ko ilae iksal pr daoYa lagaa sakti hO

@yaaKraoM ki koDisaSaM jaaD

- vyai@t saamaanya jahaD vastuyaoM Cupata hO,]saki jaanakarl rKoM tqaa Kao[- huf- vastuyaoM kao sabasao phlao vahaD tlaaSaaom
- ivaibanna p'kar kl vastuyaoM sao pUra Bara huAa draja vyai@t kao doM taik vah vyast rhnao KI Apnal caah kao pUra krto hue caljaaoM kl vyavasqaa krta rho

- sauinaiScat kroM ik vyai@t Apnao Aasapasa ko rastaoM va sqaanaoM ka pta lagaa sakti hO, @yaaomik maahaOla kl phecaana naa kr panao kl Ayaagyata caljaom jamaa krnao kl caah kao saMBavat: baZa sakti hOI

idmaoMiSayaa jaanao vaalao vyavahaar

iDmaoMiSayaa sao ga'st laaoga baataoM kao baar baar kh yaa pUC sakti hOMI vao lmaoSaa Aapko saaga inakTta banaae hue Bal rhto hOM tqaa Aapkl prCa[- banakr Aapko piCo piCo lagao rh sakti hOM, yahaD tk ik jaba Aap SaaOcaalaya jaato hOM tao Bal Aapko piCo piCo calato rhto hOMI yao vyavahaar kajI proSaana krnao vaalao tqaa dukDayal hao sakti hOMI

@yaaKraoM ki koDisaSaM jaaD

- yaid iksal baat ka spYTIkrNa krnao sao baat naa banao tao kBal kBal iksal dUsarI Aaor Qyaana AakiYa-t krnaa sahayak haota hOI saOr, Aahar yaa kao[- manapMsad gaitvaiQa sahayata kr sakti hOI
- vya@t kl ga[- Baavanaa kl svalkrRit krnaa sahayak hao sakti hOI]dahrNat: "maOM Aaja @yaa kr rhalrhl hUD" ka matlaba hao sakti hO ik vyai@t Kaoyaa huAa yaa AinaiScat mahsaUsa kr rha hOI [sa QaarNaa ka javaaba donaa sahayak hao sakti hOI
- vyai@t kao yah yaad naa idlaayaoM ik]nhaoMnao phlao hl p'Sna pUC ilayaa hO
- dbaanao ko ilae ek saa^FT baa^la do kr yaa kpD,aom kl th lagaanao jaOsao]nako haqaaom ka p'yaagaa ike jaanao vaalao iksal dUsaro kayaaom kao]nhom saaOmp kr daohra[- jaanao vaalal gaitvaiQayaaom kao kma ikyaa jaa sakti hO

elasaayamar ska^TlaOMD - iDmaoMiSayaa pr kar-vaaf- ko laoK Understanding and dealing with challenging behaviour pr AaQaiirt

kaOna sahayata kr sakti hO/E

Da@Tr ko saaga pirvat-naaom ko baaro maoM Apnal icaMtaAaoM ka tqaa Aap pr pD,nao vaalao [nako p'Baavaaom ka ivacaar-ivamaSa- kroMI

iDmaoMiSayaa sao ga'st laaogaaom ko AacarNa ko baaro maoM icaMitt pirjanaaom, doKBaala p'dataAaoM tqaa doKroK kaya-hta-yaaoM ko ilae iDmaoMiSayaa vyavahaar p'baMQana salaahkar saovaa (DI bal ema e esa) ek raYT/lya Tolalfaona salaahkar saovaa hOI yah saovaa idna maoM 24 GaMto va saPth maoM 7 idna gaaopnalya pramaSa-, AaMklana, vyavaQaana, iSaxaa tqaa ivaSaoYa& sahyaaoga p'dana krtI hO AaOr [sa saovaa kao 1800 699 799 pr saMpk- ikyaa jaa sakti hOI

AiQak jaanakarl
 अधिक जानकारी
 elasaayamarsa Aa^SToilayaa sahayata, saUcanaa, iSaxaa va salaah p'dana krta hOI raYT/lya iDmaoMiSayaa holplaa[na kao 1800 100 500 pr saMpk- kroMI

Aagao kl jaanakarl tqaa dUsaro sahayata p-kaom kao doKnao ko ilae hmaarl vaobasaa[T www.alzheimers.org.au pr jaayaoM

elasaayamarsa Aa^SToilayaa [sa sahayata p-k maoM dl ga[- ivaYaya saUcal ko ilae ijammaovaar hOI

yah p'kaSana kovala saimmailat ivaYaya vastu ka hl saamaanya saaraMSa p'dana krta hOI laaogaaom ko Apnao ivaSaoYa maamalao ko ilae poSaovar pramaSa- laonaa caaihel elasaayamarsa Aa^SToilayaa [sap'kaSana maoM iksalI galati yaa CUT ko ilae ijammaovaar nahim hOI

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