

## Vyask Din

### NFOCUS Seva Codes

**Vyask Divas Swasthya 9245**

**TBI Vyask Divas 3336**

### Seva Ki Paribhasha

Vyask Divas ek seva hai jo HCBS Waiver ke antargat vriddh, viklang vyaskon aur bachon (AD) ke liye, evam Mastishk Ghaav (TBI) Waiver ke tahat pradan ki jaati hai. Vyask Divas ek sanrachit samajik aur swasthya gatavidhiyon ka avsar pradan karta hai jo bhagidaar ke ghar ke bahar hota hai. Yeh seva is prakar banayi gayi hai ki yeh:

- Samajik sambandhon ka avsar pradan kare.
- Ek jeevan vyavastha se doosri vyavastha mein sudhar mein madad kare.
- Jab niyमित dekhbhal karne wala kaam kar raha ho ya uplabdh na ho, tab ek niyantrit vatavaran pradan kare.
- Ek sanyojit vatavaran mein kai swasthya sevaon ke prapt karne ka avsar pradan kare.

### Pradan Karne Ki Shartein

- Vyask Divas ki avashyakta ko bhagidaar ke moolyaankan ke dauran pehchana jaana chahiye aur use vyakti-kendrit yojna (PCP) mein شامل kiya jaana chahiye.
- Vyask Divas bhagidaar ke niwas sthal ke bahar kam se kam chaar ghante, lekin 24 ghante se kam समय tak pradan kiya jaata hai.
  - Vyask Divas ko ek din mein chaar ghante se kam समय ke liye pradan kiya ja sakta hai jab bhagidaar ko apaatkalin paristhiti ya bimari ke kaaran jaana padta hai.
- PCP ke alawa, pradan karta ko yah sunishchit karna hoga ki har bhagidaar ke liye ek likhit Vyask Divas Yojna ho. Likhi hui yojna ko yah hona chahiye:
  - Moolyaankan kiye gaye avashyaktaon ke kshetron aur Vyask Divas se sevaon ki pradan ki jaankari شامل kare;
  - Bhagidaar aur Seva Samanvayak ke saath milkar vikasit ki jaye;
  - Bhagidaar ki takat, avashyaktaayein, aur ichhit parinaam ko Vyask Divas se sambandhit roop mein شامل kare;
  - Vyask Divas ke ghatako ka varnan kare jo pradan kiye jaayenge;
  - Bhagidaar ke dawaiyon aur upchaaron ki vartaman suchi, apaatkalin sampark jaankari, aahar sambandhi avashyaktaayein, gatavidhiyon mein bhaag lene ki kisi bhi seemaon ka varnan, aur vishesh upcharon ke liye koi bhi sujhav شامل kare;
  - Yeh pradan karta ke karmachariyon द्वारा उचित roop se samiksha aur sanshodhit ki jaye, lekin kam se kam ardhatrik roop se; aur
  - Har ek update ko bhagidaar ke Seva Samanvayak ko prastut kiya jaye.
- Pradan kartao ko samudaayik sansthaon ya vyaktiyon ke saath vyavastha karke Vyask Divas ke pratyek ghatako pradan ya uplabdh karana hoga, jo PCP mein pehchani gayi avashyaktaon ko pura karne ke liye avashyak hai.
- Nimnalikhit ghatak har Vyask Divas ke bhagidaar ke liye avashyak hain, chahe yah PCP mein vishesh roop se pehchana gaya ho ya nahin:
  - Vyaktigat dekhbhal sevaayein, jo karmachariyon द्वारा pradan ki jaati hain aur ek anugyaptrit nurse ke nigrani mein, taaki rojana ke jeevan ki gatavidhiyon (ADL) mein seemaon ka samadhan ho sake.
  - Swasthya Moolyaankan aur Paricharika, jisme شامل hai:

- a. Pratyek bhagidaar ki chikitsiya aur vyaktigat avashyaktaon ki paryapt jaankari prapt karna;
  - b. Parivaar, chikitsakon aur Seva Samanvayak ko sabhi parivartan dekhna aur unka prativedan karna;
  - c. Swasthya shiksha aur salah-mashwara;
  - d. Kaushal narsing dekhhabhaal; aur
  - e. Dawaiyon ka prabandhan, chahe yah karmcharyon dwara kiya jaye ya bhagidaar dwara.
- F. Bhojan Seva, jisme din mein kam se kam ek bhojan ki taiyari aur parosne ka samavesh hota hai.
1. Bhojan suchi ko karmcharyon ya ek anubandhit vyakti dwara yojit kiya jaana chahiye, jise aahar sambandhi aavashyaktaon aur poshan ka gyaan ho.
    - a. Jab ek aahar visheshagy karmcharyon mein uplabdh na ho, to ek karmchari ko bhojan seva ke liye zimmedar niyukt kiya jaana chahiye.
  2. Bhojan ke समय upasthit pratyek bhagidaar ko dopahar ka bhojan pradan kiya jaana chahiye.
    - a. Is bhojan mein vyaskon ke liye aavashyak dainik aahar anugya ka kam se kam ek-teehai hissa shamil hona chahiye.
  3. Jo bhagidaar poore din upasthit hote hain, unhein pratidin do snacks bhi pradan kiye jaane chahiye, jo chini, namak aur cholesterol ke star ke anuroop niyantrit hon.
  4. Vishesh aahar bhagidaar ke vyaktigat yojana ke anusar pradan kiya jaana chahiye.
- G. Nimnalikhit ghatak pratyek bhagidaar ko tab pradan kiye jane chahiye jab PCP mein vishesh roop se pechana gaya ho:
1. Manoranjan Chikitsa, jisme samajik aur manoranjan sambandhi gatividhiyan shamil hain.
    - a. Kendra ke karmcharyon ko vyaktigat aur samuhi gatividhiyan pradan karni chahiye.
    - b. Vyaktigat bhagidaaron ki maryada, ruchi, aur chikitsiya avashyaktaon ko gatividhi karyakramon ke vikas mein dhyan mein rakha jaana chahiye.
  2. Anya gatividhiyan jo yah sunishchit karne ke liye hain ki pradan karta har bhagidaar ki avashyaktaon aur ruchi ke anusar gatividhiyon ka santulan pradan kare, jisme bhagidaaron ko bhag lene ke liye protsahit kiya jata hai lekin unhe inkaar karne ka adhikar hota hai.
- H. Jab bhagidaar ko school sevaayein mil rahi hoti hain, to vyask divas ko un ghanton ke liye manzoori nahi di jati jo school jile ke niyमित upasthiti ke din aur ghanton mein bhagidaar ke liye niyमित hain.
1. Yah seema sabhi sarvajanik shiksha karyakramon par lagu hoti hai jo Viklang Vyakti Shiksha Adhinyam (IDEA) ke antargat vittiya roop se pradan kiye jaate hain.
- I. Parivahan vyask divas ka ek ghatak nahi hai.
- J. Sharirik, vyavasayik, aur bhasha/bol-chal chikitsayein vyask divas mein shamil nahi hain.
- K. Waiver ke antargat pradan ki jaane wali sevaayein un sevaon tak seemit hain jo Medicaid rajya yojana ke antargat anya roop se covered nahi hoti hain, jisme Prarambhik Samayik Parikshan aur Nidan aur Upchar (EPSDT) shamil hai, lekin yeh waiver ke lakshya ke anuroop hain jo sansthaagat karan se bachne ke liye hain.
- L. Waiver bhagidaaron ko, jo 21 varsh se kam umra ke hain, unhein EPSDT ke antargat avashyakta ke anusar Medicaid rajya yojana ke antargat covered ki jaane wali sevaayein pradan ki jaani chahiye.

## Pradata Ki Avashyaktaayein

- A. Sabhi waiver seva pradan karne wale ko Medicaid seva pradan karta hona chahiye.
- B. TBI seva pradan karne walon ko TBI Vyask Divas pradan karne se pehle DHHS dwara manjoor ki gayi TBI prashikshan poora karna chahiye.
- C. Vyask Divas kewal ek sanstha dwara pradan kiya ja sakta hai jo Vyask Divas pradan karta ke roop mein licensed ho.
- D. Ristedaar ya abhibhabak ko Vyask Divas pradan karne ke liye ek licensed vyask divas sanstha ke karmchari ya malik hona chahiye.
- E. Har sanstha pradata ko yeh sab karna hoga:

1. Apne karmcharyon ko unki yogita, anubhav, aur pradarshit kshamtaon ke aadhaar par niyukt karna;
  2. Karmcharyon ko prashikshan pradan karna taaki ve avashyak dekhbhal ke star ko pradan karne ke liye योग्या ho sakein;
  3. Prashikshan yojnaayein DHHS ke liye uplabdh karane par sahmat hona; aur
  4. Seva ki praptita aur gunvatta ko sunishchit karna.
- F. Sansthan ke Maapdand: Har Vyask Divas sanstha ko sabhi lagu kendriya, rajya aur sthaney aag, swasthya aur anya maapdandon ko pura karna chahiye jo kanoon ya niyam ke taahat nirdharit kiye gaye hain.
1. Dekhbhaal ke liye sthalon ko antim sthiti ke niyam ke anuroop maapdandon ko pura karna chahiye jo pradan karta dwara chalayee aur adhin sthalon ke liye nirdharit kiye gaye hain, aur isey pratyek saal kam se kam ek baar dastavej roop mein darj karna chahiye.
  2. Pradan karta yeh sunishchit karne ke liye zimmedar hai ki sevaayein ekikrit, samudaayik aadhaar par pradan ki jaayein. Ismein kam se kam nimnlkhit maapdandon ko pura karna शामिल hai:
    - a. Vatavaran aur design:
      - i. Sthal ko bhagidaaron ki avashyaktaon ko dhyan mein rakhte hue vastukala ke anuroop design kiya jana chahiye;
      - ii. Bhagidaaron dwara upyog kiye jaane wale furniture aur upkaran paryapt hone chahiye;
      - iii. Shauchalay kaam karte hue hone chahiye aur sabhi karyakram kshetron se asani se prapt kiye ja sakte hon; aur
      - iv. Ek telephone bhagidaaron ke upyog ke liye uplabdh hona chahiye.
    - b. Sthal aur sthalantar: Pradata ko yah sunishchit karna hoga ki sthal mein karyakram gatividhiyon aur sevaon ki poori range ko sambhalne ke liye paryapt sthal ho, jo ki nimnlkhit ko शामिल karta hai:
      - i. Bade aur chhote samuhik aur vyaktigat gatividhiyon aur sevaon ke liye sthal mein sudhar aur badlav ki suvidha;
      - ii. Karyakram aur chalane ke liye avashyak samaan rakhne ke liye sthal;
      - iii. Ek aaram kshetra, vishesh chikitsa ke liye paryapt sthal, aur aise kshetra jo bhagidaaron ko guptata dene aur beemaar hone par unhe alag karne ki suvidha pradan karen;
      - iv. Khana khane ke liye paryapt mez aur baithne ki jagah;
      - v. Bahari gatividhiyon ke liye uplabdh aur bhagidaaron ke liye sulabh bahar ki jagah; aur
      - vi. Bhagidaaron ke baahari kapdon aur niji saman rakhne ke liye paryapt sthal.
    - c. Suraksha aur swachhhta: Pradan karta ye sunishchit karega ki:
      - i. Sansthan ka sanrakshan sabhi lagu sthaneya, rajya aur kendriya swasthya aur suraksha niyamon ke anuroop kiya jaye;
      - ii. Jab bhojan kendra par tayar kiya jata hai, to bhojan tayari kshetra ko sabhi lagu kendriya, rajya aur sthaneya kanoonon ka paalan karna anivarya hai;
      - iii. Kam se kam do spasht roop se chinhnit nikasi dwar uplabdh hone chahiye;
      - iv. Seedhiyan, dhaalein aur andar ke farsh par phisalne se suraksha ke liye surfes ya kaarpet laga hona chahiye;
      - v. Prangan ko sabhi khatron se mukt rakha jana chahiye (jaise khule bijli ke taar ya jalne योग्या samagri ka galat tarike se sangrahan);
      - vi. Sabhi seedhiyan, dhaalein, aur baadharahit shauchalay upyogi hathroniyon se sujitt hone chahiye; aur
      - vii. Aapatkalin dekhbhal aur parivahan ke liye ek likhit yojana bhagidaar ki file mein darj ki jati hai.
- G. Karmchari Sambandhi Awashyaktaen:
1. Prashikshan ya ek ya adhik varsh ka anubhav, jisme vayaskon ke saath swasthya seva ya samajik seva kshetra mein kaam kiya ho.
  2. Dil ki gati aur sans lene mein madad (CPR) aur prathamik upchar ka prashikshan ya gyaan.
  3. Har bhagidaar mein takleef ya bimari ke lakshan ko pehchaan ne ki kshamata.
  4. Upalabdh chikitsa aur aapatkalin sansadhan ki jankari.

5. Har bhagidaar ke pata, telephone number aur parivahan ke upay ki jankari tak pahunch.
6. Bhagidaaron aur unke sampatti ke saath kaam karte waqt suraksha ke uचित savdhani ke upay jaanein.
7. TBI Vyask Divas ke karmcharyon ko DHHS TBI prashikshan pathyakram ya DHHS se manjoor kiye gaye saman anukool prashikshan ko poora karna avashyak hai.
8. Har kendra par jab bhagidaar maujood ho, tab kam se kam ek sahi roop se prashikshit, poora samay ka karmchari wahan upasthit hona chahiye.
9. Kendra ko pratyaksh seva dene wale karmcharyon aur bhagidaaron ke beech ek aisi anupat banaye rakhni chahiye, jo yah sunishchit kare ki bhagidaaron ki avashyaktaayein पूरी ho rahi hain.
10. Kendra ko pratyek vyavasayik, pratyaksh seva, aur apratyaksh seva ke padon ke liye likhit naukri varnan aur yogitayein viksit karni chahiye.
11. Pradan karta ko ek licenced nurse ko apne staff par rakhna hoga, ya phir ek licenced nurse ke saath samvida karna hoga, jo swasthya moolyankan, nursing seva tatva, ADLs ki nigraani, aur vyaktigat seva prashikshan tatva pradan karega.

H. Pateek participant ke file mein pradan karta ko nimnlikhit cheezein rakhni hogi:

1. Vyask Divas yojana; aur
2. Aapaatkalin sthiti mein sampark karne ke liye vyaktiyon ke phone number.

## Mullya

- A. Seva ki avadhi ek calendar din ki hoti hai, jo kam se kam chaar ghante ki ho.
- B. Jab koi bhagidaar bina yojna ke kisi avashyakta ke karan sthal ko chordta hai aur wahaan chaar ghante se kam samay bitata hai, to ise bhugtan ke liye ek poora din mana jata hai.
- C. DHHS Vyask Divas ke liye rajya star par ek mullya nirdharit karta hai.