

Samarthit Awasik Jeevan aur Sahayak Awasik Jeevan

Seva Ki Paribhasha

Sahayak Awasik Jeevan, Vrুদ্ধ aur Viklang (AD) Bachon aur Vyaskon ke liye HCBS Waiver par uplabdh hai, aur **Samarthit Awasik Jeevan**, Chotil Mastishk Choton (TBI) Waiver par uplabdh hai.

Yeh dono sevaayein, sahayak awasik sansthan mein rehne wale bhagidaaron ke liye kai tarah ke samarthan pradan karti hain.

Sevaayein bhagidaar ke svayam nirdeshan aur faislon mein bhagidari ko badhava deti hain, jo samman, svatantrata, vyaktitva, gopniyata, aur maan-samman ko ek gharelu, gair-sansthaagat awasik vatavaran mein shamil karti hain. Yeh sevaayein vyaktigat dekbhaal ki gatividhiyon, dainik jeevan ki gatividhiyon (ADLs), mahatvapurn dainik jeevan gatividhiyon (IADLs), swasthya sanrakshan, aur niyमित ya anumanit bhagidaar ki avashyaktaon ko pura karne ke liye 24 ghante ki pratikriya ki kshamata ko shamil karti hain. Sevaayein nigrani, suraksha, aur surakshitata pradan karti hain.

Pradan Karne Ki Shartein

- A. In sevaon ki avashyakta bhagidaar ki moolyaankan ke dauran pahchani jaani chahiye aur vyakti-kendrit योजना (PCP) mein shamil ki jaani chahiye.
- B. Har bhagidaar ke liye ek Nivasi Seva Samjhauta (RSA) file mein hona chahiye.
 1. Isay bhagidaar, Seva Samanvayak, aur pradan karta ke dwara avashyakta anusar samiksha aur sanshodhit kiya jana chahiye, lekin kam se kam har saal ek baar.
 2. Mool aur sanshodhan Seva Samanvayak ke liye uplabdh honi chahiye.
 3. Kam se kam, RSA mein yeh shamil hona chahiye:
 - a. Bhagidaar ki vartaman dawaiyaan aur upchaar.
 - b. Koi vishesh aahar sambandhi avashyaktaayein.
 - c. Kisi bhi gatividhiyon mein bhaag lene ke liye kisi bhi prakar ki seema ka vivaran.
 - d. Ek Kiraye ka Samjhauta, jo kam se kam nimmalikhit avashyaktaon ko shamil kare:
 - i. Vyakti aur sahayak awasik seva pradan karta ka sahmati.
 - ii. 175 NAC 4 mein sahayak awasik seva sansthan ke license ki avashyaktaon ka palan karna, jisme nikaali jaane ki suraksha bhi shamil hai.
 - iii. Ek likhit jankari ho jo bataye ki vyakti ke paas adhikar hai ki:
 - (1) Agar vyakti chahe to apne liye roommate chun sakte hai;
 - (2) Gopniyata aur suraksha, jisme apne rahne ke sthal tak pahunch ka adhikar shamil ho;
 - (3) Apne rahne ke sthal ko sajane ka adhikar;
 - (4) Kabhi bhi apne chune hue mehmaan bulaane ka adhikar;
 - (5) Apne karyakram aur gatividhiyon par apna niyantran rakhne ki swatantrata aur samarthan; aur
 - (6) Kabhi bhi khana prapt karne ka adhikar.
 - iv. Har ek pradan karta dwara chalaye ja rahe sthal ko bhagidaar ke liye sharirik roop se suvidha janak hona chahiye.

- v. Bhagidaar ke adhikar ya kiraye ki samvida ke sharton mein koi bhi sudhaar ek vishesh moolyaankan kiye gaye avashyakta se samarthit hona chahiye aur unhe unke vyakti-kendrit yojna (PCP) mein dastavej roop se darj kiya jana chahiye, jisme shaamil ho:
- (1) Vyakti ki vishesh moolyaankan ki gayi avashyakta ki pahchaan;
 - (2) Kisi bhi sudhaar se pehle istemal ki gayi sakaratmak hastakshep aur samarthan ka dastavej;
 - (3) Un tareekon ka dastavej jo avashyakta ko pura karne ke liye kam dakhil dene wale the, lekin safal nahi rahe;
 - (4) Adhikar ya patte ke samvida mein kiye jaane wale parivartan ka spasht vivaran aur yeh kaise vyakti ki vishesh avashyakta ko pura karta hai;
 - (5) Parivartan ki lagataar prabhav shelata ko maapne ke liye data ka niyमित संग्रह aur samiksha;
 - (6) Yeh tay kiye gaye samay seema jo samay-samay par samiksha karne ke liye hoti hai, taki yeh pata lagaya ja sake ki parivartan ab bhi avashyak hai ya ise samapt kiya ja sakta hai; aur
 - (7) Vyakti ki jaankari aur sahmati.
- C. Jab ek seva pradata ya seva sanyojak yah nirnay karta hai ki bhagidaar ki aavashyaktaayein seva pradata ki kshamata se pare hain, to seva pradata, seva sanyojak aur bhagidaar milkar vikalpik vyavasthaon ka prarambh karenge.
- D. Samarthit Aawasik Jeevan aur Sahayak Aawasik Jeevan mein nimnalikhit aavashyak seva ghatak shaamil hote hain, jo pradata ko pratyek bhagidaar ko pradaan karne hote hain, chahe yeh unke vyaktigat yojna mein shaamil ho ya na ho:
1. Samajik Sampark: Bhagidaron ki avashyaktaon ke anurup sanrachit samajik, manoranjan aur swasthya sambandhi gatividhiyan. Awasik jeevan seva pradata ko nivaas sthal par samajik gatividhiyan pradan karni chahiye aur samuday mein upalabdh gatividhiyon ki jankari deni chahiye.
 2. Grihkar: Sarvajanik sthalon ke saath-saath bhagidaar ke niji nivaas ki safai, jaise dhool saaf karna, vakyum karna, farsh saaf karna, bathroom saaf karna, aur bistar lagana aur badalna.
 - a. Bistar ke kapde tab badle jaayenge jab wo gande ho, lekin kam se kam har hafte mein ek baar to badle jaayenge.
 - b. Saaf snan ke kapde rozana uplabdh karaye jaayenge.
 - c. Ek bhagidaar ko apni mansik ya sharirik kshamata ke anuroop, jab chahen, safai ki gatividhiyon mein bhaag lene ya unhe karne ka avsar diya jaayega.
 3. Kapdon ki dhulai: Bhagidaar ke kapdon ki dhulai, sukhana, tah karana, aur unhe unke kamre mein wapas rakhna.
 - a. Sukhe kapdon ki safai bhagidaar ki zimmedari hai, lekin suvidha pradata unhe is seva ke liye vyavastha karne mein madad karega jab zarurat ho.
 - b. Ek bhagidaar ko apni mansik ya sharirik kshamata ke anuroop, jab chahe, kapdon ki safai mein bhaag lene ya ise karne ka avsar diya jaana chahiye.
 4. Bhojan: Har din teen bhojan, hafte ke saat din.
 - a. Bhojan ko is prakar hona chahiye:
 - i. Yeh achhe se tayar kiye gaye kai prakar ke khano se bana hona chahiye, jo kam se kam ek teesra hissa pratidin ki avashyak poshan ki nyoonatam avashyakataon ko pura karein; aur
 - ii. Din ke alag samayon par parose jaane wale khanon ke liye sanskritik aur vyaktigat pasand ko dhyaan mein rakhein.
 - b. Jab kewal ek bhojan ka menu diya jata hai, to vyaktiyon ke liye anya vikalpon ka prabandh hona chahiye.
 - c. Menu ko yah hona chahiye:

- i. Menu ko niwasi janasankhya ki bhojan ki pasand ko sambhavit roop se darshana chahiye.
 - ii. Bhagidaaron ke liye samay par upalabdh hona chahiye.
 - d. Nashta, bhojan ke beech mein maang par uplabdh hona chahiye.
5. Aushadhi sahayata: Bhagidaar ke dwara anurodh kiye gaye sthal par prescription aur gair-prescription aushadhiyon ka prabandhan mein sahayata pradan ki jati hai.
 - a. Dawai sahayata ka uचित star vyakti vishesh ke aadhar par tay kiya jata hai, jaise ki 175 NAC 4 mein varnit hai.
 - b. Pradan karta ka bhagidari ka star bhagidaar ke dawaiyon se sambandhit unhi vastuon aur sevaon tak seemit hona chahiye jo unke PCP mein pehchani gayi hain.
 - c. Jab bhagidaar apne dawai khud se lene mein saksham ho, to wo apne dawaon ki dukaan pradan karta ko chune sakte hain.
 - i. Jab bhagidaar apne dawai khud se nahi le sakte, to aawasik jeevan pradan karta ko bhagidaar ko likhit suchna dena hoga, jisme pradan karta dwara istemal ki jaane wali sujhaayi gayi dawaon ki dukaan ka ullekh ho.
 - ii. Rajasthan ki licensure ki avashyaktaon ke anuroop, jab pradan karta bhagidaar ko pravesh se pehle, ya kisi badlav ke 30 din pehle yah soochit karta hai ki sansthan kisi vishesh dawaon ki dukaan se samjhauta karta hai, to bhagidaar ki dawaon ki dukaan chune ki avashyakta puri maani jaati hai.
 - d. Sahayak jeevan sansthan mein dawaon ka prabandhan karne waale vyaktiyon ke liye pradan karta ki yogyaayein sahayak jeevan sansthan licensing niyamavali mein uddeshit ki gayi hain.
6. Awasik jeevan pradan karta ko har ek bhagidaar ki avashyaktaon ke adhar par yatra sevaayein pradan karni chahiye.
 - a. Pratyek mahine mein, pradan karta ko avashyakta ke anusar, chikitsa mulaqaton ke liye kam se kam paanch round trip sidhe pradan karne chahiye.
 - i. Yadi round trips 50 miles se adhik hain ya mahine mein paanch se adhik hain, to chikitsa parivahan ke liye atirikt purti ki anumati di ja sakti hai.
 - b. Seva dene waale ko bhagidaar ke PCP mein chhapi gaye gatividhiyon aur sansadhan ke liye aane-jaane parivahan ke liye uचित vyavstha karni hogi.
 - c. Seva dene waale ko kisi bhi aise parivahan ki vyavstha karne mein madad karne ka vastavik prayas karna hoga jo niyमित avashyaktaon se zyada ho.
- E. Samarthit Awasik Jeevan aur Sahayak Awasik Jeevan mein nimnalikhit seva tatvon ko shamil kiya gaya hai, jise seva dene waale ko har bhagidaar ko pradan karna hoga jab yah bhagidaar ke PCP mein moolyaankan kiya gaya avashyakta ke roop mein pehchana jaye:
 1. Sahyogi Seva: Aise bhagidaar ke saath safar karna ya unki vyaktigat roop se madad karna jo akela safar karne ya intezaar karne mein asamarth ho, jab tak bhagidaar ne apne liye swatantra vyavastha na ki ho. Ismein shaamil ho sakti hai:
 - a. Vahan se aur sthaniye gati ka sthal tak madad dena.
 - b. Rehan-shehan ke sthal se door bhagidaar ke liye niyantran aur samarthan pradan karna ya vyavastha karna.
 - i. Nigrani aur samarthan pradan karne wala pradan karta bhagidaar ke saath tab tak rahega jab tak bhagidaar apne rehne ke sthal par wapas nahi aa jata.
 2. Avashyak Kharidari: Jab bhagidaar khud se kapde aur vyaktigat dekhbhal ke samaan prapt nahi kar sakti, tab unhe prapt karne mein madad pradan karna. Ismein bhagidaar ke kharche ka vittiya bandobast shamil nahi hai.

3. Swasthya Sanrakshan Gatividhiyan: Seva pradata un jatil nahi hone wali hastakshep ko shamil karega jo:
 - a. Sahi nirdeshon ke anusar surakshit roop se kiya ja sakta hai.
 - b. Yeh mool prakriya mein koi badlav ki avashyakta nahi hoti.
 - c. Jinke parinaam aur bhagidaar ke pratikriyaen anumanit ki ja sakti hain, jinmein parantu simit nahi hai:
 - i. Lambai aur wajan ka record banana;
 - ii. Rakta chaap ka nigrani karna;
 - iii. Rakta shakkar ki nigrani karna aur jab bhagidaar sthir aur anumanit ho, tab insulin ke injection dena; aur
 - iv. Nursing aur kushalta se sambandhit chikitsa sevaayein jo is seva ke pradan mein mool roop se nahi, balki mahatvapurn na hone par pradan ki jaati hain.
 - (1) 24-ghante ki kushalta sewa ke liye bhugtan nahi kiya jata hai.
 - (2) Is seva mein koi bhi kushalta therapy shamil nahi hai.
4. Vyaktigat dekhbhal sewaan bhagidaar ko is tareeke se pradan ki jayengi jisse unhein jitna ho sake apni swatantrata aur gopniyata banaaye rakhne mein madad mile.
 - a. Pradata ko pratidin ke jeevan ke gatividhiyon (ADLs) mein kisi bhi avashyak madad pradan karni hogi:
 - i. Khana khane mein: Khana khane mein madad mein packet kholna, khana kaatna, masale dalna, aur anya gatividhiyan shamil hain jo bhagidaar apne aap nahi kar sakte.
 - (1) Jab bhagidaar bina madad ke khana nahi kha sakte, toh seva pradata unhe khilayenge ya is dekhbhal ke liye anya vyavastha sunishchit karenge.
 - ii. Snaan: Bhagidaar ke pasand ko dhyaan mein rakhte hue, nahaane ka samay-suchi tay kiya jaana chahiye. Pradayak RSA me ullikhit sankhya se adhik snan ki avashyakta hone par uske liye koi shulk nahi le sakta.
 - iii. Gatisheelata: ghar ke andar ya bahar ek sthan se dosare sthan par jaane mein sahayata.
 - iv. Poshak/Dekhbal: Uchit anusar sharir ke upar aur neeche ke kapde pehnane aur utarne me madad dena. Nity dincharya sambandhi vyaktigat safai me sahayata pradan karna.
 - v. Shauchalay ke liye sahayata: Shauchalay tak aur wapas le jane me madad, shauchalay par baithne aur uthne me sahayata, kapdon ka prabandhan aur safai me madad.
 - vi. Sthanantaran karna: Ek jagah se doosri jagah le jane me sahayata, jaise bistar se kursi tak aur wapas, aur gaadi ke andar aur baahar jane me madad.
 - vii. Mootr niyantran: Kapde ya pads badalne, saaf karne aur gande samaan ko sahi tarah se fekne me madad.
 - b. In sevahon mein vyaktigat dekhbhal ki sevayein shamil hoti hain aur vyaktigat dekhbhal ki sevayein ke liye alag se shulk lena anumati prapt nahi hai.

Pradata Ki Avashyaktaayein

- A. Waiver ka Sabhi seva pradaataon ko yah karana hoga:
 1. Medicaid pradata hona chahiye;
 2. Nebraska Prashasanik Code ke sabhi lagu Titles aur Nebraska Rajya Vidhi ki paalan karni chahiye;
 3. Medicaid aur lambe samay Dekhbhaal Seva Pradata Samjhauta mein varnit maapdandhon ka paalan karna;
 4. Anurodh par DHHS prashikshan poora karna chahiye; aur
 5. Sarvabhaumik saavdhaniyon ka palan karna chahiye.

- B. TBI Waiver seva pradaton ko Samarthit Awasiy Jeevan pradan karne se pehle, DHHS dwara anumattit TBI prashikshan poora karna avashyak hai.
- C. Sahayak Awas aur Samarthit Awasiy Jeevan ki seva sirf ek license prapt sanstha ke madhyam se pradan ki ja sakti hai.
- D. DHHS shuruat mein sahayakawas pradaton ko panjikrit karta hai aur har saal ek sthal par jakar jaanch karta hai taaki yeh sunishchit kiya ja sake ki sabhi lagu kendriya, rajya, aur sthal niyam aur niyamavali ko poora kiya ja raha hai.
- E. Har sahayata prapt avas pradaton ko DHHS kee laisense ikai dvara apekshit manakon ke atirikt nyonatham nimnalikhit manakon ko pora karana hoga:
1. HCBS Waiver sevaon ke liye sahayakawas (AL) pradaton ke roop mein laisense aur pramanit.
 2. Har waiver bhagidaar ke liye ek niji kamra pradan karein, jisme ek shauchalaya aur sink ho.
 - a. Adhikarik niji kamre ko har ek mamle mein vichar kiya jayega aur iske liye pehle se DHHS se manzoori ki avashyakta hogi.
 3. Jab ek sath milkar chalayane wale nursing sansthan ke paas ho, to alag se manjoor kiye gaye aur 175 NAC 4 ke niyam ke anusar.
 4. Sahayak jeevan suvidha mein rehne walon ke liye niyam, prakriyaayein, gatividhiyan, bhojan aur saanjha kshetron ka vishesh vyavastha ho.
 5. Yeh sunishchit karein ki sidhe dekhbhal karne wale karmcharyon mein prashasnik, kapde dhone wale, safai, bhojan aur rakh-rakhav karmchari na ho.
 6. Jab bhagidaar ke paas yeh vastuayein na ho, tab avashyak furniture, kam se kam ek bistar, almari, raat ka table ya mez, aur kursi pradan karein.
 7. Rozana vyaktigat safai ki vastuayein pradan karein, jisme kam se kam sabun, shampoo, toilet paper, chehre ka tissue, kapde dhone ka sabun, aur daant safai ke utpad shamil ho. Anya vyaktigat utpad ya brand ke chunein bhagidaar ki zimmedari hogi.
 8. Ikai mein nijta pradan karein, jismein taala lagane wale darwaze ho, aur bhagidaar ko apne suvidha aur apne vyaktigat apartment tak pahuch ka adhikar ho.
 9. Vyaktigat bhagidaar ki maangon ke inkar ko samikshan karne ke liye ek shikayat prakriya pradan karein. Vyaktigat bhagidaar ki maangon ke inkar ko PCP mein dastavez kiya jana chahiye, jisme koi bhi filed ki gayi shikayat ka parinaam shamil ho.
- F. Ristedar ya abhibhabak ko in sevaon ko pradan karne ke liye ek panjikrit sahayata pradan karne wale sansthan ke karmchari ya malik hone chahiye.
- G. Har pradan karta 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 yogya ho sakein;
 3. Prashikshan yojnaayein DHHS ke liye uplabdh karane par sahmata hona; aur
 4. Seva ki praptita aur gunvatta ko sunishchit karna.
- H. Har sansthan ko sabhi lagu kendriya, rajya aur sthaniya aag, swasthya aur anya manako ko poora karna hoga jo kanun ya niyam mein diye gaye hain. Care ke liye sabhi sthal ko pradan karta dwara chalayane ja rahe sthal ke liye antim sthal niyam ke tahat manako ko poora karna hoga aur unhe unke Sansadhan Vikasak (RD) dwara kam se kam pratidin dvara dastavezit karna hoga.

Mullya

- A. Bhugtan ko sabhi awasik sevaon ke kul kharchon ko dhyan mein rakhkar hisaab kiya jata hai.
- B. Bhugtan mein aawas, khana, suvidhaayein ya sukh-samridhi ke liye vastuon, ya sansthan ki dekhbhal, sudhar aur rakh-rakhav ke kharch shamil nahi hote. Yeh suvidhaon ke liye gaye shulk se kamra ko bhugtan kiye jaate hain, jo bhagidaar ke dvara ya unki taraf se kiya jata hai.
- C. Moolya DHHS dwara nirdharit kiye jaate hain aur har saal ya rajya vidhan sabha dwara nirdeshit hone par badal bhi sakte hain.
- D. Suvidha denewale ko mullya mein badlav ke baare mein Nebraska Medicaid aur Long-Term Care (MLTC) Suvidha Prakashan ke madhyam se suchit kiya jata hai. Shulk ki talika ka vibhag Nebraska DHHS website par Provider Bulletin mein diya gaya hai aur "MLTC Provider Bulletins" vibhag par subscribe karke bhi dekha ja sakta hai.