

Eixy; pisifk =e] me  
mno. [x rogái@meixy;â"né mh;m;rl ke  
âp me

irpo\$R k; ai/kt s;r;x² «;r;"  
EKSS "KnoimKS p["v\$ il im\$@

inimÊ

El (s;ymr (Alzheimer's) i@j lj¹ "\$rnœnl ke  
Eixy; pisifk sdSyo' ke il E

21 istMbr 2006



ACCESS  
ECONOMICS



## pšt;vn;

El (s;ymr (Alzheimer's) iøj Ij' "\$rnænl ADI kl 15 Eixy; pisifk sdSy sSq;ad' nē mé 2005 mè isg;pr mè hie  
apnl b#k mè mno. ƒ aiemxy;ā ke Vy;pk rog tq; -sse j n Sv;SQy pbl/ pr hone v;l e sk\$ pr Ek irpo\$R ty;r  
krne pr shmit kl j o srk;r² antr;ā\$ty s' \$nō' tq; sh;yk Ej tsyō' k; ?y;n "s aor a;kiWt kr sk) hme "s  
piryōj n; ke pbl/ krne k; k;yR ;r idy; gy;)

yh plfy= hwik "s =ā ke l ;%ō' l ogō' tq; j n Sv;SQy pbl/ pr mno. ƒ k; n;\$kly pl; ;v phl e se p@ rh; h)  
"sk; a. l koé ind;n to nhl' hw pr mno. ƒ se pl; ;ivt l ogō' tq; -nkl d%. ;l krne v;l e pirv;rd' kl j lvn mè sv';r  
l ;ne ke il E bht kœ iky; j ; skt; h)

mu y b;t hwik mno. ƒ ko Sv;SQy kl Ek p[qimkt; ke t'r pr phc;n; j ;yē tq; Es; krne ke il E ij n k;yōR ko  
krne kl a;vXykt; hw -llhē yōj n;b« krn; c;ihE) ADI Ā;r; kl gé Kyo\$ō ivDiPt² "s idx; mè -#;yē j ;ne v;l e kdmō  
ko iniXct krne ke il E Ek p[āp p[;n krtl h) ye kdm p[lyk dōō' kl s;Skōt k² s;m;ij k tq; a;iqk p[sgō  
k; sMm;n r%te hE² -nkl inj l a;vXykt; ke p[jt svēlxll hone c;ihE)

=ā ke andr a;psl shyog ko b!;v; dn; . l a;vXyk h) mno. ƒ rog se pliet l ogō' tq; -nke pirv;rd' ke il E Ek  
pl; ;vxl Sv;SQy tq; d%. ;l sō;ad' k; ivk;s krne mè dōō' ko a;ps mè ivxW s;Zed;rl kl a;vXykt; h) yh  
prm a;vXyk hwik yōj n; bn;ne v;l l sō;ad' ke slbn; a;/;r (information base)mē sv';r l ;ne ke il E Ek xō/  
k;yR a;rl. iky; j ;y)

"s =ā kl El s;ymr sSq;ad' ke il E yh irpo\$ tq; "sk; pl;xn -nke s;Ze smqk ke āp mè Ek -l l %only  
ag\$g kdm h) hme v;Stivk -Mmld hwik yh irpo\$R r;ā\$ly tq; antr;ply Strō pr nlit bn;ne v;l o' ke il E -pyōgl  
is« hugl)

hm Tsao f;-læxn tq; ADI k; "s irpo\$R ke il E /n r;ix dne ke il E /lyv;d krn; c;h) EKsē éKnoimKs ne  
ij s Vy;vs;iyk -TKā\$; ke s;q "s irpo\$ ko EKs;q pšt; iky; hw -ske il E -nk; . l /lyv;d krn; c;h)

*Cleann Rees*

Gl n rls  
r;ā\$ty k;yk;ir, l indk;k  
El s;ymrs a;ā\$ēl y;

*Atkinson*

@;l Eng plg cl  
a?y=  
El s;ymrs isg;pr

*Sung Hee Lee*

Åimtl stg-hl l l  
a?y=  
El s;ymrs di=, l kuiry;





## pbN/kly i\$Pp, l

El (s;ymr (Alzheimer's) iøj lj' "\$rnænl ADI kl 15 Eixy; pisifk sdSy sSq;ad nè mé 2005 mè isg;pr mè hie  
apnl b#k mè mno. x aiéméxy;á ke Vy;pkt; tq; -sse j nSv;S0y pbN/ pr hone v;le s'k\$ pr Ek irpo\$R ty;r  
krne pr shmit kl j o srk;r<sup>2</sup> alltr;B\$ty s' \$no' tq; sh;yk Ej isyó k; ?y;n "s aor a;kiWR kr sk)

"s =e ke s. l El s;ymr sSq;ye apne s;Ze smqñ ke il E<sup>2</sup> "s irpo\$ ke v<yR ivWy tq; "ske plk;xn ke il E  
apnl shmtl de ckl h)

yh irpo\$R

- Eixy; pisifk =e mè mno. x mh;rog ke phl b' ko d%tl h)
- mno. x k; tq; mno. x ke ai. D;t %'tró' ke k;rkd' k; v, ñ krtl h)
- rog ke vtñ;n bóZ<sup>2</sup> a;k@' tq; . iväy p=p, pr ivc;r krtl h)
- mno. x k; anm;nó=p, dex kl pš;r kl dró pli@'ó' kl g, n; pñ;n krtl h)
- mno. x rog se hone v;le a;iqk tq; s;m;ij k pl ;v pr ivc;r krtl h)
- sc;: l ;gt m?ySqt;(cost-effective interventions)tq; p[Pt yoj n; p[äp k; v, ñ krtl h)
- k;yR;hl ke sZ;v krtl h)

Eixy; pisifk =e ke ap[Pt a;k@' ke k;r, <sup>2</sup> ivXI W, ke il E ivkist j gt ke a;k@' k; plog icy; gy; h)

"s irpo\$ ke il E /n r;ix Tsao f;-æxn tq; ADI ne dl h)

## yq;q

ADI kl 15 Eixy; pisifk sdSy sSq;ye a;S\$il y<sup>2</sup> cln<sup>2</sup> TADA cInl t;épl<sup>2</sup> h;gk;g SAR<sup>2</sup> . ;rt<sup>2</sup> "éoméxy;<sup>2</sup> J;;p;n<sup>2</sup>  
ml éxy;<sup>2</sup> Nyl ll é<sup>2</sup> P;ikSt;n<sup>2</sup> ifil ipS<sup>2</sup> isg;pr<sup>2</sup> di=, l Koiry;<sup>2</sup> ÁI l'k; tq; Q;él é mè isqt h)

"s ivXI W, mè sillmil t ally dex<sup>2</sup> bgl ;dex<sup>2</sup> . S;n<sup>2</sup> bñ;é drasl ;m<sup>2</sup> kMboiy;<sup>2</sup> mk;v<sup>2</sup> l ok;t;]k g, t] a;fí  
Koiry;<sup>2</sup> éS\$ \$Imor (Timor Leste)<sup>2</sup> l ;a;as<sup>2</sup> My;nm;r<sup>2</sup> np;l<sup>2</sup> ppæ; Nylgnl tq; ivytn;m h)

sn( 2005 mè sykt r;á\$S<sup>n</sup> ke a;k@' Á;r; "s =e kl anm;int kl j ns' y; 3.58 arb ql) 65 vWR se ai/k  
a;yu kl anm;int j ns' y; 2389 l ;% a'kl gé hñ ij smè se 372 l ;% l og 80 vWR se ai/k a;yu ke q) a;iqk<sup>2</sup>  
. ;W; tq; /mR ke a;/r pr yh;l k;fI iviv/t; h)

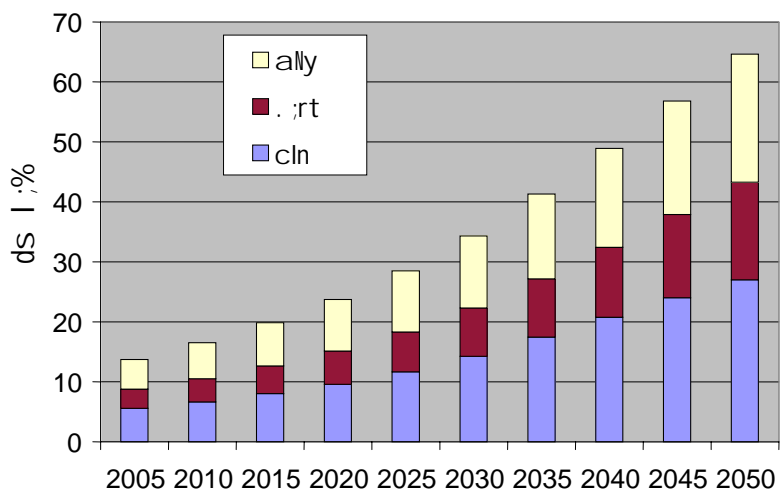
mno. x Ek Ese vgr ke rog hñ ij nk; l =, -v, ñ<sup>2</sup> aLpk;l In Smr, xiKt<sup>2</sup> ally socne áic'tnxll á kl =mt; tq;  
diñk k;y&ll t; Á;r; icy; j ;t; h) mno. x rog ke sbse a;m plk;r<sup>2</sup> El s;ymrs rog tq; svhnly mno. x y;in  
v&Kyl r iéméxy; h)

Eixy; pisifk =e mè mno. x se gšt l ogo kl s' y; sn( 2005 ke 137 l ;% se b!<sup>1</sup> kr sn( 2050 mè  
646 l ;% ho j ;ygl)





kl p̄s;r" cln² . ;rt tq; ally =āly² 2005-50



Eis; p̄=ipt̄ icy; gy; hw̄ik "s =ā mē mno. x̄ ke nye ikSsē y; m;ml ē 2005 se 43 l ;% p̄itvWR kl dr se b!¹ kr sn( 2050 tk 197 l ;% hō j ;yġ)

Eixy; p̄isifk =ā tq; gr̄ Eixy; p̄isifk =ā mē p̄s;r kl dr tq; pl̄i@t̄r kl s' y;

	2005		2020		2050	
'000 l og	p̄s;r kl dr	pl̄i@t̄r kl s' y;	p̄s;r kl dr	pl̄i@t̄r kl s' y;	p̄s;r kl dr	pl̄i@t̄r kl s' y;
a;ššl̄ y;	195.4	60.2	301.3	91.1	664.1	199.7
cln (MK;v siht)	5,541.2	1,721.0	9,596.3	2,916.7	27,004.4	8,269.0
h;ġk;ġ SAR	59.7	18.5	109.2	32.6	332.0	99.6
. ;rt	3,248.5	1,026.8	5,541.8	1,714.4	16,290.1	4,974.6
"@m̄xy;	606.1	191.4	1,016.8	314.1	3,042.0	932.0
J;;p;n	1,871.2	570.2	3,251.3	983.4	4,873.1	1,417.7
ml̄ icy;	63.0	20.1	126.8	39.0	453.9	138.8
llyġ ll̄	38.2	11.8	54.6	16.6	117.6	35.5
P;;ikSt;n	330.1	107.3	566.6	179.3	1,916.2	584.3
if il ipn	169.8	54.8	316.3	99.2	1,158.9	353.9
isg;pr̄	22.0	6.8	52.6	15.7	186.9	56.7
di=, l̄ koiry;	246.3	75.5	542.2	164.3	1,569.9	475.4
Āl̄ l̄ k;	86.0	26.9	148.0	45.1	409.0	125.0
TADA clnl̄ t;ēpl̄	138.0	43.1	253.4	76.6	659.3	199.4
Q;;él̄	229.1	71.4	450.2	137.2	1,233.2	377.0
<b>ADI Eixy; p̄isifk</b>	<b>12,844.3</b>	<b>4,005.9</b>	<b>22,327.6</b>	<b>6,825.2</b>	<b>59,910.6</b>	<b>18,238.7</b>
<b>gr-ADI Eixy; p̄isifk</b>	<b>859.3</b>	<b>276.2</b>	<b>1,399.6</b>	<b>437.1</b>	<b>4,730.9</b>	<b>1,448.6</b>
<b>S;Mpl̄ R =ā k; yġ</b>	<b>13,703.6</b>	<b>4,282.1</b>	<b>23,727.1</b>	<b>7,262.3</b>	<b>64,641.5</b>	<b>19,687.3</b>



ivi. In a?yyn apnl al g ivi/yó' ke pýog ke k;r, pir, ;mó' mè m;mll l s; alltr dX;te hý prltu mno. x rog k; Ek mh;m;rl k; āp l n; inixct hw Kyóik j nm;ns kl a;yu dr mè vó« ke k;r, mno. x se pl; ;ivt VyiKtó' kl s': y; . l b! tjl) Eixy; pisifk mè 60 vWR se ai/k a;yu ke l ogo' ik vtñ;n 10% se km kl dr b! kr² sn( 2050 mè kl j ns: y; kl 25% ho j ;ygl tq; 80 vWR se ai/k a;yu ke l ogo' kl s': y; mè vó« 1% se b! kr 5% ho j ;ygl)

mno. x rog se pl; ;ivt VyiKtó' kl s': y; mè vó« ke aitirk t' all y ank k;r, hý j o mno. x rog ke s;m;ij k tq; a;iqk pl; ;v ko -gl kr dtj) "smè x;iml hw xhrlkr, ² sykt pirv;r ke Sq;n pr n;i. kly pirv;r k; cl n tq; "ske pir, ;mSvāp akd e rhne v;l e vó' kl s': y; mè vó«) "n VyiKtyó' ke d%. ;l a'pc;irk tq; an'pc;irk d%-r% ke imĀ, pr in. k krgl) sll. vt(Eixy; pisifk ke ank dex² mno. x se pl; ;ivt VyiKtó' tq; -nkl d%. ;l krne v;l e pirv;rj n' ko aCzl Sv;SQy tq; d%-r% sv;yè pđ;n krne ke il E ty;r n ho)

mno. x rog² Eixy; pisifk ke dex' ke s;vj ink-Sv;SQy pbl/v' pr ivn;xk;rl pl; ;v @;l ne kl =mt; r%t; hý yh kwl @b!tl a;yu v;l l' j ns: y; ke k;r, nhl' hw bilk "sil E . l Kyóik s. l dl`k;il k(chronic) rogo' mè se mno. x roigyó' ko sbse ai/k p'gu bn; dt; hý "s'rog se hE . ;r' ko "s b;t se n;p; j ; skt; hw ik "s iSqit ke k;r, SvSq j lvn ke iktne s;l Vyqr ho gy) yh pl; ;v'mly' ārog ke k;r, hé a;smiyk mlyā a'r @pgt; áasmqit; ke k;r, SvSq j lvn se víct smyā k; . ;r yog hý ivXv Sv;SQy sSq;n ke a;k' ke a;/r pr yh khne ke pñ;, hw ik"

- sk{mk tq; prj lvl se hone v;l e rogo' se pl; ;ivt db;v ke b;d² Sn;yivk mnorog iSqity\ kwl dšre Sq;n pr a;tl hý
- mno. x se pl; ;ivt db;v² ml éry;² \$\$\$ns² Stn klsr² nxll e pd;qar k; di'pyog aqv; yk se . l ai/k hw tq;"
- agl l c\*q;é xt;Bdl mè mno. x rogo' se hone v;l e pl; ;v k; . ;r k; 76% se ai/k b! he k; anm;n l g;y; j ; rh; hý

s;md;iyk Sv;SQy svāo' pr "sk; iktn; a;iqk db;v p'et; hw yh in. k krt; hw hrk dex v -ske Ā;r; -pl B/krv;é j ;ne v;l l imiĀt sv;āo' pr) rog ke pš;r ke s;q² kl dexly -Tp;dn ke mlyó' mè tj l a;ygl) bct k; sbse pl; ;vx;l l trik; hog; ik mno. x ke a;rl. hone mè ivl Mb icy; j ; skè aqv; nye xo/ k;yR Ā;r; p'Pt bc;v k;yar se pli'tó' kl s': y; ko km icy; j ; sk}

ADI kl 15 Eixy; pisifk sdSy sSq;āo' ke il E² Wimo et al (2006b) ne mno. x rog k; Vyy \$60.4 arb (sn( 2003 mè US @;l r )l g;y; hý ij smè se mno. x d%. ;l sv; k; kl =āly Vyy k; 70% ivkist aqlyvSq; (advanced economies)mè hone k; anm;n hw j o pš;r dr k; 18% hw

**cn'tl**

ivXv Sv;SQy sSq;n tq; Eixy; pisifk kl srk;ro' ke il E mu y cn'ity;\ "n pirvthó' ko l ;n; hogl"

- mno. x rogo' ke b;re mè slimt D;n tq; ank dex' mè s;Sk0tk sd. R mè "nke a;iStV se "k;r y; "s iSqit ko kl k m;n; j ;n;)
- mno. x ko rog k; pir, ;m n m;n kr b!tl a;yu k; Sv. ;ivk ihSs; m;n l n;)





- ❑ d%-r% kl a;vXykt; kl pītR ke il E apy;Rt m;nvly tq; a;iqk s;/nó tq; mno. fn mè d%. ;l ke il E slimt nlyt;)
- ❑ kē dēo' mè ngró' mè -Cc dr se s;Sq;inkr, (institutionalisation) tq; ally =ā' mè siv/;a' kl kml)
- ❑ Vyvs;iyk d%. ;l krne v;le ko apy;Rt p|x=, tq; piv;r; Ā;r; d%. ;l krne v;l' ke sdSyó ko sh;yt; k; a. ;v)

"n cn'ityó' k; s;mn; krne ke il E bht sl #os sl ;h -pl B/ h) pr agr "n sl ;hó' ko Vyvh;r mè nhl' l ;y; gy; to yh mno. x roigyó<sup>2</sup> -nke piv;r;ró' tq; d%. ;l krne v;l' ke il E d% d hog;)

pq; b;t yh hw ik ab mno. x rog ke ivk;spq (pathway) ke b;re mè aCzl smZ hw ik iks p|k;r "s rog ke a;rl. mè Smr, xiKt tq; Vyvh;r mè sl-m pivrtk a;ne se ki#n;é hotl hw j o b;d mè `or in. Rt; tq; asmq|t; mè bdl j ;tl h) c;he "s rog k; ivk;spq EK Vyikt se dšre Vyikt mè i. Nn hog; pr ifr . l iksl ke il E apnl Sv;yĕt; ko %on; bht k#or hot; h) v;izt sv;yĕ kl p|tik|y;<sup>2</sup> rog ke ivi. Nn Stró pr Vyiktgt a;vXykt; ke ans;r i. Nn-i. Nn hogl)

dšrl b;t ik mno. x se smbil/t Ek k;yR yoj n; bn;é gé<sup>2</sup> ij sk; a;/;r q; @mno. x se gšt Vyikt ko km se km d%. ;l kl a;vXykt; h) yh k;yR yoj n; sn(2004 mè j ;p;n mè hE "\$rnænl mno. x rog kl 20vĕ alltr;B\$y smml n mè pštut kl gé<sup>2</sup> ij se Kyo\$o ivDiPt kh; j ;t; hw ás'l Gná)

tlsl b;t ik ivi. Nn a\*W/icikTs; (pharmacotherapies) tq; rog ke p|rilm. k ind;n<sup>2</sup> a;rim. k -pc;r<sup>2</sup> yq;smly kl j ;ne v;l l k;yv;hl (early intervention), piv;r; mè d%. ;l krne v;le sdSyó kl ix=;<sup>2</sup> p|x=, tq; sh;yt; se Vyy k; sc;ā -pyog hone ke inrltr b! 'te pfn; , iml te h)

### sĪ;v

Eixy; pīsifk =ā' ke dēo' kl j ns'; y; a. l se ivXv kl j ns'; y; ke a;/e se ai/k h) "s smpl R =ā' mè vtR;n se l kr sn(2050 tk mno. x se p|;jvt l ogó' kl s'; y; km se km itgnl ho j ;ygl)

-ictāp se p|tp;idt tq; yoj n;b« srk;rl yoj n;yĕ inj l tq; s;md;iyk sSq;nó' ke s;q a;psl shyog Ā;r; sll. ;jvt pš;r ke %cR. ;r kó<sup>2</sup> sc;ā km l ;gt k;yk|nó' se km kr sktl hw ij sk; piv; ;m mno. x se p|;jvt l ogó' tq; -nke piv;r;ró' ke il E Āā# hog;)

Eixy; pīsifk =ā' ke dēo' kl srk;rĕ mno. x se p|;jvt l ogó' tq; -nke piv;r;ró' ko t. l sh;yt; pā;n krgl j b ve smZ l e ik"

- ❑ mno. x Sv;SQy kl Ek p|qimkt; h)
- ❑ sc; ;' l ;gt m?ySqt;(cost-effective interventions) -pl B/ h)
- ❑ mno. x se p|;jvt l ogó' tq; -nke piv;r;ró' ke j lvn mè alltr l ;ne ke il E nlyt p|āp tq; yoj n;<sup>2</sup> s. l %ā' ko sh;yt; d)





sn( 2004 kl Kyo\$o ivDiPt Ek Vyvh;irk trlke se agšr hone k; m;gr id%;tl hw tq; j o k;yR iKE j ;ne c;ihE  
-sk; pǰāp srk;rl<sup>2</sup> gr srk;rl sSq;ad' tq; ally p, /iryo' ko pǰ;n krtl hǰ kǰz srk;ro' ne a. l se apnl r;ǰly  
nlity;\ `oiWt kr dl hǰ

yh sūZ;v hwik Eixy; pisifk =ā' kl s. l srk;ro' ko"

- 1 -Nhè apne inj l j ns;f: ykly<sup>2</sup> s;Sk0tk tq; Sv;SQy d%. ;l a;vXykt;ad' ke ans;r<sup>2</sup> Kyo\$o ivDiPt pr  
ivc;r krn; tq; apn;n; c;ihE)
- 2 mno. ǰ ke il E apnl Svy' kl r;ā\$ty k;yhlit ko ivkist krè j o"
- mno. ǰ ke l ;zn ke h\$;kr tq; ai/K D;n-bo/ Ā;r; v;t;vr, me pirvtǰ -Tǰln krǰ
- nlit bn;ne v;l o<sup>2</sup> icikTs;l y mè k;m krne v;l e Sv;SQy ivxWDyo<sup>2</sup> xo/kĒ;ka<sup>2</sup> d%or% krne v;l oè tq; mno. ǰ  
se pǰ; jvt l ogo' ke blc s;Zd;rl ke il E pǰ; vx;l l shyogI-vgr tq; g\$ \$ bn;yǰ
- Esl pǰqimk tq; s;md;iyk d%. ;l sv;ad' ke ivk;s ko b!;v; de j o mno. ǰ se pǰ; jvt l ogo' tq; -nke  
pirv;ro' ke a;vXykt;ad' ke pǰt -Ērd;yl ho)
- Eese rhn shn ko apn;ne ke b;re mè j ;nk;rl -pl B/ kr;yè ij sse mno. ǰ k; %tr; km ho skǰ
- ij Nhè mno. ǰ ke Vyvh;irk tq; mnovD;ink l =, ho (BPSD) tq; km -mr mè mno. ǰ se pǰ; jvt l ogo' kl  
ivxW a;vXykt;ad' kl pǰtr ke il E pǰ/ krǰ
- 3 mno. ǰ ke k;r, o<sup>2</sup> bc;v tq; -Cc Strly d%. ;l ke il E xo/-k;yR mè pǰ l l g;ne ko b!;v; dn; c;ihE)

mno. ǰ k; ivWy<sup>2</sup> =āly srk;ro' ke m?y a;psl shyogpǰ R k;yR ko krne ke il E py;Rt mhǰvpl R hǰ yh mí]yo'  
aqv; nlit bn;ne v;l e ke blc a;rim. k . \$ ke āp mè icy; j ; skt; t;ik xo/ tq; sv;yè pǰ;n krne ke il E  
syKt k;ykǰn aqv; a;psl shyog ke k;ykǰn bn;yè j ; skǰ

**EKss "KnimKs  
21 istMbr 2006**





**Kyo\$o ivDiPt" mno. ɸ̄ se p̄l; ;ivt l ogó kl sv; ke il E km se km k;yókl kl a;vXykt;**

kl ds s̄z;v	pir̄yXy E inMn Str ke s;/n	pir̄yXy bl m?y Str ke s;/n	pir̄yXy sl -Cc Str ke s;/n
1. a;riM. k d̄%r% mè icikTs; p̄d;n kr̄n;	mno. ɸ̄ ko a;riM. k Sv;SQy d̄%r% k; aX m;n) s. l Sv;SQy kimly' ke p;#yKfn tq; p̄xi=, mè mno. ɸ̄ kl phc;n tq; icikTs; x;iml kr̄) a;riM. k Sv;SQy dne v;l e icikTskó ko pnXcy;R (refresher course) kr;yè á5 s;l mè km se km 50% p̄lt̄)	S;MbiN/t p̄xi=, s;mgj ko Sq;nly áp se ty;r kr̄) a;riM. k Sv;SQy sv; dne v;l e icikTskó ko pnXcy;R (refresher course) kr;yè á5 s;l mè km se km 100% p̄lt̄)	a;riM. k Sv;SQy sv; mè mno. ɸ̄ ke p̄bl/ kl p̄l;vk;irt; ko sv;r; r̄) iksl ally ke p;s r;y ke il E . j̄ ne ke nmhó (referral patterns) ko sv;r; r̄)
2. -ict icikTs;yè -pl B/ kr;n;	mno. ɸ̄ ke él j' tq; -sse sbil/t m;nisk tq; Vyvh;irk l =, ó ke -p;rc; ke il E a;vXyk dv;éyo' kl p̄Pyt; ko b!;y)m'il k ix=; tq; p̄ix=, kl k;yivi/ mè sv;r l ;yè tq; -sk; mLy;k̄n kr̄)	siniXct kr l e ik s. l Sv;SQy sv; VyvSq;ad̄ mè a;vXyk dv;éy;l -pl B/ ho) p̄l;vl Sv;SQy sv; p̄d;n kr̄ne v;l e k;yKfn s;/r, ty; -pl B/ kr;yè)	né dv;éyo' j̄ se ik (anticholinesterase agents) kl -pl B/l ko srk;rl y; inj l icikTs; yóy n;ad̄ mè a;s;n bn;y)
3. smd;y mè sv; p̄d;n kr̄è	Ese is«;t Sq;ipt kr̄è ik mno. ɸ̄ se p̄l; ;ivt Vyiktyó kl sbse aCzl j ;c tq; icikTs; -nke apne `r' mè ho sk) a;riM. k tq; m;?yimk sv;ad̄ mè ainv;yR áp se m;nk j ;c ko ivkist tq; p̄Ts;iht kr̄) bhix=, s;md;iyk d̄%. ;l \$lm² idvsly tq; aLpk;il k ivr;m (respite) k; ivk;s kr̄ne ke il E p̄yóigk p̄yóy n;ad̄ ko a;riM. kr̄)	mno. ɸ̄ kl Sv;SQy sv; k; s;m;ly Sv;SQy sv; ke s;q EKlkr, kr̄ne ke il E p̄yóigk p̄yóy n;ad̄ ko a;riM. kr̄) s;md;iyk sv; siv;/yè ábhiX=, s;md;iyk d̄%. ;l \$lm² idvsly tq; aLpk;il k ivr;m tq; gM. lr j ;c tq; icikTs; ke il E km se km 50% p̄lt̄ p̄d;n kr̄) a;vXykt;ns;r irh;yxl tq; nisḡ-hom siv;/ad̄ ko p̄Ts;iht kr̄è ij smé km̄c;iryó' ke p̄ix=, tq; p̄ly;yn(accreditation) ke il E inyimt p̄áp tq; k;yR-p̄l; ;l l iml )	ivkiLpk irh;yxl siv;/ad̄ ko ivkist kr̄) s;md;iyk sv; siv;/yè -pl B/ kr;yè 100% p̄lt̄) mno. ɸ̄ se p̄l; ;ivt l ogó ko VyikTgt a;vXykt; ke ans;r sv; p̄d;n kr̄)
4. j nt; ko ixí=t kr̄è	"s rog ke p̄jt . el kr̄ne tq; "se kl k m;nne ke iv"« j n ai. yog ko b!;v; d) j nt; ko ixí=t kr̄ne mè gr-srk;rl sSq;ad̄ ko shyog d)	mno. ɸ̄ ke b;rè mè j ;gákt; l ;ne ke il E j n-s;/nó k; p̄yog kr̄è sk;r;Tmk d̄p̄ko, k; p̄w, kr̄è tq; mno. ɸ̄ tq; D;n;Tmk(cognitive)ivkl ;gt; se bc;ne mè shy;t; kr̄)	mno. ɸ̄ ke xii'a;t mè hl sh;y;t; p̄Pt̄ kr̄nè -sko phc;nne tq; -skl -ict VyvSq; kr̄ne ke il E j n ai. y;n a;riM. kr̄)
5. smd;yó² piv;r;ó² tq; -p. oKt;ad̄ ko x;iml	Svy'-sh;y;t; (self-help) smhó kl rcn; ko shyog d) gr-srk;rl	siniXct t'r pr smd;y;ad̄ piv;r;ó² tq; -p. oKt;ad̄ ko	smq̄h k;yKfnó k; p̄w, kr̄)



krè	sSq;ad' ke il E and;n yoj n; bn;yǎ	nlit bn;nē sw; ke ivk;s tq; -sko l ;gl Krne mè pǎtini/Tv dē)	
6. r;ā\$ty nlity;ǎ k;yǫkǎn tq; k;nǎ Sq;ipt krè	V;tǎn j ;nk;rl tq; m;nv ai/k;rǎ ko ?y;n mè r%kr siv;/;n mè sXo/n krǎ -mnisk t'r se ap;ihj ó ko sh;yt; tq; sh;r; dne ke il E k;nǎl pǎp bn;yǎ - mno. ǫ ke roigyó ko ivkl ;g- . Tt; yoj n; mè x;iml iky; j ;yē - sw; pǎn krne v;l ó ko mē;vj ! . Tt; yoj n; mè x;iml iky; j ;yǎ vǎ«ó ke il E Sv;SQy tq; s;m;ij k sw; bj \$ Sq;ipt krǎ	r;ā\$ty tq; -pr;ā\$ty Stró pr mno. ǫ sw; nlity;l l ;gl krǎ mno. ǫ sw; ke il E Sv;SQy tq; s;m;ij k sw; bj \$ Sq;ipt krǎ m;nisk Sv;SQy sw; ke il E bj \$ mè vǎ« krǎ	?y;n rheik a;rǎl. k tq; m;?yimk Sv;SQy sw;ad' tq; s;m;ij k ihtkr k;yǫkǎn tq; . Ttó ko pǎp krne mè ināp=t; bnl rhǎ
7. m;nv sSq;n ivkist krè	a;rǎl. k sw; kmē;iryó ko pǎxi=, dǎ vǎ« a;yu v;l ó ke mnorog icikTskó tq; a"W/l icikTskó tq; nsǎ ko -Cc Vyvs;y sbill/t pǎx=, a;rǎl. krǎ pǎx=, tq; s;/n kǎdǎ k; ivk;s krǎ	mnorog icikTskó a"W/l icikTskó nsǎ mnovD;inkó tq; s;m;ij k k;yǫkǎ;ad' ke il E r;ā\$ty pǎx=, kǎdǎ k; nēvkǎ bn;yǎ	ivxǎD' ko ivkist icikTš; iv'; ke il E ixí=t krǎ
8. ally %<@' se anbl/n	S;md;y <sup>2</sup> iv';l yó tq; k;yǎql ó pr mno. ǫ ke b;re mè j ;gǎt a;rǎl. krǎ gr-srk;rl sSq;ad' kl gitivi/yó ko pǎtš;iht krǎ	S;md;iyk k;yǫkǎn' ko dǎ' bn;yǎ	smy se phl e a;ye mno. ǫ se pǎ ;ivt l ogó ko k;m-k;j Sv;SQy sw;yē áOccupational health servicesá dǎ mno. ǫ se pǎ ;ivt l ogó ko sw; pǎn krne v;l e l ogó ko k;yǎql pr ivxǎ' siv;/yē pǎn krǎ ally %<@' ke s;q g#bl/n krkē pǎn, a;/irt m;nisk Sv;SQy k;yǫkǎn a;rǎl. krè
9. s;md;iyk Sv;SQy pr dǎp r%ē	mno. ǫ ko m'il k Sv;SQy D;n t' mē x;iml krǎ ij n vgoR ko Jy;d; %tre ho -nk; svē=, krǎ	smd;y mè smy se phl e a;ye mno. ǫ k; inrl=, a;rǎl. krǎ	-lnt inrl=, trikē ivkist krǎ bc;v k;yǫkǎn' ke pǎ ;vk;irt; k; inrl=, krǎ
10. ai/k xǎ/k;yǎ ko shyog dē	a;rǎl. k Sv;SQy sw; mè smd;y mè mno. ǫ ke pǎ;r <sup>2</sup> kosR ntlj ó tq; pǎ ;v ke b;re mè a?yyn krè	mno. ǫ kl S;md;iyk VyvsQ; ke il E pǎ ;vxll t; tq; sic;á Vyy-pǎ ;vxll t; Sq;ipt krǎ	mno. ǫ ke k;r, ó pr xǎ/ ko b!yǎ sw; kǎe pǎn kl j ;yē pr xǎ/ krǎ mno. ǫ se bc;v ke pǎn, kl j ;c krǎ

