

# AwE myry bwry g`l krley...

q`QW Aqy PotoAW ivc myrI izMdgl

blqy smyN qoN Poto

mOjUdw smyN qoN Poto

nW

2

myrw nW \_\_\_\_\_ hY[




ieh mYN audoN sI jdoN mYN

Cotw sI [

ieh mYN hux hW[

# myrw kwrj-kRm

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smW	kwrj	sQwn	kwrj auprMq cY`k kro

# myrw A`j dw kwrj-kRm

☞ (hyT) sUcI ivc drj hryk kwrj krn auprMq mYN cYk  
inSwn lgwauxw hY [

( ) myrw kwrj-kRm myrI rsoeI dy vrk-tOp qy hY [

( ) myrw kwrj-kRm myry rwq dy myz qy hY [

( ) myrw kwrj-kRm \_\_\_\_\_.

( ) myry kol kwrj-kRm nhIN hY [

**myrw pUrw nW:** \_\_\_\_\_

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**∞ myrw pqw :**

**∞ myrw Pon nM :**

# sMkt (AYmrjYNsI) dOrwn mYN hyT muqwbk sMprk krWgw:

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∞ nW : \_\_\_\_\_

∞ Pon : \_\_\_\_\_

∞ sMkt (AYmrjYNsI) dOrwn myry ^ws Xwd r`Kx  
Xog hdwieqW :

myry ^ws Xwd r~Kx  
vwllAW g~IW

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∞ jrUrI Pon nM :

∞ hor koeI jrUrI g~l:

**myrI jnm dI imql: \_\_\_\_\_.**



**jSn mnWauNdy dI myrI Poto :**

**myry jnmidn dIAW mnpsMd XwdW :**

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# mNY ie`Qy rihMdw hW :

☞ pqw :

☞ Poto :

☞ mYN ie`Qy ipCly  
\_\_\_\_\_ swlW qoN  
rihMdw hW [

☞ myrIAW kuJ mnpsMd  
XwdW:

# myry SurU AwqI swl :



☞ myrw jnm ik`Qy hoieAw:

\_\_\_\_\_ |

☞ ieh aus QW dI Poto hY ij~Qy mYN v~fw  
hoieAw sI :

**ieh auh QW hY ij~Qy mYN pihlW  
rihMdw sI:**

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# ieh hux myrI rihx vwll QW dIAW qsvIrW hn :

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∞ Poto lwE :

∞ loV muqwbk ibAWn kro :

**hr roz krn vwly myry kuJ kMm:**



kMm Aqy vyrvy ijvyN loV hY :

kwrj-kRm lwaux dI is&wirS hY .

# kuJ inqnym (rutIn) jo myry leI mh~qvpUrx hn:

☞ svyr dy rutIn :

☞ hor rutIn :

☞ Kwxy dw rutIn :

☞ sOx dw rutIn :

# myry kuJ inqnym (rutIn) jW irvwj:

(audwhrx leI : kI quhwnUM svyr dw smW psMd hY jW rwq dw? qusIN svyry CyqI  
au~Tx vwilAW ivcoN hoN jW rwqI dyr q~k jw~gx vwly? kI quhwnUM svyry nwSqy  
qoN pihlW pwT krnW psMd hY jW cwh / kwPI pIxw? )




**ies qrHW mYN Awpxy Awp dw  
vrxn krWgw :**

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**ijhVIAW cIzW mYN cwjuMdw hW kI lokW  
nUM myry bwry pqw hox :**



**hor clzW ijhVIAW mYN cwhuMdw  
hW kI lokW nUM myry bwry pqw**

**hox :**

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∞ **BwSw(vW) ijhVIAW  
mYN bol skdw hW:**

∞ **myrw Drm:**

∞ **BwSw(vW) ijhVIAW  
mYN pVH skdw hW:**

∞ **Dwrimk / AiDAwqimk  
irvwj jo myry leI  
mh~qvpUrx hn:**

# hor clzW ijhVIAW mYN cwhuMdw hW kI lokW nUM myry bwry pqw hox :

∞ myrIAW mnpsMd iPlmW  
Aqy/jW tYllvIzn dy  
progRwm:

∞ myrw mnpsMd  
sMglq:

∞ gwiek:

∞ gwxy:

**ies qrHW mYN Awpxw smW ibqwauw  
psMd krdw hW:**

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**∞ myry psMdIdw kMm:**

# auh Bojn ijhVy mYN psMd Aqy ijhVy mYN nwpsMd krdr hW:

☞ **Bojn ijhVy mYNnUM  
psMd hn:**

**imTweIAW:**

**Kwxy:**

**mIt:**

**Pl Aqy sbzIAW:**

☞ **Bojn ijhVy mYNnUM  
nwpsMd hn:**

**imTweIAW:**

**Kwxy:**

**mIt:**

**Pl Aqy sbzIAW:**

**myry mnpsMd Aqy nwpsMd Bojn bwry kuJ  
hor g~lW**



**kMm ijhVy mYN pihlW Coty huNdy krny  
psMd krdw sI:**



**kMm ijhVy mYN pihlW Coty huNdy krny  
nwpsMd krdw sI:**

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**kMm ijhVy mYN hux krny psMd  
krdw hW:**

---



**kMm ijhVy mYN smW huMdy krnw  
psMd kr dw hW :**

---



**auh kMm ijhVy mYnUM krny psMd  
hn pr mYN hux nhIN krdw:**

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# mYN Pon qy iehnW nwl g~l krnw psMd krdw hW:



nW	Pon nMbr

# lok jo mYnUM bwkwiedw imlx AwauNdy hn

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∞ nW Aqy PotoAW :

# v~fy huMidAW

## myrw pirvwr

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☞ myry \_\_\_\_\_ Brw hn [

☞ myrIAW \_\_\_\_\_ BYx(W) hn [

☞ hor ijhVy swfy nwl rihNdy hn (ijvyN ik jwnvr  
Aqy/jW hor pirvwirk mYNbr jW dosq)

**myry mwqw-ipqw dIAW myrIAW mnpsMd  
XwdW:**



# BYx-Brw: PotoAW Aqy khwxIAW

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**myry bcpn dy ^ws dosq:**

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**myry bcpn dIAW psMdIdw khwxIAW**  
**Aqy XwdW:**

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**myry bcpn dIAW psMdIdw khwxIAW**  
**Aqy XwdW:**

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# myry skUl dy swl:

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∞ mYN \_\_\_\_\_ skUl ivc piVHAw [

∞ myry skUlI swlW dIAW psMdIdw XwdW:

**myry skUII swlW dIAW hor XwdW:**

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# myrw pihlw fWs Aqy romWs:

☞ myry pihly fWs,  
romWs Aqy mOj-msqI  
dIAW XwdW:

☞ myry leI “ivAwh  
krwauxw” ikMnw ku  
zrUrI sI?

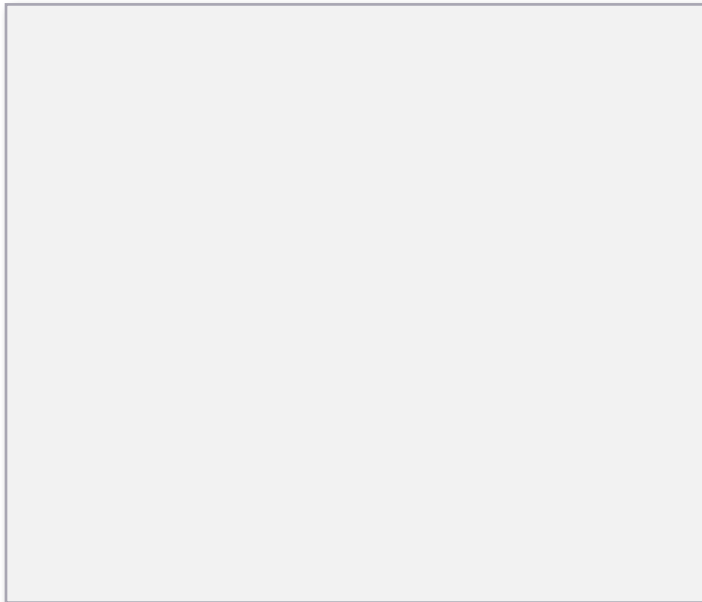
☞ myry pirvwr leI myrw  
“ivAwh krwauxw”  
ikMnw ku zrUrI sI?

# ivAwh:

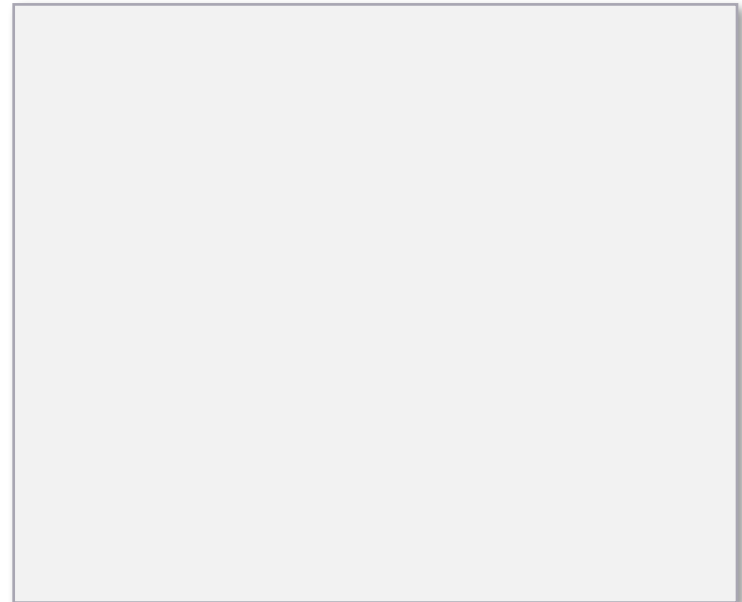


☞ myrw ivAwh \_\_\_\_\_ dy nwl \_\_\_\_\_,  
\_\_\_\_\_nUM hoieAw [ Date Year

**aus vyly dI swfI Poto**



**hux dI swfI Poto**



# PotoAW Aqy swfy jlvn bwry khwxIAW:



☞ vyrvy:

☞ vyrvy :

☞ Poto

☞ Poto



# b~cy



☞ myry \_\_\_\_\_ b~cw/b~cy hY/hn [

☞ aunHW dy nW:


# myry b`icAW dIAW PotoAW Aqy/jW XwdW:



# myry b`icAW dIAW PotoAW Aqy/jW XwdW:



# myry b`icAW dIAW PotoAW Aqy/jW XwdW:



**myry b`icAW bwry myrIAW ^ws XwdW:**



**myry poqy-poqIAW / dohqy-dohqIAW Aqy  
aunHW dy mwipAW dIAW PotoAW:**

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**myry poqy-poqIAW / dohqy-dohqIAW Aqy  
aunHW dy mwipAW dIAW PotoAW:**

---



**myry poqy-poqIAW / dohqy-dohqIAW Aqy  
aunHW dy mwipAW dIAW PotoAW:**

---





# myry p~ky dosq(W) dIAW PotoAW:



**Insert photos and names.**

# myry dosq – PotoAW Aqy/jW khwxIAW:

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**cIzW/kMm ijhVIAW mYN hmySw  
dosqW nwl krnlAW psMd krdw hW:**

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**myry jIvn iv~c ivSyS lokW dIAW**

**PotoAW:**

**dosq, rol mOfI Aqy pirvwirk mYNbr**

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# lok ijnHW dw mYN Awdr krdw hW



# pwlqU jwnvr



- ↻ mYN ipCly swlW ivc \_\_\_\_\_ pwlqU jwnvr r~Ky  
[
- ↻ quhwfy kol pwlqU jwnvrW dI sUcl:
- ↻ quhwfy psMdldw jwnvrW dI sUcl:

# myrw pySw (kYrIAr)



**bIqy smyN ivc myrIAW nOkrIAW/kMm :**

# myrI pihll nOkrI(AW)

∞ mYnUM AwpxI pihll  
nOkrI ivc sB qoN v~D  
kI psMd sl?

∞ mYnUM AwpxI  
nOkrIAW sbMDI  
ikhVIAW cIzW  
nwpsMd sn?



# kMm

(kI quhwfy kol koeI kMm jW rozwnw ijMmyvwrIAW sn ijnHW  
bwry qusIN lokW nUM d~sxw cwhoNgy ?" )

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# myry PYSn Aqy Andwz (stwell)

(quhwnUM PYSn dIAW ikhVIAW iksmW sB qoN v~D psMd sn? jykr quhwfy kol PotoAW hox  
qy ie~Qy lwe| socky d~so kI qusIN kMm qy ikhVy k~pVy pwauNdy sI Aqy KyfW vyly ikhVy?)



Gr, kMm Aqy/jW ivSyS mOikAW leI pihnx vwly Awpxy psMdldw  
k~pVy dIAW PotoAW Aqy vrnx pwE

# **mnpsMd AwwjweI (tRWsptySn)**

**(kI quhwfy kol ie~k mnpsMd kwr (g~fI) jW AwwjweI  
dw koel hor qrlkw sl?)**

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**qusIN sB qoN v~fw kI joKm  
mu~l il~qw sI?**

---



# grmI dIAW Cu~tIAW



∞ grmI dIAW Cu~tIAW dIAW myrIAW sB qoN vDIAw  
XwdW :

# ieh Kws mOikAW qoN PotoAW jW khwxIAW hn:



# ieh Kws mOikAW qoN PotoAW jW khwxIAW hn:



# myry ivSyS hunr Aqy Xogqw:

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**myrIAW mnpsMd KyfW Aqy AQIYitks**  
**(PotoAW jW khwxIAW pwE)**

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# myrI svYsyvI gqlivDIAW



# **mYnUM pRwpq hoey ivSyS purskwr**

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**sB qoN v~fw swhs (AYfvYNcrz) jo  
mYN kdy kIqw hY:**

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☞ PotoAW Aqy vyrvy lwE

**myrIAW kuJ mnpsMd XwdW jo  
mYN dUijAW nwl sWJIAW krnw  
psMd krdw hW:**

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**myrIAW kuJ mnpsMd XwdW jo  
mYN dUijAW nwl sWJIAW krnw  
psMd krdw hW:**

---

# myry bwry hor jwxkwrl:














# not kro

- 
- 
- ❧ XwddwSt (mYmorI) dIAW hor ikqwbW bwry vDyrI jwxkwrI leI:
    - ❧ Dr. Bourgeois' book (2013) entitled *Memory Books and Other Graphic Cueing Systems*, Health Professions Press.
    - ❧ Bourgeois, M., (2014) *Memory and communication aids for people with dementia*. Baltimore, MD: Health Professions Press.

# q~QW Aqy PotoAW ivc myrI izMdgl

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- ☞ Iks duAwrw bxweI geI: gyl eIIIAt
- ☞ ifmYnSIeyibItI AYNtrpRweIizz ieMk, knyfw
- ☞ [www.dementiability.com](http://www.dementiability.com)
- ☞ ivAkqIgg vrqoN leI Cwpx Aqy muV auqpwn leI AnumqI id~qI jWdI  
hY |
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