

# Mus ua Tus Neeg Laus: Koj Txoj Kev Coj Qhia mus Kev Pab Txog Xiam Oob Khab

(Into Adulthood: Your Guide to Disability Access)

## Qhia Txog lub Minnesota Disability Law Center

Lub chaw Minnesota Disability Law Center (MDLC) yog Minnesota lub koomhaum Tiv Thaiv thiab Sawv Cev rau neeg. Peb pab cov neeg xiam oob qhab hauv Minnesota uas muaj cov plaub ntug txog neeg sib foob neeg. Peb pab cov neeg muaj hnuv nyoog li cas los tau thiab kev xiam oob qhab txhua yam. Peb tsis kom koj them rau peb txoj kev pab kev cai lij choj thiab cov nyiaj koj khwv tau los tsis cuam tshuam txoj kev pab. Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem mus cuag cov khooskas sau rau hauv daim ntawv no lossis tsis kam muab kev pab cuam rau koj lawm.

Lub Client Assistance Project (CAP) yog ib npaug ntawm MDLC txoj haujlwm. Peb pab cov neeg ua ntawv thov lossis tau txais cov kev pab cuam los ntawm Vocational Rehabilitation Services (VRS) lossis kev pab hauv lub xeev rau cov dig muag State Services rau cov Blind (SSB). Tej zaum peb yuav pab muab tswv yim rau koj txog koj cov cai lij choj, sib hais nrog VRS lossis SSB rau koj, lossis sawv cev rau koj thaum muaj kev sib kho lossis hais plaub, nyob ntawm seb koj toobkas dabtsi rau koj rooj plaub. CAP tsis nyob nrog VRS thiab SSB. CAP **tsis muaj** cov kev pab kho kawm xws li sib tham, kawm ntawv, kawm ua haujlwm lossis cuab tam.

Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb). Peb lub xovtooj txais npe qhib Vas Cas (Monday) mus txog Vas Phaj Hav (Thursday) thaum 9:30-11:30 sawv ntxov thiab 1:30-3:30 tsaus ntuj thiab Vas Xuv (Friday) thaum 9:30-11:30 sawv ntxov. Koj mus kawm tau ntxiv txog MDLC ntawm [www.mndlc.org](http://www.mndlc.org). Koj mus nyeem tau txog koj cov kev cai lij choj ntawm [www.lawhelpmn.org/hm](http://www.lawhelpmn.org/hm).

MDLC yog ib lub khooskas thoob lub xeev los ntawm Mid-Minnesota Legal Aid.

**MDLC- Legal Aid**  
**111 North 5<sup>th</sup> Street #100**  
**Minneapolis, MN 55403**  
**612-334-5970**



# Lub hauv paus pib

Tej zaum mus ua neeg laus kuj nyuaj. Tseem ceeb kom koj paub hais tias muaj kev txhawb los pab kom koj ua tau koj tus kheej raws li koj xav thiab ua tau. Tej zaum yuav muaj tej yam koj xav ua xws li mus nyob koj tus kheej, ua haujlwm hauv zej zog thiab mus xyuas phoojywg. Tej zaum ua qhov soj ntsuam txog kev npaj hloov yuav yog ib qho zoo rau koj pib. (Saib phab ntawv 17-18). MDLC sau phau ntawv coj qhia no los pab cov neeg hluas xiam oob qhab muaj hnub nyoog 14-24 thiab lawv tsev neeg kom totaub txog cov khooskas thiab kev pab cuam muaj dhau high school thiab tej zaum hauv tsev.

Tsoom fwv thiab xeev muaj cov kevcai thiab kevcai tswj, nrog rau Minnesota txoj *Olmstead* Plan, uas txhawb koj txoj cai ua neej, ua haujlwm thiab kev mus sib raug zoo hauv zej zog raws li koj xav, tsuas txwv tej yam xwb.

Phau ntawv coj qhia no yuav pab koj paub tias lub khooskas lossis txoj kev pab twg thiaj yuav pab tau koj. Cov kev pab nyob hauv phau ntawv coj qhia no sau ua ke raws pawg. Tej qho kev pab muaj nyob rau tshaj ib pawg. Tom kawg ntawm phau ntawv coj qhia, muaj ib daim ntawv qhia cov koomhaum thiab cov kev tiv tauj lawv. Nws kuj muaj cov lus qhia tias yuav tiv tauj cov koomhaum kom zoo tshaj yuav ua li cas.

*Kho Tshiab lub Kaum Ob Hli 2021.*

## Lus Qhia Txog Phau Ntawv Coj Qhia No

**Nco cia:** Daim ntawv coj kev no muab kho tshiab rau thaum lub Kaum Ob Hli 2021. Cov khooskas thiab cov kev pab hloov tau tsis qhia li. Ua zoo mus saib qhov lus qhia tamsim no ntawm thaum koj toobkas kev pab. Phau ntawv coj qhia no pab koj nrhiav tau cov kev pab. Nws tsis yog muab tswv yim kev cai lij choj lossis sawv cev rau koj.

Yog koj toobkas phau ntawv coj qhia no sau ua lwm hom ntawv, tiv tauj peb.

**Koj lossis puas muaj leejtwg hauv koj tsev neeg tsis muaj ntaub ntawv nyob tebchaws no?** Koj kuj hais tau tias 'ib tug tsis muaj ntaub ntawv', 'ib tug neeg txawv tebchaws', 'ib tug tau DACA' lossis lwm los lus los piau txog xwm txheej txawv tebchaws.

**Yog muaj, lossis koj paub tsis tseeb,** tej zaum koj yeej tseem muaj feem txais tej yam kev pab hauv phau ntawv coj qhia no. Mid-Minnesota Legal Aid cov kev pab yeej tsis pub leejtwg paub li. Peb tsis qhia qhov xwm txheej nyob tebchaws no ntawm cov neeg tiv tauj peb txog tswv yim lossis kev pab.

# Cov Ntsiab Hauv Phau Ntawv

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# Isalas Kho Mob

Isalas kho mob ua tau ntau tshaj qhov them kho mob xwb. Nws kuj them tau ntau yam kev pab cuam rau koj nyob hauv zej zog. Tej zaum koj nyob hauv koj niam/txiv lossis tus saib xyuas qhov isalas kom txog thaum koj muaj 26 xyoo lossis tej zaum koj yuav toobkas isalas kho mob rau koj tus kheej thaum koj muaj 18 xyoo. Nws yog nyob ntawm seb koj thiab koj tsev neeg muaj hom isalas kho mob zoo li cas.

Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag cov khooskas sau nov lossis yog lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).



## Kuv puas muaj feem tau isalas them tsawg lossis dawb?

Minnesota muaj ob peb hom isalas kho mob. Lawv muaj lub npe hu uas Minnesota Health Programs (MHCP). Muaj lus qhia txog ib co khooskas hauv qab no.

### ➤ **Medical Assistance (MA)**

Medical Assistance (MA) yog Minnesota lub khooskas isalas kho mob. Nws them ntau hom kev kho mob, cuab tam kho mob thiab tsoom fwm cov kev pab cuam. MA muaj isalas kho mob rau cov neeg xiam oob qhab thiab cov neeg khwv tau nyiaj tsawg. MA muaj ib qho kev pab tsis muaj xwm ceev thauj mus los hu Nonemergency Medical Transportation Service uas tej zaum yuav pab them koj nqi tsheb thauj mus kuaj mob thiab rov los. Tej zaum koj yuav muaj feem tau MA txawm yog tias koj muaj lwm qhov isalas kho mob, xws li Medicare tibsi.

### **Key Muaj Feem:**

- Koj muaj feem tau yog koj nyob hauv Minnesota thiab muaj daim ntawv xiam oob qhab tso cai los ntawm Social Security Administration lossis pawg xyuas ntaub ntawv State Medical Review Team, lossis koj tau nyiaj tsawg raws li cov kev cai teem tseg.
- Koj yuav tsum tau nyiaj los raws li teem tseg rau tsev neeg thiab khoom ntiag tug thiab yog xam xaj U.S. lossis yog tus neeg muaj ntaub ntawv.
- Cov kev cai yuav txawv nyob ntawm koj lub hnuv nyoog. Tej zaum muaj kev hloov tshwm sim thaum koj muaj 19 lossis 21 xyoo.

**Tiv Tauj:** Ua ntawv thov online ntawm MNsure lossis tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.

Nrhiav kom paub ntxiv ntawm <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/>.

➤ **Medical Assistance for Employed Persons with Disabilities (MA-EPD)**

MA-EPD muab MA rau cov neeg xiam oob qhab uas ua haujlwm.

**Key Muaj Feem:**

- Koj yuav tsum muaj txoj haujlwm tau nyiaj tshaj \$65 tauj ib hlis thiab muaj qhov xiam oob qhab raws li hais los ntawm Social Security Administration lossis pawg State Medical Review Team.
- Tsis pub koj muaj khoom tshaj cov cuab tam ciaj ciam.

**Tiv Tauj:** Koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.

Nrhiav kom paub ntiv ntawm <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/> lossis tiv tauj lub Work Incentives Connection ntawm Goodwill-Easter Seals ntawm 1-800-976-6728 lossis <https://www.goodwilleasterseals.org/services/disability-services?tab=disabilitybenefitssupport>

➤ **MinnesotaCare (MNCare)**

MNCare yog ib lub khooskas tsoom fwv uas pab them kho mob rau cov neeg khwv tau nyiaj tsawg mus rau tau nyiaj nruab nrab. Tej zaum koj yuav muaj feem tau MNCare yog koj tsis muaj feem tau MA. Tej zaum koj yuav tau them ib tug nqi qi txhua hli.

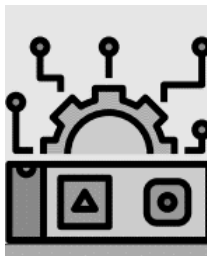
**Key Muaj Feem:**

- Koj muaj feem tau yog koj nyob hauv Minnesota thiab yog tug neeg xam xaj U.S. lossis muaj ntaub ntawv nyob tebchaws U.S.
- Koj yuav tsum tsis txhob tau nyiaj tshaj li qhov teem tseg rau tsev neeg.
- Koj yuav tsum ua tau li lwm co kev teem tseg.

**Tiv Tauj:** Ua ntawv thov online ntawm MNSure (<https://www.mnsure.org/>) lossis tiv tau koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.

Nrhiav kom paub ntiv ntawm <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/>

## **Kuv yuav ua li cas thiaj tau khoom txuj ci tshiab los pab kuv qhov xiam oob qhab?**



Tej zaum koj yuav muaj feem tau khoom txuj ci tshiab los ntawm:

- koj qhov kev pab waiver (saib phab 3-4, 13)
- Vocational Rehabilitation lossis State Services for the Blind - (saib phab 17-18)

- System of Technology to Achieve Results (STAR) (saib phab 6)

## **Kev Txhawb rau Kev Ua Neej Txhua Hnub**

Muaj ntau txoj kev txhawb los pab koj nyob, ua haujlwm, thiab mus cuag zej zog li koj xaiv. Tej zaum koj yuav tau tej co kev pab ntawd tamsim no, los ntawm koj lub nroog lossis koj lub tsev kawm ntawv. Tej co kev pab koj tau tamsim no tom tsev kawm ntawv yuav txawv thaum koj kawm ntawv tiav lawm.

Yuav tau cov kev pab txhawb no thaum koj kawm ntawv tiav yuav totaub nyuaj thiab tej zaum yuav nyuaj vim tsis paub pib qhov twg. Koj lub tsev kawm ntawv yuav tsum ua qho soj tsuam txog kev npaj hloov hauv koj qhov IEP kev npaj hloov (Saib phab 15-16). Qhov kev soj tsuam no pab kom koj totaub tias hom kev pab twg thiaj yuav pab tau koj thaum koj hla mus ua neeg laus lawm.

Cov neeg muaj pestsawg xyoo los xij uas xiam oob qhab es toobkas kev pab cuam thiab kev txhawb mus ntev yuav tsum nug kom ua qhov soj tsuam MnCHOICES. Qhov no yog ib txoj kev Minnesota siv los saib seb koj muaj feem tau hom kev txhawb twg, xws li cov khooskas tsoom fwv uas tej zaum yuav them rau cov kev pab no. Qhov kev soj ntsuam no yog dawb thiab ua hauv koj lub tsev. Tiv tauj koj lub nroog lossis koomhaum Qhab kom paub ntxiv.

Tej zaum MDLC yuav pab tau yog koj muaj teebmeem cuag cov khooskas sau hauv daim ntawv nov lossis lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLCA thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).

## **Yog kuv xav nyob hauv kuv lub tsev tabsis toobkas kev pab tshwj xeeb ne?**

- **Medical Assistance (Medicaid) Home thiab Community-Based Waiver Programs**  
Waiver Programs muaj kev pab cuam thiab txhawb rau cov neeg xiam oob qhab lossis muaj mob laug kom muaj peevxwm nyob tau hauv lawv lub tsev. Tej zaum cov kev pab waiver no yuav them rau tej yam xws li cov khooskas nruab hnub, pab ua tu tsev, cob qhia tsev neeg thiab tawm tswv yim, kho tsev, xa zaub mov tuaj, pab zov/tu, tsheb thauj mus los, cov kws pab tshwj xeeb, thiab lwm yam kev txhawb. Cov kev pab waiver no kuj pab tau kom koj nyob tau koj tus kheej.



Yog koj xiam oob qhab thiab muaj mob laug (nrog mob hlwb/puas siab ntsws), cov kev pab hauv qab no yuav pab tau koj nyob hauv koj lub tsev, ib tug txheeb ze lub tsev, lossis niam qhuav txiv qhuav tsev (foster home).

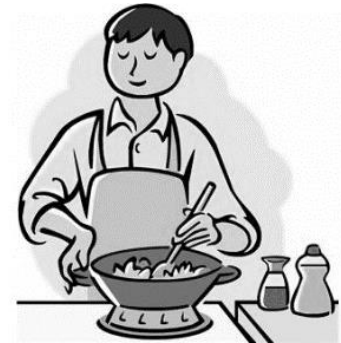
- **Community Alternative Care Waiver (CAC)**
- **Community Access for Disability Inclusion Waiver (CADI)**
- **Developmental Disabilities Waiver (DD)**
- **Brain Injury Waiver (BI)**

**Kev Muaj Feem:** Txhua lub waiver khooskas kev pab muaj txawv cov kev toobkas rau txawv hom xiam oob qhab lossis kev mob, tabsis lawv tagrho kom koj yuav tsum muaj feem tau Medical Assistance (Minnesota Medicaid Program). Tsis yog txhua tus tau Medical Assistance yuav muaj feem tau cov kev pab los lub waiver khooskas. Tej zaum koj yuav tau hais kom pab neeg soj tsuam kev mob State Medical Review Team (SMRT) ua ntauv tso cai tias koj xiam oob qhab lossis tau ntaub ntauv tso cai los ntawm Social Security Administration.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services thiab nug kom ua qhov soj tsuam MnCHOICES.

➤ **Personal Care Assistant (PCA)**

Tus PCA pab koj ua txhua uas nej hnuv ua xws lis hnav khaub ncaws, noj mov, mus yuav khoom tom khw, lossis mus ua tej yam dabtsi hauv zej zog.



**Kev Muaj Feem:** Koj yuav tau Medical Assistance (Medicaid), Minnesota Care, Lwm lub khooskas Alternative Care Program, lossis waiver khooskas pab.

Koj yuav tsum:

- muaj peevxwm txiav txim siab rau koj tus kheej txog txoj kev tu koj lossis muaj tus txiav txim siab rau koj.
- nyob hauv ib lub tsev lossis tsev kem, thiab
- muaj qhov soj ntsuam los txiav txim siab seb koj puas toobkas kev pab rau tej yam ua txhua hnuv.

**Tiv Tauj:** Nug kom ua qhov soj ntsuam MnCHOICES los ntawm koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.

**Yog kuv xav txiav txim siab tias tus twg yog tus tu kuv ne?**

➤ **Consumer Directed Community Supports (CDCS)**

CDCS cia koj txiav txim siab txog koj qhov Medical Assistance (Medicaid) waiver khooskas pab siv nyiaj txiag. Tej zaum nws yuav them rau tej yam uas lwm cov kev pab tsis them, xws li tej zaub mov tshwj xeeb thiab tej kev pab kom siv tau khoom li lwm tus. Koj ntiav, qhia thiab tswj cov neeg pab tu koj. Koj yuav tsum ua kom tiav daim ntawv hom phiaj txhawb kom lub nroog pom zoo.

Tej zaum koj yuav nrhiav tau ib tug neeg ua ntaub ntawv yog tus support planner los pab koj sau daim ntawv npaj. Feem ntau, koj lub waiver khooskas pab yuav them tus nqi rau cov neeg ua ntaub ntawv npaj txhawb.

Cov niam txiv ntawm cov menyuam tsis tau puv hnuv nyoog muaj feem rau CDCS txiav txim rau lawv los ua tus 'niam/txiv them nyiaj rau tus menyuam tsis tau puv hnuv nyoog' kom lawv thiaj ua tau tus los tu (PCA) rau lawv tus menyuam.

**Key Muaj Feem:** Yog koj muaj feem tau Medical Assistance thiab tau qhov waiver khooskas pab, tej zaum koj yuav muaj feem tau CDCS cov kev pab cuam.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services. Yog koj twb nyob rau ib qhov kev pab waiver lawm, tiv tauj tus neeg ua haujlwm pab saib xyuas koj (case manager).

➤ **Consumer Support Grant (CSG)**

Lub CSG yog ib qho kev pab txawv Medical Assistance (Medicaid) Home Care Services uas cia koj xaiv cov neeg tu koj, txiav txim siab them lawv li cas, thiab them rau tej kev pab hauv tsev thiab lwm yam kev pab caum hauv zej zog.

**Key Muaj Feem:** Koj yuav tsum muaj feem tau Medical Assistance thiab muaj feem tau kev pab hauv tsev los ntawm lub khooskas Medical Assistance Home Care Program.

Koj txais tsis tau cov kev pab los ntawm lub khooskas Medical Assistance waiver program, PCA, lossis Medical Assistance Home Care Services es thiaj tau qhov nyiaj pab no. Qhov nyiaj pab no tsis muaj nyob rau txhua lub nroog.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.



## Yog kuv toobkas tej kev pab ntxiv kom tsis txhob tau rho tawm hauv tsev ne?

### ➤ **Family Support Grant (FSG)**

Cov FSG yog nyiaj ntsuab pab los ntawm lub xeev rau cov tsev neeg uas muaj cov menyuam muaj ntaub ntawv tias xiam oob qhab. Lub hom phiaj yog los tiv thaiv lossis ncuq qhov rho tawm hauv tsev.

**Kev Muaj Feem:** Qhov nyiaj pab no muab rau:

- cov menyuam nyob hauv lub chaw tu neeg uas rov mus tsev tau yog tias tau txais qhov nyiaj pab

lossis

- cov tsev neeg muaj cov menyuam yau dua 21 xyoo uas muaj ntaub ntawv tias xiam oob qhab nyob hauv tsev

Cov menyuam uas tau cov kev pab los ntawm Medical Assistance waiver khooskas pab, Consumer Support Grants (CSG) lossis neeg pab tu (PCA) txais tsis tau FSG tib lub sijhawm.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.

### ➤ **Successful Transition to Adulthood for Youth Program (STAY)**

Lub khooskas STAY pab them rau cov kev pab rau cov menyuam hluas nyob tawm hauv tsev npaj hla mus nyob lawv tus kheej.

Cov kev pab cuam yog tej yam xws li:

- xyaum kawm tej kev ua neej,
- cob qhia,
- xyaum tsav tsheb,
- tshawb xyuas haujlwm,
- pab them nyiaj cas tsev thiab khoom siv hauv tsev, thiab lwm yam.

**Kev Muaj Feem:** Koj yuav tsum yog ib tug hluas muaj hnuv nyoog 14-23 xyoo thiab koj nyob hauv lub tsev nrog niam qhuav txiv qhuav (foster home) tamsim no, lossis tau nyob nrog niam qhuav txiv qhuav tsawg kawg 30 hnuv sib law tom qab muaj 14 xyoo thiab koj tseem ua haujlwm nrog tus neeg hauv nroog lossis social worker ua haujlwm rau Qhab.

**Tiv Tauj:** Cov kev pab muaj txawv nroog rau nroog. Tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.



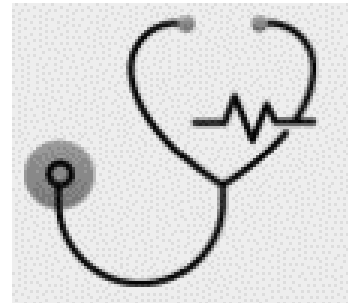
## Yog kuv toobkas khoom txuj ci tshiab tshwj xeeb los pab kuv hauv tsev lossis hauv zej zog ne?

- **Medical Assistance Hauv Tsev thiab Khooskas Hauv Zej Zog** (saib phab 3-4)

- **A System of Technology to Achieve Results (STAR)**

STAR qiv khoom txuj ci tshiab rau neeg nyob hauv Minnesota uas xiam oob qhab.

**Kev Muaj Feem:** Qhov khooskas no yog rau txhua tus neeg nyob hauv Minnesota muaj txhua xyoo thiab xiam oob qhab. Cov tsev neeg thiab neeg saib xyuas cov neeg xiab oob qhab muaj feem thiab.



**Tiv Tauj:** Hu rau Minnesota Department of Administration STAR Program ntawm 651-201-2640 lossis hu dawb ntawm 1-888-234-1267.

- **Telephone Equipment Distribution (TED)**

Minnesota Department of Human Services (DHS) muaj lub khooskas qiv xovtooj rau cov neeg xiam oob qhab uas toobkas khoom txuj ci tshiab los pab siv lub xovtooj.

**Kev Muaj Feem:** Koj muaj feem yog koj toobkas khoom txuj ci tshiab los siv lub xovtooj vim koj muaj teebmeem hnov lus, pom kev, hais lus, lossis lwm yam xiam oob qhab. Koj yuav tsum muaj lub xovtooj lossis twb ua ntawv tauj xovtooj lawm thiab tau nyiaj khws los raws li qhov teem tseg.

**Tiv Tauj:** Ua daim ntawv thov kom tiav thiab muab daim ntawv xiam oob qhab, tsev neeg nyiaj khwv tau los, povthawj nyob Minnesota, thiab ntawv tauj xovtooj xa nrog daim ntawv thov mus.

Nrhiav tau daim ntawv thov ntawm <https://mn.gov/deaf-hard-of-hearing/communication-access/ted/>.

Tiv tauj Minnesota Department of Human Services yog xav paub ntxiv.

- **Simon Technology Center Lending Library at PACER**

PACER's Simon Technology Center Lending Library pab koj nrhiav seb hom txuj ci tshiab dabtsi koj toobkas. Koj kuj qiv tau khoom txuj ci tshiab los seb puas haum koj ua ntej koj yuav nws.

**Kev Muaj Feem:** Tiv tauj PACER rau cov kev muaj feem tau.

**Tiv Tauj:** PACER ntawm 952-838-9000 lossis  
<https://www.pacer.org/stc/library/>.



## Mob hlwb/Puas siab ntsws

Rau tus neeg laus, koj muaj txoj cai los txiav txim siab txog txoj kev kho koj, tsuas yog tej yam xwb thiaj tsis tau. Nws muaj ntau txoj kev los pab koj qhov mob hlwb/puas siab ntsws thiab pab koj ua neeg nyob, ua haujlwm, thiab mus cuag tau lub zej zog li koj xaiv.

**Nco Cia:** Tej zaum yuav muaj kev pab ntiv rau koj yog koj muaj hnuv nyoog yau dua 18 xyoo. Rau cov kev pab menyuam yaus mob hlwb/puas siab ntsws, tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas, lossis mus saib <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/>

Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag tau cov khooskas sau cia nov lossis lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).

### **Cov kev pab twg thiaj pab tau kuv tswj kuv qhov mob hlwb/puas siab ntsws?**

Muaj kev pab cuam rau mob hlwb/puas siab ntsws thooob lub xeev. Lawv muaj ib-tau-ib sib tham, kev saib xyuas tej pawg tshwj xeeb mob hlwb/puas siab ntsws, neeg laus mob hlwb/puas siab ntsws (ARMHS), kev kho nruab hnuv, cov khooskas thiab tsev kho mob rau cov neeg muaj teebmeem mob hlwb/puas siab ntsws nyob.

### **Kuv yuav nrhiav tus nrog tham ib-tauj-ib li cas?**

Nug koj tus kws kho mob txog ib tug kws nyuaj siab lossis kws pab tawm tswv yim. Tej zaum koj qhov isalas khooskas thiab tej pawg hauv zej zog yuav muaj cov lawv pom zoo rau koj.

### **Leejtwg yuav pab tau kuv kawm kom txawj nyob tau kuv tus kheej hauv kuv lub zej zog?**

➤ **Mental Health Targeted Case Management**

Targeted Case Management yog ib qho kev los pab cov laus mob hlwb/puas siab ntsws loj sib txua mus rau lwm cov kev pab txhawb.



**Tiv Tauj:** Tiv tauj koj lub nroog lossis pawg neeg Qhab lub hoobkas human services.

➤ **Independent Living Skills through Medical Assistance Waiver** (saib phab 3-4)

➤ **Adult Rehabilitation Mental Health Services (ARMHS)**

ARMHS cov neeg ua haujlwm pab tau yam koj toobkas kom koj nyob tau hauv lub zej zog. Lawv kuj pab tau koj kawm txog tshuaj. Lawv kuj pab tau koj sib txua lus nrog tej lub koomhaum, chaw ua haujlwm, tswv tsev lossis txheeb ze kom pab tau koj nyob tau koj tus kheej.



**Kev Muaj Feem:** Koj yuav tsum muaj 18 xyoo lossis laus tshaj, muaj mob hlwb/puas siab ntsws loj, tes taws tsis ua haujlwm, thiab muaj feem tau Medical Assistance (Medicaid). Koj yuav tsum mus soj ntsuam tsis ntev los no hais tias koj toobkas ARMHS cov kev pab.

**Tiv Tauj:** Tiv tauj ARMHS kev pab. Xav tau cov chaw muaj kev pab, hu rau Minnesota Health Care Programs Center Call (651-431-2670) lossis nrhiav cov chaw muaj kev pab ntawm <https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/>

➤ **Certified Peer Specialist Services**

Certified Peer Specialist Services yog cov neeg muaj mob hlwb/puas siab ntsws uas muab kev pab rau lwm cov neeg xiam oob qhab. Cov Certified Peer Specialist Services siv lawv txoj kev paub dua lawm los pab koj teem homphiaj, lis koj txoj kev kho mob, thiab nyob thiab ua haujlwm hauv lub zej zog.

**Kev Muaj Feem:** Koj yuav tsum muaj 18 xyoo lossis laus dua thiab tau cov kev pab Assertive Community Treatment (ACT), Adult Rehabilitation Mental Health Services (ARMHS), Crisis (Teebmeem xwm ceev) lossis Intensive Residential Treatment (Nyob qhov chaw kho mob loj).

**Tiv Tauj:** Koj tus kws kho mob hlwb/puas siab ntsws, tus ua haujlwm pab saib koj hauv koj lub nroog, tus ua haujlwm ntawm ARMHS lossis Pawg ACT.

➤ **Assertive Community Treatment (ACT) Teams**

2. Pawg ACT pab tau koj tswj koj qhov mob hlwb/puas siab ntsws thiab kom koj nyob tau tus kheej hauv zej zog. Feem ntau, Pawg ACT muaj cov kws kho mob hlwb/puas siab ntsws, cov Certified Peer Specialists, cov neeg ua haujlwm pab txhawb, thiab lwm cov kws los pab kom koj nyob tau koj tus kheej hauv tsev, kho mob, ua haujlwm, kawm ntawv thiab lwm yam. Nws kuj muaj cov ua haujlwm pab Intensive



Rehabilitative Mental Health Services (IRMHS) (yav tas los hu ua Youth ACT) rau cov neeg muaj hnuv nyoo 8-26.

**Key Muaj Feem - Adult Act Team:** Koj yuav tsum:

- muaj 18 xyoo lossis laus dua,
- muaj feem tau qhov mob hlwb/puas siab ntsws uas ua rau koj tsis zoo ob peb yam, thiab
- muaj feem mob hlwb/puas siab ntsws xwm ceev LOSSIS toobkas cov kev pab mob hlwb/puas siab ntsws tshaj qhov chaw hauv zej zog muab tau rau koj.

**Key Muaj Feem - Youth Act Team/ Intensive Rehabilitative Mental Health Services (IRMHS) Feem:** Koj yuav tsum:

- muaj 8-26 xyoo,
- muaj mob hlwb/puas siab ntsws loj lossis ib qhov kev muaj mob nrog ntawm mob paj hlwb thiab quav yeej tshaj los dej cawv thiab
- ua tau li lwm cov kev teem.

Tsuas muaj Youth ACT Team nyob rau tej lub nroog xwb.

**Tiv Tauj:** Tiv tauj koj lub nroog, pawg neeg Qhab lub hoobkas human services, chaw muaj kev kho mob hlwb/puas siab ntsws, lossis ncaj nraim rau ib pawg ACT.

Nrhiav Adult ACT Team ntawm <https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/assertive-community-treatment/act-teams.jsp>.

➤ **Early Intensive Developmental and Behavioral Intervention (EIDBI)**

Cov kev pab cuam muaj zog rau cov neeg muaj “autism” lossis xws li rau cov neeg yau dua 21 thiab lawv cov tsev neeg.

**Key Muaj Feem:** Koj yuav tsum yau dua 21 xyoo, pom tau tias muaj “autism” lossis xws li, mus soj ntsuam kom qhia tias koj toobkas EIDBI cov kev pab, thiab cuv npe rau ib lub khooskas kho mob tsim nyog.

**Tiv Tauj:** Tus neeg ua haujlwm pab saib koj hauv koj lub nroog, koj lub tsev kawm ntawv lossis ib qhov chaw muaj cov kev pab EIDBI. Nrhiav daim ntawv muaj cov neeg pab ntawm minnesotahelp.info.

## **Yam kev pab twg thiaj yuav pab kuv nrhiav lossis tuav tau ib txoj haujlwm?**

- **Individual Placement and Support (IPS)** (saib phab 21)

## **Yog kuv muaj teebmeem xwm ceev ne?**

➤ **Crisis Response Services**

Crisis Response Services pab koj thaum koj muaj teebmeem mob hlwb/puas siab ntsws xwm ceev. Crisis Response Services tuaj tau rau hauv koj tsev lossis lwm qhov chaw tuaj pab koj. Lawv pab tau koj nrhiav kev pab sai li sai tau kom koj qhov teebmeem ruaj. Lawv kuj pab tau koj nrhiav cov chaw pab kho mob hlwb/puas siab ntsws nyob ze koj.

**Tiv Tauj:** Hu \*\*274747 ntwam xovtooj ntwam tes lossis ntau ntawv “MN” mus rau 741741.

Mus nrhiav tus nab npawb xovtooj hauv koj lub nroog los hu xovtooj tauj fais fab ntwam <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>.

Yog koj yau dua 21 xyoo, mus saib <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>.

**Yog kuv mob hlwb thawj zaug ne?**



➤ **First Episode Psychosis Programs**

First Episode Psychosis

Programs pab koj yog koj muaj 15-40 xyoo thiab muaj cov tsos kev mob hlwb ntxov. Psychosis txhais tau tias koj tsis mee j pem nrog ntiajteb lawm. Tej zaum kho thaum ntxov yuav pab tau.

**Tiv Tauj:** Kawm ntxiv ntwam <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/programs-services/first-episode-psychosis.jsp>.

**Yog tias kuv xav kom lwm tus txiav txim siab txog kuv kev kho mob yog tias kuv ua tsis tau lawm ne?**

Saib phab 29-32. (Lwm Txoj Kev dua li Tus Neeg Saib Xyuas)

**Lub tsev kho mob tuav puas tau kuv vim kuv qhov mob hlwb/puas siab ntsws yog kuv tsis kam?**

Tub ceev xwm muaj cai tuav koj thaum koj muaj mob xwm ceev lossis ib tug kws kho mob tuav koj thaum lawv ntseeg tias koj mob hlwb/puas siab ntsws thiab yuav ua mob rau koj tus kheej lossis lwm cov neeg. Tej zaum tus tub ceevxwm yuav coj koj mus rau tim tsev kho mob thiab tsev kho mob mam li txiav txim siab seb lawv puas xav tias koj yuav ua mob rau koj tus kheej lossis lwm cov neeg. Yog lawv xav hais tias koj yuav ua mob rau koj tus kheej lossis lwm cov neeg, txawm yog koj tsis kam los lub tsev kho mob

tuav tau koj txog 72 teev. Lawv kuj muab tshuaj tau rau koj txawm koj tsis kam. Tsis suav Vas Xaus thiab Vas Thiv thiab cov hnuv so rau ntawm qhov 72 teev.

**Tiv Tauj:** Rau kev pab, tiv tauj tus neeg pab sawv cev rau neeg mob hauv lub tsev kho mob.

Kawm ntawm lub Office of the Ombudsman for Mental Health and Developmental Disabilities: <https://mn.gov/omhdd/> lossis National Alliance on Mental Illness Minnesota (NAMI) 1-888-626-4435 lossis <https://namimn.org/>.

## **Kuv yuav mus nrhiav qhov twg ntawm yog kuv txhawj txog mus nyob hauv tsev kho mob hlwb/puas siab ntsws?**

Koj muaj cov cai ntawm qhov txheej txeem hais txog mob hlwb/puas siab ntsws. Nrog koj kws lij choj hais plaub mob hlwb/puas siab ntsws tham yog tias muab ib tug rau koj. Yog tsis tau muab ib tug kws lij choj rau koj, tiv tauj koj lub hoobkas hauv nroog hais cov plaub mob hlwb/puas siab ntsws “Commitment Office” lossis Chaw Tsev Hais Plaub Faib Cuab Tam (Probate Court) nug seb yuav ua li cas thiaj muab tau ib tug kws lij choj rau koj.

Nov yog kev pab cuam qhia ntawm txog mus nyob tsev kho mob hlwb/puas siab ntsws:

- Minnesota Judicial System: <http://www.mncourts.gov/Help-Topics/Civil-Commitments.aspx>. Kuj qhia txog muab cov ntaub ntawv kom mus kho mob tshem tawm.
- Office of the Ombudsman for Mental Health and Developmental Disabilities: 1-800-657-3506 lossis <https://mn.gov/omhdd/commitment/>
- National Alliance on Mental Illness Minnesota (NAMI) 1-888-626-4435 lossis <https://namimn.org/wp-content/uploads/sites/188/2018/03/civilcommitmentbookletfinal-2016.pdf>

## **Kev Xaiv Tsev Nyob thiab Kev Txhawb**



Thaum koj dhau los ua ib tug neeg laus lawm, koj yuav tau txiav txim siab seb koj yuav nyob qhov twg. Koj muaj txoj cai nyob ntawm qhov chaw muaj kev txwv tsawg tshaj, muaj kev sib sau ua ke nrog lwm cov uas haum koj tej kev toobkas. Koj muaj txoj cai kom paub los txiav txim seb koj yuav nyob qhov twg thiab nrog leejtwg nyob. Yog xav tau daim ntawv qhia ntxiv txog Cov Hom Tsev Nyob rau Tus Kheej [Individualized Housing Options (IHO)], mus saib PACER qhov IHO Resource Guide for Persons with Disabilities:

<https://www.pacer.org/housing/gettingstarted/images/IHO-Resource-Guide.pdf>

Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag tau cov khooskas sau rau hauv daim ntawv pab no lossis lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).

## Kuv yuav nyob tau kuv tus kheej li cas?

### ➤ Individualized Home Supports with Training (lwm lub npe yog Independent Living Skills (ILS))

Individualized Home Supports with Training yog cov kev kawm txawj uas pab kom koj ua tau tej yam txhua hnuv li tus neeg laus. Yog koj xiam oob qhab, tej zaum koj yuav toobkas kev pab kawm cov kev kawm no kom koj nyob tau koj tus kheej. Tej yam no yog xws li ua zaub mov noj, npaj yuav mus xeem daim ntawv tsav tsheb, nrhiav thiab nrog tus khub nyob, nrhiav tsev nyob them taus, kos duab ua si lossis so, lossis mus sib ntsib kom muaj phoojywg tshiab.

**Kev Muaj Feem:** Koj yuav tsum tau kev pab los ntawm Medical Assistance BI, CAC, lossis CADI kev pab khooskas.

**Tiv Tauj:** Tiv tauj koj lub zos qhov chaw Center for Independent Living (CIL). Muaj cov chaw npe ntawm <https://macil.org/>.

Nyob hauv Twin Cities, tiv tauj lub Metropolitan Center for Independent Living ntawm 651-603-2018 lossis <https://mcil-mn.org/services/independent-living-and-vocational-rehabilitation-services-il-vr/>.

## Kuv muaj qhov kev pab waiver. Kuv siv puas tau kuv qhov kev pab waiver los pab kuv nyob kuv tus kheej?

Yog koj tau cov kev pab los ntawm Medical Assistance lub waiver khooskas, nws muaj ntau hom kev pab uas tej zaum koj yuav muaj feem txais tau los pab koj nyob tau koj tus kheej. Tej yam kev pab yog xa zaub mov tuaj rau hauv tsev, txuj ci tshiab thiab tsheb thauj mus los. Hauv qab no yog lwm cov piv txwv. Nrog tus neeg ua haujlwm pab saib koj tham txog cov kev pab kom paub tias muaj yam dabtsi rau koj.



➤ **Individualized Home Supports**

Cov kev pab uas muaj kev txhawb lossis kev kawm hauv zej zog rau cov neeg nyob nws tus kheej lossis hauv lawv tsev neeg lub tsev.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis tus neeg ua haujlwm koj pawg neeg Qhab qhov kev pab.



➤ **Tus Pab Tu Neeg (PCA)**

Saib phab 4

➤ **Nrog Koj Nyob Tu Koj (Live-in Caregiver)**

Nyob ntawm koj kev toobkas, siv tau cov kev pab cuam waiver los them tus neeg tu koj uas nrog koj nyob. Nrog tus neeg ua haujlwm pab koj tham seb koj muaj feem rau hom kev pab twg.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis tus neeg ua haujlwm rau koj pawg neeg qhov kev pab.

## Yog kuv toobkas kev pab nrhiav tsev ne?

➤ **Housing Benefits 101 (HB101)**

Yog koj xav kom hloov lub tsev koj nyob, Housing Benefits 101 yog ib qho chaw zoo pib. Lawv lub vas sab qhia txog tsoom fwm cov kev pab rau koj xaiv thiab muab tswv yim raws li cov kev nyob.

**Tiv Tauj:** Mus xyuas lawv lub vas sab: <https://mn.hb101.org/>

➤ **Housing Stabilization Services**

**Kev Muaj Feem:** Tej zaum koj yuav tau kev pab nrhiav tsev los ntawm lub khooskas hu uas Housing Stabilization Services. Koj yuav tsum muaj 18 xyoo lossis laus dua, tau Medical Assistance (MA), thiab xiam oob qhab. Thiab koj yuav tsum nyob ib tsev nrog ib pawg neeg, yuav raug nyob ib lub tsev nrog ib pawg neeg, lossis tsis muaj tsev nyob.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis tus neeg ua haujlwm pab koj pawg neeg lossis mus saib <https://mn.hb101.org/a/47/>

➤ **Housing Link**

Yog koj nrhiav kev pab txog nrhiav tsev nyob, nws muaj cov kev pab uas pab koj nrhiav cov chaw rau koj hu xovtooj mus nug. Koj xaiv cov haum koj kev toobkas xws li cov chaw laub muaj log mus tau, nyiaj, thiab tsoom fwm kev pab cuam.

**Tiv Tauj:** Mus saib lawv lub vas sab: <https://www.housinglink.org/>

➤ **Cov Chaw Nrhiav Neeg uas Khub Nyob Ua Ke**

*(Roommate Match Services)*

Qhov kev pab nrhiav tsev nyob yog tias toobkas thiab pab dhos koj nrog ib tug neeg tu koj uas coj haum koj.

**Tiv Tauj:** Hu koj lub nroog lossis tus neeg ua haujlwm pab koj pawg neeg lossis mus saib ntawm

<https://mn.hb101.org/a/4/>



## Yog kuv tsis muaj cov kev txawj nyob tau kuv tus kheej ne?

➤ **Cov Chaw Niam Qhuav Txiv Qhuav Tu Menyuum Yaus lossis Neeg Laus**

*(Child or Adult Foster Care)*

Chaw niam qhuav txiv qhauv tu neeg laus lossis menyuum yaus nyob tau hauv lwm tus neeg lub tsev uas muaj ntaub ntawv tso cai ua ib lub chaw Niam Qhuav Txiv Qhuav Tu rau Tsev Neeg, qhov Chaw Nyob Rau Zej Zog (Community Residential Setting), lossis Lub Chaw Lag Luam Niam Qhuav Txiv Qhuav Tsev Tu Neeg (Corporate Foster Care).

**Kev Muaj Feem:** Tej zaum koj yuav muaj feem tau qhov chaw niam qhuav txiv qhauv tu menyuum lossis neeg laus yog nyob ntawm koj qhov hnuv nyoog seb koj puas tau kev pab los ntawm Medical Assistance BI, CAS, CADI, lossis EW khooskas kev pab

**Tiv Tauj:** Tham nrog koj lub nroog lossis tus neeg ua haujlwm pab koj pawg neeg qhov kev pab.

## Yog tias kuv them tsis taus rau qhov chaw kuv xav nyob ne?

Nws muaj ntau txoj kev los pab nrhiav thiab them rau tsev rau koj nyob. Mus saib <https://mn.hb101.org>.

➤ **Khooskas Pab Txhawb Tsev Nyob**

*(Housing Support Program)*

**Kev Muaj Feem:** Yog koj them tsis taus lub tsev kem lossis lub tsev ib pawg neeg nyob ua ke, tej zaum koj yuav muaj feem rau Housing Support Program (yav tas los lub npe yog Group Residential Housing). Housing Support pab them rau chaw nyob, chaw pw, thiab tej zaum tus neeg tu (PCA) yog tias koj tsis nyob hauv Medical Assistance ib lub waiver khooskas.

**Tiv Tauj:** Hu rau koj lub nroog lossis pawg neeg hoobkas lossis ua ntawv thov hauv vas sab ntawm: <https://applymn.dhs.mn.gov/online-app-web/spring/public/process-login?execution=e1s1>.

# Kev Kawm Ntawv

Feem ntau, koj cov kev npaj hloov muaj tshwm sim thaum koj kawm ntawv hauv high school thiab koj qhov kev npaj kawm ntawv rau tus kheej individualized education plan (IEP). Yog koj xiam oob qhab tabsis tsis tau muaj qhov IEP, tiv tauj koj lub tsev kawm ntawv tus thawj saib kev kawm ntawv tshwj xeeb. Koj muaj cai kom muaj qhov IEP uas muaj cov homphiaj raws li koj kev ua tau tamsim no thiab lus qhia txog cov kev pab thiab yam kev pab uas lawv muab tau rau koj kom cuag tau cov homphiaj. Cov kev pab no yuav tsum muaj rau ntawm ib puag ncig uas muaj kev txwv tsawg tshaj rau koj cov kev toobkas.

Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag tau cov khooskas sau rau hauv daim ntawv pab no lossis lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).



## Kuv lub tsev kawm ntawv pab tau kuv li cas los npaj hla mus ua neeg laus?

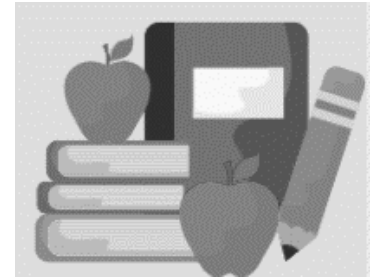
### ➤ Individualized Education Program (IEP) Transition Planning

Thaum koj nyob qib cuaj, koj pab neeg IEP yuav tsum pib xav txog seb yuav pab koj npaj rau koj lub neej thaum koj hla mus, lossis tawm, high school. Koj qhov IEP muaj tej kem txog kev npaj mus kawm ntawv qib siab thiab kev kawm, ua haujlwm, ua si, koom tes nrog zej zog, thiab nyob hauv tsev. Koj kev koom tes rau lub sijhawm no tseem ceeb heev thiab qhov koj tuaj koom cov IEP roj sablaj tseem ceev heev.

**Kev Muaj Feem:** Yog koj yog ib tug menyuam kawm ntawv muaj hnuv nyoog 14 xyoo lossis laus dua ces koj muaj feem tau cov kev pab hauv koj qhov IEP.

Yog koj yog ib tug menyuam kawm ntawv muaj hnuv nyoog 18 xyoo lossis laus dua thiab koj saib xyuas koj tus kheej, koj txiav txim siab txog koj qhov IEP koj tus kheej tau.

**Tiv Tauj:** Koj lub cheem tsam tsev kawm ntawv, tus thawj saib xyuas IEP, lossis pab neeg IEP.



➤ **School District's Transition Program**

Yog koj thiab koj pab neeg IEP pom zoo tias koj toobkas cov kev pab kawm ntawv tshwj xeeb dhau koj xyoo kawg hauv high school, koj muaj feem koom tes rau kev pab cuam tshwj xeeb “specialized transition program.” Cov qhov kev pab cuam tshwj xeeb cia koj kawm ua haujlwm, nrhiav haujlwm, thiab muaj qhov kawm ua haujlwm kom txawj. Lub khooskas no kuj pab tau txog kev kawm kom nyob tau tus kheej, txawj tswj nyiaj txiag, mus saib zej zog, npaj mus kawm ntawv qib siab, txawj coj/sib tham nrog lwm tus thiab xyaum lwm cov kev txawj.

**Kev Muaj Feem:** Koj thiab koj pab neeg IEP txiav txim siab puas muaj feem. Feem ntau, koj muaj feem yog koj yog ib tug menyuam kawm ntawv xiam oob qhab muaj hnuv nyoog 18-21 xyoo uas toobkas kev kawm ntawv tshwj xeeb tom qab high school.

**Nco cia:** koj tsis muaj feem rau kev pab cuam “transition program” yog tias koj twb tau koj daim ntawv tiav high school lawm. Coob cheeb tsam tsev kawm ntawv cia koj “taug kev” ntawm lub koom txoos kawm ntawv tiav tas ces mam li cia mus rau kev pab cuam “transition program.”

Thaum koj tiav qhov kev pab cuam “transition program” thaum muaj hnuv nyoog 18-21 xyoos, koj tau koj daim ntawv kawm ntawv tiav high school. Koj thiab koj pab neeg IEP mam li xyuas seb thaum twg koj mam li kawm tiav ntawm qhov kev pab cuam “transition program.” Yog koj yog ib tug menyuam kawm ntawv muaj hnuv nyoog 18 xyoo lossis laus dua thiab koj saib xyuas koj tus kheej, koj txiav txim siab tau txog koj qhov IEP koj tus kheej tau.

**Tiv Tauj:** Koj cheeb tsam tsev kawm ntawv, tus thawj saub xyuas IEP, lossis pab neeg IEP.

➤ **Section 504 Plan**

Section 504 Plan pom tau tus menyuam kawm ntawv qhov xim oob qhab thiab soj ntsuam koj tus menyuam kawm ntawv muaj feem tau tsev kawm ntawv cov khooskas thiab kev pab cuam. Qhov no suav nrog kev kawm ua haujlwm, kawm lwm yam lossis cov kev ua si hauv high school. Txoj kev npaj siv tej yam ntxim pab tau los cia koj cuag kom tau thiab koom tes nrog tsev kawm ntawv tej kev ua si thiab cov kev qhia ntawv.

**Kev Muaj Feem:** Koj yuav tsum yog tus menyuam kawm ntawv uas muaj ib qho xiam oob qhab uas txwv ib lossis tshaj ntau yam kev uas tseem ceeb hauv lub neej raws li sau hauv txoj kevcai.

**Tiv Tauj:** Koj lub tsev kawm ntawv lossis chav kawm ntawv tshwj xeeb.

## Puas muaj lwm txoj kev los pab kuv tshawb xyuas kuv cov kev xaiv tom qab kuv kawm ntawv tiav?

### ➤ Vocational Rehabilitation (Kev Pab Kawm Haujlwm)

Lub xeev muaj 2 lub khoomhaum pab kawm haujlwm uas pab neeg hluas thiab neeg laus npaj mus ua haujlwm, kawm haujlwm thiab kawm ntawv qib siab:

- Vocational Rehabilitation Services (VRS) pab cov neeg uas xiam oob qhab ntau hom.
- State Services for the Blind (SSB) pab cov neeg dig muag, pom kev tsis zoo lossis lag ntseg dig muag.



Cov kws tawm tswv yim VRS thiab SSB pab tau koj xav txog tej yam koj nyiam ua thiab yam koj ua tau zoo, ces mam li npaj kom paub haujlwm thiab txawj.

VRS thiab SSB kuj muaj Pre-Employment Transition Services rau cov menyuam kawm ntawv xiam oob qhab uas muaj feem mus kawm ua haujlwm, txawm yog tias tus menyuam tsis tau ua ntawv thov rau cov kev pab.

Yog koj tau Medical Assistance waiver, tej zaum koj yuav tau tej co kev pab los ntawm Kev Pab Kawm Ua Haujlwm (Vocational Rehabilitation) thiab tej co los ntawm koj cov kev pab. (Saib phab 3-4.)

**Kev Muaj Feem:** Yog koj yog ib tug menyuam kawm ntawv muaj ntaub ntawv xiam oob qhab, tej zaum koj yuav muaj feem tau cov kev pab no.

Yog koj tsis yog menyuam kawm ntawv lawm, koj tseem ua ntawv thov tau rau kev pab kawm ua haujlwm (vocational rehabilitation services) los ntawm tiv tauj koj lub hoobkas rau VRS lossis SSB. Tej zaum koj yuav muaj feem tau cov kev pab kawm ua haujlwm yog tias koj tau nyiaj ntawm tsoom fww vim koj qhov xiam oob qhab (xws li SSI lossis SSDI).

Yog koj tsis tau SSI lossis SSDI, koj qhov muaj feem tau cov kev kawm haujlwm yog nyob ntawm seb koj qhov xiam oob qhab puas nyuaj rau koj nrhiav lossis tuav kom tau ib txog haujlwm koj tus kheej.

**Tiv Tauj:** Txhua lub tsev kawm ntawv high school hauv Minnesota muaj ib tug VRS neeg tawm tswv yim rau cov menyuam kawm ntawv uas xiam oob qhab. Tiv tauj koj lub tsev kawm ntawv tus neeg xaiv los uas VRS tus tawm tsswv yim.

Nrhiav kom paub ntxiv ntawm <https://mn.gov/deed/job-seekers/disabilities/>. Tiv tauj Xeev Kev Pab rau cov Dig Muag (Services for the Blind) ntawm 651-539-2300 lossis [www.mnssb.org](http://www.mnssb.org).

## Kuv puas yuav tau kev pab yog kuv mus kawm ntawv qib siab?

### **Cov Kev Pab Tom Qab Kawm High School** (*Post-Secondary Accommodations*)

Koj lub tsev kawm ntawv tom qab high school tsis tas yuav muab kev pab rau koj npaum li koj lub high school muab. Cov tsev kawm ntawv qib siab thiab cov khooskas kawm ua haujlwm tsuas yuav tsum muab txoj kev qhia ntawv li toobkas kom lawv tsis txhob ua saib tsis taus koj vim koj qhov xiam oob qhab.

Cov piv txwv kev pab tsev kawm ntawv yuav tsum muaj yog thaum koj xeem ntawv, kom koj muaj feem kawm ntawv thiab mus tau hauv chav qhia ntawv, mus los tau hauv lub tsev kawm ntawv ib cheem tsam, thiab muaj chaw rau laub log mus tau.



Yog koj lub tsev kawm ntawv qib siab muaj chaw nyob rau cov menyuam kawm ntawv tsis xiam oob qhab, lawv yuav tsum muaj cov chaw kom sib xws thiab cov tsev uas cov menyuam kawm ntawv xiam oob qhab nyob tau es yog tib tus nqi.

**Kev Muaj Feem:** Tej zaum koj yuav muaj feem tau kev pab yog koj muaj ntaub ntawv xiam oob qhab. Ua zoo kom koj muaj ntawv povthawj qhia tias koj xiam oob qhab.

Povthawj yog tej yam xws li:

- qhov IEP
- qhov kev cai 504 Plan
- qhov kev soj ntsuam ua haujlwm
- qhov soj ntsuam mus kev lossis
- daim ntawv los ntawm ib tug muaj ntaub ntawv kho mob.

Tej zaum koj lub tsev kawm ntawv lub vas sab yuav muaj qhia ntxiv txog cov kev pab lawv muaj thiab koj toobkas dabtsi ua povthawj tias koj xiam oob qhab.

**Tiv Tauj:** Nws yog koj txoj luag haujlwm hauv tsev kawm ntawv qib siab los nug txog tej kev pab rau koj. Feem ntau, cov tsev kawm ntawv qib siab yuav tsis mob siab muab rau koj.

Coob lub tsev kawm ntawv qib siab muaj lub hoobkas pab koj txog cov kev kom mus cuag tau, cov kev pab, thiab khoom txuj ci tshiab hauv tsev kawm ntawv. Feem ntau, cov hoobkas no hu uas “disability services,” thiab ua haujlwm nrog koj los pab kom tau li koj toobkas es thiaj mus cuag tau koj lub tsev kawm ntawv lossis khooskas kawm.

## Ua Haujlwm

Muaj ib txog haujlwm lossis ib yam dej num yog ib qho tseem ceeb rau lub neej laus. Rau coob tug neeg laus, ua haujlwm pab lawv kawm tau tej kev txawj tseem ceeb thiab them rau tej yam lawv toobkas. Ua haujlwm kuj muab sijhawm los cog kev phoojywg nrog lwm cov neeg hauv zej zog. Thaum koj xav txog hom haujlwm twg, yog ib qho tseem ceeb kom paub seb muaj yam kev pab dabtsi los pab kom koj kov yeej tej teebmeem.

Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag tau cov khooskas sau rau hauv daim ntawv lossis lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).



## Hom haujlwm twg kuv thiaj ua tau?

- Koj muaj txoj cai los ua haujlwm hauv koj lub zej zog nrog lwm cov neeg xiam oob qhab lossis tsis xiam oob qhab thiab khwv tau nyiaj tsawg li qhov teem tsawg kawg (minimum wage). Ib txhia neeg hu qhov no “competitive integrated employment” them nyiaj rau cov neeg xiam oob qhab ua haujlwm li lwm cov neeg.
- Tej zaum koj xaiv ua haujlwm nrog cov neeg xiam oob qhab xwb. Yog koj ua li nov, tej zaum koj yuav tau nyiaj tsawg dua li qhov xeev teem them tsawg kawg, (Saib phab 22.) Yog koj xaiv qhov them nyiaj tsawg dua li qhov teem them tsawg kawg, koj hloov siab thaum twg los tau thiab nug kom lawv pab koj mus ua haujlwm hauv zej zog kom khwv tau li qhov teem them tsawg kawg lossis tshaj.
- Tham nrog tus ua haujlwm pab saib koj lossis tus pab koj hauv Vocational Rehabilitation kom paub ntxiv seb yuav ua li cas thiaj tau cov kev pab koj toobkas los ua haujlwm hauv zej zog kom khwv tau qhov teem them tsawg kawg lossis tshaj.

## Kuv nrog leejtwg tham txog kev pab nrhiav thiab tuav ib txog haujlwm?

### ➤ Vocational Rehabilitation Counselor

Tej zaum koj yuav tau kev pab tawm tswv yim txog ua haujlwm, kawm haujlwm, thiab pab nrhiav haujlwm. Cov kev pab no muaj los ntawm Vocational Rehabilitation Services thiab State Services for the Blind (Qhia Kawm Haujlwm thiab Xeev Kev Pab rau Cov Dig Muag). (Saib phab17-18.)

Yog koj tau Medical Assistance kev pab, tej zaum koj yuav tau tej co kev pab los ntawm Vocational Rehabilitation thiab tej co los ntawm koj qhov kev pab waiver.

➤ **Medical Assistance Waiver Employment Services**

Nws muaj ob peb hom kev pab cuam los pab koj xav txog ua haujlwm thiab nrhiav ib txog haujlwm yog tias koj tau txais kev pab los ntawm Medical Assistance waiver khooskas.

- **Employment Exploration Services:** Koj kawm txog ntau hom haujlwm thiab txiav txim siab seb hom haujlwm twg yuav zoo dua rau koj raws li koj cov kev nyiam thiab txawj. Koj mus xyuas tau cov chaw ua haujlwm, mus ntsib cov neeg ua yam haujlwm koj nyiam, lossis sim ua ib ntus seb koj puas nyiam nws.
- **Employment Discovery Services:** Muaj kev pab koj xaiv txog koj cov homphiaj haujlwm thiab npaj mus nrhiav haujlwm, nrog rau ua daim ntawv keeb kwm ua haujlwm.
- **Employment Supports Services:** Muaj kev pab kom koj tuav tau koj txoj haujlwm, nrog rau tshawb xyuas seb cov teebmeem ntawm txoj haujlwm yog dabtsi lossis pab kom txawj hloov haum txoj haujlwm tshiab.
- **Prevocational Services:** Muaj kev pab koj txog cov kev kawm txawj uas koj toobkas kom tau thiab tuav tau txoj haujlwm, xws li kev sib tham, tuaj ua haujlwm raws sijhawm thiab tsheb thauj mus los.



Yog koj tau Medical Assistance waiver, tej zaum koj yuav tau tej co kev pab cuam los ntawm Vocational Rehabilitation thiab tej co los ntawm koj qhov kev pab waiver.

**Kej Muaj Feem:** Koj yuav tsum muaj feem rau DD, CAC, CADI lossis BI Medical Assistance waiver khooskas. (Saib phab 3-4.)

**Tiv Tauj:** Koj tus neeg ua haujlwm pab saib koj. Kawm ntxiv txog Disability Hub MN's Waiver Employment Services FAQ ntawm: <https://disabilityhubmn.org/professionals/work/the-basics/services/hcbs-waiver/#article-start>

➤ **Extended Employment**

Tej zaum koj yuav tau kev pab cuam los pab koj tuav koj txoj haujlwm lossis mus ntxiv lawm tom ntej rau koj txoj dej num.

**Kej Muaj Feem:** Koj yuav tsum xiam oob qhab loj lossis lwm yam kev cuab tshuam ua haujlwm. Koj yuav tsum toobkas kev pab ntev mus los pab koj tuav koj txoj haujlwm lossis nce siab rau koj txoj dej num.

**Tiv Tauj:** Koj tus neeg ua haujlwm pab saib koj lossis koj tus kws pab nrhiav haujlwm. Koj kuj tiv tauj ncaj nraim mus rau tus pab ntawm Extended Employment.

Nrhiav cov npe uas muaj kev pab thiab lwm yam lus qhia ntxiv ntawm <https://mn.gov/deed/job-seekers/disabilities/extend-employment/>



➤ **Individual Placement and Support (IPS)**

Lub khooskas IPS pab cov neeg mob hlwb/puas siab ntsws loj uas xav ua haujlwm hauv lub zej zog.

**Keu Muaj Feem:** Koj yuav tsum mob hlwb/puas siab ntsws loj thiab ib tug kws kho mob hlwb/puas siab ntsws muab koj lub npe xa tuaj.

**Tiv Tauj:** Koj tus kws mob hlwb/puas siab ntsws. Kawm ntxiv txog IPS ntawm <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/programs-services/ips.jsp>

➤ **CareerForce Center Staff**

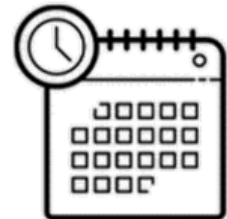
CareerForce cov neeg ua haujlwm thiab hoobkas pab neeg nrhiav haujlwm, sau daim ntauv keeb kwm ua haujlwm, xyaum cov lus nug/xam phaj, thiab muab lwm qhov kev pab txog nrhiav haujlwm. Lawv cov kev pab cuam yog dawb.

**Tiv Tauj:** Koj lub CareerForce hoobkas hauv zos. Nrhiav tau nws ntawm <https://www.careerforcemn.com/> lossis hu rau 651-259-7501.

## Yog kuv ua tau kuv txoj haujlwm tabsis toobkas hloov tej yam me rau kuv cov sijhawm ua haujlwm lossis luag haujlwm vim kuv qhov xiam oob qhab ne?

➤ **Reasonable Accommodations**

Yog koj ua haujlwm rau qhov chaw muaj 15 tus neeg lossis tshaj, koj qhov chaw ua haujlwm yuav tsum hloov tej yam koj toobkas vim koj qhov mob hlwb/puas sib ntsws lossis xiam oob qhab. Cov kev hloov no yog hu uas tsim nyog hloov kom haum/ua tau. Tabsi cov kev hloov yuav tsum tsis txhob nyuaj dhau rau koj qhov chaw ua haujlwm. Nyuaj dhau txhais tau tias nws yuav yog ib qho hloov nyuaj heev lossis kim heev.



Nyeem Txog Koj Cov Cai ntawm:

- Job Accommodations Network: <https://askjan.org/>
- Equal Employment Opportunity Commission (EEOC): [www.eeoc.gov](http://www.eeoc.gov)
- Minnesota Department of Human Rights: <https://mn.gov/mdhr/yourrights/who-is-protected/disability/reasonable-accommodation.jsp>

**Tiv Tauj:** Lub Job Accommodations Network (JAN) muaj lus qhia thiab muab tswv yim txog cov kev hloov tsim nyog kom haum/ua tau rau cov neeg ua haujlwm thiab chaw ua haujlwm. Tiv tauj JAN at 800-526-7234 lossis <https://askjan.org/>.

Yog koj toobkas pab txog kev cai lij choj thiab kom tau koj cov kev pab Social Security nyiaj xiam oob qhab, hu rau Minnesota Disability Law Center ntawm 1-800-292-4150 lossis mus rau ntawm [www.mndlc.org](http://www.mndlc.org). Yog tsis li ntawd hu rau ib tug kws lij choj ntiav.

## Qhov chaw ua haujlwm them kuv tsawg dua li qhov teem them tsawg kawg puas tau?

Tej qho chaw ua haujlwm thov tau ntawv tshwj xeeb ntawm tsoom fwm los them cov neeg xiam oob qhab tsawg dua li qhov teem them tsawg kawg. Qhov no hu ua qis dua qhov teem them tsawg kawg. Qhov chaw ua haujlwm tsuas them tau qis dua qhov teem them tsawg kawg yog tias koj muaj qhov xiam oob qhab uas cuab tshuam txoj kev ua haujlwm rau txoj haujlwm koj ua. Piv txwv, tus neeg uas txhais tes qhib tsis tau thiab muaj teebmeem khaws tej yam me los sib dhos.

**Tiv Tauj:** Yog xav paub ntiv lossis yog koj muaj lus tsis txaus siab, tiv tauj lub Department of Labor's Wage thiab Hour Division ntawm 612-370-3341 lossis mus rau ntawm <https://www.dol.gov/agencies/whd/workers-with-disabilities/workers>

Lossis tiv tauj Minnesota Disability Law Center ntawm 1-800-292-4150 lossis ntawm [www.mndlc.org](http://www.mndlc.org).

## Yog kuv toobkas neeg thauj kuv mus kuv txoj haujlwm ne?

### ➤ Tsheb thauj pej xeeb

Qhov no yog npav/tsheb thauj pej xeeb rau neeg xiam oob qhab uas mus cuag tsis tau lwm cov npav/tsheb thauj pej xeeb. (Saib phab 33-34)

Koj lub Vocational Rehabilitation Services hoobkas lossis tus neeg ua haujlwm pab saib koj hauv lub nroog yuav pab koj nrhiav seb muaj dabtsi hauv koj lub zej zog.



Tej no yog xws li:

- kom tau ib lub tsheb rau koj
- nrog lwm tus caij tsheb
- npav
- tsheb ciav hlau (light rail)
- lwm cov npav/tsheb thauj pej xeeb, thiab lwm yam kev thauj. (Saib phab 17-18, 33)

Yog koj tau kev pab Waiver, tej zaum koj yuav muaj feem txais lwm cov kev pab cuam thauj mus los.

## Yog kuv tsis xav yuav tsoom fwm cov nyiaj txiag pab kuv ne?

➤ **Ticket to Work**

Yog koj tau nyiaj los ntawm tsoom fww rau koj qhov xiam oob qhab (SSDI lossis SSI) thiab xav khwv kom tau nyiaj txaus kuv tus kheej es tawm hauv SSDI lossis SSI, lub Social Security Administration muaj ib lub khooskas rau koj: Ticket to Work. (Saib phab 26)

## Nyiaj thiab Kev Pab txog Nyiaj Txiag

Paub lis koj cov nyiaj yog ib qhov kev txawj tseem ceeb hauv lub neej. Ua ib tug neeg laus, koj muaj txoj cai los tswj koj cov nyiaj, tshwj yog tus kws txiav txim tau txiav txim tias koj ua tsis tau. Yog koj toobkas kev pab los tswj koj cov nyiaj, nws muaj tej cov kev rau lwm cov neeg los pab koj tabsis tsis tshem tawm tagrho koj txoj kev tswj. Ntxiv ntawd, yog koj tsis muaj nyiaj txaus los them rau tej yam koj toobkas, tej zaum muaj ib cov khooskas pab tau koj.



Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag tau cov khooskas sau rau hauv daim ntawv pab no lossis lawv tsis kam pab koj lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).

## Puas muaj kev pab nyiaj txiag rau kuv?

➤ **Supplemental Security Income (SSI)**

Lub khooskas SSI them nyiaj rau cov neeg laus thiab menyuum yaus xiam oob qhab uas tau nyiaj tsawg thiab muaj kev pab txog nyiaj txiag tsawg. Tsis tas koj muaj qhov keeb kwm ua haujlwm thiaj li muaj feem tau.

**Kev Muaj Feem:** Koj yuav tsum muaj ib qho xiam oob qhab, dig muag lossis muaj 65 xyoo lossis laus dua, thiab tau nyiaj tsawg thiab kev pab tsawg.

**Tiv Tauj:** Hu lossis mus ntsib lub hoobkas Social Security hauv koj lub nroog. Cov ntawv thov muaj nyob hauv online ntawm <https://www.ssa.gov/benefits/disability/>.

Yog xav paub ntxiv, mus saib ntawm <https://www.lawhelpmn.org/issues/disability/social-security-and-ssi-disability-benefits>.

➤ **Social Security Disability Insurance (SSDI)**

SSDI them nyiaj rau cov neeg xiam oob qhab thiab tej cov neeg hauv tsev neeg. Koj yuav tsum muaj keeb kwm ua haujlwm thiaj muaj feem tau SSDI.

**Kev Muaj Feem:** Koj yuav tsum muaj ib qho xiam oob qhab thiab tau ua haujlwm ntev txaus thiab tau them se Social Security.

**Tiv Tauj:** Hu lossis mus ntsib lub Social Security hoobkas hauv koj lub zos. Cov ntawv thov muaj nyob hauv online ntawm <https://www.ssa.gov/benefits/disability/>.

Yog xav paub ntxiv, mus saib ntawm <https://www.lawhelpmn.org/issues/disability/social-security-and-ssi-disability-benefits>.

➤ **Minnesota General Assistance (GA)**

Koj muaj feem tau nyiaj yog tias koj ua haujlwm tsis tau nyiaj txaus los yug koj tus kheej lossis yog koj tau nyiaj tsawg heev thiab tsis muaj ntau yam kev pab.



**Kev Muaj Feem:** Yog koj ua haujlwm tsis txaus yug koj tus kheej vim koj xiam oob qhab lossis lwm yam muaj sau tseg. Thiab koj yuav tsum ua tau nyiaj li teem tseg thiab muaj cuab tam li teem tseg.

**Tiv Tauj:** Ua ntawv thov hauv online ntawm <http://www.applymn.dhs.mn.gov> lossis tiv tauj koj lub nroog lossis pawg neeg Qhab human services hoobkas.

➤ **Minnesota Supplemental Aid (MSA)**

Koj muaj feem txais tau nyiaj ntsuab (ntxiv rau koj qhov nyiaj SSI) los them rau cov khoom koj toobkas.

**Kev Muaj Feem:** Koj yuav tsum muaj 18 xyoo lossis laus dua thiab muaj feem tau SSI. Tej zaum koj yuav muaj feem tau txawm yog tias koj tsis tau SSI tamsim no. Nws muaj qhov txwv rau khoom cuab tam.

**Tiv Tauj:** Ua ntawv thov hauv online ntawm [applymn.dhs.mn.gov](http://www.applymn.dhs.mn.gov) lossis tiv tauj koj lub nroog lossis pawg neeg Qhab human services hoobkas.

➤ **Minnesota Supplement Aid (MSA) Housing Assistance**

Koj muaj feem tau nyiaj los pab them koj qhov nqi xauj tsev, nqi tsev (yuav), thiab nqi fais fab, dej, cua sov.

**Kev Muaj Feem:** Koj yuav tsum muaj feem tau MSA thiab muaj nqi tsev tshaj 40 feem pua ntawm tagrho cov nyiaj koj tau los ua ke. Thiab koj yuav tsum tsiv tawm ntawm lub chaw tu neeg mus rau hauv zej zog, muaj feem tau Medical Assistance, lossis nyob hauv koj lub tsev koj tus kheej thiab tau Medical Assistance hauv tsev thiab zej zog cov kev pab.

**Tiv Tauj:** Ua ntawv thov hauv online ntawm <http://www.applymn.dhs.mn.gov> lossis tiv tauj koj lub nroog lossis pawg neeg Qhab human services hoobkas. Yog koj twb tau MSA lawm, tiv tauj tus neeg ua haujlwm pab koj hauv nroog.

➤ **Energy Assistance Program (EAP)**

Koj muaj feem tau nyiaj los pab them nqi cua sov rau koj lub tsev.

**Kev Muaj Feem:** Koj yuav tsum yog ib tug neeg xauj tsev nyob lossis yuav tsev thiab koj qhov nyiaj khws tau los yog lossis qis dua 50 feem pua ntawm lub xeev qhov nyiaj khwv tau los nruab nram.

**Tiv Tauj:** EAP qhov chaw pab hauv koj lub nroog lossis pawg neeg Qhab. Koj kuj tiv tau lub Minnesota Commerce Department:

<https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>.

➤ **Supplemental Nutrition Assistance Program (SNAP)**

Koj muaj feem tau kev pab them khoom noj los ntawm SNAP. SNAP lub npe qub yog Food Stamps (nyiaj muas noj).

**Kev Muaj Feem:** Qhov koj muaj feem tau yog nyob ntawm koj qhov nyiaj khwv tau los.

**Tiv Tauj:** Ua ntawv thov hauv online ntawm <http://www.applymn.dhs.mn.gov> lossis tiv tauj koj lub nroog lossis pawg neeg Qhab human services hoobkas.



## **Kuv ua puas tau haujlwm thiab tau cov kev pab rau xiam oob qhab?**

Tau! Lub Social Security Administration (SSA) muaj cov khooskas pab koj pib ua haujlwm lossis rov qab mus ua haujlwm. Cov khooskas no hu uas “work incentives” (yam pab kom mus ua haujlwm).

➤ **Ticket to Work**

Ticket to Work yog ib lub khooskas dawb los them SSA uas pab cov neeg tau kev pab xiam oob qhab tshawb nrhiav seb lawv ua puas tau haujlwm. Koj muaj feem tau kev pab tshawb nrhiav seb koj puas ua tau haujlwm, pab npaj mus ua haujlwm, thiab kev pab nrhiav kom tau thiab tuav tau ib txoj haujlwm.

**Kev Muaj Feem:** Koj yuav tsum tau SSI lossis SSDI cov kev pab thiab xav ua haujlwm.

**Tiv Tauj:** Ticket to Work Helpline tus xov tooj yog 1-866-968-7842 lossis <https://choosework.ssa.gov/about/how-it-works/index.html>.

➤ **Student Earned Income Exception**

Cov menyuam kawm ntawv khwv tau tej qho nyiaj thiab SSA tsis suav nrog qhov nyiaj khwv tau los thaum lawv los xam txoj koj cov kev pab xiam oob qhab. Tus nqi no hloov txhua xyoo. Nrhiav tau nws hauv SSA Red Book phau ntawv liab: <https://www.ssa.gov/redbook/>.

**Kev Muaj Feem:** Koj yuav tsum tau SSI, yau dua 22 xyoos, thiab mus kawm ntawm tsis tu ncu.

**Tiv Tauj:** Koj lub Social Security hoobkas. Kawm ntxiv ntawm <https://www.ssa.gov/redbook/>.

➤ **Lwm Cov Social Security Kev Kom Mus Ua Haujlwm**  
(*Other Social Security Work Incentives*)

Nws muaj lwm cov kev pab cov neeg xiam oob qhab uas tau kev pab kom mus ua haujlwm. Piv txwv yog Earned Income Exception, PASS Plans, thiab Impairment Related Work Expense.

**Kev Muaj Feem:** Koj yuav tsum tau cov kev pab xiam oob qhab. Ib qhov kev pab kom mus ua haujlwm nyias muaj nyias cov nqe teem txog kev muaj feem tsim nyog tau.

**Tiv Tauj:** Koj lub Social Security hoobkas. Kawm ntxiv ntawm <https://www.ssa.gov/redbook/>.



## **Ua haujlwm puas cuam tshuam qhov kev pab (nyiaj) xiam oob qhab kuv tau?**

Khwv tau nyiaj tej zaum cuam tshuam cov kev pab (nyiaj) koj tau ntawm tsoom fwv, tabsis feem ntau tsis ntau npaum li koj xav. Mus nrhiav kev pab txog npaj nyiaj txiag seb ua haujlwm puas cuam tshuam cov kev pab (nyiaj) koj tau.

**Kev Muaj Feem:** Kev npaj thiab tshawb xyuas txog kev pab (nyiaj) yog rau cov neeg uas tau txais tej hom kev pab los ntawm tsoom fwv thiab npaj siab yuav mus ua haujlwm lossis twb ua haujlwm lawm.

**Tiv Tauj:** The Work Incentives Connection ntawm Goodwill-Easter Seals ntawm 1-800-976-6728 lossis <https://www.goodwilleasterseals.org/services/work-incentives-connection>.

Koj kuj tiv tauj tau Disability HUB MN ntawm 1-866-333-2466 lossis <https://disabilityhubmn.org/>.

## Kuv puas toobkas qhia rau Social Security Administration tias kuv ua haujlwm?

Yuav tau qhia. Qhia SSA thaum twg koj pib thiab tsum ua haujlwm, lossis thaum koj cov luag haujlwm, sijhawm (teev) lossis nyiaj them hloov. Koj kuj yuav tsum qhia SSA yog koj them cov nuj nqis uas vim koj qhov xiam oob qhab thiab koj yuav tsum tau mus ua haujlwm.



**Key Muaj Feem:** Koj yuav tsum qhia seb koj ua tau nyiaj npaum li cas rau SSA yog koj tau SSI lossis SSDI.

**Tiv Tauj:** Koj lub Social Security hoobkas hauv zos. Kawm ntxiv ntawm <https://choosework.ssa.gov/about/wage-reporting/index.html>.

## Kuv yuav tseg tau nyiaj li cas thaum tau cov kev pab (nyiaj) xiam oob qhab?

### ➤ **ABLE Accounts**

Cov askhauj ABLE yog txoj kev rau koj tseg lossis tso nyiaj mus txog \$15,000 tauj ib xyoo tsuas tsis txhob tshaj qhov nyiaj tswj rau SSI, Medical Assistance (Medicaid), thiab lwm cov khooskas pab. Koj muaj peevxwm tswj koj tus askhauj. Koj tsev neeg thiab phoojywg tso nyiaj tau rau hauv lub askhauj thiab.

**Key Muaj Feem:** Koj yuav tsum muaj qhov xiam oob qhab uas twb pib ua ntej koj muaj 26 xyoo lawm, thiab ib qho ntawm cov hauv qab no:

- muaj feem tau SSI lossis SSDI vim muaj ib qho xiam oob qhab
- tsis pom kev raws li Social Security Act teem tseg lossis
- tus kws kho mob muaj ntaub ntawv tso cai sau ntawv tias muaj qhov xiam oob qhab loj.

**Tiv Tauj:** Muaj lus qhia ntxiv lossis yuav ua ntawv thov qhov ABLE askhauj, tiv tauj lub hoobkas Minnesota ABLE Plan ntawm 888-609-8872 lossis mus rau ntawm <https://savewithable.com/mn/home.html>.

## Kuv yuav ua li cas thiaj li txawj tswj kuv cov nyiaj?

Yuav los xyaum tswj thiab npaj nyiaj siv yeej nyuaj, tshwj xeeb yog koj tau nyiaj tsawg. Nws muaj cov kev pab los pab kom koj txawj txiav txim siab. Tej zaum koj mus xyuas seb lub tsev tuam txhab (bank) lossis credit union askhauj puas yog qhov zoo rau koj, thiab koj yuav toobkas dabtsi thiaj qhib tau tus askhauj rau lub tuam txhab lossis credit union.

**Tiv Tauj:** Disability HUB MN ntawm 1-866-333-2466 lossis <https://disabilityhubmn.org/money>.

Koj kuj tiv tauj tau Lutheran Social Services Financial Counseling ntawm 1-888-577-2227 lossis <https://www.lssmn.org/financialcounseling/>.

Mus xyuas Consumer Financial Protection Bureau lub vas sab: <https://www.consumerfinance.gov/consumer-tools/>.

Kawm ntiv txog qhib askhauj rau lub tuam txhab lossis credit union ntawm <https://www.consumerfinance.gov/consumer-tools/bank-accounts/>.

## Yog kuv tshwj tsis tau kuv cov nyiaj kuv tus kheej ne?

### ➤ **Representative Payee Services**

Lub Social Security Administration (SSA) taw ib tug Representative Payee yog koj nug kom muab ib tug lossis yog SSA pom tau tias koj toobkas kev pab los tswj koj cov nyiaj txiag. Rau coob tug, SSA sim taw ib tug hauv tseg neeg lossis phoojywg zoo. Yog ua li no tsis tau, SSA taw ib lub koomhaum pab neeg lossis lwm lub koomhaum los ua koj tus Representative Payee.



**Kej Muaj Feem:** Koj yuav tsum tau Social Security cov kev pab (nyiaj) thiab toobkas kev pab tswj koj cov nyiaj.

**Tiv Tauj:** Koj lub hoobkas Social Security hauv zos. Muaj lus qhia ntiv ntawm <https://www.ssa.gov/payee/bene.htm>.

### ➤ **Conservatorship (Sawv cev rau lwm tus cov nyiaj txiag thiab txhua yam)**

Yog koj txiav txim siab txog nyiaj txiag tsis tau rau koj tus kheej, tsev hais plaub mam li taw ib tug neeg saib xyuas (conservator) los txiav txim siab txog nyiaj txiag thiab txhua yam rau koj. Tus neeg saib xyuas yuav tsum sau ntawv txog tej nyiaj txiag txhua xyoo tuaj rau lub tsev hais plaub.



**Kej Muaj Feem:** Yuav tsum muaj ib tug neeg ua ntaub ntawv tuaj hauv tsev hais plaub. Qhov no yog tuaj hauv tsev hais plaub thiab ib tug kws txiav txim mam li txiav txim seb koj puas toobkas tus neeg saib xyuas (conservator) los pab tswj koj cov nyiaj.

**Tiv Tauj:** Lub Minnesota Judicial Branch muaj lus qhia txog cov neeg saib xyuas (conservator) ntawm <http://www.mncourts.gov/Help-Topics/Conservatorship.aspx>.

Tej zaum koj yuav tau nrog tus kws lij choj tham.

Thiab koj yuav tsum tiv tauj lub nroog lossis pawg neeg Qhab human services hoobkas vim tej zaum lawv yuav pab koj them cov nqi kev cai lij choj.



## Lwm Txoj Kev dua li Tus Neeg Saib Xyuas

Coob tug hluas muaj hnuv nyoog uas xiam oob qhab muaj peevxwm los tswj tau lawv lub neeg tsis muaj cov neeg saib xyuas (guardians). Tus neeg saib xyuas yog raug taw los ntawm tus kws txiav txim los txiav txiam siab rau lwm tus. Tus saib xyuas muaj txoj cai raws li kev cai lij choj los txiav txim siab rau koj txog koj nyob qhov twg, ua haujlwm qhov twg thiab hom kev kho mob twg koj yuav tau. Nws muaj cov kev los pab koj tswj lub neej uas tsis tshem tawm koj kev peevxwm los txiav txim siab rau koj tus kheej. **Koj muaj cov cai.** Tsim nyog koj txiav txim siab rau ntau yam uas tsis txhob muaj kev txwv vim koj xiam oob qhab.

### Kuv yuav nrhiav kev los pab tswj kuv lub neej kom tsis muaj tus neeg saib xyuas li cas?

➤ **Supported Decision Making (Txhawb Kev Txiaiv Txim Siab)**

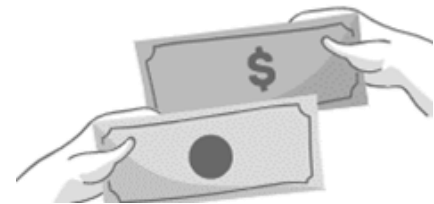
Txhawb kev txiav txim siab yog ib txog txheej txheem uas cia koj thiab lwm cov neeg hauv koj lub neej los xav seb yuav nrhiav yam kev pab koj toobkas los txiav txim siab tsis tas lub tsev hais plaub taw ib tug neeg saib xyuas. Koj mam li xyuas los ntawm txoj kev txiav txim siab seb daim ntawv qhia kev kho mob, tso cai rau lwm tus sawv cev rau koj lossis lwm yam txoj kev twg thiaj haum rau koj.

**Tiv Tauj:** WINGS ntawm 844-333-1748 lossis <http://wingsmn.org/supported-decision-making/>

### Yog kuv toobkas kev pab los tswj kuv cov nyiaj ne?

➤ **Representative Payee Services**

(Kev Pab Cuam Sawv Cev Txais Nyiaj Rau Lwm Tus) (saib phab 31.)



### Yog kuv npaj ua ntej hais tias leetwg yog tus yuav los txiav txim siab txog kev kho mob rau kuv yog kuv tsis taus yav pem suab ne?

➤ **Health Care Directives (Daim Ntawv Qhia Txog Kev Kho Mob)**

Qees zaum Daim Ntawv Qhia Txog Kev Kho Mob (Health Care Directives) kuj hu ua “daim ntawv qhia raws li siab nyiam thaum tseem muaj sia.” Nws pab neeg paub tias yuav ua cas yog tias koj tsis muaj peevxwm los txiav txim siab rau koj tus kheej lawm. Daim Ntawv Health Care Directive qhia txog kev kho mob rau cov kws kho

mob, tej txheeb ze, thiab lwm cov neeg koj xav muab lus qhia rau txog koj kev kho mob thiab kev nyab xeeb.

**Kev Muaj Feem:** Txhua tus ua tau Daim Ntawv Health Care Directive Qhia Txog Kev Kho Mob.

**Tiv Tauj:** Estate & Elder Law Services (Kev pab cuam kev cai lij choj txog Vaj Tse & Neeg Laus) ntawm 612-676-6300 lossis mus saib lawv qhov vas sab ntawm: <https://www.voamnwi.org/estate-and-elder-law>.

- **Living Trust (Daim ntawv Faib Cuab Yeej Cuab Tam Thaum Muaj Sia Nyob)**  
Daim Living Trust faib cuab yeej cuab tam thaum muaj sia nyob yog ib daim ntawv koj ua txawv daim ntawv “will” uas hais tias yuav ua li cas rau koj tej cuab yeej cuab tam thiab vaj tse thaum koj tag sim neej. Daim ntawv Living Trust kuj hais tias koj muab koj cov cuab yeej cuab tam thiab vaj tse ua li cas thaum koj muaj sia nyob yog tias koj tsis muaj peevxwm txiav txim siab rau koj tus kheej lawm. Lwm kuj muab lub npe hu uas revocable trust - daim ntawv faib cuab yeej cuab tam hloov lossis xaus thaum twg los tau.



**Kev Muaj Feem:** Txhua tus ua tau Daim Ntawv Living Trust – Faib Cuab Yeej Cuab Tam thaum muaj sia nyob.

**Tiv Tauj:** Estate & Elder Law Services (Kev pab cuam kev cai lij choj txog Vaj Tse & Neeg Laus) ntawm 612-676-6300 lossis mus saib lawv qhov vas sab ntawm: <https://www.voamnwi.org/estate-and-elder-law>.

- **Sib koom Askhauj tom Tuam Txhab Ua ke (Joint Bank Accounts)**  
Koj qhib ib tug askhauj tom tuam txhab (bank) kom lwm tus koj ntseeg siab los lis tau cov nyiaj rau koj yog hais tias koj muaj teebmeem tswj koj cov nyiaj txiag.

**CEEBTOOM:** Tus askhauj sib koom tom tuam txhab (bank) yog ob tug neeg muaj npe nyob hauv lub askhauj ntiag tug. Ob leeg puas leej mus rho tau nyiaj. Ua zoo xyuas kom qhib tus askhauj hauv tuam txhab nrog ib tug koj ntseeg siab tiag. Ib qho zoo dua mas qhib tus askhauj hauv tuam txhab rau koj tus kheej xwb es tso cai rau ib tug koj ntseeg siab sawv cev (power of attorney) rau koj los lis cov nyiaj hauv tus askhauj rau koj.

**Kev Muaj Feem:** Txhua tus qhib tau tus askhauj sib koom tom tuam txhab ua ke yog lawv muaj peevxwm.

**Tiv Tauj:** Koj lub tuam txhab thiab nug txog qhib ib tus askhauj ua ke sib koom nrog tus neeg tso cai sawv cev rau koj.

➤ **Durable Powers of Attorney** (Tus Sawv Cev Rau Koj thaum Koj Tsis Muaj Peevxwm Txiav Txim rau Koj Tus Kheej Lawm)

Koj sau daim ntawv xaiv ib tug neeg laus muaj peevxwm los ua koj tus kws lij choj-sawv-cev (attorney-in-fact). Qhov Power of Attorney muab cai rau tus neeg laus ntawd los mus txiav txim siab txog koj tej nyiaj txiag yog koj tsis muaj peevxwm los txiav txim rau koj tus kheej lawm. Qhov no kuj ua tau kom lub tsev hais plaub tsis tau taw ib tug neeg los saib xyuas koj.

**Kev Muaj Feem:** Txhua tus xaiv ib tug Power of Attorney – tus neeg muaj cai los sawv cev rau nws.

**Tiv Tauj:** Estate & Elder Law Services (Kev pab cuam kev cai lij choj txog Vaj Tse & Neeg Laus) ntawm 612-676-6300 lossis mus saib lawv lub vas sab ntawm:  
<https://www.voamnwi.org/estate-and-elder-law>.



➤ **Protective Arrangements** (Tsev Hais Plaub Saib Xyuas)  
Yog lub tsev hais plaub txiav txim tias tsim nyog taw ib tug neeg saib xyuas (guardian) koj lossis tus neeg saib xyuas nyiaj txiag thiab txhua yam (conservator) rau koj, nws muaj lwm txoj kev hu ua Protective Arrangements. Yuav tsis taw tus saib xyuas lossis tus sawv cev rau koj, tej zaum lub tsev hais plaub txiav txim ua tus los saib xyuas koj. Lawv tso cai tau, hais kom ua, lossis muab lus pom zoo rau cov kev siv koj toobkas rau koj tej kev nyab xeeb, kev pab cuam, lossis kev tu.

**Kev Muaj Feem:** Yog lub tsev hais plaub pom tau tias tsim nyog taw ib tug neeg saib xyuas lossis saib xyuas nyiaj txiag thiab txhua yam rau koj.

**Tiv Tauj:** Estate & Elder Law Services (Kev pab cuam kev cai lij choj txog Vaj Tse & Neeg Laus) ntawm 612-676-6300 lossis mus saib lawv qhov vas sab ntawm:  
<https://www.voamnwi.org/estate-and-elder-law>.

## Pov Npav

Kev sawv cev muaj nuj nqis. Koj muaj txoj cai los pov npav thiab koom tes txog kev xaiv tsa neeg ua nom thaum koj muaj 18 xyoo. Qhov chaw koj mus pov npav yuav tsum muaj chaw rau koj mus tau.

Tej zaum MDLC yuav pab tau yog koj muaj teebmeem pov npav vim koj qhov xiam oob qhab. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).

## Kuv cuv npe pov npav li cas?

Koj cuv npe online ntawm Minnesota Secretary of State lub vas sab lossis sau rau daim ntawv. Xa lossis nqa daim ntawv mus rau tim Secretary of State lub hoobkas lossis koj lub nroog lub hoobkas xaiv tsa nom tswv.

Minnesota cia cov neeg pov npav cuv npe hnuv xaiv tsa neeg ua nom. Koj cuv npe tau tim koj qhov chaw xaiv tsa nom tswv lossis qhov chaw pov npav ntxov.



**Kev Muaj Feem:** Koj yuav tsum yog tus neeg xam xaj United States, tsawg kawg muaj 18 xyoo rau hnuv Election Day xaiv tsa nom tswv, thiab nyob hauv Minnesota tsawg kawg 20 hnuv. Koj pov npav tsis tau yog tias koj tseem tab tom nyob txim rau lub txim loj (felony) lossis yog lub tsev hais plaub tau txiav txim tshwj xeeb tias koj pov npav tsis tau.

**Tiv Tauj:** Cuv npe pov npav ntawm Minnesota Secretary of State lub vas sab: <https://www.sos.state.mn.us/elections-voting/>.

Yog koj toobkas kev pab lossis muaj lus nug, tiv tauj lub hoobkas xaiv tsa nom tswv hauv koj lub nroog. Kuj muaj cov nroog hoobkas xaiv tsa nom tswv cov npe nyob hauv Minnesota Secretary of State lub vas sab.

## Kuv pov npav puas tau yog tias kuv muaj tus neeg saib xyuas?

Koj muaj feem pov npav txawm yog tias koj muaj tus neeg saib xyuas, tshwj yog lub tsev hais plaub tsis tau txiav txim tshwj tias koj pov npav tsis tau.

## Kuv puas yuav pov npav tau?

- Koj muaj txoj cai mus tom koj lub chaw pov npav hauv zos lossis pov pav hauv daim ntawv xa mus.
- Koj muaj txoj cai pov npav tsis qhia leejtwg paub.
- Koj muaj txoj cai los thov kev pab kos thiab pov npav, tabsis koj yuav tsum muaj peevxwm qhia tau tias koj xav pov npav rau leejtwg lossis dabtsi. Lwm tus pab koj kos lossis pov npav hais tsis tau kom koj pov npav txawv ib qho li.

**Tiv Tauj:** Tiv tauj Minnesota Secretary of State lub hoobkas 1-877-600-8683 lossis <https://www.sos.state.mn.us/elections-voting/> lossis Minnesota Disability Law Center (1-800-292-4150 or [mndlc.org](http://mndlc.org)) yog muaj kev ua txhaum txog koj txoj cai los pov npav.

## Tsheb Thauj Mus Los

Kev mus los ntawm koj txoj haujlwm, kws kho mob, lis haujlwm thiab phoojywg yog ib qho tseem ceeb ntawm koom nrog lub zej zog. Nws muaj ntau hom kev pab. Tej zaum MDLC yuav pab tau yog tias koj muaj teebmeem cuag tau cov khooskas sau rau hauv daim ntawv pab no lossis lossis lawv tsis kam pab lawm. Yog koj toobkas kev pab, hu rau MDLC thiab CAP ntawm 612-334-5970 lossis 800-292-4150 (hu dawb).

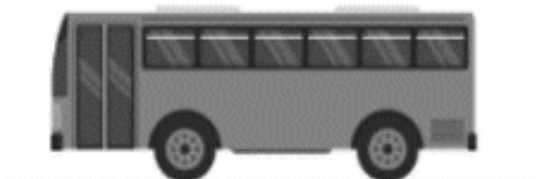
### Yog kuv tsis paub nrhiav lub npav lossis tsheb ciav hlau ne?

➤ **Nyob hauv Twin Cities: Metro Transit thiab Metro Mobility**

Yog koj muaj teebmeem tsis paub caij npav lossis tsheb ciav hlau li, nws muaj tej yam pab qhia tias mus qhov twg, cov sijhawm qhia, thiab cov ntawv qhia kev (map) nyob hauv Metro Transit lub vas sab:

<https://www.metrotransit.org/>

**Kev Muaj Feem:** Yog koj qhov xiam oob qhab txwv koj siv tau cov kev khiav rau sawvdaws, tej zaum koj yuav muaj feem tau qhov Metro Mobility.



**Tiv Tauj:** Hu rau Metro Mobility ntawm 651-602-1111, TTY (tsis hnov lus) 651-221-9886 lossis mus saib: <https://metro council.org/transportation/services/Metro-Mobility-Home.aspx>

- **Greater Minnesota:** Tiv tauj qhov chaw tsheb/npav thauj pej xeeb hauv koj ib cheem tsam los nug txog kev caij tsheb/npav rau cov neeg xiam oob qhab.

### Puas muaj lwm txoj kev dua li cov tsheb/npav thauj pej xeeb?

➤ **Ride Sharing Services (Kev Pab Cuam Sib Koom Tsheb Caij)**

Koj them kom lwm tus thauj koj hauv lawv lub tsheb. Tej co Kev Pab Cuam Sib Koom Caij Tsheb muaj qhov thauj tau cov xiam oob qhab thiab muaj tej co Kev Pab Cuam Sib Koom Caij Tsheb yog ua thauj neeg xiam oob qhab xwb.

**Kawm ntxiv:** <https://arcminnesota.org/resource/transportation-resources/>

➤ **Taxis (Tsheb Tav xij)**

Koj them tau lwm tus los thauj koj hauv lub tav xij. Tej co tuam txhab tav xij muaj cov tsheb haum cov neeg xiam oob qhab.

**Kawm ntxiv:**

<https://arcminnesota.org/resource/transportation-resources/>



➤ **Carpools (Sib Koom Tsheb Caij)**

Tej zaum koj yuav caij tau nrog phoojywg, cov neeg koj ua haujlwm nrog lossis lwm cov neeg koj paub. Sib koom tsheb caij pab tau txhua tus hauv lub tsheb vim tias tej zaum sib koom tsheb caij yuav tau tus nqi luv nres tsheb thiab tej zaum yuav khiav tau dawb hauv cov kab kev MN Pass.

**Kawm ntxiv:** <https://www.metrotransit.org/carpool>

## **Yam kev pab cuam twg pab them tsheb/npav thauj mus los?**

➤ **Cov Khooskas Medical Assistance (Medicaid) Home thiab Community-Based Waiver (saib phab 3-4.)**

Koj qhov kev pab waiver yuav pab tau koj txog tsheb/npav thauj mus los. Piv txwv, tus neeg ua haujlwm qhia txog kev kawm kom nyob tau tus kheej (ILS) yuav pab qhia koj kawm caij pej xeem tsheb/npav lossis ua koj daim ntawv xyaum tsav tsheb. Rau tej tug, tej zaum koj qhov kev pab yuav pab them nqi tsheb/npav thauj mus ua haujlwm thiab rov qab los.

➤ **Consumer Directed Community Supports (CDCS) (saib phab 4.)**

Lub khooskas CDCS cia koj siv koj qhov nyiaj waiver pab them nqi tsheb/npav thauj mus los raws li koj cov kev toobkas. Tej zaum koj yuav siv tau koj cov nyiaj pab los pab them nqi tsheb/npav thauj mus los yuav tej khoom koj toobkas lossis koom tej kev ua si hauv zej zog.

➤ **Medical Assistance (Medicaid) Nonemergency Medical Transportation Service**

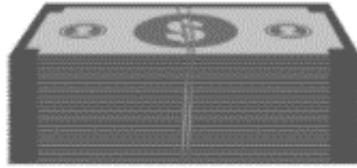
Yog koj tau Medical Assistance (MA), tej zaum nws yuav them rau koj cov nqi tsheb/npav thauj mus los mus kuaj mob thiab rov qab los.

**Tiv Tauj:** Tiv tauj koj lub nroog lossis pawg neeg Qhab lub human services hoobkas.

➤ **Vocational Rehabilitation Services (Cov Kev Pab Cuam Kawm Haujlwm)**

Cov lub Vocational Rehabilitation Services Hoobkas hauv koj lub nroog yuav pab tau koj nrhiav seb muaj hom dabtsi hauv koj lub zej zog, suav qhov kom tau ib lub tsheb

rau koj, sib koom caij tsheb, npav, tsheb ciav hlau, lwm hom tsheb/npav thauj pej xeem, thiab lwm txoj kev. (Saib phab 17-18)



## **Cov Chaw Muaj Kev Pab**

### **Cov kev pab social service npe sau raws nroog:**

<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-0005-ENG>

### **Lwm cov kev pab, lus qhia, thiab pab sawv cev:**

#### **Disability Benefits 101 (Kev Pab Xiam Oob Qhab 101)**

Disability Benefits 101 muaj ntau cov lus qhia ntxiv txog cov kev pab cuam txog xiam oob qhab uas tej zaum koj yuav muaj tau.

<https://mn.db101.org/>

**PACER Center**

PACER Center ua haujlwm los pab txhawb lub neej kom zoo thiab muab cov kawm ntiv rau cov menyuum, tub txhais hluas, thiab muaj hnuv nyoog hluas ua muaj txhua yam xiam oob qhab thiab lawv tsev neeg.

<https://www.pacer.org/>

### **NAMI MN**

NAMI Minnesota (National Alliance on Mental Illness) yog ib lub koomhaum pab dawb uas siv zog ua haujlwm los pab kom cov menyuum thiab neeg laus muaj mob hlwb/puas siab ntsws thiab lawv tsev neeg kom tau lub neej zoo dua.

<https://namimn.org/>

### **The Arc Minnesota**

Lub Arc Minnesota muaj lus qhia txog thiab pab txhawb cov neeg xiam oob qhab txog kev txawj ntse thiab kev loj hlob thiab lawv tsev neeg thooob lub xeev.

<https://arcminnesota.org/>

### **MN Brain Injury Alliance**

Lub koomhaum thooob lub xeev pab dawb siv zog pab kom lub neej zoo dua rau cov neeg puas hlwb.

<http://braininjurymn.org/>

### **Autism Society of Minnesota (AuSM)**

Lub Autism Society of Minnesota muaj lus qhia thiab pab txhawb cov neeg muaj Autism Spectrum Disorder thiab lawv tsev neeg.

<https://ausm.org/>

## **Centers for Independent Living**

Centers for Independent Living muaj lus qhia thiab muab lwm tus lub npe/qhov chaw, kev kawm, kev sib tham thiab cov kev pab sawv cev rau cov neeg uas xiam oob qhab.

- **Access North**  
1309 East 40th Street  
Hibbing, MN 55746  
(218) 262-6675
- **SEMCIL (Southeastern Minnesota Center for Independent Living)**  
2200 Second Street SW  
Rochester, MN 55902  
(507) 285-1815
- **SMILES**  
709 S. Front Street, Suite 7



Mankato, MN 56001  
(507) 345-7139

- [\*\*SWCIL \(Southwestern Center for Independent Living\)\*\*](#)  
109 South Fifth Street, Suite 700  
Marshall, MN 56258  
(507) 532-2221
- [\*\*MCIL \(Metropolitan Center for Independent Living\)\*\*](#)  
530 Robert Street North  
St. Paul, MN 55101  
(651) 646-8342
- [\*\*Independent Lifestyles\*\*](#)  
215 North Benton Drive  
Sauk Rapids, MN 56379  
(320) 529-9000
- [\*\*Freedom Resource Center\*\*](#)  
2701 9th Avenue S., Suite H  
Fargo, ND 58103  
(800) 450-0459
- [\*\*Options\*\*](#)  
318 Third Street NW  
East Grand Forks, MN 56721  
(218) 773-6100

## **Tswv Yim Qhia Txog Kev Tiv Tauj Cov Koomhaum Kom Pab**

Tej zaum hu xovtooj kuj ntxhov siab. Nws haj yam ntxhov saib yog tsis paub hais tias yuav nrog leejtwg tham txog cov kev pab cuam lossis yam kev pab koj toobkas. Feem ntau, cov koomhaum koj hu mus muaj lus kaw tseg qhia kom koj nias tus lej twg rau yam dabtsi. Tej zaum yuav tsis meej tias qhov twg thiaj yog rau koj. Cov lus kaw tseg no hu was “phone trees” ib qhov chaw txhua tus hu mus. Nov yog tej co kev qhia kom tau nrog ib tug neeg tham thiab muaj kev tiv tauj zoo dua nrog cov koomhaum.

1. **Paub koj tus case nab npawb (case number), yog koj muaj ib tug.** Yog koj twb tau kev pab lossis nyiaj lawm, muab koj tus case nab npawb npaj tos thaum koj hu.

2. **Paub tus neeg ua haujlwm pab koj (case worker) lub npe.** Yog koj muaj tus neeg ua haujlwm pab koj, hu rau lawv. Feem ntau, lawv cov xovtooj sau nyob hauv cov ntau tuaj rau koj txog koj cov kev pab cuam thiab pab nyiaj.
3. **Paub koj tus neeg ua haujlwm (case worker) txoj haujlwm thiab cov luag haujlwm.** Tus neeg ua haujlwm qhov luag haujlwm yog teem sijhawm rau cov kev kuaj ntsuas, pab tsim ib txoj kev tu koj, muab koj npe mus rau lwm cov kws kho mob, kuaj xyuas seb qhov kev tu koj mus li cas lawm, thiab pab sawv cev rau koj.
4. **Nug txog cov kev xaiv koj muaj txog cov chaw pab tswj kev kho mob.** Nws muaj ntau cov chaw pab tswj kev kho mob thoob xeev. Tej co muaj lus cog los muab kev pab thoob lub nroog. Ua zoo nug txog kom tas txhua hom muaj thiab luj qhov zoo thiab phem txog cov chaw kho mob ntawd.
5. **Thaum paub tsis meej nug tus teb xovtooj lossis tus neeg ua haujlwm sawv cev nrog koj tham.** Yog thaum koj hu es txhua hom muaj tsis meej li, tom txog thaum nws qhia kom nias 0, lossis lwm tus nab npawb lawv hais, uas hais tias koj nrog ib tug sawv cev tham tau.
6. **Yog koj nrog ib tug neeg tham hauv xovtooj, nug nws lub npe, tus xovtooj ncaj nraim hu nws, thiab/lossis email.** Tau ib tug neeg lub npe thiab xovtooj yuav yoojyim rau lwm zaum koj hu rov mus thiab tsis tau siv qhov txheej txheem xovtooj sawv daws hu mus.
7. **Yog koj kaw lus tseg, rov hu mus raws qab.** Yog koj tos kom lub koomhaum lossis tus neeg ua haujlwm hu koj rov qab, tej zaum yuav tsis teb koj sai. Tos ib lossis ob hnuv ces rov hu dua es koj thiaj tsis tau tos li ib liam tiam lossis ntev tshaj.
8. **Khaws tseg koj tej ntaub ntawv.** Khaws tseg tagrho tej ntaub ntawv lawv xa tuaj rau koj. Tej ntaub ntawv pab koj totaub cov sijhawm thiab tej zaum koj yuav tau siv koj cov cai yog tias lub nroog, xeev, lossis tsoom fww ua dabtsi yuam kev. Lawv kuj pab tus kws lij choj thaum nws tshawb xyuas seb puas tau ua txhaum cov cai koj muaj.