

# Qaan-gaarnimada: Hagahaaga Helida Gargaarada Naafada

Into Adulthood: Your Guide to Disability Access

## Ku saabsan Rugta Sharciyada Naafada ee Minnesota (Minnesota Disability Law Center)

Rugta Sharciyada Naafada ee Minnesota [Minnesota Disability Law Center (MDLC)] waa urur Minnesota leedahay oo Ilaalinta iyo Taakuleeynta Naafada qaabilsan. Waxa aanu caawinaa dadka naafada ah ee Minnesota ee ay haystaan dhibaatooyin dhanka sharciyada madaniga ah. Waxa aanu caawinaa dad da' walba jira oo leh nooc walba oo naafanimo ah. Wax lacag ah ugama qaadno adeegyada dhanka sharciyada ah ee aan u fidino. Dakhligaaguna shaqo kuma laha xaq u yeeladkaaga adeegyada. Hay'ada MDLC waxaa dhici karta inay awoodo inay ku caawiso hadii uu dhib kaa haysto helida barnaamijyada ku xusan hagahan ama hadii laguu diiday adeegyo.

Barnaamijka Gargaarka Macmilka [Client Assistance Project (CAP)] waa hal qayb oo ka mid ah shaqada uu qabto barnaamijka (MDLC). Waxa aanu caawinaa dadka ka dalbaday ama ka hela Adeegyada Tababarada Shaqooyinka [Vocational Rehabilitation Services (VRS)] ama Adeegyada Gobolka ee Indhoolayaasha [State Services for the Blind (SSB)]. Waxaa dhici karta inaan kula socodsii no xaquuqdaada dhanka sharciga ah, kuula xaajoono hay'ada (VRS) ama (SSB), ama ku matalno xilliga kulanka dhexdhexaadin ah ama dacwo dhagaysiga, iyadoo hadba ku xiran waxa looga baahan yahay kiiskaaga. Barnaamijka (CAP) waa uu ka madax banaan yahay (VRS) ama (SSB). Hay'ada (CAP) ma bixiso adeego tababaro shaqo ah sida talo-siinta, waxbarashada, tababar ama qalab.

Hadii aad u baahan tahay caawimaad ka wac hay'adaha (MDLC) iyo (CAP) khadka ah 612-334-5970 ama 1-800-292-4150 (khad bilaash ah), Isniin ilaa Khamiis, 8:30 subaxnimo - 4:30 galabnimo; iyo Jimcaha, 8:30- duhurnimo. Waxa aad ka ogaan kartaa akhbaar kale oo ku saabsan hay'ada (MDLC) [www.mndlc.org](http://www.mndlc.org). Waxa aad ka akhrin kartaa wax badan oo xaquuqdaada ku saabsan <https://www.lawhelpmn.org/so>.

Barnaamijka (MDLC) waa mid gobolka oo dhan ka jira oo ay leedahay Hay'ada Mid-Minnesota Legal Aid.

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



# Horudhac

Qaan-gaaridu waxa ay noqon kartaa wax hawl badan. Waa muhiim inaad ogaato inay jiraan gargaaro kaa caawin kara inaad xor noqoto intii aad adigu rabto. Waxaa jira waxyaabo aad dhici karto inaad doonayso inaad kaligaa sameyso sida kali u noolaan, shaqeyn, ama booqasho saaxiibo. Sameynta qorshaha qiimeynta ee gudbida waxaa dhici karta inay tahay meel fiican oo aad adigu wax ka bilaabi karto. (Ka eeg tan bogga 17-18). Barnaamijka MDLC waxa uu isku soo duway hagahan si uu uga caawiyo dadka dhalinyarada ah ee naafadaha ah ee da'hoodu u dhaxeeyaan 14-24 iyo qoysaskoodu inay fahmaan qaar ka mid ah barnaamijyada iyo adeegyada la heli karo ee ka dambeeya waqtiga dugsiga sare marmarka qaarkoodna lagu bixin karo guriga goyska.

Waxaa jira sharciyo iyo habraacyo ay leeyihiin dowlada federaalka ah iyo tan gobolku, oo uu ku jiro Qorshaha *Olmstead* ee Minnesota (Minnesota's *Olmstead Plan*), oo gargaara xaquuqdaada ah inaad ugu noolaan karto, ugana shaqeyn karto una dhex-geli karto umadda sidii aad rabto iyadoo ay jiraan wuxuun xadidaadyo ahi.

Hagahakani waxa uu kaa caawin karaa inaad garato in barnaamij ama adeeg uu ku caawin karo iyo in kale. liiska khayraadyada ku xusan hagahan waxaa la isugu aad-aadiyey intii is lehba. Qaar ka mid ah khayraadyada waxa ay ku jiraan in ka badan hal liis. Gadaalka hagahan, waxaa ku qoran liiska hay'adaha iyo akhbaartooda la xiriirida. Waxaa kaloo jira talooyin ku saabsan sida ugu fiican ee loola xiriiro hay'adaha.

*Waxaa la cusboonaysiiyey Abriil 2024.*

## Ogaansho Ku Saabsan Hagahan

**Hagahan kama hadlayo siyaasadaha ama ilaha la xidhiidha COVID-19.** Wixii macluumaad dheeraad ah ee la xidhiidha COVID-19 iyo xuquuqdaada, gal <https://www.lawhelpmn.org/self-help-library/legal-resource/because-your-health-matters-minnesotas-coverage-covid-19>.

**Barnaamijyada iyo agabku way is beddeli karaan ogeysiis la'aan.** Hubi inaad hubiso macluumaadkaan marka aad u baahan tahay caawimo. Hagahan ayaa kaa caawin kara inaad hesho ilo macquul ah. Si kastaba ha ahaatee, maaha talo sharci.

**Haddii aad u baahan tahay hagahan qaab kale ah,** nagala soo xidhiidh 1-800-292-4150.

**Haddii aad haa tiri, ama xataa haddii aadan hubin,** wali waxaa dhici karta inaad xaq u yaalato qaar ka mid manfacyada ku xusan hagahan.

**Adeegyada Hay'ada Mid-Minnesota Legal Aid's waa kuwo gabi ahaanba qarsoodi ah.** Ma sheegno inay sharci leeyihiin iyo in kale dadka nala soo xiriira si aan u siino talooyin ama adeegyo.

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# Kaarka Caafimaadka

Kaarka Caafimaadku kaliya ma bixiyo uun kharashaadka daryeelada caafimaad, ee wuxuu kaloo bixiyaa adeegyo badan oo kale si ay kaaga caawiyaan inaad beeshaada ku dhex noolaato. Waxa aad ku jiri kartaa kaarka caafimaadka ee waalidkaa ama qofka kaa mas'uulka ah ilaa inta aad ka gaarayso 26-jir ama waxaa dhici karta inaad u baahato kaar caafimaad oo adiga kuu gaar ah kolka aad gaarto 18-jir. Hadba waxa ay ku xiran tahay nooca uu yahay kaarka caafimaad ee adiga iyo qoyskaagu aad leedihiin.



Barnaamijka (MDLC) waxaa dhici karta inuu awoodo inuu ku caawiyo haddii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) ama (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).

## Xaq ma u leeyahay kaar caafimaad oo jaban ama bilaash ah?

Minnesota waxa ay leedahay qorshayaal kaarar caafimaad oo kala duwan. Waxaana loo yaqaanaa Barnaamijyada Kaararka Caafimaad ee Minnesota [Minnesota Health Care Programs (MHCP)]. Akhbaar qaar ka mid ah barnaamijyadaa ayaa hoos ku xusan.

### ➤ **Kaarka Caafimaad ee Medical Assistance (MA)**

Kaarka Caafimaadka Medical Assistance (MA) waa barnaamijka Minnesota ee Kaarka Caafimaadka ee Medicaid. Waxa uuna bixiyaa adeegyo badan oo daryeelo caafimaad ah, qalab caafimaad iyo sidoo kale adeegyo bulsho. Kaarka MA gu waxa uu u siiyaa kaar caafimaad dadka naafada ah iyo dadka danyarta ah. Kaarka MA waxa uu leeyahay Adeeg Gaadiid Caafimaad ah oo ah kuna Aan Gurmada-Degdega ahayn oo bixin kara kharashaadka safaradaada tagida iyo ka soo noqoshada balamaha dhaqaatiirta. Waxaa dhici karta inaad xaq u leedahay kaarka MA xataa hadii kaar kale oo caafimaad aad leedahay oo uu ku jiro kaarka Medicare.

### **Xaq u yeeladka:**

- Xaq baad u leedahay hadii aad degan tahay Minnesota oo aad haysato mid uun shahaado cadeynaysa naafanimi oo ka diiwaan gashan Maamulka Sooshal Sakuuratiga (Social Security Administration) ama Kooxda Dib u Eegida Caafimaadka ee Gobolka ama uu dakhligaagu uu hooseeyo oo ka soo baxo shuruudaha habraacyada.
- Waxaa dhici karta inaad u baahato inaad ka soo baxdo shuruudaha dakhiga qoyska iyo xadidaadaha hantida iyo inaad noqodo Muwaadin Mareykan (U.S.) ah ama cid aan muwaadin ahayn oo xaq u leh.
- Xeerarku waa kala duwanaan karaan iyadoo ku xiran da'da. Isbedeladu marmarka qaarkood waxa ay dhacaan kolka aad gaarto 19 am 21-jir.

**La xiriirida:** Ka dalbo khadka (on-line) ka adigoo adeegsanaya MNsure ama la xiriir degmadaadda ama xafiiska Adeegyada Bulshada ee qabiilkaaga.

Ka ogow akhbaar <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/>

- **Gargaarada Kaararka Caafimaad ee Dadka Naafada ah ee Shaqeeya (MA-EPD)**  
Barnaamijka (MA-EPD) waxa uu siiyaa kaarka MA dadka naafada ah ee shaqeeya.

**Xaq u yeeladka:**

- Waa khasab inaad hayso shaqo ay kaa soo gasho in ka badan \$65 bishii aadna nafo u tahay sida uu naafanimada u qeexo Maamulka Soosha Sakuuratiga (Social Security Administration) ama Kooxda Dib u Eegida Caafimaadka ee Gobolka.
- Ma aad lahaan kartid maal ka badan heerka hantida la ogol yahay

**La xiriirida:** degmadaadda ama xafiiska adeegyada bulshada ee qabiilkaaga.

Ka ogow wax badan shabakada <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/> ama la xiriir Hay'ada (Work Incentives Connection at Goodwill-Easter Seals) ee laga helo khadka 1-800-976-6728 ama shabakada <https://www.goodwilleasterseals.org/services/work-incentives-connection>

- **MinnesotaCare (MNCare)**

MNCare waa barnaamij dowli ah oo caawiya bixinta adeegyada caafimaadka ee dadka dakhligoodu yare hooseeyo. Waxaa dhici karta inaad awoodo inaad hesho kaarka (MNCare) haddii aadan xaq u lahayn kaarka (MA). Waxaa dhici karta iyana in loo baahdo inaad bixiso kharash yar oo bil walba la bixinayo.

**Xaq u yeeladka:**

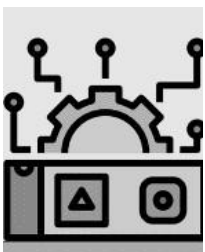
- Xaq baad u leedahay hadii aad degan tahay Minnesota aadna tahay Muwaadin Mareykan (U.S.) ah ama aad si sharci ah ku joogto Mareykanka (U.S.)
- Waa khasab inaad ka soo baxdo xadka dakhliga qoyska.
- Waa khasab inaad ka soo baxdo shuruudo kale oo la iska rabo.

**La xiriirida:** Ka dalbo khadka (on-line) ka adigoo adeegsanaya (Mnsure) (<https://www.mnsure.org/>) ama la xiriir degmadaadda ama xafiiska Adeegyada Bulshada ee qabiilkaaga.

Ka ogow akhbaar <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/>

## **Sidee ayaan ku heli karaa in tiknoolajiyadu ay iga caawiso naafanimada?**

Waxaa dhici karta inaad xaq u yeelato inaad ka hesho tiknoolajiyada gargaarka:



- Ruqsada (eeg bogga 3-4, 13)
- Adeegyada Tababarada Shaqada ama Adeegyada Indhoolayaasha ee Gobolka (eeg bogga 17-18)
- Habka Farsamada Si aad U Gaarto Natiijooyin (STAR) Adeeg (eeg bogga 6)

# Gargaarada Nolasha Maalin Walba ah

Waxaa jira gargaaro badan oo kaa caawin kara inaad u noolaato, u shaqeyso, una dhex gasho bulshada sidii aad adigu doorato. Waxaa dhici karta inaad hesho qaar ka mid ah gargaarada hadda adigoo u maraya degmadaada ama iskuulkaaga. Qaar ka mid ah adeegyada aad hadda ka hesho iskuulka waxaa loo bixiyaa si ka duwan sida hadda loo bixiyo kolka aad qalin jabiso.

Helida gargaaradaas kolka aad iskuulka ka tagto waxa ay noqon karaan kuwo lagu jaah-wareeri karo, waana ay adkaan kartaa in la ogaado meesha wax laga bilaabo. Iskuulkaagu waa inuu sameeyaa qorshe qiimeyn gudbin ah isagoo qayb ka ah qorshahaaga IEP ga ee gudbinta (Ka eeg bogagga 16). Qiimeyntani waxa ay kaa caawin inaad fahamto gargaarada ay dhici karto inaad ka faa'iido kolka aad gasho qaan-gaarnimo.

Dadka da' kastaba jira ee naafada ah ee u baahan adeegyada iyo gargaarada mudada dheer soconaya waa inay codsadaan in qiimeynta la yiraa (MnCHOICES) lagu sameeyo. Taasi waa aalad uu gobolka Minnesota ku ogaado nooca ay tahay gargaarka laga yaabo inaad xaq u yeelato, oo ay ku u jiraan barnaamijyo dowli ah oo laga yaabo inay bixiyaan kharashka adeegyada. Qiimeyntani waa bilaash waxaa lagu sameyn karaa gurigaaga. Kala xiriir degmadaada ama ururkaaga qabiilka wixii akhbaar ah ee kale.

Barnaamijka MDLC waxaa dhici karta inuu awoodo inuu ku caawiyo hadii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) ama (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).

## Ka waran hadii aan rabo inaan gurigayga ku noolaato laakiin aan u baahnahay gargaarka siyaado ah?

### ➤ **Barnaamijka Medical Assistance (Medicaid)] ee Guriga iyo Barnaamijyada Ruqsada Ku-Dhex Noolaanta Umadda**

Barnaamijyada Ruqsaddu waxay u fidiyaan adeegyo iyo gargaaro dadka naafada ah ama muddada badan jiranaa si ay u awoodaan inay gurigooda ku noolaadaan. Ruqsooyinkaas waxaa dhici karta inaysan bixin waxyaabaha sida barnaamijyada maalintii la tago, ka caawinta hawsha guriga, tababarada qoyska iyo talo-siinta, wax ka bedelida guriga, adeegyada cunto keenida ah, nasinta, gaadiidka, adeegyada gaarka ah iyo gargaaro kale. Ruqsooyinkaasi waxay kaloo kaa caawin karaan adiga inaad sameysto qaab nololeed aad kaligaa madax-banaani u noolaan kartid.

Hadii aad naafo tahay aadna qabto cudur muddo dheer ku hayey (oo uu ku jiro naafanimada dhanka maskaxda ah), Noocyadan soo socda ee Ruqsooyinka ahi waxa ay kaa caawin karaan adiga inaad ku noolaato gurigaaga, guri eheladaa, ama guri dadka kale oo ku daryeela oo lagu geeyo:

- **Ruqsada Daryeelka Kale ee Beesha (CAC) Ka Helida Beesha Ruqsada Ku Darida Naafanimada (CADI)**
- **Ruqsada Naafanimada Dhanka Dib u Dhaca ah (DD)**
- **Ruqsada Jugta Madaxa Gaarta (BI)**



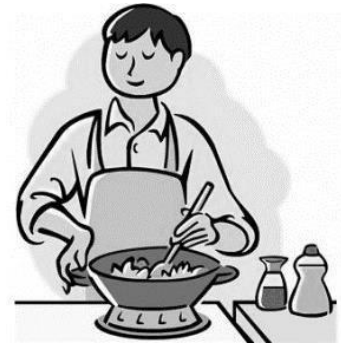
**Xaq u yeeladka:** Barnaamij kasta oo ruqso ah waxa uu leeyahay shuruudo u gaar ah nooca naafanimada ama cudurka, laakiin dhamaantood waxa ay kaaga baahan yihiin adigu inaad xaq u yeelato kaarka Medical Assistance Barnaamijka Minnesota ee (Medicaid). Ma aha in cid walba oo haysta kaarka Medical Assistance ay xaq u leedahay adeegyada ruqsada ah. Waxaa dhici karta inaad u baahato inaad hesho dib u eegida ay sameeyso Kooxda Dib u Eegida Caafimaad ee Gobolka [State Medical Review Team (SMRT)] si ay u sugaan naafanimada ama in uu sugo naafanimada Maamulka Soosha Sakuuratiga (Social Security Administration).

**La xiriirida:** La xiriir Degmada deegaankaaga ama xafiiska adeegyada bulshada ee qabiilkaaga ka dibna ka codso qiimeynta la yiraa (MnCHOICES).

➤ **Gargaarada Haynta ah (PCA)**

Barnaamijka (PCA) gu waxa uu kaa caawin karaa hawlaha nolosha ee maalin walba la sameeyo sida dhar xirashada, cuntada, adeega, ama ka qaybgalka hawlaha bulshada.

**Xaqu yeeladka:** Waa khasab inaad haysato kaararka caafimaadka ee Medical Assistance (Medicaid), MinnesotaCare, Alternative Care Program, barnaamij ruqso ah.



Waa khasab:

- inaad awoodo inaad adigu go'aanadaada ku saabsan daryeeladaada aad gaari kartid ama aad haysato qof kuu gaara go'aanada daryeelada adiga.
- Aad ku nooshahay guri ama abaartamiinto, iyo
- in aad haysato qiimeyn aad ku go'aansato inaad u baahan tahay in lagaa caawiyo hawlaha nolosha ee maalin walba jira

**La xiriirida:** Ka dalbo qiimeynta (MnCHOICES) degmadda deegaankaaga ama xafiiska adeegyada bulshada ee qabiilkaaga.

## **Ka waran haddii aan rabo inaan anigu maamusho cidda i daryeelaysa?**

➤ **Gargaarada Beesha ee Macmilku uu Maamulo (CDCS)**

Barnaamijka CDCS waxa ay kuu ogolaan inaad maamulato miisaaniyada barnaamijyada ruqsada ah ee Medical Assistance (Medicaid). Waxaa dhici karta inuu kaarku bixiyo waxyaabaha aysan bixin qorshayaasha kale ee ruqsada ahi, sida cuntooyinka gaarka ah iyo adeegyada maciinka ah. Waxa aad qoran kartaa, tababari kartaa aadna maareyn kartaa shaqaalahaaga. Waxa aad u baahan tahay inaad soo diyaariso qorshe gargaar bulsho ah si ay degmaddu u ansaxiso.

Waxaa dhici karta inaad awoodo inaad hesho qof ah gargaare qorshe si uu kaaga caawiyo inaad qorto qorshaha. Kharasha qofka ah gargaaraha qorshaha waxaa bixiya barnaamijkaaga ruqsada ah.

Waalidka haysta ilmaha aan qaan gaarka ahayn ee xaqqa u leh barnaamijka (CDCS) waxa ay go'aansan karaan inay noqdaan iyagu "waalid lacag ku qaata haynta ilmahiisa" si kolkaa ay ugu noqdaan qof ka ku qoran haynta (PCA) ilmahooda.

**Xaq u yeeladka:** hadii aad xaq u leedahay kaarka Medical Assistance aadna hesho caawimaadka barnaamijka ruqsada ah, kolkaa waxaa dhici karta inaad xaq u yeelato adeegyada barnaamijka (CDCS).

**La xiriirida:** La xiriir Degmada deegaanka ama xafiiska adeegyada bulshada ee qabiilkaaga. Hadii aad jaa ruqso haysato, la xiriir maamulaha kiiskaaga.

#### ➤ **Deeqaha Gargaarka Macmilka (CSG)**

Barnaamijka (CSG) waa Adeegyo Daryeel Guri oo kale oo lagu bedelan karo kuwa Medical Assistance (Medicaid) oo kuu ogolaanaya inaad adigu doorato shaqaalaha daryeelkaaga, inaad go'aansato lacagta aad siinayso iyo inuu bixiyo adeegyada guriga iyo bulshadaba ah.

**Xaq u yeeladka:** Waa khasab inaad xaq u leedahay kaarka Medical Assistance waana inaad iyana xaq u leedahay inaad ka hesho adeegyada daryeelka guriga Barnaamijka Daryeelka Guriga ee Medical Assistance.

Kama heli kartid adeegyo barnaamijka ruqsada Medical Assistance, PCA, ama Barnaamijka Daryeelka Guriga ee Medical Assistance si aad u hesho deeqdan. Deeqdan lagama heli karo dhamaan degmooyinka oo dhan.

**La xiriirida:** La xiriir Degmada deegaankaaga ama xafiiska adeegyada bulshada ee qabiilka.

## **Ka waran haddii aan u baahnahay adeegyo siyaado ah si aan isaga dhowro ku meelayn meel gurigayga ka baxsan?**

#### ➤ **Deeqda Gargaarka Qoyska (FSG)**

Barnaamijka (FSG) waa deeq lacag cadaan oo uu gobolku siiyo qoysaska haysta ilmo leh naafanimo la cadeeyey. Hadafkuna waa in laga hortago ama dib loo dhigo ku meelaynta ilmaha meel guriga ka baxsan.

**Xaq u yeeladka:** Deeqdan waa in la siiyaa:

- ilmaha ku nool rug deegaan ah oo guriga ku soo noqonaya hadii deeq la siiyo ama
- qoysaska haysta ilmaha ka yar 21-jirka ee leh naafanimo la xaqiijiyey oo guriga ku nool



Ilmaha hela adeegyada barnaamijka ruqsada ee Medical Assistance, Deeqda Gargaarka Macmilka (CSG) ama hela gargaarka haynta ah (PCA) ma heli karaan (FSG) isla markaa ay helayaan gargaarada kale.

**La xiriirida:** Degmada deegaanka ama xafiiska adeegyada bulshada ee qabiilka.



- **Si Najax ah ugu Gudbida Qaar-Gaarnimada ee Barnaamijka Dhallinyarada (STAY)**  
Barnaamijka (STAY) waxa uu bixiyaa kharashaadka adeegyada caawiya kurayda roonroon in guriga meel ka baxsan lagu meeleeyo si ay ugu diyaar garoobaan u gudbida kaligood noolaanta.

Adeegyadaas waxaa dhici karta inay noqdaan waxyaabaha sida:

- tababarada xirfadaha nolosha,
- gacan-qabad
- tababarada darawalka
- sahaminta meheradaha,
- caawimaad ku saabsan dabaajiyada wixii alaab ah ee jaba iyo sahayda guryaha, iyo waxyaabo kale oo badan.

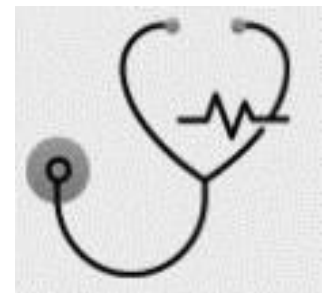
**Xaq u yeeladka:** Waxa aad u baahan tahay inaad noqoto qof dhalinyaro ah oo jira da' u dhaxeeysa 14-23 aadna hadda la nooshahay dad lagu geeyey, ama aad la noolayd dad lagu geeyey ugu yaraan 30-cisho oo is xigta ka dib kolka aad gaartay da' 14-jirka aadna wali la shaqeyso degmo ama hawl-wadeen qabiil.

**La xiriirida:** Adeegyaddu degmooyinku bixiyaan waa ay kala duwan yihiin. La xiriir degmadda deegaankaaga ama xafiis adeegyo bulsho oo qabiil.

## **Ka waran haddii aan u baahnahay tiknoolajiyo khaas ah si ay iigu caawiso guriga anigoo jooga ama beesha ku dhex nool?**

- **Ruqsada Guriga iyo Beesha ku Salaysan ee Medical Assistance** (ka eeg boga 3-4).

- **Hab Tiknoolajiyo si Ioo Gaaro Natiijooyinka La Rabo (STAR)**  
Barnaamijka (STAR) waxa uu ku gargaaraa qalab farsamo dadka reer Minnesotaanka ah ee naafada ah.



**Xaq u yeeladka:** Barnaamijkan waxaa iska leh dadka reer Minnesota ah ee da' walba jira ama leh naafamino nooc walba ah. Ehelada qoyska iyo dadka mas'uulka ka ah dadka naafada ah waxaa dhici karta inay iyana xaq u yeeshaan.

**La xiriirida:** Ka wac Waax Minnesota ee Maamulka Barnaamijka STAR (Minnesota Department of Administration STAR Program) khadka ah 651-201-2640 ama khadka lacag la'aanta ah ee 1-888-234-1267.

- **Qaybinta Qalabka Telefanka (TED)**

Waaxda Adeegyada Bulshada ee Minnesota [Minnesota Department of Human Services (DHS)] waxay u fidisaa barnaamij ah amaahin qalab telefoon dadka naafada ah ee u baahan tiknoolajiyo la qabsi si ay u isticmaalaan telefanka.

**Xaq u yeeladka:** Xaq waa aad u leedahay hadii aad u baahan tahay tiknoolajiyada la qabsiga si aad u isticmaasho telefanka sababtoo ah waxaa leedahay naafanimada dhanka maqalka, araga, hadalka oo nooc kale oo jireed ah. Waa khasab inaad haysato telefan ama aad dalbatay adeegyo telefoon aadna ka soo baxdo shuruudaha habraaca dakhliga ee barnaamijka.

Buuxi codsi soona dir iyadoo ay weheliyaan cadeyn xaqiijinaysa naafanimada, dakhliga qoyska, deganaansho Minnesota iyo adeeg telefoon.

**La xiriirida:** Ka hel codsiga halkan <https://mn.gov/deaf-hard-of-hearing/communication-access/ted/>.

Kala xiriir Waaxda Adeegyada Bulshada ee Minnesota (Minnesota Department of Human Services) wixii kale ee akhbaar dheeraad ah.

➤ **Rugta Maktabada u Fidinta Tiknoolajiyada ee Simon ee PACER (Simon Technology Center Lending Library at PACER)**

Rugta (PACER Simon Technology Center Lending Library) waxa ay kaa caawin adiga inaad fahamto nooca tiknoolajiyada gargaarka ah ee ay dhici karto inaad u baahato. Sidoo kale waa aad ka amaahan kartaa tiknoolajiyada gargaarka si aad u hubiso inay adiga kugu haboon tahay ka hor inta aadan gadan.



**La xiriirida:** La xiriir (PACER) si aad uga ogaato shuruudaha xaq u yeeladka

**Kala xiriir:** PACER khadka 952-838-9000 ama <https://www.pacer.org/stc/library/>

## Caafimaadka Xiska

Maadaama aad qof weyn tahay waxaad xaq u leedahay inaad gaarto go'aamo ku saabsan daryeelkaaga, marka laga reebo marka ay jiraan xaalado gaar ahi. Waxaa jira adeegyo badan oo la heli karo si ay kaaga caawiyaan xaalada caafimaadka xiskaaga, ayna sidoo kale kaa caawiyaan inaad ugu noolaato, uga shaqeyso una hesho adeegyada umadda sidii aad adigu rabto.

**Ogow:** Waxaa jiri kara adeego badan oo kale oo dheeraad ah oo aad heli karto hadii aad ka yar tahay 18-sanno jir. Adeegyada Caafimaadka xiska ee ilmaha, kala xiriir degmadaada ama xafiiska qabiilka, ama booqo shabakada <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/>

Barnaamijka (MDLC) waxaa dhici karta inuu awoodo inuu ku caawiso hadii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) iyo (CAP) khadka ah 612-334-5970 ama 1-800-292-4150 (khad bilaash ah).

## Adeegyo nooc ee ah ayaa iga caawin karo maareynta xaaladayda caafimaad ee xiska?

Waxaa ka jira adeegyo caafimaadka dhanka xiska gobolka oo dhan. Waxaa ku jira dabiib kali-kali ah, maareyn diirada saarta caafimaadka xiska, adeegyada dhaqan-celinta caafimaadka xiska ee dadka waaweyn (ARMHS), daryeel maalintii ah, barnaamijyo waxqabad daryeel ah oo guriga iyo cisbitaaladaba laga bixiyo.

## Sida lagu helo cid kali-kali loola hadlo?

Kala hadal dhaqarkaaga daryeel-bixiyaha kuu ah arrimaha dabiibaha ama la taliyaha ku saabsan. Barnaamijka kaarkaaga iyo ururada bulshadu waxaa dhici karta inay iyana sidoo kale ay hayaan talooyin ay soo jeedin karaan.



## Ciddee iga caawin karta inaan barto xirfadaha ah inaan kaligay si madax-banaani ah ugu dhex noolaado bulshada?

### ➤ **Kiiska Maareynta Diirad Saarida Caafimaadka Xiska**

Kiis Diirad Saarida Maareyntu waa adeeg ka caawiya dadka waaweyn ee xiska aadka uga jiran inay ku xirmaan adeegyada kale ee gargaarka ah.

**La xiriirida:** La xiriir Degmadda Deegaankaaga ama xafiiska adeega bulshada ee qabiilkaaga.

### ➤ **Xirfadaha kali u noolaanta ee Ruqsada Medical Assistance (ka eeg bogga 3-4)**

### ➤ **Adeegyada Dhaqan-celinta Caafimaadka Xiska ee Dadka Waaweyn (ARMHS)**

Shaqaalaha barnaamijka (ARMHS) waxa ay kaa caawin karaan xirfadaha aad u baahan tahay si aad kaligaa ugu dhex noolaato bulshada. Waxay kaloo kaa caawin karaan inaad kala barato dawada. Waxay kaloo kaa caawin karaan inaad la xaasho hay'ad, qolo shaqo, mulkiile guri ama xubin qoyskaaga ah si ay kaaga caawiyaan inaad in badan kaligaa gaar u noolaato.



**Xaq u yeeladka:** Waa khasab in 18 -sanno jir aad tahay ama aad ka weyn tahay, aadna si culus xiska uga jiran tahay, aadna leedahay iin weyn oo dhanka wax qabsiga ah, aadna xaq u leedahay kaarka Medical Assistance (Medicaid). Waa khasab inaad haysato warbixin qiimeyn dhawaan lagu mariyey ah oo oranaysa waxa aad u baahan tahay adeegyada barnaamijka (ARMHS).

**La xiriirida:** La xiriir bixiye adeega (ARMHS). Si aad u hesho liiska bixiyeyaasha, ka wac Rugta Wicida Barnaamijka Daryeelada Caafimaad ee Minneosta (Minnesota Health Care Programs Member Call Center) khadka ah (651-431-2670) ama ka hel liiska bixiyeyaasha

shabakada ah <https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/>

➤ **Adeegyada La Xaqiijiyey ee Tababaranaha isaga oo kale ahi uu Bixiyo**

Tababanayaasha Asaaga ah ee la Xajiyey waa dad xiska iyana ka jiran oo u fidiya adeego caafimaadka xiska ah dadka kale ee iyana jiran. Tababanayaasha Asaaga ah ee la Xajiyey waxay u isticmaalaan khibradooda waaya-aragnimo inay adiga kaaga caawiyaan sameysiga hadafyo, la halganka dabiibyada, iyo inaad kaligaa ku noolaato kana shaqeeyso bulshada.

**Xaq u yeeladka:** Waa khasab in 18 -sanno jir aad tahay ama aad ka weyn tahay aadna hesho labada mid Dabiibka Bulshada ee Akidan (ACT), Adeegyada Dhaqan-celinta Caafimaadka Xiska ee Dadka Waaweyn ARMHS), Adeegyada Qalalaasaha ama Dabiibka Xoogan ee Deegaanka lagu bixiyo.

**La xiriir:** Bixiye daryeelada caafimaadka xiska, maamulaha kiiska ee degmadaada, hawl-wadeenka ARMHS ama Kooxda ACT.

➤ **Kooxaha Dabiibka Akidan ee Bulshada (ACT)**

Kooxaha la yiraa (ACT) waxa ay kaa caawin karaan inaad maareyso xaalada caafimaadka xiskaaga aadna kaligaa xor ugu dhex noolaato bulshada. Kooxaha (ACT) inta badan waxaa ku jira bixiyeyaal daryeelada caafimaadka xiska, tababane asaaga ah oo la xaqiijiyey, qaabilsane shaqada la gargaaro ah iyo xirfadlayaal kale si ay kaaga caawiyaan kali noolaanta, guryaha, daryeelada caafimaad, shaqooyinka, tacliinta iyo dhinacyo kaleba. Sidoo kale waxaa jira kooxo Adeegyo Dhaqan-celin Caafimaadka Xiska ah (*Intensive Rehabilitative Mental Health Services IRMHS*) oo Xoogan u fidiya [horey loogu yaqaanay FICILKA Dhalinyaradda (Youth ACT)] Dhalinyaradda da'doodu u dhaxeeyso 8-26.



**Xaqu yeeladka Barnaamijka Dadka Waaweyn ee Kooxaha (ACT)**

Waa khasab inaad:

- 18 jir tahay ama ka weyn tahay,
- aad leedahay cudurka xiska ah oo xaq u leh oo kuu saameeya dhowr siyaabood oo kala duwan, iyo
- inaad khatar u tahay waali weyn AMA aad u baahan tahay adeegyo dhanka caafimaadka xiska ah oo ka badan inta uu daryeel-bixiye uu kuu fidin karo adiga

**Xaq u yeeladka Barnaamijka Dhalinyarada ee Kooxaha (ACT)/ Intensive Rehabilitative Mental Health Services:** Waa khasab inaad:

- 8-26 jir tahay,
- xiska si weyn ugu xanuunsan tahay ama xanuun xiska ah iyo qabatin isticmaalka maan-dooriyeyaasha oo wada socda ama
- aad ka soo baxdo shuruudo kale.

Barnaamijka Dhalinyarada ee Kooxaha (ACT) waxaa kaliyoo laga heli karaa degmooyinka qaarkood.

**La xiriirida** kala xiriir degmadda deegaankaaga, xafiiska adeegyada bulshada ee qabiilka, bixiye daryeel xiska ah, ama si toos ah ula xiriir koox ACT.

- **Wax ka Qabadka Hore ee Xoogan ee Hab-dhaqanka iyo Dabeecada (EIDBI)**  
Adeegyada Xoogan ee dadka qaba cudurka Ootiisamka ama cudurada la xiriira ee ka yar da'da 21-sanno iyo qoysaskooda.

**Xaq u yeeladka**: Waa khasab inaad 21 sanno jir tahay ama aad ka weyn tahay lagaana helay cudurka Ootiisamka ama cudurada la xiriira, aadna marto qiimeyn cadeynaysa inaad u baahan tahay adeegyada la yiraa (EIDBI), aadna ka diiwaan gashan tahay barnaamij daryeel caafimaad bixiye ah oo xaq u leh adeegyada.

**La xiriirida**: Maamulaha kiiskaaga ee degmadda, iskuulkaaga, ama bixiyaha adeega (EIDBI). Ka hel liiska bixiyeyaasha adeegan halkan [minnesotahelp.info](http://minnesotahelp.info).



## **Adeegyo caynkee ah ayaa iga caawin kara inaan shaqo helo ama sii hayo?**

- **Meelaynta Shakhsiga iyo Gargaarka (IPS)** (ka eeg bogga 21)

## **Ka waran hadii aan halis ku sugnahay?**

- **Adeegyada Wax Ka Qabadka Halista**  
Adeegyada Wax Ka Qabadka Halista ayaa la heli karaa si ay kuu caawiyaan kolka ay xaaladaada caafimaad ee xisku halis ku sugan tahay. Adeegyada Wax Ka Qabadka Halistu waxa laguugu keeni karaa gurigaaga ama meel kale si ay kuu caawiyaan. Waxa ayna kaa caawin karaan inaad hesho adeegyo degdeg ah si ay kaaga caawiyaan adiga inaad xasiliso xaaladaada. Waxa ay sidoo kale kaa caawin karaan helida bixiyeyaal daryeelada caafimaadka xiska oo kuu dhow.

**La xiriirida**: Ka wac \*\*274747 telefan gacanta ah ama dhambaal (text) ugu dir “MN” lambarka ah 741741.

Ka hel telefanka degmadaadda ee laga wacayo telefan guri adigoo booqanaya <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp>.

Haddii aad ka yar tahay 21, booqo <https://mn.gov/dhs/people-we-serve/children-and-families/health-care/mental-health/resources/crisis-contacts.jsp>.

## **Ka Waran haddii aan isku arko waali markii ugu horeeysay ah?**

### ➤ **Barnaamijka Waalida Markii ugu Horeeysay ah**

Barnaamijka Waalida Markii ugu Horeeysay ah waa uu ku caawin karaa haddii aad jiro da'aha 15-40 aadna leedahay astaamaha hore ee lagu garto waalida. Waalida macnaheedu waa inaad wax kala garan waydo. Daryeelka hore waa ku caawin karaa.



**La xiriirida:** ka ogow wax badan oo arrintan quseeya <https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/programs-services/first-episode-psychosis.jsp>

## **Cisbitaal khasab ma igu hayn karaa anigoon doonayn iyadoo sababtu tahay xaaladayda caafimaadka xiska awgeed?**

Degdeg u haynta waxaa isticmaala askarta, (bilayska, ama shariifka) ama mas'uul caafimaad kolka ay jirto sabab fiican oo ay ku aamini karaan inaad qabto cudur dhanka xiska ah aadna waxyeeli doonto naftaada ama cid kale. Askarigu waxa uu ku geyn karaa cisbitaal, ka dibna cisbitaalka ayaa go'aansada inuu is leeyahay inaad naftaada ama cid kale waxyeeli doonto iyo in kale. Haddii ay qabaan inaad naftaada ama cid kale waxyeelayso, cisbitaalku waxa uu ku hayn karaa adigoon doonayn ilaa iyo 72- saacadood. Sidoo kale waxa ay ku siin karaan dawo haddii aadan ogolaan in lagu daweeyo, Sabtiyada iyo Axadaha iyo maalmaha fasaxa ahi kuma jiraan 72-saacadood.

**La xiriirida:** Wixii caawimaad ah, kala xiriir taakuleeyaha bukaanka ee cisbitaalka ama rugta.

Ka ogow wax badan oo arrintan ku saabsan Xafiiska Baaraha Cabashooyinka Dadka Xiska ka Jiran iyo Dadka Naafada ah (Office of the Ombudsman for Mental Health and Developmental Disabilities): <https://mn.gov/omhdd/> ama Hay'ada National Alliance on Mental Illness Minnesota (NAMI) 1-888-626-4435 ama <https://namimn.org/>.

## **Ka waran haddii aan rabo in qof kale uu gaaro go'aamada daryeeladayda caafimaad haddii aanan anigu awoodin?**

Ka eeg bogga 29-31. (Waxa Mas'uulka lagu bedelan karo)

## Xaggee ayaan ka ogaan karaa wax badan oo arrintan ah hadii ka walwalsanahay hayn khasab la igu haynayo?

Waxa aad leedahay xaquuq xilliga la marayo habka khasab ku haynta. Kala hadal qareenkaaga haynta haddii mid lagu qabtay. Haddii aan qareen lagu qaban, la xiriir Xafiiska Haynta Khasabka ah ee degmadaada ama Maxkamada Madaniga ah (Probate Court) si aad u waydiiso sida lagu helo in qareen lagu qabto.

Kuwani waa khayraadyo kale oo leh akhbaar ku saabsan haynta khasabka ah:

- Habka Cadaaladda ee Minnesota: <http://www.mncourts.gov/Help-Topics/Civil-Commitments.aspx>. Waxaa kaloo ku jira akhbaar ku saabsan masaxida diiwaanada hayntaada khasabka ah.
- Xafiiska Baaraha Cabashooyinka Dadka Xiska ka Jiran iyo Dadka Naafada ah (Office of the Ombudsman for Mental Health and Developmental Disabilities): 1-800-657-3506 ama <https://mn.gov/omhdd/commitment/>
- Hay'ada Isbahaysiga Caafimaadka Xiska ee Minnesota [National Alliance on Mental Illness Minnesota (NAMI)] 1-888-626-4435 ama <https://namimn.org/wp-content/uploads/sites/48/2022/07/NAMI-CivilCommitmentApril2022-FINAL.pdf>

## Kala Xulashada Hoy'ada Iyo Gargaarada



Kolka aad qaan gaarto, waxaa ay tahay inaad gaarto go'aarto go'aano ku saabsan meesha aad ku noolaanayso. Waxa aad xaquuq u leedahay inaad ku noolaato goobta ugu xanibaada yar isuguna xirnaanta badan ee ku haboon baahidaada. Waxa aad xaquuq u leedahay inaad gaarto go'aamo war-qaba oo ku saabsan meesha aad ku noolaanayso iyo cidda aad la noolayasaba. Hagaha ku saabsan Kala Xulashada Hoy'ada Shakhsiyanka ah [Individualized Housing Options (IHO)], ka eeg Hagaha Khayraadka (PACER IHO) ee Dadka Naafada ah (PACER's IHO Resource Guide for Persons with

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

Barnaamijka MDLC waxaa dhici karta inuu ku caawiso haddii uu dhibi kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) iyo CAP khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).

## Siddee ayaan kaligay anigu ugu noolaan karaa?

- **Gargaarada Guriga ee Shakhsiyanka ah iyo Tababarada (sidoo kalena loo yaqaan Xirfadaha Kali Noolaanta (ILS))**

Xirfadaha kali u noolaantu waa xirfado ka soo baxa baahidaada aasaasiga ah ee maalin walba adigoo qaan gaar ah. Haddii aad nafo tahay, waxaa dhici karta inaad u baahato in

lagaa caawiyo barashada xirfadahaa aad u baahan tahay si aad kaligaa u noolaato. Kuwaasi waxa ay noqon karaan xirfadaha sida cunto karinta, u diyaar garowga qaadashada imtixaanka qoran ee ruqsada darawalka, helida qof aad wada dagtaan, u sameynta farshaxan ciyaar ama raaxo ahaan, iyo tagida goobaha lagu kulmo si aad u sameysato saaxiibo cusub.

**Xaq u yeeladka:** Waa khasab inaad ka hesho adeegyo barnaamijyada Medical Assistance (BI), (CAC), ama barnaamijka ogolaanta ee (CADI).

**La xiriirida:** La xiriir Rugta deegaankaaga ee kali u Noolaanshaha [Center for Independent Living (CIL)]. Liiska barnaamijyadan waxa laga heli karaa shabakada <https://macil.org/> .

Magaalooyinka Mataanaha ah (Twin Cities), hadii aad degan tahay kala xiriir hay”ada (Metropolitan Center for Independent Living) khadka ah 651-603-2018 ama <https://mcil-mn.org/services/independent-living-and-vocational-rehabilitation-services-il-vr/>.

## **Waxaan aan Haystaa Ruqso. Ma u isticmaali karaa ruqsadayda inay iga caawiso inaad kaligay gaar u noolaado?**

Haddii aad ka hesho adeegyo barnaamij ruqso oo Medical Assistance ah, waxaa jira adeegyo badan oo kala duwan oo aad xaq u yeelan karto inay kaa caawiyaan adiga inaad kaligaa gaar u noolaato. Qaar ka mid ah adeegyada waxaa ku jira cuntooyin guriga la isugu keeno, guri ka hagaajin ama adeegyada hawlaha guriga, tiknoolaji iyo gaadiid. Hoose waxaa ku xusan qaar kale oo tusaalooyin ah. Kala hadal maamulaha kiiskaaga ruqsadaada si aad u ogaato waxa aad heli karto oo kuu diyaarka ah adiga.

### ➤ **Gargaarada Guriga ee Shakhsiyanka ah**

Adeegyada bixiya gargaarada ama tababarada dadka ku nool gurigooda ama guri qoys.

**La xiriirida:** Kala xiriir maamulaha kiiska ee degmada ama qabiilka ruqsadaada.

### ➤ **Gargaarka Haynta ah (PCA)**

Ka eeg bogga 4

### ➤ **Daryeel Bixiyaha Kula Nool**

Iyadoo hadba ku xiran baahida, adeegyada ruqsooyinka ah waxaa loo isticmaali karaa inay bixiyaan kharash adeeg bixiye adiga kula nool. Waa inaad kala hadasho maamulaha kiiskaaga waxa ay yihiin adeegyada aad xaqqa u leedahay.



**La xiriirida:** Kala hadal kiis maamulaha degmadaada ama qabiilka ruqsadaada.



## Ka waran haddii aan u baahnahay caawimaad ah helida hoy?

### ➤ **Manfacyada Hoyga [Housing Benefits (HB101)]**

Hadii aad rabto inaad wax ka bedesho xaalada hoygaaga, hay'ada (Housing Benefits 10) waa meel fiican oo wax laga bilaabi karo. Shabakadoodu (website) waxa ay faahfaahisaa sida ay gargaarada dowlada ee kala duwani ay u saameeyaan kala xulashadaada waxa ayna bixisaa talooyin ku salaysan xaaladaha noloshada ee kala duwan.

**La xiriirida:** Booqo shabakadooda (website): <https://mn.hb101.org/>

### ➤ **Adeegyada Soo Xero Gelinta Hoyada**

**Xaq u yeeladka:** Waxaa dhici karta inaad awoodo inaad ka hesho caawimaad ku saabsan hoyga barnaamij la yiraa Adeegyada Soo Xasilinta Hoyada (Housing Stabilization Services). Waxaad u baahan tahay inaad 18 sanno jir tahay ama aad ka weyn tahay aadna haysato Medical Assistance (MA), aadna nafo tahay. Sidoo kale waa inaad ku nooshahay goob koox dad ahi kugula nooshahay, ay suurta-gal tahay inaad qaabisho inaad goob kooxi dad ahi ku nooshahay kula noolaato ama aad qaabilayso hoy la'aan.

**La xiriirida:** Kala hadal kiis maamulaha degmadaada ama qabiilka ama booqo <https://mn.hb101.org/a/47/>

### ➤ **Xiriirada Hoyga (Link)**

Haddii aad raadinayso caawimaad ku saabsan helid hoy, waxaa jira khayraadyo kaa caawin kara helida liisaska goobaha la wacayo. Waxa aad kala sooci kartaa baahiyada kala duwan adigoo ku salaynaya helitaanka, dakhliga, iyo gargaarada dowlada.

**La xiriirida:** Booqo shabakadooda (website): <https://www.housinglink.org/>

### ➤ **Adeegyada Is-waafajinta Dadka Wada Dagaya**

Adeeg caawiya helida guryaha hadii loo baahdo kuuna hela daryeel bixiye aad heshiin kartaan.

**La xiriirida :** Wac maamulaha kiiskaaga ama booqo <https://mn.hb101.org/a/4/>



## Ka waran hadii aanan lahayn xirfadaha loogu baahan yahay kali u noolaanshaha?

### ➤ **Meelaynta ilmaha ama Dadka Waaweyn**

Meelaynta ilmaha iyo dadka waaweyn waxa ay ka dhici kartaa qof gurigii taa oo shati u leh inay noqon karto deegaan Qoys oo Cid lagu Hayn karo, Goob Degaan ah oo Beesha Dhexdeeda ah, ama Shirkad Hayn Cid ah.

**Xaq u yeeladka:** Waxaa dhici karta inaad xaq u yeelato adeegyada meelaynta ilmaha ama dadka waaweyn goob lagu meeleeyo iyadoo hadba ku xiran da'daada hadii aad ka hesho adeegyo Medical Assistance BI, CAC, CADI, ama barnaamijka ruqsada ee EW.

**La xiriirida:** Kala hadal maamulaha kiiskaaga ee degmadda ama qabiilkaaga ruqsadaada.

## **Ka waran haddii aanan awoodin kharashka hoyga aan rabo?**

Waxaa jira waxyaabo badan oo la kala dooran karo si loo ogaado loona bixiyo hoyada kiradooda la awoodo in la bixiyo. Booqo <https://mn.hb101.org>.

### ➤ **Barnaamijyada Gargaarka Hoyga**

**Xaq u yeeladka:** hadii aadan awoodin inaad kiraysato qowlad ama hoy koox dad ah aad wada dagtaan, waxaa dhici karta inaad xaq u yeelato barnaamijka Gargaarka Hoyga (oo horey loogu yaqaanay Hoyga Koox Wada Degida). Gargaarka Hoygu waxa uu caawiyaa bixinta kirada qowladaha, boodhinka, iyo waliba adeegyada (PCA) da ah hadii aadan ku jirin barnaamijka ruqsada ee Medical Assistance.

**La xiriirida:** Ka wac Hay'adda Arc Minnesota 952-915-3632 ama booqo: <https://arcminnesota.org/ways-we-can-help/housing-stabilization-services/>

## **Tacliinta**

Inta badan qorshahaaga gudintu waxa uu dhacaa dugsigaaga sare iyo qorshahaaga gaar wax u barida ah (IEP). Haddii aad naafto tahay laakiin aadan jaa horey ugu lahayn qorshaha gaar wax u barida (IEP), la xiriir agaasimaha waxbarashada gaarka ah ee iskuulkaaga. Waxa aad xaq u leedahay qorshe (IEP) oo ay ku jiraan hadafyo ku salaysan heerka iminka ee horu kacaaga iyo tilmaam adeegyo iyo maciino ay ku siin karaan si aad uga soo baxdo hadafyadaa. Adeegyadaasi waa khasab in lagu bixiyo goobta ugu xanibaada yar ee suurtagalka ah ee la heli karo si loo soo baxo baahiyaha.



Barnaamijka (MDLC) waxaa dhici karta inuu awoodo inuu ku caawiyo haddii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) ama (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).

## Siddee ayuu iskuulkaygu iiga caawin karaa inaan u diyaar garoobo inaan u gudbo qaan-gaarnimo?

### ➤ **Qorsheynta u Gudbida ee uu leeyahay Barnaamijka Gaar Wax u Barida (IEP)**

Kolka aad ku jiro fasalka sagaalaad, kooxdaada (IEP) gu waa inay bilowdo inay ka fakarto sidii ay kaaga caawin lahayd adiga inaad u diyaar garowdo noloshaada kolka aad ka gudubto ama ka tagto dugsiga sare. Qorshahaaga (IEP) ga waxaa ku jira qaybo ku saabsan sida loogu diyaar garoobo tababar, shaqo, faakihaysi, ka qaybka hawlaha bulshada iyo nolosha guriga. Ra'yigaagu si gaar ah ayuu muhiim u yahay xilliga lagu jiro sannadaha ka qaybgalkaaga kulanada (IEP) guna aad ayuu muhiim u yahay.

**Xaq u yeeladka:** hadii aad tahay arday 14-sanno jir ah ama ka weyn waxa aad xaq u leedahay adeegyada gudbida ee (IEP) gaaga.

Hadii aad tahay arday 18-sanno jir ah ama ka weyn aadna adigu mas'uul iska tahay, waxa aad gaari kartaa kaligaa go'aano ku saabsan (IEP) gaaga.

**La xiriirida:** Gudoonka waxbarashada ee deegaankaaga, maamulaha (IEP) ga, ama kooxda (IEP).

### ➤ **Barnaamijka u Gudbida ee Gudoonka Waxbarashada**

Hadii kooxdaada (IEP) ay ogolaato in aad u baahan tahay adeegyada waxbarashada gaarka ah ka dib ka baxida dugsiga sare, waxa aad ka qaybgali kartaa barnaamij gaar ah oo u gudbida ah. Barnaamijiyada gaarka ah ee u gudbidu waxa ay kuu ogolaadaan inaad sameysato xirfado shaqo, aad shaqo hesho iyo inaad hesho waaya-aragnimo waxbarid ah oo shaqo ku salaysan. Barnaamijku wuxuu kaloo caawiyaa xirfadaha kali noolaashaha ah, maareynta lacagta, dhexgalka umadda, u diyaar garoobida kuleejooyinka, xaaladaha dad la dhaqanka iyo ku dhaqanka xirfado kale.



**Xaq u yeeladka:** Adiga iyo kooxdaada (IEP) ayaa go'aamsada xaq u yeeladka. Badanaa, xaq waa aad u leedahay hadii aad tahay arday naafa ah oo da'diisu u dhaxayso 18-21 oo leh baahi kale oo waxbarashada gaarka ah oo dheeraad ah.

**Ogow:** xaq uma lehid barnaamijiyada gudbida ah haddii aad hesho shahaadaada dugsiga sare. Qaar badan oo ka mid ah iskuuladu waxay kuu ogol yihiin inaad "marto" xaflada qalin jabinta ka dibna aad ka qayb gasho barnaamijka gudubka.

Kolka aad dhamayso barnaamijka gudbida mar ay noqotaba inta ay da'daadu u dhaxayso da'aha 18 iyo 21, waxa aad heli shahaadaada dugsiga sare. Adiga iyo kooxdaada (IEP) ga ayaa isla garta goorta aad ka qalin jabin kartid barnaamijka gudbida ah. Hadii aad tahay arday 18-sanno jir ah ama ka weyn aadna adigu mas'uul iska tahay, waxa aad gaari kartaa kaligaa go'aano ku saabsan (IEP).

**La xiriirida:** Gudoonka waxbarashada ee deegaankaaga, maamulaha (IEP) ga, ama kooxda (IEP).

➤ **Qorshaha Qaybta 504 (Section 504)**

Qorshaha Qaybta 504 (Section 504) waxa uu aqoonsadaa naafanimada ardayga waxa uuna hubiyaa helida ardayga ee barnaamijiyada iyo adeegyada iskuulka. Kuwaa waxaa ku jira tababaro shaqooyin ama waxyaabo manhajka ka baxsan oo la kala dooran karo oo ka jira dugsiyada sare. Qorshahu waxa uu adeegsadaa maciino macquul ah si uu kuugu ogolaado inaad si buuxda u hesho aadna uga qayb-gasho xarakaadka uu iskuulku fidiyo iyo manhajka guudba.

**Xaq u yeeladka:** Waxa aad u baahan tahay inaad tahay arday leh naafanimada si aad u weyn u xadida hal ama in badan oo xakaraadka nolosha ah sida uu u qeexay sharcigu.

**La xiriirida:** Iskuulkaaga ama waaxda waxbarashada gaarka ah.

## **Ma jiraan khayraadyo kale oo iga caawin kara aniga inaan eego waxyaabaha aan kala dooran ka dib qalin jabinta?**

➤ **Tababarada Xirfadaha Shaqooyinka**

Waxaa jira 2 hay'adood oo qaabilsan tababarada xirfadaha shaqada oo ka caawiya dhalinyarada iyo dadka waaweynba qorsheynta shaqo helid, tababarada meheradaha iyo kuleej:

- [Vocational Rehabilitation Services (VRS)] waxa ay caawisaa dad leh naafanimada aadka u weyn.
- [State Services for the Blind (SSB)] waxa ay caawisaa dadka indhaha la' ama aan si fiican wax u arag ama Indhaha iyo Dhagahaba la'.



La taliyeyaasha barnaamijiyada (VRS) iyo (SSB) waxay kaa caawin karaan adiga inaad ka fakarto waxa aad rabto iyo waxa aad ku roon tahay, ka dibna aad qorshayso sida loo kororsado waaya-aragnimo iyo xirfadaha.

Barnaamijiyada (VRS) iyo (SSB) sidoo kale waxay u fidiyaan Adeegyo Gudbid ah oo Shaqada ka horeeya ardayda naafada ah ee xaq u yeelan kara adeegyada tababarada shaqada ah, xataa hadii uusan ardaygiu dalban adeegyo.

Hadii aad haysato ruqsada Medical Assistance, waxaa dhici karta inaad ka hesho qaar adeegyada ah barnaamijka Tababarada Shaqooyinka, qaar kalena aad ka hesho ruqsadaada (Ka eeg boga 3-4.)

**Xaq u yeeladka** Hadii aad tahay arday leh naafanimada diiwaan gashan waxa aad xaq u leedahay adeegyada.

Haddii aadan hadda arday ahayn, wali waa aad codsan kartaa adeegyada tababarada shaqada adigoo la xiriiraya xafiiska deegaankaaga ee hay'adaha (VRS) ama (SSB). Waxay u badan tahay inaad xaq u leedahay adeegyo tababaro shaqo oo lacag la'aan ah hadii aad uga hesho lacag dowlada naafanimadaada awgeed (sida SSI ama SSDI).

Hadii aadan qaadan manfacyada SSI ama SSDI, xaq u yeeladkaaga adeegyada tababarada shaqadu waxa uu ku xiran yahay in naafanimadaadu ay runtii ka dhigto wax aad u adag inaad shaqo hesho ama aad shaqo kaligaa ka shaqayso.

**La xiriirida:** Dugsi sare oo kasta oo Minnesota ku yaal waxa uu u xil-saaraa la taliye ah (VSR) ardayda naafada ah. La xiriir la taliyaha iskuulkaaga uu u xilsaaray hawlaha VRS ah.

Ka ogow wax kale oo siyaado ah halkan <https://mn.gov/deed/job-seekers/disabilities/>. Kala xiriir Adeegyada Indhoolayaasha ee Gobolka (State Services for the Blind) khadka ah 651-539-2300 ama [www.mnssb.org](http://www.mnssb.org).

## Ma heli doonaa wax maciin ah hadii aan kuleej aado?

### ➤ Maciinada ka Dambeeya Dugsiga Sare

Iskuulka aad gasho ka dib kolka aad ka baxdo dugsiga sare khasab kuma aha inuu ku siiyo caawimaad la mid ah midii lagugu siin jiray dugsiga sare. Kuleejooyinka iyo barnaamijyada waxbarashada Farsamada gacanta iyo Meheradahu kaliya waxaa khasab ku ah inay ku siiyaan isbedelada tacliinta ee muhiimka u ah hubinta inaysan kuu takoorin adiga naafanimadaada awgeed.

Tusaalooyin ka mid ah maciinada kuleejooyinka laga rabi karo inay ku siiyaan waxaa ka mid ah maciino la xiriira imtixaan qaadida, maciino la xiriira tacliinta iyo fasalka, isticmaalka rugaha iyo fududeyn gelitaanada goobaha ah.

Hadii iskuulkaaga tacliinta sare uu leeyahay hoyo ay degaan ardayda aan naafada ahayn, waa khasab inay u fidiyaan hoyo la mid ah kuwaa ardayda naafada ah oo qiimahoodu la mid tahay kuwa dadka aan naafada ahayn.

**Xaq u yeeladka:** Waxaa dhici karta inaad xaq u yeelato maciino hadii aad leedahay naafanimada diiwaan gashan. Hubi inaad keento cadeyn ah naafanimadaada. Cadeymaha waxaa ku jiri kara waxyaabaha sida:

- IEP ga
- qorshaha 504 (504 Plan)
- qiimeyn tababarid ah
- qiimeyn ah dhaqdhaqaaqa
- oraah laga keeno xirfadle caafimaad oo shahaadi ah.

Shabakada (website) iskuulkaaga waxaa dhici karta inay hayso akhbaar badan oo ku saabsan maciinada uu iskuulku fidin karo iyo waxa aad u baahan tahay si aad u cadeyso naafanimadaada.

**La xiriirida:** Waxaa ku saaran waajib ah inaad ka codsato iskuulkaaga tacliinta sare ah maciinado. Kuleejooyinku inta badan talaabo horey iskood uma sii qaadan ku saabsan bixinta maciinada.

Iskuulada bixiya tacliinta sare intooda badani waxa ay leeyihiin xafiis ku yaal iskuulka oo kaa caawiya adiga helitaanka, maciinada iyo farsamooyinka gargaarka. Xafiisyadaasi inta

badan waxaa la yiraa “adeegyada naafada,” waxa ayna la shaqeeyaan adiga si ay kaaga caawiyaan baahidaada si kolkaa aad u hesho maciinada iskuukaaga ama aad u hesho barnaamijyada tababarada ah ee iskuulku bixinayo.

## Shaqadda

Haynta shaqo ama meheradi waa qayb muhiim ah oo ka mid ah noloshada dadka waaweyn. Qaar badan oo dadka waaweyn ka mid ah, shaqadu waxa ay ka caawisaa inay bartaan xirfado badan oo muhiim ayna bixiyaan kharashaadka waxa ay u baahan yihiin. Shaqadu sidoo kale waxa ay ku siisaa adiga fursad aad kula sameysato xiriir dadka ee beesha ku dhaqan. Kolka aad ka fakarto shaqooyinka aad kala dooran karto, waa muhiim inaad ogaato waxa ay yihiin adeegyada la heli karo ee kaa caawin kara inaad ka gudubto wixii carqalad ah ee kaa hor istaagi kara shaqooyinka.

Barnaamijka (MDLC) waxaa dhici karta inuu awoodo inuu ku caawiyo haddii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) ama (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).



### Waa maxay shaqooyinka aan kala dooran karaa?

- Waxa aad xaq u leedahay inaad ka shaqeeyso beeshaada dhexdeeda adigoo ka dhinac shaqeynaya dadka aan naafada ahayn aadna ku shaqeeyso ugu yaraan lacagta ugu yar ee lagu shaqeeyo. Dadka qaarkii arrintan waxa ay ugu yeeraan “Shaqada Baratanka ah ee isku taxan.”
- Waxa aad dooran kartaa inaad la shaqeeyso kaliya uun dad naafo ah. Haddii aad taa sameyso, waxaa dhici karta inaad kasbato lacag ka yar lacagta ugu yar ee lagu shaqeeyo. (eeg bogga 22.) Haddii aad doorato inaad ku shaqeeyso lacagta ugu yar ee lagu shaqeeyo, waa aad isbedeli kartaa markii aad rabto waxa aadna codsan kartaa gargaar si aad uga shaqeeyso beesha dhexdeeda adigoo kasbanaya lacagta ugu yar ee lagu shaqeeyo ama ka badanba.
- Kala hadal maamulaha kiiskaaga ama la taliyahaaga Tababarada Shaqada wixii kale ee akhbaar ah ee ku saabsan sida lagu helo adeegyada aad u baahan tahay si aad uga shaqeeyso beesha dhexdeeda adiga oo kasbanaya lacagta ugu yar ee lagu shaqeeyo ama ka badan.

## Ciddee ayaan kala hadlaa caawimaada helida ama sii haynta shaqo?

### ➤ **La taliyaha Tababarada Shaqada**

Waxaa dhici karta inaad awoodo inaad hesho la talin dhanka meheradaha ah, tababaro shaqo iyo caawimaad shaqo helid ah. Adeegyadaa waxaa laga heli karaa Barnaamijka Adeegyada Tababarada Shaqada ah iyo Adeegyada Gobolka ee Indhoolayaasha (State Services for the Blind). (Eeg bogga 17-18.)

Haddii aad haysato ruqsada Medical Assistance, waxaa dhici karta inaad ka hesho adeegyada qaarkood barnaamijka Tababarada Shaqada, qaarna aad ka hesho ruqsadaada.

### ➤ **Ruqsada Gargaarka Adeegyada Shaqada ee Medical Assistance**

Waxaa jira dhowr adeeg oo kala duwan si ay kaaga caawiyaan inaad ka fakarto shaqeyn iyo helid shaqo hadii aad ka helayso adeegyo barnaamijka ruqsada ee Medical Assistance.

- **Eegida Adeegyada Shaqada:** Waxa aad soo ogaan kartaa shaqooyin kala duwan oo aad kala xulan karto ka dibna waxa aad go'aansan kartaa nooca ay tahay shaqada adiga kuu fiican iyadoo taasi ku salaysan tahay daneyntaada iyo itaalkaaga. Waxa aad booqan kartaa goobo shaqo, waxa aadna la kulmi kartaa shaqaalaha hadda qabta nooca shaqada ah ee aad danaynayso, ama waxa aad tijaabin kartaa shaqo muddo gaaban si aad u eegto sida ay tahay shaqadu iyo sida aad uga hesho.

- **Adeegyada Helitaanka Shaqooyinka:** Waxa aad heli kartaa caawimaad ku saabsan fahamka hadafyadaada shaqada iyo u diyaar garwoga shaqo raadinta, oo ay ku jiraan sameysiga dabaando.

- **Adeegyada Gargaarka Shaqooyinka:** Waxa aad heli kartaa caawimaad ah inaad shaqadaada sii wadato, oo ay ku jiraan fahmida dhibaatooyinka shaqada ama la qabsiga isbedelada shaqada.



- **Adeegyada Ka Horeeya Tababarada:** Waxa aad heli kartaa in lagaa caawiyo xirfadaha guud ee aad u baahan tahay si aad shaqo u hesho una sii wado, sida wada xiriirka, jooqta xaadir ugu ahaanta iyo gaadiidka.

Haddii aad haysato ruqsada Medical Assistance, waxaa dhici karta inaad ka hesho qaar adeegyada ka mid ah barnaamijka Tababarada Shaqada, qaarna aad ka hesho ruqsadaada.

**Xaq u yeeladka:** Waa khasab inaad xaq u leedahay barnaamijyada Ruqsada ee DD, CAC, CADI ama BI ee Medical Assistance. (Eeg bogga 3-4)

**La xiriirida: kiis maamulaha ruqsadaada.** Ka ogow wax badan oo ah SU'AALAHA inta badan la is-waydiiyo (Disability Hub MN's Waiver Employment Services FAQ):

<https://disabilityhubmn.org/toptopics/independence/waivers/>

➤ **Mudadda Shaqada ee la Dheereeyey**

Waxaa dhici karta inaad xaq u yeelato inaad hesho adeegyo si ay kaaga caawiyaan inaad shaqadaada sii hayso ama aad ku dhaqaaqdo meherad cusub.

**Xaq u yeeladka:** Waa inaad leedahay naafanimo weyn ama xanibaadyo kale oo shaqeynta kaa hor istaaga. Waa khasab inaad u baahan tahay caawimaad muddo dheer soconaysa si aad u sii hayso shaqadaada ama aad kor ugu sii dalacdo meherada shaqada ah ee aad hayso.



**La xiriirida:** Maamulaha ruqsada ee kiiskaaga ama la taliyahaaga tababarada shaqooyinka. Waxaad kalood toos ula xiriiri kartaa bixiyaha Shaqada dheer.

Ka hel liiska bixiyeyaasha shaqooyinka iyo akhbaar kale oo dheeraad ah halkan:

<https://mn.gov/deed/job-seekers/disabilities/extend-employment/>

➤ **Meelaynta Shakhsiga iyo Gargaarka (IPS)**

Barnaamijka (IPS) waxa u caawiyaa dadka xiska aadka ugu jiran ee doonaya inay ka shaqeeyaan beesha dhexdeeda.

**Xaq u yeeladka:** Waa khasab inaad leedahay cudur xiska ah oo aad u culus uuna ku soo gudbiyo daryeel-bixiye xiska qaabilsan.

**La xiriirida:** Bixiyahaaga daryeelka caafimaadka xiska. Ka ogow wax badan oo ku saabsan (IPS) halkan <https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/adult-mental-health/programs-services/ips.jsp>

➤ **Shaqaalaha Rugaha Shaqooyinka (CareerForce)**

Shaqaalaha iyo xafiisyada waxa ay ka caawiyaan dadka helid shaqooyin, u qorida damaandooyinka, barashada xirfadahooda wareysiyada shaqada, waxa ayna siisaa caawimaadyo kale oo shaqo raadinta la xiriira. Adeegyadooda ay baxshaanina waa lacag la'aan.

**La xiriirida:** Xafiiska ha'yada CareerForce ee deegaankaaga. Ka hel shabakada <https://www.careerforcemn.com/> ama wac 651-259-7501.

## **Ka waran hadii aan shaqadayda qabsan karo laakiin aan u baahnahay isbedelo yaryar oo jadwalkayga lagu sameeyo naafanimadayda awgeed?**

➤ **Maciinada Macquulka ah**

Haddii aad ka shaqayso goob ay ka shaqeeyaan 15 qof ama in ka badan oo shaqaale ah, qolada aad u shaqeysaa waa inay sameeyaan isbedelada aad ugu baahan tahay naafanimadaada jirka ama maskaxda ah awgeed. Isbedeladaasi waxaa la yiraa maciinada

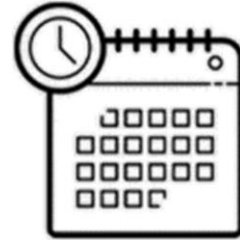


macquulka ah. Laakiin isbedeladaasi kuma noqon karaan qaxar aan loo baahnayn qolada shaqada. Qaxarka aan loo baahnayn macnahiisu waa isbedelku waxa uu noqon karaa mid aad u adag ama qaali ah in la sameeyo.

Ka akhri waxa badan oo Xaquuqdaada ku Saabsan:

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

**La xiriirida:** Xiriirada Maciinada Shaqada (Job Accommodations Network) waxa ay siisaa akhbaar iyo talooyin ku saabsan maciinada macquulka ah shaqaalaha iyo qolada shaqadaba. Kala xiriir hay'ada (JAN) khadka 800-526-7234 ama <https://askjan.org/>.



Haddii aad u baahan tahay caawimaad dhanka sharciga ah iyo helida manfacyada naafada ee Sooshal Sakuuratiga (Social Security), wac Rugta Sharciyada Naafada ee Minnesota (Minnesota Disability Law Center) ee ah 1-800-292-4150 ama gal shabakada [www.mndlc.org](http://www.mndlc.org). Haddii kale waco qareen aad adigu gaar u qabsato.

## Shaqo ma i siin kartaa lacag ka yar lacagta yar ugu ee lagu shaqeeyo?

Qaar ka mid ah shaqooyinku waxa ay ka heli karaan ogolaansho gaar ah dowlada si ay ugu shaqaaleeyaan shaqaalaha naafada ah lacag ka yar lacagta ugu yar ee lagu shaqeeyo. Arrintan waxaa la yiraa lacagta ka hooseeysa lacagta ugu yar ee lagu shaqeeyo. Qolo shaqo kaliya waxa ay ku siin kartaa lacagta ugu yar ee lagu shaqeeyo haddii aad leedahay naafanimo saameeysa waxqabadka shaqadaada ee hawl cayiman oo aad markaa sameynayso ah. Tusaale ahaan, qof leh gacan faro isku tolan leh oo dhib ku qaba soo qabashad alaab la isku rakibayo oo kale.

**La xiriirida:** Wixii kale ee akhbaar ah ama haddii aad ashtako qabto, la xiriir Waaxda Shaqaalaha Laanta u Qaabilsan Lacagta Shaqada iyo Saacadaha. (Department of Labor's Wage and Hour Division) ee khadkeedu yahay 612-370-3341 ama gal <https://www.dol.gov/agencies/whd/workers-with-disabilities/workers>

Ama la xiriir Rugta Sharciyada Naafada ee Minnesota (Minnesota Disability Law Center) ee ah 1-800-292-4150 ama gal shabakada [www.mndlc.org](http://www.mndlc.org).

## Ka wadan haddii aan u baahnahay qaadid shaqadayda la ii qaado?

Gaadiidka Dadweynaha. Kuwaa oo ay ku jiraan, gadiidka qaada dadka naafada ah ee aan heli karin gaadiidka dadweynaha (Eeg bogga 33-34)

Xafiiska Adeegyada Tababarada Shaqada ee deegaankaaga ama kiis maamulahaaga adeegyada bulshada ee deegaankaaga ayaa kaa caawin kara inaad ogaato waxyaabaha aad kala xulan karto ee ka jira beeshaada.

Kuwaasi waxa ay noqon karaan sida waxyaabaha:

- kuu helida gaari aad adigu leedahay
- la wadaagida qaaditaan cid kale
- bas
- tareenada fudud
- gaadiidyo kale oo dadweyne, iyo waxyaabo kale. (Eeg bogga 17, 33-34.)

Hadii aad ku jirto barnaamij ruqso, waxaa dhici karta inaad xaq u yeelato adeego kale oo gaadiid oo dheeraad ah.

## **Ka warran haddii aan doonayo dhaqaale ahaan inaan ka xoroobo dowlada?**

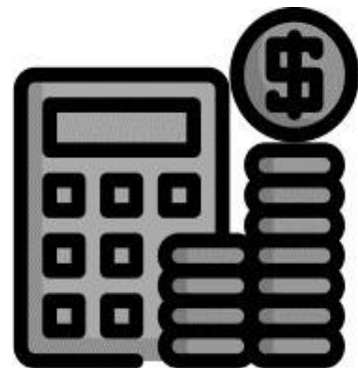
### **➤ Jid Shaqo (Ticket to Work)**

Haddii aad lacag uga hesho dowlada naafanimo awgeed (SSDI ama SSI) aadna doonayso inay ku soo gasho lacag kugu filan si aad uga baxdo barnaamijyada (SSDI) ama (SSI), Maamulka Sooshal Sakuuratigu (Social Security Administration) waxa uu kuu hayaa adiga barnaamij la yiraa: Jid Shaqo. (Eeg bogga 26.)

## **Lacagta iyo Gargaarada Dhaqaale**

Ogaanta sida loo maamusho lacagtaadu waa xirfad nololeed muhiim ah. Maadaama aad qof qaan ah tahay waxa aad xaq u leedahay inaad maamulato lacagtaada, hadii uusan xaakimi xukumin inaad taa sameyn karin. Haddii aad u baahan tahay caawimaad ah maamulashada lacagtaada, waxaa jira siyaabo ay dadku kuu caawin karaan iyadoon lagaa wada xayuubin dhamaan mas'uuliyadaada oo dhan. Sidoo kale, haddii aadan haysan lacag kugu filan oo aad ku bixiso kharashaadka waxyaabaha aad u baahan tahay, waxaa jira barnaamijyo ku caawin kara.

Barnaamijka (MDLC) waxaa dhici karta inuu awoodo inuu ku caawiyo haddii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) ama (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).



## Ma Jiraan caawimaad dhaqaale oo aan anigu heli karo?

### ➤ **Sugida Dakhiga Kaabaha ah (SSI)**

Barnaamijka (SSI) gu waxa uu siiyaa macfacyo dadka waaweyn iyo ilmaha naafada ah ee leh dakhliga iyo ilo dhaqaale oo kooban. Khasab ma aha inaad taariikh shaqo leedahay si aad xaq ugu yeelato.

**Xaq u yeeladka:** Waa khasab inaad nafo tahay, ama aad indho la' dahay ama aad 65 sanno jir tahay ama aad la weyn tahay, aadna leedahay dakhli ama ilo dhaqaale oo kooban.

**La xiriirida:** Wac ama tag xafiiska Sooshal Sakuuratiga ee Deegaankaaga.

Codsiyada khadka (online) ka ayaa laga heli karaa halkan:

<https://www.ssa.gov/benefits/disability/>.

Wixii kale ee akhbaar ah, booqo <https://www.lawhelpmn.org/issues/disability/social-security-and-ssi-disability-benefits>.

### ➤ **Caymiska Naafada ee Sooshal Sakuuratiga (Social Security) (SSDI)**

Barnaamijka (SSDI) waxa uu siiyaa manfacyo dadka naafada ah iyo qaar ka mid dadka xubnaha qoyska ka midka ah. Waa khasab inaad leedahay taariikh shaqo si aad xaq ugu yeelato manfacyada (SSDI).

**Xaq u yeeladka:** Waa khasab inaad naafa tahay aadna soo shaqeysay muddo ku filan xaq u yeeladka aadna bixin jirtay canshuurta Sooshal Sakuuratiga (Social Security).

**La xiriirida:** Wac ama tag xafiiska Sooshal Sakuuratiga (Social Security) ee

Deegaankaaga. Codsiyada khadka (online) ka ayaa laga heli karaa halkan:

<https://www.ssa.gov/benefits/disability/>.

Wixii kale ee akhbaar ah, booqo <https://www.lawhelpmn.org/issues/disability/social-security-and-ssi-disability-benefits>.

### ➤ **Gargaarka Guud ee Minnesota (GA)**

Waxa aad heli kartaa lacag hadii aadan shaqeysan lacag kugu filan si aad naftaada u dabarto ama haddii aad leedahay dakhli aad u hooseeya aadana lahayn wax kale oo khayraayo ah.

**Xaq u yeeladka:** Haddii aadan shaqeyn karin lacag kugu filan si aad naftaada u dabarto naafanimo ama sababo kale oo la xusay awgood. Waa khasab sidoo kale inaad ka soo baxdo shuruudaha xadidaadaha ee dakhliga iyo hantida.

**La xiriirida:** Ka codso khadka (online) ka ee <https://mnbenefits.mn.gov>.



➤ **Kaabida Taakulaynta ah ee Minnesota (MSA)**

Waxa aad heli kartaa gargaar lacag cadaan ah (oo dheer manfacyadaada SSI) si aad u bixiso kharashaada baahida aasaasiga ah.

**Xaq u yeeladka:** Waa inaad 18 sanno jir tahay ama aad ka weyn tahay aadna xaq u leedahay manfacayada (SSI) iminka. Waxaa jira xadidaadyo hantida ah.

**La xiriirida:** Ka codso khadka (online) ka ee <https://mnbenefits.mn.gov> ama la xiriir xafiiska adeegyada bulshada ee deegaankaaga ama qabiilkaaga.

➤ **Kaabida Taakulaynta ah ee Minnesota (MSA) ee Gargaarka Dhanka Guryaha**

Waxa aad heli kartaa lacag aad ku bixiso kiradaada, amaahda guryaha, iyo korontadaba.

**Xaq u yeeladka:** Waa khasab inaad xaq u yeelato (MSA) aadna leedahay kharash kiro guri oo ka badan boqolkiiba 40 dakhligaaga guud.

Sidoo kale waa khasab inaad u soo guurayso beesha dhexdeeda adigoo ka soo guuraya rug dowladeed, aadna xaq u leedahay (Medical Assistance), ama aad ku nooshahay guri aad adigu leedahay aadna ku hesho guriga Gargaarada Medical Assistance iyo adeegyada ruqsada ee beesha-ku-salaysan.

**La xiriirida:** Ka codso khadka (online) ka ee <https://mnbenefits.mn.gov> ama la xiriir xafiiska adeegyada bulshada ee deegaankaaga ama qabiilkaaga. Hadii aad jaa hadda hesho (MSA), la xiriir hawl-wadeenkaaga.

➤ **Barnaamijka ka Gargaarka Korontada (EAP)**

Waxa aad heli kartaa deeq kaa caawisa inaad bixiso kharashka korontada kuleylinta gurigaaga.

**Xaq u yeeladka:** Waa khasab inaad tahay kirayste ama mulkiile guri waana khasab in dakhligaagu uu yahay ama ka yar yahay boqolkiiba 50 dakhliga bartanka ah dadka ee gobolka.

**La xiriirida:** bixiyeyaasha (EAP) ee u adeega degmadaada ama qabiilkaaga. Waxaad iyana la xiriiri kartaa Waaxda Ganacsiga ee Minnesota (Minnesota Commerce Department): <https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>.

➤ **Barnaamijka Gargaarada Kaabida Nafaqada (SNAP)**

Waxa aad ka heli kartaa caawimaad ku saabsan bixinta kharashka cuntada barnaamijka (SNAP). SNAP horey waxaa loogu aqoon jiray (Food Stamps).

**Xaq u yeeladka:** Xaq u yeeladkaagu waxa uu ku xiran yahay dakhligaaga.

**La xiriirida:** Ka codso khadka (online) ka ee <https://mnbenefits.mn.gov> ama la xiriir xafiiska adeegyada bulshada ee deegaankaaga ama qabiilkaaga.



## Ma shaqeyn karaa mana heli karaa manfacyada isla waqti?

Haa! Maamulka Sooshal Sukuuratiga [Social Security Administration (SSA)] waxa uu leeyahay barnaamijyo kaa caawinaya adiga inaad bilowdo inaad shaqeyso ama aad shaqo ku noqoto. Barnaamijyadaa waxaa loogu yeeraa shaqo dhiiri-gelin.

### ➤ **Tigidhka Shaqadda** (Ticket to Work)

Tigidhka shaqada waa barnaamij lacag la'aan ah oo ay fidiso (SSA) oo ka caawiya dadka qaata manfacyada naafada inay ogaadaan inay shaqeyn karaan iyo in kale. Waxaa aad heli kartaa caawimaad ah inaad ogaato inaad shaqeyn karto, caawimaad ah inaad u diyaar garowdo shaqo, inaad hesho siina wadato shaqo.

**Xaq u yeeladka:** Waa khasab inaad qaadato manfacyada (SSI) ama (SSDI) aadna rabo inaad shaqeyso.

**La xiriirida:** Khadka Caawinta ee Tigidhka Shaqada ee 1-866-968-7842 ama <https://choosework.ssa.gov/about/how-it-works/index.html>.



### ➤ **Ka Reebida Dakhliga Ardaygu Kasbado**

Ardaydu waxa ay kasban karaan cadad cayiman oo lacag ah, (SSA) duna uma xisaabin doonto lacagtaa dakhli ahaan kolka ay qoondeynayso manfacyadaada naafada. Cadadku waa uu isbedelaa sannad walba. Ka eeg Buuga Guduudan (Red Book) ee (SSA): <https://www.ssa.gov/redbook/>.

**Xaq u yeeladka:** Waa khasab inaad qaadato manfacyada (SSI), aadna ka yar tahay da'da 22 jirka, aadna iskuulka si joogta ah u dhigato.

**La xiriirida:** Xafiiska Sooshal Sakuuratiga ee deegaankaaa (Social Security). Ka ogow wax badan oo arrintan ah halkan <https://www.ssa.gov/redbook/>.

### ➤ **Dhiiri-gelinada Kale ee Shaqada ee Sooshal Sakuuratiga (Social Security)**

Waxaa jira dhiiri gelinyo kale oo shaqada ah si looga caawiyo dadka qaata manfacyada naafada inay shaqeyaan. Tusaalayaal arrintaa ah waxaa ku jira Ka Reebida Dakhliga la Kasbado, Qorshayaasha PASS (PASS Plans) iyo Kharashaadka limaha la Xiriira ee Shaqada oo laga bixiyo.

**Xaq u yeeladka:** Waa khasab inaad qaadato manfacyada naafada. Mid walba oo ah dhiiri-gelinada shaqadu waxa ay leedahay shuruudo u gaar ah oo xaq u yeeladka ah.

**La xiriirida:** Xafiiska Sooshal Sakuuratiga ee deegaanka (Social Security). Ka ogow wax badan oo arrintan ah halkan <https://www.ssa.gov/redbook/>.

## Shaqeyntu ma saameyn lacagta naafanimada ee aan helo?

Kasbashada lacagtu waxa ay saameyn kartaa manfacyada dowladda ee aad hesho, laakiin marmar badan uma badna sida aad u malaynayso. Waxa aad ka ogaan kartaa sida ay shaqeyntu u saameyn karto manfacyadaada adigoo caawimaad ka helaya waxa la yiraa qorsheynta manfacyada.

**Xaq u yeeladka:** Qorsheynta manfacyada ama darsida waxaa loogu tala galay dadka ka hela wuxuun nooc manfacyo dowladeed ah qorsheynayana inay shaqeeyaan ama jaa shaqeeyaba.

**La xiriirida:** Hay'ada (Work Incentives Connection at Goodwill-Easter Seals) ee khadkeedu yahay 1-800-976-6728 ama <https://www.goodwilleasterseals.org/services/disability-services?tab=disabilitybenefitssupport>.

Waxaad kaloo la xiriiri kartaa Hay'ada (Disability HUB MN) ee khadkeedu yahay 1-866-333-2466 ama <https://disabilityhubmn.org/>.



## Ma u baahnahay inaan u sheego Maamulka Sooshal Sakuuratiga (Social Security) hadii aan shaqeeyo?

Haa. Hubi inaad u sheegto (SSA) kolka aad shaqo bilowdo ama aad joojiso, ama kolka shaqada aad qabato, saacadaha iyo lacagta aad ku shaqeysaa ay isbedelaan. Sidoo kale waa inaad u sheegto (SSA) hadii aad bixiso kharash la xiriira naafanimadaada iyo inaad u baahan tahay inaad awoodo inaad shaqeeyso.

**Xaq u yeeladka:** Waa khasab inaad u soo sheegto kasabkaaga (SSA) hadii aad qaadato (SSI) ama (SSDI).

**La xiriirida:** Xafiiska Sooshal Sakuuratiga (Social Security) ee deegaankaaga. Ka ogow wax badan oo arrintan ku saabsan halkan <https://choosework.ssa.gov/library/wage-reporting/>

## Siddee ayaan lacag u kaysan karaa inta aad qaadanyo manfacyada naafada?

### ➤ **Akoonada (ABLE)**

Akoonada (ABLE) waa jid aad adigu ku kaysan kartid ama aad ku maal-gashan kartid ilaa iyo \$15,000 sannad walba adigoo ka baxayn xadka xaq u yeeladka ee hantida ee (SSI) ga, Medical Assistance (Medicaid), iyo barnaamijyada kale ee gargaarka. Waxa aad si buuxda xor ugu tahay maamushada akoonkaaga. Qoyskaaga iyo saaxiibadaa waxay sidoo kale lacag ku ridi karaan akoonkaaga.

**Xaq u yeeladka:** Waa khasab inaad leedahay naafanimo bilaabantay ka hor inta aadan 26-sanno jir noqon iyo mid ka mid ah kuwan soo socda:

- aad xaq ugu leedahay (SSI) ama (SSDI) naafanimo awgeed
- aad u leedahay indho la'aan sida uu qorayo Sharciga Sooshal Sakuuratiga (Social Security) ama
- aad leedahay naafanimo kale oo ba'an oo uu qoraal ahaan u soo cadeeyey cudurka ay tahay dhaqtar shahaadi ah.



**La xiriirida:** Wixii kale ee akhbaar ah ama ku saabsan sida loo dalbado akoonka (ABLE), waxa aad kala xiriiri kartaa xafiiska Minnesota ee Qorshaha (ABLE) (Minnesota ABLE Plan) ee khadkiisu yahay 888-609-8872 ama gal shabakada <https://savewithable.com/mn/home.html>.

## **Siddee ayaan si fiican ugu maamulan karaa lacagtayda?**

Garashada sida loo maamusho lacagtaada iyo miisaaniyada waa ay adkaan kartaa, gaar ahaan, marka aad leedahay dakhli yar. Waxaa jira khayraadyo kaa caawin kara inaad gaarto go'aamo fiican. Waxaa iyana dhici karta inaad dooni karto inaad eegto kan kugu haboon adiga ee akoon bangi mid mid isbahaysi urur dhaqaale ah (credit union), iyo waxa ay tahay akhbaarta aad u baahan tahay si aad u furato akoon bangi ama mid isbahaysi urur dhaqaale (credit union).

**La xiriirida:** Hay'ada (Disability HUB MN) ee 1-866-333-2466 ama <https://disabilityhubmn.org/your-options/money/money-management/>.

Waxaad kaloo kala xiriiri kartaa (Lutheran Social Services Financial Counseling) khadka ah 1-888-577-2227 ama <https://www.lssmn.org/financialcounseling/>.

Eeg shabakada (website) Hogaanka Ilaalinta Dhaqaale Macmilka (Consumer Financial Protection Bureau): <https://www.consumerfinance.gov/consumer-tools/>.

Ka ogow wax badan oo ku saabsan furashada akoon bangi ama mid isbahaysi urur credit union) <https://www.consumerfinance.gov/consumer-tools/bank-accounts/>.

## **Ka waran hadii aanan anigu maamulan karin lacagtayda kaligay?**

### ➤ **Adeegyada Wakiilka Lacagta Loo Dhiibo**

Maamulka Sooshal Sakuuratigu [Social Security Administration (SSA)] waxa uu magacaabi karaa Wakiil Lacagta loo dhiibo hadii aad adigu codsato mid ama hadii (SSA) ay ogaato inaad u baahan tahay caawimaad ku saabsan maamulida manfacyada lagu siiyo. Marmar badan, (SSA) waxa ay isku daydaa inay qof ehel ah saaxiib fiican. Hadii aysan taasi suurta gal ahayn, (SSA) du waxa ay u magacowdaa hay'ad adeeg bulsho ama urur kale inuu noqdo Wakiilkaaga Lacagta loo dhiibo.

**Xaq u yeeladka:** Waa khasab inaad qaadato manfacyada Sooshal Sakuuratiga (Social Security) aadna u baahan tahay in lagaa caawiyo maamulida lacagtaada.

**La xiriirida:** Xafiiska Sooshal Sakuuratiga (Social Security) ee deegaankaaga. Ka ogow wax badan halkan <https://www.ssa.gov/payee/index.htm>.

### ➤ **Hanti-Ilaalinta**

Haddii adigu aadan naftaada u gaari karin go'aan ku saabsan hantidaadda maxkamad ayaa kuu magacaabi karta hanti-ilaaliye si uu guugu gaaro go'aamo ku saabsan hantidaada adiga. Hanti-ilaalياهو waa khasab inuu u soo gudbiyo warbixin sannadle ah maxkamadda.

**Xaq u yeeladka:** Cid waa inay ka xareysaa arji maxkamad. Waxaa jiri dhagaysi dacwo maxkamadeed ka dibna xaakim ayaa go'aansada inaad u baahan tahay hanti-ilaaliye iyo in kale si uu kaaga caawiyo maamulida lacagtaada.

**La xiriirida:** Laanta Cadaaladda ee Minnesota (Minnesota Judicial Branch) waxay ku bixisaa akhbaar ku saabsan hanti-ilaalinta shabakada <http://www.mncourts.gov/Help-Topics/Conservatorship.aspx>.



Waxa aad u baahan kartaa inaad la hadasho qareen.

Waa inaad sidoo kale la xiriirto xafiiska adeegyada bulshada ee deegaankaaga ama qabiilkaaga waayo waxaa dhici karta inay kaa caawiyaan bixinta kharashaadka dhanka sharciyada ah.

## **Waxyaabaha Lagu Doorsan Karo Mas'uul Ka Ahaanta**

Qaar badan oo ka mid ah dadka dhalinta yar ee naafada ahi waxa ay awoodaan inay maamushaan noloshooda iyagoon lahayn cid mas'uul ka ah. Mas'uulku waxaa magacaaba xaakim si uu go'aamo ugu gaaro cid. Mas'uulku waxa uu leeyahay awood sharci ah oo uu kuugu gaaro go'aamo adiga ku saabsan sida meesha aad ku noolaanayso, ka shaqeynayso iyo noocyada ay yihiin daryeelada caafimaad ee aad helayso. Waxaa jira siyaabo aad ku heli karto caawimaad ku saabsan maamulida arimaha adigoo ka tanaasulayn awoodaada aad go'aamo naftaada ugu gaarto. **Waxa aad leedahay Xaquuq.** Waxa aad istaahishaa inaad naftaada u gaarto inta ugu badan ee go'aamo ah ee aad gaari karto xanibaad la'aan iyadoo ku salaysan naafanimadaada.

**Siddee ayaan ku heli karaa caawimaad ah maamulida noloshayda adigoo lahayn cid mas'uul iga ah?**

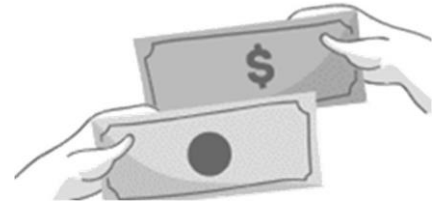


➤ **Go'aan Gaarida La Gargaaro**

Go'aan gaarida la gargaaro waa nidaam u ogolaada adiga iyo dad kale ee noloshaada qaybta ka ah inaad ka fakartaan sida aad ku heli kartaan caawimaada aad u baahan tihiin si aad go'aamo u gaartaan adinkoon lahayn mas'uul maxkamadi magacowday. Waxa aad ka ogaan kartaa nidaamka go'aan gaarida in dardaaran daryeel caafimaad, wakiilnimo ama arrimo kale ay adiga kugu haboon yihiin iyo kale.

**La xiriirida:** (WINGS) ee khadka 844-333-1748 ama <http://wingsmn.org/supported-decision-making>.

**Ka warran hadii aan u baahnahay caawimaad ah maamulida lacagtayda?**



➤ **Adeegyada Wakiilka Lacagta Loo Dhiibo** (ka eeg bogga 31)

**Ka waran haddii aan rabo inaad sii qorsheeyo cida ii gaaraysa aniga go'aamada ku saabsan caafimaadka iyo dhaqaalaha hadii aanan anigu awoodin mustaqbalka?**

➤ **Dardaaranada Daryeelada Caafimaad**

Dardaaranka Daryeelada Caafimaad waxaa marmarka qaarkood loo yaqaan "dardaaranka nolosha." Waxa ayna ka caawiyaan dadka inay ogaadaan waxa la sameynayo hadii aad awoodi waydo inaad kaligaa go'aamo gaarto. Dardaaranadu waxa ay siiyaan tilmaamo daryeelada caafimaad ku saabsan Daryeel-bixiyeyaasha, xubnaha qoyska iyo cidii kale ee aad rabto inaad siiso tilmaamo ku saabsan caafimaadkaaga iyo fayoobidaada.

**Xaq u yeeladka:** Cid walba ayaa sameysan karta Dardaaranada Daryeelada Caafimaad.

**La xiriirida:** Hantida & Adeegyada Sharciyada Waayeelka (Estate & Elder Law Services) khadka ah 612-676-6300 ama booqo shabakada: <https://www.voamnwi.org/estate-and-elder-law>.

➤ **Dhaxalka Nolosha**

Dhaxalka Noloshu waa qoraal aad sameysan karto intii aad sameyn lahayd dardaaran oo sheegaya waxa laga yeeli alaabtaada iyo hantidaada kolka aad dhimato. Dhaxalka Noloshu sidoo kale waxa uu sheegaa sida alaabtaada iyo hantidaada ay tahay in loo qabto inta aad wali nooshahay hadii aad awoodi waydo inaad go'aamo adigu kaligaa aad gaarto. Waxaa kaloo loo yaqaan dhaxalka laga noqon karo.

**Xaq u yeeladka:** Cid walba ayaa sameysan karta Dhaxalka Nolosha.

**La xiriirida:** Hantida & Adeegyada Sharciyada Waayeelka (Estate & Elder Law Services) khadka ah 612-676-6300 ama booqo shabakada: <https://www.voamnwi.org/estate-and-elder-law>.

➤ **Akoonada Bangiga ee Lagu Wada Qoran Yahay**

Waxa aad sameysan kartaa akoon bangi oo qof aad aaminsan tahay uu ka saari karo lacagta ku jirta si uu maslaxadaada uga shaqeeyo hadii adiga uu dhib kaa haysto inaad maamulato lacagtaada.

**DIGNIIN:** Akoonada lagu wada qoran yahay waa hanti ay wada leeyihiin labada qof ee magacoodu ku wada qoran yahay akoonka. Labada qofba lacag waa kala bixi karaan. Hubi inaad qofka aad iskula qorayso akoonka bangigu uu yahay qof runtii aad aad u aaminsan tahay. Qaab taa ka amaan rooni waa inaad lahaato akoon bangi oo adiga kuu gaara ka dibna aad siiso qof aad aaminsan awood uu kaaga saari karo lacagta kuugu jirta akoonka.

**Xaq u yeeladka:** Cidii rabta ayaa sameysan karta akoon bangi oo lagu wada qoran yahay hadii ay leeyihiin awooda sameynta arrintaa.

**La xiriirida:** La xiriir bangigaaga ka dibna waydii inaad rabto inaad sameyso akoon bangi oo qof kale kugula qoran yahay oo leh awood qof wakiilkaa ahi wax uga saari karo.

➤ **Wakiilka idman ee Mudadda Dheer ah**

Waxa aad dooran kartaa qof qaan-gaar ah oo mas'uul ah inuu noqdo wakiilkaaga idman. Wakiilnimada Idmani waxa ay siisaa qofkaa qaan-gaarka ah awood uu ku gaaro go'aamo ku saabsan dhaqaalahaaga haddii adiga aadan awoodin inaad go'aan kaligaa gaarto. Waxay kaloo ka ilaalisaa maxkamada magacowga mas'uul.



**Xaq u yeeladka:** Cidii rabta ayaa magacaabi karta Wakiil Idman.

**La xiriirida:** Wac hantida & Adeegyada Sharciyada Waayeelka (Estate & Elder Law Services) khadka ah 612-676-6300 ama booqo shabakada: <https://www.voamnwi.org/estate-and-elder-law>.

➤ **Nidaamyada Dhowrida ah**

Hadii maxkamadi ay go'aansato inay jiraan sabab aad adigu ugu baahan tahay u magacaabid mas'uul ama hanti-dhowre, waxaa jira wax kale oo la yeeli karo oo la yiraa Nidaamyada Dhowrida ah. Intii ay magacaabi lahayd mas'uul ama hanti-dhowre, maxkamadu waxa ay go'aansan kartaa in iyadu ay arrinta mas'uuliyada maamusho. Waxa ay ogaan kartaa, jiheyn kartaa, ama ay ansixin kartaa wixii macmil ah ee aad ugu baahan tahay amaankaaga, adeegaaga ama habeyn daryeel.

**Xaq u yeeladka:** hadii maxkamadu ay sugto inay jiraan sababo laguugu magacaabo adiga mas'uul ama hanti-dhowre.

**La xiriira:** Wac hantida & Adeegyada Sharciyada Waayeelka (Estate & Elder Law Services) khadka ah 612-676-6300 ama booqo shabakada:  
<https://www.voamnwi.org/estate-and-elder-law>.

# Codeynta

Mataalaadu waa muhiim. Waxa aad xaq u leedahay inaad codeeyso aadna qayb ka noqoto doorashooyinka marka aad gaarto 18-sanno jir. Goobta codeyntu waa inay noqoto mid la geli karo.

Barnaamijka (MDLC) waxaa dhici karta inuu awoodo inuu ku caawiyo hadii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) iyo (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).



## Sida la isugu diiwaan geliyo codeynta?

Waxa aad iska diiwaan gelin kartaa khadka (Online) ka ee shabakada (website) Xogaha Gobolka Minnesota (Minnesota Secretary of State) ama waxa aad buuxin kartaa foom. Foomkan waxaa lagu soo diri karaa boostada ama waxaa la keeni karaa xafiiska Xogaha Gobolka (Secretary of State) ama xafiiska doorashooyinka ee degmadaadda.

Minnesota waxa ay u ogolaataa codeeyeyaashu inay is-diiwaan gelin karaan maalinta doorashada. Waxa aad iska diiwaan gelin kartaa goobtaada codeynta ama goobta horey uga sii codeynta.

**Xaq u yeeladka:** Waa khasab inaad tahay muwaadin Mareykan (United States) ah, ugu yaraan aad 18-sanno jirto Maalinta Doorshada, aad deganayd Minnesota ugu yaraan 20 cisho.

**La xiriirida:** Iska diiwaan geli maxkamada shabakada (website) Xoghayaha Gobolka Minnesota (Minnesota Secretary of State) ee: <https://www.sos.state.mn.us/elections-voting/>.

Hadii aad u baahan tahay caawimaad ama aad qabto su'aalo, la xiriir xafiiska doorashada ee degmadaadda. Liiska xafiisyada doorashada ee degmooyinka waxaa laga heli karaa shabakada (website) Xoghayaha Gobolka Minnesota (Minnesota Secretary of State).

## Ma codeyn karaa hadii mas'uul la iga yahay?

Waxa aad xaq u leedahay inaad codeeyso xataa hadii mas'uul lagaa yahay, aan ka ahayn hadii ay maxkamadi khaas ahaan kugu amartay inaad codeyn karin.

## Ma awoodi doonaa inaan codeeyo?

- Waxa aad xaq u leedahay inaad geli karo goobta codeynta ee deegaankaaga ama aad maqnaansho ku codeeyso.
- Waxa aad xaq u leedahay inaad si qarsoodi ah u codeeyso.

- Waxa aad xaq u leedahay inaad codsato caawimaad ku saabsan calaamadinta warqada codeynta iyo codeyntaba, laakiin waa khasab inaad awoodo inaad sheegan karto cida ama waxa aad doonayso inaad u codeyso. Qof kaa caawinaya calaamadinta ama codeyntu iskuma dayi karo inuu sinaba saameyn ugu yeesho xulashada cidda aad siinayso codeyntaada.

**Xaq u Helidda:** Ka hubi inaad ku jirto is-diiwaangelinta codbixiyaha adoo gelaya: <https://mnvotes.sos.mn.gov/voterstatuscheck/index>

**La xiriirida:** La xiriir xafiiska Xoghaya Gobolka Minnesota (Minnesota Secretary) ee khadkiisu yahay: 1-877-600-8683 ama <https://www.sos.state.mn.us/elections-voting/> ama kala xiriir Rugta Sharciyada Naafada ee Minnesota (Minnesota Disability Law Center) khadka: 1-800-292-4150 ama [www.mndlc.org](http://www.mndlc.org) hadii xaquudaada codeynta lagu xadgudbay.

## Gaadiidka

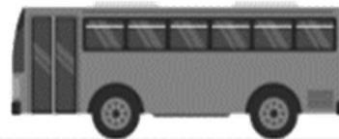
Tagida iyo ka soo noqoshada shaqada, balanta dhaqtar, muraad, iyo booqasho saaxiib waa qayb muhiim ah oo ka mid ah qayb ka ahaanshaha beeshaada. Waxaa jira waxyaabo badan oo kala duwan oo kaa caawin kara adiga arrimaha.

Barnaamijka (MDLC) waxaa dhici kara inuu awoodo inuu ku caawiso hadii uu dhib kaa haysto helida barnaamijyada la xusay ama haddii lagu diiday adeegyo. Haddii aad u baahan tahay caawimaad, ka wac barnaamijyada (MDLC) iyo (CAP) khadka ah 612-334-5970 ama 800-292-4150 (khad bilaash ah).

### Haddii aanan garan karin habka loo raaco baska iyo tareenka?

- **Magaalooyinka Mataanaha ah (Twin Cities): (Metro Transit) iyo (Metro Mobility)**  
Haddii uu dhib kaa haysto inaad barato sida loo raaco baska ama tareenada, waxaa jira aalado safar, jadwal, iyo khariidado ku caawin kara oo ku jira shabakada (website) Metro Transit: <https://www.metrotransit.org/>

**Xaq u yeeladka:** Haddii ay naafanimadaadu kaa hor istaagto isticmaalida tubaha caadiga ah, waxaa dhici karta inaad xaq u yeelato gaadiidka Metro Mobility.



**La xiriirida:** Ka wac hay'ada Metro Mobility khadka ah 651-602-1111, TTY 651-221-9886 ama booqo: <https://metro council.org/transportation/services/Metro-Mobility-Home.aspx>

- **Dhulka Dibada ah ee Minnesota:**  
La xiriir habka gaadiidka dadweynaha ee deegaankaaga si aad u waydiiso gaadiidka dadka naafada ah.

## Waa maxay waxyaabaha kale ee la dooran karaa ee aan ahayn gaadiidka dadweynaha?

### ➤ Adeegyada Wadaagida Qaaditaanka

Waxa aad lacag ku siin kartaa qof inuu kugu qaado gaarigiisa. Qaar ka mid ah Adeegyada Wadaagida Qaaditaanka waxa ay leeyihiin waxyaabo aad heli karo oo la kala dooran karo, waxaa kaloo jira Adeegyo Wadaagida Qaaditaanka ah oo loogu tala galay dadka naafada ah.

**Halkan ka ogow wax badan:** <https://arcminnesota.org/resource/transportation-resources/>

### ➤ Tagaasida

Waxa aad ku siin kartaa lacag qof kugu kaxeeya taagsi. Qaar ka mid ah shirkadaha tagaasidu waxa ay leeyihiin gawaari naafadu geli karto.

**Halkan ka ogow wax badan:**

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



### ➤ Gaari Cid la Raacida

Waxaa dhici karta inaad xaq u yeelato inuu ku qaado saaxiib, qof aad wada shaqeysaan ama cid kale oo aad taqaan. Gaari cid la raacida waxay caawin kartaa cid walba oo gaariga raacda waayo dadka gaariga wada raaca waxaa dhici karta in laga yareeyo lacagta goobaha gawaarida la dhigto waxaa kaloo iyana dhici karta inay awoodaan inay ku isticmaalaan khadadka la yiraa (MN Pass) lacag la'aan.

**Halkan ka ogow wax badan:** <https://www.metrotransit.org/carpool>

## Adeegyadee caawiya bixinta kharashaadka gaadiidka?

### ➤ Medical Assistance (Medicaid) Barnaamijyada Ruqsada ah ee Guriga iyo Beesha ka Jira (ka eeg bogga 3-4.)

Ruqsadaadu waxa ay kaa caawin kartaa kharashka gaadiidka. Tusaale ahaan, shaqaalaha xirfadaha kali u noolaantu (ILS) waxay kaa caawin karaan inaad barato sida loo qaado gaadiidka dadweynaha ama loo helo ruqsada darawalka. Xaaladaha qaarkood, ruqsadaadu waxaa dhici karta inay bixiso kharashka gaadiidka lagu tago loogana soo noqodo rugta shaqada.

### ➤ Gargaarada Beesha ee Macmilku Maamusho (CDCS) (ka eeg bogga 4.)

Barnaamijka (CDCS) waxa uu ku siiyaa adiga xor u ahaan aad ku bixin karto miisaanida ruqsadaada kharashyada gaadiidka ee sida ugu fiican uga soo baxa baahidaada. Waxaa iyana dhici karta inaad awoodo inaad u isticmaasho miisaaniyadaada ruqsada si ay kaaga caawiso kharashka gaadiid aad ku soo adeeganayso si aad u soo gadato waxyaabo daruuri ah ama si aad uga qaybgasho xarakaad beesha dhexdeeda ka jira.

➤ **Medical Assistance (Medicaid) Adeegyada Gaadiidka ee Aan ahayn Gurmada ee Degdeg ah**

Hadii aad haysato Medical Assistance (MA), waxaa dhici karta inuu bixiyo kharaska gaadiidka aad ku tagayso ugana soo noqonayso balamada dhaqaatiirta.

**La xiriir:** Hay'adda Kaalmada Dadka Naafada ah ee Disability Hub MN adoo ka wacaya telefoonaka bilaashka ah ee: 1- 866-333-2466 ama booqo: <https://disabilityhubmn.org>

➤ **Adeegyada Tababarada Shaqooyinka**

Xafiiskaaga Adeegyada Tababarada Shaqada waxa uu kaa caawin karaa inaad ogaato waxyaabaha la kala dooran karo ee ka jira beeshaada, oo ay ku jiraan inaad hesho gaari aad adigu leedahay, wadaagid qaaditaan, baas, tareen, gaadiid kale oo dadweyne iyo waxyaabo kale oo la heli karo. (Ka eeg bogga 17-18).



# KHAYRAADYADA

## **Liiska akhbaarta la xiriirida adeegyada bulshada ee degmo walba:**

<https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/contact-us/county-tribal-offices.jsp>

## **Khayraadyo guud, akhbaar, iyo taakuleyn:**

### **Disability Benefits 101**

Manfacyada Naafada ee 101 (Disability Benefits 101) waxa uu leeyahay akbaar badan oo kale oo ku saabsan adeegyada naafada ee laga yaabo inaad heli karto adigu.

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

### **PACER Center**

Rugta PACER Center waxa ay ka shaqeysaa bilada tayada nolosha iyo u fidinta fursado ilmaha, dhalinyarada leh dhamaan naafada kala duwan iyo qoysaskooda.

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

### **NAMI MN**

NAMI Minnesota (National Alliance on Mental Illness) waa urur samafal ah oo u go'doomay hagaajinta noloshada ilmaha iyo dadlka waaweyn ee xiska ka jiran iyo qoysaskooda.

<https://namimn.org/>

### **Arc Minnesota**

The Arc Minnesota waxa uu fidiyaa akhbaar iyo gargaar si ay u caawiyaan dadka maskaxiyan iyo garaad ahaanba dib u dhacu ku jiro ee naafada ah ee gobolka oo dhan ku nool iyo qoysaskooda.

<https://arcminnesota.org/>

### **MN Brain Injury Alliance**

Waa Urur samafal oo gobolka oo dhan ka jira oo u go'doomay bilitaanka tayada nolosha ee dadka maxkamadu jugtu ka soo gaartay.

<http://braininjurymn.org/>

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

Autism Society of Minnesota waxa uu fidiyaa akhbaar iyo gargaar si uu u caawiyo dadka uu saameeyey Cudurka Aafada ah ee Ootiisamka (Autism Spectrum Disorder) iyo qoysaskooda.

<https://ausm.org/>



## **Xarumaha Kali Noolaanta (Centers for Independent Living)**

Xarumaha Kali Noolaantu [Centers for Independent Living (CILs)] waxay siiyaan akhbaar iyo gudbin, tababar, la talin iyo adeegyo taakuleyn ah dadka naafada ah.

- [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

# Talooyinka Ah Ula Xiriirida Ururada Caawin

Wicidu waxa ay noqon kartaa mid walwal leh. Gaar ahaan waxa ay leedahay walwal gaar ah hadii aadan hubin cida aad u baahan tahay inaad kala hadasho adeegyada iyo manfacyada aad u baahan tahay. Hay'adaha aad wacayso intooda badani, hadalku waxa uu ka bilowdaa cajalad hadlaysa oo kuu sheegta xulashada adiga ku quseeysa. Mar walbana ma cada xulashada adiga ku quseeysaa midda ay tahay. Cajaladaa hadlaysaa waxa la yiraa "geedaha telefanka." KuwaNI waa qaar talooyin ah oo ku saabsan sida qof telefanka loogu helo iyo sida fiicana loola xiriiro hay'adaha gargaarka.

1. **Ogow lambarka kiiskaaga, hadii aad leedahay.** Hadii aad jaa hesho adeeg ama manfac, diyaar la ahow lambarka kiiskaaga kolka aad wacayso hay'ada.
2. **Ogow qofka uu yahay hawl-wadeenkaagu.** Hadii aad leedahay hawl-wadeen, wac. Lambakiisa inta badan waxaa lagu soo daraa ogaysiisyada aad hesho ee ku saabsan adeegyada iyo manfacyada.
3. **Ogow doorka iyo waajibaadka hawl-wadeenka.** Hawl-wadeenkakagu waxa uu mas'uul ka yahay xiriirinta qiimaynaha, kaa caawinta sameysiga qorshe daryeel, eegida sida qorshahaagu u shaqeynayo iyo taakuleyntaada.
4. **Waydii arrinta doorashada bixiyaha maareynta kiiskaaga.** Waxaa ka jira noocyo badan oo bixiyeyaal kiis maareyn ah gobolka oo dhan. Qaarkood waxa ay la leeyihiin qandaraasyo adeeg bixin ah degmadda. Hubi inaad wax ka waydiiso waxa aad kala xulan karto oo dhan aadna isu eegto khasaaraha iyo faa'iidada ay leeyihiin bixiyeyaasha kala duwani.
5. **Waydii hawl-galaha ama wakiilka adeega kolka aadan arrin hubin.** Hadii midna waxyaabaha la kala xulanayo aadan fahmin kolka aad wacdo hay'ad, sug tilmaamta ku faraysa inaad taabato 0, ama lambar kale oo ay kugu yiraahdaan, oo oranaya waxa aad la hadli qof wakiil hay'ada ka ah.
6. **Hadii aad qof telefanka ku hesho, waydii magaciisa, telefoonkiisa tooska ah iyo/ama emaylka.** Helida qof akhbaartiisa lagala xiriiro waxa ay fududeysaa in dib loola xiriiro la iskana dhowro habka geedka telefanka.
7. **Hadii aad u dhaafto fariin qof, marka kale ku celi.** Hadii aad sugto in hay'ada ama hawl-wadeenku ku soo waco waxaa dhici karta inaad jawaab degdeg u helin. Sug maalin ama labo ka dibna wac si aadan u sugin asbuuc ka badan.
8. **Kala har nuqulo qoraalada iyo ogaysiisyada.** Hayso qoraalada iyo ogaysiisyada lagu soo diro oo dhan. Ogaysiisyadu waxa ay kaa caawin karaan inaad fahamto waqtiga iyo xaquuqdaada haddii degmada, gobolka ama dowlada dhexe ay khalad sameyso. Waxay kaloo caawin karaan in qareen garto in xaquuqdaada lagu xad-gudbay iyo in kale.