



# Adeegyada Guriga ama Beesha ka Jira ee Dadka Madaxa Jugta Ka Gaarto

Home and Community-Based Services for People with Brain Injury

## Waa maxay “jugta Madaxu?”

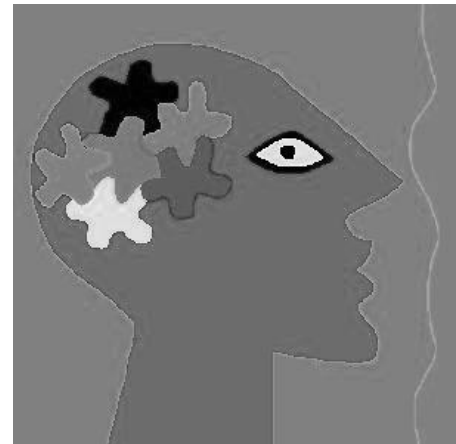
Waxaa jir dhowr qeexitaano caafimaad ama sharci ah oo loo adeegsado “Jugta Madaxa” (BI) ama “iinta jugta madaxu” reebto (TBI). Inta badan barnaamijyada adeega bulshada ee Minnesota, TBI waxaa ku jira “jug degdeg ah ama waxyeelo maskaxda ama daboolkeeda ah” hadiiba ay dhacday ka dib dhalashada.

BI waa kalmad balaaran waxaana sidoo kale ku jira cudur ku ‘dhaca” maskaxda oo waxyeela sida, suuxdimaha, cudurada faafa, iyo cudurka falaajaha. BI waxaa kaloo ku jiri kara sida cudurada sii waara ee keena waxyeelo dhanka garaadka ah sida Cudurka Naarfaha ee (MS). Dhawaan, Minnesota waxa ay bilowda inay u isticmaasho BI da ku tilmaamida adeegyada ay heli karaan dalka madaxa jugtu ka soo gaarto ka dib dhalashada.

## Adeegyo caynkee ah ayaan ka heli karaa Gargaarada caafimaad ee (MA)?

Waxaa jira barnaamijyo badan oo u fidiya adeegyo iyo gargaaro guriga iyo beeshaba lagu heli karo dadka leh naafanimada. Dadka leh BI ee xaq u yeesha Gargaarada caafimaad (Medical Assistance), waxaa dhici karta inay helaan:

- Dabiib dhaqancelin ah ee dhanka garaadka ah
- Adeegyada caafimaadka miyirka ee dadka waaweyn
- Guri ku gargaar iyo adeegyada kalkaalinta
- Dabiibo badan oo guriga lagu helo
- Adeegyo gargaar shakhsiyan iyo haynba ah
- Sahayda caafimaadka iyo qalabka iyo
- Adeegyo gaadiidka caafimaadka ah

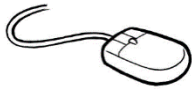


## Waxaa jira adeegyo gargaar oo kale oo la heli karo?

◆ Minnesota waxa ay leedahay waxa la yiraa barnaamijka “Deeqda Gargaarka Qoyska” (FSG), kaa oo fidiya dhaqaale gobolku bixiyo oo ah qaab kaar wax lagu gadan karo ama lacag toos ah oo kaar lagu rido oo gaaraysa ilaa iyo \$3,113.99 sannad walba qoysaska haysta ilmaha naafanimadooda la soo xaqiijiyey. Hadafka barnaamijka FSG gu waa in laga hortaggo ama dib loo dhigo ku meelaynta meel dibada ka ah guriga ilmaha naafadaha ah iyo hirgalinta

◆ caafimaadka qoyska iyo hagaagnaanta bulshada iyadoo la siinayo adeegyo iyo gargaaro qoyska xooga saara.

Wixii akhbaar ah [more information](#) ee ku saabsan barnaajika FSG ka helo [www.mn.gov/dhs](http://www.mn.gov/dhs).



- Riix Dadka aan u Adeegyo (*People We Serve*)
- Riix Dadka Naafada ah (*People with Disabilities*)
- Riix Adeegyada (*Services*), ka dibna riix (*Home and Community Services*)
- Riix Barnaamijyada iyo Adeegyada (*Programs and Services*)
- Riix Deeqda Gargaarka Qoyska (*Family Support Grant*)

Ka codso hay'ada deegaanka degmadaada.

◆ Degmooyinku waxa ay fidiyaan adeegyo guriga ama beesha ka jira iyadoo isticmaalaya barnaamijyada “Xeerka ilmaha iyo Waayeelka Dagan.” Ka Eeeg degmada deegaankaaga si aad u eego inay leeyihiin barnaamijyo ama adeego khaas u ah BI.

◆ Waaxda Shaqada iyo Horumarinta Dhaqaalaha ee Minnesota, laanteeda Adeegyada Dhaqancelintu sidoo kale waxa ay fidisaa gargaaro iyo adeegyo xirfadeyn ah.

◆ Waxaa iyana dhici karta inaad adeegyo ka hesho barnaamijka Gargaarka Lama Huraanka ah ee Beesha” hadii aad u baahan tahay in lagaa caawiyo inaad beesha ku dhex noolaato. Waa inaad ka soo baxdaa shuruudo khaas ah oo xaq u yeeladka ah. Waxaa loogu tala galay dadka aan u baahnayn heerka daryeelka ah ee lagu bixiyo guryaha haynta (nursing home). Waxaa dhici karta inaad xaq u yeelato ilaa iyo \$424 bil walba oo ah adeeg iyo gargaar.

### **Waa maxay waxa la yiraa Saamixida BI (BI Waiver)?**

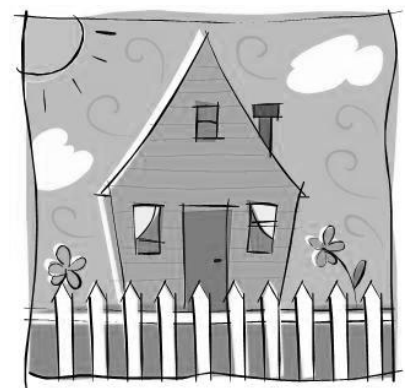
Saamixida BI waa barnaamijka weyn ee u fidiya adeegyada guriga iyo beesha ka jira dadka leh BI. Saamixida BI waxa ay qayb ka tahay barnaamijka Gargaarka Caafimaad ee (Medical Assistance). Qaybta Adeegyada Naafada ee Waaxda Adeegyada Bulshada ee Minnesota (Disability Services Division of the Minnesota Department of Human Services) ayaa maamusha saamixida iyadoo ay caawinayaan hay'ada adeegyada bulshada ee degmooyinku.

Saamixidu waxa ay bixisaa adeegyo iyo gargaar si kolkaa ay dadku ugu dhex noolaadaan beesha ayna u madax banaanaadaan, intii ay ku jiri lahaayeen cisbitaal ama guryaha haynta.

Saamixidu waxa ay bixisaa adeegyada iyo gargaarada aadan ka heli karin Gargaarada Caafimaadka (Medical Assistance). Labadaba, ilmaha iyo dadka waaweyni waa ay isticmaali karaan saamixida.

Kolka aad saamixida hesho waa aad ku noolaan kartaa gurigaaga ama:

- Guriga qoyskaaga ku dhalay ama dadka ku soo korsaday
- Guriga ehelkaa
- Guriga qoys inuu ku hayo laguugu keenay



- Guri shirkadeed oo lagugu hayo  
Rug lagu xaroodo ama lagu noolaado
- Rug gargaar hayn ah leh oo lagu noolaado.

Hadii uu guur jiro, waa aad ku heli kartaa adeegyada Saamixida BI adigoo guriga aad la jooga xilahaaga.

### **Adeegyo caynkee ah ayaan ku heli karaa Saamixida BI da?**

Waxa ay ku xiran tahay taasi karitaanka iyo baahidaada. Adeegyada iyo gargaarada ayaa lagu heli karaa Saamixida soo socda:

- Gargaar Degdeg 24-saacna ah
- Wehel dadka waaweyn ah
- Adeeg meel gayn dadka waaweyn  
maalintii /Adeeg u qubayn ah
- Kharashka nolosha ee daryeel bixiyaha
- Maareynta kiiska iyo gargaare  
maareynta kiiska
- Xarakaad
- Garagaar beeleed uu macmilku  
maamusho, adeegyo la kala dooran  
karo oo siinaya qofka xornimo iyo  
mas'uuliyad uu ku maamuli karo  
adeegyadiisa iyo gargaarkiisa
- Ka Nafisid tabaalaha
- Nolol gaar loogu qorsheeyey
- Shaqo u diyaarin
- Shaqo eegid
- Shaqo gargaarid
- La qabsiga hawada iyo jawiga
- daryeelida guriga ee muddada dheer
- Haynta gargaarka shakhsiyanka ah ee  
muddadda dheer
- Tababarka qoyska iyo la talinta
- Haynta qofka ee dad lacag ku qaata
- Cuntooyinka guriga la isugu geeyo
- Guri hagaajin
- Guri la raadin
- Dabiibka Xirfadaha kali u noolaanta
- Tababarka Xirfadaha kali u noolaanta
- Gargaar guriga ah oo shakhsiyanka ah
- Gargaarka qoyska guriga lagu siiyo
- Kormeerid habeenkii ah
- Adeegyada gargaarka ee shakhsiyanka  
ah
- Adeegyada Gargaarka wacan
- Adeegyada ka Horeeya xirfadeynta
- Nafis
- Adeegyada takhasusaha
- Qalab iyo sahay gaar ah
- Barnaamij maalintii ah ee qaabaysan
- Adeegyo shaqo oo la gargaaro
- Adeegyo ku meelgaar ah
- Gaadiid
- Adeegyo daryeel caafimaad oo guriga  
lagu bixiyo muddo dheer, oo ay ku  
jiraan, gargaaraha daryeelada guriga  
iyo kalkaalin, iyo dabiibyada ah dhanka  
hadalka, waxqabsiga jirka iyo habka  
neefsashada.

## Cidee ayaa xaq u leh Saamixitaanka BI da?

Xaq u yeeladku waxa uu ku xiran yahay habka baarida qiimeynta ah. Si aad xaq ugu yeesho saamixida BI da, waa khasab inaad ka soo baxdo dhamaan shuruudahan oo dhan:



- Aad leedahay [Medical Assistance (MA)] ama aad xaq u leedahay (MA)
- Aad haysto qoraalo ah in lagaa helay:
  - Jug madaxa kaa gaartay oo iin reebtay ama cudur maskaxda ah oo kugu dhacay ama
  - Cudurka sii waara oo waxyeelo u gaystay garaadka. Laakiin ma noqon karo “mid lagu dhashay” (xaadir ahaa xiligii dhalashada)
- Aad leedahay dhibaatooyin weyn/ba’an oo dhanka dabeeca iyo garaadka ah iyadoo sababtuna tahay waxyeelada madaxa.
- Aad ka yar tahay 65 jir kolka aad codsanayso
- Uu cadeeyey inaad nafo tahay Kooxda Dib u Eegida Caafimaadka ee Gobolka ama Maamulka Sooshal Sakuuratiga (Social Security Administration)
- Aad u baahan tahay noocyada daryeelka ah ee aad ka heli karto goobaha haynta (NF) ama cisbitaal qaabilsan hab-dhaqada neerfaha
- Adeegyo ka dhex doorasho beesha intii aad adeeg ku hel lahayd rug hayn ah ama cisbitaal qaabilsan hab-dhaqada neerfaha
- In lagu tixgeliyo Heerka IV (Level IV) ama ka kor ee (Rancho Los Amigos Levels of Cognitive Functioning Scale) (tani waxa ay cabirtaa heerka waxqabsiga qofka ka dib kolka uu ku dhaco BI).

## Sidee ayaan u codsadaa Saamixida BI da?

Waxa aad ka codsan kartaa hay’ada adeega bulshada ee deegaankaaga. Degmaddu waxa ay sameysaa qiimeyn buuxda oo ku saabsan xaq u yeeladkaaga iyo adeegyada iyo baahida adeegyada, waxa ayna kaa caawin kartaa inaad wixii qiimeyn caafimaad ah ee la iska rabo aad marto. Si aad u hesho xafiiska deegaankaaga, gal shabakada [www.mn.gov/dhs](http://www.mn.gov/dhs) ka dibna riix *Nala soo xiriir (Contact Us)* si laguugu xiro liiska hay’ada degmadda [list of county agencies](#).

## Durbaba xaq ma u leeyahay inaad helo adeegyada Saamixida hadii la go’aamiyo inaad xaq u leeyahay Saamixid?

Inta badan, haa. Degmaddu waxa ay ku waydiin su’aalahan soo socda si loo hubiyo inaad u baahan tahay adeegyada saamixida:

- Adeegyada ma loo baahan yahay si loo hubiyo caafimaadkaaga, hagaagsanaantaada ama amaankaaga?
- Dhamaan waxyaabaha kale ee la yeeli karo ma la wada eegay ka dibna xulashadani ma ka soo baxaysaaa baahidaada iyo waxa aad jeceshahay?
- Kharashka adeega ma loo tixgeliyaa inuu yahay mid macquul ah iskana caadi ah?
- Adeega ma ay bixiyaan ilo kale oo dhaqaale, sida adeegyada qorshaha gobolka ee Gargaarka Caafimaad (Medical Assistance), kaar caafimaad oo gaar loo leeyahay, (Medicare), dhaqaale tacliineed ama dhaqaale Adeeg xirfadeyn ama tababar?

## **Maxaan sameyn karaa hadii degmadu go'aansato inaanan xaq u lahayn Saamixida BI?**

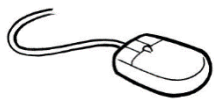
Hadii degmaddu ay diido inay kuu qiimeyso adiga Saamixida BI ama ay tiraa xaq uma lahid, aadna ku raacsanayn go'aankooda, waxa aad ka codsan kartaa racfaan maamul Waaxda Adeegyada Bulshada (DHS).

Waydiiso racfaankaaga degmada ama Qaybta Racfaanada iyo Maamulka ee Waaxda Adeegyada Bulshada. Waa inaad ku codsataa racfaanka qoraal ahaan 30-cisho laga bilaabo kolka aad ka hesho ogaysiiska degmada oranaya waa lagu diiday. Waxa aad haystaa 90-cisho oo racfaan qaadasho hadii aad haysato sabab fiican.

## **Sidee ayaan racfaan u qaataa?**

Waxaa jira siyaabo kala duwan oo aad ku heli karto racfaankaaga.

**Khadka (Online):** waxa aad ka buuxin kartaa foomka racfaanka ka diba waxa aad soo gudbin racfaanka [fill out a form and submit your appeal](https://mn.gov/dhs/) khadka (online) Gal: <https://mn.gov/dhs/>.



- Riix santuukha “sidee Ayaan” “(How do I)” dhanka kore ee midig ee boga
- Hoosta ka “Hel” “Find” riix foomamka iyo qoraalka“(edocs and forms)”
- Riix Luuqada
- Geli 0033 qaybta wax baarida

Waxaa jira tilmaamo iyo foom. U akhri wax walba si taxadar leh, buuxi gabi ahaanba ka diba riix “Dir” “Submit” ku taal hoos dhinaca midig. Waa ra’yi wanaagsan inaad nuqul aad adigu haysato aad daabacato.

## **Emayl ama faaxsi ahaan:**

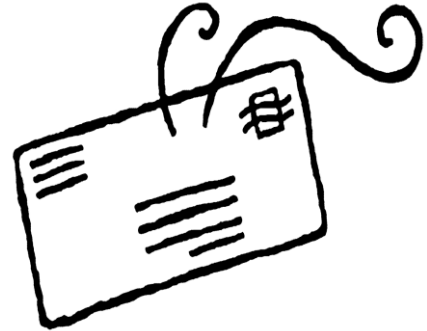
Waa aad ka daabacan kartaa foom banaan shabakada (website) adigu ama waxa aad ka heli kartaa foomka degmada. Hadii aadan doonayn inaad isticmaasho foom, dhib ma leh inaad warqad uun soo qorto oo aad boostada soo dhigto ama faaxsi ahaan ku soo dirto. Dheh waxa aan doonayaa inaad racfaan ka qaato go’aan iyo sababta. Haddii aad doonayso in

manfacyadaadu kuu sii socdaan xilliga racfaanka, waxaa jira waqti xadidan oo la rabo inaad taa ku sameyso. Ka eeg “Degdeg see ah ayaa la iga rabaa inaad racfaan ku qaato?”

Hubi inaad ku qorto lambarka kiiskaaga iyo taariikhda warqada. Nuqul adigu naftaada ugala har. Waa aad u dhiibi kartaa warqadaada racfaanka hawl-wadeenkaaga degmadda. Sidoo kale boostada ayaa soo dhigi kartaa racfaankaaga ama faaxsi ahaan ayaaad u soo diri kartaa adigoo ku soo hagaajinaya:

Minnesota Department of Human Services Appeals Office  
PO Box 64941  
St. Paul, MN 55164-0941

Faaxsi (651) 431-7523



### **Sidee ayey hay'ada Rugta Sharciyada Naafada ee Minnesota ii caawin kartaa?**

Rugta Sharciyada Naafada ee Minnesota [Minnesota Disability Law Center (MDLC)] waa hab gobolku leeyahay oo ilaalin iyo taakuleynba siiya dadka naafada ah. Hay'ada MDLC waxay uga heshaa dhaqaalo dowlada dhexe ujeeddadan awgeed.

Hadii aad haysato BI, shaqaalaha hay'ada (MDLC) waxa ay kaa caawin karaan helida adeegyada saxda ee aad u baahan tahay. Hy'ada (MDLC) waxay sidoo kale kaa caawin kartaa arrimo kale oo xaquuqda muwaadinka ah sida, tacadiga, dayaca, iyo xadgudubyada xaquuqda.

#### **How can I contact the Minnesota Disability Law Center?**

The Minnesota Disability Law Center provides free legal help and advice to people with disabilities in Minnesota. Contact us at:

Metro: (612) 334-5970  
TDD: (612) 332-4668  
Toll Free: 1-800-292-4150

Minnesota Disability Law Center  
111 North 5<sup>th</sup> Street, Suite 100  
Minneapolis, MN 55403

[www.mndlc.org](http://www.mndlc.org)



*Xog Urursan oo ku saabsan macluumaadka sharciga MA AHA talo xagga sharciga. La tasho qareen. Ha isticmaalan xogtan urursan haddi ay 1 sano ka soo wareegtay xilligii la daabacay. Weydiiso xogtii ugu dambaysay, liiska xogta urursan, ama aad ku hesho habab kale.*

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