



# Ua Kom Tsim Nyog Nyob Taus: Koj Puas Xav Kom Koj Tus Tswv Tsev Hloov Tej Yam Vim Koj Qhov Xiam Oob Qhab?

Reasonable Accommodations: Do You Need Your Landlord to Make a Change Because of Your Disability?

## Kuv nug puas tau kom muaj kev hloov rau kuv lub tsev vim kuv qhov xiam oob qhab?

Yog koj muaj ib qhov xiam oob qhab uas ua nyuab rau koj lub neej, nrhiav los sis nyob ib lub tsev kem uas koj muaj feem nug kom tus tswv tsev hloov kom yooj yim rau koj nyob ntawm. Tej kev hloov no hu uas “reasonable accommodations” ua kom tsim nyog nyob taus.



## Ua Kom Tsim Nyog Nyob Taus:

Txoj cai hais tias cov tswv tsev yuav tsum tau ua kom tsim nyog nyob taus (hloov) ntawm lawv cov cai, txheej txheem lossis cov kev cai los cia tib neeg uas xiam oob qhab muaj kev vaj huam sib luag nrog kev txaus siab rau vaj tse. Tiamsis cov kev hloov yuav tsum tsim nyog hloov tau.

### Ib qho kev hloov tsim nyog yog hais tias nws:

- tsim nyog
- tsis raug nqi ntau rau tus tswv tsev lossis lwm yam kev pab,
- Tsis ua ib qho kev hloov uas yuav cuam tshuam tus tswv tsev lub lag luam.

## Piv txwv txoj kev Ua Kom Tsim Nyog Nyob Taus #1

Maria tau nws daim tshev nyiaj SSI hnuv tim 3 txhua lub hlis. Nws tsis paub hais tias thaum twg nws mas txais tau daim tshev. Maria tau pob nyiaj SSI vim nws xiam oob qhab. Tswv tsev tsub nqi lig ntxiv yog tias them nqi tsev tom qab tim 1 ntawm ib lub hlis twg. Raws li kev ua kom tsim nyog nyob taus Maria thiaj thov tus tswv tsev kom tos txog tim 5 ntawm ib lub hlis twg tso mam them nqi tsev. Nws kuj thov kom tsis txhob tsub tus nqi lig, tshwj tsis yog tias nws them nqi tsev tom qab hnuv tim 5. Tus tswv tsev yuav tsum pom zoo ua kom tsim nyog nyob taus yog qhov nws thov ntawm yog tej yam ua tau.

## Piv txwv txoj kev Ua Kom Tsim Nyog Nyob Taus #2

Nyuam qhuav tsis ntev los no Betty thiaj mam paub tias nws muaj ib tug mob “bipolar” ua rau nws siab ntsws tsis ruaj. Ua ntej nws paub txog tus mob no nws tau khaj hauj lwm ntau zaus vim yog nws txoj kev siab ntsws tsis tu thiab kev nyuaj siab. Vim yog nws kev ua hauj lwm tsis zoo, Betty thiaj tau raug tshem tawm ntawm nws txoj hauj lwm, thiab them tsis taus nqi tsev.

Tam sis no nws muaj ntaub ntawv hauv nws qhov keeb kwm hais tias nws raug ntiab tawm tsev rau lub sij hawm ntawd.

Betty tab tom nrhiav tsev tshiab. Nws tso npe rau ib lub tsev kem uas muaj txoj cai txwv tsis pub xauj tsev rau leej twg uas muaj ntawv raug ntiab tawm tsev yav tag los. Betty muaj feem thov qhov “ua kom tsim nyog nyob taus” rau nws.

Nws thov kom tus tswv tsev hloov txoj cai rau nws qhov no vim yog nws mob hlwb thiaj tau raug ntiab tawm tsev.

Tiamsis Betty yuav tsum muab lav lus rau tus tswv tsev hais tias nws yuav ua tau raws li daim ntawv xauj tsev thiab them nws tus nqi tsev yav pem suab. Qhov no yog ib qho povthawj hais tias nws tswj tau nws tus mob “bipolar-nyuaj siab” es noj tshuaj. Lossis ib daim ntawv ntawm nws tus nais hais tias nws yog ib tug neeg vam tau rau thiab tsis tau qhaj haujlwm li. Yog nws kam them qho nyiaj cas tsev ntau zog los kuj tau thiab.

### **Yuav ua li cas kuv thiaj li paub tias yuav tsum nug txog qhov ua kom tsim nyog nyob taus?**

Teb cov lus nug no:

	<b>YOG</b>	<b>TSIS YOG</b>
Koj puas muaj teeb meem nrhiav los sis nyob hauv tsev vim koj qhov xiam oob qhab?		
Tej koj kom hloov no puas yuav pab koj nrhiav tau lub tsev kem los sis pab koj nyob ntawm koj lub tsev kem tam sis no?		
Koj puas yuav ua tau raw li koj daim ntawv xauj tsev yog lawv hloov tau?		
Tom qab hloov tag, koj puas yuav tswj tau koj tus cwj pwm kom tsis txhob ua kev kub ntxhov rau kev noj haus, kev ruaj ntseg thiab lwm tus cov khoom uas nyob hauv lub tsev loj ntawd?		

**Yog koj teb YOG tag nrho rau 4 nqi lus nug, ces tsim nyog koj nug txog qhov ua kom tsim nyog nyob taus.**

### **Kuv yuav thov li cas thiaj tau qhov ua kom tsim nyog nyob taus?**

Yog koj xav thov qhov ua kom tsim nyog nyob taus, yog ua tau, tej zaum koj yuav tsum:

1. Muab cov lus thov sau xa mus thiab luam ib daim khaws tseg rau koj
2. Muab txhua cov ntawv pov thawj koj muaj los sis cov tsab ntawv sau txhawb koj uas yuav pab tau koj txoj kev thov

Thaum koj nug txog qhov ua kom tsim nyog nyob taus, ces tos seb tus tswv tsev puas yuav pom zoo li ntawm los sis qhia rau koj tias ntawm tsis yog qhov kev xiam oob qhab, tsis tsim nyog, lossis tseem ceeb.

Nco ntsoov, cov lus nug txog ua kom tsim nyog nyob taus tsis muaj ib los lus teb yooj yim tias yog los tsis yog. Xav txog tej lus koj yuav nug rau tus tswv tsev uas nws yuav pom zoo txog seb koj puas yuav tau los sis nyob koj lub tsev. Qhov no yog lub sij hawm koj los siv tswv yim zoo.

## Yuav ua li cas yog tus tswv tsev tsis kam muaj qhov ua kom tsim nyob taus rau kuv ne?

Yog koj teb YOG rau 4 nqis lus nug saud thiab koj twb thov kom lawv ua qhov kom tsim nyob taus lawm TIAM SIS tus tswv tsev ho tsis kam hloov ab tsi li, tej zaum qhov no yog ib rooj plaub txhaum txoj cai ntxub ntxaug txog kev xauj vaj tse nyob.



**Cov tau nyiaj tsawg, cov laus thiab cov neeg xiam oob qhab nyob Minnesota, hu rau koj lub hoobkas kev cai lij choj los ntawm 1-(877) 696-6529.**

Lossis mus nrhiav kev pab los ntawm lwm cov kev pabcuam ntawm [www.lawhelpmn.org/hm/providers-and-clinics](http://www.lawhelpmn.org/hm/providers-and-clinics).

Koj mus nrhiav kev pab los ntawm tsoom fww cov khoos kas uas tswj cov kev cai ntxub ntxaug txog vaj tse. Lawv yuav nug xyuas tej teeb meem no dawb.

### **MN Department of Human Rights**

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540 Fairview Ave North, Suite 201  
St. Paul, Minnesota 55104

Tus xov tooj: (651) 539-1100 los yog  
1(800) 657-3704  
MN Relay: 711 or 1(800) 627-3529

Discrimination helpline (Kev ntxub ntxaug tus xov tooj pab): 1 (833) 454-0148  
Email ntawm: [info.mdhr@state.mn.us](mailto:info.mdhr@state.mn.us) [www.mn.gov/mdhr/](http://www.mn.gov/mdhr/)

### **Housing and Urban Development (HUD)**

Minneapolis Field Office  
212 Third Ave South, Suite 150  
Minneapolis MN 55401

Tus xov tooj: (612) 370-3000  
**Housing and Urban Development (HUD)**  
77 West Jackson Boulevard, Suite 2600  
Chicago, IL 60604-3507

Tus xov tooj: (800) 669-9777  
Rau ob lub HUD hoob kas: [www.hud.gov](http://www.hud.gov)



**Koj yuav ua ab tsi los, yuav tsum ua kom sai. Feem ntau cov rooj plaub no, koj yuav tsum ua ntaub ntawv tsis txaus siab los sis foob rooj plaub li ntawm 1 los sis tej zaum 2 xyoos.**

*Cov ntawv Qhia Tseeb yog qhia kom paub txoj kevcai xwb TSIS yog muab txwv yim txog txoj kevcai. Mus ntsib ib tug kws lij choj rau tswv yim. Tsis txhob siv daim ntawv qhia tseeb yog tias nws qub tshaj ib xyoos lawm. Nug peb txog cov hloov tshiab, daim ntawv qhia txog cov ntawv qhia tseeb, lossis lwm hom ntawv.*

© 2024 Minnesota Legal Services Coalition. Luam tau daim ntawv no los siv rau tus kheej tsis ua lag luam thiab qhia kom paub xwb. Tagnrho lwm cov cai ceev tseg. Qhov lus sau no yuav tsum nyob rau txhua daim ntawv. Txwv tsis pub muab luam, faib, thiab siv ua lag luam.