



Kej Pab Cuam Hauv Tsev thiab Hauv Zej Zog rau Cov Neeg Raug Mob Lub Hlwb

Home and Community-Based Services for People with Brain Injury

“Raug mob lub hlwb” yog dab tsi?”

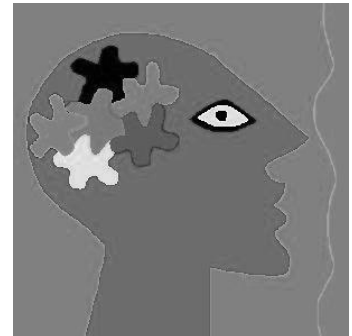
Muaj ob peb txoj kev txhab txhais los ntawm cov lus kev cai lij choj thiab cov lus kho mob rau qhov “brain injury” raug mob lub hlwb (BI) los yog “traumatic brain injury” kev raug mob puas lub hlwb (TBI). Feem coob ntawm cov kev pab cuam rau hauv Minnesota, TBI yog nrog txhua txoj kev “ib sij huam muaj kev raug los yog puas tsuaj rau lub hlwb los yog qhov npog lub hlwb” tsuav yog tshwm sim tom twb yug los.

BI mas siv tau dav zog thiab kuj yog cov kev “tsim muaj” kev raug mob lub hlwb, xws li cov kev tsim los ntawm kev qaug dab peg, kis cov kab mob, los yog mob strokes. BI kuj yog tsim los ntawm kev muaj mob vim yog laus uas muaj kev puas tsuaj rau txoj kev tsis nco ub nco no xws li multiple sclerosis (MS). Nyuam qhuav los no, Minnesota tau siv los lus piav kom mee txog cov kev pab uas muaj los kho cov tib neeg uas raug mob lub hlwb tom qab yug los.

Kuv yuav txais tau hom kev pab cuam twg los ntawm daim ntawv kho mob Medical Assistance (MA)?

Muaj ntau txoj kev pab uas muaj kev pab nyob hauv tsev los yog hauv lub zej zog thiab kev txhawb rau cov tib neeg muaj kev xiam oob qhab los ntawm BI uas tsim nyog tau txais kev pab. Cov neeg uas muaj BI uas tsim nyog tau Medical Assistance, kuj muaj cai tau:

- kev pab kho kom rov qab nco ub nco no
- muaj neeg pab kho mob hauv tsev thiab kev pab los ntawm cov kws pab kws kho mob
- ntau txoj kev kho mob hauv tsev – Community First Service and Supports (CFSS)
- kev muaj neeg tuaj pab tu
- kev pab yam muaj cov khoom kho thiab khoom siv, thiab tsheb thauj mus ub mus no



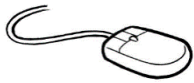
Puas muaj lwm cov kev pab lawm thiab?

◆ Minnesota muaj txoj kev pab Nyiaj Pab Txhawb Tsev neeg “Family Support Grant” (FSG) uas muaj cov nyiaj pab los ntawm lub xeev yam siv cov ntawv nyiaj los yog them ncaj qha mus rau cov khw pab tib neeg txog li \$3,113.99 ntawm ib lub xyoos twg rau cov tsev neeg uas muaj cov menyuam uas yeej hais mee los ntawm kws kho mob hais tias xiam oob qhab lawm. Lub hom phiaj ntawm FSG txoj kev pab yog los tiv thaiv los yog ncu txoj kev yuav tau tshem cov menyuam uas xiam oob qhab tawm hauv lawv lub tsev thiab txhawb txoj kev noj qab haus huv

ntawm tsev neeg thiab txoj kev sib raug zoo yam muaj kev mus siv tau cov kev pab rau tsev neeg thiab cov kev txhawb.

Nco cia: koj tsis muaj feem tau FSG thiab BI Waiver lossis CFSS (saib kem tom ntej) tib lub sijhawm.

Yog [xav paub tshaj no ntxiv](#) txog txoj kev pab los ntawm FSG mus saib www.mn.gov/dhs.
(lus Askiv xwb)



- Nias qhov *People We Serve*
- Nias qhov *People with Disabilities*
- Nias qhov *Services* ces nias qhov *Home and Community Services*
- Nias qhov *Programs and Services*
- Nias qhov *Family Support Grant*

Mus ua ntawv thov ntawm lub koom haum hauv [koj lub nroog](#).

◆ Cov nroog kuj muaj cov kev pab hauv tsev thiab hauv zej zog los ntawm lawv tsab cai “Vulnerable Children and Adults Act” khoos kas. Mus saub ntawm koj lub nroog seb paus muaj cov kev pab cuam los yog hom kev pab cuam tshwj xeeb rau BI.

◆ Lub koom haum chav Minnesota Department of Employment thiab Economic Development, Rehabilitation Services, kuj muaj kev pab kom rov mus ua tau hauj lwm thiab muaj kev txhawb.

◆ Koj kuj yuav mus nrhiav tau kev pab los ntawm “Essential Community Supports” txoj kev pab cuam yog koj yuav tsum tau kev pab es thiaj li nyob taus hauv lub zej zog. Koj yuav tsum muaj qee yam es thiaj li tsim nyog tau txais kev pab. Yog tsim rau cov tib neeg uas tsis tas tau kev pab npaum li nyob tom tsev laus. Koj kuj tsim nyog tau txais kev pab txog li ntawm \$452 ntawm ib lub hli rau cov kev pab thiab kev txhawb.

Qhov BI Waiver yog dab tsi?

Qhov BI Waiver yog txoj kev pab tshwj xeeb tshaj txog cov kev pab rau cov tib neeg uas muaj BI hauv tsev thiab hauv lub zej zog. Qhov BI “Waiver” Kev Pab thiab Txhawb yog ib feem ntawm txoj kev pab los ntawm Medical Assistance. Chav Disability Services Division of the Minnesota Department of Human Services tsim daim ntawv los pab los ntawm cov koom haum pab pej xeeb hauv nroog.

Qhov Waiver muaj kev pab thiab kev txhawb, kom cov tib neeg nyob taus hauv lub zej zog thiab kom lawv pab tau lawv tus kheej es tsis txhob nyob hauv cov tsev kho mob los yog cov tsev laus.

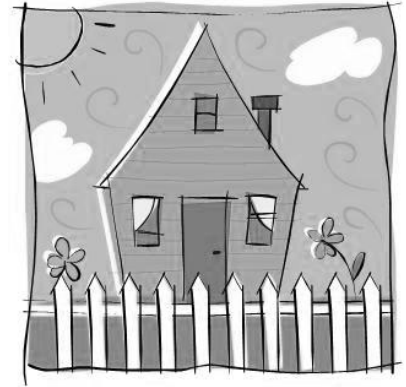
Qhov Waiver them rau cov kev pab thiab kev txhawb uas tej zaum koj kuj yuav tsis tau los ntawm daim ntawv kho mob Medical Assistance. Cov menyuam thiab cov neeg laus los kuj siv tau daim ntawv waiver.

Siv qhov Waiver no koj kuj nyob tau hauv koj lub tsev los yog:

- hauv tsev neeg yug koj los yog niam/txiv qhuav lub tsev
- hauv tus txheeb ze lub tsev

- hauv niam/txiv qhuav lub tsev
- hauv cov lag luam ua niam/txiv qhuav lub tsev
- hauv cov tuam tsev muaj neeg tu thiab tsev so
- hauv cov tuam tsev muaj neeg pab.

Yog hais tias koj muaj txij nkawm lawm, koj kuj txais tau kev pab los ntawm BI Waiver thaum koj nyob hauv tsev nrob koj tus txij nkawm.



Kuv yuav tau txais hom kev pab twg los ntawm BI Waiver?

It depends on your abilities and needs. The following services and supports are available with a BI Waiver:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Pab thaum muaj kev kub ntxhob 24-teev • Tu neeg laus nruab hnuab/Pab neeg laus da dej yav nruab hnuab • Tus tu neeg cov nuj nqi • Tswj cov ntaub ntawv thiab tus pab tswj cov ntaub ntawv • Hauj lwm hauv tsev • Cov Kev pab neeg nyob zej zog • Kev pab yuav khoom hauv zej zog, xaiv kev pab rau tus neeg ywj tshaj thiab muaj kev lav phij xaub rau nws txoj kev pab thiab txhawb • Pab daws kev kub ntxhov • Khom kom hauv kev ua neej • Cov Kev pab duab hnuab • Tsim hauj lwm • Mus nrhiav hauj lwm • Txhawb kev ua hauj lwm • Pab kom nkag thiab swm tas chaw • Pab kho neeg mob ntev hauv tsev • Cov Kev pab ntxiv rau chaw tu neeg hauv tsev (ntxiv rau: pab ntxiv hauv tsev thiab ntxiv haujlwm, mus kev, | <p>hais lus, thiab mob ntsws/ua tsis tau pa)</p> <ul style="list-style-type: none"> • Kev pab tu neeg mus ntev • Pab tu neeg ntev hauv tsev • Pab cov qhia thiab sib tham nrog tsev neeg • Xa zaub mov rau tim tsev • Tu vaj tse • Cov kev kho kom txawj nyob tau ib leeg • Kev Kawm Qhia Yus Nyob Yus Tus Kheej • Kev txhawb kom haum tus tib neeg hauv nws tsev • Zej zog kev koom uake sib txhawb • Kev zov rau yav hmo ntuj • Kev pab txhawb rau txoj kev zoo • Kev pab qhia ua ntej mus ua hauj lwm • Pab daws ib pliag • Kev pab tshwj xeeb • Cov khoom kho thiab khoom siv tshwj xeeb • Kev pab hloov chaw • Tshab thauj |
|--|--|

Cov kev pab cuam no hloov ntau zaus. Mus nrhiav [daim ntawv muaj txhua thiab qhia meej](http://www.dhs.state.mn.us) hauv www.dhs.state.mn.us.

Leej twg thiaj li tsim nyog tau txais kev pab los ntawm BI Waiver?

Kev tsim nyog tau txais kev pab mas nyob ntawm txoj kev soj ntsuam. Yuav kom tsim nyob tau BI waiver, koj yuav tsum muaj tag nrho cov ntawm no:



- Yuav tsum muaj ntawv kho mob-Medical Assistance (MA) los yog tsim nyog tau MA
- Muaj ntaub ntawv hais tias yeej muaj mob:
 - Kev puas tsuaj los yog raug mob rau lub hlwb, los yog
 - Raug los yog muaj kab mob vim laus neeg es yeej pom hais tias tsis tshua nco qab lawm. Yuav tsum tsis yog “yug los xwb es muaj lawm” (tshwm sim thaum yug los)
- Muaj teeb meem loj/nyhav heev txog tus cwj pwm thiab kev tsis nco qab vim qhov raug mob ntawm
- Yuav tsum muaj hnuv nyoog qis tshaj 65 thaum koj ua ntawv tuaj thov
- Tau txiav txim los ntawm pawg neeg hauv lub xeev State Medical Review Team los yog lub koom haum Social Security Administration hais tias xiam oob qhab lawm.
- Yuav tsum tsim nyog tau cov kho xws li cov nyob tim tsev laus (NF) los yog cov tsev kho hlwb (NB)
- Xaiv cov kev pab nyob hauv zej zog es tsis txhob yog cov kev kho tim tsev laus los yog tsev kho hlwb
- Yuav tsim kuaj tau hais tias nyob Qib IV los yog siab dua thaum siv lub tees hu ua Rancho Los Amigos Levels of Cognitive Functioning Scale (qhov no soj ntsuam seb tus neeg ntawv ua tau npaum li cas thaum muaj kev puas tsuaj BI).
- Cov kev pab kho kom rov zoo dua yuav pab tau koj qhov xwm txheej. Qhov no paub los ntawm kev kuaj.
- Toobkas ib theem kev pab siab dua qhov koj muaj feem tau los ntawm lwm cov waivers vim tsis muaj peev xwm xav, nco qab, lossis kev kawm thiab muaj teebmeem txog cwj pwm.

Kuv yuav thov tau BI Waiver li cas?

Koj kuj thov tau hauv koj lub nroog lub hoob kas pab cuam pej xeem. Lub county mam li teem kom muaj kev los soj ntsuam koj txoj kev seb puas tsim nyog thiab tau txais kev pab thiab pab nrhiav cov kev pab cuam uas kom tsim nyog rau koj tom qab soj ntsuam koj tag. Yog xav nrhiav cov hoob kas nyob ze ntawm koj, mus saib www.mn.gov/dhs thiab nias qhov *Contact Us* kom tau qhov link rau [cov hoob kas hauv lub zej zog](#).

Kuv puas yuav cia li tau kev pab los ntawm BI Waiver yog hais tias pom tau tais kuv tsim nyog tau Waiver?

Feem ntau, tau. Lub nroog yuav nug koj cov lus hauv qab no kom paub meej hais tias koj yuav tsum tau waiver cov kev pab cuam:

- Puas tsim nyog tau cov kev pab cuam no es koj thiaj li yuav noj qab haus huv, nyob zoo thiab nyab xeeb?
- Puas tau mus soj ntsuam txhua txoj kev xaiv thiav txoj kev xaiv no puas pab tau koj thiab puas yog qhov koj nyiam?
- Cov nqi ntawm cov kev pab uas xaiv puas tsim nyog thiab xws teb xws chaw?
- Cov kev pab no puas muaj kev npog los ntawm lwm txoj kev pab nyiaj, xws li Medical Assistance uas yog lub xeev cov kev pab, cov ntawv kho mob uas koj yuav, Medicare, kawm ntawv los yog Vocational Rehabilitation Service pab nyiaj txiag?

Kuv yuav ua tau li cas yog lub nroog txiav txim hais tias kuv tsis tsim nyog tau txais kev pab los ntawm BI Waiver?

Yog hais tias lub nroog tsis kam kuaj koj rau txoj kev pab los ntawm BI Waiver los yog hais tias koj tsis tsim nyog tau txais kev pab, es koj tsis pom zoo li lawv hais, koj kuj nug kom muaj kev coj los soj ntsuam hais dua ntawm nroog lub tuam tsev Department of Human Services (DHS).

Thov kom tau koj txoj kev tawm tsam los ntawm lub nroog los yog lub hoob kas Appeals and Regulations Division of the Department of Human Services. Koj yuav tsum tau nug yam sau ntawv mus ua ntej 30 hnuv thaum koj tau txais daim ntawv ceeb toom los ntawm lub nroog uas tsis kam muab rau koj. Koj muaj 90 hnuv yog koj muaj laj thawj zoo hais tias vim li cas.

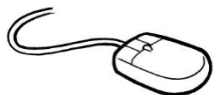
Yog koj xa kom tseem tau koj cov kev pab thaum lub sijhawm rov coj mus hais dua, koj yuav tsum tau ua koj daim ntawv thov tsis pub dhau 10 hnuv ntawm “hnuv tim pib” sau rau hauv koj daim ntawv.

Kuv yuav tawm tsam tau li cas?

Muaj ntau txoj kev uas koj xa tau koj daim ntawv tawm tsam mus.

Hauv online: Koj kuj [teb daim ntawv thiab xa koj txoj kev tawm tsam](#) online.

Mus ntawm: <https://mn.gov/dhs/>. (ua lus Askiv)



→ Click on the “How do I” box towards the right top of page

→ Under “Find” click on “edocs and forms”

→ Click your language

→ Type 0033 in the search bar

Koj ua qhov twg los nco ntsoov khaws ib daim cia rau koj tus kheej. Yog koj xav mus hauv online, luam tawm ib daim rau koj tso mam li nias “Submit Appeal” kom koj tau ib daim.

Ntawv thov ua lus Hmoob: [DHS-0033-HMN](#)

Yog xa los yog muab fax mus:

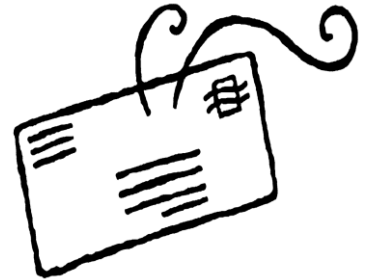
Koj kuj luam kom tau daim ntawv tsis tau sau dab tsi rau los ntawm lub vas sab los yog koj mus nqa ib qauv nram lub nroog lub hoob kas. Yog koj tsis xav siv daim ntawv no los tau koj cia li sau ib tsab ntawv thiab muab xa los yog fax mus. Hais tias koj xav tawm tsam kev txiav txim thiab vim li cas.

Nco ntsoov sau koj tus lej cim ntawm rooj plaub thiab sau hnuv tim rau koj daim ntawv. Ceev ib daim rau koj tus kheej. Koj kuj muab tau koj daim ntawv tawm tsam rau koj tus neeg tuav ntaub ntawv hauv nroog.

Koj kuj muab xa los yog fax koj daim ntawv tawm tsam mus rau:

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

Xa Fax (651) 431-7523



Lub koom haum Minnesota Disability Law Center yuav pab tau li cas?

Lub koom haum Minnesota Disability Law Center (MDLC) yog lub xeev txoj kev tiv thaiv thiab sawv cev rau cov tib neeg uas xiam oob qhab. MDLC tau txais kev pab nyaj txiag los ntawm tsoom fwm rau lub hom phiaj ntawv.

Yog hais tias koj muaj BI, MDLC tus neeg ua hauj lwm mam li pab nrhiav cov kev pab cuam kom zoo rau koj. MDLC koj pab koj txog lwm cov teeb meem txog kev cai li choj xws li raug ua phem rau, tsis saib xyuas thiab yuam cov kev cai.

Kuv yuav mus cuag tau lub koom haum Minnesota Disability Law Center?

Lub koom haum Minnesota Disability Law Center muaj kev pab txog kev cai lij dawb thiab pab muab tswv yim rau cov tib neeg muaj kev xiam oob qhab nyob hauv Minnesota. Hu rau peb ntawm:

Minnesota Disability Law Center

111 North 5th Street, Suite 100
Minneapolis, MN 55403

Hauv zos: (612) 334-5970

Hu Dawb: 1-800-292-4150

<https://mylegalaid.org/disability-law-center/>

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.

© 2026 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.