



NOLOSHA CAAWINTA LEH EE GUDAHA MINNESOTA

MACLUUMAAD LOOGU TALAGALAY DEGGENAYAASHA IYO QOYSASKA

Isbedelada waxaa la hirgelin Ogosto 1, 2021

Maxaa dhacaya?

Xeerarka iyo sharciyada nolosha caawinta leh ee Minnesota ayaa hadda ah isku-dar adag ee ah sharciga ruqsadeynta/asixinta adeegyada guriyeynta iyo caafimaadka. Laakiinse nidaamka wuu is beddelayaa. **Ogosto 1, 2021** dhamaan Xarumaha Nolosha Caawinta leh ee gudaha Minnesota waxaa qasab ku noqon doona inay haystaan ruqsad - inay ahaadaan Xarun Nolosha Caawinta leh, ama Xarun Nolosha Caawinta leh oo la socoto Daryeelka dadka qaba Cudurka Ilaawida (Dementia). Xarumaha hadda isku magacaaba nolosha caawinta leh waxay markaa leeyihiin ikhtiyaar - waxay sii wadi karaan shaqadooda oo heli karaan ruqsad, ama waxay dooran karaan inaysan dib u sii shaqeynin.

Minnesota Department of Health [waxay bilaabi doontaa hawsha ruqsad bixinta Juun 1, 2021](#) oo xarumaha waxay go'aansan doonaan haddii ay ruqsad raadsanayaan, iyo rukhsadda ay codsan doonaan.

WAA MAXAY MACNAHA IN XARUN NOLOSHA CAAWINTA LEH AY RUQSAD LAHAATO?

- Nidaamka cusub ee ruqsad siinta wuxuu macnihiisu noqon doonaa in dadka deggenayaasha ah ay leeyihiin xuquuqyo dheeraad ah, oo ay ka mid yihiin ilaalin sii adag ee dhinaca saritaanka iyo ilaalin sii adag oo loogu talagalay dadka qaba cudurka ilaabida (dementia). Waxay sidoo kale bixin doontaa kormeerid sii adag in ay ku sameyso xarumahaas Waaxda Caafimaadka ee Minnesota. La xiriir wakiilka xaruntaada si aad u ogaato haddii ay codsanayaan ruqsad cusub.

MAXAA DHACAYA HADDII XARUNTEYDU AYSAN HELIN RUQSAD?

- Xarumaha waa inay ku siiyaan **ogeysiis qoran deggenayaasha ugu dambaystii Maajo 31, 2021 haddii aysan doonaynin** inay noqdaan Xarun Nolosha Caawinta leh ee ruqsadeysan. Haddii tani dhacdo, waxaad lahaan doontaa ikhtiyaaro ku saabsan waxa xiga ee aad sameyn. Waxaa laga yaabaa inaad awoodo inaad ku sii jirto isla goobta ama, waxaa laga yaabaa inaad u baahato inaad u guurto goob cusub oo bixisa adeegyada aad u baahan tahay. Haddii aad su'aalo qabto, waa inaad kala xiriirtaa [Ombudsman for Long Term Care](#) (Xafiiska Baaritaaka Cabashada Daryeelka Muddada Dheer) lambarka **651-431-2555 ama 1-800-657-3591**.

MAXAA DHACAYA HADDII AANAN HELIN OGEYSIIN?

- Xarumo badan oo haddaba isugu magacaabo Xarunta Nolosha Caawinta leh (ama Guriyeynta Adeegyada leh) ayaa dooran doona inay helaan ruqsad cusub. Nooc kasta oo ay ahaatoba ruqsada ay hesho xarun, dadka qaba cudurka ilaawida (dementia) waxay ku noolaan karaan xarumaha Nolosha Caawinta leh ama Nolosha Caawinta leh ee la socda Daryeelka Dadka Qaba Cudurka Ilaawida (Dementia). Haddii aad su'aalo ama walaacyo qabto, waa inaad la xiriirtaa wakiilka xarunta. Waxa sidoo kale la xiriiri kartaa [Ombudsman for Long Term Care \(Xafiiska Baaritaaka Cabashada Daryeelka Muddada Dheer\)](#) ama [Minnesota Elder Justice Center \(Xarunta Caddaaladda Waayeelka ee Minnesota\)](#).



Maxaa Dhacaya Ogosto 1, 2021 Kahor?

Xitaa kahor hirgelinta sharciga ruqsadeynta cusub, waxaad ku leedahay sharciga hadda jira ilaalin iyo xuquuq adigoo ah degane Guriyeynta ay la socdaan Adeegyada.

GURIYEYNTA AY LA SOCDAN XARUN ADEEGYO WAA INAY:

- Kuu oggolaadaan inaad kaamaro dhigato qolkaaga haddii aad raacdo tilmaamaha ku qoran foomamka oggolaanshaha ee laga heli karo Websaydhada [Waaxda Caafimaadka Minnesota](#).
- Raacdo [Sharciga Xuquuqda ee Guriyeynta ay La Socoto Adeegyo](#).
- Raacdo sharciga milkiile-kirayste. Tani macnaheedu waa adigoo kirayste ah, waxaad leedahay xuquuq. Haddii lagu saaro, xarumaha waa inay raacaan sharciyada guriyeynta caddaaladda ah iyo sharciga saarista.
- Caawiyaan isku dubaridka wareejinta adeegyadaada haddii ay noqoto inaad guurto.

MA AWOODAAN:

- Aarsasho kuu geestaan. Tusaale ahaan, haddii deggane uu helo ogeysiis joojinta saaritaan iyadoo looga jawaabay cabasho laga sameeyey daryeelka deggane, taasi waxaa loo arkaa inay tahay aargoosi.
- Kaa saarida iyadoo aan la raacin sharciga milkiile-kirayste.
- Joojinta adeegyadaada iyadoo aan lagu siin ogeysiis, ama aan lagu siin fursad aad ku keensato adeegyo kuu gaar ah.
- Joojinta adeegyadaada iyadoo la bixin ogeysiis, taas oo xaaladaha badankood ay tahay inay noqdaan ogeysiis 30 maalmood ah, in kastoo mararka qaarkood ay noqon karto ogeysiis 10 maalmood keliya ah.

KA ILAALINTA SAARITAANADA XILLIGA CUDURKA AAFADA AH

- Tan iyo bilowgii cudurka aafada ah, waxaa jiray xeerar gaar ah oo ku saabsan saaritaanka. Xeerarkani waxay khuseeyaan Noloshu Caawinta leh iyo Guriyeynta ay La Socdaan Adeegyo. Ilaa marka la beddelo ama ay dhamaato ilaalintaas, mulkiiluhu kaama saari karo goobtaada.

Haddii aad qabto su'aalo ku saabsan xaruntaada, xarunta lagaa saarayo, ama xarunta ku siisay ogeysiis ah inay joojinayaan qandaraaska adeeggaaga, la xiriir mid ka mid ah kuwa soo socda:

[Minnesota Elder Justice Center \(Xarunta Caddaaladda Waayeelka Minnesota\)](#) lambarka 651-440-9300

[Ombudsman for Long Term Care \(Xafiska Baaritaaka Cabashada Daryeelka Muddada Dheer\)](#) lambarka 651-431-2555 ama 1-800-657-3591

[Law Help MN \(Caawinta Sharci ee MN\)](#) si aad u hesho xafiis caawin sharci ee maxalli ah



Maxaa dhacaya haddii Aanan Ku Nooleen Meel Noolasha Caawinta leh? Sideen Ku Ogaadaa?

Ma hubo inaan ku noolahay Xarun Noloshaha Caawinta leh ama Guriyeyn ay La Socdaan Adeegyo. Maxaan sameeyaa?

- Waxaa jira noocyo kale oo badan oo ah goobo iyo xarumo ka sokow xarumaha Noloshaha Caawinta leh, meeshaa oo ay dadku ku nool yihiin iyo ka helaan adeegyo. Mararka qaarkood ma sahlana in la ogaado waxa ay ku kala duwan yihiin. [Housing Benefits 101 \(Faa'iidada Guriyeynta ee 101\)](#) waxay bixisaa liisto ah noocyo kala duwan oo goobo/meelo iyo macluumaad dheeraad ah haddii aad raadineyso [xarun cusub oo adeegyo bixisa](#). Waxaad sidoo kale awoodi kartaa inaad ka raadsato xaruntaada khaaska ah [Minnesota Department of Health - Health Care Provider Directory \(Waaxda Caafimaadka ee Minnesota - Diiwaanka Bixiyaha Daryeelka Caafimaadka\)](#)

HADDII AAD JOOGTO MID KA MID AH GOOBAHA SOO SOCDA:

- **Nursing Home (Guri Daryeel):** Weydii maamulka inay xaqiijiyaan inaad joogto Guri Daryeel (mararka qaarkood loo yaqaanno Skilled Nursing Facility [Xarun Daryeel Xirfadle ah]). Ma jiraan shuruudo cusub ama isbeddelo ah xagga ruqsaynta Guri Daryeel. Adigoo degane ah, waxaad leedahay kaa ilaalin badan ee xagga saaritaan xaq-daro ah iyo xuquuq kale. La xiriir mid ka mid ah hay'adaha ku taxan xaashidan-xaqiiqada haddii aad dhibaato ku qabtid Gurigaaga Daryeelka.
- **Group Home (Guri Kooxeed):** Mararka qaarkood waxaa loogu yeeraa daryeelka kumeelgaarka ah ee ganacsiga ah ama daryeel qoys ee kumeelgaarka ah ee dadka waaweyn, goobaha waxay ugu adeegaan ilaa iyo afar ama shan degane ah dadka waaweyn ee daggan hal guri. Deggenayaasha goobaha waxay leeyihiin ka ilaalin iyo xuquuq badan ee ah xagga ka saaritaanka. Haddii aad dhibaato ku qabtid Group Home (Guri Kooxeed), la xiriir mid ka mid ah ilaha ku qoran xaashidan xaqiiqada ama [Minnesota Disability Law Center \(Xarunta Sharciga Naafada ee Minnesota\)](#) lambarka 612-334-5970.
- **Independent Living (Noloshaha Madaxbanaanida ah):** Goobaha noloshaha madaxbanaanida ah uma baahna inay ruqsad haystaan. Waxa laga yaabaa inay jiraan adeegyo aasaasi ah oo yar oo lagu bixiyo goobaha. Mulkiilayaasha guryaha waa inay raacaan sharciga guriyeynta iyo sharciga milkiile-kireyste, laakiinse ma laha ilaalinta dheeraadka ah ee ku xiran goobaha ruqsada leh.
- **Xarumo Kale Oo Ruqsada Haysta:** Waaxda Caafimaadka iyo Waaxda Adeegyada Aadanaha waxay ruqsad siiyaan noocyo kale oo badan oo xarumo ah oo ay ka mid yihiin xarumaha noloshaha ee la kormeero, xarumaha daryeelka dhexdhexaadka ah, xarumaha caafimaadka maskaxda, iyo kuwo kale. Wixii su'aalo ee ku saabsan xarumaha - la xiriir mid ka mid ah ilaha ku qoran xaashidan xaqiiqada, booqo [Department of Health - Health Care Provider Directory \(Waaxda Caafimaadka - Diiwaanka Bixiyaha Daryeelka Caafimaadka\)](#), ama [Department of Human Services Licensing Look-up \(Raadinta Ruqsadeynta ee Waaxda Adeegyada Aadanaha\)](#).

HADDII AAD JOOGTO XARUN GURIYEYNTA DADWEYNAHA, XARUNTAADA WAXAY RAACI DOONTAA XERAR DUWAN:

- Goobaha guriyeynta dadweynaha badankood uma baahna inay helaan Ruqsad Noloshaha Caawinta leh kumana aha qasab inay ku siiyaan wixii ah ogaysiis noocuu ahaado ba ee la xiriira isbeddelada sharciga noloshaha caawinta leh.
- Goobaha guriyeynta dadweynaha waa inay weli raacaan sharciga mulkiile-kirayste. Bixiyayaasha adeegga ee guriyeynta dadweynaha waa inay weli raacaan sharciyada adeegga daryeelka guriga. Deggenayaasha waxay layhiin xuquuq hoos yimaada [Homecare Bill of Rights \(Sharciga Xuquuqda Daryeelka-Guriga\)](#).

Waxaa laga yaabaa inaysan sahlaneen inaad ogaato haddii aad ku nooshahay mid ka mid ah goobaha guriyeynta dadweynaha. Waa inaad la xiriirto milkiilaha-guriga si aad u weydiiso haddii ay qasab ku tahay inay ruqsad helaan. Waxa sidoo kale kala xiriiri kartaa [Ombudsman for Long Term Care \(Xafiiska Baaritaanka Cabashada Daryeelka Muddada Dheer\)](#) lambarka 651-431-2555 ama 1-800-657-3591

Linkiyada/xiriirada Tixraaca

XIRIIRADA/LINKIYADA BOGGA 1:

[MDH Assisted Living License Information \(Macluumaadka Ruqsadaynta Nolasha Caawinta Leh ee MDH\)](https://www.health.state.mn.us/facilities/regulation/assistedliving/factsheets.html) -

<https://www.health.state.mn.us/facilities/regulation/assistedliving/factsheets.html>

[Ombudsman for Long Term Care \(Xafiiska Baaritaaka Cabashada Daryeelka Muddada Dheer\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4732-ENG) -

<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4732-ENG>

[Minnesota Elder Justice Center \(Xarunta Caddaaladda Waayeelka ee Minnesota\)](https://elderjusticemn.org/our-services/victim-services/) -

<https://elderjusticemn.org/our-services/victim-services/>

XIRIIRADA/LINKIYADA BOGGA 2:

[Minnesota Department of Health \(Waaxda Caafimaadka Minnesota\)](https://www.health.state.mn.us/facilities/regulation/emonitoring/index.html) -

<https://www.health.state.mn.us/facilities/regulation/emonitoring/index.html>

[Housing With Services Bill of Rights \(Sharciga Xuquuqda ee Guriyeynta ay La Socoto Adeegyo\)](https://www.health.state.mn.us/facilities/regulation/billofrights/docs/mn_hcboral_eng_reg.pdf) -

https://www.health.state.mn.us/facilities/regulation/billofrights/docs/mn_hcboral_eng_reg.pdf

[Minnesota Elder Justice Center \(Xarunta Caddaaladda Waayeelka ee Minnesota\)](https://elderjusticemn.org/our-services/victim-services/) -

<https://elderjusticemn.org/our-services/victim-services/>

[Ombudsman for Long Term Care \(Xafiiska Baaritaaka Cabashada Daryeelka Muddada Dheer\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4732-ENG) -

<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4732-ENG>

[Law Help MN \(Caawinta Sharci ee MN\)](https://www.lawhelpmn.org/lawhelpmn-guide) - <https://www.lawhelpmn.org/lawhelpmn-guide>

XIRIIRADA/LINKIYADA BOGGA 3:

[Housing Benefits 101 \(Faa'iidada Guriyeynta ee 101\)](https://mn.hb101.org/glossary.htm#_aG) -

https://mn.hb101.org/glossary.htm#_aG AND <https://mn.hb101.org/nav/programs/>

[Minnesota Department of Health - Health Care Provider Directory \(Waaxda Caafimaadka ee Minnesota - Diiwaanka Bixiyaha Daryeelka Caafimaadka\)](https://www.health.state.mn.us/facilities/regulation/directory/providerselect.html)

<https://www.health.state.mn.us/facilities/regulation/directory/providerselect.html>

[Department of Health - Health Care Provider Directory \(Waaxda Caafimaadka ee Minnesota - Diiwaanka Bixiyaha Daryeelka Caafimaadka\)](https://www.health.state.mn.us/facilities/regulation/directory/providerselect.html)

<https://www.health.state.mn.us/facilities/regulation/directory/providerselect.html>

[Department of Human Services Licensing Look-up \(Raadinta Ruqsadeynta ee Waaxda Adeegyada Aadanaha\)](https://licensinglookup.dhs.state.mn.us) -

<https://licensinglookup.dhs.state.mn.us>

[Homecare Bill of Rights \(Sharciga Xuquuqda Daryeelka-Guriga\)](https://www.health.state.mn.us/facilities/regulation/billofrights/docs/mn_hcbor_eng_reg.pdf) -

https://www.health.state.mn.us/facilities/regulation/billofrights/docs/mn_hcbor_eng_reg.pdf

[Ombudsman for Long Term Care \(Xafiiska Baaritaaka Cabashada Daryeelka Muddada Dheer\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4732-ENG) -

<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4732-ENG>