

Magaca Wakaaladda Adeegfulinta
Cinwaanka

Magaca Codsadaha
Cinwaanka

Taariikhda &Wakhtiga
Lambarka Kiiska:

U-qalmitaanka Daryeelkaaga Caafimaadku Wuu Dhammaanayaa

Waxaanu codsanay macluumaad ama xaqiijin si loo go'aamiyo u-qalmitaanka joogtada ah ee barnaamijyada daryeelka caafimaadka. Ma aanan helin macluumaadkan ama xaqiijintan. Sababtaas darteed, dadka ku qoran ogeysiiskan hadda ka dib uma qalmaan Kaalmada Caafimaadka ama MinnesotaCare ka dib taariikhda hoose.

Haddii aad nala soo xiriirto ama aad bixiso macluumaadka maqan ugu dambeyn taariikhda hoos ku xusan, kiiskaaga dib ayaanu u eegi doonaa. Haddii aad jeclaan lahayd inaad na soo wacdo oo aanad aqoonin lambarka, ka wac DHS Health Care Consumer Support halkaan 651-297-3862 ama 800-657-3672 si aad u hesho caawimaad.

Natijjooyinka Daryeelka Caafimaadka

Magaca: **Lambarka Aqoonsiga MNSure:**

Taariikhda Dhaqangalka	Tallaabada	Nooca Caymiska
Taariikhda	La Xiray	MinnesotaCare

Faahfaahin dheeraad ah ayaa laga helayaa bogagga soo socda.

- **Uma qalantid MinnesotaCare sababtoo ah ma aanad bixin cadeyntaada**
dakhliga sanadlaha ah ee la odorosay (Sharciga Xeerarka Federaalka, cinwaanka 45, cutubyada 155.315 iyo 155.320).
- **Mar dambe uma qalantid MinnesotaCare. Maalinta ugu dambeysa ee aad caymis ka heli karto MinnesotaCare waa [Taariikhda].**
- **Waxaad heli doontaa ogeysiis kale oo kuu sheegaya haddii aad u qalanto barnaamij kale iyo in kale.**

Ka waran haddii aan qabo su'aalo ku saabsan ogeysiiskan?

Nala soo xiriir haddii aad su'aalo qabto.

- Wixii su'aalo ah ee ku saabsan Kaalmada Caafimaadka, wac degmadaada ama wakaaladaada qabiilka.
- Wixii su'aalo ah ee ku saabsan MinnesotaCare ama su'aalaha guud ee ku saabsan Kaalmada Caafimaadka, ka wac DHS Health Care Consumer Support halkan 651-297-3862 ama 800-657-3672.

Waxaad ka heli kartaa caawimaad bilaash ah Taageere. Si aad u hesho Taageere aaggaaga jooga oo ku hadla luuqada aad doorbideyso, booqo <https://www.mnsure.org> oo guji “Assister Directory” ee hoosta Find Free Help (Hel Caawino Bilaash ah).

Haddii aad qabto naafanimo maqalka ama hadalka, nala soo xiriir adigoo adeegsanaya adeeggaaga lalinta warka ee aad doorbideyso

Miyaan u baahanahay inaan dib u bixiyo kharashka daryeelka caafimaadkayga haddii aan helo caawimaad dawladeed?

Xaaladaha qaarkood, sharciga federaalka iyo gobolka wuxuu uga baahan yahay Waaxda Minnesota Department of Human Services iyo hay'adaha maxalliga ah inay soo celiyaan kharashaadka barnaamijka Caawimada Caafimaadka (Medical Assistance, MA) ee la siiyay xubnaheeda. Nidaamkan lacag soo celinta waxaa lagu sameeyaa barnaamijka soo celinta hantida MA ee Minnesota iyo barnaamijka daynta. Akhriso kuwan soo socda haddii aad ka diiwaan gashan tahay MA.

Haddii aad iska diiwaangelisay MA, markaas, ka dib markaad dhimato, Minnesota waa inay isku daydaa inay soo ceshato kharashyada adeeg kasta ee waqtiga dheer iyo taageerada ah (long-term services and supports, LTSS) ee aad ku heshay da'da 55 sano ama ka weyn. LTSS waxaa ka mida:

- Adeegyada kalkaalinta guriga
- Adeegyada ku salaysan guriga iyo bulshada
- Kharashyada la xiriiira daawada dhakhtar qoray iyo cisbitaalka
- Lacagta daryeelka maareynta (maalgelinta) ee loogu talagalay daboolista adeegyadan

Xataa ka dib markaad dhimato, Minnesota ma soo ceshan karto kharashyadan haddii lamaanahaagu weli nool yahay, aad leedahay ilmo ka yar 21 sano, ama aad leedahay ilmo naafo ka ah aragga ama naafo joogto ah. Marka lamaanahaagu dhinto, Minnesota waa inay isku daydaa inay kharashkaaga MA LTSS dib uga soo ceshato hantida dhaxalka ee lamaanahaaga. Hase yeeshe, soo celintu way sii soconaysaa haddii aad weli haysato ilmo ka yar 21 sano, naafo ka ah aragga, ama naafo joogto ah. Carruurtaadu uma baahna inay isticmaalaan hantidooda si ay dib ugu celiyaan gobolka wixii adeeg MA ah ee aad heshay.

Waxaad xaq u leedahay inaad la hadasho koox kaalmo sharci ah ama qareen gaar ah haddii aad qabtid su'aalo gaar ah oo ku saabsan sida dib u soo celinta hantida MA iyo daymaha ay saameyn ugu yeelan karaan xaaladaada iyo qorshaynta hantida dhaxalka. Waaxda Minnesota Department of Human Services kuma siin karto talo sharci. Wixii macluumaad dheeraad ah tag <https://mn.gov/dhs/ma-estate-recovery/>.

Xuquuqahaaga Rafcaan

Ka waran haddii aanan ku raacsanayn tallaabada laga qaaday caymiska daryeelka caafimaadkayga?

Haddii aad u malaynayso in go'aanka ku jira ogeysiiskaaga daryeelka caafimaad uu qaldan yahay, waxaad xaq u leedahay inaad rafcaan ka qaadata. Rafcaan waa hab sharci ah oo garsooraha adeega aadanaha uu dhageysto oo uu dib u eego go'aanka Waaxda Department of Human Services (DHS) ama hay'ad degmo ama qabiil oo ku saabsan Caawinta Caafimaadka ama caymiska MinnesotaCare. Waxaad wax badan kaga baran kartaa sida ay tani u shaqeyso halkan www.dhs.state.mn.us/appeals/faqs.

Sideen rafcaan uga qaataa?

Waxaad rafcaan qaadan kartaa adiga oo soo gudbinaya codsigaaga qoraalka ah, buuxinaya foomka rafcaanka ee DHS, ama caawimaad ku helaya taleefan ama qof ahaan. Degmadaada ama wakaaladaada qabiilka ayaa kaa caawin karta inaad soo gudbiso rafcaankaaga.

Samee mid ka mid ah waxyaabaha soo socda si aad u bilowdo rafcaanka:

- Ka buuxi foomka Rafcaanka Hay'adda Gobolka (DHS-0033) halkan <https://edocs.dhs.state.mn.us/lfsrserver/Public/DHS-0033-ENG> oo si elegtaroonig ah usoo gudbi.
- U dir codsigaaga Qaybta Rafcaanka ee Waaxda Adeegyada Aadanaha ee Minnesota, Sanduuqa Boostada 64941, St. Paul, MN 55164-0941, ama faakis ugu dir 651-431-7523.
- Si aad u hesho macluumaad ku saabsan xareynta rafcaan qoraal ah, ama si aad taleefanka uga sameyso rafcaanka, ka wac Qaybta Rafcaanka DHS halkan 651-431-3600 ama 800-657-3510.
- Si aad u hesho caawimaad shakhsi ah, booqo Miiska Macluumaadka Adeegyada Aadanaha ee Minnesota, 444 Lafayette Road N, St. Paul, MN 55155.

Maxaan rafcaan ka qaadan karaa?

Waxaad rafcaan ka qaadan kartaa mid kasta oo ka mid ah kuwan:

- Gobolka ama wakaalada qabiilka, ama DHS way ku guuldareysteen inay wax ka qabataan codsigaaga ku saabsan caymiska daryeelka caafimaadka.
- Wakaalada gobolka ama qabiilka, ama DHS waxay codsigaaga uga shaqeeyeen si aad u gaabis ah.
- Wakaalada gobolka ama qabiilka, ama DHS waxay qaadatay tallaabo aanad ku raacsaneyn (tusaalooyinka tallaabooyinka: diidmada Caawimada Caafimaadka ama caymiska MinnesotaCare, oggolaanshaha caymiska barnaamij aanad u maleyneyneynin inaad u qalanto, ama isbeddel ku yimid Caawimada Caafimaadka ama dheefaha MinnesotaCare).

Goorma ayay tahay inaan rafcaan qaato?

Ogeysiis horudhac ah oo ku saabsan caymiskaaga isbeddelaya waa in lagu soo diraa 10 maalmood ama ka badan ka hor taariikhda dhaqangalka ah ee tallaabada. Xaaladaha qaarkood, waxaanu kuu soo diri karnaa ogeysiis shan maalmood ka hor intaan taalabada la qaadin, ama taariikhda dhaqangalka ah ee tallaabada.

Waa inaad rafcaankaaga ku soo gudbisaa **30 maalmood** gudahood ka dib markaad hesho ogeysiiskaaga daryeelka caafimaadka. Haddii aad muujiso sabab wanaagsan oo aad rafcaan ku qaadan wayday 30 maalmood gudahood, waxaa laga yaabaa inaad rafcaan ku qaadan karto ilaa 90 maalmood ka dib taariikhda

ogeysiiska daryeelka caafimaadkaaga. Fiiri qaybta xigta si aad u hesho macluumaad dheeraad ah oo muhiim ah oo ku saabsan xaddidaadaha waqtiga ee Caawimada Caafimaadka iyo rafcaanka MinnesotaCare.

Muhiim ah: Go'aanka rafcaanka ee hal xubin oo qoys ah ayaa saameyn ku yeelan kara u-qalmitaanka xubnaha kale ee qoyska. U-qalmitaanka qoyska waxaa laga yaabaa in loo baahan yahay in dib loo go'aamiyo.

Dheefahaygu ma sii socon doonaan inta lagu jiro rafcaankayga?

Waxaa laga yaabaa inaad sii wadan karto helitaanka dheefaha caadiga ah ee aad helaysey markii aad heshay ogeysiiska daryeelka caafimaadka. Laakiin waa inaad rafcaankaaga ku xareysaa waqti cayiman. Dheefahaagu way sii socon karaan haddii aad rafcaan ku gudbisoo taariikhda dhaqangalka ah ee talaabada ku qoran ogeysiiska daryeelka caafimaadka, ama 15 maalmood gudahood laga bilaabo taariikhda ogeysiiska. Waa inaad bixisaa khidmadahaaga MinnesotaCare ee billaha ah si aad u hesho caymis joogto ah inta lagu jiro rafcaankaaga. Qoraal ahaan ugu sheeg DHS haddii aanad rabin in dheefahaagu ay sii socdaan.

Muhiim ah: Haddii aad ku guuldaraysato rafcaankaaga, waxaa laga yaabaa inaad dib u bixiso dheefaha aad heshay inta aad rafcaankaaga sugayso.

Muhiim ah: Waxaad xaq u leedahay inaad dib u codsato Caawimada Caafimaadka ama MinnesotaCare haddii dheefahaagu istaagaan.

Ka waran haddii aan u baahanahay dhageysi isla markiiba?

Waxaad xaq u leedahay inaad codsato rafcaan la dedejiyay (dhakhso ah). Haddii aad u baahan tahay dhageysi isla markiiba, ama aad qabto su'aalo ku saabsan rafcaan la dedejiyay, kala xiriir Qaybta Rafcaanka DHS halkan 651-431-3600 (magaalada) ama 800-657-3510 (gobolka ka baxsan). Fadlan bixi macluumaad faahfaahsan oo ku saabsan xaaladdaada iyo sababta aad ugu baahan tahay rafaan degdeg ah. Macluumaadkan la'aanteed, ma awoodi doonno inaan go'aan ka gaarno haddii aad u qalanto rafcaan degdeg ah oo waxaanu rafcaankaaga u tixgelin doonaa rafcaan caadi ah oo mari doona nidaamka rafcaanka caadiga ah.

Maxaan sameeyaa ka dib markaan gudbiyo rafcaankayga?

Uruuri macluumaadka la xiriira talaabada aad rafcaanka ka qaadanayso ee aad u malaynayso inay caddayn doonto ama sharaxayso sababta aad u malaynayso in talaabadu khalad tahay.

Waxaad heli doontaa warqad kuu sheegaysa taariikhda iyo waqtiga dhageysiga rafcaanka. Inta badan dhageysiyada waxaa lagu sameeyaa taleefanka dhexdiisa.

Sii wad inaad soo sheegto isbeddelada ka dhaca gurigaaga, sida bilowga ama joojinta shaqada, ama isbeddelka cidda kula nool.

- Wixii ku saabsan Caawimada Caafimaadka, sii wad inaad soo sheegto isbeddelada 10 maalmood gudahood ka dib isbeddelka. Soo sheeg isbeddelada adiga oo wacaya degmadaada ama wakaaladaada qabiilka.
- Haddii adiga iyo qof kasta oo qoyskaaga ah uu helo MinnesotaCare, sii wad inaad isbeddelada ku soo sheegto 30 maalmood gudahood. Ka wac DHS Caawimada Macaamiisha Daryeelka Caafimaadka halkan 651-297-3862 ama 800-657-3672 si aad u soo sheegto isbeddel.

Caawimaad ma u heli karaa rafcaankayga?

Waxaa laga yaabaa inaad naftaada u hadasho inta lagu jiro dhageysiga. Waxa kale oo laga yaabaa inaad yeelato qof kale oo kuu hadla. Waxaad noo sheegi kartaa hadaad rabto qof kale inuu kaaga hadlo dhageysiga marka aad soo gudbisoo rafcaankaaga. Haddii dakhligaagu ka hooseeyo xad gaar ah, waxaa laga yaabaa inaad awoodo inaad hesho talo sharci ama rafcaankaaga caawimaad uga hesho xafiiska gargaarka sharciga ee degmadaada. Si aad u hesho xafiiska kaalmada sharciga ee kuu dhow, booqo <http://www.lawhelpmn.org>. Waxaad sidoo kale wici kartaa xafiiskaaga gargaarka sharciga ee maxalliga ah.

- Haddii aad ku noolahay Degmada Hennepin, wac 612-334-5970.
- Haddii aad ku noolahay Degmada Ramsey, wac 651-222-4731.
- Wixii kale ee dhammaan degmooyinka kale, wac 800-292-4150.

Xuquuqahaaga Maddaniga ah

CB3 (HC-Medical) 5-23

Takooridu waxay liddi ku tahay sharciga. The Minnesota Department of Human Services (DHS) ma sameeyso takoor ku salaysan waxyaabaha soo socda: isirka, midabka, asalka qaran, diinta, caqiidada, xaalada kaalmada dawlada, xaalada guurka, da'da, naafanimada, jinsiga, (oo ay ku jirto jihada galmada iyo aqoonsiga jinsiga), ama caqiido siyaasadeed.

Adeegyo Bilaash ah

Gargaarka Caqabadaha

Haddii aad leedahay naafanimo oo aad u baahan tahay caawimaad iyo adeegyo si aad u hesho fursad isku mid ah oo aad uga qaybqaadan karto barnaamijyadayada daryeelka caafimaadka, DHS waxay ku siin doontaa waqtigeeda oo bilaash ah. Caawimadan iyo adeegyadan waxaa ka mid ah turjumaano aqoon u leh iyo macluumaad ku qoran qaabab la heli karo.

Caawimada luuqada

Haddii ay kugu adag tahay fahamka Ingiriisiga oo aad u baahan tahay caawimaad luuqadeed si aad u hesho macluumaadka iyo adeegyada, DHS waxay bixin doontaa adeegyo caawimaad luuqadeed oo lagu helayo waqtigeeda oo bilaash ah. Adeegyadan waxaa ka mid ah dukumiintiyada la turjumay iyo hadalka oo lagu fasiro.

Si aad uga codsato adeegyadan bilaashka ah DHS, ka wac DHS Caawimada Macaamiisha Daryeelka Caafimaadka halkan 651-297-3862 ama 800-657-3672. Ama isticmaal adeega lalinta warka ee aad doorbideyso.

Cabashooyina Xuquuqaha Maddaniga ah

Waxaad xaq u leedahay inaad soo gudbiso cabasho takoor ah haddii aad aaminsan tahay in si takoor ay kuula dhaqantay wakaalad adeeg aadane.

Waxaad si toos ah ula xiriiri kartaa mid ka mid ah saddexda wakaaladood ee soo socda si aad u gudbiso cabasho takoor.

U.S. Department of Health and Human Services' Office for Civil Rights (OCR)

Waxaad xaq u leedahay inaad cabasho u gudbiso OCR, oo ah wakaalad federaal, haddii aad aaminsan tahay in lagugu takooray mid ka mid ah kuwan soo socda: isirka, midabka, asalka qaran, da'da, naafanimada, galmada (oo ay ku jirto jihada galmada iyo aqoonsiga jinsiga), ama caqiido siyaasadeed.

Si toos ah ula xiriir **OCR** si aad ugu gudbiso cabasho:

Centralized Case Management Operations
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201
800-368-1019 (voice), 800-537-7697 (TDD)

Taariikhda &Wakhtiga
Lambarka Kiiska:

[# - ee - #]

202-619-3818 (faakis)
OCRComplaint@hhs.gov (iimeyl)
<https://ocrportal.hhs.gov/>

Minnesota Department of Human Rights (MDHR)

Gudaha Minnesota, waxaad xaq u leedahay inaad cabasho u gudbiso MDHR haddii aad aaminsan tahay in lagugu takooray sababo ku salaysan mid ka mid ah kuwan soo socdaa: isirka, midabka, asalka qaran, diinta, caqiidada, jinsiga, jihada galmada, xaalada guurka, xaalada kaalmada dawlada, ama naafanimada.

Si toos ah ula xiriir **MDHR** si aad ugu gudbiso cabasho:

Minnesota Department of Human Rights
540 Fairview Avenue North, Suite 201
St. Paul, MN 55104
651-539-1100 (voice) or 800-657-3704 (bilaash ah)
711 or 800-627-3529 (lalinta warka MN)
651-296-9042 (faakis)
Info.MDHR@state.mn.us (iimeyl)
<https://mn.gov/mdhr/intake/consultationinquiryform/>

Minnesota Department of Human Services (DHS)

Waxaad xaq u leedahay inaad cabasho u gudbiso DHS haddii aad aaminsan tahay in lagugu takooray barnaamijyadayada daryeelka caafimaadka sababo la xiriira mid ka mid ah kuwan soo socda: isirka, midabka, asalka qaran, diinta, caqiidada, xaalada kaalmada dawlada, xaalada guurka, da'da, naafanimada, jinsiga, (oo ay ku jirto jihada galmada iyo aqoonsiga jinsiga), ama fikir siyaasadeed oo aad aaminsan tahay.

Cabashooyinka waa inay qoran yihiin oo lagu gudbiyaa 180 maalmood gudahood laga bilaabo taariikhda aad ogaatay takoorka la sheegay. Cabashadu waa inay la socdaan magacaaga iyo cinwaankaaga oo ay sharraxdaa takoorka aad ka cabanayso. Kadib markaanu helno cabashadaada, dib ayaanu u eegi doonaa oo waxaanu kugu soo wargelin doonaa qoraal ahaan haddii aanu awood u leenahay inaanu baarno cabashada. Haddii aanu awoodaas leenahay, waanu baari doonaa cabashada.

DHS waxay natiijada baaritaanka kugu ogeysiin doontaa qoraal ahaan. Waxaad xaq u leedahay inaad rafcaan ka qaadato natiijada haddii aanad ku raacsanayn go'aanka. Si aad rafcaan uga qaadato, waa inaad dirtaa codsi qoraal ah si dib loogu eego natiijada baaritaanka. Ka dhig mid kooban oo sheeg sababta aad u diidan tahay go'aanka. Ku dar wixii macluumaad dheeraada ah oo aad u maleynayso inay muhiim tahay.

Haddii aad cabasho u gudbiso sidan oo kale, dadka u shaqeeya wakaalada lagu magacaabay cabashada kaama aargoosan karaan. Tani waxay la macna tahay inaanay kugu ciqaabi karin sinnaba cabashada aad gudbisay darteed. Soo gudbinta cabasho sidan oo kale ah kaama hor istaagayso inaad raadsato xalal kale oo sharci ama maamul ah.

Si toos ah ula xiriir **DHS** si aad ugu gudbiso cabasho:

Isu Duwaha Xuquuqaha Madaniga ah
Minnesota Department of Human Services
Equal Opportunity and Access Division
Sanduuqa Boostada 64997
St. Paul, MN 55164-0997
651-431-3040 (codka) isticmaal adeega lalinta warka ee aad doodbideyso.