

*Koj puas xav tau kev ywj siab,
kev ywj pheej thiab kev txwv
tsis pub lwm tus paub txog yus
ntau ntxiv dua?*



*Koj puas xav xaiv hais tias leej
twg nrog koj nyob thiab koj
nyob qhov twg?*



The Arc Minnesota yeej ib txwm yog tus
thawj coj los sawv cev thiab pab
txhawb cov neeg muaj mob lub cev tsis
taus thiab lawv tsev neeg nyob hauv
Minnesota tau ze li ntawm 60 xyoo.



Yog xav paub ntxiv tiv tauj:
The Arc Minnesota 651.523.0823 los sis
www.thearcminnesota.org

Cov Kev Pab Cuam Nrhiav Tsev Nyob

Txoj kev koom tes los
ntawm ob lub koos haum
The Arc of Minnesota
& the Minnesota Department
of Human Services los



Koj puas tau npaj txhij tsiv Tsev?

Cov Kev Pab Cuam Nrhiav Tsev Nyob yog dabtsi?

Cov Kev Pab Cuam Nrhiav Tsev Nyob pab tau cov neeg muaj cai uas muaj hnuv nyoog thiab mob yam lub cev tsis taus nrhiav thiab nyob cov tsev uas haum, pheej yig, thiab siv tau yooj yim.



*Cov Kev Pab Cuam Nrhiav Tsev
Nyob pab tau koj nrhiav ib
qhov chaw uas koj xam tau tias
yog koj lub tsev*

**Leej twg thiaj li muaj cai tau
txais Cov Kev Pab Cuam Nrhiav
Tsev Nyob?**

Tas nrho cov Neeg Muaj Hnuv Nyoog hauv Minnesota uas tau muaj kev soj ntsuam hais tias lawv muaj cai tau txais kev tu mob tom tsev Minnesota Medicaid los yog muaj ntawv tso cai tsis txais kev pab cuam thiab xav tsiv mus rau lub tsev uas yog lawv lub.

Peb pab tau koj nyaib tsev!

**Kev Pab Nrhiav Tsev Nyob muaj
peev xwm:**

- Pab tib neeg tsiv tsev mus rau lawv tus kheej lub chaw nyob.
- Nrog koj ua ke thaum koj mus nrhiav tsev nyob.
- Muab cov ntawv xauj tsev nyob ua kom tiav.
- Mus ntsib thiab sib hais nrog cov tswv thiab cov neeg ua haujlwm rau vaj tse xauj.
- Pab ua ntawv thov tsev luam nyob.
- Pab tsim kev siv nyiaj rau lub cuab lub yig.
- Thov pab nrhiav cov rooj tog pheej yig thiab tej yam haujlwm ntsig txog lub cuab lub yig.
- Thov pab ntim thiab muab koj cov khoom tshem tawm.
- Thov pab cov nqi tes ua ntawv thov thiab cov nyiaj cas.

Kuv yuav hu leej twg?

Peb muaj cov kev pab nyob thoob lub xeev. Yog koj tsis pom koj thaj tsam teev nyob rau hauv no, tiv tauj The Arc Minnesota tus xov tooj hu dawb ntawm 1-800-582-5256 los yog mus saib www.arcmn.org thiab nias rau cov tshooj ntawv los mus saib koj thaj tsam chaw muab kev pab.

Cov Chaw Nrhiav Kev Pab

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