

***Ma doonaysaa in aad hesho
madaxbannaani iyo
asturnaan dheeraada?***



***Ma doonaysaa in aad dooratid
cidda aad la noolaanaysid iyo
meesha aad adiga dooratay in
aadn ku noolaatid?***



Arc Minnesota waxa ay hormuud u ahayd u doodidda iyo taageeridda dadka naafonimada qaba iyo qoysaskooda ee Minnesota ku dhowaad 60 sanadood.



Macluumaad dheeraada kala soo xariir:
The Arc Minnesota 651.523.0823 ama
www.thearcofminnesota.org

Helitaanka Adeegyada Guriga

Iskaashi ka dhaxeeya
Arc of Minnesota
& Adeegyada Aadanaha
ee Minnesota



Diyaar ma u tahay in aad guurto?

Maxay yihiin Helitaanka Adeegyada Guriga?

Helitaanka Adeegyada Guriga waxa ay ka caawinaysa dadka waaweyn ee naafonimada qabaa ee reer Minnesota in ay helaan meel ku habboon, qiima jaban iyo dayactiran.



Helitaanka Adeegyada Guryaha waxa ay kaa caawin kartaa sid aad ku heshid guri aad si gaar u sheegatid.

Yaa xe u yeelanaya Helitaanka Adeegyada Guryaha?

Dadka waaweyn ee Minnesota ee da' kasta oo idil ah ee xaq u yeeshaan in ay helaan Minnesota Medicaid ama adeegyada daryeelka guriga weecan ee doonaya in u guuraan guri ayaga gaar u ah.

Waaxannu kugu caawin karnaa guuritaanka!

Adeegyada Guryaha Dayactiran waxa ay:

- Dadka ka caawin karaan in ay u guuraan ayaga u gaar ah.
- Ku soo raacaan marka aad guriga indha-indheynayso.
- Kugu caawiyaan buuxinta arjiga iyo heshiiyada kirada.
- La kulmaan shaqaalaha ama milkiilayaasha si wax la isla meel dhigo.
- Kaa caawiyaan buuxinta arjiga ee lagu doonayo dhaqaalaha kabitaanka.
- Ka caawina dhisidda kharasha guirga.
- Ka caawina helitaanka dayactir iyo waxyaabaha guriga la xariira.
- Kaa caawiyaan xirxiridda maacuunta iyo guriitaanka.
- Kaa caawiyaan ujrada arjiga iyo carbuunta.

Yaan wacaa?

Adeegyada gobolka oo idil ayaa laga bixiyaa. Meesha aad deggantahay haddii aysan ku jirin liistada, la soo xariir Arc Minnesota telefoonka bilaasha 1-800-582-5256 ama boqo www.arcmn.org waxaana riixdaa cutubka si aad ku eegto meelaha idil oo adeegyada buuxa laga helayo.

Cidda lala soo xariirayo

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