

**Nebraska Medicaid Ghar aur
Samudaay Aadharit Sevaayein
(HCBS)**

**Vriddh aur
Viklang (AD)
Chhoot**

**SEVAAYEIN QUICK
GUIDE**

*Quick Guide ek parichay hai jo aapko yeh tay karne mein
madad karta hai ki kaun si sevaayon ka upayog karne ka
vichar karna chahiyein.*

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

July 2025

Uplabdh Sevaayein

Chhoot ke bhaagidaar samuday mein sevaayein prapt karte hain aur Nursing Facility (NF) mein rehne waale logon ke saman dekhbhal ke star ke mandand poore karte hain.

Sevaayein aapke vyakti-kendrit plan mein pehle se pehchani jaani chahiye, tabhi koi pradata aapko sevaayein pradan karne ke liye adhikrit ho sakta hai. Uplabdh sevaayein aapki zarurat aur umra par aadharit hoti hain. Karyakram ke niyamon ka paalan karne ke liye sevaayon ka ek mishran aavashyak ho sakta hai.

Aap AD Seva Pustikaon mein sevaayon ke baare mein aur adhik padh sakte hain. Aapka Seva Samanvayak inhe pradan kar sakta hai, sevaayein samjha sakta hai, aur pradata ke vikalpon par charcha kar sakta hai.

AD Chhoot sevaaon ka saar AD sevaaon ke web page par milta hai.



<https://dhhs.ne.gov/Pages/Medicaid-Aged-and-Disabled-Waiver.aspx>

AD Chhoot Sevaayein (AD Waiver Services)	Bachhe (18 saal se kam umra)	Vyask (Adult) (18 saal aur usse zyada umra)
Vayask Dinik Swasthya Seva (Adult Day Health)	-	✓
Sahayak Jeevan (Assisted Living)	-	✓
Sahayak Praudyogiki (Assistive Technology)	✓	✓
Ghar ke kaam (Chore)	-	✓
Saathi seva (Companion)	-	✓
Viklang Bachon ke liye Atirikt Dekhbhal	✓	-
Home Again	-	✓
Ghar aur Vahan Mein Sudhaar	✓	✓
Ghar Tak Pahunchaye Gaye Bhojan	-	✓
Swatantrata Kaushalon Ka Vikas	-	✓
LRI Vyaktigat Dekhbhal (LRI Personal Care)	✓	✓
Gair-Chikitsa Transport (Non-medical Transportation)	-	✓
Vyaktigat Dekhbhal (Personal Care)	*	✓
Vayaktigat Aapatkaleen Partikriya System (PERS)	-	✓
Aram Dene Wali Seva (Respite)	✓	✓

**Vyaktigat Dekhbhal ki sevaayein bachho ko 16 varsh ki umra se pradan ki ja sakti hain.*

Din

Sevaayein kaushalon ko badhaane ya banaye rakhne par kendrit hoti hain.

Vayask Dinik Swasthya Seva (Adult Day Health)

Isme samajik gatividhiyan, nigraani, samarthan sevaayein, bhojan, aur swasthya sevaayein shamil hoti hain jo ek licensed setting mein pradan ki jaati hain. Aapko is seva ki tab zarurat ho sakti hai jab aapke sharirik, bhavnatmak, ya cognitives impairments ho.

Aap iske liye tab patrata prapt kar sakate hain jab aap 18 saal ya usse zyada umra ke ho (kuch sthitiyon mein 19 saal) aur aapko sangathit gatividhiyon, samarthan, aur nigraani ki zarurat ho. Yeh aapki vishesh zaruraton aur aapke aadhikrit aahar mein madad karne ke liye hai.

Aawaas aur Samuday Aadharit

Apne ghar ya apartment mein rehne ke liye sahayata. Ismein aapka parivarik ghar ya doston ke saath sanjha kiya gaya ek sthal bhi shamil ho sakta hai. Iska kendrit uddeshya yeh hai ki aap jitna ho sake svatantra rahen.

Ghar ke kaam (Chore)

Aapko apne ghar mein apne swasthya aur suraksha ko banaye rakhne mein madad karta hai. Chore, Saathi se aksar kam hota hai.

Isme housekeeping gatividhiyan shamil ho sakti hain jaise ghar ki safai, household equipment, appliances, ya furnishings ki dekbhal; windows, screens, steps ya ramps, furnishings, aur household equipment ki chhoti marammat; aur landscaping. Landscaping mein baraf aur burf ka safaya, ghas kaatna, patte ikattha karna, kachra nikalna (garbage pick-up point tak), pest remediation, aur pani ke drain saf karna shamil hai.

Saathi seva (Companion)

Ismein aapke ghar mein ya kabhi-kabhi samuday mein di jaane waali dekhrekh aur samajik sahayata shamil hai. Yeh seva halka ghar ka kaam, bills ka bhugtan, errand seva, aavashyak kharidari, bhojan tayar karna aur kapde dhone ki seva shamil kar sakti hai.

Viklang Bachon ke liye Atirikt Dekhbhal

18 saal se kam umra ke viklang bacche ya yuva ke liye vishesh dekbhal pradan karta hai. Bachon ki dekbhal isliye di jaati hai taaki jo saamaanya dekbhaal karne wale hain, wo naukri kar sakein ya training le sakein jisse parivar ki kamai mein sudhaar ho sake (jaise ki degree prapt karna).

Yeh bachhe ke ghar mein ya DHHS dwara manzoor ki gayi jagah par pradan ki jaati hai. Yeh seva har week mein do ghante se zyada honi chahiye aur rozana 12 ghante se kam ka ausat hona chahiye.

Swatantrata Kaushalon Ka Vikas

Yeh sevaa daily living ki gatividhiyan (ADL), instrumental daily living gatividhiyan (IADL), aur ghar ke prabandhan ka prashikshan deti hai taaki svatantrata badhe. Yeh aapke ghar aur community mein pradan ki jaati hai.

Ismein nahaane, kapde pehnne, khaane, shauch, chalne-phirne, ghar ka kaam, safai, parivahan ka upyog, paision ka prabandhan, aur kharidaari jaise kaaryon ka prashikshan dena shamil ho sakta hai.

LRI Vyaktigat Dekhbhal (LRI Personal Care)

LRI ka arth hai “Kanuni Roop se Uttaradaayee Vyakti” jo yeh seva pradan karta hai. Aapki zarurat ke anusar, aapka pradata aapko rozmarra ki jeevan ki gatividhiyon, swasthya sambandhi kriyaon mein madad karta hai, aur kabhi-kabhi instrumental daily living (Sadhnatmak dainik jeevan) gatividhiyo bhi shamil hota hain. Yeh seva aapke ghar mein aur anya samudayik sthalon par pradan ki jaati hai.

Vyaktigat Dekhbhal (Personal Care)

Ismein rozmarra ki jeevan gatividhiyan (ADL) aur swasthya sambandhi kriyaayein shamil hoti hain, aur kuch mamlon mein instrumental daily living gatividhiyan (IADL) bhi shamil ho sakti hain. Yeh aapke ghar aur community mein pradan ki jaati hai.

Yeh seva aapko un karyon ko poora karne mein madad karti hai jo aap normally apne liye karte agar aapko koi viklangta nahi hoti.

Aram Dene Wali Seva (Respite)

Yeh seva tab upyogi hoti hai jab aap apni dekhbhal swayam nahi kar sakte. Aram dene wali seva (Respite) aapke niyमित caregiver ke liye jo aapke saath rehta hai, ek sthayi rahat hai. Aapka pradata rozmarra ke jeevan ki gatividhiyon, swasthya banaye rakhne, aur dekhrekh mein madad karta hai.

Nirantar Aawaas (Residential – Continuous)

Jab aapko suraksha banaye rakhne ke liye 24x7 sahayata ki avashyakta hoti hai, tab yeh seva uplabdh hoti hai.

Sahayak Jeevan (Assisted Living)

Yeh seva aapko rahne ki jagah, bhojan aur anya sevaayein pradaan karti hai, jaise vyaktigat dekhbhal, daily living (ADL), instrumental ADL aur swasthya suraksha kriyaayein. Assisted living facilities Lok Swasthya ke madhyam se licensed hoti hain aur Medicaid aur Long-Term Care (MLTC) ke dwara niyantrit hoti hain.

Aap room aur khane ka bhugtan karte hain aur Medicaid kharche ka hissa bhi dena padta hai.

Sahayak Praudyogiki aur Sudhaar (Assistive Technology and Modification)

Sahayak Praudyogiki (Assistive Technology)

Aise vastuon, upkaranon ya utpaad pranaliyon ka kharid ya kiraya jo aapki rozmarra ki gatividhiyon ko karne ki kshamata badhaayein ya banaye rakhein.

Isme upkaran ko design karne, fit karne, anukoolit karne aur banaye rakhne ke saath-saath, unka upyog karne ke liye prashikshan ya takneeke sahayata bhi shamil hai. Ismein yeh bhi shamil hai ki aapko kis prakaar ki sahayak praudyogiki ki zarurat hai, iska aakalan kiya jaaye.

Ghar aur Vahan Mein Sudhaar

Niji aawaas, gaadi ya van mein kiye gaye bhoutik badlav, taaki aapki vishesh zaruraton ko poora kiya ja sake ya aapke kriyashaamta mein sudhaar ho.

Swasthya aur Suraksha (Health and Safety)

Ghar Tak Bhojan Pahuchana (Home-Delivered Meals)

Bhojan aapke ghar tak pahunchaya jaata hai jo saaf suthre bartan aur upkaranon ka upyog karta hai, uचित tapmaan banaye rakhta hai, aur isme pratyek vyask ke liye minimum rozana poshan ki ek-teehai maatra hoti hai, pratidin bhojan mein vibhinnata ke saath. Aap home-delivered meals ke liye qualify kar sakte hain jab aap apne khud ke bhojan tayar karne mein asamarth hon.

Vayaktigat Aapatkaleen Partikriya System (PERS)

Ek electronic yantra jo aapko aapatkalin paristhiti mein kisi se sampark karne mein sahayata karta hai. Yeh system aapke telephone se connected hota hai aur jab aap button dabate hain, to yeh ek nirdharit vyakti ya call center ko suchit karta hai.

Saamaan aur Sevaayein (Goods and Services)

Home Again

Nursing facility ke niwasi ko ek adhik svatantra nivas mein move karne mein madad karta hai. Aap chhoot ke liye patrata prapt kar sakte hain jab aap nursing facility mein reh rahe ho aur kam se kam teen mahine tak Medicaid dwara aapki nursing sevaaon ka bhugtan kiya gaya ho.

Ismein ek niji aawaas mein shift hone ke liye non-recurring set-up kharche shamil hote hain, jahaan aap apne jeevan vyayon ke liye swayam zimmedaar hote hain. Sammilit vastuon aur sevaayein mein avashyak furniture, lease ke liye security deposit, utilities ke set-up fees ya deposit, aur accessibility ke liye badlav shamil hain.

Gair-Chikitsa Transport (Non-medical Transportation)

Aapko samudayik sansadhanon tak le jaane aur wapas laane ke liye parivahan pradan karta hai taki aap apne ghar mein reh sakein.

DHHS se sampark karein

(877) 667-6266

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