

# Nebraska Medicaid Ghar aur Samudaay Aadharit Sevaayein (HCBS)

## वृद्ध और विकलांग (AD) छूट

# SEVAAYEIN QUICK GUIDE

*Quick Guide sevaon ka ek parichay hai aur ise yeh faisla lene ke liye istemal kiya ja sakta hai ki kaun si sevaayein consider ki jaayen. Apka Service Coordinator sevaon ko aur adhik vistaar se samjhayega aur provider ke vikalpon par charcha karega.*

*Upalabdh sevaayein aapki avashyaktaon par adharit hain. Program ke niyamon ka palan karne ke liye sevaon ka ek mishran avashyak ho sakta hai.*

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DEPT. OF HEALTH AND HUMAN SERVICES

## Uplabdh Sevaayein

Waiver participants samudaay mein sevaayein prapt karte hain aur unhe Nursing Facility (NF) mein rehne waale logon ke jaise care level ki criteria ko pura karna hota hai. Uplabdh sevaayein aapki umra par adharit hoti hain.

Uplabdh Sevaayein	Baccha (18 saal se kam umra)	Vyask (18 saal aur usse zyada umra)
Vyask Divas Swasthya Seva	-	✓
Sahayak Jeevan	-	✓
Sayayak Technology	✓	✓
Kaam	-	✓
Saathi	-	✓
Viklang Bachon ke liye Extra Dekhbhaal	✓	-
Phir Se Ghar	-	✓
Ghar aur Vahan Mein Sudhaar	✓	✓
Ghar Tak Pahunchaye Gaye Bhojan	-	✓
Swatantrata Kaushalon Ka Vikas	-	✓
Non-Medical Parivahan	-	✓
Vyaktigat Dekhbhal	-	✓
Vayaktigat Aapaatkaaleen Partikriya System (PERS)	-	✓
Aram Ka Samay	✓	✓

*Sevaon ke baare mein adhik jaankari ke liye aur ye dekhne ke liye ki aap kiske liye योग्या hain, apne Service Coordinator se sampark karein. Sevaayein aapke person-centered plan mein pehle se pehchani jaani chahiye, tabhi koi provider aapko sevaayein pradan karne ke liye adhikrit ho sakta hai.*

## VYASK DIVAS SWASTHYA SEVA

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

Aap योग्या ho sakte 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.

## SAHAYAK JEEVAN

Assisted Living shelter, bhojan, aur anya sevaayein pradan karta hai, jaise ki personal care gatividhiyon, daily living activities (ADL), instrumental activities of daily living (IADL), aur swasthya maintenance mein madad. Assisted living facilities Public Health ke through licensed hoti hain aur Medicaid aur Long Term Care (MLTC) dwara nyantrit hoti hain.

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

## SAYYAK TECHNOLOGY

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Assistive Technology ka matlab hai aise items, devices, ya product systems ka kharidna ya kiraye par lena jo aapki shamta banaye rakhein ya dincharya ke kaam karne mein madad karein.

Isme equipment ka design karna, fit karna, adapt karna, aur uski maintenance شامل hai, saath hi equipment ka istemal karne ke liye training ya technical madad bhi di jaati hai. Isme ek assessment bhi شامل hai taaki aapko jo assistive technology chahiye, uska pata lagaya ja sake.

## KAAM

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

Isme housekeeping gatividhiyan شامل 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 شامل hai.

## SAATHI

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Saathi vyaskon ke liye hai jo 18 saal aur usse zyada umra ke hain. Yeh aapke ghar aur ho sakta hai ki samudaay ke sthalon mein pradan ki jaane wali nigraani aur samajik samarthan ko شامل karta hai. Yeh seva light housekeeping tasks, bills ka bhugtan, errand service, zaroori shopping, bhojan tayar karna, aur laundry service شامل kar sakti hai.

## VIKLANG BACHON KE LIYE EXTRA DEKHBHAAL

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Viklang Bacchon Ke Liye Extra Care 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 bachche 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 average hona chahiye.

## PHIR SE GHAR

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Home Again nursing facility ke niwasi ko ek adhik svatantra nivas mein move karne mein madad karta hai. Aap योग्य ho sakte hain jab aap 18 saal se zyada umra ke ho aur ek vartamaan nursing facility ke niwasi ho, jinki nursing facility ki sevaayein kam se kam teen mahine tak Medicaid dwara bhari gayi ho.

Yeh ek private nivas mein move karne ke liye non-recurring set-up kharchon ko شامل karta hai, jahan aap apne khud ke jeevan vyay ke liye zimmedar hote hain. شامل kiye gaye saman aur sevaayein mein avashyak furniture; lease ke liye security deposit; utilities ke liye set-up fees ya deposits; aur pahunch योग्य sudhaaro شامل hain.

## **GHAR AUR VAHAN MEIN SUDHAAR**

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Home aur Vehicle Modifications aise sharirik badlaav hain jo ek private nivas, automobile, ya van mein kiye jaate hain, taaki aapki vishesh zaruraton ko pura kiya ja sake ya aapki karyaksheelta ko sudhaara ja sake.

## **GHAR TAK PAHUCHAYE GAYE BHOJAN**

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Ghar aur vahan mein sudhaar aise sharirik badlaav hain jo ek private nivas, automobile, ya van mein kiye jaate hain, taaki aapki vishesh zaruraton ko pura kiya ja sake ya aapki karyaksheelta ko sudhaara ja sake. Aap home-delivered meals ke liye qualify kar sakte hain jab aap apne khud ke bhojan tayar karne mein asamarth hon.

## **SWATANTRATA KAUSHALON KA VIKAS**

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Independence Skills Building daily living activities (ADL), instrumental activities of daily living (IADL), aur ghar ke prabandhan ko sikhata hai taaki svatantrata ko badhaya ja sake. Yeh aapke ghar aur community mein provide ki jaati hai.

Isme tasks sikhane shamil ho sakte hain jaise nahaana, kapde pehna, khana khane, shauch, chalna-phirna, ghar ka kaam, safai, safar ke liye transportation ka istemal, paise ka prabandhan, aur shopping.

## **NON-MEDICAL PARIVAHAN**

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Non-Medical Transportation aapko community resources tak jaane aur wapas aane ke liye transportation provide karti hai, taaki aap apne ghar mein rehna jaari rakh sakein.

## **VYAKTIGAT DEKHBHAL**

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Personal Care mein assistance with activities (ADL) aur swasthya sambandhi tasks mein madad shamil hoti hai, aur isme instrumental activities of daily living (IADL) bhi shamil ho sakte hain. Yeh aapke ghar aur community mein provide ki jaati hai.

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

## **VAYAKTIGAT AAPAATKAALEEN PARTIKRIYA SYSTEM (PERS)**

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PERS ek electronic device hai jo aapko emergency ke samay kisi vyakti se sampark karne mein madad 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.

## **ARAM KA SAMAY**

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Respite ek short-term seva hai jise aap tab istemal kar sakte hain jab aap apne liye khud dekbhal nahi kar paate. Respite aapke regular caregiver ko temporary relief pradan karta hai jo aapke saath rehta hai. Aapka provider daily living activities, health maintenance, aur supervision mein madad karta hai.