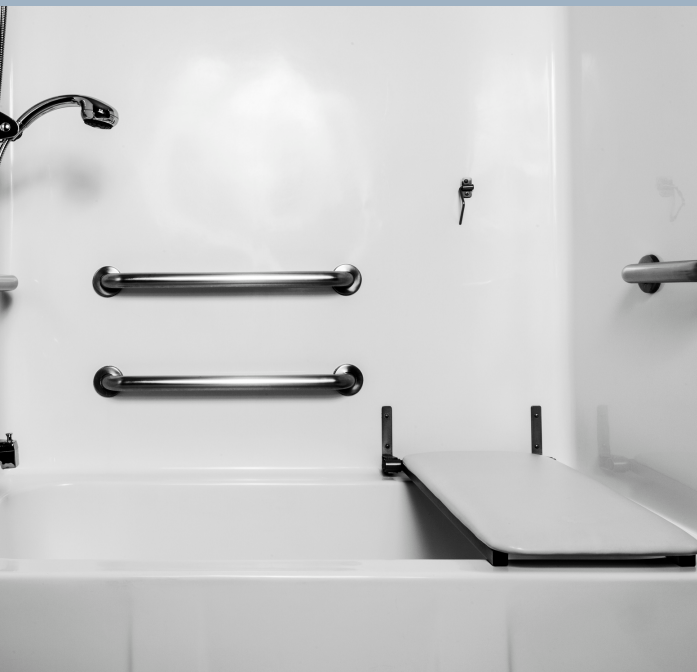


Wax ka badalida Guriga waxaa laga heli karaa Barnaamijyada Ka-dhaafidda kharashaadka Adeegyada Guriga iyo Bulshada (HCBS Waivers) ee soo socda:
Heerka Daryeelka Xarunta Daryeelka Dhexe

- Kharash ka-dhaafida taageerada qoysaska (FSW)
- Kharash ka-dhaafida loogu talagalay dadka waaweyn ee qaba naafo horumarineed, maalinta adeegyada
- Ogolaanshaha Dhameystiran ee Naafoimada Koritaanka (CDD)

Heerka Daryeelka ee Xarunta Kalkaalisada

- Kharash ka-dhaafida loogu talagalay dadka qaba dhaawac maskaxeed
- Kharash ka-dhaafida loogu talagalay waayeelka, dadka waaweyn, iyo carruurta naafada ah



Macluumaadka ku saabsan Isbeddellada Guriga waxaa laga helaa Xeerarka Maamulka ee Nebraska:

- Cinwaanka 403 NAC Cutubyada 4, 5, iyo 6
- Cinwaanka 480 NAC Cutubyada 5 iyo 6

Wixii macluumaad dheeraad ah booqo:
<https://dhhs.ne.gov/>



Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Nebraska
Qaybta Naafada Korriinka

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Wax ka badalyada Guriga



Waa maxay Ka badalka Guriga?

Isbeddellada Guriga waa la-qabsiyo jireed oo lagu sameeyo guriga ka-qaybgalaha. Tani waxaa ka mid ah guriga qoyska, marka uu ka-qaybgaluhu la nool yahay qoyskiisa. Isbeddellada guriga waa lagama maarmaan si loo hubiyo caafimaadka, daryeelka iyo badbaadada ka-qaybgalaha, ama ay muhiim u yihiin in ka-qaybgaluhu ugu noolaado gurigiisa si ka madax-bannaan oo ka fudud.

Kharash ka-dhaafidyaada Adeegyada Guriga iyo Bulshada (HCBS Waivers) ma kafaala-qadaan isbeddellada guriga ee loo arko inay yihiin adeegyo guud, waajibaadka caadiga ah ee hoyga ee ka-qaybgalaha ama milkiilaha guriga, ama aan lahayn faa'iido caafimaad ama daweyn oo toos ah.

Dheefooyinka Wax kabadalida Guriga

- Kordhisa madaxbannaanida iyo isku-filnaanta
- Waxay kor u qadaa isgaarsiinta iyo fursadaha waxbarasho
- Waxay kordhisaa helitaanka gurigaaga
- Waxay kordhisaa kalsooni iyo tayada nolosha



Noocyada Isbeddellada Guriga

1. **Marinka laga soo galo iyo Kan laga baxaba:**
 - Ramp-yada iyo ramp-yada heerka albaabka
 - Albaabada la ballaariyey
 - Furayaasha albaabka tooska ah
 - Gacan qabsadayaasha albaabka ee nooca leexinta
2. **Goobaha lagu noolaado**
 - Furayaasha iftiinka iyo kuleyliyaha ee hoos loo dhigay
 - Tignoolajiyada Guriga Casriga ah
3. **Gelida Musqusha**
 - Qubaysyada ama tubbada lagu geli karo lugayn ama la isku wadi karo (kursiga curyaamiinta)
 - Musqulaha kor loo qaaday iyo biraha la qabsado leh
 - Dhul-siman aan si fudud loogu sambariirixin
 - Biyaha aanan u baahnayn in la furo iyo tuubooyinka qubayska ee gacanta lagu hayo
4. **Wax ka badalka Jikada**
 - Miisaska iyo weel-biyoodka hoos loo dhigay
 - Armaajooyinka la soo jiidan karo
 - Foornada dhinaca laga furo iyo qaybta hore
 - Biyo-mareennada leh furtaanka ama kuwa aan lahayn tuubada laga furo

Yaa ka faa'iidayasan kara?

- Dadka la kulma caqabadaha **dhaqdhaqaaq ama dhibaatooyin caafimaad.**
- **Waayeelka** qaba naafo jireed, mid dareen, ama maskaxeed.

Heli wax ka badalida Guriga

Waxka badalida Guriga waxay u baahantahay **Qiimaynta Waxkabadalida Bii'ada.**

- **Qiimeyn shaqo** oo lala sameeyo ka-qaybgalaha ayaa la dhammeystiri doonaa si loo hubiyo caafimaadka, daryeelka, iyo badbaadada ka-qaybgalaha.
- **Qiimeyn goobta lagu sameeyo arrinta** deegaanka waxa ay ku jirtaa qiimeyn baahida shaqo, go'aaminta bixinta isbeddel guriga ku habboon ee ka-qaybgalaha, iyo qiimeynta baahida isbeddelka si loo hubiyo inuu yahay mid kharash ahaan waxtar leh.
- **Xarumaha Daryeelka Caafimaadka iyo Soo-kabashada:** la tasho daaweeyayaasha (Daaweynta Shaqada, Daaweynta Jirka, iyo Daaweeyayaasha Hadalka) si aad u hesho talooyin.

