

Swatantra Nirdeshan ke liye Bhagidari Margdarshika

Swatantra Pradataon ke saath kaise kaam karein

Vishay-Suchi

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Uddeshya

Yeh Swatantra Nirdeshan Margdarshika un bhagidaron ke liye likhi gayi hai jo Medicaid Home aur Community-Based Services (HCBS) Developmental Disabilities (DD) Waiver sewaon ka swatantra nirdeshan karna chahte hain. Swatantra Nirdeshan dono Comprehensive Developmental Disabilities (CDD) Waiver aur Developmental Disabilities Adult Day (DDAD) Waiver ke liye upalabdh hai. Yeh margdarshika tab padhni chahiye jab aap yeh faisla le rahe ho ki aap apni sewaon ka swatantra nirdeshan karna chahte hain ya nahi. Aapki team ko bhi is margdarshika ki jankari padhni aur samajhni chahiye, kyunki yeh unhein aapki madad karegi jab aap apni sewaon ka swatantra nirdeshan karenge.

Swatantra Nirdeshan ke liye Margdarshika mein شامل hai:

- Swatantra Nirdeshan kaise kaam karta hai, iske baare mein samanya jankari;
- Swatantra Nirdeshan karne wale bhagidaron ke adhikar aur zimmedariyan;
- Swatantra pradaton ko kaise dhundhein, hire karein, supervise karein aur dismiss karein, iski jankari; aur
- Billing aur payment kaise hota hai.

Pradata Sansadhan

Jab aapke paas koi vyakti ho jise aap apna swatantra pradata bana chahte hain, to unhe DDD website par [resources](#) page par bhejein. Aapke Service Coordinator (SC) aapko aapke pradata ke liye koi bhi sansadhan ka paper copy de sakte hain.

Is document mein diye gaye sabhi links ant mein diye gaye hain.

Swatantra Nirdeshan ka Parichay

Swatantra Nirdeshan kya hai?

Swatantra Nirdeshan us tareeke ko kaha jata hai jisme aap apni Medicaid HCBS DD waiver sewaon ko manage karte hain jab aap swatantra pradata ke saath kaam karne ka faisla karte hain. Swatantra Nirdeshan aapko sewaon ki pradan ki sabhi pehluon ko manage karne ki zimmedari deta hai. Aap apne vyakti-kendrit योजना प्रक्रिया के जिम्मेदार हain. Swatantra Nirdeshan ek sewa nahi hai, balki yeh aapko yeh niyantran dene ki suvidha deta hai ki aap kaunsi sewaen prapt karte hain aur unhe kaun pradan karta hai. Aap faisla karte hain ki aapke saath kaun kaam karega.

Yeh aap par nirbhar hai ki aap kaunsi sewaen chahte hain taaki aap jitna ho sake swatantra ho sakein. Aapke paas yeh adhikar aur zimmedari hai ki aap apni योजना के विकास और क्रियान्वयन में जितना हो सके उतना हिस्सा लें.

Swatantra Nirdeshan apni taraf se prachar aur apne faislon par niyantran par adharit hai:

- Apni taraf se prachar ka matlab hai apne paksh mein baat karna ya kaam karna.
- Apne faislon par niyantran ka matlab hai ki aap apni zindagi ke un kshetron par jitna control chahte hain, utna control rakhte hain jo aapke liye mahatvapurn hain.

Jab aap apni DD waiver sewa ka swatantra nirdeshan karte hain, to aap kuch faayde anubhav kar sakte hain:

- Badhte hue swatantrata aur atma-samman;
- Yeh faisla karna ki kaun aapke ghar kaam karne aayega;
- Badhte hue samudayik pahunch;
- Apne vyaktigat jeevan shaili aur pasand ko banaye rakhne के लिये badhawa milna; aur
- Sewaon से badhi hui santushti.

Swatantra Nirdeshan mein kya alag hai?

Jab aap swatantra pradata के साथ काम करने का फैसला करते हैं, तो आप अपनी Medicaid HCBS DD Waiver सेवाओं का स्वतंत्र निर्देशन करने के लिये जिम्मेदार होते हैं.

Ek **swatantra pradata** wo vyakti hota hai jo Medicaid pradata ke roop mein panjikrit hota hai aur aapke dwara naukri par rakha jata hai.

- Aap apne swatantra pradata ko hire karne, training dene, schedule banane, supervise karne aur dismiss karne ke liye zimmedar hote hain. Aap apne swatantra pradata ko habilitative programs viksit karne aur chalane mein bhi madad karenge.
- Ek swatantra pradata koi bhi योग्य व्यक्ति हो सकता है जैसे आप चुनें। आप swatantra pradata के liye अवश्याक्तायेन [DD Policy Manual](#), अध्याय 7 में देख सकते हैं। Medicaid पंजिकरण प्रक्रिया में पिछले record कि जांच और qualifications की पुष्टि शामिल है।
- Aap kisi bhi व्यक्ति को चुने सकते हैं जो आपके liye कानूनी रूप से जिम्मेदार ना हो और जो आपकी चुनी हुई सेवा की अवश्याक्ताओं को पूरा करता हो। निम्नलिखित व्यक्ति आपके liye कानूनी रूप से जिम्मेदार हैं, इसीलिए उन्हें आपकी सेवाएँ प्रदान करने के liye नौकरी पर **नाहि रक्खा जा सक्ता**:
 - जब आप 19 साल से कम उमर के हों, तब आपके माता-पिता;
 - आपका सुरक्षा अधिकारी;
 - आपका पति/पत्नी;
 - आपका सारक्षक; या
 - आपका power of attorney.
- Aap apne padosi, dost, या परिवार के सदस्य को चुने **सक्ते** हैं।
- Swatantra pradataon ko DHHS – Public Health द्वारा प्रामाणित **नाहि** किया जाता।
- Aap apne swatantra pradata ki dar (kitna aap unhe denge) माँक दारों के अधार पर सेट करते हैं।

Jab aap swatantra nirdeshan karte हैं, तो आप सिर्फ swatantra pradataon का इस्तेमाल करने का फैसला कर सकते हैं या कौ प्रकर के pradataon का इस्तेमाल भी कर सकते हैं। Anya log जो DD सेवाएँ प्रदान कर सकते हैं:

- Ek **developmental disabilities agency provider** एक असी कंपनी है जो Medicaid provider के रूप में पंजिकृत है और developmental disabilities सेवाएँ प्रदान करने के liye DHHS – Public Health द्वारा प्रामाणित है। Agency provider जिम्मेदार होता है आपके साथ काम करने वाले कर्मचारियों और contractors को hire करने या contract देने और उनका प्रभावशाली निगरानी करने के liye, साथ ही अन्य प्रशासनिक कर्मियों के liye भी।
- **Vendor** एक कंपनी या agency होती है जो Medicaid provider के रूप में पंजिकृत होती है, लेकिन DD सेवा प्रदाता के रूप में प्रामाणित नहीं होती। Vendors असी सेवाएँ प्रदान करते हैं जैसे घर और Vehicle Modifications और Personal Emergency Response Systems (PERS)।

Kya main apni sewaon ka swatantra nirdeshan kar sakta hoon?

Aap tab apni sewaon ka swatantra nirdeshan kar sakte हैं जब आप:

- DDD से सेवाओं के liye योग्य हैं;
- आपकी उमर 19 साल या उससे ज्यादा हो (आपके माता-पिता आपके liye swatantra nirdeshan कर सकते हैं जब आप 19 साल से कम उमर के हों);
- आप घर और समुदाय अधारित waiver सेवाओं के liye संस्थागत स्तर के देखभाल के liye योग्य हैं;
- आप Medicaid के liye योग्य हैं और use प्राप्त करते हैं;
- आपके पास एक व्यक्ति-केंद्रित योजना हो, जो यह केहती हो कि आप swatantra nirdeshan करना चाहते हैं; और
- आप अपनी सेवाओं को manage करने के liye बंधी हुई जिम्मेदारी को अपनाने के liye तैयार और कबिल हैं। आपकी बंधी हुई जिम्मेदारी में यह सुनिश्चित करना शामिल है कि आपका swatantra pradata प्रशिक्षित हो, आपकी बाँधको में शामिल हो, सेवाओं और billing के liye दस्तावेज पूरा करें, और अपनी अन्य सभी जिम्मेदारियाँ निभायें।

Jab aap फैसला कर रहे हो कि आप अपनी waiver सेवाओं का swatantra nirdeshan करना चाहते हैं या नहीं, तब आप अपनी टीम के साथ निम्नलिखित प्रश्नों के उत्तर देकर यह तय कर सकते हैं कि swatantra nirdeshan आपके liye सही है या नहीं:

- क्या आपकी medical, व्यवहारिक, और सुरक्षा की जरूरतें एक swatantra pradata द्वारा पूरी की जा सकती हैं?
- क्या आप एक swatantra pradata की अवश्याक्ताओं को समझते हैं?
- क्या आप पहचान सकते हैं जब आपको पर्याप्त समर्थन मिल रहा हो?
- क्या आप ज्यादा अलग-थर और abuse या neglect के liye असुरक्षित हो जायेंगे?
- क्या आप समझते हैं कि abuse और neglect क्या होते हैं, और क्या आप abuse या neglect की report करने में सक्षम हैं?
- क्या आप abuse, neglect, exploitation, या fraud की report करने से डरते हैं क्योंकि आप एक swatantra pradata को खोने या रिश्ते को नुकसान पहुंचाने से बचना चाहते हैं?

- Aap apne ghar ya samuday mein madad ke liye swatantra pradataon ko kaise dhundhenge aur hire karenge?
- Aap un swatantra pradataon ko jo aapke saath kaam karte hain, prashikshit karne aur unka nigrani karne ki yojna kaise banayenge?
- Kya aap habilitation ko samajhte hain aur apne swatantra pradata ki ek program likhne mein madad karne ka tarika jaante hain?
- Jab aapke niyमित roop se schedule kiye gaye swatantra pradata beemaar ho jaate hain, to aapki zaruratein kaise पूरी ki jayengi?
- Kya aap jaante hain ki apni yojna ya sewaon mein kaise badlav karenin?
- Kya aap पैसे ko samajhte hain, jisme aapके labh aur sewaen kharidne के liye aapका budget शामिल है?
- Kya aap samajhte hain ki राज्या-dvara anivarya case management system kaise istemal karenin? Kya aap ise apne swatantra pradata ki billing पूरी करने के liye istemal कर पाएंगे?
- Kya aap apne swatantra pradata ko unके काम के बारे में जो आपको पासंद हो या ना हो, बता सकते हैं?
- Aap apne swatantra pradata ko जब उन्हें सेवाओं या billing के बारे में प्रश्न हो, तो उन्हें कैसे मदद देने की योजना बना रहे हैं?
- Kya aap samajhte hain ki अगर आप अपने स्वतंत्र प्रदाता के साथ अपनी सारी medical जानकारी सांज्हा नहीं करते हैं तो क्या risk हो सकता है?
- Kya aap एक स्वतंत्र प्रदाता को dismiss करने से डरते हैं क्योंकि आप प्रदाता को खो देना या रिश्ते को नुक्सान पहुंचाना नहीं चाहते?
- जब आप घर पर अकेले हो और कोई emergency हो, तो आप क्या करेंगे?
- Kya aap अपने SC से मदद लेने के liye तयार हैं? आपका SC आपकी सेवाओं को आपके liye निर्देशित नहीं करेगा, लेकिन जब आपके पास कोई question हो, तब वे उपलब्ध रहेंगे.
- Kya aap अपने SC से मदद लेने के liye तयार हैं? आपका SC आपकी सेवाओं को आपके liye निर्देशित नहीं करेगा, लेकिन जब आपके पास कोई question हो, तब वे उपलब्ध रहेंगे.
- Kya aap चाहे हैं कि कोई आपको स्वतंत्र निर्देशन में मदद करे?

Kaunsi sewaen swatantra roop se nirdeshit ki ja sakti hain?

Nimnalikhit Medicaid HCBS DD Waiver सेवाओं स्वतंत्र रूप से निर्देशित की जा सकती हैं:

- Sayyak Technology
- Bachon ki Dinik Punaruddharan*
- Paramarshatmak Mulyankan
- Samudaayik sangathan* ^
- Paryavaran Sudhaar Mulyankan
- Ghar Mein Sudhaar
- *Homemaker*
- *Swatantra Jeevan Yapan** ^
- *Aram Ka Samay*
- Samarthish Rojgar – Follow-Along*
- Samarthish Rojgar – Vyakti*
- *Samarthish Parivaar Jeevan** ^
- Parivartan Kaal
- Parivahan

Jo सेवाओं star (*) के साथ हैं, वे कौशल का विकास करने वाली हैं और उनमें शिक्षण भी शामिल है। कौशल का विकास करने वाली सेवाओं के liye programs लिखने और चलाने की अवश्यता होती है जब आप सेवाओं प्राप्त करते हैं। आपकी जरूरतों के अनुसार, कौशल का विकास करने वाली सेवाओं में व्यवहार समर्थन योजना और सुरक्षा योजना भी शामिल हो सकती हैं।

Jo सेवाओं (^) के साथ हैं, उनका एक हिस्सा virtual रूप से प्रदान किया जा सकता है, इसका मतलब है कि प्रदाता आपके स्थान से अलग जगह पर होगा और आप दोनों एक electric device के मध्यम से एक दूसरे को देख और सुन सकते हैं।

Jo सेवाओं *italics* में हैं, उन्हें Electronic Visit Verification (EVV) का उपयोग करना जरूरी है और आपके स्वतंत्र प्रदाता को सेवाओं प्रदान करते वक़्त check-in और check-out करने के liye एक mobile device (smartphone या tablet) की अवश्यता होगी।

Swatantra Nirdeshan ke liye Bhagidari Ki Apekshaayein

Apni sewaon ka swatantra nirdeshan karna aapko apni takat par kaam karne ka mauka deta hai. Aap apni swatantrata ko badhane ke liye jo sewaen aur samarthan chahte hain, unhe tay karte hain. Aapke paas apni yojna ko viksit karne aur uske kriyanvayan mein jitna ho sake hissa lene ka adhikar aur zimmedari hai. Aap apne swatantra pradataon ko hire karne, prashikshit karne, schedule banane, unki nigrani karne aur unhe dismiss karne ke liye zimmedar hain.

Mere adhikar kya hain?

Aapke paas unhi adhikaron ka hak hai jo kisi bhi vyakti ko developmental disabilities sewaen prapt karte waqt milte hain, jisme samil hai:

- Surakshit rehna;
- Vinarmata, samvedna, aur samman ke saath vyavhaar kiya jaana;
- Apne andar ki awaaz par bharosa karna;
- Dusron se sehmat ya asahmat hona;
- Sewaon aur pradataon ke baare mein faisle lena, sewaon ki seema ke andar;
- Questions puchhna jab tak aap samajh na lein;
- Kabhi bhi apni sewaon mein badlav karna;
- DHHS ke dwara liye gaye kisi bhi faisle ko jo aapko prabhavit karta ho, appeal karna; aur
- Neglect aur abuse se mukt rehna.

Meri zimmedariyan kya hain?

Aapko apni vyakti-kendrit yojna prakriya ka sakriy roop se nirdeshan karna hoga aur jab aapko swatantra nirdeshan mein madad ki zarurat ho to apni team ke saath samvad karna hoga. Jab aapka guardian ya parivaar aapke swatantra nirdeshan mein madad karta hai, to aapki team kisi bhi sambhavit swarth sangharsh ki jaanch karegi taaki aapke hit mein faisle liye ja sakein.

Aap sabhi employer ki zimmedariyan sweekar karte hain, jo shamil hain. Pradata ko dhundhna, interview lena, hire karna, prashikshit karna, schedule tay karna, nigrani karna, monitor karna, aur dismiss karna.

Aap apne barsik individual budget amount (IBA) ke prabandhan ke liye zimmedar hain:

- Aap apne swatantra pradataon ko kitna paisa dena hai, iski ghante ki dar ko maximum rate tak negotiate karte hain;
- Aapko billed savao ka nigrani karna chahiye;
- Aapko kisi bhi billing sambandhi chinta ko apne SC ko report karna hoga;
- Jab kisi tarah ki galtiyen milen, to apne SC ke saath kaam karne ke liye tayar rahiye; aur
- Jab Medicaid samudaay adharit waiver sewaon ka bhugtan kar raha ho, to aap apni developmental disabilities waiver sewaon ke liye extra paisa nahi de sakte.

Main sewaen aur samarthan kaise chunein?

Aapko apni zaruraton ko pehchanna hoga, yeh sochkar ki aap apni zindagi mein kya chahte hain. Un cheezon ko hone ke liye kya zaroori hoga? Aapke paas kaunse praktik samarthan hain? Praktik samarthan mein parivaar, dost, padosi, saathi, aur samudaayik sewaen shamil hain jo muft ya sasti fee par uplabdh hain. Aapko yeh sochna hoga ki kaunsi zaruratein aapke praktik samarthanon dwara puri nahi ho rahi hain.

Aapki team aapki zaruraton ko address karne ke liye ek yojna par charcha karegi aur usse document karegi. Swasthya aur suraksha ki zaruratein pehchani aur charchit ki jani chahiye. Jab swasthya aur suraksha ki zaruratein ek swatantra pradata ke dwara puri nahi ki ja sakti, to aap swatantra nirdeshan nahi kar paenge.

Jab aap apni zaruratein pehchan lete hain, to aapka SC available DD waiver sewaon ka samikshan karega. Aapka SC anya sansadhan se available sewaon ki sujhav de sakta hai. Aap yeh tay karenge ki kaunsi sewaen aapke madad kar sakti hain apke

lakshyon ko poora karne mein. Aap jyada sewaon ko pehchaan sakte hain jo aapke budget ke hisaab se nahi aati. Jab aap apne sabhi lakshyon ko poora nahi kar paate, to aapko yeh decide karna hoga ki kaunse lakshye aapke liye sabse mahatvapurn hain.

Jab aap apni zaruratein pehchaan lete hain, aapka SC aapki sewaon ko kaise aur kab pradan kiya jayega, yeh decide karne mein madad karega. Aapko yeh anuman lagana hoga ki aapko har din, hafta aur mahine kitni sewaen ki zarurat hai.

Swatantra Nirdeshan ke Khatre kya hain?

Safalta ke liye, aapko sambhavit khatron ko pehchanna hoga. Jab cheezein yojna ke anusar na chalein, to aapko apni zaruratein kaise पूरी karni hain, yeh decide karna hoga. Aapka SC self-directed services mein prashikshit hai aur jab badlav ki zarurat ho, to aapki madad kar sakta hai.

Swasthya aur Suraksha ke Risk

Apni swasthya aur suraksha ki zaruraton ko dhyan mein rakhna zaroori hai. Aapko koi aisi zarurat ho sakti hai jo sabse achhe tareeke se kisi aise vyakti dwara puri ho sakti ho jise medical gyaan ya prashikshan ho. Aap apne swatantra pradata ko apni swasthya aur suraksha ki zaruraton par prashikshan de sakte hain, ya aapke pradata ko kisi professional se prashikshan ki zarurat ho sakti hai. Jab aap apni sewaon ka swatantra nirdeshan karte hain, to aap apne swasthya aur suraksha ke liye zimmedar hote hain.

Abuse aur Neglect

Jab aap apne ghar mein sewaen prapt kar rahe hote hain, to aap akela aur abuse ya neglect ke liye asurakshit ho sakte hain. Kisi bhi complaint ya allegation ko report karne mein hichkichayein mat. Aapko shayad atyachar ko pehchaan na muskil ho. Aapke swatantra pradata ko kho dene ya kisi ko naraaz karne ka dar mat rakhein. Aapko kisi bharsemand vyakti ko batana chahiye jab aapko lage ki koi aapka abuse ya neglect kar raha hai.

Pradata ki Vishwasniyata

Aapko ek aise swatantra pradata ko dhundhne mein mushkil ho sakti hai jo aapki zaruraton ko aapki pasand ke mutabik pura kare. Aapka swatantra pradata naukri chhod sakta hai ya kaam par nahi aa sakta. Zaroori hai ki aapke paas ek backup yojna ho jab aapka swatantra pradata apne niyमित समय par kaam par nahi aata. Aapki backup yojna mein شامل hona chahiye:

- Jab mera swatantra pradata kaam par nahi aata to kya hoga?
- Kya mai kisi ko suchit karne ke liye phone ka upyog kar sakta hoon? Mai kisse call ya text karunga?
- Kya mujhe madad ke liye ek Personal Emergency Response System (PERS) ki zarurat hai?
- Jab mujhe madad ki zarurat ho, to kaun available hoga? Mere paas kin logon ki list hai jinko mai call kar sakta hoon agar pehla vyakti jawab na de?
- Kya mere parivaar ya dost hain jo madad kar sakte hain jab mere koi bhi swatantra pradata uplabdh na ho?

Jab aap swatantra pradataon ke saath kaam karte hain, to koi "pool" nahi hota hai jahaan se kaam karne ke liye dusre pradata bulaye ja sakte hain. Aapki zimmedari hai ki sewaon ke schedule aur pradan mein koi bhi samasya ko suljhayein. Jab aap kisi samasya ko suljhane mein asamarth hote hain, to aap kisi bhi समय apne swatantra pradata ka istemal band kar sakte hain, lekin naye pradata ko dhundhna aapka kaam hai.

Aap apne SC se madad maang sakte hain. Aapka SC kisi aur swatantra pradata ke baare mein jaanta ho sakta hai jo kaam ke liye talash kar raha ho. Jab aapka SC aapko kisi swatantra pradata ka naam de, to aap unse sampark kar sakte hain aur interview le sakte hain taaki yeh dekha ja sake ki kya ve aapki zaruraton ko pura kar sakte hain. Sirf isliye ki koi vyakti ek aur participant ke liye swatantra pradata hai iska matlab yeh nahi ki ve aapke liye bhi sahi honge.

Agar mujhe lage ki mera abuse ya neglect ho raha hai to kya karoon?

Jab aapka pradata aapko asuvidha pahuncha raha ho, to kisi se iske karan par baat karein.

Abuse aur neglect ka parinam sharirik chot, anuchit bandhan, corporal punishment, sexual abuse, exploitation, ya aavashyak sewaon ke inkaar mein ho sakta hai. Abuse ya neglect jaanbujh kar ya laaparwahi ke karan ho sakta hai.

Jab aapko lage ki aap abuse ya neglect ke shikar ho sakte hain, to turant kisi ko bataayein. Chot lagne ya bimaar hone ka intezaar na karein. Jab aapko shak ho to apne SC, kisi bharsemand dost, ya parivaar ke sadasya se baat karein.

Aapka SC aapki Medicaid HCBS DD waiver sewaon ka nigrani karega aur koi abuse ya neglect hone par report karega. Aapka SC aapse puchh sakta hai ki kya aapko asuvidha ho rahi hai ya aapki zaruraten पूरी nahi ho rahi hain. Imaandari se apne sawalon aur chintaon par baat karein. Aap aur aapke swatantra pradata ko milkar service reviews mein bhaag lena hoga.

Aapko report karne ke liye kisi aur ka intezaar karne ki zarurat nahi hai. Agar aapko lagta hai ki aap abuse ya neglect ke shikar ho sakte hain, to aap Abuse/Neglect Hotline ya apni local police ko call kar sakte hain.

Abuse aur Neglect ke Udaharan

Nimnalikhit alag-alag prakar ke abuse aur neglect ke udaharan hain. Yeh udaharan sabhi sthitiyon ko shamil nahi karte, iska matlab hai ki koi vyakti listed cheezon ke alawa bhi aapka abuse ya neglect kar sakta hai. Jab bhi aapko lagta hai ki aapke saath galat vyavhaar ho raha hai, to kisi bharsemand vyakti se baat karein.

Corporal Punishment: Anuchit vyavhaar ke parinam ke roop mein dard pahunchana.

Denial of Essential Services: Bhojan, paani, kapdon, ashray, aur sharirik zaruraton ke upchar ki suvidha rokna.

Emotional/Verbal Abuse: Dhamki dena, gali dena, apni ichchha aur zarurat vyakt karne ka adhikar chheenna, cyberbullying, doston ya parivaar se alag karna. Emotional aur verbal abuse ka Adult Protected Services द्वारा जांच nahi hoti, lekin aapko ise bardasht nahi karna chahiye.

Exploitation: Paise ya vyaktigat samaan chheen lena, kaam kiye gaye samay se zyada billing karna, job duties pura na karna.

Neglect: Bhojan, kapdon, ashray, ya transport ka inkaar; nigrani na dena; medical treatment na pradan karna.

Physical Abuse: Maarna, dhakka dena, baal kheenchna, laath marna, kaatna, dawai ka galat istemal, restraints ka galat istemal.

Sexual Abuse: Aapko aise tarike se chhuna jo aapko asuvidha de; sexual baat karna ya aise material ya sharirik parts dikhana jo aap nahi dekhna chahte; aapko aise chhoone ya baat karne par majboor karna jo aapko asuvidha de; nagn tasveer lena ya lene ko kehna.

Unreasonable Confinement: Chemical ya sharirik restraints ka istemal, dawai ka galat istemal, galat tareeke se kaid karna, restraint ya abduction jo sharirik chot ka risk badhata hai, zabardasti kaam karwana.

Meri team ki zimmedariyan kya hain?

Aapki team aapko aapki vyakti-kendrit yojna prakriya ke dauran samarthan degi. Team ke sadasya swatantra nirdeshan ke adhikar hisson mein aapki madad kar sakte hain; bas aapko puchhna hoga.

Aapki team ke sadasyon ko aapki sewaon ke baare mein niyamit roop se aapse baat karni chahiye taaki yeh sunishchit ho ki aapki zaruraten पूरी ho rahi hain. Team tab sawaal utha sakti hai ki aapki zaruraten पूरी ho rahi hain ya nahi, jab:

- Aapki sehat ya kaushalon mein girawat ho;
- Sewaen vyakti-kendrit yojna ke anusaar nahi ho rahi ho;
- Aapko samajh nahi aa raha ho ki aapke swatantra pradata ke actions abuse ya neglect ho sakte hain;
- Aap sewaon ko mana kar rahe hain, cancel kar rahe hain, ya apne swatantra pradata ko apne ghar aane nahi de rahe hain;
- Aap apne swatantra pradata ka nirdeshan ya nigrani nahi kar rahe hain, jaise ki apne pradata ko nahi batana ki aap sewaon se santusht nahi hain, unhe training na dena, ya apni expectations clear na karna; Ya

ABUSE AUR NEGLECT KI REPORT KAREIN:

Abuse/Neglect Hotline
24 ghante – Toll-Free:
(800) 652-1999

Ya sthaneya kaanoon
pravartan se sampark
karen

- Aap zarurat padne par apni backup योजना का पालन नही कर रहे हैं।

Jab aapki team ka koi sadasya yeh sochta hai ki aapki zaruraten पूरी नही हो रही हैं, तो वे आपसे इन चिन्ताओं पर बात करेंगे। अगर आप उनकी चिन्ताओं पर बात करने को तैयार नही होते, तो वो व्यक्ति आपके SC से बात करेगा। जब आपकी योजना में बदलाव की जरूरत हो, तो एक टीम meeting बुलाई जायेगी। आपको अपनी टीम से feedback लेने और जरूरत पड़ने पर बदलाव करने के लिए तैयार रहना चाहिए। आपकी टीम को हमेशा आपके हिट का ध्यान रखना चाहिए।

स्वातंत्रा प्रदाता को कैसे ढुंढें

आप अपने स्वातंत्रा प्रदाता को ढुंढने के लिए खुद जिम्मेदार हैं। आपका SC इस प्रक्रिया में आपकी मदद कर सकता है। SC किसी ऐसे स्वातंत्रा प्रदाता के बारे में जानता हो सकता है जो अधिकतर काम की तलाश कर रहा हो। आप अपने परिवार या दोस्तों से भी मदद मांग सकते हैं। स्वातंत्रा प्रदाताओं की एक सार्वजनिक सूची उपलब्ध नही है।

चाहे आप अपने स्वातंत्रा प्रदाता को किसी भी तरेके से ढुंढें, आपको उनका interview लेना चाहिए ताकि यह देखा जा सके कि क्या वे आपकी जरूरतों को पूरा कर पायेंगे। सिर्फ इसीलिए कि आप किसी व्यक्ति को अच्छे से जानते हैं या वो किसी और participant के लिए स्वातंत्रा प्रदाता है, इसका मतलब यह नही कि वो व्यक्ति आपकी जरूरतों को पूरा करने के लिए सही होगा।

मेरे लिए क्या जरूरी है?

एक स्वातंत्रा प्रदाता को चुनने से पहले, इस बारे में सोचना उपयोगी होगा कि आपके लिए क्या जरूरी है:

- मुझे अपने लिए स्वातंत्रा प्रदाता से क्या करवाना है?
- कैसे व्यक्ति पर मैं भरपूर करुणा जो मेरे साथ काम करे?
- क्या मेरे स्वातंत्रा प्रदाता को मेरी जरूरतों को पूरा करने के लिए specific skills की जरूरत है?
- मैं कैसे जानूंगा कि एक स्वातंत्रा प्रदाता के पास मेरी सेवाएं प्रदान करने के लिए अवश्यकर कौशल हैं?
- क्या मुझे अलग-अलग जरूरतों को पूरा करने के लिए अलग-अलग स्वातंत्रा प्रदाताओं की जरूरत पड़ेगी?
- मेरे स्वातंत्रा प्रदाता को मेरी मदद करने के लिए मेरे बारे में क्या जानकारी चाहिए?
- क्या मेरे लिए कुछ "must-haves" हैं? जैसे sign language fluency, non-smoker होना, या driver's license होना।

मैं किसको hire कर सकता हूँ?

आप किसी भी व्यक्ति को स्वातंत्रा प्रदाता के रूप में hire कर सकते हैं जब:

- वो general Medicaid HCBS DD waiver प्रदाता requirements पूरी करता हो;
- वो आपका कानूनी रूप से जिम्मेदार ना हो; और
- वो आपकी उम्मीदों पर खरा उतरता हो।

सबसे अच्छा तरेका एक स्वातंत्रा प्रदाता को ढुंढने का है अपने जाने-पेचाने लोगों में ध्यान देना, जैसे दोस्त, पड़ोसी, और परिवार के सदस्य। जब आप पूछते हैं, तो सकता है कोई व्यक्ति आपका स्वातंत्रा प्रदाता बन सके। आपको उन व्यक्तियों को चुनने की जरूरत नही जो पहले human services में काम कर चुके हैं। लोगो को बतायें कि आप स्वातंत्रा प्रदाता ढुंढ रहे हैं और आपको क्या चाहिए। जब कोई व्यक्ति आपका प्रदाता नही बन सकता, तो किसी और का नाम recommend कर सकता है।

एक स्वातंत्रा प्रदाता को क्या करना चाहिए:

- Medicaid HCBS DD waiver की general requirements को पूरा करे जो [DD Policy Manual](#), Chapter 7 में दी गयी हैं;
- [स्वातंत्रा प्रदाता बनने के तरेके](#) में दी गयी सभी प्रदाता पंजीकरण की अवश्यताओं को पूरा करें, जो background checks शामिल करती हैं;
- निम्नलिखित श्रेतों में training प्राप्त हो और जरूरत पड़ने पर इसका सबूत दे:
 - Durvyavahaar, upeksha aur shoshan tatha raajy kaanoon reporting aavashyakataen aur rokathaam;
 - Cardiopulmonary Resuscitation (CPR); और
 - Buniyaadee praathamik chikitsa;
- 19 साल या उससे ज्यादा की उमर का हो और United States में काम करने के लिए authorized हो;

- Apake lie kanone roop se jimedar na hona: dusare shabdon mein, apaka maata-pita (praakrtik ya dattak, jab aap nabalik hon), pati/patnee, abhibhaavak, sanrakshak ya power of attorney na hona;
- Respite, Homemaker, ya Home Modifications ki seva pradan karte waqt aapke saath na rahta ho;
- Aapke dwara chuni gayi dar ko sweekar kare;
- DDD Central Office ke saath ek agreement mein shaamil ho;
- Aapki vyakti-kendrit yojna ke anusaar seva pradan kare;
- Un sewaon ke liye Electronic Visit Verification (EVV) ka upyog kare jinki zarurat ho;
- Sampoon aur sateek biling daave electronic roop se prastut karen;
- Drug-free ho; aur
- HIPAA aavashyakataon ki anupaalan karen.

Habilitative seva pradan karne ke liye:

- Swatantra pradata ke paas bachelor's degree ya shiksha ho in shetro mein: Psychology, Social Work, Sociology, Human Services, Education, ya koi related field;
- Developmental disabilities wale logo ke liye habilitative services pradan karne mein 4 ya usse zyada saal ka professional anubhav ho;
- Habilitative program likhne aur program data collection/analysis mein 4 ya usse zyada saal ka anubhav ho; **Yea**
- Upar bataae gae shiksha aur anubhav ka koe bhee sanyojan jo 4 ya adhik barshon ke jada ho.

Aapko drive karne ke liye swatantra pradata ki zaruratein:

- State law ke anusaar minimum vehicle insurance coverage banaye rakhein;
- Pichle 3 saalon mein unka driver/chauffeur's license revoke na kiya gaya ho; aur
- Transport ke liye apni khud ki personally registered vehicle ka upyog karein.

EVV ki zarurat wali seva pradan karne ke liye aapke swatantra pradata ko:

- EVV ki avashyaktaon aur billing ko samajhna hoga, jaisa ki [Independent Provider Toolkit](#) mein diya gaya hai;
- EVV mobile application ka upyog karne ke liye ek mobile device (smartphone ya tablet) hona chahiye, jisse check-in aur check-out electronically ho sake; aur
- Billing ke liye EVV portal ka access karne ke liye ek computer uplabdh hona chahiye.

Dost ya Parivaar ke Vyakti ko Hire Karne ke Faayde aur Risk

Faayde

Kisi ko dhundhna asaan ho sakta hai.
Vyakti pehle se aapko jaanta hoga.
karna mushkil ho sakta hai. Vyakti aapki pasand aur napasand jaanta hoga.
rishta kharab ho sakta hai.

Risk

Kisi ko dismiss karna mushkil ho sakta hai.
Vyakti ko aapki galti batana ya abuse/neglect report
Vyakti ke saath vyaktigat

Swatantra Pradata ko Kaise Dhundhein?

Agar aap kisi vyakti ko nahi jaante jo aapka swatantra pradata ban sake, to shuruat karna mushkil lag sakta hai. Apne local advocacy groups se sampark karein. Normal school, Special education programs ya colleges se baat karein. Aapka SC aapko aapke samudaayik sansadhan tak pahunch dene mein madad kar sakta hai.

Ap Rajya sansadhanon ka upayog kar sakate hain:

- [Nebraska Resources and Referral System \(NRRS\)](#) ek data base hai jo agencies aur seva pradataon ki jankari deta hai.
- [Nebraska 211](#) mein svaasthy aur maanav seva agencies aur seva pradataon kee janakare hote hai.

Aap apni sewaon ko local akhbaar, job websites, ya help-wanted sites par bhi vigyaapan de sakte hai. Udaهران ke liye: Ek vyakti ke parivaar ke ghar mein mahine mein ek weekend, ek viklang vyakti ke liye aram dene ke liye dhumrapan na karne wale ki talash hai. Call kare Sue ko, 5 se 9 pm ke beech, 123-555-4567 par
Ya, Chahiye: ek mahila jo ek vyakti ko sikhae

vikalaangata vyaktigat dekhahaal kaushal aur ghar kee saphaee. Ghante aur din lachak hai; lagbhag 20 ghante par mahine mein. Call kare Mark ko, 123-555-3456 par Aapko kisi bhi vigyaapan dena ke kharch ka dhyan rakhna hoga.

Ek vyakti ko dhoondhna jo aapka swatantra pradata ban-na chahta ho, sirf pehla kadam hai. Aapki zimmedari hai yeh sunishchit karna ki wo vyakti aapki zarurat ko pura kar sake aur aapke chune hue Medicaid HCBS DD waiver sewaen pradan kar sake.

Swatantra Pradata Ko Kaise Chunein?

Aapko swatantra pradata ko apni Medicaid HCBS DD waiver sewaen pradan karne ke liye kehne se pehle, unse milna aur interview lena zaroori hai. Sirf aapko pata chalega jab aap kisi vyakti ke saath comfortable feel karenge. DDD Central Office swatantra pradata ke saath agreement establish karne ke liye zimmedar hai, lekin aapki zimmedari hai yeh decide karna ki kya wo vyakti aapke liye sahi hai ya nahi.

Jab aapne pehle kabhi kisi ko hire nahi kiya ho, to yeh ek bada kaam lag sakta hai. Yeh ek mahatvapurn kaam hai, isliye aap apne bharosemand vyakti se madad le sakte hain. Chahe aapko kisi ki madad milti ho, aapko apne faisle khud lene hain aur aap hi zimmedar hain.

Job Description Banana

Apne swatantra pradata se aap kya ummid rakhte hain, ispar sochna zaroori hai aur un ummidon par spasht ho jaaiye. Aapko apni chuni hui Medicaid HCBS DD waiver sewaen ko varnit karna hoga. Aapko wo din aur ghante specify karne honge, jinme aapko sewaen chahiye. Aapko apne kaam ke rishtay ki ummidon ko bhi vyakt karna hoga. Aapko yeh sab information likhit job description mein dena hoga, jo aap apne sambhavit pradata ko denge.

Job Description Mein Shamil Karne Wali Baatein:

- Medicaid HCBS DD waiver sevaayein, bhatta aur jo aapka samay-suchii ho;
- Aapke chune hue sewaon ke liye pradata ki avashyaktaen;
- Jo cheezein aap seekhna chahte hain unki list;
- Jo cheezein aapko madad chahiye unki list;
- Aapki ummid ki aapka swatantra pradata kaam par time par pahunche;
- Jab apaka svatantr pradata Beemari Ya Anya Kaam Ki Wajah Se Kaam Nahi Kar Paata to aapako kitanee notice kee Zarurat Hai;
- Avashyak sharirik gatividhiyan, jaise uthana;
- Jo aap apne ghar mein niyam mante hain; aur
- Aapki vyaktigat pasand, jaise dhumrapan na karna, mobile ka istemal na karna, ya faltu janwaron ko na lana.

Telephone Screening

Ek sambhavit swatantra pradata se vyaktigat roop se milne se pehle, unse phone par baat karein. Apni zarurat, kaam ki avashyaktaon, apne ummeedon, bhatte aur ghanon ko samjhaayein. Poochhein agar koi kaam hai jo ve nahi kar sakte ya nahi karna chahte. Poochhein agar ve sabhi avashyaktaon ko pura kar sakte hain. Call ke adhar par faisla karein ki aap vyaktigat interview karna chahte hain ya nahi.

Interview Ki Tithi Nirdharit Karna

Decide karein ki aap apna vyaktigat interview kahaan karenge:

- Aap vyakti ko apne ghar bula sakte hain. Aap apne ghar mein interview karne mein zyada aaramdaayak ho sakte hain aur vyakti ko koi bhi upkaran dikhane mein madad milegi. Jab vyakti apke ghar mein kaam karega, to isse unhe mahaul dekhne ka avsar milega. Jab aap apne ghar mein interview karte hain, to vyakti ko aapka ghar pata chalega, chahe aap unhe na hire karein.
- Aap ek sarvajanik sthal par mil sakte hain taaki vyakti aapke ghar mein na aaye. Sarvajanik jagah par milte waqt, aapko apni niji ya gupt jankari ko public mein share karte waqt saavdhani rakhni chahiye. Jab restaurant mein mil rahe ho, to yeh sochiye ki kya aapko shant kone mein zyada aram dayak lagega ya shor-sharabe wale table ke bitch mein.

Chaahe aap interview kahaan karte hain, ek dost, parivaar ke sadasya, ya aapke SC ka interview mein shaamil hona ek achha vichar ho sakta hai. Yeh aapko zyada surakshit aur aaramdaayak mehsoos karne mein madad kar sakta hai. Jab aap koi aur vyakti ko interview mein shaamil karte hain, to ve aap aur sambhavit swatantra pradata ke beech ke interaction par ek bahari nazar de sakte hain. Vyakti aapko dusra opinion de sakta hai ki kya wo vyakti aapki zaruraton ko pura kar paayega.

Interview ke liye samay aur sthal nirdharit karein aur faisla karein ki agar aap mein se koi vyakti nirdharit samay par nahi aa pata hai to aap kaise ek doosre se sampark karenge. Jab aap ek se adhik sambhavit swatantra pradata ke saath interview schedule kar rahe hain, to har interview ke liye paryapt samay den aur interviews ke beech mein notes banane aur jo kuch suna aur dekha uspar sochne ka samay rakhein. Apna samay lein aur vyavasthit rahein.

Interview ke liye tayyari

Vyakti ke pichle anubhav aur background ke baare mein poochne ke liye prashn ki ek suchi tayar karein. Questions kaam se sambandhit hone chahiye. Apne prashn ko us vyakti ke saath jaanch lein jo aapki madad karega interview mein. Aap vyakti se keh sakte hain ki wo sambhavit swatantra pradata ke uttar likh le taki aap yaad rakh sakein aur baad mein unhe dekh sakein. Jab aap ek se adhik sambhavit swatantra pradata ke saath interview karte hain, to yaad rakhna mushkil ho sakta hai ki kisne kya kaha.

Interview sambhavit prashn:

- Aapne pehle kaun se kaam kiye hain?
- Aapke pichle kaam ne aapko is kaam ke liye kaise tayar kiya?
- Aapke paas viklang vyaktiyon ke saath kaam karne ka kya anubhav hai?
- Aapke paas aur kya anubhav hai jo aapko is kaam ke liye tayar karta hai, jaise ki svayan seva ya shiksha?
- Kya aap CPR aur moolbhoot first aid mein pramanit hain?
- Kya aap samajhte hain ki durvyavhaar, laaparwahi, aur shoshan kya hota hai?
- Kya aap apni zimmedariyon ko samajhte hain jo durvyavhaar, laaparwahi, aur shoshan rokne aur report karne ke liye hain?
- Kya aapko kaam ki zimmedariyon ya samay-suchii ke baare mein koi prashn hai?
- Kya koi wajah hai jiske karan aap kaam ki zimmedariyan nahi nibha sakte?
- Kya koi wajah hai jiske karan aap meri ummeedon ya “must have” cheezon ko pura nahi kar sakte?
- Aap kisi bhi samasya ya anamat ko kaise hal karenge? Dusre kaamon se kisi sthiti ka udaharan dein.
- Kya aise samay aaye hain jab aapko kaam par bulaya gaya ho, lekin aap nahi aa paaye ho ya der se aaye ho?
 - Aap wahan kyun nahi aa paaye?
 - Aapne apne boss ko kaise bataya?
- Kya aapke paas kaam par aane ke liye bharosemand yatra suvidha hai? Jab aapka swatantra pradata aapko drive karega, to vivaran par charcha karein.
- Aap mere pradata kyun banna chahte hain?
- Kya aapke paas koi aur naukri hai? Kya aap kisi aur ke liye swatantra pradata hain?

Interview Lena

Interview ke dauraan netritva karna aap par nirbhar hai. Vyakti aapke liye kaam karne ke liye avedan kar raha hai. Aapke saath ek parivaar ke sadasya, dost, ya SC ho sakte hain jo dekhne, madad karne, ya bas samarthan dene ke liye ho.

Interview ki shuruaat position, samay-suchi, aur dayitvaon ke varnan se karein. Vyakti ko ek likhit job description dein jo aapne banaya ho. Koi bhi sharirik gatividhiyan jo aapko chahiye, jaise uthana, uska varnan karein. Attendance aur samay par aane ke liye apni ummeedon ka samikshan karein. Samijhaayein ki jab aapka swatantra pradata bimari ya kisi aur commitment ke karan kaam nahi kar sakta, to aapko kitna pehle se suchna chahiye. Poochhein ki kya vyakti kaam karne ke liye saksham aur ichchhuk hai. Agar jawab “nahi” hai, to unka dhanyavaad karen aur interview samapt karein.

Jo prashn aapne tayar kiye hain, unse poochhein. Aap ya jo vyakti aapki madad kar raha hai, unka jawab likhein. Yeh baad mein faisla karne mein madad karega ki interview kaise gaya.

Interview ke ant mein vyakti se vyaktigat reference ya pichli naukriyon ke reference maanghein. Reference lena aapki marzi par hai, lekin sujhavit hai.

Bachne layak prashn aur unke vikalp

Kuch prashn aise hain jo aap nahi pooch sakte. Yeh bhedbhavi ya anya roop se anuchit hote hain.

➤ **Rashtriya Utpatti/Nagriktā**

- *Yeh na poochhein:* Kya aap nagrik hain? Aap ya aapke maata-pita kahaan paida huye the? Aapki matribhasha kya hai?
- *Iske bajay poochhein:* Kya aap United States mein kaam karne ke liye adhikarit hain? Kya aap us bhasha mein nipun hain jo main istemal karta hoon?

➤ **Umr**

- *Yeh na poochhein:* Aapki umr kya hai? Aapka janmadin kab hai? Aapne high school ya college se kab snatak kiya?
- *Iske bajay poochhein:* Kya aapki umr 19 saal ya usse adhik hai? Yeh swatantra pradata banne ke liye minimum umr ki sharti hai.

➤ **Vivahit/Parivaarik Sthiti**

- *Yeh na poochhein:* Kya aap shaadi-shuda hain? Aap kiske saath rehte hain? Kya aap parivaar banane ki योजना karte hain? Aapke kitne bachche hain? Aapke childcare ke kya prabandh hain?
- *Iske bajay poochhein:* Is naukri ka samay-suchi badal sakta hai aur har saptah ek jaise nahi rahega. Kya aap badalte samay-suchi ke saath kaam karne ke liye tayar hain? Yeh prashn tabhi uchit hai jab yeh sabhi applicants se poocha jaaye.

➤ **Vyaktigat**

- *Yah mat puchna:* Aapki lambai kitni hai? Aapka vajan kitna hai?
- *Iske bajay poochhein:* Kya aap 'x' maatra ka wajan uthane mein saksham hain? Kya aap wheelchair transfer mein madad kar sakte hain?

➤ **Viklangta**

- *Yeh na poochhein:* Kya aapke paas koi viklangta ya chikitsa sthiti hai? Aapki chikitsa itihās kya hai? Aapke parivaar ki sehat kaise hai?
- *Iske bajay poochhein:* Kya aap kaam ki zimmedariyan nibhane mein saksham hain? Yeh prashn tab uchit hai jab aap kaam ki avashyaktaon ko puri tarah se varnit karte hain.

➤ **Giraftari Record**

- *Yeh na poochhein:* Kya aapko kabhi giraftar kiya gaya hai?
- Aapko is itihās ki avashyakta nahi hai. Medicaid pradata panjikanan prakriya ke dauraan, durvyavhaar/laaparwahi registry aur apraadhik itihās ki jaanch ki jaati hai.

Sambhavit swatantra pradata se yeh vaada na karein ki unhe hire kiya jayega. Antim faisla tab tak nahi liya jaa sakta jab tak enrollment prakriya poori na ho. Aapko vyakti ko batana chahiye ki DD waiver sevaayein tab tak pradan nahi ki ja sakti jab tak pradata ka enrollment poora nahi hota aur seva anumodan poora nahi hota.

References Ki Jaanch

Interview ke baad, diye gaye references ki jaanch karein. Aapko jo kuch seekhne ko milega, usse aap hairan ho sakte hain.

- *Aap pichle employers se poochh sakte hain:* Kya aap is vyakti ko dobara hire karenge? Kya yeh vyakti bhārosemand tha? Kya yeh vyakti samay par aur kaam ko pura karne mein dependable tha? Jab zarurat thi, kya yeh vyakti schedule ya duties mein laachilapan dikhane ke liye tayar tha? 1 se 10 tak ke scale par, aap is vyakti par apne bhārose ko kitna rate karenge?
- *Aap vyaktigat references se poochh sakte hain:* Aapne is vyakti ko kitne samay se jaana hai? Aapka is vyakti se kya rishta hai? Kya aapko lagta hai ki is vyakti ke paas is kaam ke liye avashyak kaushal hain?

Apni soch par vishwas karein. Us vyakti ko na chune jo aapko asuvidha mein daale. Jab aapko lagta hai ki koi vyakti aapke saath kaam karne ke liye sahi nahi hai, to aapke mahsoos karne ke peeche shayad acche karan hote hain.

Aap ek se adhik swatantra pradata ko hire karna chaahenge. Har swatantra pradata ke saath apni ummeedon aur unke samay-suchi ko spasht rakhna chahiye. Aap ek backup swatantra pradata ki pehchaan karna chaahenge. Poochhein ki kya aapka swatantra pradata on-call ya emergency mein kaam karne ke liye tayar hai. Ek acche swatantra pradata ko jaane na dein. Yeh baad mein naya pradata dhoondhne ka samay bacha sakta hai.

Jab aap ek naye swatantra pradata ke saath shuruat karein, tab tak ek backup plan banayein jab tak aapko vishwas na ho ki ve bharsemand hain. Jab aapka swatantra pradata nahi aata ya phone nahi karta, kisi aur ko hire karein! Yeh vyavhaar aam taur par nahi badalta.

Jab aap ek swatantra pradata ko hire karte hain aur yeh achha mail nahi hai, tab nirash na ho. Aapko apne swatantra pradata par bharsa karna chahiye aur aapko unke saath aaramdaayak mehsoos karna chahiye. Aapko sahi vyakti ko dhoondhne ke liye kai alag-alag swatantra pradataon ko try karna pad sakta hai. Dhairy rakhein. Aapko sahi swatantra pradata mil jayega.

Main apne swatantra pradata ko kaise approve karwau?

Jab aap kisi vyakti ko hire karna chahte hain, unhe batayein ki aap sampark mein rahenge. Poochhein ki ve kab kaam shuru karne ke liye uplabdh hain. Unhe batayein ki, agar unhe chuna gaya, to aap zaruri kaghzi karwaai, background checks, aur pradata agreement poora karne ke liye ek appointment set kareng. Aapka SC aapko paperwork mein madad karega.

Apne SC ko batayein ki aap ek swatantra pradata ko hire karna chahte hain. Aapka SC aap aur us vyakti ko prakriya mein madad karega. DDD aap aur aapke swatantra pradata ko samajhne mein madad karega ki hiring prakriya mein kitna samay lag sakta hai. Jab tak aapka swatantra pradata kaam shuru nahi karta, tab tak apni zaruraton ko pura karne ke liye ek plan banaana zaruri hai.

Jab aapka pradata pehle se hi sevaayein pradan karne ke liye enrolled nahi hai, to aapka SC aapko swatantra pradata enrollment packet deta hai. Aap apne sambhavit swatantra pradata ko packet dete hain. Aapke pradata ko enrollment prakriya poori karni hogi. Aapka pradata apne hisse ka enrollment packet bharega aur aapke SC ko bhejega. Aapka SC anya jankari poori karega aur packet DD Central Office ko bhejega. Yeh prakriya [Kaise ek Swatantra Pradata banein](#) mein samjhayi gayi hai.

DDD aapko suchet karega jab prakriya poori ho jayegi aur agar aapka pradata manzoor hai ya nahi.

Mere Swatantra Pradata ko Prashikshan dena

Kya DHHS mere swatantra pradata ko prashikshit karta hai?

DDD kuch prashikshan pradan karta hai. Aapko apne swatantra pradata ko prashikshan lene ke liye protsahit karna chahiye. Prashikshan kisi bhi ruchi rakhne wale vyakti ke liye uplabdh hain. Aap aur aapka swatantra pradata milkar prashikshan dekh sakte hain! Kai prashikshan free hain. Jab koi lagat ho, to aapke swatantra pradata ko hi uska bhugtan karna padega. Training aapke IBA se nahi payi ja sakti aur aap apne swatantra pradata ko training mein shamil hone ke liye bhugtan nahi kar sakte. Training ke baare mein adhik jankari ke liye DDD ke [prashikshan page](#) ko dekhein.

Mujhe apne swatantra pradata ko prashikshit kyun karna chahiye?

Aap zimmedar hain ki aapka swatantra pradata aapki avashyaktaon ko pura karne ke liye paryapt prashikshan prapt kare. Prashikshan is baat ko sunishchit karta hai ki aapka swatantra pradata jaane ki aap chahte hain ki kaam kaise kiya jaye. Sirf isliye ki koi vyakti anubhav rakhta ho ya aapko jaanta ho, iska matlab yeh nahi ki usse pata hai ki aapke liye kaam kaise karna hai. Aapko apne spasht ummeedon ko vyakt karna hoga.

Prashikshan mein kya shamil hona chahiye?

Aapko ek checklist banani chahiye taaki aap track kar sakein ki aapne apne swatantra pradata ko kis vishay par prashikshit kiya hai aur kab. Naukri dene wale aur karamchari ke beech kai samasyaayein prashikshan ya kharabi mein sanchar ke kami ke kaaran hoti hain. Apne swatantra pradata ko prashn poochna ka avsar dena zaruri hai. Aap yeh bhi poochna chahenge ki kya aap unhe kisi cheez mein madad kar sakte hain ya kuch seekhne mein sahayak ho sakte hain. Jab aap ek se zyada swatantra pradata ko hire karte hain, to har pradata ke liye ek checklist banayein.

Swatantra Pradata Abhiyugam

DDD har mahine swatantra pradata ke liye abhiyugam (orientation) ayojit karta hai. Yeh abhiyugam sambhavit, naye, aur vartaman swatantra pradataon ke liye hai. Ismein swatantra pradata ka upyog kar rahe bhagidaar aur unke guardians bhi shamil ho sakte hain.

Abhiyugam mein nimn likhit vishay shamil hain:

- Swatantra Pradata ke liye General Jankari aur Core Requirements;
- DD Sevaayein aur Specific Requirements;
- Swatantra Pradata Referral aur Enrollment;
- Sevaayein Pradan Karna; aur
- Bhagidaar ke Adhikaar aur Vyakti-Kendrit Yojana

Abhiyugam anivarya nahi hai, lekin iska sujhav diya jaata hai kyunki yeh naukri ke liye aavashyak mahatvapurn jankari pradan karta hai.

Naukri Ki Aavashyaktaayein

Aapko apne ummeedon ka ek likhit job description dena chahiye. Batayein ki aap daily ya weekly aadhar par kya chahte hain. Jab sevaayein aapke ghar par pradan ki ja rahi hain, to ghar ka tour dena aur "rules" ka review karna zaruri hai

Kaam par samay par pahunchne ki mahatvata par charcha karein. Apne swatantra pradata ko batayein ki ve kaise aur kab aapko suchit karein agar ve nahi aa paate hain ya der se aa rahe hain.

Jab aap apne swatantra pradata ke parivar ya doston ke saath samay bitana chahte hain, tab aapka pradata aapke saath hona chahiye. Jab aap apne swatantra pradata ke ghar mein Respite lena chahte hain ya unke parivar ya doston ke saath akela rahna chahte hain, to sabhi vyaskon ka background check zaruri hai. Aapka swatantra pradata kaam ke dauraan nabalik bachchon ko nahi laa sakta; ve aapki zaruraton ko pura nahi kar paayenge agar ve doosron ki zaruraton ka dhyan rakhe. Aapka SC aapko ek paid pradata aur ek dost ke beech ka antar samajhne mein madad kar sakta hai.

Habilitation

Swatantra pradata ko kisi bhi habilitative seva pradan karne ke liye habilitative plans likhna aana chahiye. Aapka pradata ismein anubhav rakhta ho sakta hai. Pradata enrollment poora karne se pehle prashikshan anivarya nahi hai. Jab aapke swatantra pradata ko habilitation prashikshan ki avashyakta ho, jo programs likhne aur chalane ke liye zaruri hai, yeh DDD ke madhyam se muft uplabdh hai.

Vyaktigat Pasand

Apne swatantra pradata ko batayein ki aapke hisaab se ek accha pradata kaise hona chahiye.

Batayein ki kya cheezen aapko pareshan karti hain Jaise, nirnay lene mein shamil na karna, logon ka aapke bare mein baat karna par aapse nahi karna, ya cell phone ka istemal karna. Aap apne swatantra pradata se kah sakte hain ki ve kaam ke samay baat na karein, message na bhejein, ya apne cell phone ka upyog na karein.

Jab aap aur aapka swatantra pradata kahin ja rahe hain, to bhojan aur ghatnaon ke pravesh shulk ke liye bhugtan par charcha karein. Jab aap kahin jaana chahte hain, jaise ek film dekhne, aur aapka swatantra pradata apne kharche par nahi ja sakta, to aap uska ticket kharid sakte hain. Aap apne swatantra pradata ko kisi kharidari ke liye paisa wapas nahi de sakte. Aapka swatantra pradata aapse cheezen kharidne ke liye nahi maangna chahiye. Jab aapko lagta hai ki aapka swatantra pradata aapka shoshan kar raha hai, to abuse aur neglect wale section ka sandharbh lein.

Aapaatkalin Sthitiyan

Aasha hai ki kabhi aapaatkalin sthiti na aaye, par tayar rehna zaruri hai taaki sabhi log shant aur jaldi se kaam kar sakein. Yeh aapki zimmedari hai ki aapke swatantra pradata ko aapaatkalin sthiti ka samadhan karne ke liye prashikshit kiya jaye. Aapaatkalin sthitiyon mein aag, baadh, aur kathor mausam शामिल hain. Kaam ke pehle hafte ke dauran yeh yojnaayein charchit karein aur zarurat padne par review karein. Jab aapka swatantra pradata aapke saath nahi hai kisi aapaatkalin sthiti mein, kya aap unhe sahayata ke liye bula sakte hain?

Jab aapke paas fire extinguisher, smoke detector, ya anya aapaatkalin upkaran hain, to sunishchit karein ki ve kaam kar rahe hain aur aapka pradata unka sthaan aur upyog jaanta hai. Aag ke sthiti mein evacuation routes dikhayein. Jab aap apartment building mein rehte hain, to apne swatantra pradata ko dikhaya ki fire alaarm kahaan milega.

Kathor mausam aur baadh ke yojnaon par baat karein. Jab aapke paas tornado kit, flashlights, ya anya avashyak items hain, to aapka swatantra pradata unka sthaan aur upyog jaane. Aap apne independent provider se kya ummid karte hain jab koi mausam ka emergency ho?

Jab aapke paas emergency plans, ek fire extinguisher, ya tornado kit nahi hai, to shayad yeh kuch aisi cheezen hain jinmein aapka swatantra pradata madad kar sakta hai. Yeh aapki zimmedaari hai ki aap apna plan banayein, lekin aapka swatantra pradata aapki suraksha ke liye aavashyak cheezon ka faisla karne, unhein kahaan rakhna hai, aur unka samay par jaanch karne (jaise batteries) mein madad kar sakta hai.

Chikitsa Sambandhi Zaruratein: Swasthya aur Suraksha

Apni chikitsa sambandhi zaruratein jaise ki medical conditions, li jaane wali davaayein, aur allergies ka samiksha karein. Ek chikitsa emergency kaise lagti hai aur aap apne swatantra pradata se kya umeed rakhte hain, yeh vyakt karein. Aapke swatantra pradata ko diabetes ya epilepsy/seizures jaise medical conditions par sahi pratikriya dena sikhayein jo medical emergencies mein badal sakte hain. Yeh sunishchit karein ki aapka swatantra pradata jaanata ho ki unhein chikitsa emergency ke dauraan kaise pratikriya deni chahiye.

Emergency phone numbers ki ek suchi banayein. Apne swatantra pradata ke saath is par charcha karein aur yeh bhi sunishchit karein ki ve in numbers ko kahaan paayenge. Jab aap aur aapka swatantra pradata samuday mein honge, toh medical aur emergency information le jaana ek achha vichar ho sakta hai, agar kisi emergency ki sthiti ho.

Agar aap medical information share karne ka faisla nahi karte, toh aap apne swatantra pradata ko kisi medical emergency ke liye zimmedaar nahi thehra sakte. Yeh samajhdari bhara hoga ki aap apne swatantra pradata se apne medical information par charcha karein, taaki ve sthiti ke anusaar sahi pratikriya de sakhein.

Chikitsa Sambandhi Zaruratein: Advance Directives

Advance directives ek legal document hai jo aapke parivar, doston, aur pradataon ko aapki ant-kaal ki sevaayein sambandhi icchhaon ke baare mein batata hai. Advance directive Medicaid HCBS DD waiver mein शामिल nahi hota, lekin aapko apne swatantra pradata ko advance directives ke baare mein suchna deni chahiye, taaki ve in sthitiyon mein aapki icchha ke anusaar kaam kar saken.

Living Will: Living will logon ko batata hai ki jab aap apne faisle communicate karne mein asamarth ho jayein, to ant-kaal ki sevaayein kaise honi chahiye. Aap faisla kar sakte hain ki kya aap life-sustaining treatments shuru ya jaari rakhna chahte hain.

Do-Not-Resuscitate (DNR) Declaration: DNR batata hai ki aap nahi chahte ki koi aapko revive karne ki koshish kare jab aapka saans lena ya dil dhadakna band ho jaye. DNR hone par CPR ka upyog nahi hoga.

Durable Power of Attorney for Health Care (DPOA-HC): Durable Power of Attorney for Health Care ek aise vyakti ka naam deta hai jo aapke liye health care sambandhi faisle karega jab aap khud faisla karne mein asamarth honge. Power of Attorney ke alag-alag prakar hote hain, lekin yah aapke medical faislon mein madad lene ki zarurat par kendrit hota hai. Aapko kisi aise vyakti ko chunna chahiye jo aapki icchaon ka paalan kare.

Mere Swatantra Pradata Ki Nigrani

Ek khush swatantra pradata aapke saath kaam karte waqt behtar pradarshan karega. Khush rehna sirf ucht payment aur working conditions tak seemit nahi hai. Apne Swatantra Pradata Ko Unke Kaam Par Garv Karne Ke Liye Protsahit Karein. Yah tabhi sambhav hai jab aapka swatantra pradata maane ki aap unka moolya samajhte hain aur unhe ek vyakti ke roop mein samman dete hain.

Jab aapka pradata koi kaam achha kare, to unki tarif karein. Ek dusre ke prati samman hona zaroori hai, kyonki aap dono ek saath kaafi kareebi roop se kaam karte hain. Sakaratmak pratikriya (feedback) samman dikhane ka ek tarika hai.

Kabhi-kabhi aapko aisi pratikriya deni padti hai jo sakaratmak na ho. Yeh nakaratmak pratikriya nahi hai, balki rachnatmak pratikriya (constructive feedback) hai. Jab aapko koi cheez achi nahi lagti, to turant pratikriya dein. Agar aap der karte hain, to aapka independent provider bure aadat apna sakta hai. Sidha aur spasht tareeke se bataiye ki kya alag kiya jana chahiye. Izat se baat karein. Apne independent provider ki vyaktitva ko nishana mat banayein. Apne independent provider se hal dhoondhne mein madad karne ko kahiye. Samasyayein suljhane par focus karein, yeh na sochein ki galat kya gaya.

Agar aap apne independent provider se baat karne ke baad bhi samasya ko solve nahi kar pa rahe hain, to apne SC se baat karein. Aap apne independent provider ko chetavani de sakte hain ki agar kuch sudharta nahi hai, to aap kisi aur ko rakhenge. Jaise, Aap humein diye gaye ghante ke hisaab se kaam nahi kar rahe hain. Agar yeh agle mahine sudhar nahi hota, to main kisi aur ko rakh lunga

Jab aapke independent provider ke liye aapki apekshayein badalti hain, to unhe batayein. Ho sakta hai ki aap kuch kaam alag tareeke se chahte ho, aur agar aap unhe na batayein, to wo nahi samajh paayenge. Yeh mat samjhein ki aapka independent provider samajh jayega ki aap kya chahte hain.

Kaise services ka schedule banayein?

Aap apne independent provider ke kaam karne ka schedule tay karte hain. Schedule aapki zarurat ke hisaab se tay hona chahiye. Aapko ek calendar banana chahiye jo aapko madad kare ki aapki services kab di ja rahi hain, khaas kar jab aapke paas ek se zyada independent providers ho. Do prayayak ko ek hi samay mein bhugtan nahi kiya ja sakta, isliye aapko yeh sunishchit karna hoga ki koi overlap na ho.

Jab aap apne svatantra prayayak ka anukram badalna chahte hain, to koshish karein ki aap unhe pehle se suchit karein. Jab aap nirdharit sevayein nahi le pa rahe hote, jaise ki aap beemar hain, to apne svatantra prayayak ko jitna jaldi ho sake, bataein.

Jab aapka svatantra prayayak aapke set kiye hue anukram ka paalan nahi kar raha, to aapka daayitva hai ki unse baat karein aur samasya ka samadhan karein. Aapko apne SC se baat karni chahiye jab aapka svatantra prayayak jo anukram aap chahte hain, usse kaam karne ko tayar ya able nahi hai.

Jab aapka svatantra prayayak apna anukram badalne ko kehta hai, to aap unke saath mil kar isay badal sakte hain, bas yeh sunishchit karein ki aapko apni zaruraton ke liye sevaen mil rahi hain. Aapka anukram aapke chahne ke hisaab se hona chahiye, na ki aapke svatantra prayayak ke chahne ke hisaab se.

Nigrani Meri Yojna

Meri sevaen aur svatantra pradayak ka nigrani kaun karta hai?

Aapka daayitva hai ki aap jaanein ki aapki sevaen kab nirdharit hain aur kis cheez ko seva ka hissa banaya ja sakta hai. Aap apne svatantra pradayak ka anukram aur billing Therap mein dekh sakte hain taaki yeh sunishchit ho sake ki samay sahi tarike se report kiya gaya hai. Aap se yeh ummid ki jaati hai ki aap apne svatantra pradayak ke billing ko sahi tarike se jaanch rahe hain. Aapka svatantra pradayak tab tak billing nahi kar sakta jab tak aapke anukram ke baare mein koi sawal na ho ya jab yeh aapke record ke saath mail nahi khata. Antar ko door karna zaroori hai. Yeh sunishchit karna zaroori hai ki koi bhi fraud na ho.

Jab bhi aapko koi chinta ho, apne SC se baat karein. Woh aapki madad kar sakte hain taaki aapki zaruraten puri ho sakein. Aapko apne SC ko suchit karna chahiye jab aap apne svatantra pradayak ka anukram badalte hain, kyunki isse aapke budget par prabhav pad sakta hai.

Aapka SC yeh nigrani karta hai ki sevaen aapke vyakti kendrit yojna ke anuroop di gayi hain. Aapka SC aap aur aapke svatantra pradayak se baat karega ki kaise kaam chal raha hai. Aapka SC aapke svatantra pradayak ko aapke saath kaam karte dekhna chahiye.

Svatantra Sevaon ke liye Bhugtan

Main sevaen par kitna kharch kar sakta hoon?

Aapka varshik individual budget amount (IBA) Svatantra Sevaon ke liye utni hi hai jitni agency pradayak ka istemal karte waqt hoti hai. Aapka IBA ek objective assessment process ke dwara tay kiya jata hai. Aapka SC aapko aapka IBA batata hai aur aapke independent provider ko kitne ghante kaam karne chahiye, iski yojna banaane mein madad karta hai. Aapko apne vaarshik bajat ke andar rehna hoga. Aap apne SC ke saath milke yeh sunishchit karte hain ki aapke paas apne poore saal ke Medicaid HCBS DD waiver services ke liye paise uplabdh hain.

Har DD service ka ek maximum rate hota hai jo aap apne independent provider ko de sakte hain. Aapka SC aapko yeh rates batayega. Aap aur aapka independent provider decide karte hain ki aap kya denge. Automatic rate increase nahi hota. Aap chahein to apne independent provider ko maximum rate se kam shuru kar sakte hain, taaki aap kuch samay baad ya jab cheezen achi chal rahi ho to unhe salary badha sakein. Svatantra pradaata ke rate ko badalne ke liye, aapko apne SC se baat karni hogi.

Pradaata ya dost aapke budget ko manage karne mein madad kar sakte hain, lekin aap hi zimmedar hain. Aapko apne independent provider ke kaam karne ka samay aur services ka kharcha track karna hoga, taaki aap apne vaarshik bajat se zyada na kharch karen. Aapko kisi bhi budget change ke baare mein apne SC se baat karni hogi.

Aap kabhi bhi self-directing sevaen band karne ka faisla le sakte hain. Jab aap yeh faisla lete hain, aap apne current budget year mein bache hue paise ke saath agency pradata se sevaen le sakte hain.

Services kaise authorize hoti hain?

Aapka SC service authorization tab banata hai jab:

- Aapke independent pradata ka DHHS ke saath ek current agreement ho;
- Sevaen aur supports aapke person-centered plan mein document kiye gaye hon; aur
- Aapke IBA mein fund available ho.

Main apne IBA ko kaise nigaraanee karu?

Aap apne IBA ko budget karne ke liye zimmedar hain. Yeh zaroori hai ki aapke paas ek achha system ho jisme aap apne DD sevaen par kitna kharcha ho raha hai, iski nigaraanee kar sakein. Kuch hafton ya mahino mein aapko apne budget mein diye gaye ghanto se zyada ya kam ghante chahiye ho sakte hain. Yeh theek hai, lekin aapko future mein apne ghanto ko adjust karna hoga taaki aap apne vaarshik bajat ke andar rahen.

Kisi se madad lene mein hichkichiye mat karna. Budgeting mushkil aur bhari lag sakta hai. Yeh thik hai agar aap ise apne aap nahi karna chahte hain. Ek kanuni avivabak, vishwasniya parivarik sadasya, ya aapka SC madad kar sakte hain.

Aapka SC har mahine aapke budget ko nigaraanee karta hai. Unhe aapke swatantra pradan karta ke kaam ka samay pata hona chahiye. Aapka SC ise dekhkar ye tay karega ki aapko zaroori sevaayein mil rahi hain ya nahi aur kya aap apne budget ke andar rah rahe hain. Jab zaroorat ho, aapka SC aapke योजना ko badalne mein madad karega.

Agar mera IBA mere saal ke ant hone se pehle khatam ho jata hai to kya hoga?

Aapki sevaayein aur funding har saal ke liye adhikrti hoti hain. Aap zimmedar hain apne vaarshik bajat ko budget ke saal ke andar rakhne ke liye. Kuch mahine aise ho sakte hain jab aapka kharch zyada ho, isliye aapko kisi doosre mahine mein kharch kam karna hoga taaki aap apne budget ke andar rah sakein. Aapko apne budget ke saal ke ant hone se pehle adhik paisa nahi diya jayega.

Ek swatantra pradan karta ko Medicaid pratipurn ko puri payment ke roop mein swikar karna hota hai (payment DHHS se plus aapka cost share, jab lagoo ho). Ek Medicaid HCBS waivers ke bhaagidaar ke roop mein, aap private pay vyavasthaayein ko sujhav, samarthan ya sehmat nahi kar sakte. Udaهران ke liye, aap apne swatantra pradan karta ko extra mileage nahi de sakte.

Agar maine apne IBA ka poora paisa kharch nahi kiya to kya hoga?

Aapka budget ek saal ke liye hota hai. Jab aap apna poora vaarshik individual budget amount (IBA) ek saal ke andar kharch nahi karte, to aap ise agale varsh tak nahin le ja sakte.

Cost share kya hai?

Aapko Medicaid ke योग्या होने के liye cost share ho sakta hai. DD सेवायेिन Medicaid HCBS waivers के antargat paid hoti hain, isliye aapko सेवायेिन प्राप्त करने के liye Medicaid बना रहना zaroori hai.

Jab aapke पास cost share ho aur ye ek swatantra pradan karta ko assign hota hai, to ye amount unki payment se DHHS से minus कर लिया जाता है. Jab aap swatantra pradan karta के साथ काम करते हैं, to aap चुनेिन की काउन्से प्रदान कarta को cost share शौप दिया जायेगा. Aapko apne swatantra pradan karta को cost share amount pay करना होता है.

Mere Swatantra Pradan Karta ki Billing

Billing ek computer program के through किया जाता है जिसे Therap कहा जाता है. Aap Therap के [Nebraska independent providers section](#) में जा कर billing के बारे में अधिक जानकारी ले सकते हैं. Aap अपने प्रदाता की billing और किसी भी प्रदाता documentation को देखने के liye Therap में पहुंच के liye अनुरोध कर सकते हैं. Therap में एक [Nebraska participant/guardian section](#) भी है जिसे आपके liye कौन-कौन-सी जानकारी होती है.

Aapके swatantra प्रदाता द्वारा सेवाओं के liye billing claim जमा करने के liye, उन्हें ये सब करना होगा:

- Di gayi सेवाओं के liye वारतमान सेवाओं प्राधिकरण होना चहिye;
- Jo सेवाओं EVV (Electronic Visit Verification) का istemal karti hain unka istemal करना होगा;
- Services diye जाने के बाद billing करनी होगी;
- Woh samay jiske liye woh billing कर रहे हैं, us samay आपके साथ होने चहिye;
- Woh आपके साथ काम कर रहे एकमात्रा प्रदाता होने चहिye (do प्रदाता एक ही समय के liye billing नहीं कर सकते);
- Unka samay aur upasthiti Therap में record करें जो non-EVV सेवायेिन दे रहे हैं;
- Habilitative कार्यक्रम का data Therap में record करें; और
- सेवा देने के 180 दिन के अंदर bill करें.

Jab aap अपने swatantra प्रदाता से उनके attendance का copy Therap से मांगते हैं, तो प्रदाता को ये आपके देना होगा.

Agar aapko billing prakriya ke baare mein koi prashn ho, to apne SC se baat karein.

Apne svatantra pradaata ko alag karein

Hamesha yeh sambhavna hoti hai ki koi svatantra pradaata aapke liye theek na ho. Jab aisa ho, to aapko unka rojgar samapt karna hoga. Is guide mein, hum kaam khatam karne ko "dismiss" kehkar bulaate hain, lekin aap isey "firing" ya "terminating" bhi keh kar sun sakte hain

Jab aapka swatantra sewa dene wala aapki sehat ya suraksha ko khatre mein daal de, to aapko turant unhe kaam se nikaal dena chahiye aur apne SC ko batana chahiye. Jab aapko shak ho ki aapke saath atyachaar ya laaparwahi ho rahi hai, to abuse/neglect helpline ya apne sthaniya police ko call karein.

Jab aapke paas kam serious samasya ho lekin aap apne swatantra sewa dene wale ke saath kaam karna nahi chahte, to aapko unhe kaise aur kab kaam se nikaalna hai, iska yojana banana chahiye. Jab aap apne swatantra sewa dene wale ko kharaab kaam karne ke liye kaam se nikaalte hain, to yeh unke liye surprise nahi hona chahiye. Aapko unhe nikaalne ka faisla lene se pehle unse samasya ke baare mein baat karni chahiye thi. *"Apne provider ko kaise supervise karein" section dekhein.*

Jab mumkin ho, to aapko apne swatantra sewa dene wale ko notice dena chahiye. Isse unhe dusra kaam dhundhne ka samay milega. Yeh aapko bhi naye swatantra sewa dene wale ko dhundhne ka samay dega. Ek backup yojana hone par, aapke paas koi vyakti ho sakta hai jo bharpali de sake, lekin aapko ek permanent swatantra sewa dene wale ko dhundhna padega.

Aapke liye apne swatantra sewa dene wale ko yeh batana mushkil ho sakta hai ki aap unki seva nahi chahte. Yeh achha idea hai ki jab aap unhe batayein, tab koi aapke saath ho. Shant rahen, chahe wo gussa ho jaayein. Jo kaam nahi kiya, uske baare mein sachai par rahiye aur vishesh karan aur udaharan dein. Drdh rahe, lekin dayalu bhee. Jab aapke swatantra sewa dene wale ke paas aapke ghar ya anya sampatti ki chaabi ho, to sunischiit karein ki aap use wapas le lein.

Jab aap apne swatantra sewa dene wale ko kaam se nikaal dete hain, to aapko apne SC ko bataana zaroori hai taaki wo aapke seva anuyojan ko update kar sakein. Swatantra sewa dene wale ko ab aapke saath kaam karne ki anumati nahi milegi. Yeh vyakti ab bhi Medicaid HCBS DD waiver sevaon ke swatantra sewa dene wale ho sakte hain aur doosre pratibhaagiyon ke saath kaam kar sakte hain jab unhe chuna jaata hai aur anumodit kiya jaata hai. Jo swatantra sewa dene wala aapke liye sahi nahi hai, wo kisi aur ke liye sahi ho sakta hai.

Phir se, jab aapka swatantra sewa dene wala aapke swasthya ya suraksha ko khatre mein daal raha ho, to sahi pradhikarion ko report karein. Jo swatantra sewa dene wala atyachaar/laaparwahi mein dubaara sabit hota hai, unka Medicaid provider samjhauta DHHS dwara turant samapt kar diya jaata hai aur wo Medicaid HCBS waiver sevaayein nahi de sakte.

Kab mujhe apne swatantra sewa dene wale ko kaam se nikaalna padega?

Jab aapke swatantra sewa dene wale (ya unke ghar ke kisi sadasya, jab seva unke ghar mein di ja rahi ho) ke khilaf atyachaar ya laaparwahi ka report sabit ho, to DHHS ki neeti ke anusar unka samjhauta turant samapt kar diya jaata hai. Yeh wahi niyam un apradhon ke liye bhi lagu hota hai jo rajya ke niyamon mein diye gaye hain. Jab bhi aap kisi bhi samay apne swatantra sewa dene wale se judi in baaton ko jaan lete hain, to aapko apne SC ko bataana zaroori hai taaki sahi kadam uthaye ja sakein.

Shikayatein

Jab aapko apne DD waiver sevaon ke baare mein koi chinta ho, to aapko sabse pehle apne niyukt DD SC se sampark karna chahiye.

Aap apni sevaon ya seva samyojan ke baare mein shikayatein karne ke liye toll-free number (877) 667-6266 par call kar sakte hain, DHHS.DDDCommunityBasedServices@nebraska.gov par email bhej sakte hain, ya online shikayat form ka upyog kar sakte hain.

Links

- DHHS Webpages:
 - [HCBS Provider: https://dhhs.ne.gov/Pages/Medicaid-Home-and-Community-Services-Provider-Information.aspx](https://dhhs.ne.gov/Pages/Medicaid-Home-and-Community-Services-Provider-Information.aspx)
 - [DD Provider: https://dhhs.ne.gov/Pages/DD-Providers.aspx](https://dhhs.ne.gov/Pages/DD-Providers.aspx)
 - [EVV Information: https://dhhs.ne.gov/Pages/Electronic-Visit-Verification.aspx](https://dhhs.ne.gov/Pages/Electronic-Visit-Verification.aspx) aur <https://dhhs.ne.gov/Pages/Therap-Electronic-Visit-Verification.aspx>
 - [Provider Bulletins: https://dhhs.ne.gov/Pages/Medicaid-Provider-Bulletins.aspx](https://dhhs.ne.gov/Pages/Medicaid-Provider-Bulletins.aspx) aur <https://dhhs.ne.gov/Pages/DD-Provider-Bulletins.aspx>
 - Resources: <http://dhhs.ne.gov/Pages/DD-Resources.aspx>
 - Training: <http://dhhs.ne.gov/Pages/DD-Training.aspx>
- How to Become an Independent Provider: <https://dhhs.ne.gov/Guidance%20Docs/How%20to%20Become%20an%20Independent%20Provider.pdf>
- Independent Provider EVV Toolkit: <https://dhhs.ne.gov/DD%20Documents/DD%20Ind%20Provider%20EVV%20%20Toolkit.pdf>
- Independent Provider Orientation: <https://dhhs.ne.gov/DD%20Documents/Independent%20Provider%20Orientation.pdf>
- Nebraska 211: www.ne211.org
- Nebraska Resources and Referral System (NRRS): www.nrrs.ne.gov
- Therap Webpages:
 - Nebraska Independent provider section: <https://help.therapservices.net/app/nebraska-independent-providers>
 - Nebraska Participant/Guardian section: <https://help.therapservices.net/app/nebraska-individuals-guardians>
 - Training Academy: <https://support.therapservices.net/training-academy/>