

Nebraska Medicaid Ghar aur Samudaay Aadharit Sevaayein (HCBS)

Gambhir Mastishk Aghat (TBI) 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.*



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. Upalabdh sevaayein aapki avashyaktaon par adharit hain. Karyakram ke niyamon ka paalan karne ke liye sevaayon ka ek mishran aavashyak ho sakta hai.

Aap TBI Seva Pustikon 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.

TBI Chhoot Sevaon ka saar TBI Sevaon ke web page par uplabdh hai.



<https://dhhs.ne.gov/Pages/TBI-Services.aspx>

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Din

Kaushalon ko badhane ya banaye rakhne par kendrit. Yeh sevaayein tab upyog ki ja sakti hain jab aapke paas part-time naukri ho aur din mein aur sahayata chahiye ho. Yeh tab bhi uplabdh hoti hain jab Rozgar filhal sambhav na ho.

Vayask Dinik Swasthya Seva (Adult Day Health)

Ismein bhaagidar ke ghar ke baahar pradaan ki jaane waali samajik aur swasthya sambandhi gatividhiyan shamil hoti hain. Ismein vyaktigat dekhbhal, swasthya mulyankan aur nursing sevaayein, bhojan sevaayein, manoranjak chikitsa sahayak sevaayein aur anya gatividhiyan shamil hain.

Rozgar

Aapki jodi hui, pratiyogitapurna naukri banaye rakhne ke liye sahayata.

Samarthit Rozgar – Anukaran Seva

Aapko aapki pratiyogitapurna naukri banaye rakhne mein madad karti hai. Yeh seva aapko seedha pradan ki ja sakti hai ya aapke niyojak se sampark karke aapke liye di ja sakti hai.

Samarthit Rozgar – Vyaktiगत

Yeh ek job coach pradaan karti hai jo one-on-one prashikshan ke madhyam se aapki naukri banaye rakhne mein sahayata karta hai. Yeh seva aapki job par pradan ki jaati hai. Aapka pradatta aapko Rozgar kaushalon mein madad karta hai aur anya sansadhanon ke liye sandarbh deta 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 sthal bhi shamil ho sakta hai. Iska kendrit uddeshya yeh hai ki aap jitna ho sake svatantra rahen.

Ghar ke kaam (Chore)

Yeh seva aapko apne ghar mein swasthya aur suraksha banaye rakhne mein madad karti hai. Chore, Saathi se aksar kam hota hai.

Chore seva mein ghar ki safai aur household equipment, appliances, ya furnishings ka dhyan rakhna jaise housekeeping activities shamil ho sakti hain; windows, screens, steps ya ramps, furnishings, aur household equipment ki minor repairs; aur landscaping jaise kaam. 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 wali 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.

Samudaayik Jodne waale Programs (Community Connections)

Yeh seva aapko samudayik ya samajik gatividhiyon mein bhag lene ke liye sahyog ya madad deti 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 un kamon ko pura karne mein madad karti hai jo aap traumatic brain injury (gambheer mashtishk aaghat) naa hone par swayam kar lete.

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.

Samarthit Awasik Jeevan

Yeh seva aapko rahne ki jagah, bhojan aur anya sevaayein pradaan karti hai, jaise vyaktigat dekhbhal, daily living (ADL), instrumental ADL aur swasthya suraksha kriyahein. Samarthit Aawasik Jeevan ek assisted living facility mein pradan ki jaati hai jo Lok Swasthya ke madhyam se licensed hai aur Medicaid aur Long-Term Care (MLTC) dwara niyantrit hai.

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.

Yeh seva 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 karti hai. Ismein yeh bhi shamil hai ki aapko kis prakaar ki sahayak praudyogiki ki zarurat hai, iska aakalan kiya jaaye.

Ghar Mein Sudhaar (Home Modifications)

Aapke ghar mein kiye gaye badlav jo aapki rozmarra ki gatividhiyan karne ki kshamata badhaayein ya banaye rakhein, taaki aapke liye chalana-phirana aur kaam karna aasaan aur surakshit ho sake. Badlav aapko aapke ghar tak behtar access pradan karni chahiye aur doosre logon se kam madad ki zarurat honi chahiye.

Vahan Mein Sudhar (Vehicle Modifications)

Gadi/van mein kiye gaye badlav jo aapko samuday mein behtar roop se sammilit hone mein madad karein. Badlav (modifications) aapko apni gaadi tak behtar access pradan karne chahiye aur doosre logon ki madad ki kam zarurat honi chahiye.

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 pratyek vyask ke liye minimum rozana poshan ki ek-teehai maatra pradaan karta 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.

Dekhbhal Karne Wale aur Parivarik Sahayata (Caregiver and Family Support)

Dekhbhal Karne Wale ka Prashikshan (Caregiver Training)

Aapke gair-vetanik caregiver ke liye prashikshan aur shiksha pradaan karta hai jo aapko gair-aupcharik sahayata deta hai.

Saamaan aur Sevaayein (Goods and Services)

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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