



Member Handbook

www.inclusa.org

Toll-Free: 1-877-622-6700 | TTY: 711 or 1-715-204-1799

DHS Approval Date: 09/23/2025

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Cutubka 1-aad. Lambarrada taleefannada iyo agabka muhiimka ah

Inclusa macluumaadka xiriirka

- Lambarka taleefanka guud

Inclusa Main Office (Stevens Point)
8:00 a.m. – 4:30 p.m. Monday – Friday

- Goobta xafiiska (yada) MCO

- Adeegyada macaamiisha

Toll-Free: 1-877-622-6700
TTY: 711 or 1-715-204-1799
Fax: 1-715-345-5725 Website: www.inclusa.org

- Caawimaadda wakhtiyada aan la shaqeyn

Toll-Free: 1-877-622-6700

- Khubarada xuquuqda xubnaha

Shaqaalaha adeegyada xubnaha Inclusa ayaa sharxi kara xuquuqda xubnaha. Waxay u joogaan inay ku caawiyaan haddii aad cabasho qabto. Waxay ku siin karaan macluumaad ama caawin haddii aad rabto inaad racfaan ka qaadato go'aanka kooxdaadu gaartay.

Toll-Free: 1-877-622-6700
8:00 a.m. – 4:30 p.m. Monday-Friday

Haddii aad ku jirto xaalad degdeg ah, garaac 911

Xiriirada kale ee muhiimka ah

Adeegyada ilaalinta dadka waaweyn

Degmo kastaa waxay leedahay wakaalad eegta dhacdooyinka la soo sheegay ee xadgudubka, dayaca, ka faa'iidaydiga maaliyadeed, iyo is-daayac. U wac khadka caawinta degmadaada si aad qof ugala hadasho xadgudubka la yaqaan ama looga shakisan yahay ee qof weyn (da'da 18 ilaa 59) ama qof weyn oo da'diisu tahay 60 ama ka weyn.

- **Adams County** (Health & Human Services Department)
Phone: 608-339-4505
- **Ashland County** (Health & Human Services Department)
Phone: 715-682-7004
- **Barron County** (Department of Health & Human Services)
Phone: 715-537-5691
- **Bayfield County** (Department of Human Services)
Phone: 715-373-6144
- **Brown County** (Human Services)
Phone: 920-448-7885
- **Buffalo County** (Aging and Disability Resource Center)
Phone: 866-578-2372
- **Burnett County** (Health & Human Services Department)
Phone: 715-349-7600
- **Calumet County** (Department of Health & Human Services)
Phone: 920-849-1400
- **Chippewa County** (Department of Human Services)
Phone: 715-726-7788
- **Clark County** (Department of Social Services)
Phone: 866-743-5233
- **Columbia County** (Aging and Disability Resource Center)
Phone: 608-742-9233
- **Crawford County** (Human Services Department)
Phone: 608-326-0248
- **Dane County** (Department of Human Services)
Phone: 608-261-9933
- **Dodge County** (Aging and Disability Resource Center)
Phone: 920-386-3580
- **Door County** (Human Services)
Phone: 920-746-7155
- **Douglas County** (Department of Health & Human Services)

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Phone: 715-395-1304

- **Dunn County** (Aging and Disability Resource Center)
Phone: 715-232-4006
- **Eau Claire County** (Department of Human Services)
Phone: 715-839-7118
- **Fond Du Lac County** (Aging and Disability Resource Center)
Phone: 920-929-3466
- **Forest County** (Human Services Department)
Phone: 888-452-3296
- **Florence County** (Department of Human Services)
Phone: 715-478-7709
- **Grant County** (Department of Social Services)
Phone: 608-723-2136
- **Green County** (Aging and Disability Resource Center)
Phone: 608-328-9499
- **Green Lake County** (Health and Human Services)
Phone: 920-294-4070
- **Iowa County** (Aging and Disability Resource Center)
Phone: 608-930-9835
- **Iron County** (Human Services Department)
Phone: 715-561-3636
- **Jackson County** (Aging and Disability Resource Center)
Phone: 844-493-4245
- **Jefferson County** (Human Services)
Phone: 920-674-3105
- **Juneau County** (Department of Human Services)
Phone: 608-847-2400
- **Kewaunee County** (Human Services)
Phone: 920-338-0626
- **La Crosse County** (Aging and Disability Resource Center)
Phone: 800-500-3910
- **Lafayette County** (Human Services)
Phone: 608-776-4800
- **Langlade, Lincoln, and Marathon Counties** (North Central Community Services)
Phone: 855-487-3338 or 715-841-5160
- **Manitowoc County** (Department of Human Services)
Phone: 920-683-4230
- **Marinette County** (Aging and Disability Resource Center)

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Phone: 715-732-3850

- **Marquette County** (Human Services)

Phone: 608-297-3124

- **Menomonee County** (Health & Human Services)

Phone: 715-799-3861

- **Milwaukee County** (Aging and Disability Resource Center)

Phone: 866-229-9695

- **Monroe County** (Aging and Disability Resource Center)

Phone: 800-500-3910

- **Oconto County** (Health & Human Services)

Phone: 920-834-7000

- **Oneida County** (Department of Social Services)

Phone: 715-369-7499

- **Outagamie County** (Health and Human Services)

Phone: 920-832-5169

- **Ozaukee County** (Human Services)

Phone: 262-284-8200

- **Pepin County** (Aging and Disability Resource Center)

Phone: 866-578-2372

- **Pierce County** (Aging and Disability Resource Center)

Phone: 715-273-6780

- **Polk County** (Human Services Department)

Phone: 715-485-8400

- **Portage County** (Health & Human Services Department)

Phone: 715-345-5350

- **Price County** (Health & Human Services)

Phone: 715-339-2158

- **Richland County** (Aging and Disability Resource Center)

Phone: 608-647-4616

- **Rock County** (Human Services Department – ADRC)

Phone: 608-741-3600 or 855-741-3600

- **Rusk County** (Department of Health & Human Services)

Phone: 715-532-2299

- **St. Croix County** (Department of Health and Human Services)

Phone: 715-246-8255

- **Sauk County** (Department of Human Services)

Phone: 608-355-4200

- **Sawyer County** (Health & Human Services Department)

Phone: 800-569-4162

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- **Shawano County** (Department of Social Services)
Phone: 715-526-4700
- **Sheboygan County** (Aging and Disability Resource Center)
Phone: 920-467-4700
- **Taylor County** (Human Services Department)
Phone: 715-748-3332
- **Trempealeau County** (Aging and Disability Resource Center)
Phone: 800-273-2001
- **Vernon County** (Aging and Disability Resource Center)
Phone: 800-500-3910
- **Vilas County** (Department of Social Services)
Phone: 715-479-3668
- **Walworth County** (Department of Health & Human Services)
Phone: 262-741-3200
- **Washburn County** (Health & Human Services Department)
Phone: 715-468-4747
- **Washington County** (Aging and Disability Resource Center)
Phone: 262-335-4497
- **Waukesha County** (Aging and Disability Resource Center)
Phone: 262-548-7848
- **Waupaca County** (Health and Human Services)
Phone: 715-258-6400
- **Waushara County** (Department of Human Services)
Phone: 920-787-6618
- **Winnebago County** (Department of Human Services)
Phone: 877-886-2372
- **Wood County** (Department of Social Services)
Marshfield Area Phone: 715-387-6374
Wisconsin Rapids Area Phone: 715-421-8600

Aging and disability resource centers (Xarumaha agabka gabowga iyo naafada)

Aging and disability resource centers (Xarumaha agabka gabowga iyo naafada) (ADRCs) ayaa ah meesha ugu horeysa ee la aado si loo helo macluumaad sax ah, aan eex lahayn oo la xidhiidha gabowga ama la noolaanshaha naafada. ADRC-yadu waa saaxiibtinimo, meelo soo dhawayn ah halkaas oo qof kasta—shakhsiyaad, qoysaska, asxaabta, ama xirfadlayaasha—waxayay u aadi karaan macluumaadka ku habboon xaaladdooda. ADRC-yadu waxay bixiyaan macluumaadka barnaamijyada iyo adeegyada, waxay dadka ka caawiyaan inay fahmaan ikhtiyaarkooda daryeelka muddada-dheer, waxayna ka caawiyaan inay codsadaan barnaamijyada iyo faa'iidooyinka. ADRC-yada ku yaal gobollada Inclusa adeegga waa:

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• **Aging & Disability Resource Center Serving Adams, Green Lake, Marquette, and Waushara Counties**

Toll-Free: 1-877-883-5378

• **ADRC of Barron, Rusk & Washburn Counties**

Toll-Free: 1-888-538-3031

• **ADRC of Brown County**

Toll-Free: 920-448-4300

• **ADRC of Buffalo and Pepin Counties**

Toll-Free: 866-578-2372

• **ADRC of Calumet, Outagamie and Waupaca Counties**

Toll-Free: 1-883-620-2730

• **ADRC of Central Wisconsin**

Serves residents of Langlade, Lincoln, Marathon, and Wood Counties

Toll-Free: 1-888-486-9545

• **ADRC of Chippewa County**

Toll-Free: 1-888-400-6920

• **ADRC of Clark County**

Toll-Free: 866-743-5144

• **ADRC of Columbia County**

Toll-Free: 1-888-742-9233

• **ADRC of Dane County**

Toll-Free: 1-855-417-6892

• **ADRC of Dane County**

Toll-Free: 1-855-417-6892

• **ADRC of Door County**

Toll-Free: 855-828-2372

• **ADRC of Douglas County**

Toll-Free: 1-866-946-2372

• **ADRC of Dunn County**

Phone: 1-715-232-4006

• **ADRC of Eagle Country**

Serves residents of Crawford, Juneau, Richland and Sauk Counties

Toll-Free: 1-877-794-2372

• **ADRC of Eau Claire County**

Toll-Free: 1-888-338-4636

• **ADRC of Florence County**

Toll-Free: 1-855-528-2372

• **ADRC of Fond Du Lac County**

Toll-Free: 1-888-435-7335

• **ADRC of Jackson County**

Toll-Free: 1-844-493-4245

• **ADRC of Jefferson County**

Toll-Free: 1-866-740-2372

• **ADRC of La Crosse County**

Toll-Free: 1-800-500-3910

• **ADRC of the Lakeshore**

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Serving residents of Kewaunee and Manitowoc Counties

Toll-Free: 877-416-7083

• **ADRC of Marinette County**

Toll-Free: 888-442-3267

• **ADRC of Monroe County**

Toll-Free: 1-888-339-7854

• **ADRC of the North**

Serves residents of Ashland, Bayfield, Iron, Price, and Sawyer Counties

Toll-Free: 1-866-663-3607

• **ADRC of Northwest Wisconsin**

Serves residents of Burnett and Polk Counties and the St. Croix Chippewa Tribe

Toll-Free: 1-877-485-2372

• **ADRC of the Northwoods**

Serves residents of Forest, Oneida, Taylor, and Vilas Counties

Toll-Free: 1-800-699-6704

• **ADRC of Ozaukee County**

Toll-Free: 1-866-537-4261

• **ADRC of Pierce County**

Toll-Free: 1-877-273-0804

• **ADRC of Portage County**

Serves residents of Portage County

Toll-Free: 1-866-920-2525

• **ADRC of Rock County**

Phone: 1-608-741-3600 or

Toll-Free: 1-855-741-3600

• **ADRC of St. Croix County**

Toll-Free: 1-800-372-2333

• **ADRC of Sheboygan County**

Toll-Free: 800-596-1919

• **ADRC of Southwest Wisconsin**

Serves residents of Grant, Green, Iowa, and Lafayette Counties

Toll-Free: 1-877-794-2372

• **ADRC of Trempealeau County**

Phone: 1-715-538-2001 or

Toll-Free: 1-800-273-2001

• **ADRC of Vernon County**

Toll-Free: 1-888-637-1323

• **ADRC of Walworth County**

Toll-Free: 800-365-1587

• **ADRC of Washington County**

Toll-Free: 1-877-306-3030

• **ADRC of Waukesha County**

Toll-Free: 1-866-677-2372

• **ADRC of Winnebago County**

Toll-Free: 1-877-886-2372

• **ADRC – Wolf River Region (Shawano, Oconto & Menomonee Counties)**

09/23/2025

Toll-Free: 855-492-2372

Booqo dhs.wi.gov/adrc wixii macluumaad dheeraad ah oo ku saabsan ADRC-yada.

Barnaamijyada Ombudsman (Dhexdhexaadiyaha)

Ombudsman (Dhexdhexaadiyaha) waa u doode madax-bannaan ama caawiye aan u shaqayn Inclusa. Dadka helaya adeegyada Family Care waxa ay ka heli karaan caawimaad bilaash ah Barnaamijyada Ombudsman (Dhexdhexaadiyaha). Ururka la xidhiidha waxay ku xidhan tahay da'da xubinta.

- Haddii aad tahay **60 jir ama ka weyn**, la xiriir Board on Aging and Long-Term Care. Tag longtermcare.wi.gov, wac 800-815-0015 (TTY: 711), ama iimayl BOALTC@wisconsin.gov.
- Haddii aad tahay **18 ilaa 59 jir**, la xidhiidh Disability Rights Wisconsin. Tag disabilityrightswi.org, wac 800-928-8778 (TTY: 711), ama iimayl info@drwi.org.

Wakaaladaha deegaanka iyo qabaa'ilka

Waa inaad ka warbixisaa isbeddelada xaaladdaada nololeed ama dhaqaalahaaga 10 maalmood gudahooda ee isbeddelka. Tusaale ahaan, haddii aad guurto, waa inaad ka warbixisaa ciwaankaaga cusub. Isbeddelladani waxay saameyn karaan haddii aad u qalanto Medicaid iyo Family Care. U soo sheeg isbeddelladan hay'addaada deegaanka ama Tribal iyo Inclusa. Waxaad ka heli kartaa wakaalada kuugu dhow dhs.wi.gov/im-agency.

ACCESS

Waxaad isticmaali kartaa website-ka ACCESS si aad isbeddel ugu samayso xaaladdaada nololeed ama dhaqaalahaaga, dib u cusboonaysiiso faa'iidooyinkaaga, hubiso heerka iyo dheelitirnaanta, ama aad u isticmaasho agab barnaamijyo kala duwan. Gal kadinka internetka ama koonto ka sameyso barta access.wi.gov.

ForwardHealth

ForwardHealth waa kaarka aad isticmaasho si aad u hesho adeegyada uu daboolo barnaamijkaaga Medicaid. Adeegyada xubinta ForwardHealth waxay kaa caawin karaan helista bixiyeyaasha, helitaanka kaar cusub, iyo fahamka adeegyadaada daboolan iyo lacag-bixintaada. Haddii ay dhibaato kaa haysato isticmaalka kaarkaaga ForwardHealth waxyaabaha ay ka midka yihiin muraayadaha indhaha, booqashooyinka dhakhtarka, ama dawooyinka, wac Adeegyada Xubinta 800-362-3002.

Ka warbixinta khiyaanada kaalmada dadweynaha

Khiyaanadu waxay la macno tahay helitaanka caymis ama lacag-bixinno aad ogtahay inaad helin ama ka caawin qof kale inuu helo caymis ama lacag-bixinno aad ogtahay inaysan ahayn inay helaan. Tan waxaa ku jira naftaada ama caawinta dadka kale. Haddii aad khiyaano samayso, waxaad la kulmi kartaa dhibaato sharci. Haddii ay maxkamadi go'aansato in qof uu ku helay dheefaha daryeelka caafimaadka khiyaano, waa inay dib u bixiyaan gobolka faa'iidooyinkaas. Waxaa laga yaabaa inay jiraan rigooryaal kale sidoo kale.

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Cutubka 1-aad. Lambarrada taleefannada iyo agabka muhiimka ah
P-00649SO (05/2025)

Haddii aad ka shakisan tahay qof si xun u isticmaalaya lacagaha kaalmada dadweynaha, oo ay ku jirto Family Care, wac khadka tooska ah ee khiyaanada 877-865-3432 ama ka xaree warbixin dhs.wi.gov/fraud.

Toll-Free: 1-877-622-6700
fraud@inclusa.org

FoodShare (Kaarka QUEST)

QUEST waa kaarka aad ku iibsato manaafacaadka cuntada ee FoodShare. Haddii aad qabto su'aalo ama walaac ku saabsan FoodShare, invaad ogaato haraaga, ama uu kaarku kaa umo ama la xado, soo garaac Taleefanka Kaarka QUEST 877-415-5164.

Wisconsin Division of Quality Assurance (Xafiiska Dacwadaha Tayada ee Wisconsin)

Haddii aad u maleyneyso in qof, wakaalada, ama goob aad daryeel ka hesho ay ku xadgudbaan sharciyada gobolka ama federaalka, waxaad xaq u leedahay in aad dacwo u soo gudbisato Wisconsin Division of Quality Assurance (Xafiiska Dacwadaha Tayada ee Wisconsin). Si loo soo dirsado cabashada, waa in la soo garaaco 800-642-6552.

Cutubka 2-aad. Soo-dhawayn iyo Hordhac

Ku soo dhawoow *Inclusa*

Ku soo dhawoow *Inclusa* oo ah hay'ad daryeel oo la maareeyay oo maamusha barnaamijka Family Care. Family Care waa barnaamijka daryeelka muddada-dheer ee Medicaid ee dadka waaweyn iyo dadka waaweyn ee qaba naafo jireed, korriin, ama maskaxeed. Dadka barnaamijkan ku jira waxay helayaan adeegyo ku caawinaya nolosha guryahooda mar kasta oo ay u suuroobeyso.

Buug-gacmeedkani wuxuu ku siinayaa macluumaadka aad u baahan tahay:

- Baro aasaaska Family Care.
- Ogow adeegyada aad ka heli karto Family Care.
- Ogow xuquuqdaada iyo mas'uuliyadahaaga xubin ahaan Family care.
- In aad soo gudbisato cabasho ama rafcaan haddii ay jirto dhibaato ama aad walaac qabto.

Family Care:

- Wuxuu hagaajin karaa oo lagu sii wadan karaa nolol tayo leh.
- Wuxuu dadka ku caawiyaa guryahooda ama qolkooda guriga qoyska ama meel kale.
- Wuxuu dadka ka rabaa in ay go'aansadaan daryeelkooda iyo adeegyada.
- Waxaa kordhaya madax bannaannida.

Haddii aad jeclaan lahayd inaad ka caawiso dib u eegista buug-gacmeedkan, fadlan la xidhiidh kooxdaada daryeelka.

Sidee barnaamijka Family Care ii caawin karaa?

Family Care waxay bixisaa adeegyo iyo taageerooyin si ay kaaga caawiyaan inaad u noolaato sida ugu madax banaana ee suurtoogalka ah iyadoo hubinaysa inaad badbaado tahay oo lagu taageerayo guriga iyada oo loo marayo taageero dabiici ah, iskaa wax u qabso ah, iyo lacag bixin ah. Waxa kale oo ku jira maaraynta daryeelka si ay kaaga caawiso habaynta iyo maaraynta adeegyadaada iyo taageeradaada.

Xubin ka ah Family Care, *Inclusa* ayaa kaala hadli doona adeegyada iyo taageerada aad u baahan tahay. Tan waxa ku jiri kara caawinta waxyaabaha ay ka midka yihiin maydhashada, gaadiidka, ilaalinta guriga, ama cuntooyinka guriga lagu keeno.

Yaa i caawin doona?

Markaad noqoto xubinta Family Care, koox daryeel oo ka socota *Inclusa* ayaa kula shaqayn doona si ay kaaga caawiyaan dabooolida baahiyahaaga. Waxaad tahay xarunta kooxdaada daryeelka. **Waa inaad ka qayb qaadataa qayb kasta** oo ka mid ah qorsheynta daryeelkaaga.

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Kooxdaada daryeelka waxaa ku jiri doona adiga iyo:

- Kalkaaliso diiwaangashan.
- Shaqaale bulsho
- Xirfadleyaasha kale, waxay ku xiran tahay baahidaada. Waxaa ka mid ah dabiibaha waxqabsiga jirka, ama takhasuska caafimaadka dhimirka.
- Qof kasta oo kale oo aad rabto inaad ku lug yeelato, oo ay ku jiraan xubnaha qoyska ama asxaabta.

Kooxda daryeelkaagu waa inay kula shaqeeyaan:

- Soo hel xooggaaga, agabkaaga, baahiyahaaga, iyo dookhyadaada.
- Samee qorshe daryeel sida aad u heli doonto caawimada aad u baahan tahay.
- Hubi inaad adeegyada ku hesho qorshahaaga daryeel.
- Hubi in adeegyadu daboolaan baahiyahaaga oo ay yihiin kuwo kharash-ool ah.
- Hubi in qorshahaaga daryeelku uu kuu sii shaqeeyo.

Inclusa waxay aaminsan tahay in xubnahayagu ay tahay inay wax ka sheegaan sida iyo goorta daryeelka la bixiyo. Tan waxa loo yaqaan doorashada shakhsi ahaaneed. Xubin ka noqoshada iyo lahaanshaha doorashada shakhsi ahaaneed waxay sidoo kale ka dhigan tahay inaad mas'uul ka tahay inaad ka caawiso kooxdaada daryeelka inay helaan hababka ugu fiican ee lagugu taageero. Inaad kooxda u sheegto haddii aad ka rabto wax ay kaa caawinayaan.

Yaa bixin doona adeegyadayda?

Waxaad ka heli doontaa adeegyada daryeelka muddada-dheer bixiyeyaasha *Inclusa*. Waxaan ku siin doonaa macluumaadka bixiyeyaasha aad isticmaali karto. Liiska bixiyeyaasha *Inclusa* waxaad awoodaa:

- Weydiiso kooxdaada daryeelka
- Gal *Inclusa* shabakada.

Adiga iyo kooxdaada daryeelka ayaa ka wada shaqayn doona si aad u doorato bixiyeyaasha sida ugu fiican u taageera baahiyahaaga.

Inclusa ma bixinayso dhammaan adeegyada aad u baahan tahay. Tusaale ahaan, booqashooyinka dhakhtarkaaga daryeelka aasaasiga ah iyo buuxinta warqadda daawada waxaa daboolaya Medicaid. *Inclusa* waxay kaa caawin doontaa inaad fahanto faraqa u dhexeeya adeegyada bixiyeyaasha Medicaid iyo adeegyada daryeelka muddada-dheer ee bixiyeyaasha Family Care.

Cutubka 3-aad. Waxyaabaha laga ogaanayo helitaanka adeegyada

Sidee loo horumariyaa qorshahayga daryeelka?

Aqoonso natiijooyinkaaga gaarka ah

Marka hore, waxaad la shaqayn doontaa **kooxdaada daryeelka si aad u aqoonsato natiijooyinkaaga shakhsi ahaaneed**. Natiijooyinka shakhsi ahaaneed waa yoolalka aad u leedahay noloshada. Kaliya waxaad go'aansan kartaa waxa muhiimka kuu ah. Natiijooyinkan waxaa ka mid noqon kara:

- Xaaladda nololeed iyo taageerada aad rabto, sida:
 - Meesha aad ku nooshahay iyo cidda aad rabto inaad la noolaato
 - Waxay u baahan tahay taageero iyo adeegyo iyo cidda aad ka hesho
 - Maalin kasta waxa la sameynayo
- Yoolalka qaab nololeedkaaga iyo waayo-aragnimadaada maalinlaha ah, sida:
 - Waqtiga qoyska iyo asxaabta
 - Shaqo ama hawlo kale
 - Ka-qaybgalka bulshada
 - Xasilloonaan
 - Ixtiraam iyo xuquuq
 - Qarsoodi
- Hadafka caafimaadkaaga iyo fayobidaada, sida ahaanshahaaga:
 - Caafimaadqab
 - Badqabid
 - Ka madax banaan xadgudubka iyo dayaca

Kooxdaada daryeelka ayaa kaa caawin doona inaad aqoonsato natiijooyinkaaga gaarka ah. Waxay eegi doonaan adeegyada sida ugu wanaagsan u taageeri doona baahiyahaaga, iyo sidoo kale adeegyada ugu kharashka badan. Kharash-ku-oolku wuxuu ka dhigan yahay in adeeggu ku buuxiyo natiijooyinkaaga qiimo macquul ah. Kadib, *Inclusa* waxay bixin doontaa adeegyo. Maskaxda ku hay, tani macnaheedu maaha *Inclusa* inay had iyo jeer bixin doonto adeegyada ay kooxdaadu go'aansato. **Waxyaabaha aad naftaada u qabato iyo caawinta aad ka hesho qoyska, asxaabta, iyo kuwa kale waa qayb muhiim ah oo ka mid ah qorshahaaga daryeel.**

Aqoonso natiijooyinka daryeelkaaga muddada-dheer

Adiga iyo kooxdaada daryeelka ayaa sidoo kale aqoonsan doona natiijooyinkaaga **daryeelka muddada-dheer**. Kuwani waa yoolalkaaga madax-bannaanida si ay kaaga caawiyaan inaad ku noolaato nolosha aad rabto. Family Care waxay bixisaa adeegyo iyo taageero si ay kaaga caawiyaan inaad gaarto yoolalkan. Tusaale ahaan:

- Helitaanka baahiyahaaga maalinlaha ah
- Inaad hesho wixii aad ugu baahato badqaidda, caafimaadka, iyo madax bannaani intii suurtagal ah

Kooxdaada daryeelka ayaa horumarin doona qorshe daryeel. Qorshahaaga daryeel ayaa kaa caawin doona inaad u dhaqaaqdo natiijooyinka adiga iyo kooxda daryeelkaagu aad aqoonsanaysaan.

Maxaad qeyb uga noqoneysaa qorshaha daryeelkaaga?

Qorshahaaga daryeelka waxaa ku jiri doona:

- Baahiyahaaga caafimaadka jireed iyo awoodaada inaad qabato hawlo gaar ah (sida cunista iyo labiska).
- Waxa ay dadku isaga filan yihiin iyo waxa ay doorbidayaan.
- Natiijooyinkaaga shakhsi ahaaneed.
- Natiijooyinka Shakhsiga ah ee Daryeelka Muddada Dheer.
- Adeegyada aad heli doonto.
- Yaa qaban doona adeeg kasta.
- Waxyaabaha aad samayn doonto naftaada ama caawinta qoyska, asxaabta, ama kuwa kale ee bulshadaada.

Kooxda daryeelkaagu waxay ku waydiin doonaan inaad saxeexo qorshahaaga daryeelka si ay kuu tusaan inaad ka caawisay samaynta. Waxaa dadka koobbi laga siinayaa qorshaha ay saxiixaan. Haddii aadan ku faraxsanayn qorshahaaga, waxaad dooran kartaa inaad saxiixin. Waxaad gudbin kartaa cabasho iyo racfaan haddii loo baahdo. (Fiiri cutubka 8 wixii macluumaad dheeraad ah.)

Waxaad si joogto ah ula hadli doontaa kooxdaada daryeelka si aad u hubiso in adeegyadaadu ku caawinayaan iyo in kale. Kooxdaada daryeelka waxaa looga baahan yahay inay shakhsi ahaan kula kulmaan ugu yaraan hal mar saddexdii biloodba mar. Waxaa laga yaabaa inay kula kulmaan marar badan haddii loo baahdo.

Sidee adeegyada loo doortaa loona ansixiyaa?

Waa inaad haysataa oggolaansho dhammaan adeegyada ka hor intaadan helin. *Inclusa* ma bixin doonto adeegyada anaga oo aan oggolaansho hore naga haysan. **Haddii uu qof iska codsado adeegyo aysan u soo oggolaan kooxda daryeelka, waxaa laga yaabaa in uu qofkaasi lacagta iska bixiyo.** La hadal kooxdaada haddii aad u baahan tahay adeeg aan la ansixin.

Inclusa ayaa mas'uul ka ah taageeridda natiijooyinka daryeelkaaga muddada-dheer. Waa inaan sidoo kale ka fikirnaa kharashka markaad qorsheyneyso daryeelkaaga.

Sida adeegyada loo oggolaaday

Adiga iyo kooxdaadu waxaad ka hadli doontaan adeegyada aad u baahan tahay. Si wada jir ah, waxaad sahamin doontaa sida aad ula kulanto natiijooyinka daryeelkaaga muddada-dheer. Adiga iyo kooxdaada waxaad isticmaali doontaan a habka tallaabo-tallaabo ee lagu ansixinayo adeegyada. Nidaamku wuxuu kaa caawinayaa inaad go'aansato haddii adeegyadu ay yihiin kuwo qiimo leh, qiimo wanaagsan oo kharash ah, oo aad taageerto baahiyahaaga daryeelka muddada-dheer. Habkan waxa loo yaqaan resource allocation decision (go'aanka qoondaynta kheyraadka) ee MCO.

Waa muhiim in dadka horeyba kaaga caawiyay nolol-maalmeedkaaga inay sii wadaan ka qayb galka daryeelkaaga. Tusaale ahaan, kuwani waxay noqon karaan saaxiibo, qoys, ama deris. *Inclusa* ayaa iibsanaa doono adeegyo kale oo aanay taageerooyinkaagu bixin karin.

Taageerada is-hagidda

Taageerada is-hagidda ayaa ah hab aad ku hesho, ku iibsato, oo aad ku hesho adeegyo toos ah. Adiga iyo kooxdaada daryeelka ayaa kulmi doona si aad uga hadasho adeegyada aad iskeed u hagi karto. Haddii aad doorato inaad iskeed u hagto mid ama in ka badan oo ka mid ah adeegyadaada, waxaad kala shaqayn doontaa kooxdaada:

1. U samee miisaaniyad adeegyadaas, iyo
2. Samee qorshe qeexaya sida aad u hagi doonto adeegyada.

Waxaa laga yaabaa inaad iskeed u hagto mid ama dhammaan adeegyadaada. Tusaale ahaan, waxaa laga yaabaa inaad iskeed u hagto adeegyadaada daryeelka gaarka ah laakiin aad

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Shuruudaha aasaasiga ah ee lagu helayo adeegyada

Waxaan guud ahaan dabooli doonaa adeegyadaada ilaa inta ay jiraan:

- Waxaa ku jira manaafacaadka Family Care.
- Taageer natiijooyinkaaga daryeelka muddada-dheer.
- Waa habka ugu kharash-oolsan ee lagu taageerayo baahiyahaaga.
- Ku jira qorshahaaga daryeelka.
- Horay ayaa loo ansixiyay oo ay ogolaadeen kooxda daryeelkaaga.

kooxdaada maamusho bixiyeyaasha kaa caawinaya inaad hesho sahay caafimaad. Waxa kale oo aad bedeli kartaa maskaxdaada oo aad is toosin kartaa in ka badan ama ka yar mustaqbalka.

Ma toosin kartid daryeelka deegaanka iyo adeegyada maaraynta daryeelka.

Haddii aad xiisaynayso taageerooyinka is-hagidda, weydii *your care team* macluumaad dheeraad ah.

Maxaa dhacaya haddii ay baahidu is beddesho?

Adeegyadaadu waxa laga yaabaa inay isbedelaan wakhti ka dib marka caafimaadkaaga iyo noloshaadu isbedelaan. Tusaale ahaan, waxaa laga yaabaa inaad u baahato adeegyo yar haddii caafimaadkaaga jireed uu soo roonaado. Haddii baahiyahaagu kordho, waxaanu hubin doonaa inaad hesho caawimada aad u baahan tahay si aad u ilaaliso badbaado, caafimaad qabta, iyo sida ugu macquulsan. Hadafkayagu waa inaan bixino adeega saxda ah, qadarka saxda ah, meesha saxda ah.

Haddii baahiyahaagu isbeddelaan, u sheeg kooxda daryeelkaaga. Had iyo jeer waxay u joogaan inay ku taageeraan.

Sidee baa loo isticmaalayaa shaqaalaha adeegga?

Adiga iyo kooxdaada ayaa shaqaalaha aad rabto ka dooran kara liiska ku jira *Inclusa* diiwaanka dhakhaatiirta aad la xiriiri karto. Waxaad koobbi waraaq ah ka codsan kartaa. Waxaa lala xiriiri karaa dhakhtar ka baxsan kuwa la isku ogyahay haddii dhakhtar la waayo ama ay dhakhaatiirta caadiga ah ay aad uga fog yihiin meesha aad ku nooshahay. Waa inaad kala hadasho kooxda daryeelka si aad u hesho dhakhtar ka baxsan kuwa lagu oggol yahay.

Dadka ka soo jeeda Hindida Mareykanka ama Dhaladka Alaska, waxa ay adeeg ka helayaan shaqaale gaar u ah oo ka baxsan diiwaanka.

Haddii aad rabto inaad u beddesho bixiye shabakad kale, waa inaad la xiriirtaa kooxdaada daryeelka si aad u oggolaato. **Waxaa laga yaabaa inaad mas'uul ka tahay kharashka adeegga haddii aad isticmaasho bixiye cusub adigoo helin ogolaanshaha kooxda daryeelkaaga.**

Sidee ayay Family Care iiga caawisaa inaan maareeyo adeegyadayda?

Inclusa waxay ixtiraameysaa waxa ay dadku doortaan. Tusaale ahaan:

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Cutubka 3-aad. Waxyaabaha laga ogaanayo helitaanka adeegyada
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- Waxaad tidhaahdaa waxa muhiimka u ah natiijooyinkaaga. Family Care waxa uu taageeraa waxyaabo ay ka mid yihiin doorashada hab nololeedkaaga, hawl maalmeedka, iyo adeegyada taageerada. Waxaad kala shaqeysaa kooxdaada daryeelka si aad u hesho habab aad ku taageerto natiijooyinkaaga. Haddii aadan u malaynayn in qorshahaaga daryeelku uu taageerayo natiijooyinkaaga, waxaad gudbin kartaa cabasho ama racfaan. (Fiiri cutubka 8 wixii macluumaad dheeraad ah.)
- Haddii la rabo waxaa la yeelayaa shaqaalaha uu qofku la yimaado.
- Waxaad waydiisan kartaa bixiye gaar ah inuu yimaado gurigaaga ama bixiyo daryeel shakhsiyeed oo dhow. Tan waxaa ku jiri kara xubin qoyska ka mid ah. **Bixiyaha ama xubinta qoysku waa inay buuxiyaan shuruudahayaga oo ay aqbalaan qaddarka lacagta aan bixinno.**
- Waxaad xaq u leedahay inaad u beddesho koox daryeel oo kala duwan ilaa laba jeer sannadkii. Qofna lagama rabo in uu sharxo sababta uu ugu beddelanayo koox kale. *Inclusa* mar kasta kama soo bixi karto codsiga dadka ama uma heli karaan koox gaar ahaaneed oo la rabo.
- Waxaa la codsan karaa in si shakhsiga ah loo hagto adeegyada.

Maxaa la sameynayaa markay jirto xaaladaha degdegga ah?

Haddii ay jirto xaalad degdeg ah, garaac 911.

Uma baahnid inaad la xiriirto kooxda daryeelkaaga ama aad hesho oggolaansho ka hor xaalad degdeg ah.

Xaaladda degdegga ah waa jirro, dhaawac, calaamad, ama xaalad aad u daran. Dadka intooda badan waxay isla markiiba raadsan lahaayeen daryeel si ay uga fogaadaan waxyeellada. Tani waxay noqon kartaa wax la mid ah jirro degdeg ah, wadne qabad la tuhunsan yahay ama istaroog, lafo jaban, ama neef daran.

Haddii ay jirto xaalad degdeg ah:

- Waa in caawimaad loo raadsad sida ugu dhakhso badan. Soo garaac 911 ama aad isbitaalka kuugu dhow, ama xarumo kale oo laga heli karo gurmada caafimaad.
- Shaqaalaha gurmada iyo isbitaalka waa in loo sheego kooxda daryeelka magacooda oo ah *Inclusa*.
- Adiga ama qof kale waa inaad la xiriirtaa kooxdaada daryeelka sida ugu dhakhsaha badan si aad ugu sheegto daryeelkaaga degdega ah.

Inkasta oo Family Care aanu daboolin adeegyada caafimaadka, waxaa muhiim ah inaad u sheegto kooxda daryeelkaaga haddii aad tagto qolka gargaarka degdegga ah ama la dhigo isbitaalka.

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Cutubka 3-aad. Waxyaabaha laga ogaanayo helitaanka adeegyada
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Habkaas waxaan u ogeysiin karnaa bixiyeyaasha hadda jooga inaad isbitaalka ku jirto. Waxaan sidoo kale isku dubaridi karnaa adeegyada dabagalka. Tusaale ahaan, dhakhtarkaagu waxa laga yaabaa inuu kuu gudbiyo wakaalada caafimaadka guriga. Kooxdaada daryeelku waxay u baahan doonaan inay ansixiyaan adeegyada caafimaadka guriga ka hor intaadan ka bixin isbitaalka.

Sidee ku helaa daryeel saacadaha shaqada ee caadiga ah ka dib?

Haddii ay jirto baahi degdeg ah oo aan la sugi karin ilaa iyo maalin ay shaqo jirto, waa in la soo garaaco 1-877-622-6700 / TTY: 711. Shaqaaluhu waxay diyaar yihiin 24 saacadood maalintii, todobada maalmood ee usbuuca waxayna si ku meel gaar ah u ansixin karaan adeegyada aad u baahan tahay ilaa maalinta shaqada ee xigta. Kooxda daryeelkaagu way kula socon doonaan si ay go'aan uga gaadhaan haddii adeegyadu sii socdaan.

Maxaa dhacaya haddii aan u baahdo daryeel ka baxsan guriga in muddo ah?

Waa muhiim inaad u sheegto kooxda daryeelka haddii aad ka baxayso aagga adeegga *Inclusa* wakhti dheer. *Inclusa* waxay rabaan in ay ogaadaan faahfaahinta meesha aad aadeyso. Xafiiska ayaa lagala shaqeyn doonaa haddii ay saameyneyso xaalkaaga deegaanka.

- Haddii wakaaladdaadu ay go'aansato **inaan lagu tixgalin doonin inaad degan tahay** degmo ay u adeegto *Inclusa* la xidhiidh aging and disability resource center (xarunta agabka gabowga iyo naafada) (ADRC) ee degmada aad u socoto. Xarunta ADRC waxay sheegi kartaa barnaamijyada ay ku hayaan deegaankaas kale.
- Haddii **weli lagu tixgalin doono degane**, *Inclusa* waxay kula shaqayn doontaa inaad qorshayso hab kharash-ku-ool ah oo lagu taageerayo baahiyahaaga oo aad ku ilaaliso caafimaad iyo badbaado inta aad maqan tahay.

Inclusa waxaa laga yaabaa inaan ogaano inaan samayn karin qorshe kharash-ku-ool ah oo daboolaya baahiyahaaga oo hubinaya caafimaadkaaga iyo badbaadadaada inta aad ka maqan tahay aagga adeeggayaga. Haddii tani dhacdo, waxaan ku weydiin karnaa inaan kaa saarno barnaamijka.

Inclusa ma bixinayso kharashka daryeelka haddii aad si joogto ah uga guurto aagga adeeggayaga. Haddii aad qorsheyneyso dhaqdhaqaaq joogto ah, la xiriir kooxdaada daryeelka si aad uga hadasho sida ugu dhakhsaha badan.

Cutubka 4-aad. Adeegyada Family Care

Waa maxay adeegyada ay bixiso Family Care?

Adeegyada aad heli karto waxay ku xiran yihiin heerka daryeelkaaga. Tani waa qadarka daryeelka aad u baahan tahay si aad u noqoto mid caafimaad qabta oo badbaado leh. Family Care waxay leedahay laba heer oo daryeel:

- **Heerka daryeelka xarumaha dadka xanuunsan.** Baahidaadu aad bay ugu filan tahay inaad adeegyo ka heli karto guriga dadka lagu xanaaneeyo. Tani macnaheedu maaha inaad joogto guriga dadka lagu xanaaneeyo si aad adeegyo u hesho.
- **Heerka daryeelka ee xarumaha dadka xanunsan aan ahayn.** Waxaad haysataa xoogaa baahi ah adeegyada daryeelka muddada-dheer, laakiin uma qalmi doontid inaad adeegyo ka hesho guriga dadka lagu xanaaneeyo. Family Care waxay bixisaa adeegyo xaddidan oo heerkan daryeelka ah.

Xubnaha oo dhami ma heli karaan adeeg kasta oo ay bixiso Family Care. Waxaad heli doontaa oo kaliya adeegyada aad u baahan tahay si aad u taageerto natiijooyinka daryeelkaaga muddada-dheer oo aad hubiso caafimaadkaaga iyo badbaadadaada. La hadal kooxda daryeelkaaga haddii aad u malaynayso inaad u baahan tahay adeeg ku qoran cutubkan. Adiga iyo kooxda daryeelkaagu waxaad isticmaali doontaan habka ansixinta adeegga si aad kuu abuurto qorshaha daryeelka ugu kharash-oolsan.

Inclusa waxa ay u baahan karaan adeegyo aan liiska ku jirin. Adiga iyo kooxdaada daryeelka ayaa go'aansan doona marka aad u baahan karto adeegyo kala duwan si aad u buuxiso natiijooyinka daryeelkaaga muddada-dheer.

Adeegyada Family Care

Kuwani waa adeegyada aad heli karto haddii ay yihiin:

- Loo baahan yahay inaad taageerto natiijooyinka daryeelkaaga muddada-dheer.
- Waxaa ansixiyay kooxda daryeelkaaga.
- Waxaa ku jira qorshahaaga daryeel.

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
Adeegyada Qorshaha Gobolka Medicaid ee ku salaysan bulshada		
Alcohol and other drug abuse (Khamriga iyo si xun u isticmaalka mukhaadaraadka kale) (AODA) ee daawaynta maalinta (dhammaan goobaha marka laga reebo cusbitaalka ku salaysan ama dhakhtarka la bixiyo)	✓	✓
Alcohol and other drug abuse (Khamriga iyo si xun u isticmaalka mukhaadaraadka kale) (AODA) (marka laga reebo bukaan-jiiif ama dhakhtarka la bixiyo)	✓	✓
Adeegyada daryeelka ama maaraynta kiiska	✓	✓
Barnaamij caawimaad ah bulshada dhexdeeda (marka laga reebo adeeg dhakhtar)	✓	✓
Qalab daawo muddo la haysto iyo sahayda daawada (marka laga reebo qalabka maqalka, addin macmal ah, iyo sahayda qorshaha qoyska)	✓	✓
Hawlaha caafimaadka guriga	✓	✓
Adeegyada dabiibka maalinlaha ah ee caafimaadka dhimirka (meel kasta)	✓	✓
Adeegyada caafimaadka dhimirka (marka laga reebo bukaanjiifka ama adeeg dhakhtar)	✓	✓
Xarumaha dadka xanuunsan (sida daaweynta neefsashada, xarum meel ah ama daryeel gaar ahaaneed)	✓	✓
Dabiibka waxqabsiga jirka (meel kasta marka laga reebo bukaanjiif isbitaal)	✓	✓
Xanaanada shaqsi	✓	✓
Dabiibka jimisiga jirka (meel kasta marka laga reebo bukaanjiif isbitaal)	✓	✓
Adeegyada dhawaaqa luuqadda (meel kasta marka laga reebo bukaanjiif isbitaal)	✓	✓
Gaadiidka ballamaha caafimaadka (marka laga reebo aambalaasta)	✓	✓

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
Adeegyada Qorshaha Gobolka Medicaid ee Hay'adaha		
Xarumaha dadka xanuunsan, sida meel daryeel meel gaar ah oo ay joogaan dadka maskaxda naafada ka ah iyo meelaha bukaanka dhimirka. (Adeegyada xarumaha bukaanka dhimirka waxaa laga bixinayaa dadka ka yar 21 sano ama kuwa gaaray ama ka weyn 65 sano.)	✓	
Home and Community-Based Waiver Services (Adeegyada Guriga iyo Bulshada Gudaheeda Barnaamijka Taakuleynta)		
Xarunta dadka waaweyn Adeegyada xannaano maalmeedka dadka waaweyn waxaa la siiyaa koox dad waaweyn ah meel ka baxsan guriga qayb ka mid ah maalinta. Waxaa loogu talagalay dadka waaweyn ee u baahan isdhexgalka bulshada. Waxa kale oo loogu talagalay kuwa u baahan kormeer, ka caawinta hawlaha maalinlaha ah, iyo taageerada inay noqdaan kuwo caafimaad qaba oo ammaan ah. Adeegyada waxaa ka mid noqon kara daryeelka shakhsi ahaaneed, cunto fudud, daryeel caafimaad, iyo gaadiidka u socda iyo ka imanaya goobta xannaanada.	✓	
Tignoolajiyada kaalmada Tignoolajiyada caawinta waxa ka mid ah shay ka caawiya dadka hawl maalmeedka guriga, shaqada, iyo bulshada dhexdeeda. Waxa laga yaabaa inay ku jiraan tignoolajiyada sida tablet-yada, aaladaha mobilada, ama software-ka, shayada loo yaqaan aids adaptive, iyo eey adeeg si buuxda u tababaran oo ka socda bixiye sumcad leh. Adeeggu waxa kale oo ku jiri kara qiimaynta qofka's baahiyaha tignoolajiyada caawinta iyo hagaajinta ama dayactirka aaladaha ama alaabta.	✓	
Competitive integrated employment (Sahaminta shaqada isku dhafan ee tartanka) (CIE) Adeegyada sahaminta CIE waxay ka caawiyaan xubnaha inay sahamiyaan dariiqyada shaqada. Waxay sidoo kale ka caawiyaan xubnaha inay go'aan ka gaaraan haddii ay rabaan inay bulshada kala shaqeeyaan dadka aan naafada ahayn. Adeegyada waxaa ka mid ah safarro ganacsi, hadh shaqo, wareysiyo macluumaad, ama qorsheyn shaqo. Xubnuhu waxay sidoo kale heli karaan waxbarasho ku saabsan adeegyada shaqada ee dadka naafada ah waxayna ka caawin karaan aqoonsiga danaha, aqoonta, iyo xirfadaha laga yaabo inay faa'iido u yeeshaan shaqo helista.	✓	
Caawinta isgaarsiinta Caawinta isgaadhsiinta waxa ku jira alaabta iyo adeegyada loo baahan yahay si looga caawiyo maqalka, hadalka, akhriska, ama noocyada kale ee isgaadhsiinta. Alaabooyinka waxaa ku jiri kara habab isgaarsiineed oo kale ama kordhin, aaladaha cod-	✓	

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	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
weyneysiinta, tignoolajiyada elektiroonigga ah, codsiyada mobilada, iyo software. Adeegyada waxaa ka mid noqon kara tarjumaadda luqadda dhegoolaha ama fududaynta, qiimaynta baahiyaha isgaarsiinta, dayactirka iyo dayactirka aaladaha isgaarsiinta, iyo tababarka si loo isticmaalo aaladaha isgaarsiinta.		
<p>Tala-bixinta caafimaadka iyo adeegyada dabiibka ee shaqaalaha adeegga</p> <p>Adeegyada daawaynta iyo daawaynta ee la tashiga ah waxay caawiyaan daryeelayaasha aan mushaharka qaadan iyo shaqaalaha taageerada mushaharka leh inay fuliyaan qorshe daaweyn ama taageero. Adeegyada waxaa ka mid ah qiimeynta, horumarinta qorshooyinka daaweynta guriga, qorshayaasha taageerada, qorshayaasha faragelinta, iyo tababarka iyo caawinta si loo fuliyo qorshayaasha. Adeegyada waxa kale oo ka mid ah tababbarka daryeelayaasha iyo shaqaalaha u adeega xubnaha baahiyaha adag qaba (ka baxsan daryeelka caadiga ah).</p>	✓	
<p>Tababarka iyo waxbarashada dadweynaha</p> <p>Waxbarashada macaamiisha iyo adeegyada tababarka waxay ka caawiyaan dadka naafada ah inay horumariyaan xirfadaha u doodista, taageeraan aayo ka tashiga, adeegsiga xuquuqda madaniga ah, iyo inay helaan xirfadaha looga baahan yahay xakamaynta iyo mas'uuliyadda adeegyada kale ee taageerada. Adeegyadan waxaa ka mid ah waxbarashada iyo tababarka xubnaha iyo daryeelayaashooda ama go'aan-qaadayaasha sharciga ah. Waxay bixin kartaa kharashka diiwaangelinta, buugaagta iyo agabka kale ee waxbarashada, iyo gaadiidka koorsooyinka tababarka, shirarka, iyo dhacdooyinka kale ee la midka ah.</p>	✓	
<p>Tala-bixinta iyo adeegyada dabiibka ah</p> <p>Adeegyada la-talinta iyo daawaynta waxay daaweeyaan shakhsi ahaan, bulsho, jireed, caafimaad, dabeecad, shucuur, garasho, caafimaadka maskaxda, ama khamriga ama cilladaha kale ee xadgudubka daroogada. Waxa ku jiri kara caawinta la qabsiga gabowga iyo naafanimada, ka caawinta cilaaqaadka, iyo madadaalada, farshaxanka, ama daawaynta muusiga. Waxa kale oo ku jiri kara nafaqo, caafimaad, miisaan, ama la-talin murugo.</p>	✓	
<p>Tababaridda hawlaha nolol-maalmeedka</p> <p>Tababarka xirfadaha nolol maalmeedka wuxuu ka caawiyaa xubnaha inay qabtaan hawlo maalinle ah. Tan waxa ku jira xirfado ka caawiya xubinta in ay madax banaanaato oo ay ka qayb qaadato nololshada bulshada. Tusaaleyaashu waa barashada maamulidda lacagta, wadashada daryeelka guriga, karinta</p>	✓	

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanunsan aan ahayn
cuntada, tababaridda dhaqdhaqaaqa, sida la isu daryeelo, iyo xirfado muhiim u ah helidda arrimaha dadweynaha.		
Adeeg maalmeed Adeegyada maalinta si joogto ah ayaa loo qorsheeyey hawlo lagu bixiyo meel ka baxsan guriga koox dad waaweyn ah. Adeegyada maalinlaha ah waxay caawiyaan xubnaha inay ka qaybqaataan bulshada, bartaan xirfadaha bulshada, iyo horumarinta xirfadaha looga baahan yahay hawlaha nolol maalmeedka iyo nololshada bulshada.	✓	
Adeegyada maareynta maaliyadda Adeegyada maareynta maaliyadeed waxay ka caawiyaan maareynta dollarka adeegga ama maaliyadda gaarka ah. Haddii xubin uu doorto inuu iskiis u hago hal ama dhowr adeeg, adeeggan waxaa ku jira qof ama wakaalad bixisa adeeg bixiyayaasha ka dib marka xubintu ogolaato lacag bixinta. Adeegyadani waxay sidoo kale ka caawiyaan xubnaha miisaaniyada si loo hubiyo in lacag loo heli karo guriyeynta iyo baahiyaha kale.	✓	
Caafimaadka iyo fayooabaanta Adeegyada caafimaadka iyo fayooabka waxay ka caawiyaan xubnaha inay ilaashadaan ama horumariyaan caafimaadkooda, fayooabidooda, xirfadahooda bulsho, iyo ka mid noqoshada bulshada dhexdeeda. Waxay ka mid yihiin waxqabadyo diiradda saaraya horumarinta caadooyinka caafimaadka leh; fasalada, casharrada, iyo dhacdooyinka la xidhiidha dhaqdhaqaaqa jidhka iyo nafaqada; adeegyada fayooabka sida yoga iyo fasalada miyir-qabka; iyo waxbarashada galmada iyo tababarka.	✓	
Cunto guriga la isugu keeno Cuntooyinka guriga lagu bixiyo (mararka qaarkood loo yaqaan "meals on wheels") waxaa ka mid ah diyaarinta iyo keenista hal ama laba cunto maalintii haddii xubintu awoodi waydo inay samayso ama hesho cunto caafimaad leh caawimo la'aan. Cuntooyinka guriga lagu bixiyo waxay sidoo kale caawin karaan xubnaha haddii aysan awoodin inay maareeyaan cunto gaar ah oo uu ku taliyay bixiyaha xanaanada caafimaadka xaalad caafimaad.	✓	
Guriga oo wax laga beddelo Wax ka beddelka guriga waxa ka mid ah shay iyo adeegyo ka dhigaya xubin ka mid ah guriga mid ammaan ah oo sahlan in la soo galo. Tan waxa ku jiri kara jaranjarooyinka, wiishashka jaranjarada, wiishashka kursiga curyaanka, jikada ama wax ka beddelka musqusha, gelitaan gaar ah ama la qabsiga badbaadada, iyo codka, iftiinka, ama aaladaha elektiroonigga ah ee dhaqdhaqaaqa kuwaas oo kordhiya isku-kal-soonaanta xubinta iyo awoodda uu si madax-bannaan ugu noolaado.	✓	

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanunsan aan ahayn
<p>Caawimaadda guri-helidda La-talinta guryeynta waxay ka caawisaa xubnaha inay helaan guryo la heli karo, la awoodi karo, oo ammaan ah bulshada dhexdeeda. Tala-bixinta guriyeynta waa in la ogaado lahaanshaha guri iyo kala-doorashada kirada, in la ogaado ilaha dhaqaalaha, in la ogaado meelaha la doorbido iyo nooca guriga, in la ogaado helidda iyo beddelaadda, iyo in la soo raadiyo guri diyaar ah. La-talinta guryeynta kuma jiraan bixinta kirada ama amaahda guryaha.</p>	✓	
<p>Personal emergency response system (Nidaamka jawaabta degdega ah ee shakhsi ahaaneed) (PERS) PERS waxay si toos ah ugu xidhaa xubin iyo xirfadlayaal caafimaad haddii ay dhacdo xaalad degdeg ah. Waa telefoon ama nidaam kale oo elektaroonig ah.</p>	✓	
<p>Adeegyada ka horreeya xirfad-yeelashada Adeegyada ka-hortagga ah waa waxbarasho iyo waayo-aragnimo shaqo oo ka caawisa xubnaha inay horumariyaan awoodaha iyo xirfadaha guud si ay shaqooyin uga helaan goobaha bulshada. Xubnuhu waxay baran karaan sida loola shaqeeyo kormeerayaasha, la-shaqeeyayaasha, iyo macaamiisha. Waxa kale oo ay baran karaan sida loo labisto, loo raaco tilmaamaha, u qabtaan hawlaha, xalinta dhibaatooyinka, badbaadada, iyo socodka. Adeegyadani waxay ka caawiyaan xubnaha inay helaan shaqooyin bulshada dhexdeeda ah oo siiya mushaharka caadiga ah iyo dheefaha la siiyo shaqaalaha aan naafada ahayn.</p>	✓	
<p>Adeegyada guurid ah meelo kale Adeegyada dib u dejinta waxaa ka mid ah kharashyo hal mar ah oo ka caawiya xubnaha inay ka guuraan machad ama goobta daryeelka deegaanka una guuraan gurigooda ama gurigooda bulshada dhexdeeda. Waxay kaa caawin karaan bixinta kharashyada guuritaanka, nadiifinta iyo abaabulka, deebaajiga amniga, iyo kharashyada isku xirka tamarta. Waxa kale oo ay ka caawin karaan alaabta guriga, weelka wax lagu karsado, nadiifinta iyo agabka guriga, iyo alaabta aasaasiga ah iyo qalabka.</p>	✓	
<p>Korjoogteynta fog iyo taageerada Kormeerka fog iyo adeegyada taageerada waxay ka caawiyaan xubnaha inay taageero toos ah ka helaan daryeel bixiyaha fog. Daryeel bixiyaha fog wuxuu hubin karaa in xubintu ay badbaado tahay oo ay bixiso taageero haddii ay dhacdo xaalad degdeg ah. Daryeel bixiyaha fog wuxuu hubin karaa in xubintu ay badbaado tahay oo ay bixiso taageero haddii ay dhacdo xaalad degdeg ah. Adeegani waxa uu bixiyaa tignoolajiyada sida dareemayaasha, kormeerayaasha, iyo aaladaha kale ee isgaadhsiinta ee labada</p>	✓	

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
dhinac ah. Waxa kale oo ka mid ah taageerada ay bixiyaan daryeelayaasha fogfog iyo hagaajinta iyo dayactirka qalabka. Xubintu waa inay qoraal ku sheegaan inay rabaan adeeggan.		
<p>Adeegyada deegaanka</p> <p>Adeegyada deegaanka waxaa lagu bixiyaa meel la dego oo bulshada ku salaysan. Waxay ka kooban yihiin 1-2 sariirood guryaha qoyska dadka waaweyn iyo goobaha loogu talagalay saddex ama in ka badan oo qaangaar ah (sida 3-4 sariirood guryaha qoyska dadka waaweyn ama guryaha daryeelka deegaanka). Adeegyada sida caadiga ah waxaa ka mid ah daryeelka shakhsi ahaaneed, caawinta hawl maalmeedka, daryeelka guriga, daaweynta, iyo taageerada guud iyo kormeerka. Adeegyada waxa kale oo ku jiri kara gaadiidka iyo madadaalada ama hawlaha bulshada, dhaqanka iyo taageerada bulshada, iyo tababarka xirfadaha nolol maalmeedka.</p>	✓	
<p>Xanaano waqti gaaban</p> <p>Adeegyada nasinta waxay bixiyaan nasasho waqti-gaaban qoyska ama daryeelayaasha kale ee aasaasiga ah. Tani waxay kaa caawinaysaa yaraynta walaaca maalinlaha ah iyo baahida daryeelka. Nasteexo ayaa laga yaabaa in lagu bixiyo guriga xubinta, meel la dego, xero shati leh, isbitaal, ama guriga dadka lagu xanaaneeyo.</p>	✓	
<p>Adeegyada daryeelka shakhsiga ah ee la hagayo</p> <p>Adeegyada daryeelka shakhsi ahaaneed ee iskood u haga waxay ka caawiyaan xubnaha hawl maalmeedka iyo ilaalinta guriga ee loo baahan yahay si ay ugu noolaadaan bulshada dhexdeeda. Tan waxaa ka mid ah caawinta maydhashada, cunista, labiska, maaraynta daawooyinka, afka, timaha, iyo daryeelka maqaarka, diyaarinta cuntada, bixinta biilasha, agagaarka, aadida musqusha, wareejinta, iyo isticmaalka gaadiidka. Xubintu waxay doorataa qofka ama wakaalada bixisa adeegyadooda waxayna u shaqayn kartaa sidii loo shaqeeyaha ama la-shaqeeyaha. Dhakhtarku waa inuu qoraa amar xubin si uu u helo adeeggan.</p>	✓	
<p>Xarun kalkaaliso joogto</p> <p>Kalkaalisada xirfadda leh waa daryeel ay bixin karto oo keliya kalkaalisada shaqada sare, registered nurse (kalkaalisada diiwaangashan) (RN), ama kalkaaliye wax ku ool ah oo shati leh oo ay kormeerto RN. Kalkaalisada xirfadda leh waxaa ka mid ah la socodka calaamadaha iyo falcelinta, waajibaadka kalkaalinta guud, waxaana ku jiri kara in isha lagu hayo xaalad caafimaad.</p>	✓	
<p>Qalab daaweyn gaar ah iyo alaab sahay ah</p> <p>Qalab caafimaad oo khaas ah iyo sahaydu waa shay ilaalinaya caafimaadka xubinta, maamula xaalad caafimaad ama jireed, oo wanaajisa shaqada ama madax banaanida. Alaabooyinka</p>	✓	

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	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
waxaa ka mid noqon kara dawooyinka aan farmashiyaha laga qorin, labeenta maqaarka ee caafimaad ahaan lagama maarmaanka u ah, Vitamin D ee la qoray, fiitamiino badan ama kaalshiyam dheeri ah, iyo buugaag ama qalabyada daawaynta.		
<p>Caawiyaha taakuleynta</p> <p>Dallaal taageero waa qof ama wakaalad uu xubintu doorto inuu ka caawiyo qorsheynta, helista, iyo taageerada tooska ah ee is-hagidda. Dallaal taageero ayaa wax ka og adeegyada maxalliga ah wuxuuna kaa caawin karaa qorista, shaqaaleysiinta, tababarida, maaraynta, iyo jadwalka shaqaalaha.</p>	✓	
<p>Adeegyada shaqada ee la taageeray</p> <p>Adeegyada shaqada ee la taageero waxay ka caawiyaaan xubnaha inay helaan oo ay sii hayaan shaqooyinka. Hadafku waa in shaqada bulshada lagu sii hayo ama ka badan mushaharka ugu yar, la shaqaynta dadka aan naafada ahayn. Shaqadu waa inay sidoo kale buuxisaa yoolalkooda shakhsi ahaaneed iyo kuwa shaqo.</p> <ul style="list-style-type: none"> • Adeegyada shaqada ee shakhsi ahaaneed waxay ka caawiyaaan xubnaha inay shaqo helaan, u koraan xirfadaha shaqadaas, oo ay helaan waraysiyo. Waxa kale oo ku jiri kara tababar shaqo iyo tababar, fuulid shaqo, caawimo shakhsiyeed goobta shaqada, la-talinta faa'iidooyinka, adeegyada horumarinta shaqada, ama taageerada iskaa u shaqeysiga. • Adeegyada shaqada ee kooxda yaryar waa adeegyo iyo tababaro lagu bixiyo ganacsi, warshado, ama goob bulsho oo loogu talagalay kooxaha laba ilaa lix shaqaale naafada ah. Tusaalooyinka waxaa ka mid ah shaqaalaha guurguura iyo kooxo shaqo oo kale oo ganacsi ku salaysan oo ka shaqeeya kooxo yaryar oo shaqaale naafada ah goobaha shaqada ee bulshada. Adeegyada waxaa ka mid noqon kara sahaminta shaqo kooxeed yar iyo waxbarasho, horumarinta xirfadda, qorsheynta shaqada, meelaynta shaqada, la kulanka loo shaqeeyayaasha, tababarida shaqada iyo tababarka, fuulista shaqada, iyo khibradaha shaqo ee ku habboon danaha iyo xirfadaha xubinta. • Qorshaynta mustaqbalka xirfadeed iyo taageerada waxay ka caawisaa xubnaha inay helaan, haystaan, ama horumariyaan shaqada bulshada dhexdeeda. Tan waxa ku jiri kara qiimaynta tignoolajiyada caawinta, abuurista qorshe shaqo, sahamin shaqo, taageero shaqo raadis, tababar shaqo iyo tababar, iyo kaalmada shakhsi ahaaneed ee joogtada ah ee shaqadooda. Xubnuhu waxa kale oo ay wax 	✓	

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
badan ka baran karaan dhiirigelinta shaqada iyo sida shaqadu u saamayn karto faa'iidooyinkooda.		
<p>Taageerid daryeel guriga ah</p> <p>Daryeelka guriga ee taageerada ah wuxuu ka caawiyaa nolol maalmeedka iyo baahiyaha shakhsi ahaaneed ee guriga ama bulshada dhexdeeda. Adeegyadu waxay ka caawiyaan badbaadada guriga iyo bulshada, hawlaha caadiga ah ee ilaalinta guriga sida nadiifinta, karinta, iyo dhar dhaqidda, iyo hawlaha waaweyn ee guriga sida daryeelka dayrka iyo ka saarista barafka. Adeegyadu waxa kale oo laga yaabaa inay ka caawiyaan labiska, maydhashada, maaraynta daawooyinka, cunista, aadida musqusha, qurxinta, agagaarka, bixinta biilasha, isticmaalka gaadiidka, iyo shaqada guriga.</p>	✓	
<p>Adeegyada tabarista ee daryeelayaasha tabarrucaadda ah</p> <p>Adeegyada tababarka ee daryeelayaasha aan mushaharka lahayn waxay caawiyaan kuwa bixiya daryeel, tababar, wehel, kormeer, ama taageero kale oo aan mushahar lahayn. Waxay tababartaa daryeelayaasha aan mushaharka qaadan sida loo sameeyo daawaynta iyo isticmaalka qalabka daawaynta iyo adeegyada kale ee ku jira qorshaha daryeelka xubnaha waxayna siisaa hagitaan ku saabsan sida xubinta loogu ilaaliyo badbaadada bulshada dhexdeeda.</p>	✓	
<p>Adeegyada gaadiidka</p> <ul style="list-style-type: none"> • Adeegyada gaadiidka bulshada ka caawi xubnaha inay helaan adeegyada bulshada, hawlaha, iyo agabka ku jira qorshahooda daryeel. Tan waxa ku jiri kara tigidhada ama kaadhahka qiimaha, dib u celinta masaafada, iyo sidoo kale gaadiidka xubnaha iyo adeegayaashooda meelaha loo socdo. Waxay meesha ka saaraysaa gaadiidka degdega ah (ambalaasta). • Adeegyada gaadiidka caafimaadka ee aan degdega ahayn waxay ka caawiyaan xubnaha inay helaan adeegyo caafimaad oo aan degdeg ahayn, Medicaid-daboolan. Adeegyada waxaa ku jiri kara tigidyo ama kaarka baska magaalada, iyo gaadiidka dadka iyo dadka ugu shaqeeynaya meelahaas. Waxay meesha ka saaraysaa gaadiidka aan caafimaadka ahayn, kaas oo lagu bixiyo gaadiidka bulshada ee kor ku xusan. Waxa kale oo ay meesha ka saaraysaa gaadiidka degdega ah (ambalaasta). 	✓	

	Heerka Daryeelka Xarumaha Dadka Xanuunsan	Heerka Daryeelka ee xarumaha dadka xanuunsan aan ahayn
<p>Beddelka Baabuurka</p> <p>Wax ka beddelka baabuurta waa isbeddellada la xidhiidha naafanimada ee gaadhiga xubinta ka ah habka aasaasiga ah ee lagu wareego. Adeegyadani waxay ka caawiyaan xubinta inay galaan bulshada waxayna wanaajiyaan madax-banaanidooda. Waxa ku jiri kara isbeddelada kuraasta iyo suunka, qalabka xakamaynta darawalka, wiishashka gaadhiga, meelaha la isku xidho, meelaha la maro, iyo xidhidhiyaha ama hababka xidhitaanka kursiga curyaanka. Adeegga waxa kale oo ka mid ah kharashka agabka, adeegyada, kormeerka, iyo dayactirka isbeddelladan. Adeeggu kuma jiro iibsashada baabuur ama dayactir guud.</p>	✓	

Waa maxay adeegyada aan la hayn?

Family Care ma bixiso adeegyadan ee waxaa lagu heli karaa ceymiskaaga Medicaid. Waxaad adeegyadan ku heli kartaa kaarkaaga ForwardHealth. Waxa kale oo laga yaabaa inay daboolaan dheefaha Medicare, Veterans (VA), ama caymis kale oo aan ahayn Medicaid. Kooxda daryeelka ayaa si dhow ula shaqeyn doonta si aad u hesho adeegyadan marka aad u baahato oo waxayna ku ogeysiin doonaan haddii aad qeyb yar lacagta bixineyso.

- Alcohol and other drug abuse (Khamriga iyo si xun u isticmaalka mukhaadaraadka kale) adeegooda (marka laga reebo adeeg dhakhtar ama goob bukaanjiif)
- Baarista maqalka, sida qiimeynta habka maqalka dhegaha iyo baxnaaninta dhega la'aanta
- Dhakhtarka duugduugidda
- Xaaladaha degdegga ah ee dhimirka
- Dhakhtarka ilkaha
- Daryeelka imarjansada (sida aambalaasta dhulka ama hawada)
- Ookiyaale
- Adeegyada qorshaha qoyska
- Qalabka maqalka iyo batariga qalabka maqalka
- Goobaha sakaraadka (daryeelidda dadka aan wax daawo ah loo hayn)
- Isbitaalka: bukaan-jiifka iyo bukaan-socodka, oo ay ku jiraan daryeelka qolka degdegga ah (marka laga reebo daaweynta jireed ee bukaan-socodka, daaweynta shaqada, iyo hadalka iyo luqadda, adeegyada caafimaadka dhimirka ee aan dhakhtarka ahayn, iyo khamriga iyo adeegyada kale ee xadgudubka daroogada ee aan dhakhtarka ahayn)
- Adeegyada xarumaha bukaanka dhimirka (adeegyada waxaa laga bixinayaa dadka ka yar 21 sano ama kuwa gaaray ama ka weyn 65 sano)
- Adeeyo laga helo dhakhtar-xigeen madaxbannaan
- Sheybaar iyo Raajo
- Daawooyinka iyo daawooyinka dhakhtar qoray
- Adeegyada caafimaadk dhimirka (marka laga reebo adeeg dhakhtar ama goob bukaanjiif)
- Dhakhtarka ookiyaalaha
- Adeegyada kilinigga iyo dhakhtarka (marka laga reebo bukaansocodka dabiibka jimicsiga jirka, dabiibka waxqabsiga jirka, iyo xirfadlaha dhawaaqa hadalka, adeegyada caafimaadka dhimirka oo aan dhakhtar ahayn, iyo isticmaalidda aalkolada iyo daroogada aan ahayn goob dhakhtar)
- Dhakhtarka cagaha (daryeelka cagaha)
- Isku-duwidda daryeelka xaamilada
- Addin macmal ah

- Dhakhtarka dhimirka
- Adeegyada iskuulka
- Gaadiidka aambalaasta

Family Care ma bixiyo alaabtan iyo adeegyadan :

- Adeegyada kooxda daryeelkaagu ma aysan oggolaan ama kuma jiraan qorshahaaga daryeel
- Adeegyada looma baahna inay taageeraan natiijooyinka daryeelkaaga muddada-dheer
- Kharashka nolosha caadiga ah, sida kirada ama rahmaadda guryaha, cuntada, korontada, madadaalada, dharka, alaabada fadhiga, alaabada guriga, iyo ceymiska
- Alaabada shakhsiga ah ee qolka xarumaha nolosha la isku caawiyo ama guryaha dadka xanuunsan, sida taleefanka ama taleefashinka
- Guryo kuleej oo kale lagu dhex nool yahay
- Kharashka masuuliyadda dad kale

Baddiilka adeegga ama goobta

Inclusa ayaa bixin kara qaar ka mid ah adeegyada ama goobaha aysan sida caadiga ah Family Care ka bixineyn dadka loo qabto heer daryeel oo aan ahayn kolka guryaha lagu hayo. Adeegyadan waxaa loo yaqaan “baddiilka” ama adeegyada ama goobaha gaarsiiska ah.

Go'aaminta haddii “baddiilka” adeegga ama xaruntu habboon tahay waa dedaal kooxeed. Kooxda daryeelka ayaa kugu caawin doonta doorashada waxa kuugu fiican. **Waxaad xaq u leedahay inaad diiddo in aad ka qeybgasho goobahaas ama dabiibka.**

Inclusa ayaa baddiil ahaan loogu heli kara kaarka gobolka caafimaadka adeegyada guriga ama waxaa lagu heli karaa daryeelka shakhsiga ah:

- Taageerid daryeel guriga ah
- Daryeelka nasinta
- Habka jawaabidda shakhsiga ah ee xaaladaha degdegga ah
- Tababaridda hawlaha nolol-maalmeedka
- Adeegyada madadaalada ah ee maalintii
- Adeegyada ka horreeya xirfadleyaasha
- Adeegyada deegaanka
- Cunto la isugu keeno guriga
- Talabixinta iyo adeegyada dabiibka ah

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Cutubka 4-aad. Adeegyada Family Care
P-00649SO (05/2025)

Inclusa waxay bixin karaan adeegyada soo socda si ay ugu beddelaan adeegyada ah gaadiidka ee ceymiska gobolka:

- Gaadiidka gaarka ah

Cutubka 5-aad. Fahmidda dadka bixinaya adeegyada iyo isku-duwidda manaafacaadka

Anigu miyaan iska bixinayaa wax adeegyo ah?

Waa inaad bixisaa adeeg kasta oo aan ku jirin qorshahaaga daryeelka oo aanay oggolaan kooxdaada daryeelka.

Waa inaad bixisaa lacag go'an (oo loo yaqaan lacag-bixinta) adeegyada la daboolay qaarkood, sida daawooyinka, booqashooyinka dhakhtarka, iyo booqashooyinka isbitaalka. Tusaale ahaan, waxaa laga yaabaa inaad haysato \$5 lacag-bixin warqad dhakhtar ah.

Laba nooc oo kale oo kharash ah oo laga yaabo inaad bixiso bil kasta waa:

- Qiimaha saamiga ama mas'uuliyadda bukaanka
- Qolka iyo boodhka

Qiimaha saamiga ama mas'uuliyadda bukaanka

Waxaa laga yaabaa inaad bixiso qaybtaada kharashyada bishii si aad ugu sii jirto Family care. Qaybtaada **kharashka** (mararka qaarkood loo yaqaan “out-of-pocket costess”) waxay ku salaysan tahay waxyaabo ay ka mid yihiin dakhligaaga, kharashka guryeynta, iyo kharashyada caafimaadka. Waxa aad ku bixiso kharashyada qaar waxa laga yaabaa inay hoos u dhigto qaybtaada kharashka. Ka hubi kooxdaada daryeelka si aad u aragto kharashyada dhimi kara qaybtaada kharashka iyo sida loo diiwaangeliyo qaddarka aad kharash garaysay.

Xubnaha ku nool guriga dadka lagu xanaaneeyo ama ay u badan tahay inay ku noolaadaan guriga dadka lagu xanaaneeyo 30 maalmood ama ka badan oo isku xigta waxay bixiyaan **masuuliyada bukaanka** halkii ay ka ahaan lahaayeen saami qaybsi.

Income maintenance agency (Hay'adda dayactirka dakhliga) ayaa go'aamin doonta qaddarka ay tahay inaad bixiso bil kasta. Haddii aad leedahay saami kharash ama masuuliyad bukaan, *Inclusa* waxay kuu soo diri doontaa biil bil kasta.

Si aad u hubiso inaad bixinayso lacagta saxda ah, **waa inaad u soo sheegtaa dhammaan dakhliga iyo isbeddelada hantida kooxdaada daryeelka iyo wakaaladdaada 10 maalmood gudahooda ee isbeddelka**. Hantida waxaa ka mid ah baabuurta, lacagta caddaanka ah, xisaabaadka hubinta iyo kaydka, iyo qiimaha lacagta caddaanka ah ee caymiska nolosha.

Haddii aadan bixinin qaybtaada kharashka bishii ama mas'uuliyadda bukaanka, waxaa laga yaabaa inaad lumiso u-qalmitaankaaga oo laga saaro Family Care. Haddii aad u malaynayso in saamigaagu aanu sax ahayn, waxaad ka xarayn kartaa codsi dhegaysi cadaalad ah oo gobolka ah

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Wisconsin Division of Hearings and Appeals (Qaybta Dhagaysiga iyo Racfaanka ee Wisconsin).
(Eeg Cutubka 8 wixii macluumaad dheeraad ah.)

Haddii aad su'aalo ka qabto kharashka qeybtaada, la soo xiriir your care team.

Dhimista kharashka-wadaaga

Waxaa laga yaabaa inaad u qalanto qaddar saami jaban haddii aadan awoodin inaad bixiso qaybtaada kharashka bishii sababtoo ah kharashaadkaaga nololeed ee lagama maarmaanka ah. Kuwaas waxaa ka mid ah bixinta amaahda guryaha ama kirada, guriga ama kiraystaha waa caymis, cashuurta guryaha, yutiilitida, cuntada, dharka, alaabta nadaafadda, iyo kharashka hawlgalka iyo dayactirka gaadhiga.

Saamiga qiimaha jaban ayaa laga yaabaa inuu ka dhigo kharashaadkaaga nololeed ee billaha ah mid la awoodi karo oo kuu ogolaanaya inaad iska diiwaan geliso Family Care. Buuxi Codsiga “ee dhimista Qiimaha Share” si aad u codsato dhimis. Foomka ka hel wakaaladdaada ama ka soo deji dhs.wi.gov/library/collection/f-01827.

Ku dir nuqullada codsigaaga ee dukumentiyada muujinaya dakhligaaga billaha ah, kharashyada (sida biilasha tamarta ama lacag bixinta baabuurka), iyo qaddarka saamiga kharashka aad bixiso *Inclusa*. Codsigu wuxuu yeelan doonaa tafaasiil dheeraad ah oo ku saabsan nooca caddaynta aad u baahan tahay iyo tusaalooyinka.

Foomka codsiga waxaad ku heli kartaa caawimaad bilaash ah:

- Maamulaha kiiskaaga ee *Inclusa*
- Haddii aad gaartay **60 jir ama ka weyn**, la xiriir manaafacaadka waayeelka. Si aad u hesho shaqaalaha manaafacaadka waayeelka ee deegaanka ama kuwa Beelaha, la xiriir xafiiska gabowga ee magaalada iyo tasiilaadka naafada ama gabowga: dhs.wi.gov/benefit-specialists/counties.htm, ama soo garaac 844-947-2372 si aad u hesho oo laguugu sii xiro xafiiska magaalada.
- Haddii aad tahay **18 ilaa 59 jir**, la xiriir ombudsman program (barnaamijka dhexdhexaadiyaha) oo laga helayo Disability Rights Wisconsin. Tag disabilityrightswi.org, soo garaac 800-928-8778 (TTY: 711), ama iimayl info@drwi.org.

Qolka iyo boodhka

Haddii aad ku nooshahay guri goys oo qaan-gaar ah, xarun la deggan yahay oo bulshada ku salaysan, ama dhismo guri oo daryeelka deegaanka ah, waa inaad bixisaa qolka iyo boodhka (kiro iyo cunto.) Waxaan kuu sheegi doonaa inta ay ku kici doonto waxaan kuu soo diri doonaa biil bil kasta.

Inclusa waxay kaa bixin doontaa daryeelka caafimaadka iyo adeegyada kormeerka ee aad ka hesho guriga qoyska dadka waaweyn, tas-hiilaadka deegaanka ee bulshada ku salaysan, ama dhismaha guryaha daryeelka deegaanka.

Haddii aad qabto su'aalo ku saabsan qolka iyo boodhka ama aadan bixin karin lacag, la xiriir. Kooxdaada daryeelka ayaa laga yaabaa inay kugu xidhaan agab si aad u hesho guri ku habboon baahiyahaaga oo ku jira miisaaniyadaada.

Sidee baan u bixinayaa lacagta?

Waxaad ku bixin kartaa saami qaybsiga kharashka iyo qolka iyo lacag bixinta jeeg ama lacag dalbashada. Ku soo dir jeegagga:

Payments should be sent to the address referenced on your monthly statement.

Ama qofkii raba toos ayaa looga goosan karaa koontadiisa bangiga. Wixii faahfaahin ah kala hadal kooxda daryeelka.

Ka warran haddii la iga rabo lacagta adeeg la iii qabtay?

Uma baahnid inaad bixiso adeegyada kooxda daryeelkaagu ay ogolaadeen taasoo qayb ka ah qorshahaaga daryeelka. Haddii aad biil ka hesho bixiye, ha bixin. Taa beddelkeeda, la xidhiidh kooxdaada si ay ula socdaan bixiyaha.

Family Care ma bixiyaa adeegyada deegaanka ama guryaha dadka lagu xanaaneeyo?

Family Care wuxuu daboolaa daryeelka deegaanka iyo adeegyada guriga kalkaalinta. Hase yeeshee, marka guriga looga guurayo xarun ama guryaha dadka xanuunsan waa in ay ahaato wax aan laga maarmi karin.

Kahor intaadan gelin daryeelka deegaanka ama guriga dadka lagu xanaaneeyo, kooxda daryeelkaagu waxay go'aamin doonaan:

- In uusan gurigu u fiicneyn caafimaadka iyo badqabka qofka.
- In natiijooyinka muddada dheer aysan ahayn qiima jaban oo aan guriga lagu taageeri karin qofka.
- In xarun loogu guurayo in ay tahay qiimaha ugu jaban ee lagu taageeri karo natiijooyinka muddada dheer.

Haddii daryeelka deegaanku yahay ikhtiyaarka keliya, waxaa laga yaabaa inaad awoodin inaad joogtid ama aad u guurto xarunta aad rabto. Waxaa dhici karta in aysan xaruntaas wax qandaraas ah la lahayn *Inclusa* ama in aan xaruntaas lacag loo heli karin.

Haddii uu qof ku nool yahay gurigiisa balse ay qofkaas iyo kooxda daryeelka isku raacaan in uusan meeshaas ku sii noolaan karin, si wadajir ah waa in loo go'aamiyo xarun qofku ku noolaan karo. Adiga iyo kooxdaadu waxay mas'uul ka yihiin inaad ka hesho ikhtiyaarka ugu jaban gudaha *Inclusa* shabakadda bixiyaha ee buuxisa baahiyahaaga. Marka uu qof guuro, kooxda ayaa lala sii shaqeyn doont inta uu qofkaasi ku jiro xarunta ama guryaha dadka xanuunsan.

Kooxdaada daryeelku waa inay ansixiyaan dhammaan adeegyada deegaanka. Aad bay muhiim u tahay inaad keligaa dooran bixiye deegaan. Waxaa khasab ah in go'aankaas lagala shaqeeyo kooxda si loo xaqiijiyo *Inclusa* in ay kaa bixiyaan lacagta adeegyada.

Sidee Medicare iyo faa'iidooyinka caymiskayga kale la isugu duway?

Markaad iska diiwaan geliso *Inclusa*, waxaan ku weydiin doonaa inaad haysato wax caymis ah oo aan ahayn Medicaid. Caymiska kale waxaa ka mid ah Medicare, caymiska caafimaadka hawlgabka, caymiska daryeelka muddada-dheer, iyo caymiska caafimaadka gaarka ah.

Waxa kale oo muhiim ah in la helo macluumaadka ceymisyada kale oo dhan. **Haddii uu jiro qof raba in uu isticmaalo ceymisyo kale, waxaa la diidi karaa in laga bixiyo adeegyo laga bixin lahaa.**

Waa maxay estate recovery (Soo kabashada hantida)? Sidee ayay ii khusaysaa?

Medicaid estate recovery (Soo kabashada hantida) waxay khusaysaa badi adeegyada daryeelka muddada-dheer haddii ay bixiyaan *Inclusa* ama Medicaid.

Estate recovery (Soo kabashada hantida), gobolku wuxuu raadiyaa in dib loogu bixiyo kharashka dhammaan adeegyada daryeelka muddada-dheer ee Medicaid. Soo kabashada waxaa laga sameeyaa hantidaada, ama xaaskaagu waa hanti ka dib markaad labadiinuba dhimato. Lacagta la helay waxay dib ugu noqotaa gobolka. Gobolku iskuma dayi karo in ay qof guri uga soo ceshtaan lacag marka ay ku nool yihiin qof ay isu dhaxeen ilmo naafo ah oo nool. Qaadashada waxa ay dhacayso waa geeri dabadeed.

Waydii kooxdaada daryeelka macluumaad dheeraad ah oo ku saabsan estate recovery (Soo kabashada hantida). Waxa kale oo aad booqan kartaa dhs.wi.gov/medicaid/erp.htm ama wac 800-362-3002 (TTY:711).

Cutubka 6-aad. Xuquuqda Dadka

Waxaa khasab ah in la tixgeliyo xuquuqda qofka *Inclusa*.

Waxaad xaq u leedahay inaad xogta ku hesho hab adiga kuu shaqeeya. Si aad macluumaadka nooga hesho hab adiga kuu shaqeeya, la xidhiidh kooxdaada daryeelka.

- Waxaad xaq u leedahay inaad kula yeelato turjumaan markaad helayso adeegyadaada ama aad la kulanto kooxdaada daryeelka.
- Waxaad xaq u leedahay inaad ku hesho buug-gacmeedka xubintan luqad kale ama qaab kale.

Waxaad xaq u leedahay in mar walba loola dhaqmo si sharaf, ixtiraam iyo cadaalad ah.
Waxaad xaq u leedahay:

- Ka hel naxariis, daryeel tixgelin leh *Inclusa* shaqaalaha iyo bixiyeyaasha.
- Daryeelkaaga ku hel deegaan ammaan ah oo nadiif ah.
- Ma aha in ay shaqo u qabato ama u qabato adeegyo *Inclusa*.
- Ku dhiirigeli oo caawi inaad kala hadasho shaqaalaha *Inclusa* isbeddelada siyaasadda aad u malaynayso in la sameeyo ama adeegyada aad u malaynayso in la bixiyo iyada oo aan la helin daaweyn xun.
- Lagugu dhiirigaliyo inaad isticmaasho xuquuqdaada xubin ahaan *Inclusa*.
- Ka xorow takoorka. *Inclusa* waa inuu adeecaa sharciyada kaa ilaalinaya takoorka ama cadaalad darada. Ma takoorno iyada oo ku saleysan qofka, naafo maskaxeed ama jireed, diin, lab iyo dhedig, aqoonsiga jinsiga, nooca galmada, caafimaadka, qowmiyadda, caqiidada (rumaynta), da'da, asalka qaranka, ama isha lacag bixinta.
- Ka xorow nooc kasta oo xakameyn ama gooni-gooni ah oo loo isticmaalo hab qasab, edbin, ku habboonaanta, ama aargoosiga. Tani waxay ka dhigan tahay inaad xaq u leedahay inaad xakameynin ama lagugu qasbin inaad keligaa noqoto, inaad ka dhigto inaad u dhaqanto si gaar ah, inaad ku ciqaabto, ama sababtoo ah qof ayaa u arka inay faa'iido leedahay.
- Ka xorow xadgudubka, dayaca, iyo ka faa'iidaysiga dhaqaale.
 - **Xadgudubku** wuxuu noqon karaa mid jireed, shucuureed, dhaqaale, ama galmo. Tacaddigu waxa kale oo uu noqon karaa haddii uu qof si xun loola dhaqmo, sida wax ah daawo, ama tijaabo cilmi-baaris aan la ogeyn.
 - **Dayacadu** waa marka daryeel bixiyaha uu ku guuldareysto inuu bixiyo daryeel, adeegyo, ama kormeer, taas oo kuu abuureysa khatar weyn oo khatar ah. Is-daayac waa marka aad mas'uul ka tahay daryeelkaaga oo aad ku guuldareysato inaad hesho daryeel kugu filan, oo ay ku jiraan cunto, hoy, dhar, ama daryeel caafimaad ama ilkeed.
 - **Ka faa'iidaysiga maaliyadeed** wuxuu noqon karaa khiyaano, soo jiidasho ama qasab, xatooyo, anshax-xumo uu sameeyo wakiilka maaliyadeed, xatooyada

aqoonsiga, been-abuurka, ama isticmaalka aan la ogolayn ee kaararka macaamilka maaliyadeed, oo ay ku jiraan credit, debit, ATM, iyo kaararka la midka ah.

Muxuu sameyn karaa qofka la kulma tacaddi, dayac ama dhibaateyn dhaqaale?

Kala hadal kooxda daryeelkaaga arrimo kasta oo noocan oo kale ah. Waxay kaa caawin karaan inaad ka warbixiso oo aad hesho adeegyo kaa caawinaya inaad nabad gasho. Mar kasta oo ay jirto xaalad degdeg ah waa in la soo garaaco 911.

Qofkii dareemaya in uu yahay ama arka qof kale oo ah dhibbane loo geystay tacaddi, dayac, ama dhibaateyn dhaqaale, waxa uu la soo xiriiri karaa Adult Protective Services (Adeegyada Difaacidda Dadka Waaweyn). Adult Protective Services (Adeegyada Difaacidda Dadka Waaweyn) waxay caawiyaan ilaalinta badbaadada waayeelka iyo dadka waaweyn ee khatarta ku jira ee la kulmay xadgudub, dayacaad, ama dhiig-miirasho. Waxay kaloo caawiyaan marka qofku awoodi waayo inuu ilaaliyo ammaankiisa xaalad caafimaad ama naafo awgeed.

- **Waxaad xaq u leedahay inaad waqti ku hesho adeegyadaada la daboolay.** Xubin ahaan *Inclusa* waxaad xaq u leedahay inaad hesho adeegyo ku qoran qorshahaaga daryeel markaad u baahato.
- **Waxaad xaq u leedahay inaad sir u yeelato macluumaadkaaga caafimaadka gaarka ah.** Haddii aad qabto su'aalo ama walaac ku saabsan sirta macluumaadkaaga caafimaadka shakhsi ahaaneed, wac your care team.
- **Waxaad xaq u leedahay inaad hesho diiwaannadaada caafimaad.** Waxaad waydiisan kartaa kooxda daryeelkaaga nuqul ka mid ah diiwaannadaada. Waxaad xaq u leedahay inaad waydiiso *Inclusa* inaad beddesho ama saxdo diiwaankaaga.
- **Waxaad xaq u leedahay inaad hesho macluumaadka ku saabsan *Inclusa*, shabakadeena bixiyeyaasha, iyo adeegyada la heli karo.** La xidhiidh kooxdaada daryeelka macluumaadkan.
- **Waxaad xaq u leedahay inaad go'aan ka gaarto adeegyadaada.** Tusaale ahaan, waxaad xaq u leedahay:
 - Ka ogow dhammaan doorashooyinkaaga. Tani waxay ka dhigan tahay inaad xaq u leedahay in lagu sheego dhammaan fursadaha jira, waxa ay ku kacayaan, iyo haddii ay daboolayaan Family Care. Waxa ay dadku keensan karaan adeegyo kale oo ay u baahan yihiin.
 - Lagu sheego khatar kasta oo ku lug leh daryeelkaaga.
 - Ku dheh “maya” daryeel ama adeegyo kasta oo lagu taliyay.
 - Hel fikrado caafimaad oo labaad. Weydiiso kooxdaada daryeelka caawimaad si aad u hesho ra'yi labaad.

- **Waxaad xaq u leedahay inaad samayso dardaraan horudhac ah.** Tani waxay ka dhigan tahay inaad bixin karto tilmaamo ku saabsan waxaad rabto inaad sameyso haddii aadan awoodin inaad go'aan ka gaarto shil ama jirro halis ah.

Waxaa jira noocyo kala duwan oo ah dardaraan iyo magacyo kala duwan oo loogu yeero. Waraaqo sharci ah oo la yiraahdo “**living will (dardaaranka nolosha)**” iyo “**power of attorney for health care (go'aanka sharciga ah ee khuseeya daryeelka caafimaadka)**” waa tusaaleyaal ka mid ah dardaaranka horumariska ah.

Adiga ayaa go'aansanaya haddii aad rabto dardaaranka hormariska ah. Kooxdaada daryeelku waxay sharxi karaan sida loo abuuro oo loo isticmaalo dardaraan horudhac ah, laakiin kuma qasbi karaan inaad mid yeelato ama si ka duwan ula dhaqmaan iyadoo lagu saleynayo haddii aad leedahay dardaraan horudhac ah.

Waxaad cabasho u gudbin kartaa Qaybta Wisconsin Division of Quality Assurance (Xafiiska Dacwadaha Tayada ee Wisconsin) haddii aad u malaynayso in *Inclusa* raacin dardaarankaaga hore. Si loo soo dirsado cabashada, waa in la soo garaaco 800-642-6552.

La xidhiidh kooxdaada daryeelka si aad wax badan uga barato awaamiirta hore. Waxa kale oo aad ka heli kartaa foomamka dardaaranka hore ee dhs.wi.gov/forms/advdirectives.

- **Waxaad xaq u leedahay inaad ka hesho adeegyadaada Family Care meelaha kuu ogolaanaya inaad noqoto qayb dhab ah oo ka mid ah bulshada aad ku nooshahay.** Waa xuquuq ah sharciga federaalka ee ku saabsan adeegyada lagu helo guriga iyo dadweynaha dhexdooda. Xeerku waxa uu quseeyaa goobta aad ku nooshahay iyo goobaha ka baxsan gurigaaga oo aad ka hesho adeegyada inta lagu jiro maalinta. *Inclusa* waa in aad hubisaa in aad ka hesho adeegyada Family Care meelaha kugu xidha bulshadaada oo taageera madax-banaanidaada. Taas macnaheedu waa in ay meelahaasi dadka ku caawinayaan:

- In lagu noolaan karo meeshii la rabo.
- Ka qayb qaado nolosha bulshada.
- U hel oo ka qayb qaado shaqada si la mid ah dadka kale ee bulshadaada.
- Xukumidda jadwalka.
- Helidda iyo xukumidda lacagta.
- Go'aansiga qofka lala kulmayo iyo marka lala kulmayo.
- Dhowrida xuquuqda shakhsiga ah.

La hadal kooxdaada daryeelka haddii aad ka walaacsan tahay meelaha aad adeegyada ka hesho.

Cutubka 7-aad. Waajibaadka dadka

Waxaad leedahay masuuliyado qaar ka mid ah xubin ahaan *Inclusa*. Waa inaad:

- La soco adeegyada ay bixiso Family Care. Waa inaad sidoo kale fahamtaa waxaad u baahan tahay inaad sameyso si aad u hesho adeegyadaada.
- Ka qayb qaado qorshaynta daryeelkaaga adiga oo ka qayb qaadanaya xidhiidhada bilaha ah iyo booqashooyinka qof ahaaneed, oo ay ku jiraan booqashooyinka guriga, kooxda daryeelkaaga.
- Ka qayb qaado habka go'aanka qoondaynta kheyraadka si aad u hesho siyaabaha ugu kharash badan ee aad ku dabooli karto baahiyahaaga oo aad ku taageerto natiijooyinka daryeelkaaga muddada-dheer.
- Kala hadal kooxdaada daryeelka siyaabaha asxaabtaada, qoyskaaga, ama bulshada kale iyo ururada iskaa wax u qabso ay ku caawin karaan inay ku taageeraan ama siyaabaha aad wax badan ugu qaban karto naftaada.
- In la raaco qorshaha daryeelka ee la isku raaco kooxda daryeelka.
- In masuul laga noqdo ficillada marka la diido daaweyn ama marka la raaci waayo talada kooxda daryeelka iyo shaqaalaha caafimaadka.
- Isticmaal bixiyeyaasha qayb ka ah *Inclusa* shabakad ilaa adiga iyo kooxda daryeelkaagu ay go'aansadaan si kale.
- In la raaco habraacyada *Inclusa* ee lagu helayo daryeelka saacadaha aan la shaqeyn.
- Noo soo sheeg haddii aad u guurto ciwaan cusub ama aad beddesho lambarkaaga taleefanka.
- Noo soo sheeg joogitaan ku meel gaar ah oo la qorsheeyay ama ka guur aaggayaga adeegga.
- Sii *Inclusa* macluumaad sax ah oo ku saabsan baahiyahaaga daryeelka caafimaadka, dhaqaalahaaga, iyo dookhyadaada oo noo sheeg sida ugu dhakhsaha badan ee suurtoogalka ah isbedel kasta. Tan waxaa ka mid ah saxiixa foomka macluumaadka marka aan u baahanahay macluumaad kale oo aadan si fudud u heli karin.
- In kooxda shaqaalaha daryeelka guriga iyo shaqaalaha adeegga loola dhaqmo si fiican oo leh ixtiraam iyo xushmad.

- In la aqbaloo adeegyada iyadoon loo eegeyn shaqaalaha isir ahaan, midab, diin, jinsi, dookha lammaanaha, caafimaad, qowmiyad, caqiido (waxa la rumeysan yahay), ama asalkii hore.
- Ku bixi kharash kasta oo bishii ah waqtigii loogu talagalay. Tan waxaa ku jira saami kasta oo kharash ah ama qol iyo kharashka guddiga. U ogolow kooxda daryeelkaaga sida ugu dhakhsaha badan ee suurto galka ah haddii aad dhibaato kala kulanto lacag-bixintaada.
- Isticmaal Medicare-kaaga iyo faa'iidooyinka kale ee caymiska, marka ay habboon tahay.
- Daryeel qalab kasta oo caafimaad oo waara oo aad hesho, sida kuraasta curyaamiinta iyo sariiraha isbitaalka.
- Ka warbixi khiyaanada ama xadgudubka bixiyeyaasha ama *Inclusa* shaqaalaha. Haddii aad ka shakisan tahay in qof uu sameeyay ama uu sameeyay khiyaano ama ku takri fal lacagaha kaalmada dadweynaha, oo ay ku jirto Family Care, wac khadka tooska ah ee khiyaanada 877-865-3432 ama booqo dhs.wi.gov/fraud.
- Ha gelin wax fal been abuur ah ama faa'iidooyin xadgudub ah. Waxaa ka mid ah:
 - Adiga oo aan ka run sheegin heerka naafanimadaada.
 - Adiga oo aan ka run sheegin dakhligaaga iyo hantidaada.
 - Adiga oo aan ka run sheegin meesha aad ku nooshahay.
 - Iibinta qalabka caafimaadka ee ay keenaan *Inclusa*.

Wax kasta oo ah khiyaameyn waxay keenayaan in a iska saaro barnaamijka Family Care ama in maxkamad la isku geyn karo.
- Taleefan kula xiriir kooxda daryeelka haddii aad qabto wax su'aalo ah.
- Noo soo sheeg sida aan wax ku wadno. Waxaan ku weydiin karnaa haddii aad rabto inaad ka qayb qaadata waraysiyada xubnaha, sahannada qanacsanaanta, ama hawlaha kale ee dib u eegista tayada. Jawaab celintaadu waxay naga caawin doontaa inaan aqoonsanno meelaha aan ku wanaagsanahay iyo sidoo kale meelaha aan u baahanahay inaan horumarino. Noo sheeg haddii aad jeclaan lahayd inaad ogaato natiijooyinka sahan kasta.

Cutubka 8-aad. Cabashooyinka iyo racfaanka

Hordhac

Haddii aadan ku faraxsanayn daryeelkaaga ama adeegyadaada, waxaad xaq u leedahay inaad gudbisno cabasho ama rafcaan go'aanka uu gaadhay *Inclusa* iyo inaad hesho dib u eegis ku habboon oo cadaalad ah. Meesha ugu fiican ee laga bilaabi karo waa inaad la hadasho kooxdaada daryeelka. Tani badanaa waa habka ugu fudud uguna dhaqsaha badan ee wax looga qabto walaacyadaada.

- Racfaanku **waa** hab lagu waydiisto qof inuu si dhow u eego go'aanka *Inclusa* laga gaaray faa'iidooyinkaaga. Go'aamadan waxaa loo yaqaan go'aaminta faa'iidooyinka xun.
- **Cabashada** waa marka aadan ku qanacsanayn *Inclusa*, mid ka mid ah bixiyaashayada, ama tayada daryeelkaaga ama adeegyadaada. Waxaad gudbin kartaa cabasho marka aadan ku qanacsanayn wax aan ahayn go'aaminta faa'idada xun.

Haddii aadan rabin inaad la hadasho kooxda daryeelkaaga, waxaad haysataa habab kale oo aad ku sheegto walaacaaga.

- Soo garaac taleefanka shaqaalaha xuquuqda, oo kaala shaqeyn doona habraaca cabashada iyo rafcaanka si aad isugu deydo n aad xal hesho. Waxay doonaan:
 - Kuu sheegi doonaan xuquuqdaada
 - Isku day inaad xalliso walaacyadaada
 - Waxay kaa caawin doonaan inaad gudbisno cabasho ama rafcaan

Si aad uga caawiso habka cabashada iyo rafcaanka, la xidhiidh:

Inclusa
Member Rights Specialist
2801 Hoover Rd, Unit 3
Stevens Point, WI 54481
Taleefanka: 877-622-6700 (TTY: 711)

- Waxaad gudbin kartaa cabasho ama rafcaan *Inclusa*.
- Waxaad la shaqayn kartaa barnaamijka garoonka Barnaamijyada **Ombudsman (dhexdhexaadiyeyaasha)**. Barnaamijyadan ayaa diyaar u ah inay ka caawiyaan dhammaan xubnaha Family Care cabashooyinka iyo rafcaannada.
 - Haddii aad tahay **60 jir ama ka weyn**, la xiriir Board on Aging and Long Term Care. Tag longtermcare.wi.gov, wac 800-815-0015 (TTY: 711), ama iimayl BOALTC@wisconsin.gov.
 - Haddii aad tahay **18 ilaa 59 jir**, la xidhiidh Disability Rights Wisconsin. Tag disabilityrightswi.org, wac 800-928-8778 (TTY: 711), ama iimayl info@drwi.org.

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Cutubka 8-aad. Cabashooyinka iyo racfaanka
P-00649SO (05/2025)

- Xubin qoys, saaxiib, qareen, ama u doode ayaa ku caawin kara.

Koobbiga feylka kiiskaaga

Waxaad xaq u leedahay nuqul bilaash ah oo faylkaaga ah. Waxa ku jira dhammaan dukumeentiyada, diiwaannada caafimaadka, iyo agabka kale ee la xidhiidha cabashadaada ama rafcaankaaga. Si aad u codsato nuqul, la xidhiidh

877-622-6700 or memberrelations@inclusa.com.

Dhib kuma geli doontid haddii aad ka cabato ama aad khilaafto kooxdaada daryeelka ama bixiyeyaashahaaga. Haddii aad gudbiso cabasho ama rafcaan, laguuma dhaqmi doono si ka duwan. Waxa la rabo waa in lagu qanco daryeelka.

Cabasho

Waa maxay cabashadu?

Cabasho waxay jireysaa marka aan lagu qancin *Inclusa*, mid ka mid ah shaqaalaha, ama tayada daryeelka ama adeegyada. Tusale ahaan, qofku waxa uu cabasaho soo dirsan karaa:

- Haddi shaqaalaha adeegga shakhsiga ah ay soo daahaan badanaa.
- Haddii la dareemo in aysan kooxda daryeelka waxba dhageysan.
- Haddii dhib lagu qabo helidda ballamaha dhakhtar.
- Haddii lagu qancin waayo qalab kaadi oo uu dhakhtar soo qoray.

Yaa soo diri kara cabashada?

Cabashada waxaa lagu xarayn karaa:

- Adiga.
- Kooxda go'aanka dacwoodaha. Tusaale ahaan, masuul sharciyeysan ama qof loo wakiishay qof kale arrimihiisa caafimaadka.
- Qof ama urur loo doortay oo uu dacwooduhu u wakiishay sababo ah Medicaid.
- Qof kasta oo haysta oggolaansho qoraal ah. Tusaale ahaan, xubin qoyska ka tirsan, saaxiib, ama bixiye.

Waa goorma wakhtiga kama-dameysta cabshada?

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Cutubka 8-aad. Cabashooyinka iyo rafcaanka
P-00649SO (05/2025)

Markaad rabto ayaad cabashada soo dirsan kartaa.

Cabashadaada u fayl garee *Inclusa*

Waxaad u gudbin kartaa cabasho *Inclusa* adigoo wacaya ama noo qoraya.

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Member Rights Specialist
2801 Hoover Rd, Unit 3
Stevens Point, WI 54481
Taleefanka: 877-622-6700
TTY: 711
Ciwaanka iimaylka: memberrelations@inclusa.com

Maxaa dhacaya marka xigta?

Waxaa lagu soo diri doonaa warqad shan maalmood oo shaqo gudahood si aad kuu ogeysiiso inaan helnay cabashadaada. Kadib, *Inclusa* shaqaaluhu waxay isku dayi doonaan inay gacan ka geystaan wax ka qabashada welwelkaaga. Waxaa laga yaabaa inaan awoodin inaan la nimaadno xal. Ama, waxaa laga yaabaa inaad rabin inaad la shaqeeyso *Inclusa* shaqaalaha. Xaaladahan, Guddigayaga Cabashada iyo Racfaanka ayaa dib u eegi doona cabashadaada oo go'aan ka gaari doona. Waa kan sida ay u shaqeeyso:

- Dadka waxaa loo soo sheegayaa marka uu guddigu kulmayo si uu u eego cabashada.
- Kulankaasi waa wax qarsoodi ah.
- Waxaad xaq u leedahay in aad adigu timaaddo. Waxaad la iman kartaa u doode qof ka tirsan qoyskaaga, ama markhaatiyo.
- Guddigiga ayaa fursad u siinaya in uu qofku faahfaahiyo cabashada. Waxaa la keeni karaa macluumaad, caddeyn, iyo markhaatikac la tuso guddiga.
- Kooxda daryeelka ama shaqaalaha *Inclusa* ayey u badan tahay in ay kulanka yimaadaan.
- Guddigu waxay go'aan ka gaari doonaan 90 maalmood gudahooda laga bilaabo taariikhda aan markii ugu horreysay helnay cabashadaada. Guddidu waxay kuu soo diri doontaa warqad go'aanka ah.

Ka warran haddii dadku ku qanci waayaan go'aanka Guddiga Cabashada iyo Racfaanka?

Waxaa la soo codsan karaa dibu-eegista DHS ee go'aanka Guddiga Cabashada iyo Racfaanka. Ka wac khadka cabashada iyo cabashada 888-203-8338 ama iimaylka dhsfamcare@wisconsin.gov.

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Cutubka 8-aad. Cabashooyinka iyo racfaanka
P-00649SO (05/2025)

Waa maxay wakhtiga kama-dambeysta dibu-eegista ee DHS?

Inclusa Cabashada iyo Guddiga Racfaanka waa inay kuu soo diraan go'aan ku saabsan cabashadaada 90 maalmood gudahooda laga bilaabo taariikhda aan helno cabashadaada.

- Waxaad haysataa 45 maalmood laga bilaabo taariikhda aad hesho go'aanka guddiga si aad u codsato dib u eegis DHS ah.
- Haddii aadan go'aan ka helin guddiga 90 maalmood gudahood, waxaad haysataa 45 maalmood laga bilaabo markii ay ahayd inaad hesho go'aan aad ku weydiisato dib u eegista DHS.

Tusaale ahaan, *Inclusa* waxay haystaan ilaa 30-ka Julaay si ay u soo diraan go'aanka. Marka Luulyo 30 yimaado, *Inclusa* go'aan kuuma soo dirin. Laga bilaabo Luulyo 31, waxaad haysataa ilaa Sebtembar 14 si aad u codsato dib u eegista DHS ee cabashadaada.

Maxaa dhacaya marka xigta?

DHS waxay la shaqeysaa hay'ad ka baxsan maamulka oo la yiraahdo MetaStar oo sameysa dibu-eegidda cabashooyinka. Haddii aad codsato dib u eegis DHS, MetaStar ayaa:

- Ku jawaab qoraal si aad u ogeysiiso inay heleen codsigaaga.
- Ku soo buuxi dibu-eegista cabashadaada ilaa 30 maalmood markaad hesho codsiga.
- Ku soo dir adiga iyo *Inclusa* go'aanka kama dambaysta ah ee cabashadaada todoba maalmood gudahooda markaad dhamaystirto dib u eegisteeda.

Ka warran haddii lagu qanci waayo dibu-eegidda DHS?

Go'aanka MetaStar waa kama-dambeys. Ma codsan kartid dhageysi cadaalad ah oo gobolka ah cabasho.

Racfaannada

Waa maxay racfaan?

Racfaanku waa hab qof lagu weydiisto inuu eego go'aanka *Inclusa* oo ah joojinta, hakinta, ama yareynta manaafacaadka ama waxyaabaha kale ee ku qoran qeybta hoose ee cinwaankeedu yahay “Waa maxay noocyada waxyaabaha aan racfaanka ka qaadan karo?” Go'aamadan waxaa loo yaqaan **waxyaabaha manaafacaadka u xun.**

Arrimo nooc ee ah ayaa racfaan laga qaadan karaa?

Waxaad xaq u leedahay inaad xarayso racfaan haddii *Inclusa*:

- In lagu soo diido codsigaaga adeegga.
- In lagaa yareeyo codsigaaga adeegga ah.
- In adeeg aad heleysay yareynta laga joojiyo, ama la hakiyo (meel gaar ahaan).
- In la diido bixinta lacagta adeeyada dhakhtarka.
- In lagu sheego in aad iska bixiso lacagta qeybta lagaa rabo.
- In wakhti sax ah laguugu sameyn waayo ama aad heli weydo adeegyada.
- In la diido codsigaaga ah inaad kala doorato adeeg ka baxsan meelaha lagu oggol yahay.
- Ma aha wax la socda cabashada iyo wakhtiyada racfaanka.
- DHS u sheego in lagaa saaro.

Waxaa loo soo dirsan karaa racfaanka *Inclusa*:

- Haddii ay wax iska beddelaan xaalka waxqabsiga kirka.
- Hadda waxaad ku jirtaa heerka daryeelka ee guriga dadka aan xanuunsaneyn.
- In aadan rabin qorshaha daryeelka sababtoo ah:
 - Inaan lagugu caawin in aad ku noolaato meel kuu fiican.
 - Inaad haysan daryeel fiican, daaweyn, ama taageerid kale oo loo baahan yahay oo ku qoran natiijooyinka.
 - In la iska rabo aqbalaad ah daryeelka, daaweynta, ama waxyaabo caawimaad ah oo aan la rabin ama sharcigoodu aad u adag yahay.

Haddii mid ka mid ah xaaladahan ay dhacaan, *Inclusa* waxay kuu soo diri doontaa **Notice of Adverse Benefit Determination (Ogeysiiska Go'aanka Beddelka Manaafacaadka)** oo ay ku jirto xuquuqdaada racfaanka. Akhri si taxadar leh—it waxay kuu sheegi kartaa wakhtiga kama dambaysta ah ee xaraynta racfaankaaga iyo macluumaadka kale ee xasaasiga ah. Haddii aad su'aalo qabto, wac mid ka mid ah khabiirada xuquuqda xubintayada si aad u caawiso.

Notice of Adverse Benefit Determination (Ogeysiiska Go'aanka Beddelka Manaafacaadka) goaan qaadasho. Ogeysiiska waxaa ku jira taariikhda la qorsheynayo joojinta, hakinta, ama yareynta adeegyada. Si aad u aragto sida uu u eg yahay Notice of Adverse Benefit Determination (Ogeysiiska Go'aanka Beddelka Manaafacaadka), eeg lifaaqa page 67.

Yaa xareyn kara racfaanka?

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Racfaan waxaa laga yaabaa inaad xereyso ama:

- Kooxda go'aanka dacwoodaha. Tusaale ahaan, masuul sharciyeysan ama qof loo wakiishay qof kale arrimihiisa caafimaadka.
- Qof ama urur loo doortay oo uu dacwooduhu u wakiishay sababo ah Medicaid.
- Qof kasta oo haysta oggolaansho qoraal ah. Tusaale ahaan, xubin qoyska ka tirsan, saaxiib, ama bixiye.

Sidee baa loo soo dirsadaa racfaanka?

Waxaad ku xarayn kartaa rafcaan hab kasta oo kuugu fudud.

- **Taleefanka.** Wac *Member Rights Specialist*, 877-622-6700 (TTY: 711). Kahor intaadan wicin, hubi inaad diyaar u tahay.
- **Boostada, fakiska, ama iimaylka.** U dir foom codsi ama warqad:

[Inclusa](#)
[Member Rights Specialist](#)
2801 Hoover Rd, Unit 3
Stevens Point, WI 54481
Taleefanka: 877-622-6700
TTY: 711
Ciwaanka iimaylka: memberrelations@inclusa.com

Waxaad ka heli kartaa foomka codsiga rafcaanka dhs.wi.gov/familycare/mcoappeal.htm ama wakaaladdaada.

Waa maxay wakhtiga kama dambaysta ah ee lagu xarayn karo rafcaan *Inclusa*?

Racfaanka *Inclusa* waa in loogu soo diro boostada ama fakis ahaan ama boostada internetka muddo ku siman 60 maalmood oo isku xigxiga laga soo bilaabo taariikhda Notice of Adverse Benefit Determination (Ogeysiiska Go'aanka Beddelka Manaafacaadka).

Ma sii wadi karaa helitaanka adeegyada inta lagu jiro rafcaankayga?

Haddii *Inclusa* uu joojinayo, joojinayo, ama dhimayo adeegyadaada, waxaad waydiisan kartaa inaad sii wado helitaanka adeegyadaada inta lagu jiro racfaankaaga. Waa inaad calaamadisaa, fakis, ama iimayl u dirtaa codsigaagae **taariikhda** ama ka hor *Inclusa* qorshayaasha lagu beddelayo adeegyadaada.

Maxaa dhacaya marka xigta?

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P-00649SO (05/2025)

Haddii aad racfaan ka qaadato *Inclusa*, waxaanu kuu soo diri doonaa warqad shan maalmood oo shaqo gudahood si aan kuu ogeysiino inaanu helnay. Waxaan isku dayi doonaa inaan gacan ka geysanno wax ka qabashada welwelkaaga ama aan la imaano xal u shaqeeya labadaba *Inclusa* iyo adiga. Waxaa laga yaabaa inaan awoodin inaan la nimaadno xal, ama waxaa laga yaabaa inaad rabin inaad la shaqeeyso *Inclusa* shaqaalaha si aad wax uga qabato welwelkaaga. Xaaladdan oo kale, Guddigayaga Cabashada iyo Racfaanka ayaa kulmi doona si ay dib ugu eegaan racfaankaaga. Waa kan sida ay u shaqeeyso:

- Dadka waxaa loo soo sheegayaa marka uu guddigu kulmayo si uu u eego racfaanka.
- Kulanku waa mid gaar ah.
- Waxaad xaq u leedahay in aad adigu timaaddo. Waxaad la iman kartaa u doode qof ka tirsan qoyskaaga, ama markhaatiyo.
- Kooxda daryeelka ama shaqaalaha *Inclusa* ayey u badan tahay in ay kulanka yimaadaan.
- Guddigu waxa uu dadka siiyaa fursad ay ku sharxaan sababta uu u jiro dhibka ah dhinaca go'aanka kooxda daryeelka. Qofka ama wakiil ayaa soo bandhigi kara macluumaadka, caddeynta, iyo wixii maragfur ah. Waxaa la keensan karaa markhaatiyo ama waxaa guddiga loo faahfaahin karaa dhibka jira ee uu qofku ogyahay dhinaciisa.
- Ka dib markay guddigu dhageystaan racfaanka, *Inclusa* ayaa soo direysa go'aan muddo ku siman 30 maalmood ka dib taariikhda la helo racfaan. *Inclusa* waxa ay qaadan karaan ilaa iyo 44 maalmood si loo soo saaro go'aanka:
 - Marka guddiga in la siiyo macluumaad iyo wakhti dheeraad ah.
 - Waxaan u baahanahay waqti dheeraad ah si aan u ururino macluumaadka. Haddii aan u baahanahay wakhti dheeraad ah, waxaan kuu soo diri doonaa warqad kuu sheegaysa sababta dib u dhigista.

Xawaaraha racfaankaaga

Inclusa 30 maalmood ayey ku soo gaarayaan go'aanka racfaanka. Waxaa la soo codsan kartaa in racfaanka degdeg laga dhigo. Waxaan tan ugu yeernaa “racfaan degdeg ah.” Hadday sidaas tahay, waxaanu go'aansan doonaa haddii caafimaadkaaga ama kartidaada aad ku qaban karto hawl maalmeedkaaga ay u baahan tahay go'aan degdeg ah. Waxaan ku ogeysiin doonaa sida ugu dhakhsaha badan haddii aan dedejin doono racfaankaaga.

Racfaan degdeg ah, waxaad ku heli doontaa go'aan 72 saacadood gudahood codsigaaga. Si kastaba ha ahaatee, *Inclusa* waxa laga yaabaa inay tan ku kordhiso wadar ahaan 14 maalmood haddii aan u baahanahay macluumaad dheeraad ah oo haddii daahitaanku uu dantaada ku jiro. Haddii aad hayso macluumaad dheeraad ah waxaad doonaysaa inaan tixgelinno, waxaad u baahan doontaa inaad si dhakhso ah u soo gudbis.

Si aad u codsato rafcaan degdeg ah, la xidhiidh:

Inclusa
Member Rights Specialist
2801 Hoover Rd, Unit 3
Stevens Point, WI 54481
Taleefanka: 877-622-6700
TTY: 711
Ciwaanka iimaylka: memberrelations@inclusa.com

Dhagaysiyada cadaalada ee gobolka

Haddii aad ka diiddo go'aanka *Inclusa's* waxaad codsan kartaa garmaqal caddaalad ah oo gobolka ah. Garmaqal caddaalad waxaad ku heli kartaa fursad aad garsooraha gobolka ugu sheegto sababtaad ugu maleyneyso inuu jiro go'aan khaldan oo ku jira codsiga ama manaafacaadka.

Sideen u codsadaa dhageysi cadaalad ah oo gobolka ah?

- **U dir foom codsi Division of Hearings and Appeals (Qaybta Dhageysiga iyo Racfaanka).** Foomka codsiga waa online a dhs.wi.gov/library/f-00236.htm. Waxa kale oo aad nuqul ka heli kartaa Inclusa khabiirka xuquuqda xubnaha ama mid ka mid ah ururada u doodista ee ku taxan buug-gacmeedkan (eeg bogga 54). Tusaalaha foomka ayaa ku jira lifaaqa.
- **Warqad ku dheji.** Waa in lagu qoro magaca qofka, sida loola soo xiriirayo, iyo saxiix. Sharax waxa aad soo jiidanayso.

Foomka ama waraaqda soo dir si laguugu qabto garmaqal ah Division of Hearings and Appeals, PO Box 7875, Madison, WI 53707-7875. Fakiska: 608-264-9885. Ama boostada intarnetka: DHAMail@wisconsin.gov.

Hubi inaad saxeexo foomka codsiga ama warqadda oo ku dar nuqul ka mid ah *Inclusa* go'aanka rafcaanka codsigaaga. Haddii *Inclusa* aanu bixin go'aan rafcaan, ku dar nuqul ka mid ah warqadda *Inclusa* ee qiraysa helitaanka racfaankaaga. Ha soo dirin nuqulkaaga asalka ah ee labada xaraf.

Waa maxay wakhtiga kama dambaysta ah ee lagu codsanayo dhageysiga caddaaladda ee gobolka?

- Codsigaaga dhageysi cadaalad ah waa in dib loo calaamadiyaa ugu dambayn 90 maalmood laga bilaabo taariikhda aad ka hesho warqad go'aan ah *Inclusa* Guddiga Cabashada iyo Racfaanka.
- Waxa kale la soo codsan karaa dacwad-dhageysiga gobolka marka ay *Inclusa* go'aanka ku soo diri waayaan 30 maalmood gudahood laga soo bilaabo taariikhda ay heleen racfaanka. Markay taasi jirto, waxaa la haystaa 90 maalmood laga soo bilaabo taariikhda go'aanka *Inclusa* iyo wakhtiga uu dhacayo codsiga dacwad-dhageysiga.

Joogteynta Adeegyada Inta Lagu Jiro Racfaanka Yareyntiisa, Hakintiisa, ama Joojinta Adeegga

Haddii aad sii waday helitaanka adeegyada inta lagu jiro racfaankaaga *Inclusa* waxaad sii wadi kartaa inaad hesho adeeyo isku mid ah ilaa garsooraha sharciga maamulku uu go'aan ka gaaro codsigaaga dhageysiga caddaaladda ah.

Haddii aad rabto inaad ilaaliso faa'iidooyinkaaga inta lagu jiro dhageysiga caddaaladda ee gobolkaaga, waa inaad:

- Ku calaamadee ama fakis codsigaaga dhageysiga **cadaalada ee gobolka taariikhda** ama ka hor *Inclusa* waxay qorsheyneysaa inaad joojiso, hakiso, ama yareyso adeegyadaada.
- In la soo codsado adeegyada in ay sii socdaan inta uu socdo dacwad-dhageysiga gobolka.

Haddii garsooraha dacwada go'aansado in go'aanka *Inclusa* uu sax ahaa, **waxaa la iska rabaa in dib loo bixiyo manaafacaadkii socday ee dheeraadka ah wakhtigii codsiga racfaanka iyo wakhtigii uu soo baxay go'aanka garsooraha.** Si kastaba ha ahaatee, haddii ay kuu keeni karto culays dhaqaale oo weyn, waxaa laga yaabaa inaad dib u bixin kharashkan.

Maxaa dhacaya marka xigta?

- Kadib markaad soo dirto codsigaaga dhageysiga cadaalada ee gobolka, Division of Hearings and Appeals (Qeybta Dhageysiga iyo Racfaanka) waxay kuu soo diri doontaa warqad leh taariikhda, waqtiga, iyo goobta dhageysigaaga.

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- Dhageysiga waxaa lagu sameyn doonaa taleefan ama waxaa lagu qaban doonaa xafiis ku yaal degmadaada.
- Garsooraha sharciga maamulka ayaa maamuli doona dhageysiga.
- Waxaad xaq u leedahay inaad ka qayb qaadata dhageysiga. Waxaad la iman kartaa u doode qof ka tirsan qoyskaaga, ama markhaatiyo.
- Kooxdaada daryeelka ama shaqaalaha kale *Inclusa* ayaa joogi doona dhageysiga si ay u sharxaan go'aankooda.
- Waxaad heli doontaa fursad aad ku sharaxdo sababta aad uga soo horjeedo kooxda daryeelkaaga waa go'aanka. Qofka ama wakiilkiisa ayaa so bandhigaya macluumaad, keeni kara markhaatiyo, ama sharxi kara dhibka jira si garsooruhu u fahmo waxyaabaha dhibka ah ee uu qofku ka tabanayo.
- Garsooraha waa in uu go'aan ku soo saaro 90 maalmood gudahood laga soo bilaabo ilaa taariikhdiis codsiga dacwad-dhageysiga.

Waxa kale oo aad xerayn kartaa rafcaan la xidhiidha go'aamada ku saabsan u-qalmitaanka dhaqaale ee Family Care.

- Haddii wakaaladdaadu ay go'aansato inaad dhaqaale ahaan u qalmin Family Care ama aad tiraahdo lacag-bixinta qaybtaada kharashku way isbedeli doontaa, wakaaladu waxay kuu soo diri doontaa warqad ay ku qoran tahay macluumaadka ku saabsan u-qalmitaankaaga. Waxa ku jiri doona macluumaadka ku saabsan xaqa aad u leedahay inaad codsato dhegaysi cadaalad ah.

Ka xaraynta racfaanka Division of Hearings and Appeals (Qaybta Dhageysiga iyo Racfaanka) waa habka kaliya ee looga doodi karo go'aamada la **xiriira u-qalmitaanka maaliyadeed** ee Family Care. Waxaa ka mid ah go'aamada lacagta qeybta qofkalaga rabo.

Maxaa la sameyn karaa hadii lagu qanci waayo go'aanka garsooruhu soo saaro?

Haddii lagu qanci waayo go'aanka ka yimaada garsooraha, waxaa la sameyn karaa laba waxyaabood.

- 1.) In la soo codsado dacwad-dhageysi labaad. Haddii aad rabto in Division of Hearings and Appeals (Qaybta Dhageysiga iyo Racfaanka) ay dib u eegto go'aankeeda, waa inaad ku weydiisaa 20 maalmood gudahooda laga bilaabo taariikhda garsooraha sharciga maamulka waa go'aanka. Garsooraha sharciga maamulka ayaa kaliya bixin doona ku celcelinta haddii mid ama labadaba ay codsadaan:
 - Waxaad tusi kartaa in khalad weyn uu ka dhacay xaqiiqooyinka ama sharciga uu dhacay
 - Waxaad haysaa macluumaad cusub oo aadan awoodin inaad hesho oo aad soo bandhigto dhageysiga koowaad

- 2.) Kiiskaaga u qaado maxkamadda wareegga. Haddii la rabo in la aado maxkamadda wareegta, waxaa khasab ah in dacwo lagu soo dirsado 30 maalmood gudahood laga soo bilaabo taariikhdiisii uu soo baxay go'aanka garsooraha.

Yaa dadka ku caawin kara cabashooyinka ama racfaanka?

Waxaad lala xiriiri karaa mid ka mid ah shaqaalaha xuquuqda dadka *Inclusa* mar kasta oo loo baahdo caawimaadda cabashada ama racfaanka ama marka su'aal laga qabo xuquuqda. U doodayaashu waxay sidoo kale kaa caawin karaan ka jawaabista su'aalaha ku saabsan cabashooyinka iyo hababka rafcaanka. U doodaha ayaa sidoo kale wax badan kaaga sheegi kara xuquuqdaada wuxuuna kaa caawin karaa inaad hubiso *Inclusa* inay taageerayso baahiyahaaga iyo natiijooyinkaaga. Waxaad waydiisan kartaa qof kasta inuu kuu noqdo u doode, oo ay ku jiraan xubnaha qoyska, asxaabta, qareenka, ama qof kasta oo kale oo raba inuu caawiyo.

Barnaamijyada Ombudsman (dhexdhexaadiyeyaasha)

Barnaamijyada Regional ombudsmen (dhexdhexaadiyeyaasha gobolku) waxay ka caawiyaan dhammaan xubnaha Family Care cabashooyinka iyo rafcaannada, lacag la'aan. Labada Barnaamijyada Ombudsman (dhexdhexaadiyeyaasha) waxay caadi ahaan isku dayi doonaan inay xalliyaan arrimahaaga dhegaysi la'aan. Hay'adahaani waxay caawiyaan xubnaha Family Care:

- Haddii aad tahay **60 jir ama ka weyn**, la xiriir Board on Aging and Long-Term Care:
 - Booqo barta longtermcare.wi.gov,
 - Soo garaac 800-815-0015 (TTY: 711),
 - Boostada intarnetka BOALTC@wisconsin.gov,
 - Fakis: 608-246-7001, ama
 - Waraaq u soo dir: Wisconsin Board on Aging and Long Term Care
1402 Pankratz Street, Suite 111
Madison, WI 53704-4001
- Haddii aad tahay **18 ilaa 59 jir**, la xidhiidh Disability Rights Wisconsin:
 - Booqo barta disabilityrightswi.org,
 - Soo garaac 800-928-8778 (TTY: 711),
 - Boostada intarnetka info@drwi.org,
 - Fakiska: 833-635-1968, ama
 - Waraaq u soo dir: Disability Rights Wisconsin
1502 West Broadway, Suite 201
Madison, WI 53713

Cutubka 9-aad. Soo afjarida xubinnimadaada *Inclusa*

Waxaa jira dhowr siyaabood oo xubinnimadaada *Inclusa* ay ku dhammaan karto:

- Waxaad dooran kartaa inaad soo afjarto xubinnimadaada *Inclusa* wakhti kasta.
 - Haddii aad rabto inaad joojiso xubinnimadaada Family Care, la xidhiidh mid ka mid ah ADRCs-yada *Inclusa* 'adeegyada gobollada:

Booqo dhs.wi.gov/adrc wixii macluumaad dheeraad ah oo ku saabsan ADRC-yada.

- *Inclusa* waa in aad xogta u sheegtaa wakaaladdaada. Xaalado xaddidan xubinnimadaadu way dhammaan doontaa xitaa haddii taasi ay ahayd doorashadaada:
 - Haddii u-qalmashadaadu dhammaato.
 - Dhaqaalahaagu wuu isbedelaa, kaas oo kaa dhigaya inaad lumiso u-qalmitaanka dhaqaale ee Family Care.
 - Hadda uma qalantid shaqo ahaan sida ay go'aamisay Shaashada Shaqada ee Adult Long Term Care Functional Screen (Baaritaanka Shaqada Daryeelka Muddada Dheer ee Dadka Waaweyn) ee Wisconsin.
 - Ma bixinaysid qaybtaada kharashka.
 - Waxaad si ula kac ah noo siisaa macluumaad khaldan oo saameeya u-qalmitaanka barnaamijka.
- Iyadoo ogolaansho laga helayo DHS
 - Waxaad joojisaa aqbalka adeegyada in ka badan 30 maalmood mana garanayno sababta.
 - Marka qofku diido inuu aqbalo qorshaha daryeelka iyo in aan la xaqiijin karin caafimaadka iyo badqabidda qofka.
 - Marka si joogto ah qofku u dhaqmo hab carqalad ah ama aan badqabid u ahayn shaqaalaha, ama dadka kale.

Qofku inuu ku jiro barnaamijka lagama bixin karin marka uu xumaado caafimaadka ama marka uu u baahdo adeegyo badan.

Waxaad xaq u leedahay inaad xarayso rafcaan haddii lagaa saaro Family Care ama xubinnimadaada *Inclusa* ay dhammaanayso.

Lifaaqyada

Lifaaqa 1. Qaamuuskaan

Xadgudub: Xadgudubka jireed, maskaxeed, ama galmo ee qofka. Tacaddiga waxaa ka mid ah dayac, dhibaateyn dhaqaale, daawo aan raalli ahayn oo la isa siiyo, iyo xirxirid ama celcelin aan sabab loo haysan.

Garsooraha sharciga maamulka: Sarkaal maamula dhageysi cadaalad ah oo gobolka ah si uu u xaliyo khilaafka adiga iyo managed care organization (ururkaaga daryeelka la maareeyay) (MCO).

Dardaaranka hore: Qoraal ah oo ku saabsan rabitaanka qofka ee ku saabsan daaweynta. Dardaaranka caafimaadka waa wax lagu xaqiijinayo in ay shaqaalaha caafimaadka fuliyaan waxay dadku rabaan marka uusan qofku hadli karin.

U doodid: Qof kaa caawin kara inaad hubiso in MCO-gaagu uu wax ka qabanayo baahiyahaaga iyo natiijooyinkaaga.

Waxay kaa caawin karaan inaad si aan rasmi ahayn u xalliso khilaafaadka waxaana laga yaabaa inay ku matali karaan haddii aad go'aansato inaad gudbisno racfaan ama cabasho.

Aging and disability resource center (Xarunta agabka gabowga iyo naafada)

(ADRC): Xarumaha adeegga ee bixiya macluumaadka iyo caawinta dhammaan dhinacyada nololaha ee la xiriira gabowga ama la noolaanshaha naafada. ADRC-yadu waxay mas'uul ka yihiin maaraynta diiwaangelinta iyo diiwaangelinta barnaamijka Family Care.

Racfaan: Codsiga MCO-gaaga inuu dib u eego go'aanka diiday, dhimay, ama hakiyay adeegga. Tusaale ahaan, haddii ay kooxda daryeelka diidaan in ay dadka u qabtaan adeeg ama ay joojiyaan, waxaa la soo dirsanayaa racfaan.

Hantida: Alaabooyinka qiimaha leh ee aad leedahay, sida baabuurta, lacagta caddaanka ah, xisaabaadka hubinta iyo kaydka, shahaadooyinka dhigaalka, xisaabaadka suuqa lacagta, iyo qiimaha lacagta caddaanka ah ee caymiska nololaha.

Wakiilka la oggol yahay ee Medicaid: Qof ama urur aad magacawdo si uu kaaga caawiyo inaad hesho oo aad ku hayso Medicaid adoo isticmaalaya foom. U isticmaal F-10126A (dhs.wi.gov/library/collection/f-10126a) qof ama F-10126B (dhs.wi.gov/library/collection/f-10126b) urur.

Faa'iidooyinka: Adeegyada ay heli karaan xubnaha Family Care. Kuwaas waxaa ka mid ah daryeelka shakhsi ahaaneed, caafimaadka guriga, gaadiidka, sahayda caafimaadka, iyo daryeelka kalkaalinta.

Qorshaha daryeelka: Qorshe socda oo diiwaangeliya natiijooyinkaaga shakhsi ahaaneed iyo natiijooyinka daryeelka muddada-dheer, baahiyaha, dookhyada, iyo meelaha aad ku wanaagsan tahay. Qorshuhu wuxuu tilmaamayaa adeegyada aad ka heli doonto qoyska iyo asxaabta wuxuuna tilmaamayaa adeegyada la ansixiyay ee MCO-gaagu bixin doono.

Kooxda daryeelka: Xubin kasta oo ka tirsan Family Care waxaa loo qoondeeyay koox daryeel, oo ay ku jiraan shaqaale bulsho, iyo kalkaaliye diiwaangashan. Adiga iyo kooxda daryeelkaagu waxaad qiimaynaysaan baahiyahaaga, aqoonsa natiijooyinkaaga, oo abuur qorshahaaga daryeel. Way ansixin doonaan, isku dubaridi doonaan, oo la socon doonaan adeegyadaada.

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Lacag bixinta: Qadar go'an oo aad ku bixiso adeegga daryeelka caafimaadka ee daboolan.

Qiimaha Wadaagga: Qadarka bishii waxaa laga yaabaa inaad bixiso si aad ugu sii jirto Family Care.

Qiimaha-saamaynta: Doorashada si wax ku ool ah u taageerta natijoooyinkaaga daryeelka muddada-dheer qiimo iyo dadaal macquul ah.

Department of Health Services (Waaxda Adeegyada Caafimaadka) (DHS):

Wakaalada Gobolka Wisconsin ee maamusha Wisconsin's Medicaid barnaamijyada, oo ay ku jiraan Family Care.

Is-diiwaangeli ama diiwaan-gelin: Habka soo afjarida xubinnimadaada Family Care.

Division of Hearings and Appeals (Qaybta Dhageysiga iyo Racfaanka): Wakaalada Gobolka Wisconsin ee masuulka ka ah dhageysiga cadaalada gobolka.

Isdiiwaangeli ama isdiiwaangelin: Habka codsashada ama diiwaangelinta barnaamijka.

Estate recovery (Soo kabashada hantida): Habka uu Gobolka Wisconsin u raadsado dib u bixinta kharashyada adeegyada Medicaid ee qofku ka helo daryeelka muddada-dheer ee ay maalgeliso Medicaid. Dawladdu waxay lacag ka soo ceshataa hanti shakhsi ah ka dib markay dhintaan iyaga iyo xaaskoodu.

Racfaan degdeg ah: Habka aad isticmaali karto si aad u dedejiso rafcaankaaga haddii aad u malaynayso in sugitaanka wakhtiga caadiga ah ay si xun u dhaawici karto caafimaadkaaga ama awoodda aad u leedahay inaad qabato hawl maalmeedka.

Family Care: Barnaamijka daryeelka muddada-dheer ee Medicaid kaas oo caawiya dadka waaweyn iyo dadka waaweyn ee qaba naafo jireed, korriin, ama maskaxeed. Dadka barnaamijka ku jira waxay helaan adeegyo ka caawiya inay ku noolaadaan gurigooda mar kasta oo ay suurtagal tahay.

U qalmida maaliyadeed: U-qalmitaanka maaliyadeed macnaheedu waa u-qalmitaanka Medicaid. Wakaaladu waxay eegtaa dakhligaaga iyo hantidaada si ay go'aan uga gaadho haddii aad u qalanto Medicaid. Waa inaad u qalantaa Medicaid inay ku jirto Family Care.

U qalmida shaqaynaysa: Adult Long Term Care Functional Screen (Baaritaanka Shaqada Daryeelka Muddada Dheer ee Dadka Waaweyn) ee Wisconsin ayaa go'aamisa haddii aad si shaqaynaysa ugu qalanto Family Care. Waxay ururisaa macluumaadka ku saabsan xaaladdaada caafimaad waxayna u baahan tahay in laga caawiyo hawlaha sida maydhashada, labbiska, iyo isticmaalka musqusha.

Cabashada: Cabasho ku saabsan daryeelka, adeegyada, ama arrimaha kale ee guud. Waxaad gudbin kartaa cabasho haddii aadan ku faraxsanayn tayada daryeelkaaga, xiriirka adiga iyo kooxda daryeelkaaga, xuquuqda xubintaada.

Ilaaliyaha: Maxkamaddu waxay kuu magacaabi kartaa mas'uul haddii aadan awoodin inaad go'aan ka gaarto noloshada.

Income maintenance agency (Hay'adda dayactirka dakhliga): Wakaalada deegaankaaga ayaa go'aamisa u-qalmitaanka maaliyadeed ee Medicaid, Family Care, iyo faa'iidooyinka kale ee dadweynaha. Tag dhs.wi.gov/im-agency si aad u hesho wakaalada ugu dhow.

Go'aan qaadasho sharci: Qofka awood sharci u leh inuu go'aan kuu gaaro. Go'aan-qaade sharci ah wuxuu noqon karaa ilaaliyaha adiga, ama hantidaada (ama labadaba), ilaaliye, ama qof loo magacaabay wakiil hoos yimaada awoodda qareenka ee daryeelka caafimaadka ama dukumeentiga maaliyadda.

Heerka daryeelka: Waxa loola jeedaa qadarka caawimada aad u baahan tahay si aad u qabato hawl maalmeedkaaga. Waa inaad la kulantaa mid ka mid ah “heerka daryeelka home” ee kalkaalinta ama “heerka daryeelka home” ee aan kalkaalisada ahayn si aad ugu qalanto Family Care.

Long-term care (Daryeelka muddada-dheer): Adeegyada iyo taageerada aad u baahan karto sababtoo ah naafo, sii weynaan, ama jirro dabadheeraad ah oo xaddidaya awooddaada inaad sameyso waxyaabaha qayb ka ah hawl maalmeedkaaga. Tan waxaa ka mid ah waxyaabo ay ka mid yihiin maydhashada, labbiska, samaynta cuntada, shaqada aadida, iyo bixinta biilasha.

Natiijada daryeelka muddada-dheer: Xaalad, xaalad, ama xaalad adiga ama kooxdaada daryeelku ay aqoonsadaan taas oo kordhinaysa madax-banaanidaada.

Managed care organization (Ururka daryeelka la maareeyey) (MCO): Wakaalada maamusha barnaamijka Family Care.

Medicaid: Barnaamij daryeel caafimaad iyo mid fog oo ay maamusho Department of Health Services (Waaxda Adeegyada Caafimaadka) ee Wisconsin (DHS). Waa inaad buuxisaa shuruudaha u-qalmitaanka Medicaid si aad xubin uga noqoto Family Care.

Medicare: Barnaamijka caymiska caafimaadka federaalka ee dadka da'doodu tahay 65 ama ka weyn, dadka qaar ee ka yar da'da 65 ee qaba naafo gaar ah, iyo dadka qaba cudurka kelyaha ee heerka dhamaadka (kelyaha joogtada ah ee u baahan sifeyn ama kelyaha beddelka). Medicare waxa ay dabooshaa cusbitaalada la seexiyo, adeegyada takhaatiirta, dawooyinka dhakhtarku qoray, iyo adeegyada kale.

Hubin: Qofka buuxiya shuruudaha u-qalmitaanka shaqada iyo maaliyadda oo iska diiwaangeliya Family Care.

Khabiirka xuquuqda xubinta: Shaqaale MCO ah oo kaa caawin kara inaad fahanto xuquuqdaada iyo mas'uuliyadahaaga. Khabiirka xuquuqda xubinta ayaa ka caawiya welwelka ku saabsan daryeelka iyo adeegyada wuxuuna kaa caawin karaa inaad gudbiso cabasho ama racfaan.

MetaStar: Wakaalada Department of Health Services (Waaxda Adeegyada Caafimaadka) ee Wisconsin (DHS) waxay la shaqeysaa dib u eegista iyo samaynta go'aamada kama dambaysta ah ee cabashooyinka xubnaha.

Taageerada dabiiciga ah: Dadka noloshada ku jira ee hore u doortay inay ku caawiyaan.

Heerka daryeelka ee xarumaha dadka xanunsan aan ahayn: Qadarka caawimada aad u baahan tahay waxaa ku jira qaar ka mid ah adeegyada daryeelka muddada-dheer, laakiin maaha adeegyada guriga dadka lagu xanaaneeyo. Qayb xaddidan oo ah adeegyada Family Care ayaa laga heli karaa heerkan daryeelka.

Notice of Adverse Benefit Determination (Ogeysiiska Go'aanka Beddelka Manaafacaadka): Ogeysiis qoran oo ka yimid MCO oo sharaxaya isbeddelka adeegga iyo sababta isbeddelka. MCO waa inay kuu soo dirtaa ogaysiiskan haddii ay diidaan codsigaaga adeegga daboolan, diidaan inay bixiyaan adeegga daboolan, ama ay qorsheeyaan joojinta, joojinta, ama dhimista adeegga.

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Lifaaqa 1. Qaamuuskaan
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Ogeysiinta xuquuqda racfaanka: Warqad sharraxaysa fursadahaaga aad ku xerayn karto racfaan. MCO-yadu waa inay soo diraan warqad xuquuqaha racfaanka haddii aysan ku bixin adeegyada waqti ku habboon ama aysan buuxin waqtiyada kama dambaysta ah ee maaraynta racfaanka.

Heerka daryeelka xarumaha dadka xanuunsan: Qadarka caawimada aad u baahan tahay ayaa ah mid aad u weyn oo aad xaq u leedahay inaad adeegyo ka hesho guriga dadka lagu xanaaneeyo. Adeegyo Family Care oo ballaaran ayaa laga heli karaa heerkan daryeelka.

Ombudsman (Dhexdhexaadiyaha): Qofka baara welwelka la soo sheegay oo kaa caawin kara inaad xalliso arrimaha daryeelkaaga iyo adeegyadaada.

Natiijada shakhsi ahaaneed: Hadafka aad u leedahay noloshada.

Awoodda qareenka ee daryeelka caafimaadka: Dukumeenti sharci ah oo aad isticmaali karto si aad ugu ogolaato qof inuu sameeyo go'aamo daryeel caafimaad adiga oo wakiil ka ah haddii aad awoodi waydo inaad keligaa go'aamadaas gaadho.

Oggolaanshaha hore (oggolaanshaha hore) – Kooxda daryeelku waa inay oggolaadaan adeegyadaada ka hor intaadan helin (marka laga reebo xaalad degdeg ah). Haddii aad hesho adeeg ama aad u tagto bixiye ka baxsan shabakadda, MCO ma bixin karto kharashka adeegga.

Shabakadda bixiyaha: Wakaaladaha iyo shakhsiyaadka MCO waxay qandaraas kula jiraan bixinta adeegyada. Bixiyeyaasha waxaa ka mid ah kaqeybgalayaasha, daryeelka shakhsi ahaaneed, daryeelka guriga ee taageerada, wakaaladaha caafimaadka guriga, xarumaha daryeelka nololaha ee la caawiyay, iyo guryaha dadka lagu xanaaneeyo. Kooxda daryeelka waa inn ay oggolaato adeegyada ka hor inta aysan dadku kala dooran meelaha ay adeegyada ka rabaan.

Adeegyada deegaanka: Goobaha daryeelka deegaanka waxaa ka mid ah guryaha qoyska ee dadka waaweyn, tas-hiilaadka deegaanka ee bulshada ku salaysan, guryaha daryeelka deegaanka, iyo guryaha dadka lagu xanaaneeyo.

Habka go'aanka qoondaynta kheyraadka: Qalab adiga iyo kooxda daryeelkaagu ay isticmaalaan si ay kaaga caawiyaan helida habab wax ku ool ah oo hufan oo aad ku dabooli karto baahiyahaaga oo aad ku taageerto natiijooyinka daryeelkaaga muddada-dheer.

Qolka iyo boodhka: Kirada iyo kharashka cuntada ee ku noolaanshaha goobta daryeelka deegaanka. Adiga ayaa mas'uul ka ah bixinta kharashka qolkaaga iyo guddiga.

Self-directed supports (Taageerada is-hagidda) (SDS): Hab aad ku habayn karto, ku iibsano karto, oo aad u hagi karto qaar ka mid ah adeegyadaada daryeelka muddada-dheer. Waxaad dooran kartaa inaad maamusho miisaaniyadaada adeegyada. Waxa kale oo laga yaabaa inaad leedahay mas'uuliyadda bixiyayaasha, oo ay ku jiraan shaqaaleysiinta, tababarka, kormeerka, iyo cayrinta shaqaalahaaga daryeelka tooska ah.

Aagga adeegga: Aagga ay tahay inaad ku noolaato si aad isu diiwaangeliso oo aad uga diiwaan gashan tahay *Inclusa*.

Dhageysiga cadaalada gobolka: Dhagaysi uu qabtay garsooraha sharciga maamulka oo u shaqeeya Division of Hearing and Appeals (Qaybta Maqalka iyo Racfaanka ee Gobolka) Wisconsin.

Lifaaqa 2. Codsiga dhimista Saamiga Qiimaha

DEPARTMENT OF HEALTH SERVICES
Division of Medicaid Services
F-01827 (12/2022)

STATE OF WISCONSIN
Administrative Rule
DHS 10.34

APPLICATION FOR REDUCTION OF COST SHARE

This process is optional. However, if you would like to request a reduction of cost share, completing this form is required. All the information requested on this form needs to be submitted. Under s 49.45(4), Wis Stats, personally identifiable information about members is confidential and is used for purposes directly related to Family Care, PACE, and Family Care Partnership administration.

Who can request a cost share reduction?

- Are you a Family Care, Family Care Partnership, or PACE member?
- Do you have to pay a monthly cost share?
- Are you unable to pay your monthly cost share due to your necessary monthly living expenses?

If you answered yes to all three questions above, you may qualify for a reduction of your cost share.

NOTE: Members who live in nursing homes are NOT eligible for cost share reduction.

Necessary monthly living expenses include costs such as mortgage payments, rent, home/renter's insurance, property taxes, clothing, food, hygiene items, internet, phone, utilities, and the cost of operating and maintaining a vehicle.

NOTE: If your monthly living expenses have significantly increased, please contact your managed care organization (MCO) care manager to update your information. This may automatically reduce your cost share to the appropriate amount without requiring completion of this application.

To request a reduction of your cost share, please complete this form or provide the same information in your own format and mail, fax, or email it to:

Member Rights Specialist
Department of Health Services
Bureau of Programs and Policy
1 West Wilson Street, Room 518
P.O. Box 7851
Madison, WI 53707-7851
Fax: 608-266-5629
Email: DHSLTCFax@dhs.wisconsin.gov

Along with your application, you will need to submit proof of your monthly income, your monthly expenses, and the cost share you owe to your MCO. The form tells you what type of proof is needed and examples of the types of documents to provide. The Wisconsin Department of Health Services (DHS) will review your application and proof to calculate if the amount of cost share you pay each month can be reduced. Please note processing takes approximately 30 days after receipt of the complete application. DHS will send you a letter approving or disapproving your request. If you have questions, please call: 1-855-885-0287. TTY: 711

Who can help me complete this form?

You can obtain assistance, free of charge, from the following resources:

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Lifaaqa 2. Codsiga dhimista Saamiga Qiimaha
P-00649SO (05/2025)

- **Your MCO care manager**
Contact your MCO care manager for assistance.
<https://www.dhs.wisconsin.gov/familycare/mcocontacts.pdf>
- **If you are age 18-59**, contact the **ombudsman program through Disability Rights Wisconsin**. An ombudsman can provide free and confidential support toll free at 1-800-928 8778, mention Family Care.
- **If you are age 60+**, contact an **elder benefit specialist**.
An elder benefit specialist can help answer your questions. Services are free and confidential. To find an elder benefit specialist in your county or Tribe, contact your local [Aging and Disability Resource Center](#) or aging office: <https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm>

APPLICATION FOR REDUCTION OF COST SHARE

Answer the questions on this form as completely as you can. If you are filling out this form for someone else, answer the questions as they apply to that person. If more space is needed, attach a separate sheet(s) of paper and indicate the number and letter (if any) of the question you are answering.

Section 1—Applicant Information

Last Name	First Name	Middle Initial	
Mailing Address—Street	City	State	Zip Code
Phone Number	Email Address		

Name of Managed Care Organization (MCO) Member is Enrolled in

Name of MCO Care Manager

Date of Birth (mm/dd/yyyy)	Medicaid ID Number or CARES ID
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Section 2—Authorized Representative (complete this section if applicable)

Last Name—Representative	First Name—Representative	Middle Initial	
Mailing Address—Street	City	State	Zip Code
Phone Number	Email Address		

A. Source of Authority to Act as Member's Representative:

Check the boxes that apply. *Proof Required:* For any box you have checked, attach a copy of the document that grants you the authority to act as the member's representative. For example, a signed guardianship order or activated power of attorney document.

- Guardian of Estate Guardian of the Person Power of Attorney for Finances Attorney
- Power of Attorney for Health Care Other—Specify:

Section 3—Current Cost Share and Amount of Cost Share Reduction Requested

Answer the questions below. *Proof Required:* Attach a copy of your monthly cost share bill from the MCO or the State of Wisconsin.

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A. What is your current monthly cost share amount? (<i>This is the amount of cost share you must pay to the MCO now.</i>)	\$	per
B. What is the amount of monthly cost share you can afford to pay? (<i>This is the amount of cost share you would pay the MCO if your request is fully granted.</i>)	\$	per
month		month

Section 4—Why Cost Share Reduction is Necessary

Please explain why you need a reduction in cost share (attach additional pages, if needed):

Section 5—Past Cost Share Amount

A. Do you owe the MCO cost share for past months? Yes No

B. If yes, how much do you owe? \$

Section 6—Current Income Amount

List all types of income you receive below. *Proof required:* Attach documentation such as copy of social security statement, annual tax return, statement from a pension or annuity company, paystubs, bank records of deposits into your checking or savings account from social security, pension, or annuity.

A. Total monthly gross income (This is income before taxes, Medicare Part B and D premiums, and other deductions are taken out).	\$	per month
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B. Total monthly net income (This is the actual income you receive after taxes, Medicare Part B and D premiums, and other deductions are taken out). Also known as “take-home” pay.	\$	per month
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C. TYPE	D. Source of income AMOUNT	
<input type="checkbox"/> Social Security	<input type="checkbox"/> Attached Supporting Document	\$
<input type="checkbox"/> Pension	<input type="checkbox"/> Attached Supporting Document	\$

<input type="checkbox"/> Annuity	<input type="checkbox"/> Attached Supporting Document	\$
<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached Supporting Document	\$
<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached Supporting Document	\$
<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached Supporting Document	\$
<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached Supporting Document	\$

Section 7—Current Monthly Living Expenses

A. **B. List your total monthly necessary living expenses below.** *Proof required: Attach documentation such as a copy of a mortgage statement, rental agreement or lease, condo fee invoice, property tax bill, insurance bill, utility bill, bank statement, or cancelled check.*

TYPE		AMOUNT
<input type="checkbox"/> Mortgage	<input type="checkbox"/> Attached mortgage bill or other supporting document	\$
<input type="checkbox"/> Rent	<input type="checkbox"/> Attached lease or other supporting document	\$
<input type="checkbox"/> Homeowner's insurance	<input type="checkbox"/> Attached homeowner's insurance bill or other supporting document	\$
<input type="checkbox"/> Renter's insurance	<input type="checkbox"/> Attached insurance bill or other supporting document	\$
<input type="checkbox"/> Property taxes	<input type="checkbox"/> Attached property tax bill or other supporting document	\$
<input type="checkbox"/> Condo fees	<input type="checkbox"/> Attached condo association fee or other supporting document	\$
<input type="checkbox"/> Clothing	<input type="checkbox"/> Attached supporting documentation	\$
<input type="checkbox"/> Electric/Gas	<input type="checkbox"/> Attached electric/gas bill or other supporting document	\$
<input type="checkbox"/> Food	<input type="checkbox"/> Attached supporting documentation	\$
<input type="checkbox"/> Hygiene	<input type="checkbox"/> Attached supporting documentation	\$
<input type="checkbox"/> Internet	<input type="checkbox"/> Attached internet bill	\$
<input type="checkbox"/> Maintenance and operation of vehicle	<input type="checkbox"/> Attached supporting documentation	\$
<input type="checkbox"/> Phone (landline or cell, not both)	<input type="checkbox"/> Attached phone bill or other supporting document	\$
<input type="checkbox"/> Sewer/Septic	<input type="checkbox"/> Attached sewer/septic bill or other supporting document	\$
<input type="checkbox"/> Water	<input type="checkbox"/> Attached water bill or other supporting document	\$

<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached supporting documentation	\$
<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached supporting documentation	\$
<input type="checkbox"/> Other Specify:	<input type="checkbox"/> Attached supporting documentation	\$

Section 8—Contact Information for Person who Assisted Member with Form (complete this if applicable)

NAME — MCO Care Manager, Ombuds, Family Member, or Other	Title
Email or Phone	Date

Section 9—Fair Hearing Request

Have you requested a fair hearing with the Wisconsin Department of Administration, Division of Hearings and Appeals regarding your cost share amount? Yes No

If yes, what is the date the hearing occurred or is set to occur?
Date (mm/dd/yyyy)

SIGNATURE – Member or Authorized Representative	Date Signed
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Lifaaqa 3. Tusaalaha Notice of Adverse Benefit Determination (Ogeysiiska Go'aanka Beddelka Manaafacaadka)

FAMILY CARE
OGEYSIINTA GO'AAMINTA DIIDMADA MANAAFACAADKA
NOTICE OF ADVERSE BENEFIT DETERMINATION

Insert Date Notice Mailed

Member Name
Member/Legal Decision Maker's Street Address
City, State Zip Code

Member ID: Member's ID or MCI Number



Gacaliye Members Name,

Ogeysiintaan waxay xaqiijineysaa wadahalkeena ee insert date.

Adeega ama taageerada laga hadlayo waa: insert service in question

Kadib dib kuula eegida dooyada iyada oo la isticmaalayo Resource Allocation Decision (Go'aanka Qoondoynta Illaha) (RAD) nidaamka, waxaan ku go'aansanay inaan:

Insert provider name waxaan ka helnay codsi ah in la bixiyo lacag ah adeeg ama hawl lagu qabtay. Ficiikaas waxaa la yiraahdaa "qaansheegad." Wisconsin Department of Health Services (Waxda Adeegyada Caafimaadka ee Wisconsin) waxay ay go'aansatay in aan Insert provider name wax lacag ah lagu siin karin qaansheegadkaas.

Marka qaansheegad la diido ma aha khalad aad adigu sameysay. Adigu masuul kama tihid in aad lacag na siiso annaga, <<insert provider name>>, ama qof kale.

Faahfaahinta diidmadan waa sida hoos ku qoran:

Joojino adeega hadeer.

Taariiqda bilowga ee tallaabada loogu tallogalay: []

Yarey adeega hadeer.

Taariiqda bilowga ee tallaabada loogu tallogalay: []

Sharaxaada heerka hadeer: []

Heer cusub yareynta kadib: []

La joojiyay adeega hadeer.

Lifaaqa 4. *Inclusa* foomka codsiga racfaanka

DEPARTMENT OF HEALTH SERVICES
Division of Medicaid Services
F-00237SO (08/2023)

STATE OF WISCONSIN
Wis. Stats. § 46.287(2)(c)

CODSIGA RACFAANKA – INCLUSA APPEAL REQUEST – INCLUSA

Buuxinta foomkaan waa ikhtiyaari. Macluumaad shaqsi ahaan loo aqoonsan karo ee lagu aruuriyay foomkaan waxaa loo isticmaalaa in lagu aqoonsado dacwadaada iyo nidaamka aad codsatid kaliya.

Magaca – Xubinta [REDACTED]	Taariikhda Maanta [REDACTED]	
Ciwaanka Boostada [REDACTED]		
Magaalada [REDACTED]	Gobolka WI	Lambarka Boostada [REDACTED]

Sax sanduuqaan haddii aad racfaan ka qaadan laheyd go'aanka *Inclusa* adiga oo codsanayo la kulanka Gudiga Cabashada iyo Racfaanka ee *Inclusa*.

Sii wadida adeegyadaada inta lagu jiro racfaan ka dhimista, hakinta ama joojinta adeega

Haddii aad heleysid faa'idooyin oo aad weydiisid racfaan ka hor inta aysan faa'idooyinkaaga isbadelin, waxaad joogteyn kartaa helida isla faa'idooyinka illaa go'aanka racfaankaaga la sameeyo. Haddii aad rabtid inaad joogteysid faa'idooyinkaaga inta lagu jiro racfaankaaga, codsigaaga waa in boosto lagu soo diraa ama fakis **oo markaas ama ka hor taariikhda bilowga ee tallaabada loogu talagalay**. Haddii Grievance and Appeal Committee go'aamiyaan in go'aanka *Inclusa* ahaa mid saxan, waxaad u baahan kartaa inaad dib u bixisid faa'idooyinka dheeraadka ah ee aad heshay inta u dhaxeeyso waqtiga aad weydiisay racfaankaaga iyo waqtiga ee Guddiga Cabashada iyo Racfaanka sameeyaan go'aan. Si kastaba ha ahaatee, haddii ay sababayn karto culeys dhaqaale oo wayn, waxaa laga yaabaa inaan lagaa rabin inaad dib ubixiso kharashkan.

Sax sanduuqaan haddii aad jeclaan laheyd inaad codsatid isla adeegyada la sii wadayo inta lagu jiro racfaanka.

Nuqulka faylka kiiskaaga

Waxaad xaq u leedahay nuqul bilaash ah ee macluumaadka faylka dacwadaada ku jirto ee la xiriirto racfaankaaga. Macluumaad macnaheedu waa dukumeenti, diiwaano iyo qoraalada kale ee la xiriiro oo

Lifaaqa 5. Foomka codsiga dhegeysiga caddaaladda ee gobolka

DEPARTMENT OF HEALTH SERVICES
Division of Medicaid Services
F-00236SO (02/2020)

STATE OF WISCONSIN
Wis. Stats. § 46.287(2)(c)

CODSIGA DACWAD-DHAGEYSIGA GOBOLKA REQUEST FOR A STATE FAIR HEARING

QEBTA A – WAA KHASAB

Buuxi foomkaan haddii aad rabto. Macluumaadka aqoonsiga shakhsiga ah ee foomkaan waxaa loo isticmaalayaa aqoonsiga dacwada iyo codsigaaga oo keliya.

Magaca – Qofka [REDACTED]		Taleefan [REDACTED]	Aqoonsiga # Medicaid [REDACTED]
Cinwaanka Guriga [REDACTED]		Barnaamijka <input type="checkbox"/> Family Care <input type="checkbox"/> Partnership <input type="checkbox"/> PACE	
Magaalada [REDACTED]	Zip Code [REDACTED]	Maamulka Daryeelka Qoyska ee Managed Care Organization (MCO) [REDACTED]	
Taariikhda Maanta [REDACTED]		Taariikhda Bilowgii Go'aanka Diidmada Manaafacaadka [REDACTED]	

Adeegyada in lagu sii wado: Haddii diidmada go'aanka uu saameyn ku yeesho adeegyada oo codsigaagana la helay ka hor inta uusan dhaqan gelin, sida ay u badan adeegyada lagaama joojinayo. (Haddii uu go'aanka garsooraha yahay in uu go'aanka MCO's sax yahay, waxaa lagaa rabaa in aad dib u soo bixiso wixii adeegyo dheeraad ahaa ee lagu qabtay intii u dhaxeysay wakhtigii la helay codsigaaga dacwad-dhageysiga ilaa wakhtigii go'aanka garsooraha. Hase yeeshee, haddii ay kugu keeneyso culeys dhaqaale oo weyn, waxaa laga yaabaa in lagaa cafiyo inaad lacag soo celiso.)

Ma waxaad dooneysaa in adeegyadaada lagu sii wado? Haa Maya

QEYBTA B

Calaamadi qeybtan keliya haddii aad codsaneyso dacwad-dhageysi ah: <input type="checkbox"/> Xaq-u-yeelasho <input type="checkbox"/> Lacagtaad Bixiso	Maxay tahay sababtaada dacwad-dhageysiga? (Waraaq dheeraad ah soo raaci haddii aad u baahato.) [REDACTED]
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QEYBTA C

Calaamadi mid ka mid ah waxyaabaha hoose oo keliya haddii aad codsaneyso dacwad-dhageysi ah: Si aad u soo codsato dacwad-dhageysiga mid ka mid ah waxyaabaha hoose, waxaa khasab ah in aad marka hore soo marto habka racfaanka MCO.

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Lifaaqa 5. Foomka codsiga dhegeysiga caddaaladda ee gobolka
P-00649SO (05/2025)

Lifaaqa 6. Ogeysiiska ku dhaqanka sirta

09/23/2025

Lifaaqa 6. Ogeysiiska ku dhaqanka sirta
P-00649SO (05/2025)

CODSIGA DACWAD-DHAGEYSIGA GOBOLKA
REQUEST FOR A STATE FAIR HEARING

QEBTA A – WAA KHASAB

Buuxi foomkaan haddii aad rabto. Macluumaadka aqoonsiga shakhsiga ah ee foomkaan waxaa loo isticmaalayaa aqoonsiga dacwada iyo codsigaaga oo keliya.

Magaca – Qofka		Taleefan	Aqoonsiga # Medicaid
Cinwaanka Guriga		Barnaamijka <input type="checkbox"/> Family Care <input type="checkbox"/> Partnership <input type="checkbox"/> PACE	
Magaalada	Zip Code	Maamulka Daryeelka Qoyska ee Managed Care Organization (MCO)	
Taariikhda Maanta		Taariikhda Bilowgii Go'aanka Diidmada Manaafacaadka	

Adeegyada in lagu sii wado: Haddii diidmada go'aanka uu saameyn ku yeesho adeegyada oo codsigaagana la helay ka hor inta uusan dhaqan gelin, sida ay u badan adeegyada lagaama joojinayo. (Haddii uu go'aanka garsooraha yahay in uu go'aanka MCO's sax yahay, waxaa lagaa rabaa in aad dib u soo bixiso wixii adeegyo dheeraad ahaa ee lagu qabtay intii u dhaxeysay wakhtigii la helay codsigaaga dacwad-dhageysiga ilaa wakhtigii go'aanka garsooraha. Hase yeeshee, haddii ay kugu keeneyso culeys dhaqaale oo weyn, waxaa laga yaabaa in lagaa cafiyo inaad lacag soo celiso.)

Ma waxaad dooneysaa in adeegyadaada lagu sii wado? Haa Maya

QEYBTA B

Calaamadi qeybtan keliya haddii aad codsaneyso dacwad-dhageysi ah:

Xaq-u-yeelasho Lacagtaad Bixiso

Maxay tahay sababtaada dacwad-dhageysiga? (Waraaq dheeraad ah soo raaci haddii aad u baahato.)

QEYBTA C

Calaamadi mid ka mid ah waxyaabaha hoose oo keliya haddii aad codsaneyso dacwad-dhageysi ah: Si aad u soo codsato dacwad-dhageysiga mid ka mid ah waxyaabaha hoose, waxaa khasab ah in aad marka hore soo maro habka racfaanka MCO.

Baarista waxqabadka xaq-u-yeelashada hawsha ee MCO

In lagu qaban waayey adeegyo/taageero wakhtiga kuugu fiican

Yareynta, hakinta ama joojinta adeeg/taageero

Adigoo dooneyn in lagaa saaray MCO

Diidmada ama oggolaansho yar oo ah codsiga adeegga

Diidmada codsi aad ku khilaafsan tahay masuuliyad lacageed

Diidmada lacag-bixinta adeeg la qabtay

Diidmada codsi aad adeegyo uga heleyso meel ka baxsan MCO

Qorshaha daryeelka

Go'aankii racfaanka MCO oo aad ku heli weyday wakhtigii ay kuugu soo jawaabi lahaayeen

Why are you asking for a hearing? (Waraaq dheeraad ah soo raaci haddii aad u baahato.)

Haa Maya 1. Racfaankaagii ma u soo gudbisay MCO Guddigooda Racfaanka iyo Cabashada?

Taariikhda aad soo gudbisay racfaanka:

Haa Maya 2. Ma soo codsatay isla adeeggaagii in lagu sii wado inta uu socdo racfaankaaga MCO?

Haa Maya 3. Go'aan qoraal ah ma ka heshay MCO's Guddigooda Racfaanka iyo Cabashada? Foomkan soo raaci koobbiga go'aanka **ama** si kooban hoos noogu qor farriinta go'aanka:

Go'aanka oo kooban:

Haa Maya 4. Haddii aad "Maya" uga jawaabtay su'aasha 3-aad, goorma ayey ahayd kama-dambeysta go'aankaagii MCO Guddigooda Racfaanka iyo Cabsahda:

(Haddii ay kuu suuroobeyso, soo raaci waraaqdii ay MCO kuugu sheegeen goorta aad go'aanka ka heli lahayd.)

Ogsoonow: MCO Guddoonkooda Racfaanka iyo Cabashada waxay haystaan ilaa 30 maalmood inay racfaanka uga soo jawaabaan. Waa in aad sugto haddii ay MCO kuu soo dirto go'aanka racfaanka taariikhda waraaqda ku qoran ka hor intaadan codsan dacwad-dhagesiga.

QEBTA D – WAA KHASAB

SAXIIXAAGA – Xubin ahaaneed

Taariikhda
Saxiixa

Foomkan noogu soo dir boostada ama fakis **IYO** koobbiga waraaqdii MCO ee go'aanka racfaankaaga (ama, haddii MCO aysan kuu soo dirin waraaq ah go'aanka racfaankaaga, ama MCO waraaqdii ay kugu wargelinayeen taariikhda ay kuu soo diri lahaayeen go'aanka lagaa gaarayey) noogu soo dir:

Family Care Request for Fair Hearing
c/o Division of Hearings and Appeals
PO Box 7875
Madison WI 53707-7875
Fakis: 608-264-9885

Maamulka Daryeelka Qoyska (Managed Care Organization, MCO):

Waxaa caawimaad bilaash ah iyo adeegyo ka hela dadka naafada ah ee u baahan, waxaa laga heli karaa:

- Calaamad ah turjubaan luuqadeed
- Macluumaad qoran oo ah qaab kale (daabacaad waaweyn, dhageysi, qaab koronto, qaabab kale)

Adeegyo kala duwan oo loogu talagalay dadka soo codsada:

- Turjubaan marka ay u baahdaan
- Macluumaadyada oo ku qoran luuqado kale

Haddii aad u baahantahay adeegyadaan, fadlan la xiriir maamulaha daryeelkaaga ama qofka aqoonta u leh xaquuqda dadka.