



Haddii aad tabasho ka qabto adeegyadaada caafimaadka habdhaqan, **caawimo ayaa diyaar ah!**

**Si aad u hesho caawimo ku aaddan Adeegyada Bukaankii ama Deganaansho, wac:
JFS PATIENT ADVOCACY 619-282-1134 or 1-800-479-2233**

**Si aad u hesho caawimo ku aaddan Adeegyada Bukaankii, wac:
CCHEA (Consumer Center for Health Education & Advocacy) 1-877-734-3258**

**Foomamka Cabashada iyo Rafcaanka oo wato galwaraaqeedyo shaabadaysan waxa laga heli karaa xafiiska
bixiyahaaga daawaynta**

QAABABKA WAXA LOOGA QABTO TABASHOYINKAAGA

Xubin ahaan, waxaad xaq u leedahay inaad hesho adeegyo caafimaadka habdhaqanka ah oo tayo leh iyo xaq inaad sheegto tabashooyinka ku saabsan qayb kasta oo ka mid ah adeegyada daawaynta.

- Sida ugu fudud uguna dhakhso badan ee arrin loo maareeyo waa inaad la hadasho bixiyahaaga ama maamulaha barnaamijka.
- Haddii aadan ku qanacsanayn daawaynta ama daawadaada, waxaad codsan kartaa fikrad labaad oo aad ka hesho xirfadle caafimaad oo ku sugan barnaamijka daawayntaada ama adigoo wacayo **Access and Crisis Line at 1-888-724-7240 (TTY: 711)**.
- Waxaad isticmaali kartaa Hannaanka Xallinta Dhibaataada ee Qorshaha si:
 - a. Aad u gudbiso **Cabasho** markii aad rabto haddii aadan ku qanacsanayn adeegyada ama dareento in xuquuqdaada la diidayo.
 - b. Aad u hesho waraaq qoraal ah si laguugu sheego in cabashadaada la helay 5 maalmood gudahood ee helitaanka.
 - c. Aad u hesho go'aan ku saabsan cabashadaada 30 maalmood gudahood laga bilaabo taariikhda la gudbiyey.
 - d. Aad ugu oggolaato qof kale inuu adiga ku matalo marka la eego cabashada ama rafcaankaaga (oo uu ku jiro bixiye ama u-doode).
 - Haddii aad oggolaato in qof kale kaa wakiil noqdo, waxa lagaa dalban karaa inaad saxeexo foom oggolaansho, oo degmada fasax u siinaya inay macluumaad siiso qofkaas.
 - e. Aad u gudbiso **Rafcaan** afka ah ama qoraal ah 60 maalmood gudahood haddii adeegyadaada la joojiyey, la dhimay, ama la diiday.
 - f. Aad u hesho waraaq qoraal ah si laguugu sheego in rafcaankaaga la helay 5 maalmood gudahood ee helitaanka.
 - g. Aad u gudbiso rafcaan la dadajiyey, marka hannaanka caadiga ah uu si daran khatar u gelinayo nolosha, caafimaadka, ama awoodda helitaanka, joogtaynta ama dib-u-helidda shaqaynta ugu badan.
 - h. Aad u hesho go'aan ku saabsan rafcaankaaga 30 maalmood gudahood marka la eego rafcaanka caadiga ah ama 72 saacadood gudahood rafcaanka la dadajiyey.
 - i. Aad u codsato inaad sii wadato helitaanka adeegyada muddada aad sugayso go'aanka rafcaanka (10 maalmood gudahood laga bilaabo taariikhda la diray Ogaysiiskaaga Go'aanka ka Dhanka ah Helitaanka Adeegyada ama si gaar ah laguugu dhiibay). Lagaa rabi maayo inaad bixiso kharashka adeegyada weli kuu socdo muddada rafcaankaaga la sugayo ama haddii go'aanka rafcaanku uu waafaqo go'aanka degmada ee kugu lidka ah.
 - j. Aad ku gudbiso **Dhagaysiga Caddaaladda Gobolka** 120 maalmood gudahood ee go'aanka haddii aadan ku qanacsanayn natiijooyinka rafcaankaaga ama aad dhammaystirtay hannaanka Cabashada iyo Rafcaanka ee Qorshaha.
 - Waxaad toos uga wici kartaa Waaxda Adeegyada Bulshada 1-800-743-8525 AMA booqo <https://www.cdss.ca.gov/hearing-requests>
 - k. Aad u codsato inaad sii wadato helitaanka adeegyada muddada aad sugayso go'aanka Dhagaysiga Caddaaladda Gobolka (10 maalmood gudahood laga bilaabo taariikhda go'aanka rafcaankaaga). Lagaa rabi maayo inaad bixiso kharashka adeegyada weli kuu socdo muddada Dhagaysigaaga Caddaaladda Gobolka la sugayo ama haddii go'aanka ugu dambeeya uu waafaqo go'aanka degmada ee kugu lidka ah.

XUQUUQDAADA

- In laguugu daaweeyo qaddarin iyo inaad ku hesho daawaynta luuqadda aad doorbidayso.
- Inaad hesho fikrad labaad oo ku aaddan daawaynta ama daawadaada.
- Inaad doorato qof adiga ku matala. Adigoo adeegsanayo oggolaansho qoraal ah, waxaad dooran kartaa bixiye ama wakiil idman oo adiga ku matala.
- Inaad cid u soo kaxaysato kulamada iyo dhagaysiyada.
- Inaad xor ka ahaato takoor ama ciqaab inaad gudbisay cabasho ama rafcaan darteed.
- In asturnaantaada uu sharcigu ilaaliyey.

Si aad u hesho macluumaad dheeraad ah oo ku saabsan Hannaanka Xallinta Dhibaataada iyo xuquuqdaada, waxaad:

1. Waydiin kartaa bixiyahaaga nuqul ah Buug-gacmeedka Xubinta Caafimaadka Habdhaqanka Degmada San Diego ama ka heli kartaa nuqul onlayn <http://www.optumsandiego.com> ee [Beneficiary & Families page](#).
2. Booqo [Behavioral Health Services' Your Rights page](#) barta https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/bhs_your_rights.html