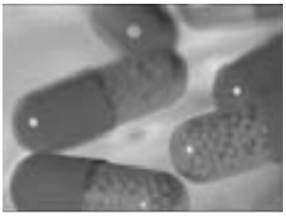

*Igisata kigufasha kwakirwa mw'ivuriro rya Vermont*
*(Vermont Health Access)*

# Integuro y'inzu idandaza imiti

# Agatabu

GreenMountainCare
A HEALTHIER STATE OF LIVING

# Urutonde rw'Ibirimwo


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2022

# Kaze mu Gisata kiraba Amazu yo kudandarizamwo Imiti mw'ivyuriro rya Vermont

Ibisata bifasha amazu yo kudandarizamwo imiti vy'i Vermont bitungamwa n'Igisata Kiraba Kwemerwa kuvurirwa mw'ivvuriro rya Vermont (DVHA). Integuro zo gufasha amazu adandarizwamwo imiti zitonze hano. Imwimwe muri zo ifise inegene yemerwa n'ivy'ikora.

**Aka gatabu ntigatanga amakuru ku tutusho turi mu mazu adandarizwamwo imiti uronka biciye mu mfashanyo ya Medicaid. Mu gihe uronka imfashanyo y'imiti ya Medicaid mukaba mushaka imakuru ku bikorerwa mu mazu adanzarizwamwo imiti, canke mutazi igisata mwegukira, mwohamagara ku kigo kijejwe gufasha abakiriya b'iviuriro rya Vermont Health Connect & Green Mountain Care kuri 1-800-250-8427. Mwohamagara kuva kuwa mbere gushika kuwa gatanu, kuva isaha 8 z'agatondo gushika isaha 5 z'umugoroba (haba hugaye ku misi y'akaruhuko).**

## Integuro y'amagara meza ku ba Vermont

Ico gisata cemerera abanywanyi b'ivuriro Vermont batagira ubundi bwishingizi mu vyo kuvurwa kubagurira imiti ku giciro kitavuna. Uri ku rutonde rw'Abavermont Bafise Amagara meza, inzu yanyu y'imiti irashobora gusaba ko bayisubiza kuri DVHA. DVHA siyo iriha, ariko ayo uriha mu nzu idandaza imiti uyariha ku giciro gito cane mu mfashanyo ivuriro Vermont, atari ku giciro co kudandaza kamwekamwe co mu nzu y'idandarizo y'imiti.

## Integuro za VPharm: VPharm 1, VPharm 2 na VPharm 3

Integuro ya VPharm, ifasha abavermont bataronka imfashanyo yo kuvurwa kandi banditswe mu baronka imfashanyo na Medicare ku Nteguro zabo zo Kurihirwa na Medicare (Medicare PDP) n'ibiciro bijanye. Ingene ibi bikora: Iyo imfashanyo ya Medicare ikurihiye imiti, nta mahera waishe mu nzu y'imiti basubiza VPharm. Kiretse mu bihe bimwebimwe bitamenyerewe, VPharm irahobora kukurihira, ikagusaba intererano y'amadolare y'abanyamerika $1 n'$2 bivanye n'igiciro c'umuti.

## Kutahura Imfashanyo yawe y'imiti PDP

Imfashanyo PDP ikunda gutangwa biciye mu mfashanyo Igice D c'Integuro y'Imiti vyongeye ishobora integuro y'imfashanyo igice ya Medicare igice C, ikanisungwa nka "Akarusho mu Nteguro y'Imfashanyo ya Medicare" Mu gihe tuvuze Imfashanyo PDP, tuba tuvuze Medicare Igice C canke D uba wemerewe kurihigwa. **Izi nteguro zirunganirizwa mu bisata vya Medicare na Medicaid (CMS). Nimba ukeneye imfashanyo kugira wiyandikishe muri Medicare PDP:**

1) **Hamagara kuri 1-800-Medicare**
2) **Uje kuri medicare.gov**

3) **Hamagra Igisata ca Reta Kijejwe Ubwishingizi bw'Amagara (SHIP) kubmurongo wo gufasha w'igisata kiraba Abasaza kuri 1-800-642-5119**

Integuro VPharm (isanzwe izwi kw'izina nk'Igisata ca Reta kijejwe Gufasha Amazu adandarizwamwo Imiti (SPAP) kirafasha kuriha imiti yandikiwe abantu banditswe muri Medicare PDP badafise ubundi bwishingizi bushobora kubarihira. **VPharm irahobora kuriha agashirukabute ko ku kwezi k'integuro yawe ya Medicare PDP.**

VPharm igizwe n'ingazi zitatu z'ibikorwa, VPharm 1, VPharm 2 na VPharm 3. Integuro yose ifise amategeko y'ingene yemerwa n'ibikorwa biyirangurirwamwo. Abanywanyi bategerezwa kuguma banditswe muri Medicare kugira bagume muri VPharm. Uwakwishinze muri Medicare niwe wa mbere ariha ivyo wivuje vyose hanyuma integuro yawe ya VPharm ikaza ikurihira ubwa kabiri. Kugira VPharm ishobore kugira ico itereye mu kukrihira Medicare PDP, utegerezwa kuba wandikiwe ivyo ufata mu ntara ya Vermont. Vyongeye, utegerezwa kwiyandikisha muri VT Medicaid kugira urihirwe biciye muri VPharm.

Integuro zikwirikira za VPharm zitunganywa na DVHA, hanyuma amakuru ku bijanye n'ingene biyandikisha kuri imwe muri izo nteguro ushobora kuyaronka uhamagaye mu kigo gifasha abakiririya c'ivuriro rya Vermont Health Connect na Green Moutain kuri 1-800-250-8427. Mwohamagara kuva kuwa mbere gushika kuwa gatanu, kuva isaha 8 z'agatondo gushika isaha 5 z'umugoroba (haba hugaye ku misi y'akaruhuko).

## VPharm 1: Intererano n'ivyo bakurihira

Abanywanyi ba VPharm 1 barariha agashirukabute k'amafranga y'abanyamerika $15. Ku bikwerekeye, VPharm 1 nayo ikurihira:

- Igitigiri c'ayo utanga muri Medicare PDP ku bantu bafise amikoro make, (LIS) «Ubufasha buza Bwiyongera» batakurihira, kugeza ushikije ku gitigiri co hejuru. (Igitigiri co hejuru nico bafatirako ku mwaka gishingwa na CMS. Ibi bihinduka muri Nzero 1 ya mbere ya buri mwaka.) **VPharm ntibashobora kukurihira wanditswe mu gisata ca Medicare giteye imbere.**
- Intererano, ayagabanywa, abashigira ubwishingizi n'intambamyi mu kurihirwa ntibirimwo mu bafashwa b'amikoro make (LIS canke «Imfashanyo iza yiyongera»), ku miti y'igihe gito na kinini irihwa na Mediacare PDP.
- Imigwi yihariye y'imiti itarihirwa na Medicare PDP (harimwo imiti imwimwe batembereza, n'ivyunyunyu n'iyindi miti ivura igituntu na muhure)
- Imiti y'igisukari
- Ibipimo bikwiye vy'amaso kandi bigakorwa mu myaka ibiri n'umuhinga mu vy'amarori y'amaso be n'umhinga mu vy'amaso

## VPharm 2: Intererano n'ivyo bakurihira

Abanywanyi ba VPharm 2 bariha agashirukabute k'amafranga y'abanyamerika ku kwezi 20 $. VPharm 2 nayo ikakurihira:

- Igitigiri c'ayo utanga muri Medicare PDP ku bantu bafise amikoro make, (LIS) «Ubufasha buza Bwiyongera» batakurihira, kugeza ushikije ku gitigiri co hejuru. (Igitigiri co hejuru nico bafatirako ku mwaka gishingwa na Medicare. Ibi bihinduka muri Nzero 1 ya mbere ya buri mwaka.) **VPharm ntibashobora kukurihira wanditswe mu gisata ca Medicare giteye imbere.**
- Intererano yo muri Medicare, ayagabanywa, abafasha mu bwishingizi n'intambamyi mu kuvurwa bitarihwa mu Buryo butangwa ku b'amikoro make (LIS) canke «Imfashanyo iza yiyongera», ku miti ivura indwara zidakira (imiti yo gupfupfahaza) itangwa na Medicare.
- Imiti idasanzwe ikoreshwa mu kuvura ingwara zitarihwa na Medicare PDP, nk' imiti batembereza
- Imiti y'igisukari
- Nta miti irihwa yo kuvura ingwara ntoya canke «zikaze» nka muhure canke inkorora

## VPharm 3: Intererano n'ivyo bakurihira

Abanywanyi ba VPharm 3 bariha agashirukabute k'amafranga y'abanyamerika ku kwezi 50 $. VPharm 3 nayo ikakurihira:

- Igitigiri c'ayo utanga muri Medicare PDP ku bantu bafise amikoro make, (LIS) «Ubufasha buza Bwiyongera» batakurihira, kugeza ushikije ku gitigiri co hejuru. (Igitigiri co hejuru nico bafatirako ku mwaka gishingwa na Medicare. Ibi bihinduka muri Nzero 1 ya mbere ya buri mwaka.) **VPharm ntibashobora kukurihira wanditswe mu gisata ca Medicare giteye imbere.** Intererano yo muri Medicare, ayagabanywa, abafasha mu bwishingizi n'intambamyi mu kuvurwa bitarihwa mu Buryo butangwa ku b'amikoro make (LIS) canke «Imfashanyo iza yiyongera», ku miti ivura indwara zidakira (imiti yo gupfupfahaza) itangwa na Medicare.
- Imiti idasanzwe ikoreshwa mu kuvura ingwara zidakira ntirihwa na Medicare PDP, nk' imiti batembereza
- Imiti y'Igisukari
- Nta miti irihwa yo kuvura ingwara ntoya canke «zikaze» nka muhure canke inkorora

## Urupapuro wuzuza ku kwivuza PDP

- Kugira ibiciro bigume biri hasi, uwugufasha PDP arasaba abatanga ubuvuzi ko bokwandikira imiti uhereye ku rutonde rw'imiti bita «Icandiko co kwuzuza.» Imiti imwe iri ku candiko co kwuzuza irasaba ko ibanza kwemerwa ubwa mbere n'umuhinga PDP wa Mediare imbere uriha uwo muti. **Ugomba kwitwara iyo banse kukwandika ku rutonde rw'abavuzwa na Medicare, raba igisata «Igihe utemeye Ivyakozwe.»**

## Imiti yirukanywe muri Medicare, imiti batembereza (OTC)

- Hariho imigwi imwe y'imiti abakozi ba PDP ba Medicare badategerezwa kukurihira. Iyi miti bayitiriye "Imiti yirukanye muri Medicare" kandi harimwo muri rusangi imiti batembereza, imiti y'ivyunyu be n'imiti y'inkorora no gukanya. DVHA irariha imiti imwe, ariko bamwe barasaba ko ivyo kuriha bibanza bikemerwa. Mu gusaba uruhusha, umuganga wawe abanza kwuzuza igipapuro c'iko wemerewe kuri: http://dvha.vermont.gov/for-providers/pharmacy-prior-authorization-request-forms ugaca urungika kuri DVHA.
- Imiti iri ku rugero batembereza irarihwa na VPharm, hanyuma kuriha bivana n'uruhe rugero rwa VPharm wiyandikishijeko. Ivyo ni ibinini bita jenerike. Urutonde rukwiye rw'iyo miti ushobora kurusanga ku rubuga ngurukanabumenyi rwa DVHA kuri http://dvha.vermont.gov/for-providers/otcweblist-04-09-18pdf.pdf.
- Igisata cacu ntikiriha imiti ikoreshwa mu kugereza ku bantu canke itamejwe n'Igisata c'Intwaro kiraba ivy'Imiti (FDA).

## Kwunganira mu kuriha (Canke intererano)

Nimba ufise VPharm (1, 2 canke 3), intererano yawe ica iba idolari $1 canke $2.

- Nimba igiciro c'imiti bakwandikiye muri Reta kiri munsi canke kingana n'idorari $29.99, intererano yawe ica iba $1.
- Mu gihe ku giciro ca Reta bingana canke bisumba amadorare $30, intererano yawe ica oiba idorare $2.

Utegerzwa kuriha amadorari $2 arenga, woca usaba uwudandaza imiti ko yoba yarahaye ifagitire ivuriro rya Green Mountain canke ugahamagara kuri uwufasha abakiriya wo kw'ivuriro rya Green Mountain kugira agufashe.

## Ikarata karangamuntu yawe

Ikarata karangamuntu yo kw'ivuriro Green Mountain barayikurungikira muhira. Usabwe kuyerekana ugiye kugura imiti. Bataguhaye Ikarata karangamuntu yawe mu kwezi kumwe ukironse aka gatabu, canke uyitaye, ca uha magara mu kigo kijejwe gufasha abakiriya kuri 1-800-250-8427 hanyuma uce usaba nshasha. Ufise ubwishingizi bwa Medicare, ereka muganga Ikarata karangamuntu z'ubwishingizi zose.

## Abatanga ubuvuzi barimwo

Abatanga ubuvuzi kakwandikira co kimwe n'aho abadandaza imiti bakwandikiye-utegerezwa kwandikwa mu nteguro zacu. Abatanga ubuvuzi benshi n'Abaraba ivy'imiti b'i Vermont baranditswe mu nteguro zacu. Ufise ibibazo ku batanga ubuvuzi no ku bajejwe ivy'imiti, hamagara uwujejwe gufasha abakiriya canke urabe ko umuganga canke uwuraba ivy'imiti yanditswe, uce uja kuri http://www.vtmedicaid.com uce ufyonda Kurondera Uwutanga Ibintu.

# Intonde z'Amazu adandaza Imiti ku bantu baronka ubuvuzi bwo muri Vermontiant na Medicare

**Amakuru y'ukuntu wiyandikisha mu kuronka imfashanyo irengako uyaronka uciye ku wujejwe ikigo gifasha abakiriya c'abantu bashaje, Ibiro vya Reta Biraba Ubwishingizi ku bijanye n'Amagara y'Abantu (SHIP) kuri 1-800-642-5119 canke aho ibiro bikwegereye bijejwe kuziganiriza kazoza abakozi.**

## Imfashanyo ku bafise amikoro make (LIS) canke "Imfashanyo irengako."

Abanywanyi biyandikishije muri Medicare bashobora kuronka imfashanyo mu kuriha amafranga mu Gisata kijejwe kuziganiriza kazoza abakozi citwa Imfashanyo ku bafise amikoro make (LIS) canke "Imfashanyo irengako". LIS irariha udushirukabute two ku kwezi, ivyaganajwe ku mwaka, hanyuma intererano zijanye n'Integuro ijanye no Kwiyandikisha muri Medicare. Ivuriro rya Green Mountain rirariha amafagirire aba atarishwe Gisata kiraba ivy'Imiti ca Medicare canke "Imfashanyo irengako". Abanywanyi baziganije mu Nteguro ya Medicare baca ubwo nyene badikwa Members of the Medicare Savings Programs are automatically **badikwa** ku mfashanyo y'ab'Amikoro make (LIS) canke "Imfashanyo irengako". **Abanywanyi bamwe bashobora gusabwa kwiyandikisha ku mfashanyo y'ab'Amikoro yo ku mwaka**. Amakuru yingene biyandikisha uyasnaga kuri uru rubuga: https://www.ssa.gov/pubs/EN-05-10525.pdf.

# Igisata co Kuzignaya ca Medicare

Abanywanyi bamwe ba VPharm bafise amikoro make bashobora kwemererwa kuriha yose canke uruhande muyo bice A na B babarihira. Integuro zifasha abantu kuriha Gisata co kuziganya za Medicare A na B. Abatanga ubuvuzi bategerezwa mu ruhande rwa Medicare be n'urwa Medicaid bashatse kuriha hose. Integuro zitonze uku gukwirikira:

## Uwemerewe kuronka imfashanyo ya Medicare (QMB)

Kuriha udushirukabute Igice A na B, ivyagabanijwe, ubwishingizi bundi, n'intererano.

## Abafise Amikoro Make bafashwa na Medicare (SLMB)

Ariha akarusho Igice B muri Medicare gusa.

### Abantu babikwiye (QI-1)

Ariha akarusho Igice B muri Medicare gusa.

Iyo wemerewe kuri iyo mfashanyo, barabikumenyesha bakakwandikira ikete rikibwira ku vyerekeye kukrihira VPharm. **Hari uturusho uriha ku kwezi utanga mu Gisata co Kuziganya co muri Medicare.** Babonye ko utabikwiye bakibaza ko wari ubikwiye, ushobora guhamagara mu kigo kijejewe gufasha abakiriya kugira uronke umuco ukwiye. Ntaco utanga Gisata co Kuziganya co muri Medicare.

# Kuriha akarusho mu gisata ca VPharm

Ni vyiza kuriha akarusho kawe ka buri kwezi mu bisata vyacu igihe cose baguhaye ifagirire ya mbere, gurtyo imfashanyo ica itangura ku kwezi gukwirikira. Ubwirizwa kubandanya kuriha ku gihe, gutryo ntushobora guhomba imfashanyo yawe canke ngo ugire agahaze mu mfashanyo yawe. Abanywanyi mu bisata vyose biraba ivy'imiti, kiretse mu Gisata c'Abavermonto bameze neza, babwirizwa kuriha akarusho muri Vermont kugira bagume bandikirwa imfashanyo.

Utaye agapapuro warihiyeko intererano yawe, ca uhamagara uwujejwe kwakira abakiriya kugira akurabire ayo uriha uko anagana n'ingene woyariha.

### Kugirako uriha

Iyo udashaka kwikoroga uriha ifagirite buri kwezi, ushabora gusaba ko vyikora amafaranga akava mu bubiko buri kwezi babitegetse mu mashini.

Ufise ikibazo ukuntu woriha akarusho kawe ingene amahera ava kuri mu bubiko buri kwezi babitegetse mu mashini, hamagara ikigo kijejewe gufasha abakiriya.

# Uburenganzira n'ivyo ujejwe vyawe

## Mufise uburenganzira ku:

- Gufatwa neza mu cubahiro no mu rupfasoni
- Kwakirwa mu kwumvirizwa
- Gutora no guhindura abatanga ubuvuzi
- Kubona ikigaragara mu bikorwa tugukorera no mu abatanga ubuvuzi bagufasha
- Kuronka amakuru akwiye, n'ayagezweho ku bijanye n'amagara yawe mu majambo yumvikana

- Gushirwamwo ku ngingo zifatwa ku magara yawe, harimwo no kuba wishuwe ibibazo wabajije n'uburenganzira bwo kwanka ukuntu ingene bakuvura
- Gusaba ko baguha ibipapuro vyawe vyo kwa muganga ugasaba n'uko bobiguhindurira mu gihe ibirimwo ubona ko atari vyo
- Kuronka iciyumviro ku wundi muganga aba yanditswe mu baronka mfashanyo ya Vermont Medicaid
- Kwitwara ku vyerekeye ingene bagufata kw'ivuriro (raba ku rupapuro rwa 16 kugira umenye vyinshi)
- Ntuterwe ubwoba n'ikibi cose bogukorera nko kugucinyiza canke kugukumira kugira bagutere ubwoba, kuguha indero, kukwigenzako canke kwihora
- Kwitwara mu gihe banse kukuvura kandi wari ubikeneye. Raba ku rupapuro rwa 14 kugira umenye vyinshi.

### Urafise uruhara mu kwitaho amagara yawe mu:

- Kubwira umuganga wawe ku kuntu wumva mu magara na kahise ku magara yawe
- Kubaza ibibazo iyo ushaka kumenya amakuru canke hari ci udatahura
- Gukwirikiza urutonde rw'ingene uvurwa kandi umuganga wawe akemera
- Kuguha amasango canke akaguhamagara iyo abona ko bidahava bikunda
- Kwiga amategeko agenga igisata canyu gurtyo ugaca umenya ivyo bashobora kugukorera
- Kuba uzi ko hari ivyo umuganga agukurikirana akuziko (PCP), (mu gihe bikenewe) imbere yuko utandukira abandi batanga ubuvuzi
- Kuriha uturusho canke intererano mu gihe bikenewe
- Guhamagara mu gihe ugomba gusivya canke guhinduza isango wari waratanze

# Izindi nteguro z'abavermont

## Kuraga no kuvuga uko bizogenda

Ngiyi incamake muri rusangi kw'itegeko riraba intumbero zo kwisunga hakiri kare z'ivuriro Vermont (usanga ku mutwe w'amajambo 18, ikigabane c'231) n'ico bisobanura ku murwayi:

"Urwandiko ruvuga uko bizogenda" ni urwandiko wandika rwemeza uwuguserukira, uwugukwirikirana ubwa mbere, akaguha impanuro ku bijanye n'amagara yawe canke imigambi ufise ku bijanye no kwivuza. Bushobora kuba ubuserukizi buramba ku magara y'abantu canke urwandiko rwemeza ko ubuvuzi bwarangiye. Inzandiko zivuga uko ibintu bizogenda zitangwa ku buntu.

Abantu iyo bamaze gukura baragena umuntu canke abantu benshi n'ivyariho vyabo bashobora kubafatira ingingo ku bijanye n'amagara yabo. Mu ntumbero uba uratanga hakiri kare, ushobora kuvuga ubushobozi uwo muntu azoba afise, ivyo ushaka ko bakugirira canke batakugirira ku magara yawe, hanyuma ukavuga uko ibibazo vyawe bikemurwa nk'igene kuguhamba bizotunganywa. Intumbero atanga hakiri kare ishobora gukurikikizwa mu gutora umuntu umwe canke benshi bashobora kuguserukira canke abantu utipfuza ko hari ico bokora mu gihe co gufata ingingo.

Mu gihe mu bihe urimwo udashobora kwimenyera ivy'amagara yawe kandi utaremvye, abatanga ubuvuzi ntibashobora kukuvura batabanje kubona yuko ufise urwandiko ruvuga uko ivyawe bizogenda. Abatanga ubuvuzi bazi ko ufise urwandiko ruvuga uko ivyawe bizogenda bategerezwa gukwirikiza amategeko y'umuntu yahawe ububasha bwo kugukwirikirana ku vy'amagara yawe canke agakwirikiza ivyanditswe mu rwandiko.

Umuganga arashobora kwanka amategeko ari mu rwandiko ruvuga uko ivyawe bizogenda aravye ko akarangamutima k'umwuga wiwe canke hari ibindi bintu bidahuye n'urwo rwandiko. Ariko, mu gihe umuganga avyanse, ategerezwa kukubwira igituma avyanse, kandi bishobotse, uwo watumye ko aguserukira ashobora kukurungika ku wundi muganga yibaza yoshobora kwubahiriza ibiri mu rwandiko akabandanya amuvura mpaka uwundi muganga aboneke ashobora kukuvura;akabanza akaraba ingorane yahabaye muri dosiye yawe yo kwivurizako, intambwe vyafashe kugira umuti utorwe n'ingingo yofatwa.

Umuganga wese, ivuriro ryose canke ibitaro bategerezwa gushiraho amategeko ngenderwako atomora ku rwandiko rw'ingene ibintu bizogenda rukoreshwa hisunzwe amateka n'amategeko vy'igihugu.

Mushobora guhamagara igisata kijejwe Kwemerera no Gukinga kuri 1-800-564-1612 canke ukaja ku murongo ngurukanabumenyi kugira uvuge umuntu atariko akurikiza amategeko. Ushobora kwandika ibirego ukubirungika kwa:

Division of Licensing and Protection
103 South Main Street, Ladd Hall
Waterbury, VT 05671

Ushobora kuronka amakuru ajanye n'amategeko ya Reta, Intumbero atanga hakiri kare no kuraga mu guhamagara ku Rubuga ruvuga ivy'akarangamutima rw'ivuriro rya Vermont kuri 802-828-2909 canke ukaja ku rubuga ngurukanabumenyi kuri www.vtethicsnetwork.org.

Umutwe 18 uri kuri www.leg.state.vt.us/statutes/sections.cfm?Title=18&Chapter=231. Mushobora gutora ibipapuro woba mukeneye kugira muronke amakuru aramvuye mu kuraba imbuga ngurukanabumenyi twaberetse, mu kuvugana n'uwubibaha canke mu guhamagara ikigo kijejwe gufasha abakiriya.

## Gutanga ibihimba vy'umubiri

Ushobora guhitamwo kuzotanga ibihimba vyawe igihe uzopfa. Umuntu umwe abitanze bishobora gufasha abantu benshi. Ushaka kumenya vyinshi kuri ivyo, hamagara kuri 1-888-ASK-HRSA baguha amakuru ku buntu.

## Guha amakuru umuganga agukwrikirana

Mu gufasha Umuganga wawe ko waronse ubuvuzi uko wabishaka, utegerezwa guhanahana amakuru nawe, nk'urutonde rw'imiti uriko urafata, kugira ntikumerere nabi kandi ntibikwegane n'iyindi miti baba bakwandikiye canke ibindi bihe uba urimwo bijanye no kwivuza.

## Kumenyesha ku bijanye no Kugumya Ibanga

Mu gihe ku ntonde zacu bakwemeje, uca uronka ikete rivuga ko wemerewe. Iryo kete rica rishiramwo urwo rwandiko rukumeneyesha Ibikorwa vyo mw'Ibanga. Itegeko ry'urunani, Irungikwa n'uruhara rw'ubwishingizi bw'amagara y'abantu (HIPAA), risaba ko tubaha urwo rwandiko. Urwo rwandiko rukubwira amateka yawe yo mw'ibanga n'ukuntu amakuru yawe akoreshwa canke atangwa. Ukeneye iyindi kopi ku rwandiko rwo kumenyesha, uca uhamagara ikigo kijejewe gufasha abakiriya ugaca ubasaba ikopi.

## Ineguro ijanye n'Ubwishingizi bumeze ne

Ivuriro rya Green Mountain rirafise Urutonde rw'Ubwishingizi Butomoye rukwemeza yuko uriko uvurwa neza n'abatanga ubuvuzi bawe kandi bavura neza kuri iryo vuriro.

Ibintu bimwe turaba kugira turabe ko ubuvuzi bumeze neza ni ibi

- Abarwayi bafata imiti ingana gute
- Ni abanywanyi bangahe baronka imiti ya buri igihe yo kwikingira
- Ni abanywanyi bangahe bakoresha icumba c'indembe mu gihe bataremvye cane
- Uko abatanga ubuvuzi mu bigaragara n'abatanga ubuvuzi bw'indwara zo mu mutwe batunganya ubuvuzi
- Uko Abanywanyi n'abatanga ubuvuzi bashimishwa n'integuro zacu

Twahisemwo intumbero nziza z'ingene ibitaro bitunganije nko ku ndwara zimwezimwe zidakira dusaba ko abaganga bokwirikiza kugira haboneke ingaruka nziza ku bijanye n'amagara y'abantu.

Ushaka kugira icoutereye kugira intonde zacu zimere neza nawe zongere zikugirire akarusho, wobimenyesha uwujejwe kwakira abakiriya. Intererano zawe zofasha bariko barasubramwo ingene unwishingizi bwomera neza.

Ushobora kuronka amakuru y'ingene bavura ku bitaro, ku mavuriro, n'abatanga ubuvuzi muhira, canke ikopi yerekana ibikorwa vyiza bikorerwa ku bitaro uciye ku rubuga ngurukanabumenyi rw'Igisata kiraba ivy/Amagara y'Abantu rw/ivuriro rya Vermont www.greenmountaincare.org canke ugahamagara mu kugo kijejwe ivyo kwakira abakiriya.

## Ingorane n'Imyidogo

Hari ibintu vyinshi ushobora gukora igihe ugize ingorane mu kuvugwa canke igihe ufise ikikubakiye. Ushobora gugahamagara ikigo kijejwe ivyo kwakira abakiriya bakagufasha. Mu gihe ata na kimwe bagufashije, ushobora guca uja muvyo kwitwara muri sentare y'i Vermont. Ushaka kumenya amakuru kuvyo kwitwara ushobora kubiraba ku rupapuro rwa 14 rwa kano gatabu.

# Ni ryari Utemera Ingingo Yafashwe ku Turusho twawe tw'imiti

Ufise Umuganga agukwirikirana, ingingo nyinshi ku turusho twawe niwe azifata. Hamagara ku nomero y'ikigo kijejwe gufasha abakiriya iri inyuma kw' Ikarata karangamuntu y'ubwishingizi bwa Medicare kugira umenye ingene bahamagara ushaka kumenya ingingo bagufatiye. Aha munsi hari amakuru avuga ingene imanza zicibwa mu gihe ufise ubwishingizi bwa Medicare PDP na VPharm.

## Kwitwara mu gihe banse kukuvura PDP

**Ivuriro Medicare rigukwirikirana riravuga ko ritazokurihira umuti kubera ritemeye "Uruhusha rw'Ibanze?"** Imbere yuko usaba ko VPharm ikurihira, utegerezwa gukwirikiza amategeko yose yo kw'ivuriro ryawe Medicare. Hari intambwe nyinshi zo kuburana mu nteguro ziraba ivy'imiti muri Medicare. Utegerezwa kuburana ku rugero rwose gushika ugashiramwo na Vous devrez faire appel à chaque niveau jusqu'à et y compris le niveau **Ikigo Cigenga Gikora Ibipimo** (IRE) urugero. *Mu gihe* the sentare yemeje ingingo yafashwe yo kuguhakanira, *rero* umuganga wawe ashobora gusaba ko VPharm ikurihira. Ategerezwa guha ikopi VPharm yerekana ko sentare yamuhakaniye.

**Boba kw'ivuriro Medicare barakubwiye ko batakuvura kubera "Utarihirwa?"** Nimba biri uko, *ntibikenewe* ko witwara muri Medicare Igice D. Umuganga wawe aca agusabira ko bakurihira muri VPharm. Bica bisaba ko ashirakourwandiko ruvuye mw'ivuriro rya Medicare ruvuga ko batakurihira imiti.

**VPharm nayo irakurungikira be n'umuganga wawe ingingo yafashwe ku bijanye n'ivyo wasavye ko bakurihira.** VPharm irafata ingingo (yitwa « gutomora ko igikorwa kitakozwe neza ») mu kwanka, kugerera, kugabanya canke guhagarika kuvurwa, ushobora no gusaba ko iyo ngingo isubirwamwo. Raba aho munsi kugira umenye amakuru aramvuye ku kugene bitwara ku ngingo yafashwe na VPharm.

## Wibaza ko Ingingo yafashwe na VPharm atari yo? Intambwe ya Mbere ni Ugusaba ko ab'Indani ari babanza kugutunganiriza.

Sentare yo ku mugina irasaba DVHA ko basubiramwo bakaraba ingingo yafashwe ko ari yo. Umuntu wo muri DVHA atarimwo igihe bafata ingingo ubwa mbere arakurabira urubanza agaca akubwira ingingo yafashwe. Ivyo vyitwa "sentare yo ku mugina" Kenshi, bisaba ko ubanza gukora ivyo imbere yuko wunguruza mu masentare ya reta.

**Ufise imisi 60 yo kuburana.** Iyo misi 60 itangura kuva umusi uronkeyeko ikete rya DVHA rikumenyesha ingingo yafashwe. Umuganga wawe arashobora kuguserukira mu gihe wabibabasavye. Ushobora kwitwara mu kwandika ikete canke ugaterefona.

**Hari uburyo bubiri bwo kwitwara:**

1. Hamagara uwujejwe ikigo citaho abakiriya kuri 1-800-250-8427
2. Rungika ikete kuri:

   Department of Vermont Health Access
   Health Care Appeals Team
   150 Pilgrim Park – 3rd Floor
   Waterbury, VT 05671-4030

**Twoba twaragabanije canke turahagarika imfashanyo y'imiti wahora uronka?**
Ushobora kuguma uvugwa mu gihe urubanza rwawe rukiri ku mugina ariko utegerezwa kusaba ko bibandanya. Ufise imisi 11 kugira ubisabe, canke imbere y;itariki bazofatirako iyindi ngingo, n'aho boteba. Iyo misi 11 itangura guharurwa kuva itariki DVHA bakwandikiye babikumenyesha. Ushaka kuguma uvurwa, hamagara uwujejwe kwakira abakiriya kuri 1-800-250-8427.

**Haba iki iyo intahe yo ku mugina ishashe?** DVHA barategura iyindi nama kugira basubire barabe neza ingingo yafashwe. Ushobora kuyitaba. Ushobora kwivugira canke ukarondera uwuguserukira. Umuganga wawe arashobora kuvuga kugira atange amakuru muri DVHA. **Ushaka ubufasha?** Urashobora kuronka umushingwamanza wo ku buntu uciye mu kigo c'Abashingwamanza b'Ivuriro kuri 1-800-917-7787 canke https://vtlawhelp.org/appeals-0

**DVHA ica urubanza rwawe mu misi 30.** Urubanza rushobota gutwara igihe kirekire. DVHA bashobora gufata imis 14 irenga, ariko mu gihe bishobora kugufasha(nk'akarorero, umuganga wawe arakeneye umwanya ukwiye kugira arungike ibikinewe, canke ntushobora kuja mu nama canke kw'isango kuri wa mwanya wa kera mwari mwashizeho). Umwanya muremure batarenza ni imisi 44 kugira urubanza rucibwe.

**Urashaka ko DVHA bagucira urubanza n'ingoga?** Tubwire ko kurindira vyogusinzikariza amagara canke ubuzima. Bishitse DVHA ikabaona ko urubanza rwawe rwihuta (vvitwa "Guca urubanza rw'ikibiriraho"), ingingo ku rubanza rwawe ica ifatwa mu masaha 72. DVHA ishobora gufata igihe kirekire mu gihe bagomba kugufasha. Umwanya muremure ubaho urubanza rutwara ni imisi 17.

**Bigenda gute iyo udashimye urubanza baguciriye mu ntahe y'umugina?** Ushobora guca uja kwitwara muri Reta. Raba amakuru aha munsi.

## Niwashimye urubanza baguciriye mu ntahe yo ku mugina? Ushobora guca uja Kwitwara muri Reta.

Uwujejwe amatohoza yumviriza abantu ari mu mugwi ujejwe ivy'Imibano arakwakira akumviriza ikibazo cawe. Baraheza bakaraba ko DVHA yaciye urubanza rugororotse.

Kenshi, utegerezwa guheza urubanz arwo ku mugina imbere yuko usaba kwumvirizwa muri Reata bayita "Gusambura". Ariko mu gihe DVHA bataguciriye urubanza mu gihe cagenywe, ushobora gusaba muri Reta ko bakwumviriza utarindiriye ko baruca.

**Ufise imisi 120 yo kurushinga muri Reta.** Iyo misi 120 itangurana n'itariki baguhereyeko ikete ry'ingingo yafashwe na sentare yo ku mugina.

**Hari uburyo butatu bwo kwitwara muri Reta:**

1. Hamagara uwujejwe kwakira abakiriya kuri 1-800-250-8427 canke uhamagare mu Gisata Kijejwe Abakozi ubwo nyene kuri 802-828-2536
2. Rungika ikete kuri: Human Services board, 14-16 Baldwin Street, 2na Igorofa, Montpelier, VT 05633-4302
3. Rungika ku rubuga ngurukanabumenyi kuri: AHS.COHSBContact@vermont.gov

**Twoba twaragabanije canke turahagarika imfashanyo y'imiti wahora uronka?** Ushobora kuguma uyironka mu gihe ukiriko uraburana muri Reta. Utegerezwa kubisaba mu misi 11. Iyo misi 11 itangura kuva igihe DVHA ikumenyesheje urubanza yaguciriye. Ushaka kuguma uvurwa, hamagara uwujejwe kwakira abakiriya kuri 1-800-250-8427.

**Haba iki iyo ugiye kwitwara muri Reta?** Uwujejwe amatohoza mu gisata kijejwe abakozi aratunganya inama kugira basubire kuraba ingingo yafashwe n'intahe yo ku mugina ya DVHA. Ushobora kuyitaba. Ushobora kwivugira canke ukarondera uwuguserukira. Umuganga wawe arashobora kukuvugira canke agatanga amakuru ku mukuru w'intahe.
**Ushaka ubufasha?** Urashobora kuronka ku buntu umushingwamanza Avuye mu Kigo c'Abashingwamanza b'Ivuriro kuri 1-800-917-7787 canke
https://vtlawhelp.org/fair-hearing-how-prepare-what-expect

**Abagize intahe bategerezwa gufata ingingo mu minsi 90 uhereye kw'iariki witwariyeko.**

**Wipfuza ko uwujejwe amatohoza akunyarukiriza urubanza?** Tubwire ko kurindira vyogusinzikariza amagara canke ubuzima. Mu gihe bigaragaye ko ukwiye kwumvirizwa mu ntahe y'icese vyihuse (vyitwa "urubanza rw'ikibiriraho"), uca uronka inyishu mu misi itatu y'akazi

## Kubandanya uvurwa

Twababwiye hauruguru ko mushobora muronka imiti mu gihe urubanza rukiri ku mugina n'igihe rwungururijwe muri Reta iyo ubisavye mu misi 11.

Ibindi wari ukwiye kumenya ku vyerekeye kuguma uronka imiti:

- Nimba wararishe imiti yawe, barayagusubiza mu gihe mu ntahe yo ku mugina no muri Sentare ya Reta watsinze.
- Mu gihe Reta yabandanije ikuvuza hanyuma bikemezwa ko utari ubikwiye, uetegerzwa guca usubiza ivyo vyose yakurihiye igihe urubanza rutari bwacike.
- Ushobora gusaba kuguma uvurwa mu gihe ukiriko urasaba kurushinga muri sentare ya Reta.
- Ntibashobora kuguma bakuvura mu gihe urubanza rwawe rwerekeranye nuko kuvurwa kwahezecanke bagabanuye kubera impinduka zabaye mu mtegeko y'urunani canke ya Reta.
- Nimba urubanza rwawe muri sentare rwerekeye intererano watanga, utegerezwa kuyitanga wisunze itariko utegerezwa kuyitangirako canke imfashanyo yawe igaca ihagarara. Baragusubiza amahera warengejeko mu gihe urubanza rwaciwe ku mugina canke muri sentare watsinze.

## Ivyipfuzo

Ikikubakiye kitubwira ingene wiyumvira ko utafashwe neza, canke hari ibintu utemeranya navyo nka, bivanye n'urugendo ufata kugira ushike kw'ivuriro, umwanya bifata kugira uronke isango, ingene abakozi bagufashe, ingene bakuvuye, canke ko utanezerewe kandi ivyo bagusavye vyose warabikoze. Ushobora kuvuga ikikubakiye umwanya uwariwo wose. Umuntu atari yabonye ivyagushikiye ashobora kubisoma akabona ivyari vyo. Igisata kibijejwe kirakwandikira ikete kikakubwira icavuyemwo mu minsi 90.

Hari unburyo bubiri bwo kwandika ikikubakiye:

1. Hamagara uwujejwe ikigo citaho abakiriya kuri 1-800-250-8427
2. Rungika ikete kuri:

Department of Vermont Health Access
Health Care Appeals Team
150 Pilgrim Park – 3rd Floor
Waterbury, VT 05671-4030

Mu gihe wanditse ikikubakiye ukaba utashimishijwe n'uko bagikemuye, ushobora gusaba ko babisubiramwo. Umuntu ataho ahengamiye niwe asubiramwo ibikubakiye kugira barabe ko batoba barakurenganije. Baraguha ikete bakakubwira icavuye mw'isubirwamwo ry'urubanza.

Yaba wewe canke umuganga wawe ntibogikoresha bakurwanya mu kwandika ikikubakiye canke mu gushinga urubanza n'ivuriro rya Green Mountain. Nimba ukeneye imfashanyo ku gice cose c'ikikubakiye canke kwitwara, abakozi b'ivuriro Green Mountain bashobora kugufasha- pfa kubaza. Ushobora kubaza uwo mu muryango, umugenzi canke uwundi muntu (nk'umuganga) kugufasha gusaba kwitwara, canke kwandika ikikubakiye. Birakenewe ko ubivuga muri Reta ko ukeneye uwo muntu kugira afashe mu kibanza cawe. Uyo muntu ashobora kuguserukira mu gihe c'urubanza. Iyo utazi ico wokora kuri ivyo usabwa, canke imfashanyo muri izo ntambwe, ca uhamagara mu kigo kijejwe kwakira abakiriya kuri 1-800-250-8427 kugira bagufashe. Ushobora no guhamagara ikigo c'Abashingwamanza b'ivuriro kuri 1-800-917-7787 canke vtlawhelp.org/health kugira ufashwe.

### Gusaba ku kintu cumvikana be n'ingorane ufise

Nimba uri ku rutonde rwa VPharm ukaba ufise ingorane zo kwiyandikisha canke zo kuronka imfashanyo nshasha ya Nedicare PDP (canke ukabwira umuntu wizigiye ko aguserukira). Kora ico ushobora cose kugira utore umuti w'ingorane na Medicare PDP. Mu gihe ivyo bidakunze kandi kubona udafise urwandiko rwo kwa muganga bishobora kugutera ingorane zidasanzwe, ushobora gusaba ko bagushumbusha ku mvo idasanzwe (Gusaba imvo yumvikana be n'ingorane) ivuriro rya Vermont kugira uronke ubufasha ku miti kugeza n'aho ikibazo cawe na Medicare PDP gikemurwa. Mu gukora ivyo, hamagara uwujejwe ikigo citaho abakiriya kuri 1-800-250-8427.

## Ushaka ubufasha?

### Ikigo kijejwe gufasha abakiriya c'ivururio rya Vermont Health Connect na Green Mountain

Ikigo kijejwe kwakira abakiriya c'ivururio rya Vermont Health Connect na Green Mountain. Barakwishura ibibazo ku bijanye n'integuro yawe bakanagufasha mu gihe ufise ibibazo vyo kuvurwa.

Uwujejwe gufasha abakiriya kiba cuguruye kuva isaha 8 zo mu gitondo gushika isaha 5 kuva kuwa Mbere gushika kuwa gatanu (ku misi y'akaruhuko haba hugaye).

### Impinduka ku vyegeranyo

**Utegerzwa gutanga icegeranyo** kuri izo mpinduka mu misi 10 iryo hinduka ribaye:

- Impinduka mu buryo bwawe canke mu muryango
- Ihinduka ry'aho uba
- Ivuka canke itunga ry'abana
- Impfu
- Ubundi bwishingizi bw'amagara y'abantu uronka

### Aho Umushingwamanza w'Ivuriro Akorera (HCA)

Aho Umushingwamanza w'ivuriro akorera (HCA) haguma huguruye kugira bagufashe gutora umuti w'ingorane ufise ku vyerekeye ivuriro ryawe no ku vyerekeye kuvurwa. Ibiro vy'umushingwamanza birongera bikagufasha mu bikubakiye, imanza za DVHA no mu kukuburanira muri sentare. Ushobora guhamagara Umushingwamanza w'ivuriro kuri 1-800-917-7787 canke vtlawhelp.org/health

### Amakuru yiyongera

Turanezerewe no gutanga amakuru ku banywanyi b'ibisata vyacu, ibikorwa n'abatanga ubuvuzi. Vyongeye kuri aka gatabu, ushobora kuronka amakuru nka:

- Urutonde rw'abatanga ubuvuzi b'aho uri bakorera mu nteguro zacu
- Integuro y'amategeko
- Urutonde rwacu rwo gukora ibintu neza
- Amakuru yandi aramvuye ku bisata birihwa

Ushobora kandi kubona ingene wemerwa mu bisata vyacu n'ingene bakuvura ku rubuga ngurukanabumenyi www.greenmountaincare.org.

## Ibindi Bisata Bitajanye n'Imiti

Hari zindi nteguro n'ibindi bisata bihari ku bana, abakuze be n'imiryango. Kwunguruza ivyo bisata birashoboka uravye igisata wiyandikishijemwo. Ku bijanye n'ayandi makuru mu kwemererwa kwiyunguruza, hamagara mu kigo kijejwe kwakira abakiriya. Bimwe muri ibi bisata bifise ibintu bisabwa kugira vyemererwe. Ufise ibibazo canke ushaka kumenya ko ukwije ibisabwa, hamagara ku nomero y'iyi nteguro y'uru rutonde ruri aha munsi.

### Igisata Kijejwe Kuvura Abakuze

Igisata Kijejwe Kuvura Abakuzekirafasha ibintu vyinshi mu gufasha abantu bashaje n'abantu bamugaye kuguma bigenga bishoboka mu nzu zabo. Igisata Kijejwe Kuvura Abakuze kirafasha mu kibano, ibigo vyo kuruhikiramwo ku munsi badasanzwe babamwo bitunganijwe neza abantu bashobora gufashirizwamwo no kuvurirwamwo. Ushaka ayandi makuru, hamagara Igisata kiraba Abamugaye, Abasaza n'Ababayeho mu Bwigenge (DAIL) kuri (802) 241-2401 canke uje kuri https://asd.vermont.gov/services/adult-day-services.

## Urutonde rw'ibindi bihakorerwa

Iki gisata gifasha abantu bakuze bafise ubumuga kubaho bigenga bakronka ibibabeshaho vya buri musi. Abari muri ico gisata nibo batanga akazi, bigisha, bagenzura bakongera bagapanga abakozi mu kuvura abantu. Ushaka ayandi makuru, hamagara Igisata kiraba Abamugaye, Abasaza https://asd.vermont.gov/services/attendant-services-program n'Ababayeho mu Bwigenge (DAIL) kuri (802) 241-2401 canke uje kuri https://asd.vermont.gov/services/attendant-services-program.

## Ibikorwa vyo kuvura abana (CIS)

CIS ni isoko ku bagore bibungenze canke baciye be n'imiryango ifise abana gushika ku myaka kuri itandatu. Imigwi iba ifise ubuhinga mu bijanye n'imibano no gufasha imiryango, ku magara y'abavyeyi n'ay'abana be no kuvura, iterambere ry'umwana no kumufasha akiri muto, amagara yo mu mutwe yo mu bwana no mu muryango, gucunga abana ndetse n'ubundi buhinga (nk'akarorero muvyo gufungura,ijambo no kumenya kuvuga). Ushaka ayandi makuru, hamagara Igisata Kijejwe Abana n'Iterambere ry'Abana n'Ingo kuri (802) 241-3110 canke 1-800-649-2642 canke uje kuri https://dcf.vermont.gov/child-development/cis.

## Ibikorwa vyo kuvura abana Gutabara vyihuse (CIS-EI)

Uru ni urutonde rudasanzwe ku bana bafise munsi y'imyaka 3 bafise ubumuga be no gucerwa mu gukura kwabo. Bafasha abana batoya cane, abana bagereranye n'imiryango bakabafasha hakiri kare. Mu kuronka ayandi makuru, wohamagara ku rubuga rw'Umuryango wa Vrermont kuri 1-800-800-4005.

## Ibikorwa vyo kuvura abana Gutabara vyihuse (CIS-EI)

Igisata co kuvura Abana ni Igisata Kidasanzwe citaho Amagara y'Abana (CSHN) – Igisata co kuvura abantu bafise munsi y'imyaka 21 bafise ubumuga canke ikibazo c'amagara kiboneka kandi c'igihe kirekire hakaba ingaruka iboneka mu gukura kwabo n'ubushobozi bwabo bwo gukora ibikorwa vya minsi yose (ADL). Intumbero y'Igisata citaho Kuvura abana (CPCS) ni ugutanga imfashanyo irengako mu kwitaho umwana. Ushaka ayandi makuru, kuri hamagara 1-(800)-660-4427 canke (802)-863-7338 canke uje kuri https://www.healthvermont.gov/children-youth-families/children-special-health-needs/personal-care-services.

## Amavuriro y'Abana bafise ibibazo bidasanzwe (CSHN) Amavuriro

Uru rutonde rurashiraho Bitaro no gutunganya ubuvuzi ku bana bakeneye kwitabwaho bidasanzwe ku magara yabo. Barongera bagafasha mu kuriha bimwebimwe biba bitarishwe mu kuvurwa n'ubwishingizi ku magara y'abantu Muganga Dynasaur. Hamagara igisata kiraba ivy'amagara y'abantu kuri 1-(800)-660-4427 canke (802)-863-7338 canke tuje kuri https://www.healthvermont.gov/family/special-health-needs.

## Ihitamwo ryivyo bakuvura

Guhitamwo Ingene uvugwa ni urutonde rwo kuvugwa rw'igihe kirekire rujejwe kurihira kwa muganga no kwitaho abantu bashaje b'i Vermont hamwe n'abantu bafise ubumuga bw'umubiri. Ico gisata gifasha abantu kurangura imirimo yabo ya misi yose muhira iwabo, ahantu bavurirwa hatunganijwe neza canke kwa muganga. Abavura ni Ibigo vyitaho w'Abakuze, Ibigo vyitaho Abantu Bashaje, Ibigo vyo kubamwo bifashwa, Ibigo vyo kuvuriramwo n'Ibigo vyo kuvuriramwo bakongera bakabamwo. Ushaka ayandi makuru, hamagara (802) 241-0294 canke uje kuri https://asd.vermont.gov/services/choices-for-care-program.

## Ikigo Citaho Ubumuga bwo mu Mubiri

Ikigo citaho Ubumuga bwo mu Mubiri kirafasha abantu b'imyaka yose bagize ikibazo c'ubumuga bw'umubiri baba muhira n'imiryango yabo. Ico gisata kirimwo gutunganya imiryango, Igisata gitanga ubuzi, gufasha mu kibano na repit. Abakozi bategerezwa kwikorera ibikorwa vy'iterambere canke hakaba amashirahamwe bacako ku bantu bitunganiriza ibikorwa vyabo. Ushaka ayandi makuru, hamagara Igisata kiraba Abamugaye, Abasaza be n'Ubuzima bwo Kwigenga (DAIL) kuri (802) 241-0304 canke uje kuri https://ddsd.vermont.gov/.

## Igisata gifasha mu buryo bw'Amafaranga

Igisata kivyishakiye gishobora gufasha imiryango inyuma y'ubwishingizi ku gisata kiraba amagara y'umwana categuwe kikongera kikemererwa biciye mu rutonde rw'ibitaro CSHN. Hamagara igisata Kiraba ivy'Amagara y'Abantu ca Vermont kuri 1-(800)-660-4427 canke (802)-863-7338 canke uje kuri https://www.healthvermont.gov/children-youth-families/children-special-health-needs/care-coordination.

## Uburyo buciririkiye bw'imiryango

Imfashanyo y' Amafranga Abayabaye ku Miryango ihabwa abantu bafise ubumuga bwo ku mubiri kandi baba mu muryango, canke imiryango ibana ikongera igafasha uwayo afise ubumuga bw'umubiri. Iyo nteguro iremera imiryango, kurya ari yo iyivura, itanga uburaro busanzwe bw'ikirundi kandi buteza imbere ku bana no ku bakuze benshi bafise ubumuga bwo mu mubiri. Amafranga yatanzwe yokoreshwa mw'ibanga mu muryango mu bisata bivura hanyuma imfashanyo igatangwa ku nyungu y'umuntu canke umuryango. Abakozi bajejwe ivy'iterambere (Amashirahamwe yatowe). Ushaka ayandi makuru, hamagara Igisata kiraba Abamugaye, Abasaza be n'Ubuzima bwo Kwigenga (DAIL), Igisata Kiraba Ivy'Iterambere kuri (802) 241-0304 canke uje kuri https://ddsd.vermont.gov/flexible-family-funding.

## Ubuvuzi bwo mu Buhinga Buhanitse

Urutonde rw'Ubuvuzi bwo mu Buhinga Buhanitse ni urutonde rwo kuvurira abantu muhira ku bantu bakoresha ubuhinga buhanitse mu kubaho canke bakenera ibintu vyo kwa muganga bigoye. Intumbero ni ugufasha igikorwa co kuva ku bitaro canke ikindi gisata c'ubuvuzi uja muhira no gukingira aho ico gisata kiba. Ushaka ayandi makuru yo ku bantu barenza imyaka 21, hamagara Igisata kiraba Abamugaye, Abasaza be n'Ubuzima bwo Kwigenga (DAIL) kuri (802) 241-0294 canke uje kuri https://asd.vermont.gov/services/adult-high-technology-services.

Igisata kiraba ivy'abana mu Buhinga Buhanitse kigenzurwa n'Ishirahamwe Rijejwe Abana bakenera Ubuvuzi budasanzwe bafise imyaka iri umsi ya 21. Ushaka ayandi makuru, hamagara kuri 1-(800)-660-4427 canke (802)-863-7338 canke uje kuri https://www.healthvermont.gov/children-youth-families/children-special-health-needs/high-tech-nursing.

## Ibisata Bikorera Muhira

Igisata Gikorera Muhira c'ivuriro Vermont gifasha abana bafise imyaka 18 n'iyirenga bakeneye gufashwa mu tuntu twabo bisangije canke mu dukorwa two muhira kugira babe muhira iwabo. Igisata kiraba ivy'impuzu, kumesa no kugurora. Ico gisata gifasha abantu kubaho bigenga ahantu hameze neza kandi hatomoye. Ababikora ni Amashirahamwe araba ivy'amagara y'Abantu akorera Muhira. Ushaka ayandi makuru, hamagara Igisata kiraba Abamugaye, Abasaza be n'Ubuzima bwo Kwigenga (DAIL) kuri (802) 241-0294 canke uje kuri https://asd.vermont.gov/tags/homemaker.

## Ibitaro bidasanzwe

Ibi bigizwe n'ibintu vyinshi, ibitaro vy'abana, bikorwamwo canke bigakomezwa n'abaforoma canke abaforoma bize n'ivy'imibano, bakora ubuvuzi bwikwije, buhagaze ku muryango bukagirwa no kuvura. Ibi bitaro bifise ubuhinga mu ndawara z'umutima; Indwara z'abana; indwara z'ibitwe binini, mucoviscidose, intandara n'imitsi, indwara z'iminwe, muhekenyi, myelomeningocele, dystrophie musculaire, umugongo, kujugumira, n'izindi ndwara. Hamagara Igisata kiraba ivy'Amagara y'Abantu ca Vermont kuri 1-(800)-464-4343 canke (802)-863-7200 canke uje kuri www.healthvermont.gov.

## Ibisata bidasanzwe

Abaforoma canke abakora mu kuvura bifatanije n'ivy'imibano ba CSHN, bari mu vyicaro vyo mu burere buraba amagara y'abantu baratanga imfashanyo kugira haboneke ubuvuzi buhanitse budakunda kuboneka mu maburiro akorana ubwo nyene na CSHN. Hamagara Igisata kiraba ivy'Amagara y'Abantu ca Vermont kuri 1-(800)-464-4343 canke (802)-863-7200 canke uje kuri www.healthvermont.gov.

## Igisata kijejwe gusuzuma no gufahsa vy'ibanze mu bijanye no kwumviriza mw'ivuriro rya Vermont

Igisata kijejwe gusuzuma no gufahsa vy'ibanze mu bijanye no kwumviriza mw'ivuriro rya Vermont (VTEHDI) kiratanga imfashanyo, inyigisho n'ingene bivura mu miryango n'abana bato, n'abavuzi bo mu kibano. Ubu bugenzi burafasha abarwayi bipimisha kugira baronka ubufasha bw'ibanze. Ayandi makuru kuri ibi bisata, wohamagara kuri 1-(800)-537-0076 canke (802)-651-1872 canke uje kuri https://www.healthvermont.gov/family/health-care/hearing-health.

## Amagara yo mu Mutwe

Reta ya Vermont yagiraniye amasezerano n'amashirahamwe yagenywe mu gihugu cose kugira bafashe mu bikorwa vyinshi vy'amagara yo mu mk mutwe ku bantu no ku miryango ifise ihahamuka rikomeye rifatiye ku bigumbagumba, indwara yo mu mutwe canke ingorane zo mu nyifato kugira ubuzima bwabo buhungabane. Ibikorwa bihinduka ishirahamwe kw'ishirahamwe, ariko ibikorwa nshingiro birahari mu mashirahamwe yose yatowe. Abahuzabikorwa bo mu kigo cose bakorana n'abantu kugira bashireho intonde n'ibikorwa vyose bibonetse kugira baronke inyishu ku vyipfuzo vyabo. Ikindi, amashirahamwe yagenywe aratanga uburenganzira, bivanye n'ibikenewe, mu bisata bitari bike mu rwego rw'igihugu mu kuvurira muhira bikomeye, udutanda tw'indembe canke ivyo kurwarirako vy'ibitaro no kuvura mu bitaro. Ushaka mu Gisata kiraba Abarwayi bo mu Mutwe, wohamagara kuri (802) 241-0090 canke urabe www.mentalhealth.vermont.gov.

## Gusanga Abakuze muhira kubavurirayo

Iki gisata ibikorwa gikora bihinduka ishirahamwe kw'ishirahamwe, kandi kurindira urutonde ni ivya bose. Ico gisata kirimwo kurimbura, guhanura, inyandiko bakwandikiye kwa muganga be n'igendura, be n'ibikorwa bakorera abantu bashika mirongo itandatu barenga bakeneye kuvugwa indwara zo mu mutwe. Ibikorwa bimwebimwe biraboneka biciye mu baganaga bo hanze, kandi abantu bamwe barababarungikako.

## Abana, Imiyabaga no kuvura abagize Imiryango

Iki gisata kiravura kikongera kigafasha imiryango, gurtyo abana n'imiyabaga bafise indwara zo mu mutwe bakabaho, bakiga, bagakura bamerewe neza mu mashure yabo no mu kibano. Ibi bikorwa bigizwe no gupima, kwikingira, gushigikirana, kuvura n'impanuro ku bibazo.

## Gutunganya no Gufasha mu kibano

Iki gisata kirafasha mu bikorwa vyo kuvura mu mutwe mu kibano kugira bafashe abantu kubaho bidegemvya bishoboka mu kibano cabo, mu miryango yabo, mu bagenzi no mu babanyi. Ibisata vyikwije vya CRT biboneka ku bakuze barwaye indwara zo mu mutwe zikomeye kandi zikomeza n'ibimeneytso biboneka vyishura ku zindi mvo zigaragara ziyongera, na canecane ingene igisata gikora n'ingene wagiye urivuza, ubukari bw'ubumuga hamwe n'ibihimba vyononekaye bitagikora.

## Igisata kiraba indembe

Iki gisata kirafasha indembe amasaha mirongo ibiri n'ane, imisi indwi ku nwi ku bantu, amashirahamwe, n'ikibano. Ibikorwa nyamukuru mu ndembe baragufasha guterefona, bakagupima amaso mu yandi, uwukurwaza, be no kugusuzuma.

## Igisata kiraba Abakomeretse mu Bwonko cane

Iki gisata gifasha barwayi bo muri Vermont b'imyaka 16 kurenga batowe igikomere co mu bwonko gisanzwe n'igikomeye. Kirakebanura canke kikarungika abantu baje ku bitaro canke mu yandi mavuriro ahandi hantu mu kibano. Ni ikigo gishingiye ku kwimenyereza, gifatiye ku guhitamwo, gifise intumbero yo gufasha abantu mu bwigenge bwuzuye no kubafasha gusubira mu kazi. Ushaka ayandi makuru, hamagara Igisata kiraba Abamugaye, Abasaza be n'Ubuzima bwo Kwigenga (DAIL) kuri (802) 241-0294 canke uje kuri https://asd.vermont.gov/services/tbi-program.

## Igisata Kiraba Abagore, abana bato cane n'Abana Bakuze (WIC)

WIC ni igisata kiraba ivy'imfungurwa kikazitanga zimeze neza, kwigisha gufungura no kwigisha ingene bonsa ku bantu bafise imbanyi canke baheruka kuronka abana, ku bana, no ku bana bato cane be n'abana bato gushika ku myaka 5. Umuntu wese aronka imfashanyo yo kwa muganga Medicaid aremerewe kuja ku rutonde rwa WIC. Ushaka ayandi makuru no kwinjira muri WIC, ja ku murongo kuri www.healthvermont.gov/family/wic canke wandikire VTWIC kuri 855-11.

**Uburyo Bwiyobgera mu Kibano, ushobora kubisanga kuri www.vermont211.org.**

**Muragabe! Ushaka imfashanyo mu rurimi rwawe, hamagara kuri 1-800-250-8427**

Attention! Si vous avez besoin d'assistance dans votre langue, appelez le 1-800-250-8427

¡Atención! Si necesita ayuda en su idioma, por favor llame al 1-800-250-8427

Pažnja! Ako vam je potrebna pomoć na vašem jeziku, pozovite 1-800-250-8427

Ogow! Haddii aad u baahan tahay in lagugu caawiyo luqaddada, fadlan wac 1-800-250-8427

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Muhimu! Kama wahitaji usaidizi kwa lugha yako, tafadhali piga simu 1-800-250-8427