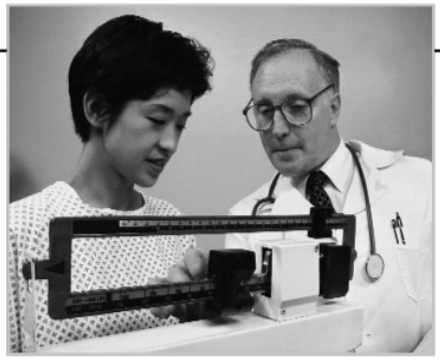

Igisata kigufasha kwakirwa mw'ivuriro rya Vermont
(Vermont Health Access)

Urutonde rw'ivuriro

Agatabo ko mu

GreenMountainCare
A HEALTHIER STATE OF LIVING

Urutonde rw'ibirimwo

Urutonde rw'ibirimwo 2
Karibu kw'ivuriro ryanyu rya Green Mountain Care Program 4
Amazina y'intonde 4
Ikarata karangamuntu yo kwivurizako kw'ivuriro rya Green Mountain 4
Ivuriro n'abaharwarira 5
Uwutanga imfashanyo y'ubuvuzi bwa mbere (PCP) 5
Inyuma y'amasaha yo kwivuza 5
Abaganga b'abahinga 5
Igihe umuganga wawe atemera ubuvuzi bwo kuri Green Mountain Care 5
Kwisuzumisha buri gihe 6
Imiti na Muganga Dynasaur 6
Ibigize urutonde (imfashanyo ushobora kuronka) 6
Abafasha kuriha imiti 7
Udushirukabute 7
EPSDT 7
Ivyo urutonde rw'Ivuriro rutariha 8
Kuronka imfashanyo yo kwa muganga na Muganga Dyansur 9
Ibitamenyerewe 9
Uruhusha rw'ibanze 9
Ibikoresho vyo kwa muganga biramba (DME) 9
Imiti n'Uruhusha rw'Ibanze 11
Ivyihutirwa 11
Iyo utegerezwa kuriha 12
Iyo uronse urupapuro rwemeza ko warishe 12
Iyo ufise ubundi bwishingizi 12
Ufise uburenganzira ku 13
Iragi n'ingene rizotunganywa hakiri kare 13
Kuraga no gutanga intumbero imbere y'igihe 13
Urwego rutanga imfashanyo 14
Guhanahana amakuru n'uwukuvura vy'ibanze(PCP) 14
Kumenyesha ibikorwa vyo mw'ibanga 15
Ubwishingizi bw'Agaciro 15
Hokorwa iki mu gihe Utemeye Ingingo Twafashe 16
Ivyipfuzo 20
Ushaka Ubufasha? 21
Ikigo gifasha abarwayi ca Vermont Health Connect n'ica Green Moutain Care 21

Aho Umushingwamanza w'Ivuriro Akorera (HCA) 22
Ayandi makuru 22
Izindi Ntonde 22
Igisata Kijejwe Kuvura Abakuze 22
Urutonde rw'ibindi bihakorerwa 22
Ibikorwa vyo kuvura abana (CIS) 22
Ibikorwa vyo kuvura abana – Gutabara vyihuse (CIS-EI) 23
Ibikorwa vyihariye kuvura abana 23
Amavuriro y'Abana bafise ibibazo bidasanzwe (CSHN) Amavuriro 23
Ihitamwo ryivyo uvura 23
Ikigo Citaho Ubumuga bwo mu Mubiri 23
Igisata gifasha mu buryo bw'Amafaranga 23
Uburyo bucirirkiye bw'imiryango 24
Ubuvuzi buhanitse bw'Abaforoma 24
Abavurira muhira 24
Amavuriro y'ubuhinga buhanitse 24
Ubuvuzi bufise ubuhinga buhanise 24
Ubuhinga bwo gutata no gufasha vy'ibanze ku vyerekeye kwumviriza vy'i Vermont 25
Amagara yo mu Mutwe 25
Gusanga Abakuze muhira kubavurirayo 25
Abana, Imiyabaga no kuvura abagize imiryango 25
Gutunganya no Gufasha mu kibano 25
Ibikorwa vyo gutabara vyihuta 25
Igisata kiraba Abakomeretse mu Bwonko cane 25
Urutonde rw'Abagore, abana baconka n'abana Bakuze (WIC) 26
Muragabe! Ushaka uwugufasha mu rurimi, wokwakura kuri 1-800-250-8427 26

2022

Kaze ku bikorerwa kw'ivuriro ryanyu rya Green Mountain

Igice ca mbere c'aka gatabu kirimwo amakuru muri rusangi ajanye n'ibikorerwa kuri iryo vuriro vyose. Ibindi bisata bizokubwira amakuru w'aho wewe watoye gukorera.
Mu gihe utazi aho bagushize, canke mu gihe woba ufise ico ubaza, wokwakura kw'ivuriro rya Vermont Health Connect & Green Mountain Care Customer Support Center 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). Izo nomero ushobora no kuzisoma kw' Ikarata karangamuntu yawe baguha kw'ivuriro rya Green Mountain.

Ivuriro rya Green Mountain rirahimiriza abantu bakora ibintu vyiza, haba abantu bitaho neza mu kuvura abanywanyi, kandi ntibihanganira abaganga batakira, birengangiza canke bakagabanya ibikorwa bari gukora. Ivuriro rya Green Mountain Care rirakwitaho ritisunze uko uba uri kwose. Ayandi makuru ku vyerekeye ibikorerwa kw'ivuriro rya Green Mountain uyaronka wakuye ku kigo kijejwe gufasha abakiriya kuri 1-800-250-8427

Ugomba gusubira kuvyo wari warishe kw'ivuriro rya Green Mountain, wokwakura ku kigo kijejwe gufasha bakiriya c'ivuriro rya Vermont Health Connect na Green Mountain kuri 1-800-250-8427. Mu gusubira kuvyo wari warishe wanditse, wokwandikira:

DCF/Economic Services Division
ADPC
103 South Main Street
Waterbury, VT 05671-1500

Amazina y'ibihakorerwa

Medicaid ni urutonde rw'imfashanyo yo kwa muganga ruraba ivyo kuvura abana, abavyeyi, abarwaza, abasaza, abamugaye bose bakwije ibisabwa n'urwo rutonde be no ku bakuze batagira abana nabo nyene bakwije ibisabwa kugira bafaashwe. Urutonde rw'imfashanyo mu kuvura rw'igihe kirekirekire rurahari ku bantu bakwije ibisabwa vyo kwa muganga (batoranijwe n'Igisata kiraba abamugaye, abasaza n'ubuzima bwo kwigenga) n'ingene amafranga n'ubutunzi bihabwa intumbero.

Ikigo Muganga Dynasaur kivura ku buryo buciririkiye canke kikarihira imiti ku buntu imiyabaga iri munsi y'imyaka 19 be n'abagore bibungenze.

Ikarata karangamuntu yawe yo kw'ivuriro rya Green Mountain

Ikarata karangamuntu yawe bayandikako aho uba. Bisaba ko uyerekana ugiye kwa muganga. Mu gihe batakuronkeje Ikarata karangamuntu nshasha mu kiringo c'ukwezi canke ngo baguhe agatabo, canke mu gihe watakaje Ikarata karangamuntu yawe, ca uterefona uwubigufasha kuri 1-800-250-8427 kugira baguhe iyindi nshahsha. Mu gihe ufise ubundi bwishingizi bwo kwa muganga, uca werekana Ikarata karangamuntu zose zikuranga.

Ivuriro n'abaharwarira

Uwutanga imfashanyo y'ubuvuzi bwa mbere (PCP)

Ijambo «ibanze» risobanura «uwa mbere». Uwakuvuye ubwa mbere niwe uhamagara mu gihe ukeneye kwivuza. Uwakuvuye ubwa mbere kenshi niwe abandanya akuvura kandi muguma mukorana kugira agusabire ubuvuzi buhanitse mu gihe bikenewe.

Mu gihe uwakuvuye vy'ibanze ari mushahsha kuri wewe, baza uwo mwatanguranye kugira amuhe amadosiye yo kwa muganga wagiye urivurizako. Ca wakura uwo muganga agukurikirana mushasha (PCP) umubwire ko dosiye zawe zo kwa muganga zashitse. Ni vyiza ko umuganga agukwirikirana atunga dosiye yawe yo kwa muganga.

Ubuvuzi bw'inyuma y'amasaha y'akazi

Gerageza kubaz amuganga agukwirikirana ku bijanye n'amagara yawe mu masaha y'akazi. Iyo ufise ikibazo c'amagara kandi Umuganga wawe (PCP) agukurikirana atariho ari, ushobora kwakura aho akorera kugira bagufashe baguhe n'impanuro.

Aho Umuganga agukurikirana akorera hategerezwa kuba hari umuntu ahaguma amasaha 24 kugira agufashe. Mwosoma muri iki gitabo c'umutwe uvuga ngo **Ivyihutirwa** kugira uronke amakuru akwiye ku vyihutirwa n'igihe haba hari umuntu wo kwihutira mu kuvurwa.

Abaganga b'abahinga

Umuganga w'umuhinga ni umuntu aba yararonse inyigisho zisunununye agakora ku ngwara zimwezimwe zigorana ku magara y'abantu. Nk'akarorero, ufise ingorane z'umutima, umuganga wawe agukurikirana aca agufasha kurondera isango ku umuhinga avura ingwara z'umutima. Uwo yitwa "Umuranzi" Mu bihe vyinshi, ni ukubanzaguca ku muganga agukwirikirana imbere yo kuja kubonana n'umuganga w'umuhinga. Umuganga agukurikirana aragufasha kumenya ko ukenye umuhinga kandi akanagufasha gutora uwo muhinga akenewe uwo ari we. Utegerezwa uwukurangira avuye mu batanga ubuvuzi bawe imbere yuko uja ku wundi muganga adasanzwe ari uwuguha ubuvuzi wa Medicaid. Mu gihe utaronse uwukurangira avuye mu batanga ubuvuzi bawe imbere yo kujayo, urashobora kuhatemberera.

Igihe umuganga wawe atemera ubuvuzi bwo kuri Green Mountain Care

Mu gihe ubonanye n'uwutanga ubuvuzi ubu adasanzwe ari mu nteguro yawe, urashobora kubandanya uja kuri uwo atanga ubuvuzi gushika ku misi 60 inyuma yaho winjiriye iyo nteguro. Ivyo bishobora kuba gusa mu gihe:

- Ufise indwara ikomeye mu buzima, **canke**
- Ufise indwara ikomeye mu buzima, **canke**
- Ufise inda y'amazi arenga atatu, **canke**
- Uwutanga ubuvuzi yemeranije n'igiciro c' iyo nteguro kandi agakurikiza amategeko y'iyo nteguro.

Gutunganya ukwongerako kw'imisi 60, canke kurondera abaranzi n'abatanga ubuvuzi mu nteguro yacu, hamagara Ikigo Gifasha Abanywanyi kuri 1-800-250-8427. Urashobora kandi kubonana n'abatanga ubuvuzi bemera Green Mountain Care ugiye kuri vtmedicaid.com, maze ugafyonda kuri

baronderera Abatanga ubuvuzi. Abatanga ubuvuzi bari ku rutonde nka "abatari mu runani" barashobora kutemera asiranse Green Mountain Care.

Uwutanga ubuvuzi wese mubonana ategerezwa kwemera Green Mountain Care. Mu gihe batavyemeye, ntibazorihwa na Green Mountain Care kuba barakuvuye kandi niwe uzotegerezwa kuriha ico gikorwa. Mu gihe ufise iyindi asiranse y'amagara ishobora kuri kubwa vyose canke igive c'uko kuvugwa, uwutanga ubuvuzi wawe ategerezwa kwemera izo nteguro zose za asiranse.

Kwisuzumisha buri gihe

Ni vyiza misi yose kwirinda kugira ikibazo c'amagara imbere yuko utangura. Inzira imwe yo gukora ivyo ni kwama wisuzumisha ku uwugutanga ubuvuzi wawe. Muganga wawe ashobora kugufasha gufata ingingo kangahe ushobora kwisuzumisha. Baza uwutanga ubuvuzi w'ibanze wawe ivyerekeye guraba ubuvuzi bw'amagara meza ukwiye kuronswa ku myaka yawe n' ibikubangamiye ku ruhande rwawe.

Igisata c'Amagara Meza ca Vermont kirafise impanuro kuvyo kwisuzumisha. Ayandi makuru menshi, hamagara Igisata c'amagara meza ca Vermont kuri 1-800-464-4343, canke temberera runo rubuga kuri www.healthvermont.gov.

Imiti na Muganga Dynasaur

Ibigize urutonde (imfashanyo ushobora kuronka)

Intonde nyinshi zo kw'ivuriro rya Green Mountain zirakurihira umuganga agukwirikirana n'umuhinga, bakakurihira ibitaro, bakakurihira kwandikisha imiti, n'ibindi bitari bike mugabo hisunzwe amategeko kandi bifise aho bigarukira. Ubwirizwa kubanza kuvugana n'umuganga agukwirikirana imbere yo gusaba isango umuhinga. Uwugukwirikirana abwirizwa kubanza kubaza uwubijejwe ko ivyo birimwo muvyo babikurihira imbere yuko ubijamwo. Ufise ikibazo ku bijanye n'ivyo ukeneye bitaboneka ku rutonde rw'ivyo bakurihira, uca wakura uwubijejwe kuri 1-800-250-8427.

- Abarwayi baje bava hanze batarwariye mu bitaro;
- Igisata kiraba indembe;
- Ibitaro (nko kubaga be no kurara amajoro);
- Imbanyi, aho kuvyarira, no kwitaho inzoya zavitse (vyose imbere n'inyuma yo kvuka kw'umwana);
- Igisata kiraba amagara yo mu mutwe no gufata ibiyayuramutwe, harimwo no kuvura indwara zo mu mutwe (harimwo impanuro be kuvura biciye mu kwumviriza);
- Kwandika imiti;

- Ibikorwa vyo kwinagura no kwiyubaka be n'ibikoresho (ibikorwa n'ibikoresho bifasha abantu bafise ibikomere, ubumuga, canke ingwara zidakira kugira bashobore kugira ubushobozi bwo kwiyumvira be no kumera neza mu mubiri);
- Ikigo gikora ibipimo;
- Ibisata vyo gukinga no kubaho neza be no gutunganya neza indwara zidakira;
- Ibisata biraba ivy'amenyo, ivy'amaso be n'ibiraba ivyo kwumva;
- Ibisata biraba ivy'abana; be
- Kwunguruza ivyo kwa muganga bitihuta.

Abafasha kuriha imiti

- Abanywanyi bagize iyo Mfashayo bariha amafaranga y'abanyamerika $3 iyo baje kwivuza amenyo.
- Abanywanyi bagize iyo Mfashayo bariha amafaranga y'abanyamerika $1,$2 canke $3 mu kwandikisha imiti.
- Abakiriya bagana iyo Mfashanyo bariha amafranga y'abanyamerika $3 ku musi ku muntu wo hanze.

Ibisata bimwebimwe bifasha aho bakorera hanze y'ibitaro biba ari ibisata bijejwe gufasha abantu barwaye bo hanze. Baza aho wivurije ko bakurihisha nk'uko waje uva hanze y'ibitaro. Ariko biri, aho uca uriha amafaranga y'abanyamerika $3.

Abana batari bake, abagore bibungenze, n'abantu bavurirwa muhira nta mahera bariha. Abantu basanzwe banditswe bazwi ko bariko baravurwa kanseri yo mw'ibere no mu gitereko abo ntibariha.

Aho batakurihisha ni:

- Ibisata biraba ivyo kwikingira
- Ibisata biraba kuvyara ku rugero n'ibikoresho
- Igisata kiraba indembe
- Igisata kiraba abahohotewe mu gufatwa ku nguvu

Udushirukabute

Abanywanyi bamwe b'ikigo ca Muganga Dyansaur bashobora kuriha ku kwezi agashirukabute. Igitigiri c'agashirukabute ku muryango kivana n'uburyo umuryango winjiza, uko ungana, n'uko amasezerano y'ubwishingizi bwo kwa muganga ameze. Uronse ifagitire ya mbere, ni vyiza guca uyiriha kugira ngo ivyo urihirwa bice bitangura. Kuguma uriha ku gihe kugira ntutakaze ivyo bakurihira kwa muganga. Utaye agapapuro warihiyeko intererano yawe, ca uhamagara uwujejwe kwakira abakiriya kugira akurabire ayo uriha uko anagana n'ingene woyariha.

EPSDT ni iki?

EPSDT ni imfashanyo yo kwa muganga bita Medicaid na Muganga Dyanasaur ku bana no ku bakiri bato bari munsi y'imyaka 21. Irafasha abana kuguma bafise amagara meza uko ishoboye. **EPSDT** bisobanura (E)imbere (P) y'igihe (S)kwipimisha(D)gusuzuma (T)kuvura. Yari ikwiye:

- Gutora indwara hakiir kare, uhereye akivutse
- Ushizemwo gusuzumisha buri igihe ku muganga

- Ukama usuzumisha kugira urabe ahoba akagorane hose
- Ukagirisha ibipimo vyo kwisuzumisha mu gihe hari ingorane wabonye
- Kwivuza aho hose wabonye bitameze neza

Uko EPSDT ikora
EPSDT ni itegeko ry'urunani. Rivuga ko Reta itegerezwa kuriha ibintu vya nkenerwa vyo kwa muganga vyose. **Uko ari ivya nkenerwa kwa muganga** bisigura ko kuri iyo ngorane y'amagara **kandi** ko ko ari co abaganga bamwemwebamwe bari bakwiye gukora kugira batorere umuti iyo ngorane w'iyo ndwara. Iriha vyinshi kurusha ivyo Medicaid iriha ku bakuze. Ibisata bimwebimwe bitegerezwa kwemezwa mu ntumbero yuko hari ibisaba kuronkerwa uruhusha imbere.

Ivyo EPSDT iriha
- Kwipimisha vya buri igihe
- Ibipimo vy'ingene umwana ariko arakura kandi yiga
- Amafoto
- Ibipimo vy'amaso
- Ibipimo vy'amatwi
- Gupima ko wariye ishano
- Abivuza amenyo
- Impanuro

Ni kangahe umwana bomusuzumisha?
Hariho urutonde rw'ibipimo abana n'abakiri bato bari bakwiye kugirisha buri mwaka. Mu kubon aurwo rutonde, fyonda **NGAHA**. Fyonda **NGAHA** kugira ubone urutonde rw'abipimisha amenyo.

EPSDT nti irihira:
- Ibisata canke ingingo zitari mu mategeko y'urunani ruganga Medicaid (agace 1905(a) k'ietehgeko riraba umutekano wo kibano).
- Ubuvuzi bwagerejweko umuntu atizigiye canke budakora.
- Ibisata canke ibikoresho bizimvye cane kandi igisata canke igikoresho kizimvye naco nyene kihari kandi gikora neza.
- Ibisata atri ivy'ubuvuzi.

Ukeneye amakuru akwiye, raba www.dvha.vermont.gov/members canke wakure kuri 1-800-250-8427.

Ivyo urutonde rw'Ivuriro rutariha

- Abakomerekeye ku kazi bategerezwa kurihirwa n'integabizoza yo ku kazi,
- Ibitegerezwa kurihwa vyategetswe na sentare, kiretse bidakenewe kurihirwa kwa muganga,
- Ibisata bifise uburambe canke vyagenzuwe,
- Ibisata vyerekana uko umuntu ameze (ibisata bituma usa neza kurusha),

- Ibisata bitari ngombwa ngo bibe ivyo kwa muganga,
- Guterwa udushinge, gufyondwa, canke gukandwa,
- Kuvura ingwara zijanye no kutavyara (ibisata bigufasha gusama inda),
- Kwinjira mu mugwi uraba ivy'amagara, be
- No kuvura abo mu bihugu vyo hanze.

Kuronka imfashanyo yo kwa muganga na Muganga Dyansur

Ibitamenyerewe

Iyo ivuriro rya Medicaid hari ivyo ritarihiye abakuze kuva ku myaka 21 kurenga, urashobora gusaba ko aba wewe wirihira. Abajejwe gufasha abakiriya barashobora kugufasha kubisaba. Wewe n'umuganga agukwirikirana murasabwa gutanga amakuru ku gisata ca Vermont Health Access ku bijanye n'ubwo buvuzi n'igituma ubushaka. Turakwishura tubicishije mu kukwandikira mu misi itarenga 30. Ubuvuzi bwose burarihwa na EPSDT kuri uyo wese ari munsi y'imyaka 21. Nimba hari ubuvuzi butari ku rutonde kandi wemerewe kuburihirwa, umuganga agukwirikirana ategerezwa kubibaza kugira bibe biri ku rutonde kandi vyaronkewe uruhusha.

Ushaka kumenya ibindi birenga kuri uru rutonde, canke hari ivyo ushaka gusaba bisanzwe bidategekanijwe, wokwakura ku wujejwe gufasha abakiriya kuri 1-800-250-8427. Ushaka kubironka, urashobora guca ku rubuga ngurukanabumenyi kuri www.dvha.vermont.gov/members/vermont-medicaid-programs/member-information/coverage-exceptions

Uruhusha rw'ibanze

Ivuriro rya Green Mountain rikorana n'abaganga, abaforoma n'abandi bahinga kugira bikunde ubuvuzi muronka bube ari bwiza. Ubuvuzi bumwe n'imiti itangwa bisaba kwemerwa imbere yuko mubironka. Ivyo nivyo twita uruhusha rw'ibanze. Ababakwirikirana barazi ico ubwo buvuzi n'iyo miti biri, hanyuma baca basaba ko vyemezwa kugira mubikoreshe.

Ingingo ku bijanye n'uruhusha rw'ibanze zifatwa mu misi itatu mu gihe ibipapuro bisabwa vyose vyatanzwe kugira bisuzumwe. Yaba wewe canke uwugukwirikirana araronka ikete rivuga ingingo yafashwe. Uruhusha rw'ibanze ntirusabwa mu buvuzi bw'indembe.

Ibikoresho vyo kwa muganga biramba (DME)

Ibikoresho vyo kwa muganga biramba (DME) ni ibigufahsa kugira ubuzima ubayemwo bwo kwa muganga bukworohere. Intebe z'ibimuga be n'ibitanda vyo kwa muganga ni akarorero k'Ibikoresho Biramba vyo kwa Muganga (DME).

Ndafise Imfashanyo yo kwa muganga kandi ndi DME. Ndayironka gute?

1. **Umuganga agukwirikirana arakurungika ku wubijejwe kugira agusuzume.**

    - Abahinga bavyo baba ari mu bantu bamenyereye ivyo kugorora canke ergothérapeutes. Uwugusuzuma abitegura muri kumwe. Bisaba ko ubanza kumurindira mu gihe uwugusuzuma agifatiriwe. Birasba naho nyene ko uwutanga ibikoresho DME ategerezwa kubafasha kubipima ko bikora neza. Uwutanga ibikoresho DME ni ishirahamwe ribikora.

- *Muritonda:* Mu gihe ibikoresho DME bisanzwe, ntukenera gusumwa. Iyo uwugukwirikirana avuze ko udakeneye uwugusuzuma, ca usimbira ku ntambwe igira 2.
- Uwugusuzuma niwe amenya DME ukeneye agaca arungikira ivyo yabonye uwugukwirikirana.

2. Uwugukwirikirana arandika urwandiko.

- Uwugukwirikirana aca ashira umukono ku gipapuro cemeza ko yagusuzumye agaca arungika urwandiko rwemeza DME ku wubitanga.

3. Uwutanga ibikoresho DME aca asaba Medicaid ko itanga uruhusha rw'ibanze.

Mu gihe UDAkeneye uruhusha rw'ibanze, ca usimbira ku ntambwe ya 5.

- Iyo ushaka uruhusha rw'ibanze mw'ishirhamwe DME, uwubijejwe aca akurungikira amakuru ku bikwerekeye be n'ibikoeresho ukeney DME kw'ivuriro Medicaid. Uruhusha rw'ibanze rusobanura ko ivuriro Medicaid ritegerezwa kuvyemeza imbere yuko uronka ibikoresho.
- Umuntu wo kwa muganga ajejwe kubisubibiramwo arasbiramwo akaraba ko ivyo mwatanze ari vyo. Uwusubiramwo niwe amenya ko bikenewe ko mukeneye kuronswa ibikoresho vyo kwa muganga.
- Uwusubiramwo wo kwa muganga akenera ayandi makuru kugira amenye ko hari ibikoresho ukeneye vyo kwa muganga. Mu gihe uwusuzuma akenye ayandi makuru, ivuriro Medicaid rica risaba uwujejwe uwutanga ibikoresho DME kuyarungika. Uwujejwe gutanga ibikoresho atanga ayo makuru mu kiringo c'imisi 12. Mu gihe ivuriro Medicaid rifise amakuru yose, uwusuzuma aca afata ingingo mu masaha 72.
- Mu gihe ibikoresho DME bikenewe iyo bagusanze muhira, aho baca bakugendera n'umwe atanga ivyo bikoresho, ari ubwa mbere ibikoresho DME wabisavye

4. Ivuriro Medicaid rirakurunkira Urwete rukumenyesha ingingo yafashwe

- Ivuriro Medicaid rirakumeneysha ingingo yafashwe mu kukwandikira ikete bita Ingingo yo Kumenyesha. Ivuriro Medicaid rica ryongera rikarungikira ikete uwuguha ibikoresho be n'uwuserukira ishirahamwe ritanga ikoresho DME. Muri Vermont, Igisata ca Vermont Health Access (DVHA) nico gitunganya ivya Medicaid, amakete aca arungikwa na DVHA.

5. Uwutanga ibikoresho aca aronka ibikoresho DME vyawe.

Iyo ivuriro Medicaid rivyemeje, uwujejwe gutanga ibikoresho DME aca abiguha canke akabigutumirako.

Iyo ivuriro Medicaid ritavyemeje, urashobora kwitwara kubera iyo ngingo. TMu kwitwara, uca uhamagara uwujejwe gufasha abakiriya kuri 1-800-250-8427. Ivuriro Medicaid ryarakoze ryitanga kugira rigabanye umwanya bifata kugira hemezwe ibikoresho DME biba vyasabwe Vermont. Ku ntebe z'ibimuga zihanitse, biratwara hafi imisi 9. Iki ni ighe gito uravye umwanya amategeko y'ivuriro Medicaid asaba. Ni muto naho nyene uravye kuvyo reta isaba. Ku bijanye n'ibikoresho bisanzwe, umwnya usanga ubaye muto. Mu gihe ufise imfashanyo

y'ivuriro Medicaid na, integuro y'ubwishingizi ku miti canke ubundi bwishingizi, vyoca bitwara umwanya muremure.

Imiti n'Uruhusha rw'Ibanze

Ivuriro rya Green Mountain, co kimwe n'ayandi mashirahamwe y'ubwishingizi, rikora kugira rivure abantu neza ku biciro bitavuna. Kugra ibiciro bigume hasi, Ivuriro rya Green Mountain rirasaba abatanga imiti kuyandika ku ntonde bivanye n'uko imiti bayipfuza. Imiti imwe ku Rutonde rw'Imiti yahiswemwo ni iyi miti isanzwe igumrwa amahera make. Ikora co kimwe n'imiti izimvye usansanga itangazwa mu mashirahamwe y'imiti. Abatanga imiti bakwiye kuvyandika hanyuma abadandaza b'imiti bakandika imiti izimbutse ishobora kuvura neza. Wanse ko imiti bayisubiriza, urutonde rw'ivuriro Green Mountain rwosanga rudashoboye kwiyemeza kuriha imiti batashimye.

Imiti ufata igihe kirekire utegerezwa kuyihabwa muvyo batanga mu kiringo c'imisi 90. Iyo ni imiti ifatwa imisi yose kugira umuntu atorere umuti ibibazo bimwebimwe vy'amagara y'abantu. Bivana n'ibihe abantu barimwo hagaca hajamwo, mugabo bitagarukiye ku miti ifasha kugabanya umurindi w'amaraso, amavuta n'igisukari. Igihe ca mbere ufashe imiti, ushobora gukoresha umwanya muto mu gihe wewe n'uwuyigiha mwabonye ko ari vyiza kuri wewe. Inyuma y'ivyo, uca uhabwa imisi 90 yuko bayiguha.

Iyo uwuyiguha yibaza ko ushaka umuti udashaka canke utoshitsa imisi 90 kugira uwuronke,ashobora kudusabira uruhusha rwo kuriha uwo muti. Mu gihe ushatse urwete rw'urutonde rw'imiti yemewe canke urutonde rw'imiti isaba gutangwa mu misi 90, hamagara uwujejwe gufasha abakiriya canke uje kuri http://dvha.vermont.gov/for-providers/preferred-drug-list-clinical-criteria.

Ivyihutirwa

Indembe ni ingwara ije giturumbuka canke utari witeze, ibihe vy'ubuvuzi, canke ibihe vyo mu mutwe urimwo, hamwe n'ibimeneyetso mwibaza ko ari intambamyi ikomeye ku magara yawe canke ku buzima bwawe mu gihe utivuje neza ubwo nyene. Ubu ni uburorero busanzwe, ariko indembe ntizigarukira kuri uru rutonde:

- Ububabare bwo mu gikaraza
- Amagufa avunguka
- Gucanganikirwa canke intandara
- Kuva amaraso cane
- Gusha bikabije
- Ububabare bukabije
- Ikibazo co kurwara mu mutwe

Ibikoes services post-urgence visant à assurer la stabilité de votre état de santé après une urgence sont également couverts.

Ibikorwa vyo mu ndembe nko gushona, kubaga, iradiyo n'ibindi ivyo vyose barabikurihira.

Mu gihe hari icihuta, hamagara kuri 911 canke ugende ubwo nyene aho bakirira indembe canke ku bitaro bikwegereye kugira babe barakuvura vyihuta. Ntibikenewe ko umuganga agukwirikirana akwandikira urwandiko rugusabira kwivuza iyo vyihutirwa. Kumenyesha umuganga wawe ingene vyagenze igihe cose mubishoboye.

Mu gihe mukeneye kwivuza vyihuta kandi ubwishingizi butakurihira, ivuriro Green Mountain rirakora ibishoboka kugira rikurihire iyo fagitire. Gutanga amakuru hamwe n'ifagitire yose woba wararonse mu kigo kijejwe gufasha abakiriya kuri 1-800-250-8427.

Mumneye ko ivuriro Green Mountain ridashobora kwiyemeza ko abakozi bo hanze bahitamwo kwemera gukoresha ubwishingizi bw'ivuriro rya Green Mountain

Iyo utegerezwa kuriha

Udakwirikije amategeko y'ivuriro, umengo niwe mwirihira vyose. Uturorero tw'igihe ivyo bishobora gushika ni nk'utu:

- Iyo kugira uvugwe bisaba urwandiko rubigusabira canke uruhusha rw'ibanze hanyuma ntururonke imbere yuko uvugwa;
- Iyo uhisemwo kuja kwivuza ku muntu atemera ivyo kw'ivuriro rya Green Mountain; na
- Mu gihe umuganga akubwiye ko batakurihira ariko ukiyemeza kubikora.

Ntiwibagire kubwira umuganga ko uri ku rutonde rw'ivuriro rya Green Mountain. Bazobikubwira mu gihe batemera ubwishingizi bwawe.

Kwirikiza amategeko y'urutonde rwawe mu gihe udashaka amafagitire y'aho wivurije.

Iyo Muronse Fagitire

Ukwirikije amategeko y' urutonde rwanyu, ntimwari mukwiye kuronka fagitire z'ivyo murihirwa, kiretse aho hose mwoba mwakoresheje amahera mufise. Iyo muronse fagitire, kwirikiza intambwe zikwirikira:

- Ugurura fatire ubwo nyene,
- Hamagara umuganga wongere umeneye neza ko azi ko urihirwa ku rutonde rw'ivuriro Green Mountain, kandi
- Hamagara ikigo kijejewe gufasha abakiriya kuri 1-800-250-8427 kugira uronke ubufasha.
- Nturihe ifagitire imbere yuko uhamagara ikigo kijejwe gufasha abakiriya. Ivuriro Green Mountain ico rikora ririha abatanga ivya nkenerwa kw'ivuriro. Murishe ko babavuye, ntidushobora kuyabasubiza.

Iyo Ufise Ubundi Bwishingizi

Iyo ufise ubundi bwishingizi, utegerezwa gukwirikiza amategeko y'ubwo bundi bwishingizi bwawe. Uca ubibaza abagufasha bari muri ubwo bwishingizi bwawe be n'intonde zacu. Uwugufasha ategerezwa kubanza kuguha fagitire y'ubwo bwishingizi bundi. Intonde zacu zishobora kugufasha kuriha ivyo ubwo bwishingizi bwawe bundi butashoboye kuriha.

Amateka n'amategeko vyawe

Ufise uburenganzira ku

- Gufatwa neza mu cubahiro cawe,
- Gufatwa neza mu kwitabwaho,
- Gutora no guhindura uwubaha ibintu,
- Kuronka amakuru ku bikorwa n'abakorera ku rutonde rwanyu,
- Kuronka amakuru akwiye kandi ari ku gihe ku bijanye n'ubuzima bwawe mu majambo mushobora gutahura,
- Kugira uruhara mu ngingo zifatwa ku bijanye n'amagara yawe,na canecane mu kuronka inyishu ku bibazo vyawe kandi ugashobora no kwanka ko bakuvura,
- Gusaba no kuronka ikopi ya dosiye yawe yo kwa muganga, ushobora gusaba ko hari ivyo bahindura mu gihe wibaza ko ibirimwo ari amakosa,
- Kuronka ikindi ciyumviro ku muganga abizi akorana n'urutonde rw'ivuriro rya Medicaid ya Vermont,
- Kuganira ku bikuraje ishinga vyerekeye urtonde rwawe canke amagara yawe (raba ku rupapuro 20 kugira uronke amakuru akwiye),
- Kuba widegemvya ku bijanye n'ubwenge bokurusha,canke kukugumiza wenyene bokoresha kugira bagutere ubwoba, baguhe indero,bakwumvishe canke bihore, hanyuma
- Kwitwara mu gihe banse kukuvura kandi wari ubikeneye. Raba ku rupapuro 19 kugira uronke amakuru akwiye.

Urafise igikorwa co kwitaho amagara yawe:

- Mu kuvugana n'umuganga wawe ibimenyetso na kahise kku magara yawe;
- Mu kubaza ibibazo iyo ukeneye amakuru canke hari ico udatahura;
- Mu gukwirikiza intonde zo kwivuza muba mwarumvikanyeko n'umuganga wawe;
- Kwubahiriza isango canke kumenyesha hakiri kare ko utajayo;
- Kwiga amategeko y'urutonde rwanyu kugira wifate neza mu buvuzi bakugirira;
- Kumenya ko umuganga wawe (PCP) yagufashije neza (mu gihe bikenewe) imbere yuko ubonana n'abandi baganga;
- Gutanga uturusho be n'intererano mu gihe bisabwe;
- Guhamagara kugira usivye canke wigizeyo isango mu gihe ubona bidakunda.

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 rugena" 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.

Uwukuze arakoresha urwandiko rugena umuntu umwe canke benshi canke abokuranwa bafise ubushobozi bwo gufata ingingo ku magara yawe. Ushobora kuvuga uwo muntu ubushobozi afise, ubufasha ku magara yawe ushaka canke udashaka, ukanavuga uko ingorane zawe zotererwa umuti, nko kubijanye n'ivyo gutunganya gufoba uwitavye Imana. Urwandiko rugena rurashobora kandi gukoreshwa mu kugena umuntu canke abantu bagwaza mu gihe akenewe canke abantu udashaka ko bagufatira 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 ibiri mu rwandiko rugena bivanye n'inyifato, ubuntu canke iyindi mishwano yahawe. Ariko, mu gihe umuganga ahakanye, aca akubwira, nimba bikunda ko uca ubwira uwo wari waragenye ko abigukwirikiranira;ko yogufasha kukurungika ku wundi muganga yibaza ko yobigufashamwo neza; akabandanya akuvura mu kurindira ko uwo wundi aboneka; akandika ingorane zijanye n'amagara yawe, intambwe vyafashe kugira uvugwe n'umuti watowe kugira ico kibazo gihere.
Umukozi wese wo kwa muganga, ivuriro ryose canke aha abantu barwarira hose bategerezwa gushiraho amategeko ngenderwako kugira bemerere abarwayi ko inzandiko zigena zirabwa ku buryo hisungwa 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

Mushobora kuronka amkuru ku vyerekeye amategeko y'igihugu, ku nzandiko zigena be n'ivy'amaragi mu kwakura kw'iterefone y'ivuriro rya Vermont kuri 802-828-2909 canke ukaraba ku rubuga ngurukanabumenyi kuri www.vtethicsnetwork.org.

Umutwe 18 uri kuri http://legislature.vermont.gov/statutes/chapter/18/231. Urashobora kuronka ivyo iforoma ushaka canke ayandi makuru mu kuja ku mbuga ngurukanabumenyi ziri ku rutonde, canke ukakura mu kigo gifasha kwumviriza 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.

Kuvuganira ayo makuru n'umuganga agukwirikirana (PCP)

Kugira ufashe umuganga agukwirikirana kugira amenye ko uvugwa neza uko bikwiye, izina ryawe ritegerezwa kuba riri ku rutonde tumuha. Zimwe muri izo ntonde ziba zirimwo ibi bikwirikira:

- Abarwayi bafise indwara y'igisukari batigeze bapimisha amaso yabo mu mwaka uheze,
- Abagore batapimwe canke urugezo rw'amaberebere mu gihe ca vuba,
- Abana badaherutse kuja ku rucanco,
- Imiti abarwayi bafata kugira ibuze ingaruka mbi ku miti itavangwa, be
- Abana bacerwa mu bipimo babwirizwa kugira mu buri gihe.

Kumenyesha Ibikorwa vyo mw'Ibanga

Mu gihe ku ntonde zacu bakwemeje, uca uronka ikete rivuga ko ukwije ibisabwa biri kumwe n'Urwandiko rumenyesha Ibikorwa vyacu 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. Urwo rwandiko ushobora no kurusanga ku rubuga ngurukanabumenyi kuri www.humanservices.vermont.gov/privacy-documents.

Mu gihe wumvise ko amateka yawe yo mw'ibanga yahungabanye, woca ubaza umukozi wo mw'ibanga AHS kuri 802-241-2234 canke urabe www.humanservices.vermont.gov/policy-legislation/hipaa/hipaa-info-beneficiaries/health-information-complaints/.

Ubwishingizi bw'Agaciro

Ivuriro rya Green Mountain rirafise Urutonde rw'Ubwishingizi Butomoye rukwemeza yuko uriko uvurwa neza n'abaganga 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:
- Ivuriro ryakira abantu barwaye indwara zo mu mubiri n'iryakira abrwaye indwara zo mu mjutwe bikorana gute, hanyuma
- Abanywanyi n'abaganga bashimishwa n'iki mu nteguro 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 amkuru y'ingene bavura ku bitaro, ku mavuriro, n'abavurira muhira, canke ikopi yerekana ibikorwa vyiza bikorerwa ku bitaro uciye ku rubuga ngurukanabumenyi www.dvha.vermont.gov/members/vermont-medicaid-programs/member-information/other-resources canke ugahamagara ikigon kijejewe gufasha abakiriya kuri au 1-800-250-8427.

Wokora iki Igihe Udashimye Ingingo Yafashwe ku Rubanza Twaguciriye

Ushobora kwunguruza. Bisobanura ko usaba umuntu akakurabira urubanza rwawe akaraba ko ata makosa twoba twaragize. Guma usoma kugira ubone vyinshi.

Intambwe ya Mbere ni Ugusaba ko ab'Indani ari babanza kugutunganiriza.

- Uba witwaye mu gihe ushobora kuronka canke kugumye Ubufasha bwo kwa muganga/Umuganga. Dynasuar, VPharm, canke urutonde rwo kuziganya rwo kwa muganga? CANKE woba ukeneye agashirukabute?
    - Nimba ari vyo, raba munsi y'umutwe, "Hokorwa iki mu gihe udashimye ingene tukwemereye."
- Uritwara mu gihe Ubufasha bwo kwa muganga/Muganga. Dynasaur ikurihira ivyo kwa muganga?
    - Nimba ari vyo, raba munsi y'umutwe, "Hokorwa iki mu gihe udashimye ingene bakuvuye."

Hokorwa iki mu gihe Utemeye Ingingo Twafashe

Ushobora kwitwara mu gusaba ko Reta Ikwumviriza. Uwujejwe amatohoza yumviriza abantu ari mu mugwi ujejwe ivy'Imibano arakwakira akumviriza ikibazo cawe. Bararaba ko ivuriro rya Vermont ryafashe ingingo ibereye.

Ufise imisi 90 mu gusaba ko Reta Ikwumviriza. Iyo misi 90 itangura uhereye kw'itariki batangiye urwandiko rw'ingingo yafashwe witwariye.

Hari inzira 3 bacamwo kugira Reta ikwumvirize:

- Kw'iterefone-wohamagara uwujejwe ikigo cakira abakiriya kuri 1-800-250-8427;
- Ku murongo-ja kuri AHS.DVHAHealthCareAppealsTeam@vermont.gov ku rubuga ngurukanabumenyi. Mu gihe ufise umurongo VHC, ushobora guhamagra ukoresheje uwo murongo;
- Mu kwandika-rungika kuri:

Human Services Board
14-16 Baldwin St., 2nd Floor
Montpelier, VT 05633-4301

Mw'ikete canke ku ngurukanabumenyi, shirako izina ryawe, itariki y'amavuko, na terefone yawe. Vuga ivyo witwariye n'igituma.

Twarahagritse ubufasha bwawe bwo kwa muganga/Muganga. Dyansaur, VPharm canke Urutonde rwo Kuziganya rwo kwa Muganga? Barashobora kuguma bakurihira kwa muganga mu gihe ukiriko urumvirizwa muri Reta. Ibi tuvyita "Kubandanya uvurwa." (Raba umutwe aha munsi, **Kubandanya kw'uturusho - Ibindi Bintu Ushaka Kumenya – (Kwemerwa be n'ivyo bagukorera**).
Ubisaba mu minsi 11 y'ukubimenyeshwa canke imbere yuko iryo hinduka hari ico ryerekanye, ivyoba vyose mu nyuma. Imisi 11 itangura uhereye kw'itariki ivuriro Medicaid rikumenyesha iyo

ngingo. Utegerezwa kuguma uriha ako gashirukabute kandi ku gihe mu gihe bikiri mu mburano canke ivyo bakurihira bashobora kubihagarika. Kuguma uronswa uturusho two kwa muganga ukiriko uraburana, ni vyiza guca uhamagara mu kigo kijejwe gufasha abakiriya kuri 1-800-250-8427.

Uriko uburanira agashirukabute kawe? Utegerezwa kuguma uriha agashirukabute ku gihe uko kangana kuva kera imbere yuko tukurungikira ikete tukumenyesha ko vyahindutse. Utabikoze uko, imfashanyo yawe ishobora guca ihagarara. Turagusubiza amahera warengejeko mu gihe watsinze muri Reta.

Haba iki mu gihe witwaye muri sentare ya Reta?

Ivuriro Vermont Medicaid rirasubiramwo ivyo bintu vyawe imbere yuko birungikwa kwumvirizwa muri Reta mu Mugwi uraba ivy'Imibano. Dushobora gufata gushika ku misi 15 kugira turabe ko tutihenze. Umunywanyi wo mu murwi ujejwe gukirikirana imanza ziraba ivy'amagara y'abantu azokurondera kugira umusigurire ku bijanye n'urubanza rwawe. Turashobora kubona neza ingorane ufise tutari kumwe kugira bije kwumvirizwa muri Reta.

Iyo tudashobora guhindura ingingo yacu, turagusabira umubonano mu Murwi Ujejwe ivy'Imibano. Uraheza ukaronka ikete bakurungikiye. Uwujejwe amatohoza ariwe azofata ingingo ku bijanye n'urubanza rwawe aca atumako inama kugira aronke amakuru ashobore gufata ingingo mu gihe ivuriro Vermont Medicaid ari ryo ryakoze amakosa. Ni vyiza kwitaba iyo nama. Ushobora kwivugira canke ukarondera uwuguserukira.

Kugira ingingo ifatwe bifata igihe kingana gute? `umugwi ujejwe ivy'imibano utegerezwa gufata ingingo kuri urwo rubanza mu misi 90 ufatiye kw'itariki witwariyeko.

Uripfuza ko urubanza rwawe runyaruka? Tubwire ko kurindira vyogusinzikariza amagara canke ubuzima. Utomboye Reta ikanyarutsa kukwumviriza (vvitwa "Kwumviriza vyihuse vya Reta"), ingingo ku rubanza rwawe ica ifatwa vyihuta bibaho mu gihe muronka imfashanyo yo kwa muganga ya Medicaid kubera uri ikiragi, ikimuga canke ushaje ufise imyaka 65 canke irenga. Mu gihe uronka imfashanyo ya Medicaid ku yindi mvo, uca uronka inyishu mu misi 7.

Uca ukora iki iyo utashimye ingingo yafashwe ku bijanye n'imfashanyo waronka yo kwa muganga.

Intambwe ya Mbere ni Ugusaba ko ab'Indani ari babanza kugutunganiriza.

Mu bagutunganiriza b'Indani, umuntu wo kw'ivuriro Vermont Medicaid atigeze ajamwo mu rubanza rw'ubwa mbere araheza akakwumviriza nawe akagira ingingo afashe. Mu bihe vyinshi, utegerezwa kuronka uw'indani akwumviriza imbere yuko urondera Uwukwumviriza wa Reta.

Ufise imisi 60 kugira urondere uwukwumviriza w'indani. Imisi 60 itangura uhereye kw'itariki ivuriro Vermont Medicaid rikwandikiye rikumenyesha ingingoyafashwe kuri wewe. Umuganga wawe arashobora ko witwara mu gihe ubishaka.

Hariho uburyo 3 mu kwitwara indani:

- Kw'iterefone-Hamagara uwujejwe ikigo citaho abakiriya kuri 1-800-250-8427 (TDD/TTY) 1-888-834-7898
- Ku mbuga ngurukanabumenyi, wandikira AHS.DVHAHealthCareAppealsTeam@vermont.gov
- Mu kwandika ikete, andikira:

  Vermont Health Connect and Green Mountain Care
  Customer Support Center
  101 Cherry St., Suite 320
  Burlington, VT 05401

  Mw'ikete canke ku ngurukanabumenyi, shirako izina ryawe, itariki y'amavuko, na terefone yawe. Vuga ivyo witwariye, ushiremwo ivyo washaka gufashwa n'uko boba barabikwankiye.

Twoba twaragabanije canke twarahagaritse imfashanyo wahora uronka yo kwa muganga? Ushobora kuguma uronka iyo mfashanyo mu gihe ukiriko uraburana indani. Utegerezwa kubisaba mu misi 11 canke imbere yuko imfashanyo ihera, tutaravye ivyoza mu nyuma. Imisi 11 itangura kuva kw'itariki ivuriro Vermont Medicaid mailed rikwandikiye ribikumeneyesha. Ibi tuvyita "Kubandanya uvurwa." (Raba umutwe aha munsi, **Kubandanya kw'uturusho - Ibindi Bintu Ushaka Kumenya – (Kwemerwa be n'ivyo bagukorera).**

Kugira ugume uvugwa, ni vyiza guhamagara ikigo kijejwe gufasha abakiriya kuri 1-800-250-8427 kugira ubibaze.

Haba iki iyo intahe yo ku mugina ishashe? Ivuriro Vermont Medicaid rica ritunganya inama kugira rironke amakuru gurtyo bishobora guhindura iyindi sura ku ngingo ryafashe. Ukwiye kwitaba iyo nama. Ushobora kwivugira canke ukarondera uwuguserukira. Umuganga wawe arashobora kuvuga kugira atange amakuru kw'ivuriro rya Vermont Medicaid.

Ivuriro Vermont Medicaid kenshi ritegerezwa gufata ingingo kuburana indani mu misi 30. Bishobora gufata imisi 14 canke irenga, ariko mu gihe wabisavye canke urengejeko biragufasha. (Nk'akarorero, umuganga wawe arakeneye uwundi mwanya kugira atange amakuru canke ntushobora kugira inama canke utange isango mu mwanya wari wategekanijwe.) Umwanya muremure batarenza ni imisi 44 kugira urubanza rucibwe.

Uripfuza ko ivuriro Vermont Medicaid rikunyarukiriza urubanza? Tubwire ko kurindira vyogusinzikariza amagara canke ubuzima. Mu gihe ivuriro Vermont Medicaid rifashe ingingo yukourubanza runyaruka (vyitwa "urubanza rw'ikibiriraho"), uca uronka inyishu mu masaha 72. Ivuriro Vermont Medicaid rishobora kubona ko vyoteba mu gihe ubisavye canke mu gihe ubona ko vyogufasha. Umwanya muremure ubaho urubanza rutwara ni imisi 17.

Urafise uburengazira bwo kumenya ingene urubanz arwawe rwagenze. Ushobora kubona ibipapuro, amategeko canke ivyemezo twakoresheje. Ushobora kubona inegene twafashe ingingo yuko ivyo wasavye vyumvikana mu buryo bw'ikiganga. Urashobora kuronka ikopi ku buntu z'ivyo bipauro vyose. Mu kuronka izo kopi, hamagara uwujejwe kwakira abakiriya kuri 1-800-250-8427.

Urakeneye umushingwamanza canke iyindi mfashanyo? Ushobora kuronka ku buntu imfashanyo y'umshingwamanza w'ivuriro Vermont. Hamagara aho abashingwamanza b'ivyuriro bakorera kuri 1-800-917-7787. CANKE uje ku rubuga rwabo kuri https://vtlawhelp.org/ ku ngurukanabumenyi. Uzuza iki gipapuro

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. Bararaba ko ivuriro rya Vermont ryafashe ingingo ibereye.

Mu bihe bimwe, utegerezwa guheza kwitwara vy'indani imbere yuko usaba kwumvirizwa muri Reta (ivyo twita «epuisement»). Ariko, iyo ivuriro rya Vermont Medicaid ridaciye urubanza mu gihe ryashinze, ushobora gusaba ko Reta ikwumviriza utabanje kurindira ingingo yafashwe. Twafashe imisi irenga:

- 30 ku rubanza rw'indani CANKE
- Imisi 44 mu gihe wewe canke twebwe twasavye umwanya urenga kuko kurenza ko igihe vyogufasha
- Rubaye urubanza rw'ikibiriraho, amasaha 72 CANKE
- Ku rubanza rw'ikibiriraho, imisi 17 mu gihe wewe canke twebwe twasavye umwanya urenga kuko kurenza ko igihe vyogufasha

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 2 bwo gusaba Kwumvirizwa na Reta:

- Kw'iterefone-hamagara uwujejwe citaho abakiriya kuri 1-800-250-8427 (TDD/TTY) 1-888-834-7898 CANKE uhamagare Umurwi ujejwe ivy'Imibano kuri 802-828-2536
- Ku ngurukanabumenyi-andikira:

  Human Services Board
  14-16 Baldwin St., 2nd Floor
  Montpelier, VT 05633-4301

  Kw'ikete, andika izina ryawe, itariki y'amavuka, n'inomero za terefone yawe. Vuga ivyo witwariye, ushiremwo ivyo washaka gufashwa n'uko boba barabikwankiye.

Twoba twaragabanije canke twarahagaritse imfashanyo wahora uronka yo kwa muganga? Ushobora kuguma uronka imfashanyo mu gihe ucumvirizwa muri Reta. ARIKO utegerezwa kubisaba mu minsi 11 ukirindiriye ingingo bafata y'indani. Utegerzwa gusubira guaba ivuriro Vermont Medicaid kugira rigume rigufasha ivyo ryahora rigukorera mu gihe ukirindiriye ikiva mu ntahe y'indani. Imisi 11 iharurwa uhereye kw'itariki ivuriro Vermont Medicaid iguhaye ingingo yafashwe ku rubanza rwawe. Ibi tuvyita "Kubandanya uvurwa." (Raba umutwe aha munsi, **Kubandanya kw'uturusho - Ibindi Bintu Ushaka Kumenya – (Kwemerwa be n'ivyo bagukorera).**

Kugira ugume uvugwa, ni vyiza guhamagara ikigo kijejwe gufasha abakiriya kuri 1-800-250-8427 kugira ubibaze.

Haba iki mu gihe witwaye muri sentare ya Reta? Uraronka ikete rivuye mu mugwi ujejwe ivy'Imibano. Uwujejwe kukwumviriza ariwe azofata ingingo ku bijanye n'urubanza rwawe aca atumako inama kugira aronke amakuru ashobore gufata ingingo mu gihe ivuriro Vermont Medicaid ari ryo ryakoze amakosa. Ni vyiza kwitaba iyo nama. Ushobora kwivugira canke ukarondera uwuguserukira. Umuganga wawe arashobora kukuvugira canke agatanga amakuru ku mukuru w'intahe.

Bizofata umwanya ungana gute kugira uronke icavuye muri Reta bakwumvirije? Umugwi Ujejwe ivy'Imibano ufata ingingo ku rubanza rwawe mu minsi 90 uhereye kw'itariki witwariyeko indani. Ivyo ntibiraba imisi wasavye kwumvirizwa muri Reta imbere yuko urubanza rw'indani mw'ivuriro Vermont Medicaid rucibwa.

Uripfuza ko urubanza rwawe runyaruka? Tubwire ko kurindira vyogusinzikariza amagara canke ubuzima. Utomboye Reta ikanyarutsa kukwumviriza (vvitwa "Kwumviriza vyihuse na Reta"), ingingo ku rubanza rwawe ica ifatwa mu misi 3 y'akazi.

Kubandanya kw'uturusho - Ibindi Bintu Ushaka Kumenya – (Kwemerwa be n'ivyo bagukorera)

- Mu gihe ariwe wirihiye mu mahera yawe, turashobora kuyagusubiza mu gihe urubanza warutsinze.
- Mu gihe twagumye tukurihira hanyuma ugatsindwa urubanza, **uca uriha** ivyo twagukoreye vyose mu gihe wariko uraburana.
- Urashobora gusaba kuguma uronka uturusho mu gihe uriko urasaba kuburana indani canke Kwumvirizwa na Reta.
- Ivyo wafashwa canke uturusho waronka ku magara yawe ntibishobora kubandanya mu gihe urubanza rw'indani canke Kwumvirizwa muri Reta vyerekeye ico bagufasha canke ivyo ivuriro ryaguha rwaheze canke rwagabanijwe kubera impinduka zabaye mw'itegeko ry'inani canke Reta.

Urakeneye uwugufasha kuburana canke iyindi mfashanyo ku rubanza rwawe?

Ushobora kuronka ku **buntu** imfashanyo y'umshingwamanza w'ivuriro Vermont. Hamagara aho abashingwamanza b'ivyuriro bakorera kuri **1-800-917-7787**. **CANKE** uje ku rubuga rwabo kuri https://vtlawhelp.org/ ku ngurukanabumenyi. Uzuza iki gipapuro.

Ku bijanye n'ibindi vyo kwitwara bijanye n'ingene uvugwa-ushobora gutanga ivyipfuzo

Icipfuzo ni nk'ukwitwara ku bintu ariko bidasaba kuburana, nk' umuganga agukwirikirana aho aba n'ingene agukwirikirana, ingene ukwirikiranwa, canke ko utoroherejwe muvyo wategerezwa kuronka. Ushobora kuvuga ikikubakiye umwanya uwariwo wose. Ushobora kwandika ivyipfuzo mu guhamagara uwujejwe gufasha abakiriya kuri 1-800-250-8427

Wokora iki mu gihe icipfuzo cawe kitizwe neza uko ushaka? Ushobora gusaba ko icipfuzo cawe gisubirwamwo. Uumuntu ataho ahengamiye arashobora kwiga icipfuzo cawe kugira arabe ko mu kuciga bakurikije amategeko. Baraguha ikete bakakubwira icavuye mw'isubirwamwo ry'urubanza.

Ushaka ubufasha?

Ikigo gifasha abarwayi ca Vermont Health Connect n'ica Green Moutain Care

Ikigo kijejwe gufasha abakiriya c'ivuriro rya Vermont Health Connect & Green Mountain kihari kugira kigufashe. Bashobora kukwishura ku bibazo bijanye n'ibirangurirwa kw'ivuriro, bakagufasha kuronka umuganga agukwirikirana PCP, canke bakagufasha ugize ingorane zo kwivuza.

Abagize ikigo kijejwe gufasha abakiriya baba bahari kuva isaha 8 z'agatondo gushika isaha 5 z'umugoroba, kuva ku wa Mbere gushika kuwa Gatanu (imisi y'akaruhuko haba hugaye) kuri 1-800-250-8427 canke TDD 1-888-834-7898.

Icegeranyo gihinduka mu misi 10 y'ihinduka:

- Impinduka mu buryo wijiza canke mu rugo rwawe;
- dImpinduka z'aho uba;
- Amavuka canke abana b'abarerano;
- Impfu, hanyuma
- Canke ubundi bwishingizi ushobora kuronka.

Aho Umushingwamanza w'Ivuriro Akorera (HCA)

Aho abashingwamanaza bakorera (HCA) haguma huguruye kugira babafashe mu ngorane muba mufise ku vyerekeye amagara yawe canke uturusho. Aho abashingwamanaza bakorera hashobora kandi kugufasha gutanga ivyipfuzo vyawe, kwakira imburano canke kwumvirizwa. Ushobora no kubahamagara HCA kuri 1-800-917-7787.

Ayandi makuru

Turanezerewe no gutanga amakuru ku banywanyi b'ibisata vyacu, ibikorwa n'abatanga ubuvuzi. Ivyiyongeye ku biri muri aka gatabu, mwoshobora no guhamagara ikigo cacu kijejwe kwakira abakiriya kuri 1-800-250-8427 canke mukaraba mbuga ngurukanabumenyi www.dvha.vermont.gov ushaka ayandi makuru canke hari bibabazo ufise.

Izindi ntonde

Hari izindi ntonde n'ibindi bikorerwa abana, abakuze, 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 Bikorwa

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 Bijanye no 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 Bijanye n'Abana-Kubafasha hakiri kare (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.

Igisata co kuvura Abana

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.

Ibitaro Vyagenewe Abana Bakeye Kwitabwaho Bidasanzwe (CSHN)

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.

Guhitamwo Ingene Uvugwa

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 kuri (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 bucirirkiye 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 buhanitse bw'Abaforoma

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.

Abavurira 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.

Amavuriro y'ubuhinga buhanitse

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.

Ubuvuzi bufise ubuhinga buhanise

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.

Ubuhinga bwo gutata no gufasha vy'ibanze ku vyerekeye kwumviriza vy'i 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.

Ibikorwa vyo gutabara vyihuta

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.

Urutonde rw'Abagore, abana baconka 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.

Ushaka ayandi makuru ku vyerekeye amikoro yo mu kibano aho uherereye, ushobora kubisanga kuri www.vermont211.org.

Muragabe! Ushaka uwugufasha mu rurimi, wokwakura 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 Jesica, pozovite 1-800-250-8427

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

သတိပြုရန်! မိတ်ဆွေသည် သင့်ဘာသာစကားဖြင့် အကူအညီ လိုပါက၊ ကျေးဇူးပြုပြီး 1-800-250-8427 ကိုခေါ်ပါ။

ध्यान दिनुहोस्! तपाईंलाई आफ्नो भाषामा मद्दत चाहिएको छ भने कृपया 1-800-250-8427-मा फोन गर्नुहोस्।

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