OGEYSIISKA TAKOOR LA'AANTA

Sharcigu waa ka soo horjeedaa takooridda. Adeegyada Caafimaadka Dhimirka ee Ismaamulka San Diego (Qorshaha) wuxuu raacayaa sharciyada xuquuqda madaniga ah ee Gobalka iyo Federaalka. Adeegyada Caafimaadka Dhimirka ee Ismaamulka San Diego (Qorshaha) sifo sharci daro ah uma takooraayo, ugama saaraayo dadka, ama ulama dhaqmaayo dadka si kaduwan dadka kale sabab la xariirta jinsiga, isirka, midabka, diinta, asalka, wadanka ay kasoo jeedaan, aqoonsiga qoomiyadooda, da'da, naafada dhimirka, naafada jidhka, xanuun caafimaad, xogta hide sidaha, xaalada guurka, jinsiga, aqoonsiga jinsiga, ama dookha galmada.

Adeegyada Caafimaadka Dhimirka ee Ismaamulka San Diego (Qorshaha) wuxuu bixiya:

- Kaalmooyinka iyo adeegyada bilaashka ay ku helayaan dadka naafada ah si looga caawiyo inay xariir wanaagsan sameeyaan. sida:
  - Turjumaanada dadka naafada ah oo xirfad leh
  - Xogta qoraalka ah ee ku qoran qaababka kale (farta waawayn, farta indhoolka, codka ama qaababka lagu geli karo elektarooniga)
- Waxay siiyaan adeegyada luuqada oo lacag la'aan ah dadka luuqadooda hooyo aysan ahayn Ingiriiska, sida:
  - Turjumaano xirfad leh
  - Macluumaadka kuqoran luuqado kale

Haddii aad u baahan tahay adeegyadaan, la xiriir Laynka Helitaanka iyo Aafada (ACL) 24 saac maalintii, 7 maalmood asbuucii adoo wacaaya 1-888-724-7240. Ama, haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac 711. Marka aad codsato, dukumiintigaan ayaad ku helaysaa farta indhoolka, far waawayn, cod ahaan, ama qaabab elektarooniga ah.

SIDA LOO GUDBIYO CABASHO

Haddii aad aaminsan tahay in Adeegyada Caafimaadka Dhimirka ee Ismaamulka San Diego (Qorshaha) uu ku fashilmay inuu ku siiyo adeegyadaan ama uu sifo sharci daro ah kuugu takooray qaab kale asagoo cuskanaaya sababo la xariira jinsi, isir, midab, diin, asal, wadanka aad kasoo jeedo, aqoonsiga kooxda qoomiyada, da'da, naadada dhimirka, naafada jirka, xanuun, xogta hide sidaha, xaalada guurka, jinsiga, aqoonsiga jinsiga, ama dookha galmada, waxaad u gudbin kartaa cabasho wakaaladaha xuuqda u dooda ee soo socda. Waxaad cabashada ku gudbin kartaa khadka taleefanka, qoraal ahaan, si toos ah, ama elektarooniga ahaan:

- Ka wac taleefanka:
  - Si lagaaga caawiyo gudbinta cabasho la xariirta **adeegyada bukaan jiifka iyo/ama guryaha la dagan yahay**, waxaad wici kartaa **Barnaamijka Qareennada Bukaanka ee Adeegga Qoysaska Yuhuuda ah (JFS)** ood ka wacayso 619-282-1134 or 1-800-479-2233.
  - Si aad u hesho caawimaad ku aadan gudbinta cabasho la xariirta

adeegyada bukaan socodka, waxaad wici kartaa **Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCHEA)** oo aad ka wacayso laynka bilaashka lagu waco (877) 734-3258 (TTY 1-800-735-2929).
- Ama, haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac 711.

- Qoraal ahaan: Buuxi foomka cabashada ama waraaq qor oo u dir:
  - **Adeegyada Bukaan Jiifka iyo/ama Adeegyada La Dagan yahay:**

    Jewish Family Service of San Diego

    Joan & Irwin Jacobs Campus

    Turk Family Center Community Services Building

    8804 Balboa Avenue

    San Diego, CA 92123
  - **Adeegyada Bukaan Socodka:**

    Consumer Center for Health Education and Advocacy (CCHEA)

    1764 San Diego Avenue, Suite 100

    San Diego, CA 92110

- Si toos ah ugu gee: Booqo xafiiska dhakhtarkaaga ama xarunta dhakhtarka u qandaraaska ka haysta Ismaamulka San Diego una sheeg inaad doonayso inaad cabasho gudbiso.

- Qaabka elektarooniga ah: Booqo webseedyada hoose:
  - **Adeegyada Bukaan Jiifka iyo/ama Adeegyada La Dagan yahay:**

    Adeegyada Qoyska Yuhuuda ah ee San Diego https://www.jfssd.org/our-services/adults-families/patient-advocacy/
  - **Adeegyada Bukaan Socodka:**

    Xarunta U qareemida Waxbarashada iyo U doodista Caafimaadka Macaamiisha (CCHEA) oo aad ka helayso https://www.lassd.org/mental-health-and-substance-abuse-patients-rights/

XAFIISKA XUQUUQAHA MADANIGA AH – WAAXDA ADEEGYADA DARYEELKA CAAFIMAADKA EE CALIFORNIA

Waxaad sidoo kale cabashada xuquuqda madaniga ah u gudbin kartaa Waaxda Adeegyada Daryeelka caafimaadka ee California, Xafiiska Xaquuqda Madaniga adoo ka wacaaya taleefanka, qoraal u diraaya, ama oonlaynka ugu diraaya:

- Ka wac taleefanka: Wac **916-440-7370**. Haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac **711 (California State Relay)**.
- Qoraal ahaan: Buuxi foomka cabashada ama waraaq ahaan ugu dir:

  Department of Health Care Services
  Office of Civil Rights
  P.O. Box 997413, MS 0009
  Sacramento, CA 95899-7413

  Foomamka Cabashada ayaa laga heli karaa:
  https://www.dhcs.ca.gov/discrimination-grievance-procedures

- Qaabka elektarooniga ah: Iimeel u dir CivilRights@dhcs.ca.gov.

XAFIISKA XUQUUQAHA MADANIGA AH – WAAXDA ADEEGYADA CAAFIMAADKA IYO AADANAHA EE MARAYKANKA

Waxaad sidoo kale cabasho xuquuqaha madaniga u gudbin kartaa Waaxda Adeegyada Bani'aadamka iyo Caafimaadka ee Mareeykanka, Xafiiska Xuquuqaha Madaniga ah adoo ka wacaaya taleefanka, waraaq u diraaya, ama oonleenka kala xariiraaya:

- Ka wac taleefanka: Wac **1-800-368-1019**. Haddii aadan si wanaagsan wax u maqli karin ama u hadli karin, fadlan wac **TTY/TDD 1-800-537-7697**.
- Qoraal ahaan: Buuxi foomka cabashada ama waraaq ahaan ugu dir:

  U.S. Department of Health and Human Services
  200 Independence Avenue, SW
  Room 509F, HHH Building
  Washington, D.C. 20201

- Foomamka cabashada ayaa laga heli karaa bartaan http://www.hhs.gov/ocr/office/file/index.html.
- Qaabka elektarooniga ah: Booqo Barta Cabashada Xafiiska Xaquuqda Madaniga ah oo ah at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf