

Xuquuqda Degganaha ee Guryaha Daryeelka La Caawiyo ee Minnesota

Ka hor inta aan adeegyada la bilaabin, deggenyaashu waxay xaq u leeyihiin in xaruntu si cad ugu wargeliso xuquuqda lagu siiyay qodobkan iyo tallaabooyinka ay qaadi karaan haddii xuquuqdooda lagu xadgudbo. Macluumaadkan waa in lagu soo bandhigaa luuqad fudud oo ay deggenyaashu si sahlan u fahmi karaan. Xaruntu waa inay samayso isku-habayn macquul ah oo loogu talagalay deggenyaasha leh caqabado isgaarsiineed ama kuwa aan ku hadlin Af-Ingiriis. Haddii adeeg-bixiyeyaashu ku xadgudbaan xuquuqaha ku xusan qodobkan, waxaa lagu qaadi karaa ganaaxyo iyo tallaabooyin la xiriira ruqsadda shaqada.

Adeeg-bixiyeyaashu waa inay sameeyaan waxyaabaha soo socda:

- Bixinta ogeysiis qoraal ah oo ku saabsan xuquuqda ku xusan [Xeerarka Minnesota, Qodobka 144G.91 \(https://www.revisor.mn.gov/statutes/cite/144G.91\)](https://www.revisor.mn.gov/statutes/cite/144G.91) ka hor inta aan adeegyada la bilaabin. Xaruntu waa inay dadaal kasta samayso si ay xuquuqda ugu soo bandhigto luuqad uu degganuhu fahmi karo.
- In lagu daro warbixin sharxaysa sida loo gudbiyo cabasho ama loo soo sheego xadgudub laga shakisan yahay. Warbixintaas waa inay sidoo kale caddeyso in xaruntu aysan aargudan doonin degganaha sabab la xiriirta cabasho.
- In la helo caddeyn qoraal ah oo muujinaysa in degganuhu helay nuqulka xuquuqda degganaha ee daryeelka la caawiyo ama in la diiwaangeliyo sababta aan caddeyntaasi loo heli karin. Caddeynta helitaanka waa in lagu keydiyaa faylka degganaha.

Ku-dhaqanka

Xuquuqdan waxay khusaysaa dhammaan dadka ku nool guryaha daryeelka la caawiyo ee ku yaalla gobolka Minnesota.

1. Daryeel iyo Adeegyo Ku Habboon.

Deggenyaasha waxay xaq u leeyihiin daryeel iyo adeegyo daryeel la caawiyo oo ku habboon baahiyahooda, kuna salaysan qorshe adeeg oo casri ah, isla markaana waafaqsan heerarka la aqbalay ee daryeelka caafimaadka.

Deggenyaasha sidoo kale waxay xaq u leeyihiin in ay helaan daryeel caafimaad iyo adeegyo kale oo daryeel la caawiyo oo joogto ah, kana yimaada shaqaale si habboon loo tababaray, karti leh, tiro ku filanna u ah in ay bixiyaan adeegyada lagu heshiiyay ee ku qoran heshiiska daryeelka la caawiyo iyo qorshaha adeegga.

2. Diidmada daryeelka ama adeegyada.

Deggenyaasha waxay xaq u leeyihiin in ay diidaan daryeel ama adeegyo daryeel la caawiyo. Xaruntu waa inay degganaha ku wargelisaa cawaaqibta caafimaad, kuwa la xiriira caafimaadka guud, ama kuwa nafsaani ah ee ka dhalan kara diidmada daryeelka ama adeegyada.

3. Ka-qaybgalka qorsheynta daryeelka iyo adeegyada.

Deggenyaasha waxay xaq u leeyihiin in ay si firfircoon uga qayb qaataan qorsheynta, wax ka beddelka, iyo qiimeynta daryeelkooda iyo adeegyadooda. Xuquuqdan waxa ku jira:

- Fursadda ay kula hadli karaan daryeelayaasha ku habboon arrimaha la xiriira daryeelka, adeegyada, daaweynta, iyo xulashooyinka kale.
- Xuquuqda ay ku dari karaan wakiilladooda sharciyeed, wakiillada ay magacaabeen, iyo dadka kale ee uu degganuhu doorto.
- Xuquuqda ah in horay loogu wargeliyo isbeddel kasta oo lagu taliyay oo lagu sameynayo qorshaha adeegga, iyo in si firfircoon looga qayb qaato go'aamada la xiriira isbeddelladaas.

Qof taageero loo magacaabay

- Iyadoo la tixraacayo qodobka ugu dambeeya ee kor ku xusan, xarunta daryeelka la caawiyo waa inay u oggolaataa ugu yaraan hal qof oo taageero loo magacaabay oo uu degganuhu doortay in uu si jir ahaan ah ula joogo degganaha waqtiyada uu degganuhu doorto inta uu ku nool yahay xarunta.
- Ujeedooyinka qodobkan, qof taageero loo magacaabay waxaa loola jeedaa qof kasta oo uu degganuhu doorto si uu u siiyo degganaha raaxo iyo taageero, waxaana ka mid noqon kara xaaska ama sayga degganaha, lammaanaha, xubin qoyska ka mid ah, ama qof kale oo xiriir dhow la leh.
- Xarunta waxay xaddidi kartaa ama mamnuuci kartaa joogitaanka qofka taageerada loo magacaabay haddii qofkaasi uu ku dhaqmo si rabshad ah ama hanjabaad ah oo khatar ku ah dadka kale. Xaruntu sidoo kale waxay xaddidi kartaa joogitaanka qofka taageerada loo magacaabay ilaa inta ay lagama maarmaan u tahay si loo hubiyo in qofkaasi, oo aan deggane ka ahayn xarunta, uusan si ku-meel-gaar ah ama waqti-dheer ugu noolaan xarunta. Haddii xarunta xaddido ama mamnuucdo joogitaanka qofka taageerada loo magacaabay ee degganaha, degganuhu wuxuu xaq u leeyahay inuu gudbiyo cabasho ama weydiin uu u gudbinayo xarunta sida ku cad qodobka 20, Xafiiska Dhexdhexaadiyaha Daryeelka Muddada-Dheer, ama Xafiiska Dhexdhexaadiyaha Caafimaadka Dhimirka iyo Naafonimada Horumarka.

4. Loola dhaqmo si edeb iyo ixtiraam leh.

Deggenyaasha waxay xaq u leeyihiin in loola dhaqmo si edeb leh oo ixtiraam ku dheehan yahay, isla markaana hantida degganaha loola dhaqmo si ixtiraam leh.

5. Xorriyadda ka-madax-bannaanida xadgudubka.

Deggenyaasha waxay xaq u leeyihiin in ay ka madax-bannaan yihiin xadgudub jireed, galmo, iyo mid shucuureed; dayacaad; ka faa'iideysi dhaqaale; iyo dhammaan noocyada xadgudubka ee ku jira Sharciga Dadka Nugul.

6. Xaqa ah in si xor ah loo soo galo loogana baxo.

Deggenyaasha waxay xaq u leeyihiin in ay xarunta u soo galaan ugana baxaan sida ay doortaan. Xuquuqdan waxaa la xaddidi karaa oo keliya sida uu oggol yahay sharci kale, isla markaana waafaqsan qorshaha adeegga degganaha.

7. Madaxbannaani shaqsiyeed.

Deggenyaasha waxay xaq u leeyihiin madaxbannaani shaqsiyeed, is-bilaabid, iyo xorriyad ay ku sameeyaan doorashooyinka noloshooda, oo ay ku jiraan dejinta jadwal maalmeedkooda iyo doorashada dadka ay la falgalayaan.

8. Xaqa lagu maamulo kheyraadka shakhsiga ah.

Xaqa lagu maamulo ilooyinka shakhsiga ah.

9. Booqdayaasha iyo ka-qaybgalka bulshada.

Deggenyaasha waxay xaq u leeyihiin in ay la kulmaan ama ay helaan booqasho waqti kasta oo ka timaadda qoyska degganaha, mas'uulka sharciga ah, ilaaliyaha hantida, wakiilka daryeelka caafimaadka, qareenka, u-doodaha, la-taliyaha diinta ama arrimaha bulshada, ama qof kasta oo kale oo uu degganuhu doorto. Xuquuqdan waxaa lagu xaddidi karaa duruufo gaar ah oo keliya haddii ay lagama maarmaan u tahay caafimaadka iyo badbaadada degganaha, isla markaana lagu diiwaangeliyo qorshaha adeegga degganaha.

Deggenyaasha waxay sidoo kale xaq u leeyihiin in ay ka qayb qaataan nolosha bulshada iyo hawlaha ay doortaan. Tani waxa ku jirta xaqa ay u leeyihiin ka-qaybgalka hawlaha ganacsi, diimeed, bulsheed, jaaliyadeed, iyo siyaasadeed iyaga oo aan la carqaladeyn, isla markaana ku saleysan rabitaankooda, haddii hawlahaasi aanay ku xadgudbayn xuquuqda deggenyaasha kale.

10. Asturnaanta shakhsiga iyo daaweynta.

Deggenyaasha waxay xaq u leeyihiin in la tixgeliyo asturnaantooda, shakhsiyaddooda, iyo aqoonsigooda dhaqan, iyada oo la xiriirta fayoaqabka bulsho, diimeed, iyo mid nafsaani ah. Shaqaaluhu waa inay ixtiraamaan asturnaanta goobta degganaha iyaga oo garaacaya albaabka isla markaana raadinaya oggolaansho ka hor inta aysan gelin, marka laga reebo xaaladaha degdegga ah ama haddii si kale loogu diiwaangeliyey qorshaha adeegga degganaha.

Deggenyaasha waxay xaq u leeyihiin in ay yeeshaan oo ay isticmaalaan albaab qufulan oo u gaar ah qaybta ay ku nool yihiin. Xaruntu waa inay bixisaa qufullo lagu rakibay qaybta degganaha. Kaliya shaqaale leh baahi gaar ah oo ah gelitaanka qaybta ayaa heli kara furayaal. Xuquuqdan waxaa lagu xaddidi karaa duruufo gaar ah oo keliya haddii ay lagama maarmaan u tahay caafimaadka iyo badbaadada degganaha, isla markaana lagu diiwaangeliyo qorshaha adeegga degganaha.

Deggenyaasha waxay xaq u leeyihiin ixtiraam iyo asturnaan la xiriirta qorshaha adeegga degganaha. Wadahadallada kiiska, la-tashiga, baaritaanka, iyo daaweynta waa arrimo sir ah waana in si taxaddar leh oo qarsoodi ah loo sameeyaa. Asturnaanta waa in la ilaaliyaa inta lagu jiro isticmaalka musqusha, qubayska, iyo hawlaha kale ee nadaafadda shakhsiga ah, marka laga reebo xaaladaha loo baahan yahay badbaadada degganaha ama caawimaad.

11. Asturnaanta isgaarsiinta.

Deggenyaasha waxay xaq u leeyihiin in ay si gaar ah ula xiriiraan dadka ay doortaan.

Haddii xarunta daryeelka la caawiyo ay dirayso ama qaadanayso boosto iyada oo ku hadlaysa magaca degganeyaasha, waa inay sidaas sameeyso iyada oo aan faragelin lagu sameyn.

Deggenyaasha waa in la siiyaa helitaan taleefan si ay u sameeyaan ugana helaan wicitaanno.

12. Qarsoodiga diiwaannada.

Deggeneyaasha waxay xaq u leeyihiin in macluumaadkooda shakhsiga ah, dhaqaale, caafimaad, iyo mid daawo lagu hayo si qarsoodi ah, in ay oggolaadaan ama diidaan sii-deynta macluumaadka loo gudbinayo cid kasta oo dibadda ah, iyo in lagu wargeliyo siyaasadaha iyo habraacyada xarunta daryeelka la caawiyo ee la xiriira bixinta macluumaadka. Deggeneyaasha waa in lagu wargeliyaa marka diiwaannada shakhsiga ah laga codsado cid kasta oo dibadda ah.

13. Xaqa alaabayn iyo qurxin.

Deggeneyaasha waxay xaq u leeyihiin in ay alaabeeyaan oo ay qurxiyaan qaybta ay ku nool yihiin iyada oo la raacayo shuruudaha ku qoran heshiiska daryeelka la caawiyo.

14. Xaqa doorashada qof la wada deggan.

Deggeneyaasha waxay xaq u leeyihiin in ay doortaan qof ay wada deggan yihiin haddii ay wadaagaan hal qayb.

15. Xaqa helitaanka cunto.

Deggeneyaasha waxay xaq u leeyihiin in ay helaan cunto waqti kasta. Xuquuqdan waxaa lagu xaddidi karaa duruufo gaar ah oo keliya haddii ay lagama maarmaan u tahay caafimaadka iyo badbaadada degganaha, isla markaana lagu diiwaangeliyo qorshaha adeegga degganaha.

16. Helitaanka tiknoolajiyadda.

Deggeneyaasha waxay xaq u leeyihiin in ay helaan adeegga internetka iyaga oo iska bixinaya kharashkiisa.

17. Cabashooyin iyo weydiimo.

Deggeneyaasha waxay xaq u leeyihiin in ay gudbiyaan cabasho ama weydiin, isla markaana ay helaan jawaab degdeg ah oo ku habboon, iyada oo aan wax xaddidaad ah lagu soo rogin. Deggeneyaasha waxay sidoo kale xaq u leeyihiin in ay ogaadaan, xarun kastana waa inay bixisaa magaca iyo macluumaadka lagala xiriiri karo qofka matalaya xarunta ee loo xilsaaray qabashada iyo xallinta cabashooyinka iyo weydiimaha.

18. Helitaanka talo-sharci iyo adeegyada u-doodista.

Deggeneyaasha waxay xaq u leeyihiin helitaan degdeg ah oo ay ku heli karaan:

- qareenka sharciga ah ee degganaha.
- wakiil kasta oo ka socda nidaamka ilaalinta iyo u-doodista ee ay dawladdu u magacowday sida ku xusan Xeerarka Federaalka, Qodobka 45, Qaybta 1326.21.; ama
- wakiil kasta oo ka socda Xafiiska Dhexdhexaadiyaha Daryeelka Muddada-Dheer iyo Xafiiska Dhexdhexaadiyaha Caafimaadka Dhimirka iyo Naafonimada Horumarka.

19. Macluumaadka ku saabsan kharashaadka.

Ka hor inta aan adeegyada la bilaabin, Deggeneyaasha waxay xaq u leeyihiin in lagu wargeliyo:

- dhammaan kharashaadka la xiriira guryeynta iyo adeegyada daryeelka la caawiyo.
- xaddidaadaha jira ee ku saabsan adeegyada guryeynta iyo daryeelka la caawiyo ee la heli karo.
- haddii la og yahay, in lacag iyo inta ay le'eg tahay laga filan karo ceymiska caafimaadka, barnaamijyada dadweynaha, ama ilo kale.; iyo
- kharashaadka uu degganaha masuulka ka noqon karo bixintooda.

20. kharashaadka uu degganuhu masuulka ka noqon karo bixintooda.

Ka hor inta aan la helin adeegyada ku qoran qorshaha adeegga, Deggeneyaasha waxay xaq u leeyihiin in loo sheego nooca iyo takhasusyada shaqaalaha bixin doona adeegyada, inta jeer ee booqashooyinka la qorsheeyay, iyo doorashooyin kale oo la heli karo si loo daboolo baahiyaha degganaha.

21. Macluumaadka ku saabsan adeeg-bixiyeyaasha iyo adeegyada kale.

Deggeneyaasha waxay xaq u leeyihiin in xarunta daryeelka la caawiyo ay ku wargeliso, ka hor inta aan la saxiixin heshiiska daryeelka la caawiyo, in adeegyo kale oo dadweyne ama gaar loo leeyahay ay jiri karaan, isla markaana in degganuhu xaq u leeyahay inuu iibsado, heshiis la galo, ama ka helo adeegyo adeeg-bixiye kale oo aan ahayn xarunta daryeelka la caawiyo.

22. Golayaasha deggeneyaasha.

Deggeneyaasha waxay xaq u leeyihiin in ay abaabulaan kana qayb qaataan golayaasha deggeneyaasha sida ku qeexan [Xeerarka Minnesota, Qodobka 144G.41, qaybta 5](https://www.revisor.mn.gov/statutes/cite/144G.41#stat.144G.41.5) (<https://www.revisor.mn.gov/statutes/cite/144G.41#stat.144G.41.5>).

23. Golayaasha qoysaska.

Deggeneyaasha waxay xaq u leeyihiin in ay ka qayb qaataan golayaasha qoysaska ee ay sameeyaan qoysaska ama deggeneyaasha sida ku qeexan [Xeerarka Minnesota, Qodobka 144G.41, qaybta 6](https://www.revisor.mn.gov/statutes/cite/144G.41#stat.144G.41.6) (<https://www.revisor.mn.gov/statutes/cite/144G.41#stat.144G.41.6>).

Ujeeddada sharci-dejinta.

Xuquuqaha lagu aasaasay qodobkan ee loogu talagalay danta deggeneyaasha ma xaddidaya xuuquq kale oo sharci ahaan la heli karo. Xarun kastaa ma codsan karto mana ku qasbi karto deggenaha in uu ka tanaasulo mid ka mid ah xuquuqahan wakhti kasta ama sabab kasta ha ahaatee, oo ay ku jirto in loo dhigo shuruud ahaan gelitaanka xarunta.

Ilooyinka

Waxaad la xiriiri kartaa adeeg-bixiyahaaga ruqsadda haysta sida hoos ku xusan.

Magaca hay'adda ruqsadda haysata: _____

Taleefon: _____

limayl _____

Cinwaan: _____

Magaca iyo jagada qofka loo gudbin karo dhibaatooyinka ama cabashooyinka: _____

Soo sheeg xadgudub, dayacaad, ama ka faa'iideysi dhaqaale oo laga shakiyo oo lagu sameeyo qof nugul:

Haddii aad rabto inaad soo sheegto xadgudub, dayacaad, ama ka faa'iideysi dhaqaale oo laga shakiyo, waxaad la xiriiri kartaa Xarunta Minnesota ee Soo-sheegista Xadgudubka Dadka Waaweyn (Minnesota Adult Abuse Reporting Center, MAARC).

Haddii aad cabasho ka qabto xarunta ama qofka bixiya adeegyadaada, waxaad la xiriiri kartaa Xafiiska Cabashooyinka Xarumaha Caafimaadka, Waaxda Caafimaadka ee Minnesota. Waxa kale oo aad la xiriiri kartaa Xafiiska Dhexdhexaadiyaha Daryeelka Muddada-Dheer ama Xafiiska Dhexdhexaadiyaha Caafimaadka Dhimirka iyo Naafonimada Horumarka.

Xarunta Minnesota ee Soo-sheegista ku Xadgudubka Dadka Waaweyn (MAARC)

Taleefon: 1-844-880-1574

Macluumaad dheeraad ah:

Bogga: [Ilaalinta dadka waaweyn ee nugul iyo xadgudubka waayeelka ee Minnesota://mn.gov/dhs/adult-protection/](https://mn.gov/dhs/adult-protection/)

Dhammaan cabashooyinka kale ee aan ahayn xadgudub, dayacaad, ama ka faa'iideysi dhaqaale oo laga shakiyo oo lagu sameeyo qof nugul, fadlan la xiriir Xafiiska Cabashooyinka Xarumaha Caafimaadka ee Waaxda Caafimaadka ee Minnesota:

Waaxda Caafimaadka ee Minnesota, Xafiiska Cabashooyinka Xarumaha Caafimaadka.

P.O. Box 64970

St. Paul, Minnesota 55164-0970

Taleefon: 651-201-4200; ama 1-800-369-7994

Fakis: 651-281-9796

limayl: health.ohfc-complaints@state.mn.us

Bogga: [Office of Health Facility Complaints \(https://www.health.state.mn.us/facilities/regulation/ohfc/index.html\)](https://www.health.state.mn.us/facilities/regulation/ohfc/index.html)

Oggolaanshaha degganaha.

Anigoo hoos ku saxiixan, waxaan qirayaa in aan ka helay adeeg-bixiyahayga daryeelka la caawiyo macluumaad sharxaya xuquuqdayda anigoo ah deggane. Waxa kale oo la ii sheegay sida loo gudbiyo cabasho ama loo soo sheego xadgudub laga shakiyo, waxaana la i siiyay magaca iyo macluumaadka lagala xiriiri karo qofka loo gudbinayo cabashooyinka.

Magaca degganaha: _____

Saxiixa degganaha: _____

Magaca wakiilka degganaha (haddii ay khasayso): _____

Si aad u codsato adeegyada u-doodista, fadlan la xiriir Xafiiska Dhexdhexaadiyaha Daryeelka Muddada-Dheer ama Xafiiska Dhexdhexaadiyaha Caafimaadka Dhimirka iyo Naafanimada Horumarka:

Office Of Ombudsman for Long-Term Care

P.O. Box 64971

St. Paul, Minnesota 55164-0971

Taleefon: 1-800-657-3591; ama 651-431-2555

limayl: MBA.OOLTC@state.mn.us

Web: [Office Of Ombudsman for Long-Term Care \(https://mn.gov/ooltc/\)](https://mn.gov/ooltc/)

Office Of Ombudsman for Mental Health And Developmental Disabilities

332 Minnesota Street

Suite W1410, First National Bank Building

St. Paul, Minnesota 55101-2117

Taleefon: 1-800-657-3506; ama 651-757-1800

limayl: Ombudsman.mhdd@state.mn.us

Bogga: [Office Of Ombudsman for Mental Health And Developmental Disabilities \(https://mn.gov/omhdd/\)](https://mn.gov/omhdd/)

Si aad u codsato la-talin sharci, fadlan la xiriir Mid-Minnesota Legal Aid ama Xarunta Sharciga Naafanimada Minnesota:

Mid-Minnesota Legal Aid/Minnesota Disability Law Center

Protection and Advocacy Systems

430 North Fifth Street

Suite 100

Minneapolis, Minnesota 55403

Taleefon: 1-800-292-4150

limayl: mndlc@mylegalaid.org

Bogga: [Mid-Minnesota Legal Aid/Minnesota Disability Law Center \(http://mylegalaid.org/\)](http://mylegalaid.org/)

Si aad wax uga weydiiso khiyaanada iyo xadgudubka Medicaid ama arrimaha la xiriira biilasha ama lacag-bixinta, fadlan la xiriir Waaxda Adeegyada Dadweynaha ee Minnesota:

Minnesota Department of Human Services

Surveillance and Integrity Review Services

P.O. Box 64982

St. Paul, Minnesota 55164-0982

Taleefon: 1-800-657-3750; or 651-431-2650

limayl: DHS.SIRS@state.mn.us

Si aad wax uga weydiiso arrimaha guud ee la xiriira gabowga, fadlan la xiriir Khadka Isku-xirka Waayeelka:

Minnesota Aging Pathways/Minnesota Board on Aging (formerly known as Senior Linkage Line)

540 Cedar St.

St. Paul, Minnesota 55155

Taleefon: 1-800-333-2433

limayl: aging.pathways@state.mn.us

Bogga: [Minnesota Aging Pathways \(https://mn.gov/aging-pathways/\)](https://mn.gov/aging-pathways/)

Wixii weydiimo ah ee la xiriira guryaha daryeelka la caawiyo ee Waaxda Caafimaadka ee Minnesota, fadlan la xiriir:

Minnesota Department of Health, Health Regulation Division

P.O. Box 64970

St. Paul, Minnesota 55164-0970

Taleefon: 651-201-4200

limayl: health.assistedliving@state.mn.us

Bogga: [Assisted Living Licensure \(https://www.health.state.mn.us/facilities/regulation/assistedliving/\)](https://www.health.state.mn.us/facilities/regulation/assistedliving/)

Wixii su'aalo guud ah ee la xiriira Waaxda Caafimaadka ee Minnesota, fadlan la xiriir:

Minnesota Department of Health

Health Regulation Division

P.O Box 64970

St. Paul, Minnesota 55164-0970

Taleefon: 651-201-4200

limayl: health.fpc-web@health.state.mn.us

Bogga: www.health.state.mn.us

01/01/2026

Si aad macluumaadkan ugu hesho qaab kale, fadlan soo wac: 651-201-4200.