

Muaj cov ntawv theej cia hauv oos lais uas muaj cov kab txuas nrog nyem rau mus saib thiab nplooj vev xaib muaj kev pab:

<https://www.qualitycouncilmn.org/work-group/west-central-transition-work-group/>

Kev Hloov Pauv yog lub sij hawm ncu ntawm qib kawm cuaj thiab kev kawm tiav tsev kawm ntawv qib siab los sis lub khoos kas hloov pauv rau cov tub ntxhais kawm muaj kev xiam oob qhab. Nws yog lub sij hawm thaum cov tub ntxhais kawm, cov tsev neeg thiab cov tsev kawm ntawv saib rau yam uas tub ntxhais kawm yuav xav tau, dhau ntawm cov kev kawm, los ua neej nyob thiab ua hauj lwm tau yam ywj pheej raws li qhov ua tau thaum lawv hloov los ntawm tsev kawm ntawv mus ua lub neej rau thaum loj paub tab lawm.

Qib kawm 7

- ☐ Saib rau cov kev ua kis las uas yuav ua ntawm koj lub tsev kawm ntawv. Nug lawv seb puas muaj thiab nyob rau qib kawm twg. Qee cov tsev kawm ntawv muaj nqis mus txog qib kawm 7.
- ☐ Saib rau cov pab pawg ua kis las thiab lwm cov kis las uas tau muaj thiab saib seb koj tus tub ntxhais kawm puas nyiam mus koom.
 - Yog koj tus tub ntxhais kawm nyiam tab sis xav tau kev pab txhawb, sib tham nrog lub tsev kawm ntawv txog cov hauv kev muaj siv.
- ☐ Cov kev ua kis las yuav tau siv lub cev rau cov kis las. Cov no zoo rau cov muaj hnub nyoog 3 xyoos.



Puas muaj lus nug? mus rau <https://arcminnesota.org/help-desk-now-available/>

Qib kawm 8

- ☐ Sib tham txog ntawm kev hloov pauv ua ib feem ntawm koj tus me nyuam lub rooj sib tham IEP.
- ☐ Kom tau phau ntawv qhia hauv tsev kawm ntawv/txoj kab txuas rau los ntawm Tus Kws Pab Sab Laj Hauv Tsev Kawm Ntawv Qib Siab los sis lawm tus thawj coj saib xyuas IEP. Mus saib phau ntawv qhia yam kawm nrog koj tus tub ntxhais kawm thiab cim rau cov chav kawm uas lawv xav mus sim.
- ☐ Nug seb cov chav kawm teem sij hawm li cas. Mus rau qhov chaw muaj kev kawm tshiab. Nug seb puas muaj qhov chaw tshwj xeeb rau cov tub ntxhais kawm uas xav tau kev pab txhawb. Teem sij hawm mus ncig saib tsev kawm ntawv qib siab yog xav mus.
- ☐ Nug seb thaum twg koj yuav mus saib tau cov sij hawm kawm hauv chav kawm.
- ☐ Koj tus me nyuam tsim nyog yuav tau mus koom nws li Khoos Kas Kawm Ntawv Ntiag Tug (IEP) yog tias lawv tsis tau mus.
 - o <https://www.pacer.org/parent/php/php-c149a.pdf>
- ☐ Saib rau ntau cov kis las/cov pab pawg ua kis las uas sib txawv seb koj tus me nyuam koom tau hom twg. Lub tsev kawm ntawv yeej muaj daim npe no lawm.
- ☐ Pib cia koj tus me nyuam xyaum ntawm tsev yog tias lawv tseem tsis tau ua.
 - o Ntxuav cov tais, tej diav noj mov, pab npaj cov puas mov, pab mus yuav khoom noj
 - o Tu tej khoom hauv lub chav, muab tej khaub ncaws hnav lawm cia rau hauv lub thawj ntim, tu txaj, muab tej khaub ncaws ntim cia, nthua tej khaub ncaws
 - o Cheb nplooj, ywg dej rau paj, cog paj, txiav nroj, kuaj tej daus ntawm chaw nkag los hauv tsev



Puas muaj lus nug? Mus rau <https://arcminnesota.org/help-desk-now-available/>

Qib kawm 9 (14-15)

- ☐ Saib daim npe qib kawm 7- 8.
- ☐ Nug rau MNChoices Daim Ntawv Ntsuam Xyuas nyob ntawm lub chaw ua hauj lwm pab cuam tib neeg hauv koj lub khauj tim los sis lub chaw pab cuam haiv xeeb txawm. Thaum pom tias muaj cai rau lawm, yuav muab tus thawj coj saib xyuas los cob rau. MNChoices kev ntsuam xyuas yuav pab txiav txim cov kev pab cuam uas yuav pab tau zoo rau koj tsev neeg.
 - Becker Khauj Tim Cov Kev Pab Cuam Zej Tsoom 218-847-5628
https://www.co.becker.mn.us/dept/human_services/social_services.aspx
 - Clay Khauj Tim Cov Kev Pab Cuam Zej Tsoom 218-299-7152
<https://claycountymn.gov/1514/Long-Term-Care-Services-Supports---MnCho>
 - Douglas Khauj Tim Cov Kev Pab Cuam Zej Tsoom 320-762-2302
<https://www.douglascountymn.gov/social-services>
 - Grant Khauj Tim Cov Kev Pab Cuam Zej Tsoom 218-685-8323
<https://www.co.grant.mn.us/173/Human-Resources> (Western Prairies)
 - Norman Khauj Tim Cov Kev Pab Cuam Zej Tsoom 218.784.5400
https://www.co.norman.mn.us/departments/social_services/index.pp
 - Ottertail Khauj Tim Cov Kev Pab Cuam Zej Tsoom 218-998-8150
<https://ottertailcounty.gov/assistance-and-support/support-for-families/long-term-care-services-and-supports/>
 - Polk Khauj Tim Cov Kev Pab Cuam Zej Tsoom 281-3127
<https://www.co.polk.mn.us/250/Social-Services>
 - Pope Khauj Tim Cov Kev Pab Cuam Zej Tsoom (320) 634-7755
<https://www.dcoffices.org/office/pope-county-human-services> (Western Prairies)
 - Wilkin Khauj Tim Cov Kev Pab Cuam Zej Tsoom 218-643-7152
<https://wilkincounty.gov/index.asp?SEC=0BD7C602-6709-4811-9251-C1DEA9FE4F6D#B70C83BD-8E02-4AB6-B3C0-DA4C197AFC62>
- ☐ Koj puas muaj tus thawj coj saib xyuas hauv khauj tim?
 - Tus thawj coj saib xyuas xwm txheeb hauv lub khauj tim yuav pab koj mus siv tau ntau cov khoos kas sib txwv. Lawv yog ib feem ntawm koj pab pawg ua kev hloov pauv.
Puas muaj lus nug? Mus rau <https://arcminnesota.org/help-desk-now-available/>

Daim Npe Txheeb



- ☐ Sib tham txog sij hawm kawm tiav hauv lub rooj sib tham IEP. Lawv puas yuav kawm tiav nyob rau 4 xyos? Lawv tsim nyog rov mus saib dua txhua xyoo mus ntsuam xyuas qhov yuav tau ua rau lawv kev hloov pauv. Cov tub ntxhais kawm nyob rau lub IEP tuaj eyem mus koom tsev kawm ntawv kom txog thaum lawv muaj hnuv nyoog 22 xyos yog xav tau.
- ☐ Npaj rau cov yam kawm yuav tau ua rau kev kawm tiav tsev kawm ntawv qib nrab, yog tias nyiam. Rov mus saib daim npe yam kawm thiab kos cim rau cov chav kawm uas lawv yuav tau kawm.
- ☐ Koj tus tub ntxhais kawm puas yuav tau muaj daim ntawv tsav tsheb?
 - Cov chav kawm yuav tau ua los ntawm koj Lub Tsev Kawm Ntawv Qib Siab, Kev Qhia Ntawv Hauv Zej Zog, los sis kev lag luam ntiag tug. Koj lub tsev kawm ntawv qib siab muaj daim npe cov hauv kev ntxim ua tau.
- ☐ Koj puas muaj daim ntawv kawv tiav thiab daim npav xaus saus uas theej cia? Koj tsim nyog tau txais ib daim rau koj tau khaws cia.
 - <https://www.health.state.mn.us/people/vitalrecords/birth.html> (MN birth certificate)
 - <https://www.hhs.nd.gov/vital/birth> (ND daim ntawv hnuv yug)
 - <https://www.ssa.gov/number-card/replace-card> (npav SS)
- ☐ Kev ntsuam xyuas kev hloov pauv. Qhov yog lub tsev kawm ntawv ua.
- ☐ Kawm paub ntiv txog ntawm Cov Kev Pab Cuam Npaj Rau Ua Hauj Lwm (Pre-ETS). Qhov no ua los ntawm kev qhia ua hauj lwm (VR).
 - <https://mn.gov/deed/job-seekers/disabilities/youth/pre-ets/pre-ets-services/>
 - <https://mn.gov/deed/job-seekers/disabilities/find-vrs/> (nrhiav lub chaw ua hauj lwm VR nyob ze koj tshaj)

Cov kev txawj yuav tau tsim kho ncuaj sij hawm kawm hauv tsev kawm ntawv qib siab

- Kev tswj txhab nyiaj, kev npaj peev, thiab kev txawv khwv nyiaj
 - https://drive.google.com/file/d/1_euxsxDxVb9ksyfE7qAOwYeNi0YZAUif/view
- Kev txawj sib txuas lus, sau email, sau ntawv, siv xov tooj
- Kev paub rau kev thauj mus los siv kev thauj zej tsoom mus los
- Cov Kev Saib Xyuas Tus Kheej
 - Kev siv chav dej, kev tu tus kheej kom huv, kev hnav khaub chaws thiab kev hle khaub ncaws, kev ntxhua khaub ncaws, kev tu ib ce,
 - Kev txawj ua noj ua haus
 - Kev ua mov noj, npaj puas noj, kev mus yuav khoom, kev nyab xeeb hauv chav ua mov
- Ua raws cov lus qhia
- Kev tswj sij hawm

Qib kawm 10 (15-16)

- ☐ Daim npe tshab xyuas qib kawm 7-9
- ☐ Caw cov koom haum nyob sab nrauv mus rau koj lub rooj sib tham IEP
 - Tus thawj coj tswj xwm txheeb hauv khauj tim, kev txais cov hluas ua hauj lwm lub caij ntuj sov, Kev Qhia Ua Hauj Lwm, kev kho nyob sab nrauv, cov kws muab kev pab cuam
- ☐ Pib xav txog ntawm cov hauv kev txais ua hauj lwm lub caij ntuj sov los sis cov hauv kev kam mus pab hauj lwm. Kev kam mus pab hauj lwm yuav pab koj tus me nyuam koj muaj lub tsw yim ua tau cov hauj lwm sib txawv li qhov nws nyiam ua.
 - Yog tus tub ntxhais kawm xav tau kev pab los sis qhia ua txoj hauj lwm, txuas lus rau VR. (tej zaum yuav muaj daim npe tos) <https://mn.gov/deed/job-seekers/disabilities/find-vrs/>
 - Lub Khoos Kas Ua Zoo Saib Rau Kev Ua Hauj Lwm (Concentrated Employment Program, CEP) <https://www.rmcep.com/individuals/youth-services-overview>
- ☐ Tau txais lub xeev daim ID los sis daim ntawv tso cai tsav tsheb.
 - <https://dps.mn.gov/divisions/dvs/forms-documents/Documents/ReducedFeeIdentificationCardEligibility.pdf> www.dps.mn.gov
 - Tub ntxhais kawm yuav tau muaj qhov pov thawj ntawm chaw nyob
 - Daim ntawv sau qhia hauv txhab nyiaj muaj nws lub npe thiab chaw nyob
 - Tej ntaub ntawv SSI uas muaj lub nep thiab chaw nyob
 - Daim ntawv sau nqi los ntawm Kws kho mob lub chaw ua hauj lwm
- ☐ Nug koj lub tsev kawm ntawv txog ntawm lawv lub khoos kas rau cov hnuv nyoog 18-22 xyoos.
 - Lawv lub khoos kas zoo li cas?
 - Txheeb txheem qhia ntawv
 - Cov Hnuv
 - Cov Xuab Moos
 - Txoj hauj lwm uas xav ua
- ☐ Qee cov tsev kawm ntawv muaj cov khoos kas tshwj xeeb rau cov muaj hnuv nyoog 18-22 xyoos uas yuav hloov pauv, thiab ib txhia ho tsis muaj.
 - Tej zaum lwm cov cheeb tsam nroog yuav kam qhib tso npe yog tias yog koj nyiam lub khoos kas ntawd.
 - Saib mas ntxim li tseem ntxoov heev rau ua qhov no tab sis nws yuav muaj daim npe tos rau cov khoos kas no nyob rau lwm cov cheeb tsam nroog.

Qib kawm 11 (16-17)

- ☐ Daim npe txheeb xyuas rau qib kawm 9 thiab 10
- ☐ Saib cov tsev nthuav qhia kev hloov pauv los sis qhib kev qhia txog kev hloov pauv qib kawm.
- ☐ Txheeb saib cov hauv kev mus kawm khos lej, kawm ua hauj lwm, los sis cov tsev kawm fab tev niv. Mus ncig saib cov tsev kawm ntawv ntxim li xav mus kawm, saib lawv tej cai rau kev xeeb mus kawm. Qhib siab lug, muaj ntau cov tsev kawm khos lej tab tom tsim kho cov yam kawm rau cov neeg xiam oob qhab.
 - Saib seb lub tsev kawm khos lej twg muaj tej kev yoom yim uas haum siab.
 - Qhov no ua los ntawm cov kev pab cuam rau tus xiam oob qhab los ntawm lub tsev kawm khos lej.
 - Cov cai xeeb mus kawm muaj nrog ACT, SAT. Muaj chaw xeeb mus kawm.
 - https://thinkcollege.net/college-search?f%5B0%5D=tc_state_province%3AMinnesota&f%5B1%5D=tc_state_province%3ANorth%20Dakota
 - <https://www.pacer.org/transition/learning-center/postsecondary/college-options.asp>
- ☐ Rov mus saib tsev kawm ntawv lub sij hawm rau kev kawm tiav
 - Sib tham txog ntawm cov hom phiaj hloov pauv thiab ua kom ntseeg tias IEP cuam tshuam txog cov hom phiaj ntawd. Tsim nyog muab cov hom phiaj ua
 - Kev qhia
 - Kev Kawm
 - Kev txais ua hauj lwm
 - Kev sib tham thiab so kom txaus siab
 - Kev nyob hauv tsev
 - Kev koom nrog zej zog
- ☐ Ua zoo xav pib lub faus dawj rau kev hloov pauv. Qhov no yuav pab koj pab tau.
 - Sau daim npe cov kev txawj
 - Kam mus tso npe thiab ua cov hauj lwm
 - Sau daim npe cov yuav pab ua pov thawj ntawm tsev kawm ntawv, tus neeg, thiab cov kws muaj kev txawj tej xov tooj
 - IEP tam sim no
 - Cov yam kawm ntxiv
 - Cov ntaub ntawv kho mob sau tseg
 - Daim Npe Cov Nyiam Ua
 - Tus Qhab Nia
 - Daim qauv ntawv thov ua hauj lwm uas sau tiav lawm
 - Ib nplooj

Daim Npe Txheeb



- ☐ Kawm paub txog ntawm kev ua tus saib xyuas thiab lwm cov hauv kev, xws li ua kev txiav txim pab txhawb
 - <https://arcminnesota.org/learn-connect/learning-center/guardianship-disabled-adults/>
 - <https://arcminnesota.org/resource/arc-guide-to-guardianship/>
 - <https://www.youtube.com/watch?v=PV-V2PsyRUc>
- ☐ Txuas nrog Kev Qhia Ua Hauj Lwm (Vocational Rehabilitation, VR). Nov yog lub khoos kas uas lub xeev ua tus lis dej num uas pab tau koj tus tub ntxhais kawm kom paub hauj lwm thiab tau ib txoj hauj lwm
 - Cim tseg rau hauv nruab siab tias nws yuav muaj daim npe tau tos rau cov kev pab cuam VR (2-6 lub hlis)
 - <https://mn.gov/deed/job-seekers/disabilities/find-vrs/>
- ☐ Muaj cov hauv kev txais cov kam mus pab
 - Kev kam mus pab yuav pab ua rau paub hauj lwm. Qhov no yuav pab rau tus tub ntxhais kawm txuas tau nrog lub zej zog uas yuav pab tau nrog cov hauv kev ua hauj lwm nyob rau yav tom ntej.
 - Saib cov khoos kas ua hauj lwm tsis vam nyiaj paj hauv zos, Ronald McDonald House, cov pab pawg sib pab, chaw cia khoom noj
- ☐ Pib sau daim npe cov chaw uas nyiam nyob rau hauv lub zej zog, cov hauj lwm uas nyiam ua, cov koom haum, cov tsev noj mov
- ☐ Tub Ntxhais Kawm tsim nyog kawm paub los npaj ua chaw tham thiab so kom txaus siab
- ☐ Paub txog tias lub IEP thaum muaj 17 xyoo hais tias Feem Ntau Lawm Txog Hnub Nyoog Muaj Cai Hloov Pauv Lawm. Cov niam txiv tseem muaj cai los ceeb toom txog ntawm cov kev hloov pauv thiab cov kev ntsuam xyuas, tab sis tub ntxhais kawm yog tus ua kev txiav txim. Yuav tau siv Kev Tso Cai Feem Cai Lij Choj los sis ciam txwv kev ua tus saib xyuas rau cov kev txiav txim fab kev kawm.



Puas muaj lus nug? Mus rau <https://arcminnesota.org/help-desk-now-available/>

Qib kawm 12 (17-18)

- ☐ Daim npe txheeb xyuas rau qib kawm 9-11
- ☐ Ntsuam xyuas tej tev naus laus yis yuav tau siv los pab rau kev kawm, kev txais ua hauj lwm thiab kev ua neej nyob ywj pheej. Cim tseg tias tej khoom uas raug siv nyob ntawm tsev kawm ntawv tab sis tsis xa mus tsev tom qab kawm tiav.
 - Cov cuab yeej pab hais lus
 - FM siv rau ua kom hnov lus
 - Cov pob nias siv rau kev hais lus
 - <https://mn.gov/admin/star/>
- ☐ Tshab xyuas cov hom phiaj hloov pauv
- ☐ Tso npe rau My Vault nyob rau lub vev xaib Siv Rau Neeg Xiam Oob Qhab. My vault yuav pab tau koj ntshawb nrhiav hauj lwm, vaj tsev nyob thiab cov txiaj ntsig.
 - HUB MN Rau Tus Xiam Oob Qhab 1-866-333-2466
 - <https://disabilityhubmn.org/hub-tools/online-resources/my-vault/>
- ☐ TOM QAB lub hnuv yug thib 18, hu mus thiab ua kev teem sij hawm los thov rau Nyiaj Pab Ntxiv Rau Kev Ruaj Ntseg (Supplemental Security Income, SSI) los sis mus teem caij hauv oos lais. Qhov no tuaj yeem siv sij hawm 3-6 lub hlis.
 - <https://youtu.be/jEcEIN5UQOY> (SSI li vis dis aus yog dab tsi)
 - <https://arcminnesota.org/resource/arc-guide-to-supplemental-security-income-ssi/> (SSI lus qhia)
 - Yuav tsum yog tau txiaj txim fab kev muaj mob tias lub cev los sis fab siab ntsws yeej ua tsis tau tiag. Nws muaj nyiaj khwv tau los tsis txaus. Tej khoom muaj nqis tsawg tshaj \$2,000
 - Qhov kev txiaj txim siab no siv sij hawm 3-6 lub hlis
 - Ntawv thov rau SSI 1-800-772-1213 www.ssa.gov
 - Txiaj txim seb koj puas xav tau tus sawv cev pab them nqi <https://www.ssa.gov/payee/>
 - Tus sawv cev pab them nqi yuav tau txais thiab pab tswj qhov kev them nyiaj sawv cev rau tus neeg uas xiam oob qhab.
 - Yog lawv tau txais SSI ua ntej muaj 18 xyoo, lub Xaus Saus yuav tshab xyuas qhov muaj cai rau tau cov txiaj ntsig SSI txuas mus ntxiv.
- ☐ Thaum muaj 18 xyoo TXHUA TUS txiv neej yuav tsum tso npe rau Xaiv Cov Kev Pab Cuam
 - <https://www.sss.gov/register/>
- ☐ Koj puas tau teeb tus as khauj ABLE los sis qhov ntseeg siab tau? Yog koj tau txais cov txiaj ntsig, koj yuav tau ua zoo saib txog ntawm txoj hauv kev txuag nyiaj. Tus askhauj ABLE los sis qhov ntseeg siab tau yuav pab tus neeg uas xiam oob qhab txuag nyiaj yam tsis tshem lawv tawm ntawm cov txiaj ntsig.
 - Tus Askhauj ABLE yog teeb tseg hauv oos lais thiab qhov ntseeg siab tau yog teeb nrog tus kws lij choj.

Daim Npe Txheeb



- <https://savewithable.com/mn/home.html>
- <https://arcminnesota.org/resource/arc-guide-to-able-accounts/>
- <https://arcminnesota.org/ask-an-advocate-special-needs-or-pooled-trust/>

☐ Tso npe tawm suab thaum muaj 18 xyoo

- <https://www.sos.state.mn.us/elections-voting/register-to-vote/>
- <https://arcminnesota.org/self-advocacy-page/advocate/voting-resources/>

☐ Nkag siab txog cov hauv kev muaj rau Kev Pab Cuam Fab Kev Kho Mob (MA) thiab Nyiaj Pab Ntxiv Rau Kev Ruaj Ntseg (SSI) thaum koj tus tub ntxhais kawm muaj 18 xyoo.

- MA cov them nyiaj rau tuam txhab tuav pov hwm thiab cov kev pab cuam raws hauv tsev thiab zej zog.
 - Kev noj qab haus huv fab kev coj cwj pwm
 - Cov khoos kas nruab hnub rau cov laus thiab cov neeg xiam oob qhab
 - Tus Pab Cuam Saib Xyuas Tus Kheej
 - Cov kev pab cuam pab txhawb rau kev ua neej nyob
 - Cov kws qhia kom paub nrhiav hauj lwm
- SSI pab them rau cov nyiaj siv rau kev ua neej nyob
https://www.ssa.gov/ssi?utm_medium=cpc&utm_source=bing&utm_content=ssi-branded-ad5&utm_campaign=cm-ssi-english
- Kev Pab Cuam Kho Mob <https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/medical-assistance.jsp>

☐ Tshab xyuas cov hauv kev rau kev tuav pov hwm kho mob tom qab muaj 18 xyoo thiab seb hom khoos kas twg zoo tshaj rau lub zej zog. Feem ntau lawm, qhov no yog Minnesota Kev Pab Kho Mob.

- Tus neeg ua hauj lwm pab zej tsoom pab tau koj nrhiav qhov no.

☐ Pib saib rau cov hauv kev txog vaj tsev nyob thiab kev ua hauj lwm yav tom ntej.

- Nws yuav muaj daim npe tos rau cov khoom li no
 - Nqe 8 cov ntawv uas yuav pab them rau nqi vaj tsev nyob
 - Cov kev pab txhawb thiab cov kev pab cuam los pab nyob lub tsev ua ib"pab" los sis nyob ywj pheej
 - Cov muab kev txais ua hauj lwm
- Sib tham nrog koj lub khauj tim tus neeg saib xyuas xwm txheej. Lawv yuav muaj cov chaw muaj kev pab rau ntau cov hauv kev sib txawv nyob hauv koj cheeb tsam.
- <https://mn.hb101.org/>

☐ Tsim ib lub phiaj xwm fab nyiaj txiag.

- Tus khauj ABLE
- Sib Ntseeg Siab

Daim Npe Txheeb



- Txoj hauv kev them rau tsev kawm khos lej
- <https://mn.db101.org/>
 - db101 muab cov cuab yeej rau koj thiab tej ntaub ntawv qhia txog txoj hauv kev txais ua hauj lwm, kev pab them rau kev noj qab haus huv thiab cov txiaj ntsig kom haum ua ke

- ☐ Kev Kawm Tiav. Sib tham nrog tus thawj coj saib xyuas xwm txheej txog ntawm kev pib ua yuav zoo li cas. Cov tub ntxhais kawm tuaj yeem mus tau nrog cov neeg hnub nyoog siab ib yam mus pib tab txawm tias lawv twb yuav muaj 22 xyos lawm los xij.
 - Txib yuav cev khaub ncaws thiab lub kaus mom. Koj yuav tau txais tej ntaub ntawv no los ntawm lub tsev kawm ntawv
 - Kev pib nqis tes. Sib tham kom paub ntxaws.
 - Koj tus me nyuam yuav mus zaum qhov twg, lawv puas zaum tau qhov chaw uas tsis muaj qhov pab li los sis puas xav nyob ze leej twg? Leej twg yuav mus nyob ntawd? (yog tseem hluas zog, tus pab qhia, xib fwb, niam txiv)
 - Puas yog koj tus tub ntxhais kawm yuav taug tawm mus tau rau lub sam thiaj los sis yuav tsum muaj tus pab?
 - Puas yog koj tus tub ntxhais kawm nyob puv sij hawm los sis tam tom qab mus rau ntawm lub sam thiaj los?
 - Pab rau tom qab pib ua tiav lub koob tsheej. Koj yuav mus ntsib koj tus tub ntxhais kawm qhov twg?

- ☐ Saib rau ntawm Charting the LifeCourse
 - Cov cuab yeej pab koj txheeb txog leej twg thiab yam dab tsi tseem ceeb rau koj tus tub ntxhais kawm lub neej.
 - Lub neej zoo yuav zoo li cas.
 - Nws pab qhia hom hauj lwm koj tus tub ntxhais kawm yuav nyiam ua.
 - Cov cuab yeej los pab koj tsom xam rau tus neeg kev tawm phiaj xwm.
 - Cov foos rau siv rau Pab Tus Neeg: tus neeg uas xiam oob qhab ua cov hauj lwm no los sis yog tias xav tau tus ua niam txiv/tus saib xyuas/neeg ua hauj lwm los pab lawv (Nyem rau LifeCourse Library and Foundational Tools)
 - <https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/>
 - Yam Tsev Neeg Yuav Tau Ua: cov cuab yeej no yuav kom cov tsev neeg los sau txog tus neeg lawv hlab uas muaj kev xiam oob qhab. (Nyem rau LifeCourse Library and Foundational Tools)
 - <https://www.lifecoursetools.com/lifecourse-library/foundational-tools/family-perspective/>



Puas muaj lus nug? Mus rau <https://arcminnesota.org/help-desk-now-available/>

Hnub nyoog 19-22 xyooos

- ☐ Sib tham txuas mus thiab tham txog ntawm cov hauv kev vaj tsev nyob
 - Yog koj tus tub ntxhais kawm xav tawm mus, ua ib lub phiaj xwm nrog lawv txog ntawm yam lawv xav tau.
 - Puas muaj vaj tsev nyob hauv koj cheeb tsam?
 - Puas yuav siv neeg ua hauj lwm los pab ua kom lawv nyab xeeb? Puas yuav siv tev naus laus yis los pab ua kom lawv ua neej nyob ywj pheej?
- ☐ Nrhiav hauj lwm ua txuas mus ntxiv
 - Siv nrhiav lwm cov hauv kev ua hauj lwm uas sib txawv los pab nrhiav txoj hauj lwm uas lawv nyiam
- ☐ Pab tus neeg koj hlub txuas mus ntxiv nrog rau kev pab txhawb tus kheej.
 - <https://arcminnesota.org/resource/arc-guide-to-self-advocacy/>
- ☐ Ua hauj lwm ywj pheej txuas mus.
 - Cim tseg rau hauv nruab siab tias muaj ntau cov tev naus yis (AT) sib txawv uas pab tau.
 - <https://mn.gov/admin/star/>
 - Cov Chaw Muaj Tev Naus Laus Yis Pab qhia pom txog cov hauv kev sib txawv rau
 - ua hauj lwm
 - nyob tsev
 - so kom txaus siab
- ☐ Yog tias koj yog tus saib xyuas me nyuam, koj yuav tau ua ntawv tshaj tawm txhua xyoo.
 - <https://www.mncourts.gov/mncourtsgov/media/CourtForms/GAC201.pdf?ext=.pdf>
- ☐ Nco ntsoov ua kev tshaj tawm mus rau lub chaw ua hauj lwm SSI yog muaj qhov hloov pauv
 - Daim npe muaj nyob hauv vev xaib tab sis muaj nrog
 - Qhov hloov pauv ntawm qib kev muaj txij nkawm, kev ua neej nyob, qib kev ua hauj lwm...
 - Nco ntsoov tshaj tawm qhia cov nqi zog ua hauj lwm mus rau SSI
 - <https://www.ssa.gov/ssi/text-report-ussi.htm>
- ☐ Yog muaj tus sawv cev them rau SSI, lawv yuav pab koj ua ntawv tshaj tawm txhua xyoo
 - Tus sawv cev them uas nyob rau tib lub tsev yuav tsis tau tshaj tawm.
 - <https://www.ssa.gov/payee/form/>
- ☐ Nrhiav kom tau mus koom ntau yam kev so kom txaus siab/kev sib tham pem hauv zej zog.
 - Cov Pab Pawg Ua Kis Las
 - Cov khoos kas kawm ntawv/cov chav kawm hauv zej zog
 - Koom lub chaw ua kom ib ce muaj zog
 - Cov Kev Ua Kis Las Os Lees Piv tshwj xeeb

Daim Npe Txheeb



- Koom haum ua raws kev ncaj ncees
- Cov kev pov pob npos lees (Bowling)
- Cov khoos kas chaw ncig thiab chaw so ua si
- Cov pab pawg sib koom vim nyiam ib yam (saib noog, ntxiv khaub ncaws...)

☐ Tej zaum koj yuav xav rov mus saib koj lub phiaj xwm fab nyiaj txiag. Koj tsim nyog ua qhov no tsawg kawg ib xyos ib zaug



Puas muaj lus nug? Mus rau <https://arcminnesota.org/help-desk-now-available/>

Xab Phas Saib Xyuas Kev Ua Zoo Hauv Cheeb Tsam Plawv Nroog
Sab Hnub Poob (West Central Regional Quality Council) tau txais
kev pab txhawb nyiaj los ntawm Minnesota Lub Tuam Tsev Hauj
Lwm Pab Cuam Tib Neeg (Department of Human Services)