

Vikasatmak Viklangata wale Kishoron tatha Yuvaon ke liye Upalabdh Sevaayein

*School sevaon se vyask sevaon tak ke
badlav ke dauran aapke jeevan mein kai
parivartan aane wale hain.*

*Yeh guide aapko batayegi ki kisse
sampark karna hai aur kya apeksha
karni hai.*

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Aapki school, Nebraska VR (Vyavasayik Punarvas), tatha DHHS - Vikasatmak
Viklangata Vibhag (DDD) aapko rozgaar prapt karne, swatantrata badhane
tatha samuday se judne mein sahayata karte hain.*

AGENCY AVALOKAN

Aapke high school shikshak, Nebraska VR, tatha Vikasatmak Viklangata Vibhag (DDD) aapko rozgaar prapt karne, swatantrata badhane tatha samuday se judne mein sahayata karte hain. Aapke mata-pita ki anumati se, aapka school Nebraska VR aur/ya DDD ko aapki meetings mein bulakar aapka transition plan banane mein madad kar sakta hai.

14 se 21 varsh ke vidyarthi ke roop mein, aapko apne school aur Nebraska VR se mile sansadhan ka istemal karna chahiye. High school ke baad bhi, Nebraska VR aapke sath kaam jaari rakh sakta hai.

Jab aap chhoot sevaon ke liye yogy hote hain, DDD aapki zaroorat ke anusar aarthik sahayata pradan karta hai. Rozgaar aur anya din ke karyon ke liye chhoot sevaayein school varsh samapt hone ke baad 21 varsh ki aayu mein upalabdh hoti hain.

Yeh guide aapke school se milne wali sevaon ko samjhati hai. Phir yeh Nebraska VR aur DDD ki sevaon ka tulnatmak varnan karti hai.



School

Jab tak aap viklang hain aur vishesh shiksha ki aavashyakta hai, aap vishesh shiksha sevaon aur suvidhaon ke hakdaar hain. Yeh tab tak uplabdh hai jab tak aap graduate karte hain, ya phir us school varsh ke ant tak jisme aap 21 ke ho jaate hain.



Nebraska VR (Vyavasayik Punarvas)

Nebraska VR viklang vidyarthiyon ko rozgaar-poorv parivartan (pre-employment transition) sevaayein deta hai taki ve rozgaar jagat ka anveshan kar saken. Nebraska VR viklang logon ko naukri ke liye taiyyar hone, naukri dhundhne, aur naukri banaye rakhne mein madad karta hai, saath hi vyaparon ke saath kaam karke viklang karmiyon ko recruit, train, aur retain karne mein bhi sahayata karta hai.



DHHS - Vikasatmak Viklangata Vibhag (DHHS-DDD)

DHHS – Vikasatmak Viklangata Vibhag (DDD) Medicaid Gar aur Samuday Adharit Sevaayein (HCBS) chhoot sevaon ke liye vittiya sahayata aur dekh-rekh pradan karta hai. Jab aap yogyata aur dekhbhal star ki sharten puri karte hain tab yeh uplabdh hoti hain. Iska uddeshya hai ki aap swatantrata se jee saken aur samuday tak pahunch saken. 21 varsh ki aayu mein, rozgaar bhi ek anya kendrit kshetra ban jaata hai.

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KYA MUJHE EK ABHIBHAVAK KI ZAROORAT HAI?

School: Jab tak aap 21 varsh ke nahi ho jaate tab tak aapke mata-pita ya kanooni abhivahavak ko aapka IEP banane mein bhag lena anivaarya hai, chahe aap 19 varsh ki aayu (vayask aayu) tak pahunch chuke hon.

Nebraska VR	DDD
Yadi aap 19 varsh se chhote hain aur/ya aapake paas IEP hai, tab ek mata-pita ya pradhikrit pratinidhi ko sabhi prapatron par hastakshar karna avashyak hai, jismein Pre-Employment Transition Services Consent and Release Form shamil hai.	Sevaayein prapt karne ke liye aapko abhivahavak ki zaroorat nahi hai.

Aap kam pratibandhit sahayog par vichar kar sakte hain, jaise ki samarthit decision making ya chikitsiya aur/ya vaityik nirnay ke liye power of attorney (POA).

Agar aap ya aapke mata-pita supported decision making, POA, ya abhivahavakta ke baare mein prashna rakhte hain, toh nimnalikhit agencies aapki sahayata kar sakti hain:

- ♦ **Arc of Nebraska** 402-475-4407
- ♦ **Nebraska ki Viklang Adhikaar Agency (Disability Rights of Nebraska)** 800-422-6691
- ♦ **League of Human Dignity** 402-441-7871
- ♦ **Office of Public Guardian** 402-471-2862
- ♦ **PTI (Parent Training & Instruction)** 800-284-8520

Shabdavali seekhna:

Aapki likhit yojana ke liye alag-alag shabd hote hain, yeh ispar nirbhar karta hai ki sevaayein kaun pradan kar raha hai. Jo log aapko sahayata aur seva dete hain, wahi har yojana aapke saath milkar banate hain. Yojanaen meetings ke dauran likhi jaati hain.

Vyaktigat Shiksha Karyakram (IEP): School ki yojana shiksha lakshyon aur vishesh sevaon ke liye. Ismein varshik shiksha lakshya aur graduate hone ke baad ke lakshya shamil hote hain. Lakshyon mein shamil ho sakta hai ki aap kahan kaam karna chahte hain, kya seekhna zaroori hai, aur kahan rehna chahte hain. Aapka IEP vishesh shiksha, suvidhayein, aur gatavidhiyan shamil karta hai jo aapke lakshya pura karne mein madad karti hain.

Vyaktigat rozgaar Yojana (IPE): Rozgaar ke liye Nebraska VR ki yojana. Ismein aapke lakshya prapt karne ke liye sevaayein shamil hain.

Vyakti-Kendrit Yojana (PCP): DDD ki yojana vyaktigat lakshyon ke liye. Ismein samuday mein bhagidari, dincharya kaushal, rozgaar aur manoranjan gatavidhiyan shamil ho sakti hain.

MAIN KAUN SI SEVAAYEIN PRAPT KAR SAKTA/SAKTI HOON?

School: Aapki vishesh shiksha sevaayein, gatavidhiyan aur suvidhayein aapke varshik IEP lakshyon aur high school ke baad ke lakshyon par aadharit hoti hain. Ismein shamil hai ki aap kahan kaam karna chahte hain, kya seekhna chahte hain, aur kahan rehna chahte hain. Jab tak aap school mein hain, sevaon mein vishesh shikshan, sambandhit sevaayein (jaise therapy), sahayak takneek, suvidhayein, transition yojana, kaam aadharit seekhne ke avsar, aur swatantra jeevan kaushal shamil ho sakta hai training. Jaise-jaise ruchi aur kaushal badalte hain, aapke lakshya aur sevaayein bhi badal sakti hain.

Nebraska VR	DDD
Sevaayein 14 se 21 varsh ke sabhi viklang vidyarthiyon ke liye upalabdh hain.	Sevaayein aapki pahchani gayi zarooraton aur likhit yojana par aadharit hoti hain. Chhoot sevaayein Medicaid dwara bhugtan ki jaati hain, isliye aapke paas Medicaid hona chahiye.
Rozgaar Poorva Parivartan (Pre-Employment Transition) Sevaon mein nimn shamil hain: ♦ naukri ki khoj ♦ kaaryasthal tayyari prashikshan ♦ Prashikshan aur uchch shiksha (post secondary education) paramarsh ♦ kaam aadharit adhigam ♦ Swayam-pakshikaran ki shiksha. Nebraska VR aapki IEP meetings mein bhaag le sakta hai.	Yogya paaye jaane ke baad: ♦ Aapko ek Seva Samanvyak (SC) milega jo aapko chhoot sevaayein pane aur yojana banane mein sahayata karega. ♦ Aawas sevaayein aapke ghar mein pradan ki ja sakti hain taki dincharya kaushalon mein madad mile aur aap samuday tak pahunch saken. ♦ Zaroorat ke anusar sahayak takneek (assistive technology), ghar aur vahan mein sudhar, aur vyaktigat aapatkaal pratikriya pranali (PERS) uplabdh hoti hai.
Agar aapko zyada vyaktigat sevaayein chahiyein, to aap 21 saal ke baad aur school khatam hone par vyask VR sevaon ke liye apply kar sakte hain.	Jab aap 21 varsh ke ho jaate hain aur school samapt ho jaata hai, divas sevaayein uplabdh hoti hain jo aapko rozgaar banaye rakhne, seva kaarya karne, ya kaam ke liye kaushal badhane mein sahayata karti hain.
Vyask VR sevaon mein nimn shamil ho sakte hain: ♦ Aap aur aapke counselor aapki taakat, kshamtaon, ruchi, uplabdh kaushalon aur aavashyaktaon ki pehchan karte hain. ♦ Aapka kaam ka lakshya pahchana jata hai. ♦ Aapke lakshya ko prapt karne ke liye aavashyak vastuon aur sevaon ki pehchan hoti hai. ♦ Nebraska VR aapki IEP meetings mein bhaag le sakta hai.	♦ Aapka SC ve sevaayein nirdharit karega jo aapko chahiye, yojana likhega, aur sevaon ki nigrani karega. ♦ Sevaayein agency ya swatantra pradatan dwara di jaati hain. Aapka SC aapko kisi agency dhoondhne mein madad karega ya phir aapke jane pehchaane vyakti ko swatantra pradatan ke roop mein enroll karne mein sahayata karega.

MAIN AAVEDAN KAISE KARU?

School: Vishesh shiksha sevaon ke liye योग्या hona yeh guarantee nahi deta ki aap Nebraska VR ya DDD ki sevaon ke liye bhi योग्या hongey.

Nebraska VR	DDD
Pre-Employment Transition Services Consent aur Release Form bharen, jo aapke school se ya aapke school ke liye niyukt Pre-Employment Transition Seva Samanvyak se prapt ho sakta hai.	Aap yahan se online apply kar sakate hain: iServe.nebraska.gov ya aap paper aavedan ka yahan se anurodh kar sakate hain: - Nebraska ke kisi bhi DHHS Karyalay mein. - Is number par call karke (877) 667-6266
Aap madad ke liye Nebraska VR Seva Karyalaya se sampark bhi kar sakte hain: www.vr.nebraska.gov/offices	Agar aapko aavedan bharnе mein madad ki zaroorat ho, toh aap apne sthaniya DHHS Karyalaya jaa sakte hain.
<i>Jab aap DDD se sevaon ke liye aavedan karte hain, to DDD aapke school ke pichhle teen Multidisciplinary Team (MDT) reports maangega.</i> <i>MDT reports tab sabse upyogi tab hoti hain jab unmein Buddhi Moolyankan (Intellectual Assessment), Anukoolan Moolyankan, Prabhav, aur Autism Spectrum jankari ho. Ek योग्या visheshagya ko report poori karke sign karna hota hai.</i>	

DDD se Sansadhan:

Koi bhi vyakti DDD योग्या nirdharan ke liye aavedan patra maang sakta hai.

[DDD योग्या page](#) mein MDT mein assessment results ko document karne ka sabse upyogi tareeka diya gaya hai. Aap apne school ko [School Psychologists ki jankari](#) ki taraf refer karna chah sakte hain.

"Ready, Set, Go!" brochure mein DDD ke madhyam se uplabdh sevaon ka varnan hai.

"Shaikshanik Se Vyask Sevaon Me Parivartan (Transitioning from Educational to Adult Services)" brochure mein Vyask chhoot sevaayеin prapt karne ke flowcharts diye gaye hain.

"Shikshak ke liye Sujhaav (Tips for Teachers)" mein shikshak ke liye jankari hai taki ve chhoot sevaayеin samajh saken, jismein assessment ki soochi bhi shamil hai jo school kar sakta hai aur yeh sujhav bhi hai ki aapke SC ko IEP meetings mein bulaya jaaye.

MAIN SEVAAYEIN KAB PRAPT KAR SAKTA/SAKTI HOON?

School: Aapke paas IEP tab tak hota hai aur aap vishesh shiksha sevaayеin tab tak prapt karte hain jab tak aapki viklangata aapke school mein seekhne par gehra prabhav dalti hai. Jab aap graduate ho jaate hain ya agle school varsh se pehle 22 varsh ki ауу poori kar lete hain, toh aap vishesh shiksha sevaayеin prapt nahi karte.

Nebraska VR	DDD
Sevaayеin 14 se 21 varsh ke sabhi viklang vidyarthiyon ke liye upalabdh hain.	योग्या kisi bhi umra mein nirdharit ki ja sakti hai.
Jab Pre-Employment Transition Services Consent aur Release Form par mata-pita ya pratinidhi sign kar dete hain, tab vidyarthi Nebraska VR ke saath kaam shuru karta hai.	Jab aavashyak ho, aapko chhoot sevaon ke liye aavedan karna chahiye. Ek moolyankan hoga jo yah nirdharit karega ki sevaayеin kaise aapke ghar aur samuday mein aapki aavashyaktaon ko poori karti hain.
Jab adhik vyaktigat sevaon ki aavashyakta ho, to aap VR sevaon ke liye aavedan kar sakte hain. www.vr.nebraska.gov/offices	Jab aap 21 varsh ke ho jaate hain aur high school se graduate ho jaate hain to divas sevaayеin upalabdh hoti hain jo aapko naukri banaye rakhne, svyam-seva karne, ya aavashyak kaushal badhane mein madad karti hain.

Nebraska VR se Sansadhan:

[Nebraska VR vidyarthiyon ke liye:](#) un vidyarthiyon ke liye sevaayеin jo rozgaar ki khoj mein hain.

[Transition Services Sajhedaari Planner:](#) Shikshakon ke liye guide jo vidyarthiyon ke liye VR sevaayеin vyavasthit karte hain.

[Rozgaar ki or Raah \(Pathway to Employment\):](#) Poorv-Rozgaar Parivartan Sevaayеin.

[Nebraska VR vyaskon ke liye:](#) un vyaskon ke liye sevaayеin jo rozgaar ki khoj mein hain.

YOGYATA MANDAND KYA HAIN?

School: Vishesh shiksha prapt karne ke liye aapko aisi viklangta honi chahiye jo aapki learning, kaushal aur kshamta ko gahra prabhavit karti ho. Aapki IEP team (shikshak, mata-pita, aur anya log jo aapke saath kaam karte hain) aapke lakshya aur pragati ki samiksha karti hai aur tay karti hai ki kya aapko vishesh shiksha ki aavashyakta ab bhi hai.

Nebraska VR	DDD
Sevaayein sabhi 14 se 21 saal ke viklang students ke liye uplabdh hain jo shiksha karyakram mein hain aur jinhone Pre-Employment Transition Services Consent aur Release Form par hastakshar kiya hai.	Aap vikasantmak viklangata ki paribhasha me aane chahiye, jo yahan par di gayi hai, Neb. Rev. Stat. 83-1205.
Andhapan ya kam drishti pramukh viklangata nahi ho sakti.	Mansik beemari aapki viklangata ka ekmatra karan nahi ho sakti.
Nebraska VR aapke school aur mata-pita ke saath milkar jankari ikatthi karta hai. Ismein vishesh shiksha ya chikitsa records shamil ho sakte hain.	Aapki viklangata 22 sal se pehle shuru honi chahiye aur jeevan bhar chalne ki sambhavana honi chahiye.
	Aapki viklangata in kshetron me ek mahatvapurn seema bandhan ka karan honi chahiye: ◆ Avdharnatmak kaushal (Conceptual skills): bhaasha, padhne likhne ki kshamata, paise ka gyaan, samay, sankhya, swayam nirnay. ◆ Samajik kaushal: Antaryaktik kaushal, samajik zimmedari, swayam-samman, bholapan, savdhani, samajik samasya samadhan, niyamon ka palan, shikaar banne se bachav. ◆ Vaastavik kaushal (Practical skills): rozmarra ke jeevan ke kriya kalap, vyaktigat dekhahaal, rozgar ke kaushal, swasthya seva, gati, swatantra jeevan jeene ki kshamata.
	DDD aap aur aapke mata-pita ke saath milkar jankari ikatthi karta hai. ◆ Ismein vishesh shiksha aur chikitsa records shamil hote hain. ◆ Aapke diagnosis ka dastavezi saboot hona chahiye.
	Aapko prarambhik roop se aur har varsh Intellectual Disabilities (ICF/IID) ke Intermediate Care Facility ke Dekhbhal ke Star manak par khara utarna hoga.

YOGYATA KAISE NIRDHARIT HOTI HAI?

School: Har teen saal mein, aapke shikshak aur anya school staff yeh jankari ikatthi karte hain ki aapki viklangata aapke learning ko kaise prabhavit kar rahi hai. Aapki IEP team, jismein aap, aapke mata-pita, shikshak, aur anya professionals shamil hote hain, is jankari ki samiksha karti hai aur tay karti hai ki kya aapko ab bhi vishesh shiksha ki aavashyakta hai.

Nebraska VR	DDD
Rozgaar Poorva Parivartan (Pre-Employment Transition) Sevaon ke liye viklangata ki pushti karne wala mata-pita ya abhibhavak ka hastakshar kaafi hai.	DDD aapka aavedan prapt karta hai aur sabhi records ki samiksha karta hai.
VR sevaon ke liye, sign kiya hua aavedan aur yogyata dastavej aavashyak hain.	DDD aage ke moolyankan aur records ki maang kar sakta hai.
Nebraska VR ke paas patrata (yogyata) nirdharit karne ke liye 60 din hote hain.	DDD ke paas records ikattha karne aur nirnay lene ke liye 90 din hote hain.
Nebraska VR aapko nirnay ki jankari dega.	DDD aapko nirnay ki jankari likhit roop mein dega.

KYA MUJHE SEVAAYEIN PRAPT KARNE KE LIYE INTEZAAR KARNA PADEGA?

School: Agar aapako viklangata hai aur vishesh shiksha ki aavashyakta hai, to aapko IEP ke anusar vishesh shiksha, sevaayein, aur suvidhayein milengi.

Nebraska VR	DDD
Jab ek Pre-Employment Transition Services Consent and Release par sign ho jaata hai, tab Pre-Employment Transition Sevaayein uplabdh hoti hain.	Ek yogya vyakti ka moolyankan kiya jaayega taki tay kiya ja sake ki kaunsi chhoot unki aavashyaktaen poora karegi.
◆ Aur adhik vyaktigat sevaon ke liye, ek viklang vyakti ko aavedan karna hoga, yogya paaya jana hoga, aur prathmikta di jaayegi. ◆ Yogyata ka matlab yeh nahi hai ki funding uplabdh hogi hi.	◆ 21 saal se kam umra ke zyadatar log Parivar Sahayta (Family Support) chhoot prapt karte hain. ◆ 21 saal ke baad, school varsh poora karne ke baad, zyadatar log DD Vyask Divas chhoot prapt karte hain. ◆ Jab moolyankan mein aavashyakta dikhti hai, tab Vyapak DD chhoot uplabdh hoti hai.

AGAR MAIN YOGYA (PATRA) NAHI HOON TO KYA HOGA?

School: Agar aapko vikalangta hai, aur aap ab vishesh shiksha ke liye yogya nahi hain, to aap 504 plan ke liye consider kiye jane ki maang kar sakte hain. 504 plan un vidyarthiyon ke liye hai jinhe vikalangta hai aur jinko sirf kuch suvidhayein chahiye hota hain. Ye suvidhayein wahi ho sakti hain jo aap IEP ke saath prapt kar rahe the.

Nebraska VR	DDD
Rozgaar Poorva Parivartan sevaayein (Pre-Employment Transition Services) 14 se 21 varsh ke sabhi viklang vidyarthiyon ke liye upalabdh hain.	Agar aapko sevaaon ke liye yogya nahi maanaa jaata hai, to aap nirnay ke khilaf appeal kar sakte hain.
Aur adhik vyaktigat VR sevaaon ke liye bhi, agar aapko ayogya mana jaata hai ya ab yogya nahi hai, to aap appeal kar sakte hain aur aapko samudayik sansadhamo par refer kiya jaayega.	Agar aapko nayi jankari hai jo aapke diagnosis ya seemaon ko samarthan karti hai, to aap dobara aavedan kar sakte hain.
	Har vyakti jiska IEP hai, chhoot sevaaon ke liye yogya nahi hoga.

Sujhaav:

Un sabhi sevaaon ke liye aavedan karein jinke liye aap yogya (patra) ho sakte hain.



AGAR MAIN BHAG NAHI LETA/LETI TO KYA HOGA?

School: Agar aap school chhod dete hain, GED lene ka faisla karte hain, ya aapke mata-pita vishesh shiksha se inkaar karte hain, to aap apna man badal sakte hain. Aapke mata-pita school se vishesh shiksha kaa anurodh karne ke liye sampark kar sakte hain.

Nebraska VR	DDD
Sevaayein swaichhik hain aur kisi bhi samay band ki jaa sakti hain. Aapke Pre-Employment Transition Seva Samanvyak ke saath charcha karne ka sujhaav diya jaata hai.	Aap bhavishya mein dobara aavedan kar sakte hain.
Yadi aap abhi bhi maapdandon par khare utarte hain, to aap dobara sevaaon se jud sakte hain.	Jab aap dobara aavedan karte hain, DDD aapki yogyata dobara nirdharit karta hai.

HIGH SCHOOL KE DAURAAN KYA HOTA HAI?

School: Jab aap 14 varsh ke hote hain, aapke shikshak aapke kaushal, kshamata aur ruchi ke baare mein seekhne mein madad karte hain, jaise aap kahan kaam karna chahte hain (rozgaar), aapko kya seekhna hai (prashikshan/college), aur aap kahan rehna chahte hain.

Aapke IEP mein high school ke baad ke lakshya bhi hote hain. In lakshyon ki taiyaari ke liye aapke IEP mein woh classes likhi hoti hain jo aap high school mein lenge. Aapke IEP mein transition gatividhiyaan bhi shaamil hoti hain jaise: job shadow, kaarya anubhav, career visits, naukari khojna, career fairs, aur career ki taiyaari. Jaise-jaise aap apne kaushal, kshamata aur ruchi ke baare mein aur seekhte hain, high school ke baad ke aapke lakshya badal sakte hain.

Aapke mata-pita ki anumati se, anya agencies jo graduation ke baad aapki madad kar sakti hain, unhe aapke IEP meeting mein bulaya ja sakta hai taki school ke baad ki yojana banayi ja sake.

Nebraska VR	DDD
Nebraska VR aapke school ke saath milkar Rozgaar Poorva Parivartan Sevaayein pradan karta hai.	Jab tak aap high school mein hote hain, chhoot sevaayein school system se uplabdh sevaaon ki jagah nahi le sakti.
Sevaayein aaj ke vidyarthiyon ki aavashyaktaon ko pura karti hain taki ve kal ke career ke liye taiyar ho saken. Udaharan ke liye, aap ye kar sakte hain:	Seva Samanvay:
◆ Kaam aur vyask jeevan ke liye apni taakat, kshamata aur yogyataon ki pehchan. ◆ Kaam aur vyask jeevan ke liye lakshya nirdharit karna. ◆ Kaam ke liye aacharan, soch aur vyavahar seekhna aur vyask jeevan ke liye kaushal prapt karna. ◆ Naukari khojne se judi gatividhiyon aur samudayik kaam ke anubhavon mein bhag lena. ◆ Uchh Shiksha (Post-secondary) prashikshan vikapon ki khoj karna. ◆ Apne aap ko pratinidhitva karna seekhna taki aap bhavishya mein aavashyak sahayata prapt kar saken.	◆ Aapka Seva Samanvyak (SC) school meetings mein shamil ho sakta hai taki aapki ruchi aur lakshya samajh sake. ◆ Aapka SC aapse aur aapke parivar se milkar jankari pradan kar sakta hai. ◆ Aapka SC aapko anya sevaayein dhoondhne aur aavedan karne mein sahayata kar sakta hai.
	Chhoot sevaayein yogyata aur aavashyakta ke aadhar par uplabdh:
	◆ Vriddh aur Viklang (AD) Chhoot. ◆ Parivar Samarthan Chhoot (FSW). ◆ Vikasatmak viklangtaen Vyask Diwas (DDAD) Chhoot 21 aur usse adhik umra ke vyaktiyon ke liye hai. ◆ Vyapak Vikasatmak Viklangta (CDD) Chhoot. ◆ Dimag par Gahari Chot (TBI) 19 varsh aur usse adhik umra valo ke liye Chhoot.

JAB MAIN SCHOOL SE NIKLUN TO KYA HOTA HAI?

School: Jab aapko diploma milta hai ya aap 21 saal ke ho jaate hain, aapke shikshak aapko ek likhit Summary of Performance (SOP) dete hain. Yeh aapke kaushalon aur kshamtaon ka saar hota hai. Ismein woh suvidhayein, takneek aur rananeetiyan shaamil hoti hain jo aapko rozgaar, college/prashikshan, aur rehne ke lakshya praapt karne mein madad karti hain.

Nebraska VR	DDD
Yadi uchit ho, to graduation se pehle ya high school ke baad, aapko adhik vyaktigat rozgaar sevaaon ke liye bheja jaa sakta hai.	Divas sevaaon ke liye vitteey sahayata (funding) <i>tab upalabdh hoti hai jab aap high school se graduate ho jaate hain, 21 varsh ke ho jaate hain, aur yogya hote hain.</i>
Aavedan aur yogyata ke baad aap aur Nebraska VR milkar ek Vyaktigat rozgaar Yojana (IPE) banate hain jo aapki ruchi, moolya, pasand, kaam ki paristhitiyan, prashikshan, job kaushal, job itihas, sahayata jaal, aur shram bazaar jankari ko dhyan mein rakhti hai.	Aapka SC: ◆ Aapse aur aapki team se milta/milti hai taki tay kiya ja sake ki aapko kis prakaar ki divas sevaayein chahiye ◆ Aapko sevaayein prapt karne mein madad karta hai ◆ Sevaaon ki gunwatta par nazar rakhta hai ◆ Kam se kam mahine mein ek baar aapse sampark karta hai
	Divas sevaaon mein samuday mein bhavishya ki naukri ke liye kaushal vikas, samarthit naukri, aur samuday tak pahunch شامل hai.
	Sabhi sevaayein aapke ghar ya samuday mein hoti hain. Aap chunte hain ki kaunsi sevaayein istemal karni hain aur kaise.
	Jo bhi DD sevaayein aapako pehle se hain, ve jaari rahengi. Udaharan hain aaram (respite) ya awasiya sevaayein.

LAKSHYON KA NIRDHARAN KAISE HOTA HAI?

School: Aapke varshik school lakshya aapke vartaman shiksha upalabdhian aur kaaryatmak pradarshan (PLAAFP) par aadharit hote hain aur kaise aapki vikalangta aapke seekhne par prabhav daalti hai.

Aapke IEP mein high school se snatak hone ke baad ke lakshya bhi hote hain. Yeh lakshya hain: Kahan aap kaam karna chahte hain, kahan seekhenge, aur kahan rahenge. Lakshya aapki ruchi, naukri khoj, career anusandhan gatividhiyan, kaushal aur kshamtaon par aadharit hote hain.

Yeh aavashyak hai ki aap apne IEP meeting mein شامل ho aur baatcheet karein. Aap aur aapki IEP team milkar aapke lakshya tay karte hain. Yeh aavashyak hai ki aap, aapka school, Nebraska VR, aur DHHS-DD ek doosre ke saath aapke lakshya ki jankari baantien.

Nebraska VR	DDD
Soochit Chayan (Informed Choice) Nebraska VR aur vyakti ke beech ek sahyog hai, jiske zariye vyakti ke yojana aur seva ke amal ke har charan par vikalpon ka avlokan hota hai.	Jab aap 21 varsh se retirement umra tak ke beech hote hain, to divas sevaaon ka mukhya dhyan naukri par hota hai.
	Aapke lakshya ispar aadharit hote hain ki aapke liye kya mahatvapurn hai. ◆ Aapki aashaen aur sapne focus hote hain. ◆ Aap aur aapki team apne Seva Samanvyak ke saath milkar lakshya vikasit karte hain. ◆ Aapke kaushalon ka aaklan yeh pehchanta hai ki lakshya tak pahunchne ke liye aapko kya chahiye.

Sujhaav:

Yeh salaah di jaati hai ki sabhi viklang students aur yuva vyakti Nebraska VR ke saath sevaaon ka avlokan karein.



MAIN APNI SEVAAYEIN KAISE YOJIT (PLAN) KARUN?

School: Aap aur aapki IEP team (shikshak, pradhanacharya, mata-pita, aur anya) tay karte hain ki kaunsi vishesh shiksha sevaayein, suvidhayein, sahayak takniki aur gatividhiyan aapko apne lakshya tak pahunchne mein madad karenge. Saal bhar aap apne lakshya ki taraf kaam karte hain aur apni IEP ki gatividhiyan पूरी karte hain.

Har saal, aap aur aapki IEP team milkar aapki pragati, kaushal, kshamataen, aur kya aapki seekhne mein madad karta hai, ispar charcha karte hain. Har saal, ek nayi IEP likhi jaati hai. Aapko prapt vishesh shiksha sevaayein aapki IEP par aadharit hoti hain.

Nebraska VR	DDD
Rozgaar ke liye Vyaktigat Yojana (IPE) un vishesh sevaon ko darshata hai jo aapke rozgaar lakshya tak pahunchne ke liye zaroori hain aur kaun ye sevaayein pradan karega.	Aap aur aapki team ek vyakti-kendrit yojna vikast karte hain. Aapki likhit yojana batati hai ki aapko kaunsi sevaayein milengi aur kaun unhein pradan karega.
Nebraska VR karmachari ek team ke roop mein kaam karte hain taki aapke rozgaar ke lakshya ko poora karne ke liye sevaayein di jaa sakein.	Aapki team aapki yojana vikast karti hai. Is team mein aap, aapka parivar, aapke abhibhavak (yadi hai), koi bhi chhoot pradata, aur anya log jinhein aap bulaana chahen, shamil hote hai. Aapka Seva Samanvyak aapki yojana dastavej mein darj karta hai.
	Ek Seva Samanvyak niyukt kiya jaayega jo aapki team ka netritva karega aur aapke liye paksh rakhenga.

Sujhaav:

- DDD ke chhoot sevaayein prapt karne ke liye Medicaid aavashyak hai.
- Nebraska VR mein Medicaid ya Samajik Suraksha ke liye aavedan karna aavashyak nahi hai.



MAIN AUR KIS CHEEZ KE LIYE AAVEDAN KARUN?

Samajik Suraksha (Social Security)

Aapko Samajik Suraksha ke liye aavedan karna chahiye. Aap Samajik Suraksha (SSA), Poorak Suraksha Aay (Supplemental Security Income - SSI), aur/ya Samajik Suraksha Viklangata Beema (SSDI) ke liye योग्य हो सकते हैं। अधिक जानकारी के लिए अपने स्थानीय Samajik Suraksha karyalaya mein ya www.ssa.gov/disabilityssi par jaayein.

Jab SSA yeh nirdharit karta hai ki aapko vikalangta hai, tab Nebraska Medicaid bhi isi nirdharan ka hi upyog karega.

Aapko 18 varsh ki umra mein Samajik Suraksha (Social Security) ke liye aavedan karna chahiye.

Medicaid

DDD ke lie zaroori hai ki aap Medicaid labh ke liye aavedan karein aur yadi योग्य हain तो use sweetkar karein. Medicaid rajya ke vitt ko kendriya anudan pradan karta hai, isliye DDD aur adhik logon ke liye sevaayein fund kar sakta hai. Aapko 18 varsh ki umra mein Medicaid ke liye aavedan karna chahiye. Aap is par iServe ke zariye aavedan kar sakte hain: nebraska.gov

Aarthik Sahayata

Aap DHHS - Children & Family Services (CFS) ke karyakramon se vittiya sahayata ke liye योग्य हो सकते हैं, जैसे:

- Vriddh, Andh, Ya Asamrth (AABD) Ke Liye Sahayata
- Samajik Suraksha Poorak
- Poorak Poshan Sahayata Karyakram (SNAP)
- Urja Sahayata (Energy assistance)
- Aap is par iServe ke zariye aavedan kar sakte hain: nebraska.gov

Anya Sansadhan

Aap inke liye योग्य हो सकते हैं:

- Sthaniya Aawas Sahayata
- Food banks ya food nets
- Enable Savings Yojana <https://www.enablesavings.com/>
- Easter Seals Work Incentives Planning aur Assistance (WIPA) <https://www.easterseals.com/ne/our-programs/employment-training/wipa.html>
- Mata-pita Training Aur Information Kendra (PTI Nebraska) <https://www.pti-nebraska.org/>

Jankari Nebraska 2-1-1 se, ya United Way Of The Midlands se uplabdh hai. Jo madad aapko chahiye, uske liye kisi bhi telephone se "211" dial karein ya online www.unitedwaymidlands.org/call211 par jayein.

Viklangata Sevaon ke liye Hotline <https://cap.nebraska.gov/>

AGENCY SAMPARK

Nebraska VR (Vyavasayik Punarvas)



Nebraska VR Department of Education

P.O. Box 94987

Lincoln, NE 68509

402-471-3644

877-637-3422 (toll free)

402-471-0788 (fax)

marketingteam.vr@nebraska.gov

DHHS - Vikasatmak Viklangata Vibhag (DDD)



Department of Health & Human Services

Division of Developmental Disabilities

301 Centennial Mall South

P.O. Box 98947

Lincoln, NE 68509-8947

(877) 667-6266

(402) 471-8792 (fax)

dhhs.DDDCommunityBasedServices@nebraska.gov

Dwara Vitarit:

Department of Health and Human Services Division of

Developmental Disabilities

P.O. Box 98947

Lincoln, NE 68509-8947