

## Alta nyob rau qhov twg?

Lub Alta California Regional Center muaj txog cuaj qhov chaw ua haujlwm. Cov neeg nrhiav kev pab/kev xav paub txog yuav tsum hu xov tooj rau lub chaw ua haujlwm uas nyob ze tshaj plaws.

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### ZAJ LUS HAIS TXOG HAUV KEV:

## H<sub>auv</sub> K<sub>ev</sub>

Alta California Regional Center tau tsa muaj thiab nyob nraim ntawm txoj kev sib koom tes txhawb nqa cov neeg uas muaj teebmeem laj lim tswv yim tsis zoo, cov menyuam uas muaj kev ntshai rwg, thiab cov tsev neeg rau kev xaiv kev pab thiab kev txhawb nqa los ntawm kev teeb tsa lub neej kom tau lub neej txaus siab lug nyob rau lawv pab pawg neeg.

## N<sub>tsia</sub> L<sub>awm</sub> T<sub>om</sub> N<sub>tej</sub>

Txog lub neej yav tom ntej uas txhua leej txhua tus puav leej muaj nuj nqis nyob rau ntawm pab pawg neeg.

### AUBURN

560 Wall Street,  
Suite B  
Auburn, CA 95603  
(530) 885-8447 {voice}  
(530) 885-9148 {fax}  
*[Placer County]*

### GRASS VALLEY

900 E. Main Street  
Suite 102  
Grass Valley, CA 95945  
(530) 272-4231 {voice}  
(530) 272-4637 {fax}  
*[Nevada and Sierra Counties]*

### PLACERVILLE

344 Placerville Drive,  
Suite 1  
Placerville, CA 95667  
(530) 626-1353 {voice}  
(530) 626-0162 {fax}  
*[West El Dorado County]*

### ROSEVILLE

1620 Santa Clara Drive  
Suite 100  
Roseville, CA 95661  
(916) 786-8110 {voice}  
(916) 786-0621 {fax}  
*[Placer County]*

### TRUCKEE

10775 Pioneer Trail  
Summit Bldg., Suite 212  
Truckee, CA 96161  
(530) 550-2220 {voice}  
(530) 550-2217 {fax}  
*[Sierra, Nevada, Placer Counties]*

### SACRAMENTO

2135 Butano Drive  
Sacramento, CA 95825  
(916) 978-6400 {voice}  
(916) 489-4241 {TDD}  
(916) 489-1033 {fax}  
*[Sacramento County]*

### SOUTHLAKE TAHOE

Starlake Building  
2489 Lake Tahoe Boulevard,  
Suite 1  
South Lake Tahoe, CA 96150  
(530) 542-0442 {voice}  
(530) 542-3436 {fax}  
*[Alpine, Placer, Nevada, and Eastern El Dorado Counties]*

### WOODLAND

250 West Main Street, #100  
Woodland, CA 95695  
(530) 666-3391 {voice}  
(530) 666-3831 {fax}  
*[Yolo County]*

### YUBACITY

1506 Starr Drive, Suite A  
Yuba City, CA 95993  
(530) 674-3070 {voice}  
(530) 674-7228 {fax}  
*[Sutter, Yuba, and Colusa Counties]*

ACRC website:  
[www.altaregional.org](http://www.altaregional.org)



## ALTA CALIFORNIA REGIONAL CENTER

Lub Luag Haujlwm pub rau cov tib neeg uas muaj teebmeem laj lim tswv yim tsis zoo thiab lawv cov tsev neeg.

# Alta California Regional Center

[www.altaregional.org](http://www.altaregional.org)

### Lub Alta California Regional Center yog Dabtsi?

Alta California Regional Center (Alta) yog ib lub koom haum nyob rau pab pawg neeg uas cov neeg muaj teebmeem laj lim tswv yim qeeb lossis lwm yam teebmeem laj lim tswv yim tsis zoo thiab nws tsev neeg yuav tau txais kev pab kom siv tau tej yam kev pab raws li sawv daws siv thiab tej kev haujlwm ntawm pawg tib neeg raws li qhov lawv xav tau.

Alta yog ib nyob rau hauv 21 lub chaw nyob hauv California uas yog raug txeeb tsa raws li tus Lanterman Mental Retardation Services Act xyoo 1969. Alta yog ib lub koom hom tib neeg ua kheej tsis vam kev noj paj thiab ua haujlwm raws kev cog lus nrog California Department of Developmental Services.

### Leej twg thiaj li muaj cai tau txais kev saib xyuas ntawm Alta?

Txhua leej txhua tus nyob rau thaj tsum Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, lossis Yuba uas sawv daws paub lossis xav tias yuav muaj teebmeem laj lim tswv yim tsis zoo puav leej muaj txoj cai tau txais kev pab ntawm Alta.

Ua raws li tus Lanterman Developmental Disabilities Act (AB846), “**kev muaj teebmeem laj lim tswv yim tsis zoo**” yog txhais tau hais tias muaj laj lim tswv yim qeeb, hlwb puas, qaug dab peg, hlwb puas los thaum yau, lossis lwm yam kev piam cuab uas pom tau tias ua rau laj lim tswv yim qeeb lossis yuav tau kho xws li cov neeg muaj laj lim tswv yim qeeb. Kev muaj teebmeem tsis zoo no yuav tsum yog tias tau chiv muaj los ua ntej tus neeg muaj hnuv nyoog 18 xyoo, thiab tau muaj teebmeem ua ntu zus lossis xav tias yuav muaj mus tas li, thiab qhov no yog ib qho teebmeem loj rau tus neeg ntawd.

Alta tsis cais leej twg lossis tsis muaj yuav tsis lees paub kev ua haujlwm pab lossis lwm yam kev txiaj ntsim los ntawm tus neeg qhov nyiaj, hom neeg, nqaij tawv, poj niam los yog txiv neej, kev ntseeg, kev cai coj, keebkawm, lossis qhov nws sawv rau kam teb kam chaw.

### Alta muaj dabtsi pab ntshawb?

Pab kev kawm ntaub kawm ntawv ntawm pab pawg neeg rau cov muaj teebmeem laj lim tswv yim tsis zoo

Pab txhim kho kom pab pawg neeg muaj kev ua tau haujlwm zoo tuaj

Kev sab laj nrog cov koom haum ua haujlwm rau pej xeem thiab ua haujlwm kheej uas pab rau cov neeg muaj teebmeem laj lim tswv yim tsis zoo

Saib xyuas 24 teev thaum tsis nyob hauv tsev lawm, kev teeb dej num, kev nrhiav chaw, thiab kev soj qab ntsuam xyuas

Kev pab sab laj/kev muab pov thawj pab

Kev tshawb xyuas thiab ntaus nqi dej num

Kev pab thaum tseem ntov rau tej me nyuam me uas muaj teebmeem laj lim tswv yim tsis zoo thiab lawv tsev neeg

Kev ua pov thawj ntawm tub txawg tom tsev tu plaub ntug rau cov neeg uas nyob rau hauv lub chaw pab no thaum muaj plaub

Kev sab laj pab pov thawj txog neeg tej roj ntsha

Kev pab teeb tsa dej num rau leej tib neeg (IPP)

Kev qhia paub thiab muab pov thawj

Kev pab ntsuam xyuas ua ntej yug

Kev muas tej yam kev pab uas pom tias yuav tsum tau muaj

Kev sib tshuam xeeb nrog rau lwm tus uas muaj txoj haujlwm pab (kev hwj xwm raws li muaj)

### Alta muas yam haujlwm dabtsi?

Muaj ntau yam haujlwm uas yuav tau muas uas yog nce rau qhov kev xav tau ntawm cov neeg siv thiab pob nyiaj uas tsoom hwv xeev los yog tsoom hwv ntawm teb chaw muaj. Tsis tas li ntawd, Alta tseem muaj txoj cai nrhiav paub thiab taug xyuas cov chaw uas muaj peev (cov chaw pab peev uas keev muaj) ua ntej yuav muas ib qho haujlwm twg. Cov haujlwm uas Alta muas yuav tsum yog yam raug rau qhov txhim kho cov neeg muaj teebmeem laj lim tswv yim tsis zoo thiab kev ntaus nqi txog qhov lawv xav tau. Ib co haujlwm uas tau muas muaj xws li:

- Kev saib xyuas 24 teev thaum tsis nyob hauv tsev
- Luag haujlwm rau cov neeg loj lawm  
Kev pab uas tsis nce rau lwm tus neeg
- Kev saib xyuas lub sijhawm so haujlwm nyhav
- Kev xa mus los

### Alta qhov kev pab nruag nqi li cas?

Thaum ntsuam xyuas thiab ntaus nqi txog tus yuav tau txais kev pab xwb ces tsis tau them nyiaj. Xeev California sam sim kom tsoom niam txiv uas muaj nyuam hnuv nyoog qis dua 18 xyoo uas tau xa mus nyob muaj chaw kom them ib nthia nqi rau qhov chaw mus nyob ntawd raws li qhov them taus. Hos cov niam txiv uas muaj me nyuam hnuv nyoog 3 txog 17 xyoo, nyob rau hauv tsev thiab tau txais kev saib xyuas sijhawm so haujlwm nyhav, kev saib xyuas nruab hnuv lossis thaum mus pw tom hav zoov, kuj yuav tau them nqi pab raws li Family Cost Participation Plan (FCPP). Txoj cai no, uas tau tso tawm thaum lub Ib hlis tim 1, xyoo 2005 tau teeb muaj lub FCPP thiab cov tsev neeg yuav raug ntaus nqi raws li FCPP cov qib ntsuas, tsev neeg loj los me, cov siv qhov kev pab nyob hauv tsev neeg thiab saib lawv tau txais nyiaj npaum li cas.