

# KEV TSIH HNOV LUS IB SAB POB NTSEG

Cov ntaub ntawv rau tsev neeg thiab  
cov neeg saib xyuas



Thaum ib tus neeg muaj  
qhov txawv txav rau kev  
hnov lus hauv ib sab pob  
ntseg, nws yog hu ua kev  
tsis hnov lus ib sab pob  
ntseg.

Kev tsih hnov lus ib sab pob  
ntseg tuaj yeem sib txawv  
ntawm qhov me mus rau  
qhov hnyav.

**Sib huab hwm txog Kev Txheeb Qhia Txog Tus Kheej**  
Peb huab hwm txog lo lus cov neeg siv los txheeb xyuas  
lawv tus kheej. Tej zaum cov neeg tuaj yeem hu lawv tus  
kheej tias yog neeg lag ntseg, tsih hnov lus zoo, tus neeg  
tsis hnov lus, tus neeg hnov lus tsih zoo, lwm yam ntxiv.  
Koj yuav pom nqe lus “deaf and hard of hearing (neeg lag  
ntseg thiab tsih hnov lus zoo) (DHH);” muab siv hauv tus  
yam ntxwv uas suav muaj sawv daws. Tsis tas li ntawd, koj  
kuj yuav pom cov lo lus “tsis hnov lus” thaum sib tham  
txog kev kuaj mob.

**Kev Lees Paub Txog Kev Pab Nyiaj Txiag**  
Cov peev txheej no tau txais kev txhawb nqa los ntawm  
Health Resources and Services Administration (Cov  
Peev Txheej Kev Noj Qab Haus Huv thiab Kev Tswj Hwm  
Cov Kev Pab Cuam) (HRSA) ntawm U.S. Department  
of Health and Human Services (Kev Noj Qab Haus Huv  
thiab Kev Pab Cuam Tib Neeg) (HHS) ua ib feem ntawm  
qhov khoom plig tag nrho \$102,742 uas 0% kev txhawb  
nqa nyiaj txiag los ntawm cov peev txheej uas tsih yog  
tsoom fvv. Cov txheej lus yog cov neeg sau ntawv thiab  
tsis tas yuav sawv cev rau cov lus pom zoo ntawm, los sis  
kev pom zoo, los ntawm HRSA, HHS, los sis Tsoom Fwv  
Teb Chaws Meskas. Yog xav paub ntxiv, thov mus saib  
hauv HRSA.gov.

## Kuv tuaj yeem txhawb nqa kuv tus me nyuam uas tsih hnov lus los sis qhov sib txawv fab kev hnov lus ib sab pob ntseg li cas?

### Mus ntsib koj tus me nyuam tus kws tshaj lij fab kev hnov lus

Mus ntsib koj tus me nyuam tus kws tshaj lij  
fab kev hnov lus tsih tu ncu txhawm rau los  
kuaj xyuas koj tus me nyuam qhov hnov lus.  
Tus kws tshaj lij fab kev hnov lus yuav qhia  
koj tias koj yuav tsum rov qab los ntsib kws  
kho mob tuab npaum li cas, nyob ntawm koj  
tus me nyuam qhov mob. Yog tias koj tus me  
nyuam tseem hluas heev, tej zaum koj yuav  
raug thov kom rov qab mus ntsib kws kho  
mob kom ntau zaus.

Koj tus kws tshaj lij fab kev hnov lus kuj  
tseem tuaj yeem tham nrog koj txog thev  
naus laus zis kev hnov lus, yog tias xav tau.

### Kev Teem Caj Tom Ntej:

**Kuv tus kws tshaj lij fab kev hnov lus qhov  
kev pom zoo:**

### Kuv tus kws tshaj lij fab kev hnov lus qhov kev pom zoo:



Xyuas kom ntseeg tau tias koj  
tus me nyuam muaj kev txhim  
kho fab hom lus raws lub hom  
phiaj. Tshawb xyuas nrog tus  
kws tshaj lij fab kev kawm  
txhua 6 lub hlis kom paub  
tseeb tias koj tus me nyuam  
muaj kev nce qib raws li tau  
cia siab tseg.

**Xya ntawm 10 tsev neeg hauv Minnesota  
sau npe rau lawv cov me nyuam mos/me  
nyuam yaus uas tsih muaj kev hnov lus ib  
sab pob ntseg nyob rau hauv kev cuam  
tshuam ntxov hauv lawv cheeb tsam tsev  
kawm ntawv.**

### Kho pob ntseg av xej



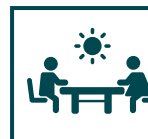
Yog tias koj xav tias koj tus  
me nyuam ib sab pob ntseg  
muaj mob uas cuam tshuam  
rau ob lub pob ntseg, yuav  
tsum tau txais kev pab kho  
mob kom sai!

### Siv kev tiv thaiv kev hnov lus



Tiv thov kooj tus me nyuam  
ob lub pob ntseg kom tsih  
txhob puas tsuaj los ntawm  
cov suab nrov. Siv kev tiv  
thaiv kev hnov lus (ntsaws  
pob ntseg los sis npog lub  
pob ntseg) thaum koj tus me  
nyuam yuav tau ntsib nrog  
lub suab nrov los sis suab paj  
nruag.

### Siv cov tswv yim kev sib txuas lus tau zoo



Txo cov suab nrov tom qab  
los txhim kho koj tus me  
nyuam txoj kev nkag mus rau  
kev sib txuas lus. Txoj hauv  
kev uas koj tuaj yeem ua  
qhov no yog los ze rau koj tus  
me nyuam thiab siv thaj chaw  
uas muaj teeb pom kev zoo  
kom tau txais txiaj ntsig zoo  
ntawm cov duab uas pom  
tseeb.

**Ib tus me nyuam ntawm 10 tus me nyuam  
yaus hauv Minnesota uas tau txheeb xyuas  
thawj zaug pom tias muaj kev tsih hnov lus  
ib sab pob ntseg uas tsim ua rau tsih hnov  
lus hauv lwm lub pob ntseg thiab.**

# Vim li cas nws thiaj li tseem ceeb los tswj kuv tus me nyuam qhov kev tsis hnov lus ib sab pob ntseg?

## Es hais txog cov cuab yeej pab kev hnov lus ne?

## Cov khoos kas kev kawm pub dawb los txhawb nqa koj tus me nyuam txoj kev loj hlob

### Kev nyab xeeb



Muaj qhov sib txawv ntawm lub pob ntseg tuaj yeem ua rau nws paub tias lub suab nrov los ntawm qhov twg tau nyuaj dua.

Kev pab koj tus me nyuam siv tag nrho lawv cov kev paub kev hnov tau, suav nrog kev saib pom, yuav pab tau lawv thaum lawv kawm kom muaj kev nyab xeeb hauv zej zog.

### Mob Siab Rau Kev Mloog thiab Kev Qaug Zog



Tej zaum koj tus me nyuam yuav muaj teeb meem kev tsis hnov cov neeg hais lus nyob rau sab ntawm lawv qhov tsis hnov lus ib sab pob ntseg, los sis hauv qhov chaw uas muaj suab nrov, xws li chav kawm los sis chaw ua si.

Lawv tuaj yeem plam qee qhov ntawm cov lus hais - ntawm qhov nrug deb, suab nrov, los sis thaum lawv tsis tau ntsib nrog tus neeg hais lus. Tej zaum lawv kuj yuav pom tias nws nyuaj rau kev hnov cov lus qhia los sis nkag siab ib tus neeg uas hais lus yau-yau. Koj tus me nyuam yuav muaj kev mob siab mloog ntau ntxiv thiab qaug zog hauv cov xwm txheej no uas qhov no tuaj yeem ua rau muaj kev ntxhob siab thiab hloov kev coj tus cwj pwm.



### Kev kawm paub



Kev hnov lus sib txawv tuaj yeem cuam tshuam txog kev loj hlob thiab kev kawm lus. Cov kev tshawb fawb tsis tu ncuu qhia rau cov me nyuam yaus uas tsis hnov lus ib sab pob

ntseg yuav muaj kev pheej hmoo ntau dua los ntawm kev hais lus qeeb thiab muaj kev nyuaj rau kev kawm paub thaum piv rau cov me nyuam yaus uas hnov lus zoo li ib txwm.



Yog tias xav tau, koj tus kws tshaj lij fab kev hnov lus tuaj yeem pab koj nkag siab txog cov kev xaiv thev naus laus zis uas ua tau. Cov kev xaiv uas muaj yuav nyob ntawm koj tus me nyuam qhov kev xav tau thiab qib kev hnov lus. Koj

tus kws tshaj lij fab kev hnov lus tuaj yeem nkag mus tau rau lub khoos kas lub cuab yeej kev qiv ntawm xeev tau.

Cov khoom siv pab kev hnov lus, cov cuab yeej uas cog kom hnov lus thiab lwm lub lab npauv kev hais lus thoob plaws hauv chav kawm.

### Txuas nrog peb tau

#### Minnesota Hands & Voices

Txuas nrog lwm cov niam txiv ntawm cov me nyuam uas lag ntseg thiab tsis hnov lus.

651-265-2435 (Lub Suab Nkaus Xwb)  
MNHV@lssmn.org  
www.lssmn.org/mnhandsandvoices

#### Early Hearing Detection & Intervention (Kev Kuaj Kom Pom Txog Kev Hnov Lus Thaum Tseem Ntxov Thiab Kev Pab Txhim Kho) (EHDI)

Kawm paub ntau ntxiv txog lub khoos kas EHDI ntawm Minnesota thiab tshawb nrhiav cov peev txheej ntxiv.

www.health.mn.gov/improveEhdi  
MDH/CYSHN  
PO Box 64975,  
St. Paul, MN 55164-0975

*Txhawm rau kom tau txais cov ntaub ntawv qhia paub no ua lwm hom ntaub ntawv, thov hu rau 651-201-3650*

#### Help Me Grow

Cov me nyuam yaus uas tsis hnov lus ib sab pob ntseg tuaj yeem muaj cai tau txais kev cuam tshuam thaum ntxov ntawm lawv lub cheeb tsam tsev kawm ntawv los ntawm Help Me Grow. Ib tus kws muab kev pab los ntawm koj cheeb tsam hauv zos tuaj yeem ua hauj lwm nrog koj los tsim ib txoj phiaj xwm. Cov me nyuam yaus uas muaj hnub nyoog tshaj li 5 xyoos tuaj yeem txuas nrog lawv lub tsev kawm ntawv theem pib.  
1-866-693-GROW (4769)  
www.helpmegrowmn.org



#### Follow Along Program

Soj lwg taug qab koj tus me nyuam txoj kev loj hlob txhawm rau los saib yog tias lawv tab tom loj hlob thiab coj tus cwj pwm zoo li lwm tus me nyuam yaus uas muaj hnub nyoog tib yam.

www.health.state.mn.us/mnfap

