

**INYANDIKO ZIFASHISHWA N'IMPUNZI****IBIJYANYE NO KWIVUZA MURI LETA ZUNZE UBUMWE ZA AMERIKA**

Sisitemu yo kwivuza muri Leta Zunze Ubumwe za Amerika iragoye kandi icya mbere kigorana ni ukuyumva. Wibuke ko abakozi bashinzwe gutuza impunzi bashobora kugufasha gusubiza ibibazo byawe kandi bakaguha amakuru menshi.

**IBIZAMINI BYAWE BYA MBERE BYO KWA MUGANGA**

Aho ushobora kuzahurira bwa mbere n'ibirebana no kwivuza muri Leta Zunze Ubumwe za Amerika hashobora kuba ari mu gihe cy'ibizamini byawe bya mbere byo kwa muganga. Ikigo Gishinzwe Gutuza Impunzi kigufasha gutanga ibi bizamini ukigera Leta Zunze Ubumwe za Amerika. Ibi bizamini bizashyira ahagaragara ibibazo by'uburwayi bishobora kugira ingaruka ku ituzwa ryawe, nko ku bushobozi bwawe bwo gukora akazi cyangwa ku bushobozi bwo kwiga bw'abana bawe. Abana bawe bagomba guhabwa inkingo mu gihe cy'isuzuma kuko abana bose biyandikishije mu mashuri ya Leta bagomba kwerekana gihamya ko bakingiwe.

**ABATANGA SERIVISI Z'UBUVUZI**

Hari abantu benshi batandukanye batanga serivisi z'ubuvuzi muri Leta Zunze Ubumwe za Amerika. Bamwe muri abo batanga serivisi z'ubuvuzi bamenyerewe ni aba bakurikira:

**Ibigo bya Leta byita ku Buzima** bitanga inkingo z'indwara n'izindi serivisi zo gukumira indwara, harimo gusuzuma no kuvura indwara y'igituntu. Serivisi zo gukingira ni serivisi zirinda abantu kurwara mbere y'uko indwara zaduka. Izi serivisi ziba ari ubuntu cyangwa zihendutse cyane ku mpunzi. Ubusanzwe kuhivuriza ni ngombwa kuba ufite randevu.

**Amavuriro rusange** atanga ubuvuzi bw'ibanze agatanga n'inama mu by'ubuzima. Amwe muri ayo mavuriro avura amenyo n'amaso. Amavuriro amwe n'amwe yo mu mijyi yita ku barwayi bihariye, nk'abagore batwite cyangwa abarwayi ba Sida. Aya mavuriro yemera kwakira abafite ubwishingizi bw'ubuzima bw'abikorera ku giti cyabo na Medicaid (ubwishingizi bw'ubuzima Leta iha abaturage bafite amikoro make), n'andi mafaranga yakwa bashingiye k'ubushobozi bwo kwishyura bw'umurwayi.

**Abaganga Bikorera ku Giti Cyabo** baba ari abaganga bavura indwara rusange cyangwa abaganga b'inzobere. Abaganga bavura indwara muri rusange, banakora igenzura ry'uko ubuzima buhagaze bigakorwa buri mwaka. Inzobere zivura indwara imwe. Hari amatsinda inzobere zimwe na zimwe zivura, nk'abagore cyangwa abana. Izindi nzobere zihugura kuvura urugingo rumwe rw'umubiri cyangwa sisitemu y'umubiri, urugero nk'umutima, amaso, cyangwa ibirenge. Ukenera kwaka randevu

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kugira ngo ubonane n'umuganga wikorera ku giti cye. Mbere yo kubonana n'umuganga wikorera ku giti cye, ubusanzwe ugomba kubanza kwerekana ko ushobora kwishyura serivisi umwifuzaho cyangwa ukerekana ko ufite ubwishingizi bw'ubuzima.

**Ibitaro** bigenewe abarwayi bafite ibibazo byihariye baba bakeneye gukorerwa ibizami no kubagwa. Ubusanzwe muganga wawe ni we ukohereza ku bitaro cyangwa ukinjizwa mu bitaro nyuma umaze kuvurirwa mu cyumba cy'indembe. Kuvurirwa mu bitaro birahenda, kandi usabwa kwerekana ko ushobora kwishyura serivisi uhabwa cyangwa ko ufite ubwishingizi bw'ubuzima mbere yo kwinjizwa ibitaro. Nyamara, mu byumba by'indembe ku bitaro ntibashobora kugusubiza inyuma kubera ubushobozi buke bwo kunanirwa kwishyura.

**Ibyumba by'indembe** bigenewe abantu bafite ibibazo by'ubuzima bitunguranye kandi bikomeye. Nta randevu ukeneye kugira ngo ujye kwivuza mu cyumba cy'indembe, ariko ni ahantu baba bahuze kandi ugomba gutegereza igihe kirekire niba ikibazo cyawe kidakomeye. Kwivuriza mu Cyumba cy'indembe birahenda cyane. Niba ikibazo ufite kitihutirwa, ushobora kwaka randevu mu ivuriro cyangwa mu biro bya muganga.

Ahantu hamwe na hamwe abantu batuye, uhasanga Amavuriro **Atanga Ubuvuzi Bwihutira**. Aya mavuriro yakira abantu bafite indwara cyangwa ibikomere bakeneye kuvurwa byihutirwa, ariko bidakomeye cyane ku buryo wajya kwivuriza mu cyumba cy'indembe. Nta randevu ukeneye.

### **UBURENGANZIRA BWAVE BWO KWIVUZA**

Muri Leta Zunze Ubumwe za Amerika, umuntu agira uburenganzira bwo kwivuza mu buryo bubiri bw'ingenzi: Ufite uburenganzira bwo guhabwa ugusemurira kandi amakuru yerekeye ubuzima bwawe akagirwa ibanga. Bwira abakozi b'ibitaro cyangwa b'ivuriro ko ukeneye umusemuzi mu gihe urimo waka randevu cyangwa mu gihe uhageze ukeneye kuvurwa byihutirwa. Itegeko rivuga ko buri kintu cyose kibaye hagati yawe n'uguha serivisi z'ubuvuzi kigomba kugirwa ibanga. Uguha serivisi z'ubuzima ntashobora kugira icyo abwira umuryango wawe, inshuti zawe, cyangwa umukoresha wawe kirebana n'uko amagara yawe ahagaze utabimuhereye uruhushya.

### **UKO ABANYAMERIKA BATWARA AMAGARA YABO**

Abenshi mu banyamerika babonana na muganga rimwe mu mwaka kugira ngo bisuzumisha bamenye uko amagara yabo ahagaze kugira ngo babashe kumenya ibibazo by'uburwayi bafite mbere y'uko bikomera. Babonana na muganga w'amenyo kabiri mu mwaka kugira ngo abakorere isuku y'amenyo bityo birinde kugira ibibazo bikomeye by'amenyo yabo. Banyamerika bemera ko indwara nyinshi zishobora kwirindwa hifashishijwe isuku, indyo iboneye, imyitozo ngororangingo, no gusinzira bihagije.

### **ISUKU Y'AHO TUBA N'ISUKU BWITE YO KU MUBIRI**

Abanyamerika benshi biyuhagira umubiri wose buri muni, boza amenyo kabiri ku muni, bakamesa mu mutwe kenshi,

bakitera umubavu rimwe ku muni, kandi bakamesa imyenda yabo kenshi. Amaduka agurisha ubwoko bw'ibibazo by'imibavu n'amavuta bifasha abantu gucya no guhumura umwuka mwiza utanuka ibyuya. Isuku bwite ku mubiri ni ingenzi ku buryo bw'umwihariko kugira ngo ubone akazi kandi ukarambeho.

### **INDYO YUZUYE**

Indyo yuzuye bisobanura kurya ubwoko bw'ibiribwa nyabyo bituma uhorana amagara meza. Bisobanura kandi kudakunda kurya ibiribwa bishobora guteza ibibazo by'uburwayi n'indwara zikomeye k'umuntu ukunze kubirya kandi akarya byinshi. Ibyo biryo ni nk'ibirimo isukari nyinshi, umunyu mwinshi, cyangwa amavuta menshi (urugero, ibiryo bitetse ifiriri, ibisuguti na bombo, na za soda).

### **UBUVUZI BW'INDWARA ZO MU MUTWE**

Abanyamerika baha agaciro kamwe indwara zo mu mutwe n'iz'umubiri. Indwara zo mu mutwe zigaragazwa n'uko wiyumva, utekereza n'uko witwara mu buzima busanzwe. Zigaragazwa kandi n'uko witwara iyo uhuye n'ibibazo. Mu kubungabunga neza ubuzima harimo no kuvura indwara zo mu mutwe bikoze w'umuganga w'umunyamwuga igihe bikenewe. Iyo utangiye kumva ubuzima bugukomereye utashobora kwihanganira ibikorwa bya buri muni, ni ngombwa kugana umuganga w'indwara zo mu mutwe. Ikigo Gishinzwe gutuza Impunzi gishobora kugufasha kandi amakuru yawe agakomeza kugirwa ibanga.

## **IBIBAZO ABANTU BAKUNZE KUBAZA**

### **ESE NZAVUZWA?**

Ubwa mbere impunzi zibanza guhabwa ubwishingizi bwo kwivuza butangwa na leta. Ubwo bwishingizi bugenda butandukana bitewe n'ahantu aho ari ho ndetse n'ibisabwa umuntu kugira ngo abuhabwe. Nubwo ubu bwishingizi bwishyura ubuvuzi uhabwa bw'ingenzi, ntibwishyura ikiguzi usabwa mu kwivuza amenyo n'amaso. Ushishikarizwa guhita ushakisha akazi ukimara igihe gito ugeze muri Leta Zunze Ubumwe za Amerika kugira ngo ubashe kubona ubwishingizi mu bigo byigenga burihwa n'umukoresha. Niba ugendana ubumuga cyangwa ukaba urengeje imyaka 65, guverinema ya Leta Zunze Ubumwe za Amerika izaguhaha ubwishingizi bwo kwivuza k ubuntu.

### **NI IZIHE SERIVISI ZIHABWA ABANTU BAGENDANA UBUMUGA?**

Amategeko yo muri Leta Zunze Ubumwe za Amerika arengera kandi agafasha abantu bagendana ubumuga. Ikigo Gishinzwe Gutuza Impunzi kizagufasha gushakisha kuri interineti no kugera kuri serivisi zigenewe impunzi zigendana ubumuga. Hateganyijwe ubwishingizi bw'ubuzima n'amafaranga y'imfashanyo agenewe impunzi zigendana ubumuga kandi impunzi zishobora kwandika zisaba izi mfashanyo zikigera muri Kwivuza muri Leta Zunze Ubumwe za Amerika.

## **Cultural Orientation Resource Exchange**

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For more information, visit the CORE Resettlement Navigator website at [corenav.org](https://corenav.org).



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