

Magdhawga Shaqaalaha iyo Dacwadaha Caafimaadka Maskaxda: PTSD iyo Dhaawacyada Kale ee Caafimaadka Maskaxda ee Minnesota

Dokumentigan waxa uu bixinayaa macluumaad guud oo keliya. Ma aha talo sharci. Xaalad walba way ka duwan tahay tan kale, waxaana suuragal ah in sharciyo kale ay khuseeyaan xaaladdaada. Haddii aad qabto su'aalo, la xiriir qareen, booqo bogga internetka ee Waaxda Shaqada iyo Warshadaha (Department of Labor and Industry) ee dli.mn.gov/business/workers-compensation ama wac Xarunta Caawinta Magdhawga Shaqaalaha (Workers' Compensation Help Desk) lambarka 651-284-5005 (riix 3) ama 800-342-5354 (riix 3).

Waa maxay dhaawacyada caafimaadka maskaxda ee lagu dabooli karo magdhawga shaqaalaha ee Minnesota?

Gudaha Minnesota, xaaladda keliya ee caafimaadka maskaxda ee lagu dabooli karo magdhawga shaqaalaha (workers' compensation) iyada oo aan jirin dhaawac jireed waa Post-Traumatic Stress Disorder (PTSD). Dhaawac kasta oo kale oo caafimaadka maskaxda ah waa inuu si toos ah ula xirnaadaa dhaawac jireed si uu ugu qalmo daboolidda magdhawga shaqaalaha.

Maxaa loo baahan yahay si aad ugu qalanto dacwad PTSD oo hoos timaadda magdhawga shaqaalaha?

Si aad u hesho magdhawga shaqaalaha (workers' compensation) ee PTSD gudaha Minnesota, waa inaad caddeeyso laba arrimood: sabab caafimaad iyo sabab sharci.

Si loo caddeeyo sababta (causation), waxaa jira shuruudo gaar ah oo ay tahay inaad buuxiso:

- Dhaawaca waa inuu ka dhashay shaqadaada – si kale haddii loo dhigo, ogaanshaha PTSD waa inuu si toos ah ula xiriiraa waajibaadka shaqadaada ama deegaanka aad ka shaqeyso;
- PTSD waa in lagu ogaadaa dhakhtar cilmi-nafsiga (licensed psychiatrist) ama cilmi-nafsiga yaqaan shati haysta (licensed psychologist), iyadoo la adeegsanayo buugga ogaanshaha cudurrada ee uu sharciga Minnesota farayo;
- **Calaamadaha waa inay soconayaan ugu yaraan hal bil**, isla markaana ay keenaan dhibaatooyin culus oo kaaga yimaada shaqadaada, nololshaada bulsho, ama meelaha kale ee muhiimka ah; iyo
- PTSD-du waa inaanay ka dhalan tallaabo edbin ah, qiimeyn shaqo, wareejin shaqo, shaqo-ka-joojin ku-meel-gaar ah (layoff), hoos-u-dhigid darajo (demotion), dallacsiin, shaqo-ka-eryid, hawlgab, ama tallaabo kale oo la mid ah oo loo-shaqeeyahaagu si daacad ah.

PTSD waxa ay ku lug leedahay dib-u-xusuusashada dhacdadii naxdinta lahayd, ka fogaanshaha waxyaabaha xusuusinaya, dareen feejignaan xad-dhaaf ah ama walbahaar joogto ah, iyo isbeddello taban oo ku yimaada niyadda ama hab-fekerka.

Yaa gudbin kara dacwad PTSD ah?

Shaqaaale kasta ayaa gudbin kara dacwad magdhaw shaqaale (workers' compensation) oo PTSD ah gudaha Minnesota haddii uu buuxiyo shuruudaha kor ku xusan.

Fiiro gaar ah: Shaqaalaha ka shaqeeya xirfado gaar ah (kuwaas oo sidoo kale loo yaqaan *presumptive occupations*), haddii shaqaaluhu yeesho dhaawac caafimaad maskaxeed oo aan hore loo ogaan, sharcigu wuxuu u qaadanayaa in dhaawacu yahay mid shaqada la xiriira. Taasi waxay ka dhigan tahay in shaqaaluhu uusan khasab ku ahayn inuu caddeeyo in shaqadiisu sababtay dhaawaca.

Qiyaasta (Presumption) waxay khusaysaa shaqaalaha si firfircoon uga shaqaynayay xilalkan soo socda: sarkaal booliis, dab-damis, paramedic, farsamayaqaan caafimaad degdeg ah, kalkaaliye caafimaad shati haysta oo bixiya daryeel degdeg ah meel ka baxsan xarun caafimaad, wakiil isgaarsiineed oo badbaadada dadweynaha, sarkaal xabsiga ama xarun haynta, sarkaal xarun daaweyn ammaan ah, sheriff ama ku-xigeen sheriff oo waqti-buuxa ah, ama xubin ka tirsan Ciidanka Booliiska Gobolka Minnesota.

Maxaan sameeyaa haddii dacwaddayda PTSD la diido?

Haddii caymis-bixiyuhu diido dacwaddaada, waa inaad ka heshaa foomka Ogeysiiska Go'aanka Mas'uuliyadda Hore ee Caymiska, kaas oo si cad u sharxaya xaqiiqooyinka iyo sababaha dacwaddaada loo diiday. Haddii aad ka shaqeyso xirfad ka mid ah xirfadaha leh qiyaasta sharciyeed ee kor ku xusan oo dacwaddaada la diido, diidmada waa inay ku jirtaa arrimo muhiim ah oo loo-shaqeeyaha ama caymis-bixiyuhu ka war hayeen waqtiga ay go'aanka qaadanayeen.

Haddii aadan ku raacsanayn diidmada, waxaad haysataa ikhtiyaarro aad ku ka dooddo diidmada, oo ay ka mid yihiin kuwa soo socda:

- Inaad la hadasho sarkaalka gacanta ku haya dacwaddaada (claim adjuster) oo aad weydiisato inuu dib u eego diidmada;
- Inaad gudbiso foomka Employee's Claim Petition adigoo u diraya Maxkamadda Dhageysiga Maamulka (Court of Administrative Hearings);
- Inaad la xiriirto qareen sharxi kara xuquuqdaada kanaaga caawin kara muranka diidmada;
- Inaad wacdo Waaxda Dib-u-Habaynta Shaqada ee DLI (Vocational Rehabilitation) lambarrada 651-284-5038 ama 888-772-5500, kuna wargeliso inaad u baahan tahay caawimaad si aad shaqada ugu laabato iyadoo dacwaddaada la diiday; ama;
- Inaad la xiriirto workers' compensation ombudsman lambarrada 651-284-5013, 800-342-5353 ama iimaylka dli.ombudsman@state.mn.us si aad u hesho caawimaad dheeraad ah oo ku saabsan dacwad la diiday.