



## Xaqijinta Foomka Xaalada Caafimaad ee Daran

Buuxi foomkan haddii aad u codsanayso fasaxa caafimaadka xaaladdaada caafimaad ee daran ama fasaxa qoyska si aad u daryeesho xubin qoyska ka tirsan oo xaalad caafimaad oo halis ah qabo. Haa isticmaalin foomkan haddii aad sidoo kale soo gudbinayso dukumeenti uu si toos ah u bixiyay bixiye daryeel caafimaad.

### MACLUUMAADKA DACWOODAHA (*Looga baahan yahay inuu buuxiyo dacwoodaha*)

Magaca hore: \_\_\_\_\_ Magaca dambe: \_\_\_\_\_

Lambarka Ammaanka Bulshada (SSN): \_\_\_\_\_ ama

Lambarka Aqoonsiga Canshuur Bixiyaha Shakhsiyed (ITIN): \_\_\_\_\_

Taariikhda dhalashada (BB/MM/YYYY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### MACLUUMAADKA BUKAANKA (*Haddii uu ka duwan yahay kan kore, looga baahan yahay inuu buuxiyo dacwoodaha*)

Magaca hore: \_\_\_\_\_ Magaca dambe: \_\_\_\_\_

Xiriirka kala dhexeeyo dacwoodaha: \_\_\_\_\_

### SHAHADA-SIINTA BIXIYAH DARYEELKA CAAFIMAADKA (*Looga baahan yahay inuu buuxiyo bixiye daryeel caafimaad oo idman*)

Bixiyaha daryeelka caafimaadka ee idman waa inuu buuxiyaa oo uu saxiixaa qaybtan. **Dhammaan qaybaha waa loo baahan yahay marka laga reebo haddii aan si kale loo sheegin.** Foomamka aan dhammaystirnayn waxay dib u dhigi karaan u-qalmitaanka dheefaha loogu talagalay dacwoodaha.

**Si kooban u sharax xaalada caafimaad ee halista ah.** Jawaabahaagu waa inay ahaadaan qiyaastaada ugu fiican ee ku salaysan aqontaada caafimaad, khibradaada, iyo baaritaanka bukaanka.

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**Bixi taariikhaha bilowga iyo dhammaadka xaaladda caafimaad ee halista ah.** Ereyada sida "aan la garanayn" ama "si fiican loo aqoon" kuma filna inay go'aamiyaan u-qalmitaanka faalidooyinka Paid Leave Oregon.

Taariikhda bilowga (BB/MM/YYYY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_       Xaaladdu waa mid mudda-dheer ama  
Taariikhda dhammaadka (BB/MM/YYYY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AMA       joogto ah

### Xaaladda ama daawada miyay si aan kala go' lahayn u saamaynaysaa bukaanka (ee aan ahayn maalin kasta)?

- Haa  
 Maya

### Haddii ay haa tahay, waa maxay inta jeer ee la filayo ee ugu badan ee xaaladda ama daawaynta?

- |   |  |
|---|--|
| <input type="checkbox"/> Hal maalin todobaadkii       | <input type="checkbox"/> Shan maalmood toddobaadkii    |
| <input type="checkbox"/> Laba maalmood toddobaadkii   | <input type="checkbox"/> Lix maalmood toddobaadkii     |
| <input type="checkbox"/> Saddex maalmood toddobaadkii | <input type="checkbox"/> Toddoba maalmood toddobaadkii |
| <input type="checkbox"/> Afar maalmood toddobaadkii   |  |

Magaca dacwoodaha:

SSN ama ITIN:

**SHAHADA-SIINTA BIXIYAH DARYEELKA CAAFIMAADKA** (*Looga baahan yahay inuu buuxiya bixiye daryeel caafimaad oo idman*)

Fadlan bixi inta jeer ee fasaxa la filayo si faahfaahsan sida ugu macquulsan:

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**Haddii xaaladda caafimaad ee halista ah ay sabab u yahay uur, fadlan xaqiji in bukaanku uu hadda uu leeyahay ama uur lahaa sanadka ka horreeya taariikhda bilowga fasaxa:**

- Haa  
 Maya

**MACLUUMAADKA BIXIYAH DARYEELKA CAAFIMAADKA IYO SAXIIXA**

Waxaan cadaynaya in macluumaadka lagu bixiyey foomkan ay run iyo sax tahay iyo inaan ahay bixiye daryeel caafimaad sida lagu qeexay OAR 471-070-1000(12), iyo in xaaladda bukaanku ay buuxiso qeexitaanka xaalad caafimaad oo halis ah sida lagu qeexay OAR 471-070-1000(13).

Saxixa: \_\_\_\_\_ Taariikhda: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Magaca: \_\_\_\_\_ Jagada: \_\_\_\_\_

Lambarka laysinka shahaadada: \_\_\_\_\_ Gobolka ama wadanka: \_\_\_\_\_

Goobta laysinka/goobta shaqada: \_\_\_\_\_

Taleefanka: \_\_\_\_\_ Cinwaanka iimaylka: \_\_\_\_\_

Magaca ganacsiga: \_\_\_\_\_ Cinwaanka: \_\_\_\_\_

Bixi dhammaan macluumaadka loo baahan yahay. Seegitaanka macluumad waxay keeni kartaa daahitaan ku yimaada habaynta sheegashada dheefaha.

Ku shub foomkan oo dhammadystiran koontadaada Onlaynka ee Frances ee frances.oregon.gov marka aad u buuxiso faa'iidooyinka ama ku dir foomkan dhammadystiran ee ay la socoto codsigaaga Paid Leave Oregon ee faa'iidooyinka:

**Attn: Paid Leave Oregon  
Oregon Employment Department  
875 Union St NE  
Salem, OR 97311**

**Ma u baahan tahay caawimaad?**

Waaxda Shaqaalaynta ee Oregon (The Oregon Employment Department, OED) waa wakaalad leh fursad loo siman yahay. OED waxay ku siineysaa caawimo bilaash ah si aad u isticmaasho adeegyadeena. Tusaalooyinka qaarkood waa luqadda dhigoolaha iyo tarjumaannada luuqada lagu hadlo, agab ku qoran afaf kale, far waaweyn, maqal iyo qaabab kale. Si aad u hesho caawimo, fadlan wac 833-854-0166(lambarka bilaashka ah). Waaad sidoo kale iimaayl u diri kartaa [paidleave@oregon.gov](mailto:paidleave@oregon.gov).

## TILMAAMAH A LOOGU TALAGALAY BIXIYEYAASHA DARYEELKA CAAFIMAADKA

Fadlan dib u eegis ku samee maclummaadka hoose si aad u hubiso inaad buuxisay qeexitaanka bixiyaha daryeelka caafimaadka ka hor inta aadan buuxin foomka. Buuxi shahaada-bixinta bixiyaha daryeelka caafimaadka iyo qaybaha maclummaadka iyo saxiixa ee foomkan una soo celi dacwoodaha. Waxay foomkan u diri doonaan Paid Leave Oregon oo uu weheliyo codsigooda dheefaha.

### Qeexitaanka bixiyaha daryeelka caafimaadka

OAR 471-070-1000(12) waxay u qeexdaa bixiyaha daryeelka caafimaadka kuwaan midkood:

1. Qofka aasaas ahaan mas'uulka ka ah bixinta daryeelka caafimaadka ee dacwoodaha ama xubnaha qoyska ee dacwoodaha ka hor ama inta lagu guda jiro muddada Fasaxa Musharka leh, kuwaas oo u shatiyaysan ama u shahaadaysan in ay ugu dhaqmaan si waafaqsan shuruucda gobolka ama dalka ee ay ku dhaqmaan, kaas oo ku guda jira baaxadda qofka shatiga ama shahaado xirfadeed, oo ah:
  - Dhakhtarka lafa-duugista (kaliya ilaa xadka dhakhtarka lafa-duugista uu bixiyo daaweyn ka kooban habaynta gacanta ee laf-dhabarta si loo saxo isdabamarka lafaha ee lagu muujiyay inay jiraan raajada)
  - Dhakhtarka ilkaha
  - Umulisada gelitaanka tooska ah
  - Dhakhtarka daawo-dhireedka
  - Kalkaaliye caafimaad
  - Kalkaaliye caafimaad oo ku takhasusay kalkaaliso-umulisada
  - Dhakhtarka indhaha
  - Dhakhtar
  - Kaaliyaha dhakhtarka
  - Cilmi-nafsi yaqaan
  - Kalkaaliso diiwaangashan
  - Shaqaale bulsho oo habaysan
2. Qofka aasaas ahaan mas'uulka ka ah daaweynta dacwoodaha ama xubnaha qoyska ee dacwoodaha iyada oo loo marayo dariiqo ruuxi ah oo keliya ka hor ama inta lagu jiro muddada Paid Leave, oo ay ku jiraan laakiin aan ku xaddidnayn xirfadlaha Sayniska Masiixiga.

### Qeexitaanka Xaalad Caafimaad oo Halis ah

ORS 657B.010(23) iyo OAR 471-070-1000(13) waxay ku qeexaan "xaalad caafimaad oo halis ah" sida jirro, dhaawac, naafo, ama xaalad jireed ama maskaxeed ee dacwoodaha ama xubin ka mid ah qoyskooda oo:

- U baahan daryeelka bukaan-jiiika goobaha daryeelka caafimaadka sida isbitaal, xannaanada waayeelada, ama meel la deggan yahay sida guriga kalkaalinta
- Marka la eego xukunka caafimaad ee bixiyaha daryeelka caafimaadku waxa uu keenayaa khatar dhimasho oo degdeg ah, ama taasi waa dhammaadka saadaasha iyada oo ay suurtagal tahay geeri macquul ah mustaqbalka dhow
- Wuxuu u baahan yahay daryeel xiriir ama joogto ah, oo ay ku jiraan daryeelka guriga oo uu maamulo xirfadle daryeel caafimaad;
- Ku lugta leh muddada awood-la'aanta. "Awood-la'aanta" waa karti la'aanta in aad qabato ugu yaraan hal shaqo hawleed oo muhiim ah, ama inaad dhigato dugsiga ama aad qabato hawl maalmeedka caadiga ah in ka badan saddex maalmood oo shantirsi oo xiriir ah. Muddada awood la'aanta waxaa ku jira daawaynta kasta oo loo baahan yahay oo xigta ama muddada soo kabashada ee la xiriirta isla xaaladalaas. Awood la'aanta waa inay ku lug leedahay mid ka mid ah kuwan soo socda:
  - Laba ama ka badan oo daaweyn ah oo uu bixiyo bixiyaha daryeelka caafimaadka;
  - Hal daaweyn lagu daray nidaamka daryeelka sii wadida;

- Natijjooyinka muddada awood-la'aanta ama daaweynta xaalad caafimaad oo daran oo daba-dheeraatay oo u baahan booqashooyin xilliyeed oo daawaynta bixiyaha daryeelka caafimaadka ah, sii socota muddo waqtiballaaran, waxayna keeni kartaa taxane halkii ay ka ahaan lahayd muddada sii socota ee karti-la'aanta, sida neefta, sonkorowga, ama suuxdinta;
- Waxay ku lug leedahay karti-la'aan joogto ah ama waqtidheer sababo la xiriira in xaaladda daaweyntu aysan waxtar u yeelan karin, sida Cudurka Alzheimers, fallag daran, ama marxaladaha dabargo' cudurka. Shaqaalahama xubinta qoyska waa inay ku hoos jiraan daryeelka joogtada ah ee bixiye daryeelaafimaad, laakiin uma baahna in la siiyo daawo shaqaynayo;
- Ku lug leh daweyn badan oo loogu talagalay qalliinka soo celinta ama xaalad sida kiioterabiga loogu talagalay kansarka, daaweynta jireed ee loogu talagalay bararka kala goysyada jirka, ama sifeeyntacudurrada kelyaha oo haddii aan la daweyn ay u badan tahay in ay keento awood la'aan in ka badan saddex maalmood oo shantirsii ah;
- Ku lug leh mudda kasta oo naafo ah oo ay sabab u yihiin uurka, dhalmada, dhiciska ama mayd dhalida, ama muddada maqnaanshaha daryeelka dhalmada ka hor; ama
- Ku lug leh mudda kasta ugu maqnaanshaha shaqada sababo ku-deeqidda qayb jirka ah, xubin ama unug, oo ay ku jiraan adeegyada qalliinka ka hor ama ogaanshaha, qalliinka, daaweynta qalliinka ka dib, jyo soo kabashada.