Npaj Koj Lub Neej Yav Tom Ntej: Hloov Mus Rau Kev Ua Neeg Laus

Muaj hnub nyoog 18 xyoo yog ib qho tseem ceeb heev! Thaum koj muaj hnub nyoog 18 xyoo, koj raug suav hais tias yog ib tug neeg laus hauv North Carolina. Koj tuaj yeem xaiv hauv koj lub neej txog koj txoj kev kawm, qhov chaw koj nyob, koj mus ntsib kws kho mob twg, yuav ua li cas nrog koj cov nyiaj, thiab ntau yam ntxiv. Hauv qab no yog qee yam uas yuav tsum xav txog thaum koj loj hlob tuaj. Muaj cov txuas nyob rau thaum kawg ntawm txhua ntu rau koj nyem rau kom paub ntau ntxiv txog txhua lub ncauj lus. Yog tias koj muaj daim ntawv theej ntawm daim ntawv qhia no, luam theej duab QR code no nrog koj lub xov tooj lub koob yees duab kom pom daim ntawv qhia no ntawm koj lub xov tooj thiab kom tuaj yeem nyem rau ntawm cov txuas.

Daim Npav Qhia Txog Tus Kheej Muaj Duab - Koj xav tau daim npav qhia txog tus kheej muaj duab uas siv tau, xws li daim ntawv tso cai tsav tsheb (yog tias koj ua tau raws li qhov yuav tsum tau ua), lossis daim npav ID uas DMV muab (xws li daim npav ID tiag tiag uas muaj lub hnub qub). Daim npav ID kawm ntawv yuav tsis raug lees txais rau kev siv ua haujlwm tam sim no uas koj yog ib tug neeg laus lawm. Koj yuav xav tau daim npav ID no kom tau txais haujlwm, mus ntsib kws kho mob, teeb tsa tus account hauv txhab nyiaj, pov npav xaiv tsa, lossis caij dav hlau hauv Tebchaws Meskas. https://www.ncdot.gov/dmv/real-id-wizard/Pages/default.aspx

Tus Account Hauv Tuam Txhab Nyiaj - Tus account hauv tuam txhab nyiaj yog ib qho chaw nyab xeeb rau kev khaws koj cov nyiaj es tsis txhob nqa nyiaj ntsuab. Koj tuaj yeem siv tus account hauv tuam txhab nyiaj los txuag nyiaj, tau txais nyiaj los ntawm kev ua haujlwm, yuav khoom nrog daim npav rho nyiaj, them cov nqi, thiab khaws cia seb koj muaj nyiaj ntau npaum li cas. Yog tias koj hnub nyoog qis dua 18 xyoo, lossis yog tias koj xav tau kev pab tswj koj cov nyiaj, koj tuaj yeem xaiv kom muaj ib tus neeg laus uas koj ntseeg siab (xws li niam txiv lossis lwm tus neeg uas koj ntseeg siab) ntxiv rau hauv koj tus account. Yog tias koj tau txais cov txiaj ntsig zoo li Supplemental Security Income (SSI) lossis Medicaid, muaj cov cai txog seb koj tuaj yeem khaws nyiaj ntau npaum li cas hauv koj tus account hauv tuam txhab nyiaj. Muaj cov kev pab cuam txuag nyiaj tshwj xeeb, xws li tus account ABLE, uas cia ntau tus neeg uas muaj kev tsis taus txuag nyiaj yam tsis cuam tshuam rau lawv cov txiaj ntsig. Saib cov ntaub ntawv ntawm tus account ABLE ntawm no: https://www.ssa.gov/ssi/spotlights/spot-able.html

Sau Npe Xaiv Tsa - Thaum koj muaj hnub nyoog 18 xyoo, koj tuaj yeem sau npe xaiv tsa. Koj tuaj yeem xaiv tsa hauv zos, xeev, thiab tsoomfwv tebchaws. Qhov no suav nrog kev xaiv tsa rau Thawj Tswj Hwm ntawm Tebchaws Meskas. Koj tseem muaj cai xaiv tsa txawm tias koj muaj tus saib xyuas los xij. Nyem qhov no kom paub yuav ua li cas sau npe xaiv tsa hauv NC: https://www.ncsbe.gov/registering/how-register . Nyem qhov no yog tias koj xav tau kev pab kom tau daim npav pov thawj (ID) los xaiv tsa: https://voteriders.org/freehelp/

Kev Pabcuam Xaiv - Yog tias koj yug los ua txiv neej, koj yuav tsum sau npe nrog Kev Pabcuam Xaiv, txawm tias koj muaj kev tsis taus los xij. Niam txiv lossis tus saib xyuas tuaj yeem pab koj nrog cov txheej txheem no. Koj tuaj yeem sau npe online ntawm: https://www.sss.gov/register

Kev Hloov Mus Rau Kev Kho Mob Rau Cov Neeg Laus - Thaum koj loj hlob tuaj, koj yuav hloov ntawm cov kws kho mob uas saib xyuas cov menyuam mus rau cov kws kho mob uas saib xyuas cov neeg laus. Qhov no hu ua kev hloov mus rau kev kho mob rau cov neeg laus. Thaum koj loj hlob tuaj, koj tuaj yeem kawm paub ntau ntxiv txog koj txoj kev noj qab haus huv thiab koom nrog kev txiav txim siab txog koj txoj kev kho mob hauv txoj kev uas ua haujlwm zoo tshaj plaws rau koj. Koj tuaj yeem coj ib tug niam txiv, tus neeg saib xyuas, lossis lwm tus neeg txhawb nqa uas koj ntseeg siab nrog koj mus rau koj qhov kev teem sijhawm yog tias koj xav tau. Koj tsev neeg thiab cov neeg saib xyuas tuaj yeem txuas ntxiv txhawb nqa koj thaum koj dhau los ua ib tug neeg laus. Koj tus kws kho mob lossis chaw kho mob yuav piav qhia tias leej twg tuaj yeem pom koj cov ntaub ntawv kev noj qab haus huv thiab leej twg tuaj yeem pab txiav txim siab txog kev kho mob. Nyob ntawm koj lub hnub nyoog, txoj cai lij choj hauv xeev, thiab seb niam txiv lossis lwm tus neeg yog koj tus neeg saib xyuas raug cai lossis muaj koj txoj kev tso cai, koj niam txiv lossis tus neeg saib xyuas yuav tuaj yeem nkag mus rau koj cov ntaub ntawv kev noj qab haus huv thiab nyob nrog koj thaum lub sijhawm teem sijhawm. Yog tias koj muaj

lus nug, nug koj pab neeg kho mob thiab lawv tuaj yeem piav qhia txog koj cov cai (xws li Txoj Cai Kev Pov Hwm Kev Noj Qab Haus Huv thiab Kev Ceev Ntaub Ntiag Tug lossis HIPAA) thiab pab koj txiav txim siab seb koj xav kom leej twg koom nrog koj txoj kev kho mob. Saib cov ntaub ntawv ntxiv txog kev hloov mus rau kev kho mob rau cov neeg laus ntawm no: https://www.gottransition.org/

Kev Ua Haujlwm - Muaj ib txoj haujlwm yog ib txoj hauv kev zoo los khwv tau nyiaj, kawm cov txuj ci tshiab, ntsib tib neeg, thiab ua neeg ywj pheej ntau dua. Yog tias koj xav tau kev pab nrhiav haujlwm, kawm txuj ci ua haujlwm, lossis pib koj tus kheej lub lag luam, Lub Chaw Haujlwm Saib Xyuas Kev Ua Haujlwm thiab Kev Ywj Pheej rau Cov Neeg Muaj Kev Tsis Taus (EIPD) (yav tas los hu ua Kev Kho Dua Tshiab) tuaj yeem pab tau. Muaj ib txhia neeg tsis tuaj yeem ua haujlwm puv sijhawm lossis xav tau kev txhawb nqa nyiaj txiag ntxiv. Tej zaum koj yuav tsim nyog tau txais Supplemental Security Income (SSI) lossis lwm yam txiaj ntsig. Yog tias koj tau txais SSI lossis Medicaid, nws yog ib qho tseem ceeb kom paub tias kev ua haujlwm yuav cuam tshuam li cas rau koj cov txiaj ntsig. Koj tuaj yeem kawm txog cov kev pab cuam uas pab koj ua haujlwm thiab txuag nyiaj. Kawm ntxiv ntawm North Carolina Disability Benefits 101: **https://nc.db101.org/** . Koj tuaj yeem tshawb nrhiav Work Together NC's Employment Toolkit: **https://worktogethernc.com/resource/an-employment-toolkit-for-people-with-intellectual-and-developmental-disabilities/**

Tsev Kawm Qib Siab - Qee zaum tib neeg yuav hais txog tsev kawm qib siab lossis kev kawm uas koj tau txais tom qab koj kawm tiav high school li "kev kawm tom qab kawm tiav high school." Kev mus kawm ntawv qib siab yog ib qho kev paub zoo heev thiab tuaj yeem pab tau cov txuj ci uas koj xav tau kom tau txais haujlwm. Koj tuaj yeem kawm ib txoj haujlwm uas tuaj yeem npaj koj rau ib txoj haujlwm hauv qee qhov kev txaus siab xws li plumbing, cybersecurity, thiab ntau lwm qhov chaw. Tshawb nrhiav ntau yam haujlwm lossis kev txaus siab thiab txuas nrog lub tsev kawm ntawv qib siab hauv zej zog kom paub ntau ntxiv. Koj tuaj yeem kawm kom tau daim ntawv kawm tiav rau ntau yam haujlwm, xws li kev lag luam, kev saib xyuas neeg mob, thiab lwm yam. Yog tias koj xav mus kawm ntawv qib siab, saib cov tsev kawm ntawv sib txawv, mus ncig xyuas hauv tsev kawm ntawv, thiab txuas nrog Chaw Haujlwm Pabcuam Kev Tsis Taus yog tias koj xav tau kev txhawb nqa los pab koj ua tiav. Work Together NC muaj cov cuab yeej kawm tiav qib siab hauv lawv lub vev xaib. Koj tuaj yeem pom nws ntawm no: **https://worktogethernc.com/resource/whats-next-college-a-guided-exploration-of-nc-inclusive-postsecondary-options-for-students-with-disabilities/**

Kev Xaiv - Thaum koj laus lawm, koj yuav xaiv txog ntau yam hauv koj lub neej, xws li qhov chaw koj nyob, qhov chaw koj ua haujlwm, koj txoj kev kho mob, thiab koj cov nyiaj txiag. Muaj ntau txoj hauv kev sib txawv kom tau txais kev pab txiav txim siab txog koj lub neej yog tias koj xav tau. Yog tias koj tsuas xav tau qee qhov kev txhawb nqa xwb, Txoj Kev Npaj Txiav Txim Siab Txhawb Nqa (SDM) yuav yog qhov kev xaiv zoo. Nrog Txoj Kev Npaj SDM, koj xaiv cov neeg uas koj ntseeg siab los pab koj nkag siab txog koj cov kev xaiv, xav txog koj cov kev xaiv, thiab txiav txim siab. Koj tseem yog tus neeg txiav txim siab koj tus kheej. Qee tus neeg xav tau kev txhawb nqa ntau dua li Txoj Kev Npaj SDM tuaj yeem muab tau. Hauv cov xwm txheej ntawd, lwm cov kev xaiv, xws li Lub Hwj Chim ntawm Tus Kws Lij Choj lossis kev saib xyuas, yuav tsim nyog. Cov kev xaiv no muab rau lwm tus neeg sib txawv ntawm cov cai lij choj los pab txiav txim siab lossis, qee qhov xwm txheej, txiav txim siab rau koj. Koj cov kev xav tau yuav hloov pauv raws sijhawm, thiab qhov ntau ntawm kev txhawb nqa uas koj xav tau kuj tuaj yeem hloov pauv thiab. ham nrog ib tus neeg laus uas ntseeg siab, xws li ib tug tswv cuab hauv tsev neeg, phooj ywg, xib fwb, tus thawj tswj hwm rooj plaub, lossis lwm tus kws tshaj lij, kom paub txog koj cov kev xaiv thiab txiav txim siab seb hom kev txhawb nqa twg yog qhov zoo rau koj. Koj tuaj yeem nyeem ntxiv txog Kev Txhawb Kev Txiav Txim Siab, Lub Hwj Chim ntawm Tus Kws Lij Choj thiab lwm txoj hauv kev hloov pauv kev saib xyuas ntawm no: **https://rethinkingguardianshipnc.org/wpcontent/uploads/sites/3/2025/04/Supporting-Choice-and-Self-Determination-Resource-Guide-03-21-25.pdf** . Koj tuaj yeem nyeem ntxiv txog cov txheej txheem saib xyuas ntawm no: **https://www.nccourts.gov/help topics/guardianship/guardianship**

Yog koj muaj lus nug ntxiv lossis xav nrog ib tug niam txiv qhia ntawv tham, thov sau daim ntawv tiv tauj ib tug niam txiv qhia ntawv no, **https://www.ecac-parentcenter.org/contact-a-parent-educator** los yog hu rau ECAC.

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Empowering Families★Improving Lives

1-800-962-6817
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www.ecac-parentcenter.org

CATAWBA GASTON CLEVELAND LINCOLN INNOVATIVE APPROACHES

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