



# KNOW YOUR LANGUAGE ACCESS RIGHTS

## YOU HAVE A RIGHT TO HEALTH SERVICES IN YOUR LANGUAGE!

- Yes!
- When you have trouble talking to a doctor, nurse, social worker or other health worker in English, you can ask for a qualified interpreter.
- Some groups, such as **hospitals, clinics, nursing homes and health departments** are required to provide language interpretation services at no costs to you.

## WHAT DOES THIS MEAN TO YOU?

- You can ask for **FREE** interpretation services.
- You should not need to bring a family member, friend or young child to interpret.
- A qualified interpreter will be able to help you understand medical words.
- Certain written information may be given to you in your language.

## WHICH ORGANIZATIONS CAN YOU ASK FOR HELP?

Organization Name	Health Services	Interpretation / Translation	Complaints	Referral /Education
<b>Arizona Alliance for Community Health Center</b> 1-602-288-7569				x
<b>Asian Pacific Community in Action</b> 1-602-265-4598		x	x	x
<b>Maricopa Integrated Health System</b> 1-602-344-5011	x	x		
<b>Mountain Park Health Center</b> 1-602-323-3242	x			x
<b>Arizona Department of Health Services, Arizona Health Disparities Center</b> 1-602-542-1219			x	x
<b>U.S. Department of Health and Human Services (DHHS), Office for Civil Rights</b> 1-800-368-1019			x	
<b>U.S. Department of Justice</b> 1-202-514-2000			x	
<b>DHHS, Region IX Office for Civil Rights</b> 1-415-437-8310			x	

Content is adopted from Asian Pacific Community in Action's "Know Your Rights" program. This is a project of the Arizona Health Alliance for Language Access Rights (AHALAR), a group of professionals devoted to creating and sustaining a welcoming environment that embraces Language Access Services (LAS) in Arizona.



# भाषिक पहुँच सम्बन्धी आफ्नो अधिकार जान्नुहोस् ।

तपाईंसँग आफ्नो भाषामा स्वास्थ्य सेवा प्राप्त गर्ने अधिकार छ !

- हो !
- यदि तपाईंलाई कुनै डक्टर, नर्स, सामाजिक कार्यकर्ता वा अन्य स्वास्थ्य सम्बन्धी कार्यकर्ताहरूसँग अंग्रेजी भाषामा कुरा गर्न मुश्किल भइरहेको छ भने तपाईं योग्य दोभाषेको माग गर्न सक्नुहुन्छ ।
- अस्पताल, क्लिनिक, नर्सिङ् होम र स्वास्थ्य विभाग जस्ता केही समूहहरूले तपाईंलाई अनिवार्य रूपमा दोभाषेको सेवा निःशुल्क उपलब्ध गराउनुपर्छ ।

तपाईंको लागि यसको मन्यता के छ?

- तपाईं **निःशुल्क** रूपमा दोभाषेको सेवाको माग गर्न सक्नुहुन्छ ।
- भाषा सम्बन्धी सहयोग लिन तपाईंले कुनै परिवारको सदस्य, साथी वा बच्चा लाई ल्याइरहनु पर्दैन ।
- योग्य दोभाषे तपाईंलाई चिकित्सकीय शब्दहरू बुझ्न सहयोग गर्न सक्षम हुन्छन् ।
- तपाईंलाई आफ्नो भाषामा कुनै निश्चित लिखित जानकारीहरू उपलब्ध गराइन सक्छ ।

कुन कुन संस्थाहरूसँग तपाईं सहयोग माग्न सक्नुहुन्छ ?

संस्थाको नाम	स्वास्थ्य सेवाहरू	दोभाषे सेवा / अनुवाद	उजुरीहरू	रिफर गर्ने / शिक्षा
<ul style="list-style-type: none"> <li>• <b>Arizona Alliance for Community Health Center</b> 1-602-288-7569</li> </ul>				√
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