



# 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.





# Jua Haki za Kufikia Lugha Yako

## UNA HAKI YA KUPOKEA HUDUMA ZA AFYA KWA LUGHA YAKO!

- Ndiyo!
- Usipoweza kuwasiliana vyema na daktari, nesi, mwuguzi, mfanyikazi wa jamii au mfanyikazi mwingine yeyote kwa lugha ya kiingereza, unaweza kuomba msaada wa mkalimani
- Baadhi ya makundi, kama vile **hospitali, kliniki, makazi ya kuwatunza watu wazee** na **idara za afya** yanahitajika kutoa huduma za ukalimani bila gharama yoyote kwako.

## JE, JAMBO HILI LINAMAANISHA NINI KWAKO?

- Unaweza kuuliza huduma za ukalimani na kuzipokea **BILA MALIPO**.
- Huhitajiki kuja na jamaa, familia, rafiki au mtoto mdogo kwa ajili ya ukalimani
- Mkalimani aliyehitimu atakusaidia kuelewa masuala ya kimatibabu.
- Huenda ukapewa taarifa fulani iliyoandikwa kwa lugha yako.

## NI MASHIRIKA GANI UNAYOWEZA KUOMBA MSAADA?

Jina la Shirika	Huduma za Afya	Ukalimani / Utafsiri	Malalamiko	Rufaa / Elimu
• Arizona Alliance for Community Health Centers 1-602-288-7569				√
• Asian Pacific Community in Action 1-602-265-4598		√	√	√
• Maricopa Integrated Health Services 1-602-344-5011	√	√		
• Mountain Park Health Center 1-602-323-3242	√			√
• Arizona Department of Health Services, Arizona Health Disparities Center 1-602-542-1219			√	√
• U.S. Department of Health and Human Services (DHHS), Office for Civil Rights 1-800-368-1019			√	
• U.S. Department of Justice 1-202-514-2000			√	
• DHHS, Region IX Office for Civil Rights 1-415-437-8310			√	

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.

