

## Okwekenneenya Ebyetaagisa Ebibuuzo

Weebale kwetaba mu kubuuzibwa kuno Ebyokuddamu byo bijja kuyamba Ekitongole Ekikola ku Kukaddiwa ekya Area Agency on Aging (AAA) okutegeera ebyetaago n'ebizibu by'abantu abakulu n'abalabirira mu kitundu kyaffe. Okwanukula kwo kujja kukuumbwa nga kwa kyama era tekugenda kusangibwa wabweru wa AAA yo ne ofiisi y 'abakadde.

### 1. Oddamu ebibuuzo bino (a) ku lulwo nga omuntu akaddiye, oba (b) ng'alabirira omuntu akaddiye (omuntu gw'olabirira)?

- Ku lulwo → BUUKA ogende ku kibuuzo 3 ku muko oguddako
- Alabirira omuntu



Abalabirira abantu bokka be balina okujjuzamu Ekibuuzo 2. Bw'oba oddamu ku lulwo, buuka ogende ku Kibuuzo 3.

### 2. Buyambi ki obuyinza okukuyamba ggwe nga alabirira omuntu? (Londako byonna ebituukirawo)

- Okuwummula emirimu gy'okulabirira omuntu: Okuwummula ekiseera ekitono obuvunaanyizibwa bw'okulabirira omuntu.
- Ebibiina ebiyamba Okubeerawo kw'ebibiina ebiyamba okubudaabuda n'okuyamba abantu.
- Obuyambi bwa ssente: Okuyamba mu by'ensimbi ebikwata ku kulabirira omuntu.
- Okutendeka ne Okusoma: Okutendekebwa mu ngeri y'okulabiriramu abantu, okulabirira abalina ekirwadde ky'okuwuttaala, ne obubaka ku ngeri y'okujjanjaba endwadde ez'enjawulo.
- Obujjanjabi bw'ekisawo: Okuyambibwa okukwasaganya ebyetaago by'ekisawo eby'omuntu gw'olabirira, omuli okutuukirira abasawo abakugu.
- Okuyambibwa mu Byamateeka: Mu byamateeka ebikwata ku kulabirira omuntu, nga okuwa omuntu obuyinza okukusalirawo n'okukukuuma.
- Obuweereza bw'eby'entambula Okufuna entambula okutwala omuntu gw'olabirira okulaba abasawo n'ebyetaago ebirara.
- Okukyusa Awaka Okuyambibwa okukyusa awaka obutaba na bulabe era n'okwanguyira omuntu alabirirwa.
- Okukwasaganya okulabirira omuntu: Okuyambibwa okukwasaganya okulabirira n'empeereza eby'omuntu alabirirwa.
- Obuyambi ku bikwata ku by'obwongo Alabirira omuntu okufuna obuweereza obukwata ku by'obwongo kulw'obulungi bwe.
- Obuyambi mu bya tekinologiya Okuyambibwa mu kuzesa tekinologiya okulondoola n'okulabirira omuntu alabirirwa.
- Obubaka n'ebikozesebwa: Okufuna obubaka n'ebikozesebwa mu kulabirira omuntu n'empeereza eziriwo.
- Empeereza z'okulabirira omuntu awaka: Okufuna empeereza z'abakugu abalabirira abantu awaka okuyamba ku mirimu gy'okulabirira abantu.
- Okuyambibwa mu by'endya: Okuyambibwa mu kuteekateeka emmere n'okufumbira omuntu alabirirwa.

- Okuyambibwa mu kukwasaganya emirimu n'obulamu: Ebikozesebwa okuyamba okukwasaganya obuvunaanyizibwa bw'emirimu gy'okulabirira omuntu n'obulamu bwo.
- Ebikozesebwa mu kitundu: Obubaka obukwata ku bikozebwa ebiri mu kitundu n'empeereza eziyamba abalabirira abantu.
- Ekirala (Osabibwa okunnyonyola): \_\_\_\_\_



*Bw'oba oyanukula ng'omujjanjabi, osabibwa okujjuza okunoonyereza okusigaddewo ku muntu gw'olabirira (afuna obujjanjabi), nga mw'otwalidde n'ebimukwatako.*

### 3. Ebyetaagisa

*Wekkaanye ebyetaago ebisinga obukulu ebikwatagana n'okukaddiwa, era olondeko ebyetaago byo (alabirirwa) ebisinga obukulu ebikwatagana n'okukaddiwa. Ebyokulabirako wansi wa buli kiti tebiriimu buli kyakulabirako ekisoboka, n'olwekyo osobola okulondako ekiti ne bw'oba nga tolabye kyetaago kyo (ekya alabirirwa).*

*Londako ebyetaago byonna eby'omugaso gy'oli (alabirirwa).*

- Okufuna Empeereza
  - Okugeza, okufuna obuyambi bw'emmere/SNAP n'empeereza z'ensimbi, wamu n'okwewandiisa okufuna yinsuwa y'ebyobulamu.
- Obujjambi omuntu bw'asobola
  - Okugeza, okufuna obujjanjabi omuntu bw'asobola, yinsuwa, okusobola okugula eddagala.
- Okufuna obujjanjabi
  - Okugeza, okufuna omusawo, okufuna obujjanjabi, okwetaba mu kusoma engeri y'okwewala okugwa, okugezaako eddagala ery'enjawulo, n'okukyaliirwa abasawo awaka.
- Ennyumba omuntu gy'asobola
  - Okugeza, okufuna ennyumba omuntu gy'asobola, okubeera ku lukalala lw'abalinda okufuna ennyumba ezisaliddwako ebbeeyi, n'okufuna obuyambi okupangisa.
- Okufuna ennyumba n'okugiddaagiriza
  - Okugeza, okufuna ennyumba etuukikako, n'obuyambi okuddaagiriza ennyumba n'okugibezaawo.
- Obuyambibwa awaka okusobola okwebezaawo
  - Okugeza, okuyamba abakadde mu kifo, okuyambibwa mu mirimu gya buli lunaku (nga okunaaba, okugenda mu kayu, okwambala, okulya, okutambula, okwefaako), okukuuma ennyumba n'ebintu, (okuggyawo omuzira, okusaawa olujja, okulonda ebikoola), ennyumba okugikyusaamu, emirimu egya bulijjo, okwetengerera n'ensonga z'okutambula, n'okufuna ebyuma ebyetaagisa.
- Empeereza ey'ekiseera ekiwanvu n'obuyambi
  - Okugeza, okufuna empeereza y'okulabirirwa awaka, okubeera n'abakozi abamala mu bifo by'okulabirirwa okwa ekiseera ekiwanvu, obuyambi mu bibuga by'ebyalo, n'okweyongera mu kukwasaganya abalwadde.
- Okuyambako mu kukwasaganya ebisale ebirala
  - Okugeza, okuyambibwa mu bisale ebitali bya nnyumba n'obujjanjabi, nga emisolo, ebikozesebwa, n'emmere.

- ❑ Empeereza z'ebyamateeka
  - Okugeza, okufuna okuwabulwa mu mateeka okukwasaganya ebikwata ku byenfuna n'emuganyulo gy'olukale, obujjanjabi, obujjanjabi bw'ekiseera ekiwanvu, eby'endya, ennyumba, ebikozesebwa, empeereza z'obukuumi, okuyisibwa obubi, okusosolebwa olw'emyaka, n'obuyinza obulabirira omuntu.
- ❑ Ebyobulamu ebikwata ku by'obwongo n'enneeyisa
  - Okugeza, okufuna ebibiina n'emisomo gya eby'obwongo, okubudaabuda, obuyambi ku kwennyamira, okweraliikirira, n'obweraliikirivu obususse, okukwasaganya okunywa omwenge n'okukozesa ebiragalalagala.
- ❑ Obuyambi mu by'endya
  - Okugeza, okufuna emmere erimu ekiriisa, okuyambibwa mu kufumba, okuyambibwa mu kugireeta, n'okwanganga ebbula ly'emmere.
- ❑ Obukuumi n'okwerinda
  - Ng'ekyokulabirako, okukyusa awaka okuziyiza okugwa, okwanganga okutugunyizibwa, okukozesebwa obubi, okuyisibwa obubi, obutebenkevu mu bantu, n'obukuumi mu kitundu.
- ❑ Okubeera n'eby'entambula
  - Okugeza, okufuna entambula ogugenda ku w'olaganye okugenda n'okubeerako n'abantu, emikisa gy'okugendera awamu mu bbaasi n'emmotoka, okuyambibwa ku ntambula y'olukale, n'entambula ku wiikendi.
- ❑ Okukulakulanya abakozi
  - Okugeza, okufuna emirimu, okufuna emirimu egituukana n'embeera, okuddamu okutendekebwa, n'emirimu egisasula obulungi.
- ❑ Obuyambi okwanganga okweyawula ku bantu
  - Okugeza, okufuna omubeezi, okufuna tekinologiya gy'osobola, essimu/pulogulaamu za yintaneeti, okukwatagana buli kaseera, n'obuweereza mu butongole n'obutali mu butongole.
- ❑ Eby'okuwummula, Eby'okwesanyusa ne Okukolagana n'abantu
  - Okugeza, okuzuula n'okwetaba mu kukolagana n'abantu, obubaka obukwata ku pulogulaamu, ebisale ebisaliddwako ku bifo/myuziyamu, ebifo ebiri wabweru eby'abakadde, n'okwetaba mu bitundu by'ekyalo.
- ❑ Okwenyigira mu nsonga z'obwannakyewa / Emikisa gy'obwannakyewa
  - Okugeza, okufuna emikisa gy'obwannakyewa, abantu abakadde okwenyigira mu kitundu, n'okwetaba mu mirimu gy'omukitundu.
- ❑ Emikisa gya Okuyiga ne Okukulaakulana
  - Okugeza, okufuna pulogulaamu z'emisomo, okuyiga obukugu obupya (nga okukozesa email, yintaneeti, app, n'ebirala), n'okutendekebwa mu bya tekinologiya.
- ❑ Okusigala ng'okola / okutumbula eby'obulamu obulungi
  - Okugeza, okuzuula emisomo ku kukula obulungi, obubaka ku mubiri okubeera obulungi, pulogulaamu za obulamu obulungi, dduyiro w'abantu abakaddiye, n'obuyambi bw'abalabirira abantu.
- ❑ Okwanganga okusosola abakuze n'obusosoze mu myaka
  - Okugeza, okukomya endowooza embi, okuyisibwa mu ngeri y'enjawulo, n'obusosoze okusinziira ku myaka.

- Okuvvuunuka Olulimi / Ebiziyiza empuliziganya
  - Okugeza, okufuna empeereza z'okutaputa/okuvvuunula, okufuna obubaka ku mpeereza n'ebikozesebwa mu nnimi ez'enjawulo, n'okwewandiisa mu misomo gya ESL.
- Obuyambi bwa LGBTQIA+
  - Okugeza, okunoonya abakozesa abategeera Abasiyazi abakazi, Abasiyazi abasajja, Abaagala abasajja n'abakazi, Abakyusizza ekikula ky'omuntu, Abewuunya Ekikula, Abalina ebikula bibiri, Abatalina kikula/Abawagizi, n'ensonga endala ez'ekikula, okwetaba mu kitundu, n'okufuna obuyambi ogwanganga okusosola.
- Obuyambi mu by 'omwoyo
  - Okugeza, okuzuula ebyokukola eby'ediini, okufuna emikisa gy'okukula mu mwoyo, n'okukola ku mpeereza z'okuzuula omuntu abuze.
- Ekirala (Osabibwa okunnyonyola): \_\_\_\_\_

#### 4. Okusengeka Ebyetaago

*Osabibwa okusengeka ebyetaago ebisatu ebisinga obukulu by'olonze mu lukalala oluli waggulu, okusinziira ku bukulu bwabyo gy'oli (aweereddwa obujjanjabi).*

*Okusobola okusengeka ebyetaago byo, dda ku Kibuuzo 3 lwe wakamaliriza era owandiike '1' okumpi n'ekyetaago ekikusingira obukulu (aweewwa obujjanjabi), '2' okumpi n'ekyetaago ekisinga obukulu eky'okubiri, ne '3' okumpi n'ekyetaago ekisinga obukulu eky'okusatu.*

#### 5. Biki ku bino mu kiseera kino ebituukira ku ggwe (*alabirirwa*)? (*Londako byonna ebituukirawo*)

- Okuyita mu kuyisibwa obubi, okulagajjalirwa, oba okukozesebwa
- Okubeera n'ekirwadde ky'okwerabira oba okuwuttaala
- Okubeera n'obuzibu okujjukira oba okulowooza
- Okwetaaga okutuuka ku bikolebwa eby'obuwangwa oba okukwatagana n'abantu (nga emikolo gy'obuwangwa, empeereza z'ediini, ebibiina by'abantu)
- Okubeera n'obutalaba
- Okubeera n'obutawulira
- Okubeera n'obulemu ku mubiri (omuli obutasobola kutambula n'obulwadde obw'olukonvuba)
- Okubeera n'obulamu obugonvu oba obunafu
- Nga oli jjajja alabirira abazzukulu
- Okweraliikirira ennyumba (nga obuzibu okusasula ey'obupangisa, okubeera awatali bukuumi)
- Bulijjo okuwubaala oba okweyawula ku bantu (nga okuba nga totera kubeerako mu bantu, tolina mubeezi)
- Okwetaaga obuyambi bw'amateeka (nga okuyambibwa ku by'ennyumba, emiganyulo gya gavumenti, okuwa omuntu obuyinza okukwasaganya obulamu bwo, n'okuwabalwa mu byamateeka.
- Ng'oli kitundu ku kibiina kya LGBTQIA+
- Okubeera n'obuzibu ku bwongo oba engeri gye weewuliramu (nga okweraliikirira, okwenyamira, obweraliikirivu obususse)

- Okwetaaga obuyambi ku by'emmere n'eby'endya (nga obuzibu mu kufumba, okwetaaga okutuusibwako emmere)
- Okubeera mu kyalo (obuzibu okwetusaako empeereza, ekifo eky'ewala)
- Okubeera n'ebyetaago ku by'emirimu oba ku murimu (nga obuyambi mu kunoonya omurimu, obuyambi ku murimu)
- Ekirala (Osabibwa okunnyonyola): \_\_\_\_\_

**6. Obeera mu (*alabirirwa*) mu kibuga ki?**

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**7. Olina (*alabirirwa*) emyaka emeka?**

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**8. Oyinza kunnyonyola otya (*alabirirwa*) ekikula kyo? (*Londako byonna ebituukirawo*)**

- Omusajja
- Omukazi
- Atali ku bikula ebibiri, atagoberera bya kikula, oba atali wa kikula ekya bulijjo
- Simanyi
- Tekiri ku lukalala waggulu (Osabibwa okunnyonyola): \_\_\_\_\_
- Saagala kukyogera

**9. Oli wa (*alabirirwa*) kika oba ggwanga ki? (*Londako byonna ebituukirawo. Genderera, osobola okulondawo ekiti ekisukka mu kimu.*)**

- Muzungu
- Muddugavu oba Omumerika omuddugavu
- Omuyindi Omumerika oba Enzaalwa ya Alaska
- Ava Asia
- Enzaalwa ya Hawaii oba Omutuuze w'ekizinga Pacific
- Ava mu nsi z'abawalabu oba ava mu Mambuka ga Afirika
- Omu Hispanic oba ava Latin America
- Eggwanga eddala oba ensibuko: \_\_\_\_\_

**10. Oyogera (*alabirirwa*) olulimi olulala awaka ng'oggyeko olungereza?**

- Yee
- Nedda

**11. Bwe kiba yee, lulimi ki?**

- Olusipeyini
- Olupotugo
- Olucayina (omuli Mandarin ne Cantonese)
- Olufalansa
- Haitian Creole
- Oluviyetinamu
- Oluyitale
- Olulasa
- Oluwalabu
- Olukoleya
- Olulala: \_\_\_\_\_

**12. Oyogera bulungi kye nkana wa (*alabirirwa*) olungereza?**

- Bulungi nnyo
- Bulungi
- Si bulungi
- Tewali yadde

**13. Omugatte gw'ennyngiza yo (*alabirirwa*) guli wansi wa doola 20,000? (*Si kya buwaze*)**

- Yee
- Nedda
- Nsazeewo butayanukula kibuuza

**14. Oli (*alabirirwa*) mmemba wa MassHealth ekiseera kino?**

- Yee
- Nedda
- Simanyi

**15. Olina (*oba gw'olabirira*) kyongerako oba ebirowoozo ebirala by'oyagala okutubuulira?**

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**Okufuna obubaka obusingako, ebikozesbwa, oba okukwasaganyizibwa ne ekitongole ekikola ku kudaddiwa ekywa Area Agency on Aging (AAA), osabibwa okutuukirira MassOptions ku 800-243-4636 oba okukyalira omukutu gwabwe ku [www.massoptions.or](http://www.massoptions.or).**