

## PeoplePoint

### Buundada Munaafacaadka Gargaarka

Barnaamijkaan waxaa uu si fudud kuugu hagayaa munaafacaad gargaar muhiim ah.

- **Xanaanada Carruurta:** Waxay ku caawisaa qoysaska in ay helaan iyo in ay la baxaan xanaanad carruurta ee wanaagsan oo loogu talagalay carruurta ka yar 13 sano.
- **Daryeelka Caafimaadka:** Waxaa uu ka caawiyaa qoysaska iyo shakhsiga in ay helaan daryeel caafimaad oo bilaash ah ama qiimahu jaban oo loogu talagalay carruurta iyo dadka wayn.
- **Gargaarka Cuntada:** Waxaa uu qoysaska ka caawiyaa helitaanka cunto nafaqaysan oo si wanaagsan isugu qiyaasan.
- **Canshuur Dhaafka Dakhliga Shaqada:** Canshuurta oo bilaash laguugu diyaarinayo iyo iyadoo elektaroonik ah (206) 315-8722.

Si aad macluumaad dheeraad ah u heshid, soo wac **(206) 684-0355**.

### Xafiiska Duqa Magaalada ee Muwaadinnada Hawlgabka ah

Xafiiska Duqa Magaalada ee Muwaadinniinta Hawlgabka ah (Mayor's Office for Senior Citizens) waxaa uu ku caawiyaa inuu ku hodmiyo nololsha dadka waaweyn maamulka caawinaada korontada, shaqaalaynta, iyo barnaamijyada meelaynta iskaa wax qabso, kuna xiri kara dadka waaweyn iyo qoysaskooda bulsho kala duwan oo la soo bandhigay isku dabbiraad ayidaaya gaboow caafimaad leh, nolol isku filnaansho leh, iyo bulsho iyo isku xirnaansho reer magaal ah.

Si aad macluumaad dheeraad ah u heshid, soo wac **(206) 684-0500**.

### Xafiiska Duqa Magaalada ee Muwaadinnada Hawlgabka ah

(Mayor's Office for Senior Citizens)

810 - 3rd Avenue, Suite 350  
(The Central Building)  
Seattle, WA 98104

Isniin – Jimce  
8:00 a.m. – 5:00 p.m.

TEL (206) 684-0500  
FAX (206) 684-0494  
TTY/TDD (206) 233-2778

WEB

[www.seattle.gov/humanservices/mosc/](http://www.seattle.gov/humanservices/mosc/)

Xafiiska Duqa Magaalada ee Muwaadinniinta Hawlgabka ah (Mayor's Office for Senior Citizens), oo ay maamulaan Qaybta Adeegga Dadweynaha ee Seattle (Seattle Human Services Department), waxaa uu adeecaayaa waxyaabaha loo isticmaali karo dawladda dhexe oo dhan, gobolka, iyo sharciyada gudaha ee mamnuucaya midabtakoorka.

Wax u qabadka loogu tala galay dadka itaalka darran waxaa la bixinaayaa markii la codsado.



Gregory J. Nickels, Duqa Magaalada  
Magaalada Seattle

Patricia McInturff, Agaasimaha  
Seattle Human Services Department

Irene Stewart, Agaasimaha  
Mayor's Office for Senior Citizens

## Barnaamijka Gargaarka Tamarta & Korontada, Gaaska, iwm



City of Seattle  
Human Services Department  
Gregory J. Nickels, Mayor

# Barnaamijyada Gargaarka Korontada, Gaaska, Biyaha, iwm

Waxaa uu bixinaayaa caawinaada aqallada u qalma oo ay bixiso Seattle City Light iyo Seattle Public Utilities



## Caawinaadda Lacag Bixinta

Iyadoo ay ascaarta korontada, biyaha, iwm ay kor u kacaayaan, ma fududa dadku in ay marwalba is bixiyaan marka ay timaado kharashyada masaariifta. Barnaamijyo kala duwan ayaa kaa caawinaya in aad dib uga dhicin bixitaanka lacagta korontada, gaaska biyaha, iwm. Waxaa ay ku xiran tahay heerarka kala duwan ee dakhliga. **Waxaad xaq u heli kartaa hal barnaamij ama in kabadan.**

## Barnaamijka Gargaarka Tamarta Aqalka ee Dadka Dakhligoodu Yar Yahay (LIHEAP)

Haddii aadan awoodin in aad iska bixisid biilka kuleyliyaha oo aad ku nooshahay kuleyliyey la'aan, waxaad khatar ugu jirtaa in xanuun ama dhaawac ku soo gaaro. LIHEAP waa barnaamij ay lacag geliso dawladda dhexe ee ka caawiya dadka guryaha leh ama kireysta ee uu dakhligoodu yar yahay in ay helaan waxyabaha ay u baahan yihiin ee kuleyliska iyo/ama qaboojinta aqalka. Ma aha in aad heshid ogeysiiska lagaaga goynayo si aad caawinaad u heshid. Si lagaaga caawiyo, waxaad wacdaa 1-800-348-7144.

## ELIA Barnaamijka

Seattle City Light waxaa ay bixisaa Caawinaadda Dadka Dakhliga Yar ee degdegga ah (ELIA) ee loogu talagalay macaamiisha xaqqa u leh oo ku sii socda in laga goosto. ELIA waxaa la helayaa kaddib markii uu dhammaado barnaamijka EAP amaba marka aan la heli kareynin. **Si aad macluumaad dheeraad ah u heshid, soo wac (206) 684-3688.**

## Dhimista Heerka Sicirka Korontada, Gaaska, Biyaha, iwm

Barnaamijkan waxaa lagu helayaa qiimaha korontada, gaaska, biyaha, iwm ee jaban oo loogu talagalay qoysaska u qalma, dadka waaweyn (da'da 65+), iyo dadka itaal la'aanta ah. Codsadayaasha u qalma waxay helayaan qiimo 50% jaban ee biilka Seattle City Light. Dadka deggan Seattle waxaa ay sidoo kale helayaan heer la dhimay ee Seattle Public Utilities isku jirka biilasha (biyaha, dhuumaha qashinka iyo qashinka). Codsadeyaashu waa in ay buuxiyaan seddex shuruudood ee aasaas ah:

- Qoyska waa in dakhligoodu uu xadka la egyahay.
- Waxaa laga yaabaa in uu codsade ahayn qof deggan guryaha dowladda dhexe (Section 8, Seattle Housing Authority, King County Housing Authority, HUD, Shelter+Care, iwm.). Inta aan ka ahayn guryaha SHA Bond.
- Waa in biilka degganaha ee Seattle City Light uu ku yaal magaca codsada.

**Si aad macluumaad dheeraad ah u heshid, soo wac (206) 684-0268.**

## Mashruuca Share

Mashruuca Share waxaa uu bixiyaa caawinaada lacag bixinta iyo la talinta loogu talagalay dadka guryaha deggan ee macaamiisha Seattle City Light oo ku sii socda in laga gooyo. Caawinaadda Mashruuca Share waa ay kala duwan tahay iyadoo ay ku xiran tahay xaaladda taagan. Qoysaska waa

dakhligoodu xadka u dhaxeeyaa, iyadoo degganeyaasha Seattle City Light ay tahay in ay qorsheeystaan lacag bixinta iyo in ay yihiin kuwo tixraac ahaan ay u soo gudbiyeen Seattle City Light. **Si aad macluumaad dheeraad ah u heshid, soo wac (206) 684-3000.**

## Barnaamijka Caawinaadda Degdegga ah ee Biyaha

Macaamiisha Seattle Public Utilities ee degan guryo hal qoys keliya ah oo ka daahay in ay lacagta koontada bixyaan islamarkaana halis ugu jira in adeegga biyaha laga goosto, waxaa laga yaabaa in ay xaq u yeeshaan caawinaad lacag bixin degdeg ah. Qoyska waa in dakhligoodu uu xadka u dhaxeeyaa. Waa in biilka degganaha ee Seattle Public Utilities uu ku yaal magaca codsada. **Si aad macluumaad dheeraad ah u heshid, soo wac (206) 684-0268.**

## Jawiyeenta Guriga

Office of Housing ee Seattle waxaa uu si bilaash ah u bixiyaa jawiaynta guryaha ee dadka dakhli ahaan u qalma ee iskaleh guryaha iyo kireesteyaasha (guryaha halka qoys iyo guryaha abaartameenda ah). Adeegyada kale waxaa ku jira guryaha korsaarka yar ee guryaha lagu dayactiro iyadoo dayactirku soconayo inta uu degganaha ku nool yahay, guryaha halka qoys ee uu dakhligoodu hoos iyo dhexdhexaad yahay. **Si aad macluumaad dheeraad ah u heshid, soo wac (206) 684-0244.**