

## 了解您在新冠肺炎 (COVID-19) 期間的權利 ODDS 資源列表

如果您因為認為自己因殘障而未能得到適當的照顧而需要幫助，而您認為自己的權利可能受到侵犯，則可與服務協調員或個人代理聯絡，或者與以下各方聯絡：

奧勒崗勞工和工業事務局民權部 (Oregon Bureau of Labor and Industries, Civil Rights Division)：

<https://www.oregon.gov/boli/CRD/pages/index.aspx>

民權衛生和人類服務辦公室 (Health and Human Services Office for Civil Rights)：

<https://www.hhs.gov/ocr/complaints>

預先指令：您可以在以下網址免費在網上找到預先指令：

<https://www.oregon.gov/oha/HSD/OHP/Pages/Forms.aspx>

奧勒崗 POLST™：<https://oregonpolst.org/>。您可在此網站上可以找到大量資源，包括 POLST 表格副本和 POLST 使用手冊，用以指導即將離世的殘障人士：

<https://static1.squarespace.com/static/52dc687be4b032209172e33e/t/5dd46c490739db187dd5d056/1574202443929/POLST+for+DD+2019.11.18+final.pdf>.

奧勒崗殘障人士權利，這是了解您的醫療權利的指南：

<https://droregon.org/wp-content/uploads/DRO-KYR-COVID-19-and-Your-Right-to-Medical-Treatment-Final-1.pdf>

奧勒崗州衛生局非歧視指南 (Oregon Health Authority Non-Discrimination Guidance)：

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2288R.pdf>

奧勒崗州自我宣傳聯盟 (Oregon Self-Advocacy Coalition) 和 OHSU 的發展障礙卓越中心 (OHSU's Center of Excellence in Developmental Disabilities)：負責我的醫療保健工具包 (Taking Charge of My Health Care Toolkit)。<https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care>

加州同情照護聯盟 (Coalition for Compassionate Care of California) 資源，包括支持和改善智障和發展殘障人士的醫療保健決策制定和生命週期規劃指南 (guide to Supporting and Improving Healthcare Decision-Making and End-Of-Life Planning for People with Intellectual and Developmental Disabilities): <https://coalitionccc.org/tools-resources/people-with-developmental-disabilities/>

威斯康星州衛生服務部出版的《您指導醫療護理需要的權利》(Your Right to Direct Your Health Care Needs): <https://www.dhs.wisconsin.gov/publications/p6/p62025.pdf>

石溪大學關於在醫院為有智力/發育障礙人士安排醫療準備的指南: (guidance on Preparing Individuals with Intellectual/Developmental Disabilities for Medical Treatment at Hospitals): <https://you.stonybrook.edu/disabilitycovid19forms/2020/04/08/preparing-individuals-with-intellectual-developmental-disabilities-for-medical-treatment-at-hospitals/>

通訊優先權工具包 (Communication First Rights Toolkit): <https://communicationfirst.org/covid-19/>

患者與供應商交流論壇 (Patient-Provider Communication Forum), 其獲得美國擴大替代溝通協會 (United States Society of Augmentative and Alternative Communication, USSAAC) 支持, 患者溝通工具包: <https://www.patientprovidercommunication.org/supporting-communication-covid-19.htm>

在新冠肺炎 (COVID-19) 期間預防殘障歧視 (Safeguarding Against Disability Discrimination During COVID-19): <https://www.ucucedd.org/wp-content/uploads/2020/04/Center-for-Dignity-in-Health-Care-fact-sheet-on-rights-for-people-with-disabilities.pdf>