

# Notice of Nondiscrimination and Accessibility Rights

## Discrimination is Against the Law

**Inspire Physical & Hand Therapy** complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Inspire Physical & Hand Therapy** does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

### **Inspire Physical & Hand Therapy:**

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: Qualified sign language interpreters, Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as: Qualified translators, Information written in other languages

If you need these services, contact **Inspire Physical & Hand Therapy**.

---

If you believe that **Inspire Physical & Hand Therapy** has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

**Inspire Physical & Hand Therapy – Downtown Clinic**  
**601 W. 5<sup>th</sup> Ave., Ste. 308**  
**Spokane, WA 99204**  
**(509) 624-2353**  
**(509) 624-2501**

**shirley@sipetherapygroup.com**

---

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our Patient Advocacy Department is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019 or 800-537-7697 (TDD)

Complaint forms are available at: <http://www.hhs.gov/ocr/office/file/index.html>.

---

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **(509) 624-2353**.

**Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **(509) 624-2353**。

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **(509) 624-2353**.

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **(509) 624-2353**.

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **(509)**

**624-2353** 번으로 전화해 주십시오.

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **(509) 624-2353**.

**Armenian:** ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Զանգահարեք **(509) 624-2353.**

**Arabic:**

**(509) 624-2353** مقرب لصتا. ن اجمال اب لكل رفاوتت ةيوعلل ا ةدعاسم ا تامدخ ن ا ف، ةغلل ا ركذا ثدحتت تنك اذا: ةظوح لم  
**2353**

مكبل او مصل ا فتاه مقرر:

**Persian (Farsi):**

اب. دشاب یم مهارف امش ی ارب ناگی ا ر تروصب ی نابز تالیست، دینک یم وگتفگ ی سراف نابز هب رگا: هجوت  
دیری گب سامت. **(509) 624-2353.**

**Japanese:** 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます **(509) 624-2353** まで、お電話にてご連絡ください。

**Punjabi:** ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। **(509) 624-2353** 'ਤੇ ਕਾਲ ਕਰੋ।

**Mon-Khmer, Cambodian:** ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា  
ដោយមិនគិតល្អល គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ **(509) 624-2353.** ។

**Hindi:** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। **(509) 624-2353**  
पर कॉल करें।

**Hmong:** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj.  
Hu rau **(509) 624-2353.**

**Thai:** เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร **(509) 624-2353.**

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **(509) 624-2353**.

**Urdu (509) 624-2353** بیایستد میں تمہیں تادمخ کی ددم کی نابز وک پآ وت، میے تلوب ودرآ پآ رگا: رادربخ  
میں لاک - میں .

**Ukrainian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **(509) 624-2353**.

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **(509) 624-2353**.

**Laotian:** ໂປດຊາບ: ຖ້າ ວ່າ ທ່ານ ເວົ້າ ພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ອັດ ພາສາ, ໂດຍບໍ່ເສັຽຄ່າ ວ່າ, ແມ່ນ ມາດ ອມໃຫ້ ທ່ານ. ໂທສ **(509) 624-2353**.

**Gujarati:** સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો **(509) 624-2353**.

**Cushite (Oromo):** XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa **(509) 624-2353**.

**Amharic:** ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያገዝዎት ተዘጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ **(509) 624-2353**.

**Romanian:** ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **(509) 624-2353**.

**Samoan:** MO LOU SILAFIA: Afai e te tautala Gagana fa'la Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se tologi, mo oe, Telefoni mai: **(509) 624-2353**.

**Ilocano:** Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyan. Awagan ti **(509) 624-2353**.

**Italian:** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **(509) 624-2353**.

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **(509) 624-2353**.

**Norwegian:** MERK: Hvis du snakker norsk, er gratis språkassistansetjenester tilgjengelige for deg. Ring **(509) 624-2353**.

**Pennsylvanian (Dutch):** Schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call **(509) 624-2353**.