

# Notice of Nondiscrimination and Accessibility Rights

## Discrimination is Against the Law

**New Heights Physical Therapy Plus** does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, national origin (ancestry), age, disability, marital status, sexual orientation or military status in any of its services or operations. We are committed to providing an inclusive and welcoming environment for all members of our staff, patients, students, contractors and vendors.

### **New Heights Physical Therapy Plus:**

- 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 the **Front Office Manager at the Glisan clinic, 503 236 3108.**

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If you believe that **New Heights Physical Therapy Plus** has failed to provide these services or discriminated in way on the basis of race, color, national origin, age, disability, sexual orientation or sex, you can file a grievance with:

**Kevin Poe, CEO**

**5736 NE Glisan Street**

**Portland, OR 97213**

**503 236 3108**

**503 236 3239**

**Info@newheightstherapy.com**

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You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, we can arrange for someone on our staff 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>.

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**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **503 236 3108**.

**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 **503 236 3108**。

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **503 236 3108**.

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **503 236 3108** 번으로 전화해 주십시오.

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **503 236 3108**.

**Armenian:** ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Ջանգահարեք **503 236 3108**

**Arabic:**

**503 236 3108** ملحوظة: إذا كنت تتحدث اذكر ال لغة، فإن خدمات المساعدة ال لغوية توافر لك بالمجان. اتصل برقم

**3108**

مكبل او مصلا فتاه مقرر:

**Persian (Farsi):**

تسهيلات زيادى بصورت رايدگان برارای شما فراهم می باشد. باتوجه: اگر ربه زبان فارسى گفتگومى كنيد، **503 236 3108** دى رى گب سامت.

**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 **503 236 3108**

まで、お電話にてご連絡ください。

**Mon-Khmer, Cambodian:** ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា

ដោយមិនគិតល្អល គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ **503 236 3108** ។

**Hindi:** आपका आवाज सुनने पर हमें आपकी मदद करने में मदद मिलती है। यदि आप हिंदी में बातचीत करना चाहते हैं, तो हमें **503 236 3108** पर हमें **3108**

**Thai:** เรียน: ถ้ามองพบภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร **503 236 3108**

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **503 236 3108**.

**Urdu:**

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو وزبان کی مدد کی خدمات مفت میں دست تیا ب ہیں۔ **503 236 3108** کے ال کریں۔

**Ukrainian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **503 236 3108**.

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **503 236 3108**.

**Romanian:** ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **503 236 3108**.

**Samoan:** MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se totogi, mo oe, Telefoni mai: **503 236 3108**

**Italian:** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **503 236 3108**.

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **503 236 3108**.

**Norwegian:** MERK: Hvis du snakker norsk, er gratis språkassistanstjenester tilgjengelige for deg. Ring **503 236 3108**.

**Pennsylvanian (Dutch):** Schwetscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call **503 236 3108**.