Strive for Your Child's Development

A book for parents of children with disabilities and the first steps to help

Ku Dadaal Horumarka Dhalaankaaga

Buug oo loogu talagalay waalidka ciyaalka naafada leh iyo tillaabooyinka ugu horeeya ee lagu caawin karo

Dear Parents: Welcome to this booklet that will help you understand how to help your child if they have a disability or a delay in their development.

Some children in our community have what we call a "disability." Disability is when our children have a condition in their body or mind that makes it difficult for them to do regular activities and interact with the world around them. Having a disability is ok and a family should not feel shame. If your child has a disability or needs more time to develop than other children, please know this is natural.

All our children in the community deserve to get the care and support they need to be successful and healthy. It is important to:

- understand the signs of a disability
- help make goals for our child
- become informed and find support in the community
- educate the community about your child and how to interact with people with disabilities respectfully.

There are many resources in our community for families to learn about their child's health and wellness. The information in this book is meant to help you understand some of the places you can go to get help, who can help you, and about how to talk about your child's disability.

We believe it is important that every child reach their full potential and families are heard, seen, and feel understood, while understanding their child's development. When you feel overwhelmed, remember that the love, guidance, and nurturing you give the child now will help them follow their dreams and reach their goals.

We hope this book helps make that journey easier to support your child. In this book, we talk about how to get support from your doctor and your school and share some community resources that can also help you. We hope you enjoy it!

Kari Lyons, Saara Hirsi, Hinda Farah, & Tamyca Branam Phillips
The All:Ready Network
Disability Inclusion Project

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We would like to thank the following individuals for their support: Kari Lyons (author); Hinda Farah (author); Hanna Osman (contributer); Saara Hirsi (author); Tamara Bakewell (contributer); Patty Cavanaugh (contributer); Tamyca Branam Phillips (author); Lydia Dennehy (contributer); Elena Cronin (digital design); Alicia Riddle (contributer); Joseline Raja-Vora (contributer); Anisa Hagi-Mohammed (author, artist)

Waalidiinta Sharafta leh: Ku soo dhawoow buuggan oo kaa caawin doona in aad fahamto sidii aad ilmahaaga u caawin lahayd haddii ilmuhu leeyahay naafanimo ama dib u dhac ku yimid korriinkiisa.

Carruurta qaarkood oo ka tirsan bulshadeena ayaa leh waxa aan ugu yeerno naafidmo ama "disability," taasi oo ah marka carruurteenu leeyihiin xaalad ka jirta jirkooda ama maskaxdooda oo ku adkeysa in ay qabtaan hawlaha caadiga iyo in ay dhex galaan bulshadooda.   Lahaanshaha naafanimadu waa mid caadi ah qoyskuna ma aha in uu dareemo ceeb. Haddii ilmahaagu naafo yahay ama u baahan yahay waqti uu horumar ku sameeyo oo ka badan carruurta kale, fadlan ogow xaaladaan waa mid caadi ah.

Carruurteena oo dhan ee ka tirsan bulshadeenu waxay u qalmaan in ay helaan daryeelka iyo taageerada ay u baahan yihiin si ey u noqdaan kuwo guuleysta oo caafimaad leh. Waxaa muhiim ah:

- in la fahmo cilaamadaha oo tilmaama naafo iney jirto
- inaad gacan ooga yeelatid saameynta hammiga ubadkaaga
- in aan noqono dad oo aqoon u leh xaalada naananimada oo inaan caawimaad ka helno bulshadeena
- in aan bulshada ooga wargelino ilmaheena iyo inaan umadda ooga wacyigelino sida ugu ixtiraamka badan ee loola dhaqmo dadka naafada leh

Waxaa jira kheyraad badan oo ku jira bulshadeena oo loogu talagalay in qoysasku ey wax ka bartaan caafimaadka iyo fayo-qabka ilmahooda. Macluumaadka ku jira buugan waxaa loola jeedaa in uu kaa caawiyo in aad fahamto meelaha qaarkood ee tagi karto si aad u hesho caawimaad, cidda ku caawin karta iyo sida looga hadlo naafanimada ilmahaaga.

Waxaanu aaminsanahay in ay muhiim tahay in cunug walba gaaro faa'iidadiisa oo buuxda. Waxaan kale oo aaminsannahay inay muhiim tahay in qoysaskana la dareensiiyo in la maqlaayo, in la arkaayo, oo xaaladooda la dareemi karo, waliba markey ka fikirayaan horumarka caruurtooda. Marka aad dareento in hawshu kaa tiro badatay, xusuusnow in kalgacalka, hanuuninta, iyo xanaanada aad hadda siiso ilmaha inay ka caawin doonto in uu raaco riyooyinkiisa oo gaaro hammigiisa.

Waxaan rajeynaynaa in buuggan kuu fududeeyo wadooyinka kaa horreeya si aad u taageerto ilmahaaga. Buugan waxaanu kaga hadlaynaa sida caawimaad looga helo dhakhtarkaaga iyo dugsigaaga. Waxaan kale oo kula wadaagi doonaa kheyraadka bulshada si ay sidoo kale kuu caawiyaan. Waxaan rajeynaynaa in aad ka hesho!

Kari Lyons, Saara Hirsi, Hinda Farah, & Tamyca Branam Phillips
Hay'adda All Ready
Mashruuca ka mid noqoshada Naafanimada

TUSMADA

Hordhac

Caafimaadka – Dhakhaatiir iyo Inshuuris

Dugsiga

Ilaha Naafada

Waxaan ooga mahadcelinaynaa shakhsiyaadka soo socdaa taageeradooda: Kari Lyons (qoraa); Hinda Farah (qoraa); Hanna Osman (gacan ka geysatay); Saara Hirsi (qoraa); Tamara Bakewell (gacan ka geysatay); Patty Cavanaugh (gacan ka geysatay); Tamyca Branam Phillips (qoraa); Lydia Dennehy (gacan ka geysatay); Elena Cronin (naqshad dejiso); Alicia Riddle (gacan ka geysatay); Joseline Raja-Vora (gacan ka geysatay); Anisa Hagi-Mohammed (qoraa, farshaxaniiste)

"Hi, our names are Hinda and Hamdi. We both have disabilities. We are excited to take you through our journey of getting help from different people in our community, as we get support for our health and wellness.

We thought we would help you understand different disabilities! Here are some disabilities we learned about."

Hi! I'm Hinda. My disability is something called Autism in English or Maangaar in Somali. I have big feelings and pay a lot of attention to details. Lots of noises and loud sounds can be hard for me, so sometimes I wear noise-cancelling headphones. If someone starts talking to me with all the loud noises, it can be hard for me to concentrate. Turning down noises so I can focus is very helpful for me. I also have different ways of learning and moving. At school I have a paraprofessional and teachers, who takes care of me and get special education services and supports.

Our friend Kayse has attention deficit hyperactive disorder (ADHD) in English. It is hard for him to pay attention, sometimes he does stuff without thinking what the result might mean. He can be very active and it can sometimes be hard to calm him down. He has lots of big feelings too! He has people in the health world to help him learn to calm down and focus, especially in settings like school and in the community!"

WHAT IS DISABILITY?

A disability is any **condition of the body or mind** that makes it more difficult for the person to do regular activities interact with the world around them.

Disability can affect:

- Vision
- Movement
- Thinking
- Remembering
- Learning
- Communicating
- Hearing
- Mental health
- Social relationships

Although "people with disabilities" sometimes refers to a specific disability, this is actually a diverse group of people with a wide range of needs and strengths. Two people with the same type of disability can be affected in very different ways. Some disabilities may be hidden or not easy to see, sometimes called an "invisible disability."

"Waan ku salaaanay, magacyadeenu waa Hinda iyo Hamdi. Labadayaduba waxaan leenahay naafidnimo. Waxaan ku faraxsanahay in aan kuu sharraxno wadooyinka aan marnay iyo dadka aan la kulanay sidaan u helno caawimaad oo ku saabsan caafimaadkeena iyo fayo-qabkeena.

Waxaan jeclaanay in aan kaa caawino in aad fahamto naafanimo kala duwan! Halkan waxaa ku qoran naafidnimada qaarkeed oo aan wax ka baranay."

Waan ku salaamay! Magacayga waa Hinda. Naafanimadayda waa wax loogu yeero Autism luqadda Ingiriisiga ama Maangaar luqadda Soomaaliga. Si wayn ayaan wax u dareemaa oo wax yar oooga duwan dadka qaarkood. Waxaa dhib iigu ah soo jeedista iyo sheekeesida. Qaylo iyo dhawaaqyada waaweyn ayaa igu adkaan kara inaan udhulqaato. Mararka qaarkood waxaan xirtaa qalabka dhagaha la gashado ee sharqanta yareeya. Haddii uu qof bilaabo in uu ila hadlo oo uu jiro dahwaaq weyn, wuxuu igu adkayn karaa soo jeedista. Marka, in hoos loo dhigo buuqa si aan maskaxdeyda u soo jeediyo, aad ayey ii caawin laheyd. Waxaan leeyahay siyaabo kala duwan oo aan wax u barto una dhaqdhaqaaqo. Markaan joogo dugsiga waxaan leeyahay qof oo ku takhasusay kalkaalida ciyaalka naafad leh. Waxaa la yiraahdaa "paraprofessional" oo aad ayeey ii caawiyaan. Waxaan ka qayb galaa waxbarashada gaarka ah ama "special education" oo aan ka helo taageeronimo iyo caawimaad khaas ah.

Saaxiibkayga Kayse wuxuu leeyahay naafada loo yaqaano ADHD oo tilmaameysa hoos u dhac oo ku saabsan soo jeedista. Way ku adag tahay in uu soo jeedis gaar ah uu yeesho. Mararka qaarkood, isaga oonan ka fikirin waxaa ka dhalan kara ayuu wax sameeyaaa. Mararka qaarkood wuxuu yeeshaa dabeecad oo kacsan oo ay adag tahay in la dejiyo. Wuxuu qabaa dareeno badan oo weyn sidayda oo kale! Wuxuu heystaa dad oo ku takhasusay caafimaadka oo ka caawiya in uu barto sida la isu dejiyo oo diirada wax loo saaro. Caawimaadaas waxey si gaar ah ula jeedaa in Kayse uu barto sida la isu dejiyo ama soo jeedis yeesho markuu joogo goobaha oo uu hawl ku qabanaayo sida dugsiga oo kale. Dugsigiisa wuxuu heystaa paraprofessional, caawimaad dheeraad, iyo special education sidayda oo kale!"

WAA MAXAY NAAFANIMADU?

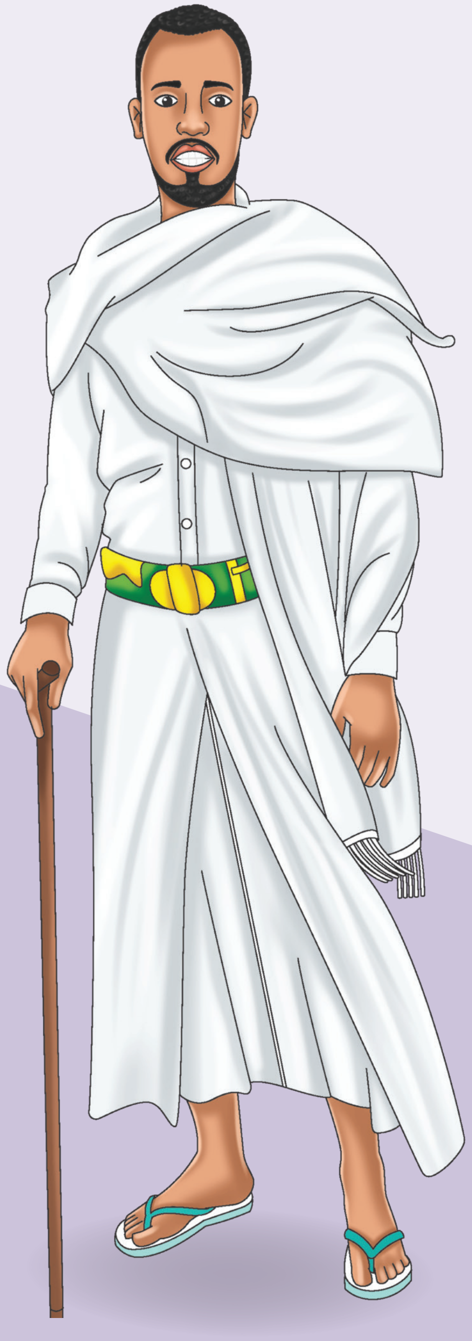
Naafanimadu waa xaalad kasta oo jirka ama maskaxda ku saabsan oo qofka ku adkeysa in uu qabto hawlaha caadiga ah iyo la hawlgelinta adduunka.

Naafanimadu waxay saameyn ku yeelan kartaa:

- Aragtida
- Dhaqdhaqaaqa
- Fikirka
- Xusuusta
- Barashada
- Wada xiriirka
- Maqalka
- Caafimaadka maskaxda
- Xiriirka bulshada

Inkasta erayga "dadka naafada ah" mararka qaarkood lagu tilmaamo naafanimo khaas ah ama hal koox laga dhigo, dhab ahaantii waa kooxo oo kala duwan oo leh baahiyo iyo awoodo kala duwan. Laba qof oo heesta naafo isku nooc ah ayay saameyn ugu yeelan kartaa siyaabo kala duwan. Naafanimada qaarkeed ayaa noqon karta mid qarsoon ama aysan fududayn in la arko,. Naafada oon la arki karin waxaa loo yaqaanaa "invisible disability" ama naafo qarsoon.

Hi, how's it going? I'm Hamdi. My disability is something we call cerebral palsy which means my brain has a hard time helping my muscles move. It is hard for me to move and keep balance and posture, so I use a wheelchair to get around.

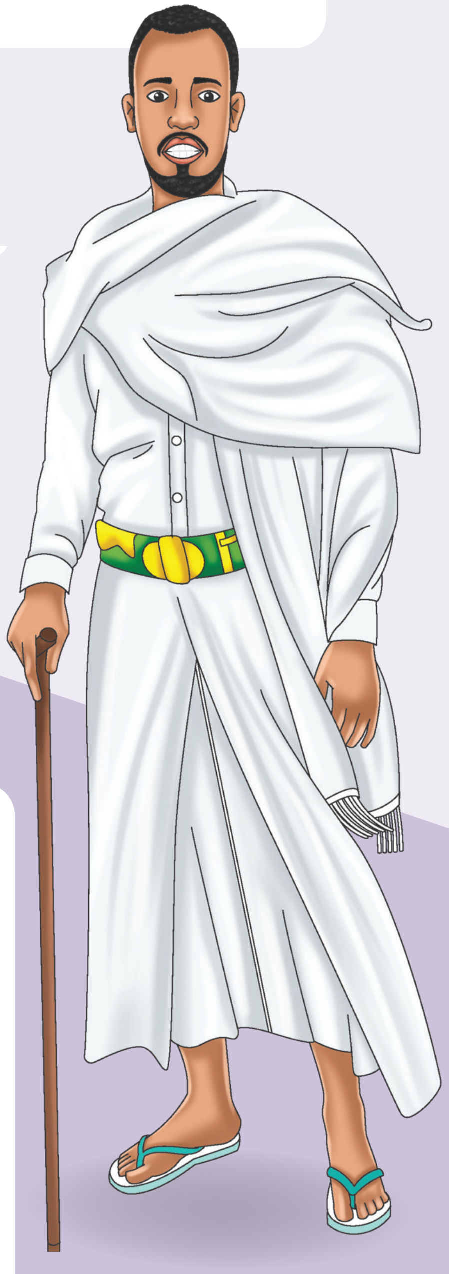


My name is Mohammed and I am visually impaired and have vision loss. It can be caused by damage to the eye itself, by the eye being shaped incorrectly, or even by a problem in the brain. I use a cane and a guide dog to get around. The school helped me to learn Braille, a language that helps me read with my hands by feeling things on a paper. I have something called a screen reader that helps me understand things on my phone or computer. I have someone who organized our house to make it easy for me to get around and find things.

We have another friend Ahmed who has trouble hearing. Hearing loss can happen when any part of the ear is not working in the usual way. It can affect a child's ability to develop speech, language, and social skills. But he gets to learn a special language called American Sign Language and can read and move just like you and me!

We have more friends with disabilities that are a part of our community, and some are even our parents! As children with disabilities, we know we are the flower of our mother and the pride of our father and they love us.

Iska waran? Aad ban kuu salaamayaa. Magacayga waa Hamdi. Naafanimadayda waxaanu ugu yeernaa "cerebral palsy" taasi oo ka dhigan in ay maskaxdayda ku adag tahay in ay murqahayga ka caawiso dhaqdhaqaaqa. Way igu adag tahay in aan dhaqdhaqaaqo oo aan ilaaliyo isku dheelitirnaanta iyo qaabka aan u joogsado, markaa waxaan isticmaalaa kursiga naafada si aan u aado meelo kala duwan.



Magacaygu waa Mohammed waxaanan ahay qof arag lah. Aragti la'aanta waxaa keeni kara dhaawac soo gaadhay isha lafteeda, iyada oo ishu leedahay qaab aan sax ahayn, ama xataa dhibaato ka jirto maskaxda. Waxaan isticmaalaa usha lagu socdo si aan u aadi karo meelo kala duwan. Dugsiguna wuxuu iga caawiyay in aan barto farta ey sticmaalaan dadka araga lah ee "Braille" la yiraahdo. Luuqadaas waxey iiga caawisaa in aan wax ku akhriyo gacmahayga aniga oo farahayga ku dareemaya waxyaabaha ku yaala warqada korkeeda. Waxa aan leeayahay baroograam ku jira kambiyuutarkayga oo loo yaqaan J.A.W.S wuxuuna ii akhriyaa wax walba oo shaashada laga arki karo. Waxaan leeyahay qof isku nidaamiyay gurigeena si ey iigu fududaato in aan gurigayga u dhex maro oo aan kaligay raadsan karo oo soo qaadan karo alaab."

Waxaanu leenahay saaxiib kale oo la yiraahdo Ahmed oo dhib ku qaba wax maqalka. Maqal la'aanta waxaa keeni kara marka qayb ka mid ah dhegtu aysan u shaqeynayn sidii caadiga ahayd. Waxay saameyn ku yeelan kartaa awooda uu ilmuhu u leeyahay in barto ama horumariyo hadalka, xiriirida, iyo nidaamka loola dhaqmo bulshada. Laakiin wuxuu bartaa luqad gaar ah oo loo yaqaan American Sign Language (ASL), ama luuqada gacmaha lagaga hadlu ey isticmaalaan dadka oo maqal lah iyo dadka hadalka dhiba. In kasta uunan maqli karin, wuxuu dadka hadalkooda ka fahmi karaa dhaqaaqa bushimahooda. Wuxuu doorbidaa in dadku wajigiisa ku aadan yihiin markay la hadlayaan!

Waxaanu leenahay saaxiibo badan oo leh naafanimo oo qayb ka ah bulshadeena, iyada oo qaarkood xataa yihiin waalidiinteena! Inaga oo ah caruur oo naafad ah, waan og nahay in aan nahay ubaxa hooyadeen iyo sharaftii aabaheen ayna ina jecel yihiin.

BEING RESPECTFUL

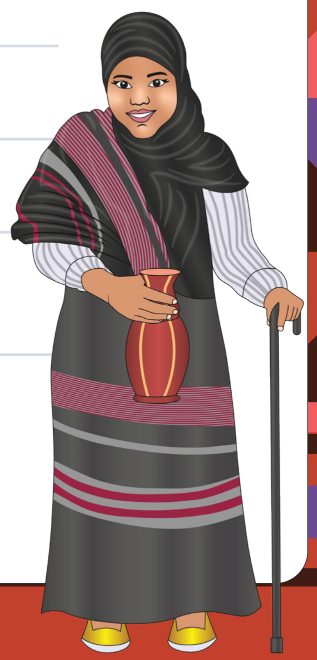
It's so important that we all talk about each other in a way that is kind and makes us feel included!

We want everyone to feel respect so when we talk about people who have disabilities, we don't want to call them "sick" or "broken" because they are not. Some children may have behaviors that may seem disrespectful in a culture such as not making eye contact or focus on a family member or moving their hands and bodies quite a bit. These are part of who they are and not meant to show a lack of care or understanding. It takes time to learn about each child's unique abilities and how to talk with and about your friends' and family with disabilities. Here's some helpful tips:

- ✓ **Emphasize everyone's abilities, not their limitations.** For example, when I see my friend Hamdi, I don't talk about her wheelchair all the time. I do not say she is confined or restricted. I just say she is a person who uses a wheelchair.
- ✓ **Do not use language that can be offensive.** For example, do not call someone broken, or invalid, or deformed or lame. Consider someone's strengths.

Here are some words to help!

Recommended	Not recommended
✓ Person who uses a wheelchair	x Confined or restricted to a wheelchair, wheelchair bound
✓ Person who uses a device to speak	x Can't talk, mute
✓ Person with a disability	x Disabled, handicapped
✓ Person with cerebral palsy	x Cerebral palsy victim
✓ Person with multiple sclerosis	x Afflicted by multiple sclerosis
✓ Accessible parking or bathroom	x Handicapped parking or bathroom
✓ Person with a physical disability	x Crippled, lame, deformed, invalid, spastic
✓ Person with an intellectual, cognitive, developmental disability	x Slow, simple, moronic, defective, afflicted, special person
✓ Person with an emotional or behavioral disability, a mental health impairment, or a psychiatric disability	x Insane, crazy, psycho, maniac, nuts
✓ Person without a disability	x Normal person, healthy person



IXTIRAAMKA DADKA NAAFADA LEH

Aad bay muhiim u tahay in aanu dhammaanteen midba midka kale uga wada hadalno si naxariis leh oo aan isu soo dhoweeno.

Waxaan rabnaa in qof walbaa dareemo in la ixtiraamayo. Marka aan ka hadleeno dadka oo naafada ah, ma aha inaan ugu yeerno "qof xanuusan" ama "rajo dhigay", sababtoo ah, maba ahan sidaas. Carruurta qaarkood ayaa leh dabeecad ama hab-dhaqan oo lagu khaldi karo dhaqan xumo sida in aynan dadka indhaha ka fiirin ama inaynan soo jeedis siinin qof waalid ah ama in ay xoogaa dhaqdhaqaajinayaan jirkooda ama gacmahooda iyagoo dad dhex fadhiya. Dabeecadaha aan tilmaanay waa wax ka mid ah qofkay yihiin kamana dhigna in ay muujinayaan daryeel la'aan ama fahan la'aan. Waqti ayey qaadataa in wax laga ogaado awoodaha gaarka ah ee ilmo kasta leeyahay iyo sida loola hadlo asxaabtaada iyo reerahaaga naafada ah. Halkan waxaa ku qoran talooyinka qaarkood oo waxtar leh:

- ✓ **Xooga saar awoodaha qof walba, ha ku mashquulin waxyaabaha aynan awoodin.** Tusaale ahaan, marka aan arko saaxiibkay Hamdi kama hadlo kursigiisa naafada in badan. Ma dhaho meel baa lagu hayaa iyada ama ku xanibban tahay. Waxaan kaliya dhahaa waa qof isicmaasha kursiga naafada.
- ✓ **Ha isticmaalin erayo noqon kara mid aflagaado ah ama laga xumaan karo.** Tusaale ahaan, ha ku oran qof in uu rajo dhigay, jirran yahay, qaab darran leeyahay ama curyaan yahay. Tiixgeli awoodaha qofka. Halkan waxaa ku qoran erayada qaarkood oo ku caawinaya!

Halkan waxaa ku qoran erayada qaarkood oo ku caawinaya!

Lagu talinayo	Aan lagu talinayn
✓ Qof isicmaala kursiga naafada	x Lagu hayo ama ku xanniban kursiga naafada, ku tiirsan kursiga naafada
✓ Qof isticmaala qalab si uu u hadlo	x Hadli karin, aamusan
✓ Qof leh naafanimo	x Naafo ah, naafo leh
✓ Qof leh naafada cerebral palsy	x Dhibbanaha xanuunka cerebral palsy
✓ Qof leh naafada multiple sclerosis	x Uu ku dhacay xanuunka multiple sclerosis
✓ Baarkin ama musqul oo la wadi gali karo	x Baarkinka ama musqusha naafada ama "handicapped"
✓ Qof leh naafanimo oo jirka ah	x Socon karin, curyaan ah, jirran, qaab darran leh, jiis
✓ Qof leh naafanimada garaadka, garashada, korriinka	x Gaabis ah, doqon ah, cilad leh, dhibban, waalan, fiyoobeen
✓ Qof leh naafanimada dareenka ama hab-dhaqanka, naafanimada caafimaadka dhimirka	x Waali daran leh, waalan, maskaxiyan waalan, maskaxda ka jiran, waali qallafsan leh
✓ Qof aan lahayn naafimo	x Qof caadi ah, qof caafimaad qaba

SELF-DETERMINATION

When I first learned that I had a disability, I worried and so did my parents. I wondered if I would be able to go to school, get a job and more. As I started to understand my disability, I realized that all people with a disability get to determine their own unique needs. I started to:

- ✓ Choose and set my own goals
- ✓ Get involved in my school decisions and think about what I wanted to do in life
- ✓ Speak up for myself and ask for what I need for help

I learned what it means to be "self-determined," which means making things happen in my own life, instead of having others do things to, or for me. People who are self-determined know what they want and how to get it. They choose and set goals, then work to reach them. They advocate on their own behalf, and are involved in solving problems and making decisions about their lives. They don't have to do everything for themselves, but instead, they make or cause things to happen in their lives that improve the quality of their lives.

AAYO KA TALINTA

Markii u horreysay ee aan ogaaday in aan leeyahay naafanimo, waan walwalay, waalidiintayduna sidoo kale. Waxaan is weydiiyay in aan awoodi doono in aan tago dugsi, inaan heli doono shaqo iyo waxyaabo ka sii dheer. Markii aan bilaabay in aan fahmo naafanimadayda, waxaan ogaaday in dhammaan dadka leh naafanimadu inay go'aamiyaan baahidooda gaarka ah. Waxaan bilaabay in aan:

- ✓ Doorto hammigayga gaarka ah
- ✓ Ku lug yeesho go'aanada dugsigayga kana fikiro waxa aan rabay in aan qabsado nolosha
- ✓ U hadlo naftayda oo codsado caawimaada aan u baahanahay.

Waxaan bartay macnaha ay leedahay in la noqdo qof aayihiisa ka tashada ama "self-determined" ah, taasi oo macnaheedu yahay in aan mas'uul ka noqdo in aan wax ka qabto noloshayda intii aan ku tiirsanaan lahaa dad kale in ay wax ii qabtaan. Dadka aayahooda ka tashadaa way garanayaan waxa ay rabaan iyo sida loo helo. Waxay doortaan oo dejiyaan hammi, ka dibna waxey ka shaqeeyaan sidii ay u gaari lahaayeen. Waxay u doodaan naftooda iyaga oo iska wakiil ah, oo ku lug yeeshaan xalinta dhibaatooyinka iyo go'aanada ku saabsan noloshooda. Ma aha inay wax walba qabtaan kaligood, laakiin, waxay ku dhaqaaqaan ficilo noloshooda wanaajiya.

WHERE DO I GET STARTED?

There can be quite a few things to do, and places to go to get help, so here is a checklist! We will go in detail about these in the next few pages.

- ☑ If you do not have health insurance, **you want to sign up for a health plan** so you have help paying for all the services that a child with disabilities may need.
- ☑ After you get your insurance, they will help you **find a doctor**. Make sure to ask for interpretation services when you call your doctor.
- ☑ When you go to the doctor, **bring some information** about your child to the doctor, which we call a "child profile." Bring it plus your insurance information to the visit.
- ☑ At the doctor's office, they will **check your child's health and wellness** by asking you questions about how they act or what they say.
- ☑ When your child has what we call a "diagnosis", for example that they are visually impaired, you can call your child's school and **ask about special education**. They will help make a special plan for your child at school so they can get support while they learn.
- ☑ **Call the Office of Developmental Disabilities in your county (Washington, Multnomah and Clackamas) and get a case worker** who will help you with other services you may need.
- ☑ **Talk to your friends, organizations, and mosque leaders for help.** Many community organizations are here to help.

HALKEEN BA BILAABAA?

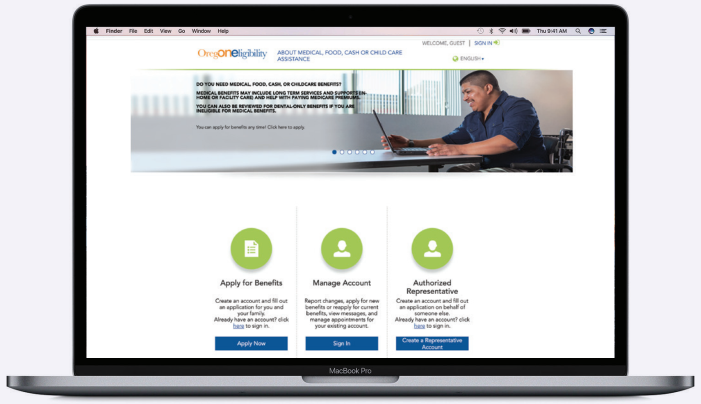
Waxaa jira meelo badan aad u tagi kartid caawimaad iyo waxyaabo badan oo la sameen karo. Halkan waxaa isku keenay liis oo kuu fududeeneysa! Liiskaan waxaan ku sii faahfaahin doonaa boggaga ee soo socda

- ☑ Haddii aanad lahayn caymis caafimaad ama inshuuriska caafimaadka, waxaad u baahan tahay in aad isku diiwaangeliso si aad u hesho caawimaada bixinta lacagta dhammaan adeegyada ilmaha naafada leh uu u baahan karo.
- ☑ Marka aad heshid caymiskaaga, waxay kaa caawin doonaan in aad hesho dhakhtar. Xaqiiji in aad codsato adeegyada turjumaada marka aad wacdo dhakhtarkaaga.
- ☑ Marka aad u tagto dhakhtarka, macluumaadka qaarkiis oo ku saabsan ilmahaaga u keen dhakhtarka, kaasi oo aan ugu yeerno macluumaadka ilmaha ama "child profile." Booqashada waxaa u soo qaadataa macluumaadka ilmaha iyo waraaqaha ama kaarka inshuuriska.
- ☑ Marka la joogo xafiiska dhakhtarka, waxay hubin doonaan caafimaadka iyo faqo-qabka ilmahaaga iyaga oo ku weydiinaya su'aalo ku saabsan sida uu u dhaqmo ama waxa uu ku hadlo.
- ☑ Marka uu ilmahaagu qabo waxa aan ugu yeerno ogaanshaha naafada ama "diagnosis", tusaale ahaan in araggiisu liito, waxaad wici kartaa dugsiga ilmahaaga oo weydiin kartaa waxbarashada gaarka ah ama "special education". Waxay gacan ka geysan doonaan sameynta qorshe loogu talagalay ilmahaaga oo ka jira dugsiga si uu ilmuhu u heli karo caawimaad iyo taageero inta uu waxbaranayo.
- ☑ Wac "Developmental Disabilities" ama Xafiiska Adeegyada Naafanimada Korriinka ee degaankaaga oo ku taala deegaankaaga (Washington, Multnomah iyo Clackamas) oo hel shaqaalaha kiiska oo kaa caawin doona adeegyada kale ee aad u baahan karto.
- ☑ Ka wareeso asxaabtaada, hayadaha, iyo hoggaamiyaasha masjidka wixii caawimaad ah. Hayadaha bulshada oo badan ayaa halkan u jooga in ay wax caawiyaan.

How Do I Get Health Insurance?

There are several health care programs available for low-income Oregonians through the Oregon Health Plan (OHP).

A coordinated care organization (CCO) is a network of all types of health care providers (physical health care, addictions and mental health care and dental care providers) who work together in their local communities to serve people who receive health care coverage under the Oregon Health Plan.



DO YOU NEED MEDICAL, FOOD, CASH, OR CHILDCARE BENEFITS?

MEDICAL BENEFITS MAY INCLUDE LONG TERM SERVICES AND SUPPORTS (IN-HOME OR FACILITY CARE) AND HELP WITH PAYING MEDICARE PREMIUMS.

YOU CAN ALSO BE REVIEWED FOR DENTAL-ONLY BENEFITS IF YOU ARE INELIGIBLE FOR MEDICAL BENEFITS.

You can apply for benefits any time! Click here to apply.

Create an account and fill out an application for you and your family. Already have an account? click here to sign in.

Report changes, apply for new benefits or reapply for current benefits, view messages, and manage appointments for your existing account.

Create an account and fill out an application on behalf of someone else. Already have an account? click here to sign in.

How to Apply:

- To apply for OHP online, go to **ONE.Oregon.gov** and click “Apply Now.” You will need to create a new ONE account if you don’t already have one.
- You can also apply using the OHP application form found on this website: **https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx**
- You can also apply by calling this number: **1 (541) 485-2155** (open 7 a.m. to 6 p.m. Pacific Time, Monday through Friday)
- If you do not have access to the internet, you can also do a paper application by calling OHP at **(800) 699-9075**. Lastly you can download the form in multiple language options and fax it to **(503) 378-5628** or mail to OHP Customer Service, P.O. Box 14015, Salem, OR 97309-5032.

When will I find out if I am accepted for Medicaid (OHP) insurance?

- If you applied by mail, you can call ONE Customer Service at **1 (800) 699-9075**.
- If you applied online, you can view the status of your application in your dashboard at **ONE.Oregon.gov**.

What are some places I can call for help in finding a doctor or care?

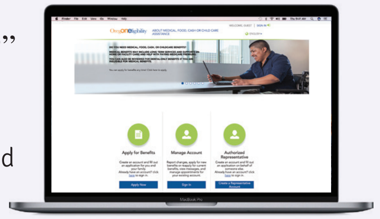
In Washington, Clackamas and Multnomah County, you can contact **Trillium Community Health Plan** and **HealthShare of Oregon**. They will help in connecting you, as their member, to resources and benefits. These plans have registered nurses that can offer education and care coordination. Care coordinators can assist in both physical and behavioral health needs, and connect you to primary providers and specialists that are covered by the plan, also referred to as “in-network providers”.

- Call **Health Share Customer Service (503) 416-8090**, or toll free at **1 (888) 519-3845 (TTY/TDD 711)**
- Call **Trillium Member Services at 1 (877) 600-5472 (TTY: 711)**.

Sidee baan u helaa caymis ama inshuuris caafimaad?

Hadii aadan inshuuris heysanin, waxaa jira dhowr barnaamij oo u banaan dadka dhakhligoodu hooseeyo ama “low-income” ah oo loo abuuray dadka gobolkan jooga. Barnaamijyadaa waxey hoos yimaadaan “Oregon Health Plan” ama “OHP”

Collaborative Care Organizations (CCO) waa koox ka kooban bixiyeyaasha caafimaadka kala duwan (jirka, maskaxda, daaweynta balwada, iyo ilkaha) ee agaargkaaga ku taalo. Dhamaantood way wada shaqeeyaan si ay u caawiyaan dadka inshuuris caafimaad ka hasta OHP.



Sida loo Codsado:

- Si aad OHP uga codsato dhanka internet-ka, booqo **ONE.Oregon.gov** oo riix halka ay ku qoran tahay “Apply Now.” Waxaad u baahnaan doontaa in aad sameysato akoontka ONE haddii aadan horay u lahayn.
- Waxaad sidoo kale codsan kartaa adiga oo isticmaalaya foomka codsiga OHP oo laga helayo website-kan: **https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.asp**x
- Waxaad codsan karta adiga oo soo wacaya lambarkani: Wac **1-541-485-2155** (oo furan 7 subaxnimo ilaa 6 galabnimo. Waqtiga Pacific Standard Time (PST). Isniinta ilaa Jimcaha
- Haddii aadan heli karin internet-ka, waxaad sidoo kale sameyn kartaa codsi warqad ah adiga oo OHP ka wacaya **1 800-699-9075**. Ugu dambeyntii waxaad soo dejisan kartaa ama download gareen kartaa foomka oo ku qoran luuqadaada waxaanad fakis ugu soo dirtaa **503-378-5628** ama email u dir OHP Customer Service.

Goorma ayaan ogaan doonaa haddii la i aqbalay inshuuriska OHP?

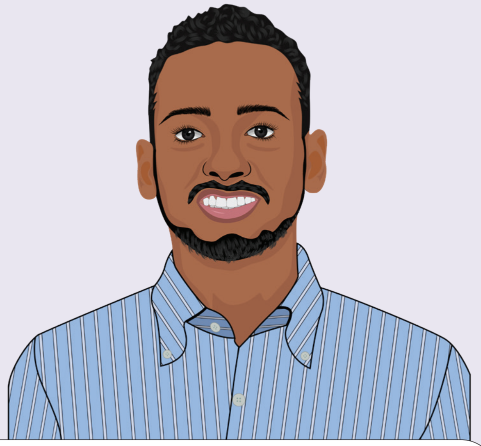
- Haddii aad boostada ka soo dirtay codsasho, waxaad customer service ee ONE ka wici kartaa **1-800-699-9075.**
- Haddii aad ka codsatay dhanka internet-ka, waxaad xaalada uu ku sugan yahay codsigaagu ka fiirin kartaa meesha macluumaadka laga helo ‘dashboard’ ee **ONE. Oregon.gov.**

Maxay yihiin meelaha qaarkood ee aan wici karo si aan u helo caawimaad ah helida dhakhtar ama daryeel?

Hadii aad joogtid deegaanada Washington, Clackamas ama Multnomah, waxaad la xiriiri kartaa **Trillium Community Health Plan** iyo **HealthShare of Oregon**. Waxay bixiyaan caawimaad oo ku fahansiineysa oo kugu xiraysa kheyraadka iyo faa’iidooyinka inshuuriskaaga. Qorshooyinkan inshuuriska caafimaadka waxay leeyihiin kalkaalisooyin oo bixiya waxbarasho oo ka caawiya caafimaadka jirka iyo maskaxda. Waxey kale oo kugu xiri karaan doktorka guudka ah iyo dhakhaatiirta takhasuska gaarka leh oo uu qorshuhu inshuuriska kaa bixinaayo, oo sidoo kale loo yaqaan “in-network”.

- Wac **Adeega Macmiilka Health Share 503-416-8090**, ama khadka bilaashka ah **888-519-3845 (TTY/TDD 711)**
- **Adeegyada Xubnaha Trillium** ka wac **1-877-600-5472 (TTY: 711)**.

Preparing for Your Doctor's Visit



It is important we share our child's age, grade level, and some of their favorite things that make them happy and foster connection. Sharing what works and doesn't work for your child is also important. We suggest writing down all this information in what we call a "profile," or a document that describes your child. Here is an example:

Child's Name and Age:

For example, "My name is Haana and I am 16 years old."

Your child's favorite things:

I love movies, dancing and all of my pets. I love music.

Your child's Vision and Goals: ***For example,***

- Participate in school activities and sports
- Earn a modified diploma
- Go to college!
- Explore different jobs to help me plan for the future

Your child's Strengths and Interests:

- Interested in health
- Dancer/athlete
- Active participant
- iPhone/desktop skills for further research
- Good vocabulary can learn new words
- Team player, wants to work towards being healthy

What supports does your child need:

- Modified content
- Sit by a family member or support person
- Extra time for answering questions
- Visual supports for routine exams and tests

Children have so many "milestones," which means that there are lots of things my parents need to look out for. For example, can I crawl on my belly or can I say words by a certain age. The doctor will ask my mom questions about these things. If you go to this website, you will learn about these milestones!

For more tips on what happens as your child grows, check out this document: **https://www.cdc.gov/ncbdd d/actearly/pdf/other-lang/Checklist-with-Parent-Tips_Somalian-P.pdf**

My community supports, the family members and helpers that are very important to me:

- Parent(s) name, phone number and/or email

U diyaargarowga booqashada dhakhtarkaaga

Waa muhiim in aanu sheegno da'da ilmaheena, heerka fasalkiisa, iyo qaar ka mid ah waxyaabaha uu jecel yahay ee ka farxiya, oo dhiirigeliya fur-furnaanta. Waxaa kale oo muhiim ah inaad tilmaantid waxyaabaha uu cunugaaga ka faa'iido iyo waxyaabaha oonan u shaqeyneenin. Wadaagista waxa u shaqeynaya iyo wax aan u shaqeynayn ilmahaaga ayaa sidoo kale muhiim ah. Waxaan kugu talineenaa in dhammaan macluumaadkan lagu qoro warqad. Warqadaa waxaan ugu yeerno "profile," ama dokumenti tilmaamaya ilmahaaga. Halkan waxaa ku qoran tusaale:

Magaca Ilmaha iyo Da'da:

Tusaale ahaan, "Magacaygu waa Haana waxaanan ahay 16 sano."

Waxyaabaha uu jecel yahay ilmahaagu:

Waxaan jeclahay aflaanta, qoob ka ciyaarka iyo dhammaan xayawaankayga aan korsado. Waan jeclahay muusiga.

Your child's Vision and Goals:

- In la igu daro dhammaan dhinacyada dugsiga iyo nolosha
- Inaan helo shahaado gaar ah ama "modified diploma"
- Inaan aado jaamacad!
- Inaan tijaabiyo shaqooyin kala duwan si aan uqorsheysto mustaqbalkayga

Awoodaha iyo Xiisaha ilmahaaga:

- Ku mushquula wax akhriska
- Ciyaartoy
- Qof furfuran oo jecel inuu ka qayb gal sameeyo
- Ku xariifsan sida loo isticmaalo teknoology
- Ku hadlo erayo waxgarad ah
- Qof jecel wada shaqaynta

Maxay yihiin caawimaadaha uu ilmahaagu u baahan yahay:

- Saaxiib la fadhiisto ama qof wehelyeela
- Jawab bixin kala doorasho badan leh, ama multiple choice questions, marka imtixaan la gelaayo
- Sawirro iyo qalab kaa caawinaya hawl-maalmeedka iyo maadooyinka

Carruurtu waxay leeyihiin marxaladdo muhiim ah oo ay maraan oo loo yaqaan"milestones," taasi oo ka dhigan in ay jiraan waxyaabo badan oo waalidkay u baahan yihiin in ay ka taxaddaraan. Tusaale ahaan, ma ku gurguuran karaa calooshayda ama ma oran karaa erayo marka aan joogo da' gaar ah. Dhakhtarku wuxuu weydiin doonaa hooyaday su'aalo ku saabsan waxyaabahan. Haddii aad booqato website-kani, waxaad wax ka ogaan kartaa marxaladahani muhiimka ah!

Wixii talooyin dheeraad ah oo ku saabsan korriinka ilmahaaga, fiiri dokumentigan: **https://www.cdc.gov/ncbddd/actearly/pdf/other-lang/Checklist-with-Parent-Tips_Somalian-P.pdf**

Taageerada bulshadayda, xubnaha ka tirsan qoyska iyo dadka i caawiyaa ee qiimo weyn iigu fadhiya:

- Magaca waalidka(iinta), lambarka telefoonka iyo email-ka

Schedule the appointment for a day and time when the doctor's office is less crowded. This means less rush and stress for you, your child, and your child's provider. The office staff should be able to tell you the best time for your visit.

Make a list of questions you have about your child. Any concern you have is important, no matter how small it may seem! Prioritize your questions, so you can be sure to get answers to the most important questions before the visit ends. If you have asked about something more than once, reminder your provider, so that they realize that it is important.

Sample questions to ask:

- What medical emergency(s) is my child at risk of?
- What should I do and who should I call in case it happens?
- What other health care professionals should my child be seeing?
- What resources and support are available to me and my child?
- When should I schedule our next visit?
- How do I get in touch with the doctor or nurse if I have more questions?
- Is there anything important to know about my child's medications or diet?

Bring a favorite toy or book to keep your child busy and calm. Play a game or use an app with your child while you are waiting for the doctor.

Take another adult to the appointment with you. Someone who is familiar with your family can not only provide moral support but help you remember key points from the visit.

Record the visit with your cell phone or other device. As the parent or primary caregiver for your child with special needs, it may be difficult for you to remember details or instructions. You might not have time to write everything down. The recording will come in handy for not only you, but others who help care for your child.

Qabso ballanta maalinta iyo waqtiga marka uu xafiiska dhakhtarka dadku ku yar yahay. Taladaan waxay kaa caawin kartaa in aad adiga iyo ilmahaaga ba ka hortagtaan stress. Xafiisku waa in uu awoodaa in uu kuu tilmaamo waqtiga ugu fiican balantaada.

Samee liiska su'aalaha aad qabto ee ku saabsan ilmahaaga. Walwal kasta oo aad qabto waa muhiim, xitaa adiga hadada u maleeysay wax yar! Mudnaan u yeel su'aalahaaga, si aad u xaqiijisid in aad hesho jawaabyada ugu muhiimsan intuunan dhamaanin balantaada.

Tusaalaha su'aalaha aad weydiin kartid:

- Waa maxay xaalada(aha) caafimaad ee degdega ah ee ilmahaygu halista ugu jiro?
- Maxaan sameeyaa oo yaan wacaa haddii ay dhacdo xaaladaa?
- Waa maxay dhakhaatiirta kale ama khubarada caafimaadka ee uu baahan yahay inuu ilmahaygu booqdo?
- Waa maxay kheyraadka iyo caawimaadaha aan heli karno aniga iyo ilmahaygu?
- Goorma ayaan ka dhigtaa ballanta oo tan ku xigta?
- Sidee baan ula xiriiri karaa dhakhtarka ama kalkaalisada xafiiskaan haddii aan qabo su'aalo dheeraad ah?

Soo qaado shay carruurtu ku ciyaarto 'toy' ama buug ey jeceshahay si aad ilmahaaga u mashquuliso una dejiso. Ciyaar la samee ama ku mashquuli ilmahaaga application telefoon inta aad ka sugaysaan dhakhtarka.

Qof kale oo weyn u soo kaxayso ballanta. Qof aqoonta u leh reerkaaga wuxuu kuu noqonayaa taageero dhanka niyadda ah iyo wuxuu kaa caawin karaa in aad xasuusato qodobbada muhiimka ah ee booqashada.

Ballanta ku duub telefoonkaaga gacanta ama aalad kale. Xitaa adigoo ah qofkii waalidka ah, wey kugu adkaan kartaa inaad xassusato faahfaahinta laguu tilmaamay ballanta gudaheed. Waxaa dhici karta in aadan haysan waqti aad ku qorto wax kasta. Inaad balanto ku duubtid telefoonka waxey anfici kartaa adiga iyo dadka kale ee gacanta ka geysta korrinka iyo caawimaada ilmahaaga.

Preparing Your Child for the Doctor's Visit

Explain what will happen at the appointment *both* verbally AND visually to your child.

- Call the doctor's office to ask what the procedure is for the type of appointment that your child is having. Ask about any equipment that will be used, like a stethoscope, blood pressure cuff, or X-ray.
- Talk through everything you learn with your child. Include activities like measuring their height, weight, and blood pressure, along with any expectations to remove shoes or change clothes.
- There are videos and images for most common exams and visits.
- Ask your child if they feel ready, or if they want to review the steps again.
- Encourage communication and problem solving.

If you know the steps of the appointment, review them in order with your child. Write down "facts" about the situation – both ones that are positive to your child, and ones that may be perceived negatively.

- Ask your child what they think the easiest part of the visit will be. Praise them for their confidence in being able to participate in those parts of the appointment.
- Ask them what they think the hardest parts of the appointment will be. Work with your child to figure out what they can do to make the hard parts easier. This may include bringing a few comfort items from home, or sitting on your lap.
- Always encourage your child to ask questions and express their feelings or concerns! These are opportunities for them to figure out what will make things better.

Plan a fun activity or reward for after the visit.

- Give your child some choices of fun activities that they can do when the visit is done – for example, going to lunch, visiting the park, or playing with a special toy.
- Include this in the steps that you review and practice.
- During the appointment, remind them that something fun is coming when they are done.

Check in with your child during the visit.

- During the visit, praise your child as they move through the steps of the visit.
- Remind them what steps they have already completed, and what steps are still to come.
- Encourage them to ask questions, request a brief break, or a coping tool. For example, some kids like the provider to count to three before drawing blood or giving a shot. Encourage your child to request this, if it's what they want.
- Tell your child you're proud of them for following directions.

U diyaarinta ilmahaaga ee booqashada dhakhtarka

Ilmahaaga u sharrax waxa ka dhici doona marka la joogo ballanta. Waxaad ka sharaxdaa dhanka afka IYO si muuqaal ahaan loo fahmi karo.

- Wac xafiiska dhakhtarka si aad u weydiiso nidaamka la marayo siduu yahay ee loogu talagalay nooca ballanta ee ilmahaaga u balansan. Wax ka weydii wixii qalab ah ee la adeegsan doono, sida stethoscope-ka, qalabka gacanta lagu xirto 'cuff' ee cadaadiska dhiiga lagu cabiro.
- Wax kasta oo aad barato kala hadal ilmahaaga. Ha ka qeyb galo hawlaha sida cabbiraada dhererkiisa, miisaankiisa, iyo cadaadiska dhiigga. Ha la socdo wax kasta oo laga filayo sidii in laga saarayo kabaha ama laga beddelayo dharka.

Dhiirigeli wada xiriirka iyo xallinta dhibaatooyinka.

Haddii aad garanayso tallaabooyinka ballanta, dib ula eeg ilmahaaga sida ay u kala horreeyaan. Qor xaqiiqooyinka "facts" ku saabsan xaalada cunugaaga – xaqiiqooyinka ee wanaagsan iyo kuwa ay dhici karto in loo arko si xun.

- Weydii ilmahaaga waxa uu u arko in qaybta ugu fudud ee booqashadu ay noqon doonto. Ku ammaan kalsoonidiisa in uu ka qayb geli karo ballantiisa.
- Weydii waxa uu u arko in qaybaha ugu adag ee ballantu noqon doonto. Kala shaqee ilmahaaga in uu ogaado waxa uu sameyn karo si qaybaha adag looga dhigo kuwo fudud. Tani waxaa ka mid noqon kara in waxyaabo uu cunuga jecelyahay sida busto khaasa ah in laga soo qaato guriga, ama inuu ku fariisto dhabtaada.
- Mar walba ilmahaaga ku dhiirigeli in uu weydiiyo su'aalo oo muujiyo dareenkiisa ama walwalkiisa! Waa fursado uu ku ogaan karo sida loo wanaajin lahaa wixii uu welwel ka qabay.

Qorshee hawl farxad leh ama abaal marin booqashada ka dib.

- Booqashada ka dib, ilmahaaga ha doortaan wax ey ku farxayaan, sidii iney banaanka ka soo qadeeyaan ama toy cusub in loo keeno.
- Inta lagu jiro ballanta, xusuusi ilmahaaga in wax farxad leh inay sugayaan marka ay dhameeyaan ballanta.

Ka warqab ilmahaaga inta lagu jiro balanta.

- Inta lagu jiro booqashada, ammaan ilmahaaga inta aad labadiinuba mareysaan ballanta.
- Xusuusi tallaabooyinka uu soo maray, iyo waxa ay yihiin tallaabooyinka weli soo socda.
- Ku dhiirigeli in uu weydiiyo su'aalo ama codsado nasasho gaaban ama wax la isku maareeyo. Tusaale ahaan, carruurta qaarkood ayaa jecel in dhakhtarka uu tiriyo ilaa saddex intunan irbad mudin ama dhiig qaadayo. Ku dhiirigeli ilmahaaga in uu codsado wax saas oo kale, haddii ay tahay wax uu rabo.
- U sheeg ilmahaaga in aad oogu faraxsantahay inuu si fiican wax u maqlay.

The Doctor’s Visit

Visiting the doctor often is important for your child’s health and wellness. When at your appointment, remember that all people with a disability should determine their needs, or a family should determine the needs of a child. Including:

- ✓ Choosing and setting their own goals
- ✓ Being involved in making life decisions
- ✓ Self-advocating
- ✓ Working to reach their goals

At appointments for babies and children under age 6, you will be asked to answer questions like “Does your baby notice when you are speaking to them? Does your baby have trouble seeing you?” These questions help a doctor know if your child is growing well what their strengths are. They are part of the “Ages and Stages Questionnaire.” You will either be asked these questions by a provider, or be asked to answer them while you wait for your doctor.

The Ages and Stages Questionnaire:

- *Shows families and providers where there are specific strengths and skills*
- *Helps families and providers identify where they may be gaps*
- *If your child is not meeting their developmental milestone, such as being able to hold their head up or walk, the provider will refer you to someone to help out*

Balanta Dhakhtarka

Booqashadu dhakhtarku waxay muhiim u tahay caafimaadka iyo fayo-qabka ilmahaaga. Marka la joogo ballantaada, xusuusnow in dhammaan dadka leh naafanimadu waa in ay go’aamiyaan baahidooda ama qoysku go’aamiyo baahida ilmaha kuwaasi oo ay ka mid yihiin:

- ✓ Doorashada iyo dejinta hammigooda
- ✓ In ay ku lug yeeshaan go’aan gaarka noloshooda
- ✓ In qofku naftiisa u doodo
- ✓ Ka shaqeynta in uu gaaro hadafkiisa

Marka la joogo ballamahan, la wadaag macluumaadka reerkaaga ama waxa aad ku aragto ilmahaaga. Waxaa lagu weydiin doonaa in aad ka jawaabto su’aalo sida “ilmahaagu soo jeedin ma ku siiyaa marka aad la hadlayso? Ilmahaaga dhib ma ku qabaa in uu ku arko?” Su’aalahan waxay dhakhtarka ka caawiyaan in uu ogaado haddii uu ilmahaagu si fiican u korayo iyo awoodaha ilmahaaga waxaana loo yaqaan “Ages and Stages Questionnaire.” Waxaa filan kartaa in lagu weydiin doono su’aalahani adigoo doktorka la fadhiyo ama lagaa codsan doono in aad ka jawaabto inta aad sugayso dhakhtarkaaga.

- *Wuxuu tusaa reerka iyo dhakhaatiirta meelaha ay ka jiraan awoodo iyo xirfado gaar ah*
- *Wuxuu ka caawiyaa reerka iyo dhakhaatiirta in ay aqoonsadaan halka ay caawimaad u baahan yahay cunugaaga*
- *Haddii uusan ilmahaagu gaareynin heerarka korriinkiisa muhiimka ah, sida in uu awoodo in uu madaxiisa kor u qaado ama socdo, doktorka ayaa kuu gudbin doona qof ku caawiya.*

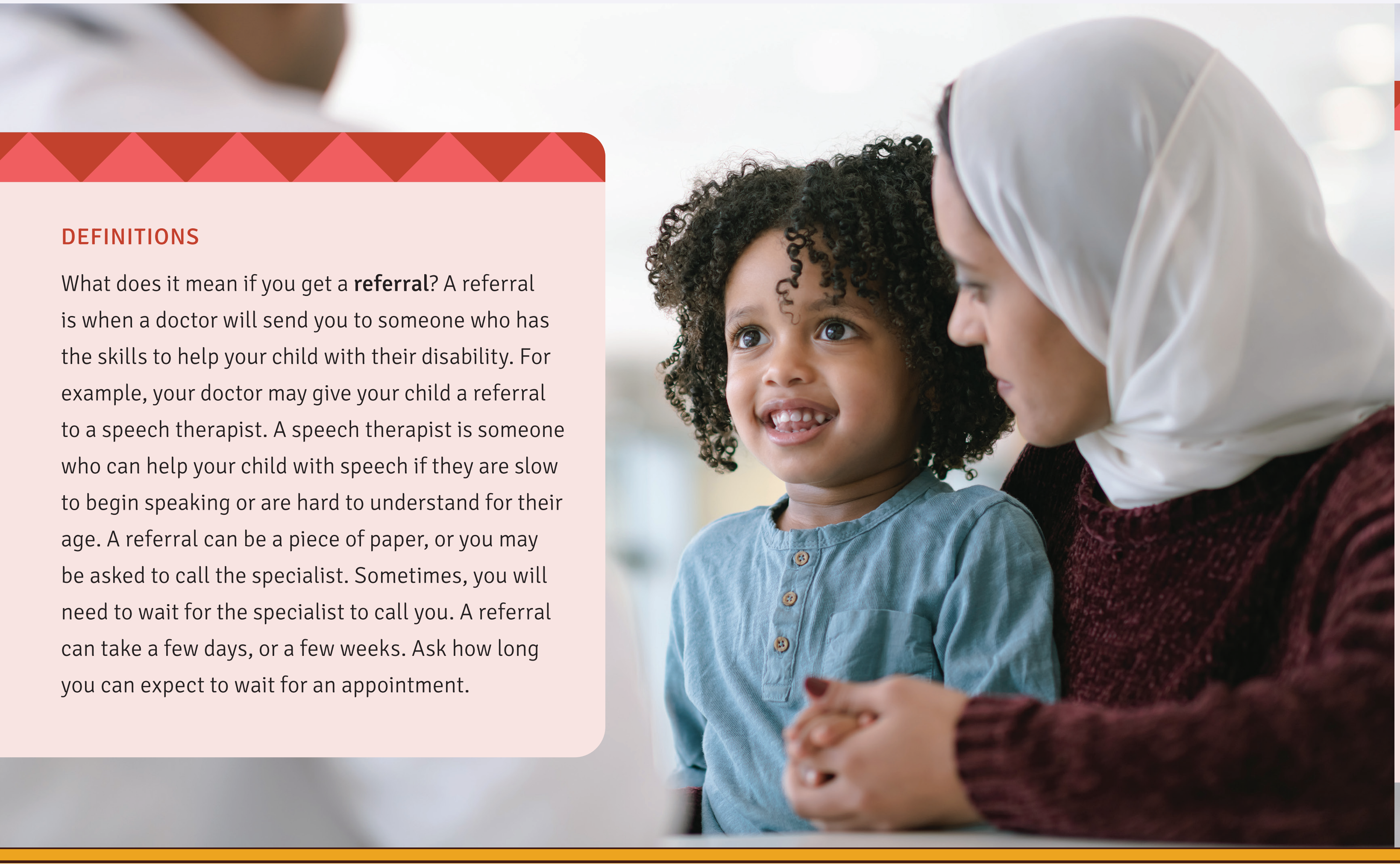
Get the Help You Need For Your Child with a Disability

If your child needs help, the doctor will send you to people called “specialists” who will help you.

1. **Ask your child’s doctor to provide a referral to developmental pediatrics.** This person has special skills to help your child if they need extra help whether it’s with talking, hearing, walking or more.
2. **Ask them where you can take the referral for help.** Write down the name and phone number of someone you can call.
3. **Call the number the doctor gives you** to get your child special help.

Contact these people if you need help—they can call you back with a translator:

- For children ages 0-6, **Help Me Grow 1 (833) 868-4769** or **email them at hello@helpmegroworegon.org**
- For children over age 6, **Providence Swindells Resource Center at (503) 215-2429**
- For children and youth ages 0-26 **Oregon Family to Family Health Information Center. 1 (855) 323-6744**



DEFINITIONS

What does it mean if you get a **referral**? A referral is when a doctor will send you to someone who has the skills to help your child with their disability. For example, your doctor may give your child a referral to a speech therapist. A speech therapist is someone who can help your child with speech if they are slow to begin speaking or are hard to understand for their age. A referral can be a piece of paper, or you may be asked to call the specialist. Sometimes, you will need to wait for the specialist to call you. A referral can take a few days, or a few weeks. Ask how long you can expect to wait for an appointment.

Hel caawimaada aad u baahan tahay ee loogu talagalay ilmahaaga leh naafadnimada

Haddii ilmahaagu u baahan yahay caawimaad, dhakhtar ayaa kuu diri doona dad loo yaqaan dadka takhasuska leh “specialists” oo ku caawin doona.

1. **Ka codso dhakhtarka ilmahaaga in uu kuu gudbiyo caafimaadka carruurta ee korriinka.** Qofkani wuxuu leeyahay khibrad gaar ah oo uu ku caawiyo ilmahaaga haddii uu u baahan yahay caawimaad dheeraad ah oo ku saabsan hadalka, maqalka, socodka ama ka badan.
2. **Weydii halka aad ka qaadan karto gudbinta, ama referralka loogu talagalay caawimaada.** Qor magaca iyo lambarka telefoonka aad ka wici karto.
3. Wac lambarka dhakhtarku ku siiyo si aad ilmahaaga ugu hesho caawimaad gaar ah.

Xafiisyadaan la xiriir haddii aad u baahan tahay caawimaad:

- Carruurta da’doodu tahay 0-6 sano: **Help Me Grow** ayaa laga heli karaa caawimaad ku saabsan horumarka korriinka ciyaalka. Ka wac **1 (833) 868-4769**
- Carruurta ka weyn 6 sano: **Providence Swindells Resource Center** ayaa ka wici kartaa **(503) 215-2429.**
- Carruurta iyo dhalinyarada da’doodu u dhaxayso 0-26: **Oregon Family to Family Health Information Center** ayaa ka wici kartaa **1 (855) 323-6744**

SHARRAXAADO

Maxay ka dhigan tahay haddii aad hesho gudbin ama **referral**? Gudbintu waa marka dhakhtar kuu diri doono qof khibrad leh oo ilmahaaga ka caawiya naafanimadiisa. Tusaale ahaan, waxaa dhici karta in dhakhtarkaagu ilmahaaga u gudbiyo dhakhtarka hadalka. Dhakhtarka hadalku waa qof ilmahaaga ka caawin kara hadalka haddii uu wax yar ka dambeeyo dhanka hadalka ee da’diisa loogu talagalay. Dhakhtarka hadalku waa qof takhasus leh oo ilmahaaga ka caawin kara baahida gaarka ah. Gudbintu waxay noqon kartaa warqad yar, ama waxaa laga codsan karaa in aad wacdo xafiiska laguu gudbinaayo. Mararka qaarkood, waxaad u baahnaan doontaa in aad sugto xafiiska laguu gudbiye iney adiga ku soo wacaan. Gudbintu waxay qaadan kartaa dhowr maalmood, marmarna waxey qaadan kartaa dhoor bilood.

Your Care Team

There are all kinds of people who can help you to teach your child everything they need to live their daily lives with strength. They can help your child become independent as much as possible. Some of the names of these people are:

Your Doctor

A Primary Care Provider is the first person you will visit at a clinic to help support your child and tell you all the things you need to know about how they are growing

Care Coordinator/Nurse

helps you to manage all the referrals and specialists you get is a Care

Occupational Therapist

helps your child develop, recover, or maintain the skills needed for daily living and working. They can help your child at school or in the community.

Physical Therapist

help your child with their movement.

A Behavioral Therapist

can help your child with their feelings and emotions and teach them skills and practices to help manage big feelings.

A Speech Therapist

can help if you child has difficulties with communication, eating, drinking and swallowing.

If you need **special food or medicines** for your child, these terms are helpful:

Medical Foods

Equipment provider

Pharmacy

Make sure you right down the names and numbers of all the people you work with so you can keep track of the support network for your child.

Kooxda Kugu Caawinaaya Caafimaadkaaga

Waxaa jira dad noocya kala duwan oo kaa caawin kara inaad ilmahaaga barto wax kasta oo uu u baahan yahay si uu u noolaado nolol maalmeedkiisa oo awood leh. Waxay ka caawin karaan ilmahaaga in uu noqdo mid madax banaan sida ugu suurtagalsan. Qaar ka mid ah magacyada dadkaasi waa:

Dhakhtarkaaga

Daryeel Bixiyaha Aasaasiga ah waa qofka ugu horreeya ee aad ku booqan doonto si uu gacan uga geysto taageerada ilmahaaga oo uu kuugu sheego dhammaan waxyaabaha aad u baahan tahay in aad ogaato iyo meesha ey mareyso korrinkiisa

Daryeel Hageha/Kalkaaliso

Qofka kaa caawiya in aad maareyso dhammaan tixraacyada iyada oo dadka takhasuska leh ee aad hesho yahay Isku duwaha

Occupational Therapist

Baraha Xirfadaha Nolosha wuxuu ilmahaaga ka caawiyaa in uu horumariyo, wax dib uga soo kabto, ama sii wado xirfadaha looga baahan yahay nolol maalmeedka iyo shaqada. Wuxuu ku caawin karaa ilmahaaga dugsiga ama bulshada dhexdeeda.

Physical Therapist

Dhakhtarka Dhaqaaqa Jirka wuxuu ilmahaaga ka caawiyaan dhaqdhaqaaqiisa

Behavioral Therapist

Baraha Xirfadaha Dabeecada wuxuu ilmahaaga ka caawin karaa dareenkiisa iyo shucuurtiisa wuxuuna bari karaa xirfado iyo wax qabadyo ka caawiya maareynta dareenka weyn.

Speech Therapist

Baraha Xirfadaha Hadalka wuxuu wax caawin karaa haddii ilmahaagu dhibaatooyin ku qabo wada xiriirka, wax cunista, cabidda iyo wax liqidda.

Haddii aad u baahan tahay cunto gaar ah ama daawooyin loogu talagalay ilmahaaga, erayadani waa kuwo waxtar leh:

Cuntooyinka Caafimaadka Khaaska

Qalab Bixiyaha Caafimaadka

Farmasiyo

Xaqiiji in aad qorto dhammaan magacyadaada iyo lambarrada dadka aad la shaqeyso si aad ula socon karto nidaamka taageerada ee ilmahaaga.

The School Visit

While going to the doctor gives you help for your child's body and mind to learn how to be in the everyday world, the schools help your children learn to read, write, do math and more. A disability does not prevent a child from learning. They just need support. The education they receive is called "special education." After you get help at the doctor's, you will need to get help for your child at school when they start to go to school. You can call or visit the school and tell them your child has a disability. You can tell them you need special education, and they will help you create a team to help your child.

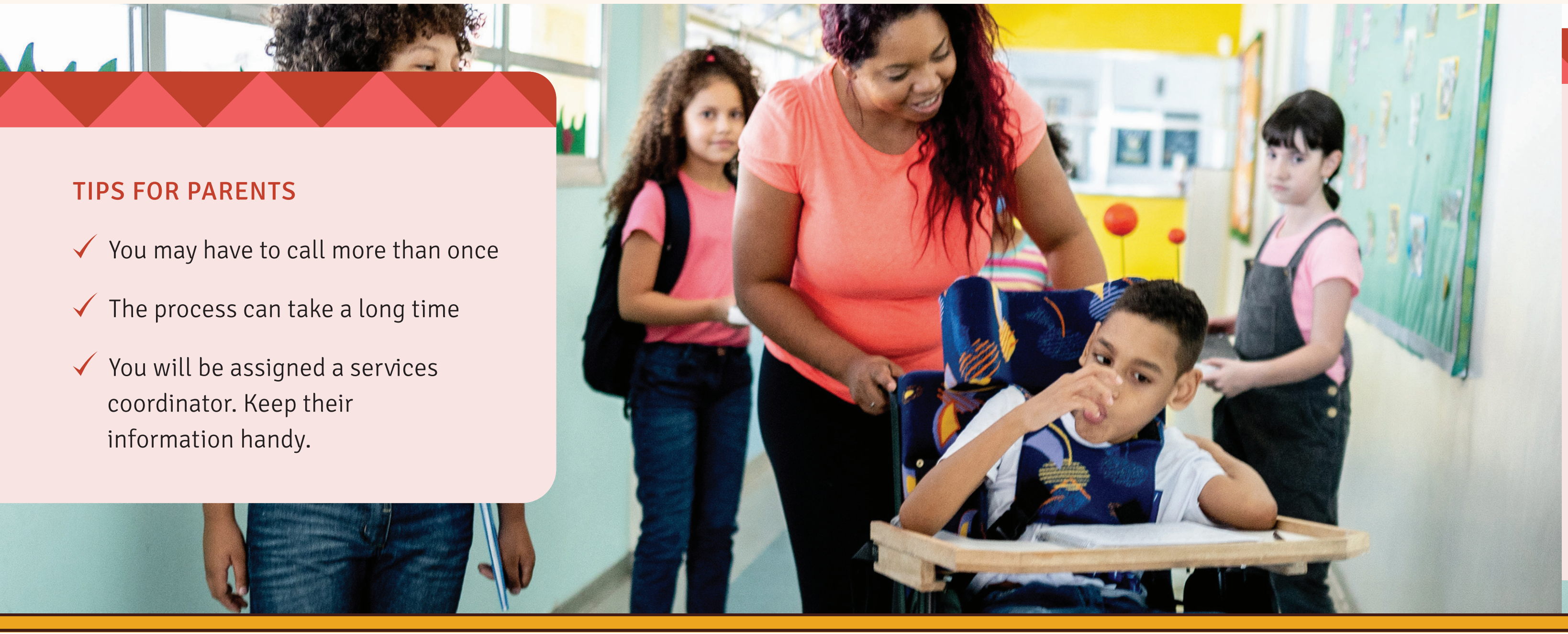
As a part of this education, your child will be assigned someone to help them in school and help you make a plan for their learning called an "individual education plan" or IEP. Parents have a very important role in the team that supports their child and should be included in all decisions. When you make the IEP document with the school team, there is a section asking parents to share other ideas and concerns. It is important to bring a written document with your ideas, concerns, and solutions to each IEP meeting. Share your document with the team and refer to it often. As your child grows older they will become part of this planning team.

These are the names of people who will help you:

- **Teacher**
- **School Nurse**
- **Special Education Coordinator**

Here are some places that can help you:

- **FACT Oregon** helps families understand the steps to helping a child with a disability. **(503) 786- 6082**
- **Help Me Grow** is a free and confidential family support line that provides seamless access to community services. You can call them at **1 (833) 868-4769** or email them at **hello@helpmegroworegon.org**
- The **Oregon Department of Education** can help answers about any school district. You can email them at **ode.specialeducationquestions@ode.oregon.gov** or by phone at **(503) 947-5600**. Make sure to include your child's school district to help them connect you with a staff member who can help.



TIPS FOR PARENTS

- ✓ You may have to call more than once
- ✓ The process can take a long time
- ✓ You will be assigned a services coordinator. Keep their information handy.

Booqashada Dugsiga

Hadii dhaktarka u uku sharxay caafimaadka ilmahaaga, iskuulkana waxey kaa caawin kartaa wax barashada ilmahaaga. Dugsiyadu waxay carruurtaada ka caawiyaan in ay bartaan wax akhriska, qorista, ka shaqeynta xisaabta iyo ka badan. Naafanimadu ilmaha kama hor istaagto in uu waxbarto. Kaliya wuxuu u baahan yahay caawimaad. Waxbarashada uu helo waxaa loo yaqaan waxbarashada gaarka ah "special education." Marka aad caawimaad ka hesho dhakhtarka, waxaad u baahan doontaa in aad raadiso caawimaad loogu talagalay ilmahaaga intuu joogo dugsiga. Waxaad wici kartaa dugsiga oo u sheegi kartaa in ilmahaagu naafo yahay. Waxaad u sheegi kartaa in aad u baahan tahay waxbarasho gaar ah waxayna kaa caawin doonaan in aad hesho qof gaar ah oo caawiya ilmahaaga.

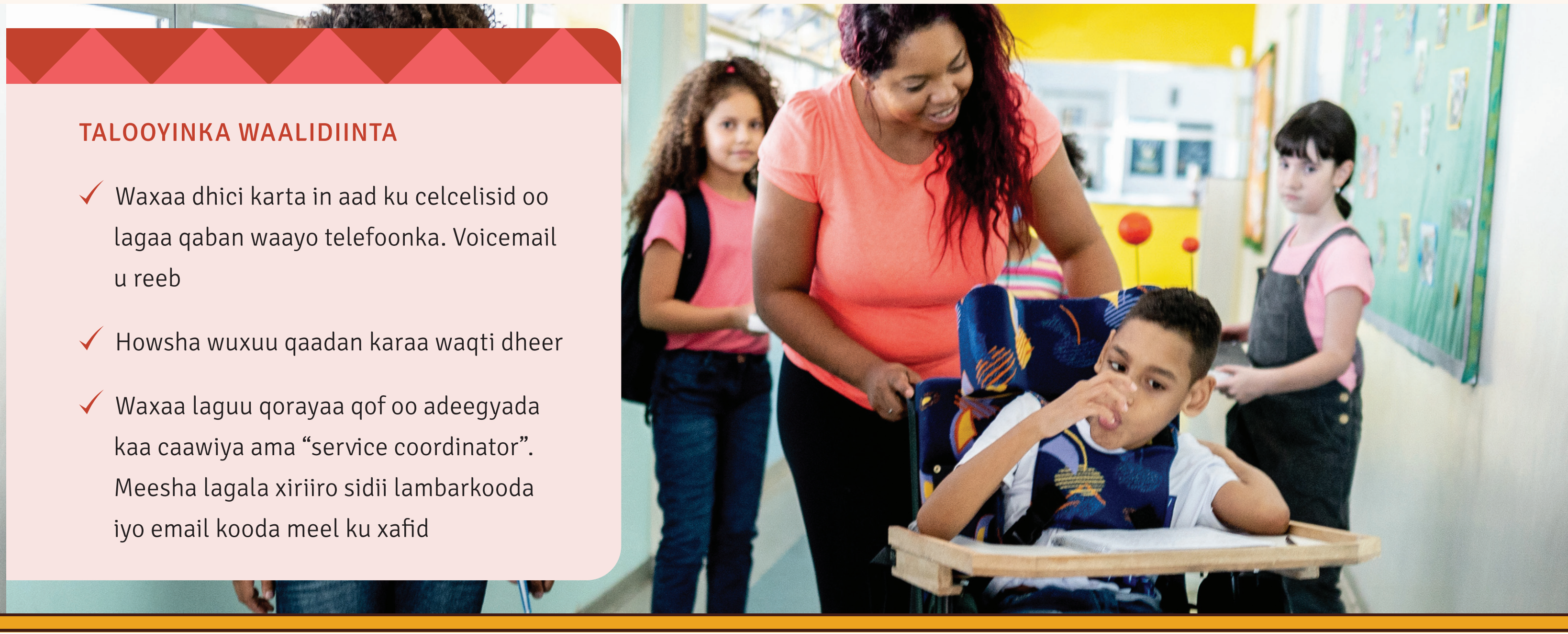
Ilmahaagu wuxuu heli doonaa qof ku caawiya dugsiga oo kaa caawiya in aad qorshe u sameyso waxbarashadiisa oo loo yaqaan "qorshaha waxbarashada shakhsi ahaaneed" ama IEP. Waalidiintu waxay cod aad u muhiim ah ku leeyihiin kooxda taageerta ilmahooda waana in lagu daraa go'aanada oo dhan. Marka aad dokumentiga IEP la sameyso kooxda dugsiga, waxaa jirta qayb waalidiinta ka codsanaysa in ay wadaagaan fikrada kale iyo walwalka jira. Wuu muhiim in dokumenti qoraal ah oo wata fikradahaaga, walwalka jira, iyo xaalalka inaad u soo qaadato kulanka IEP oo kasta. Kooxda la wadaag dokumentigaaga oo tixraac in badan.

Kuwani waa magacyada dadka ku caawin doona:

- **Macalin**
- **Kalkaalisada Dugsiga**
- **Hagaha Waxbarashada Gaarka Ah**

Halkan waxaa ku tirsan dhoor hayadood oo ku caawin kara:

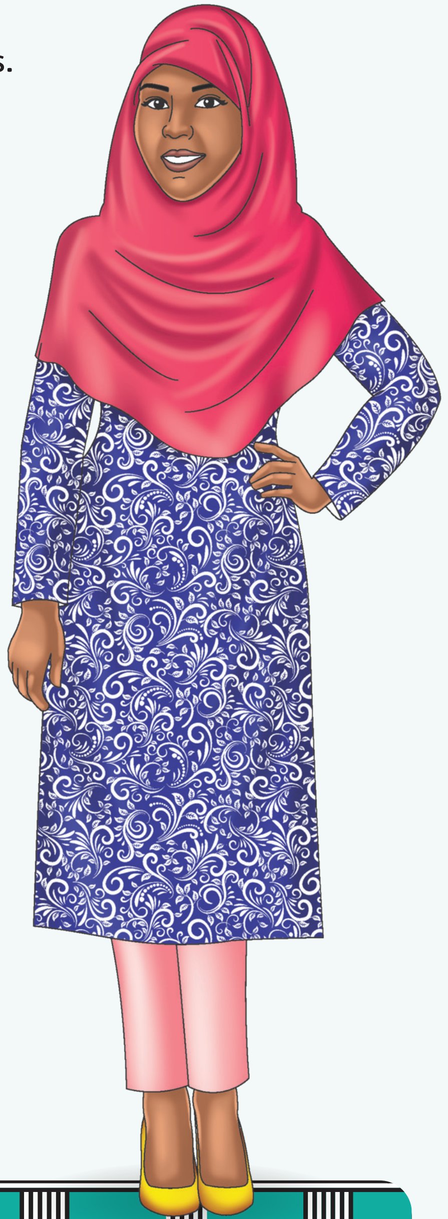
- **FACT Oregon** waxay qoysaska ka caawisaa in ay fahmaan tallaabooyinka lagu caawinayo ilmaha naafada ah. **(503) 786-6082**
- **Help Me Grow** waa khadka caawimaada qoyska oo bilaash ah. Gaar ahaan waxey dadka kula xiriiriyaan adeegyada bulshada. Waxaad ka wici kartaa **1 (833) 868-4769** ama email ugu dir **hello@helpmegroworegon.org**
- **Waaxda Waxbarashada ee Oregon** waxay kaa caawin kartaa jawaabaha ku saabsan dugsiga degmad walba. Waxaad email ugu diri kartaa **ode.specialeducationquestions @ode.oregon.gov** ama telefoon ahaan **(503) 947-5600**. Xaqiiji in aad emailka soo raaciso degmada dugsiga ama school districtka ee ilmahaaga si aad nooga caawiso in aanu kugu xirno qof shaqaale ah oo caawimaad bixin kara.



TALOOYINKA WAALIDIINTA

- ✓ Waxaa dhici karta in aad ku celcelisid oo lagaa qaban waayo telefoonka. Voicemail u reeb
- ✓ Howsha wuxuu qaadan karaa waqti dheer
- ✓ Waxaa laguu qorayaa qof oo adeegyada kaa caawiya ama "service coordinator". Meesha lagala xiriiro sidii lambarkooda iyo email kooda meel ku xafid

Developmental Disability Services



You can also get help from an office called Developmental Disability Services.

You will get a **Developmental Disabilities Case Manager (*Kiis Maareeyaha Naafada Koriimada*)** who will meet with each person to review their current situation, identify needs, and make referrals for essential services.

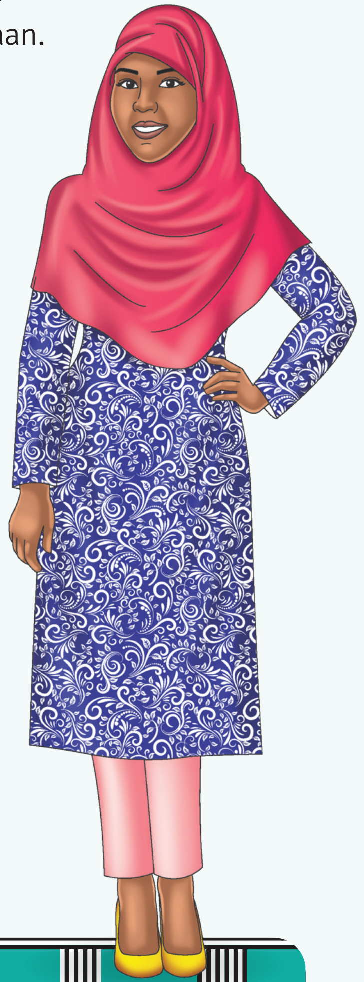
They do the following:

- Work and advocate for you
- Meet, assess your child's needs and help you understand and access available services and supports
- Create an Individualized Service Plan (ISP) to help your child lead a happy, healthy and fulfilling life
- Connect you with community provider agencies
- Monitor, provide resources and assist with your child's health, safety and ISP implementation.
- They will provide you with a case manager who should meet with you often to help with services
- If you need anything to help your child, they can help get it for you. For example, you might have a child who is visually impaired that might need a special computer or home or a child might need a wheelchair.

For more information call:

Multnomah County Main Office	Washington County Main Office	Clackamas County Main Office
Office Hours: Monday–Friday, 8am–5pm	Office Hours: Monday–Friday, 8am–5pm	Office Hours: Monday–Thursday, 7am–6pm
Phone: (503) 988-3658	**Phone:** (503) 846-3150	**Phone:** (503) 655-8640
After Hours Help Line: (503) 988-3646		

Xafiiska Adeegyada Naafidnimada Korriinka



Waxaad kale oo caawimaad ka heli kartaa xafiis loo yaqaan Adeegyada Naafanimada Korriinka ama Developmental Disability Services.

Waxaad heli doontaa **Developmental Disabilities Case Manager= Kiis Maareeyaha** Naafada Koriimada oo la kulmi doona reerkaaga si loo cabiro xaalada, loo ogaado baahida jirta, oo loo sameeyo gudbin loogu talagalay adeegyada muhiimka ah oo aad ka anfici kartaan.

Waxay sameeyaan waxyaabaha soo socda:

- In ay kuu shaqeeyaan oo kuu doodaan
- Buuxinta, qiimeynta baahida ilmahaaga iyo in ay kaa caawiyaan fahamka iyo helitaanka adeegyada iyo caawimaadaha kuu banaan
- Abuurista Individualized Service Plan (ISP) ama Qorshaha Adeega Gaar ahaaneed si ay kaaga caawiyaan in ay ilmahaaga u hoggaamiso nolol farxad leh, caafimaad leh, oo buuxda
- In ay kugu xiraan hay'adaha bulshada aad ka faa'iido karto
- La socodka, bixinta kheyraadka iyo caawimaada caafimaadka ilmahaaga, badbaadiisa, iyo hirgelinta ISP.
- Waxay ku siin doonaan maamulaha kiiska ama case manager oo in badan kula kulmi doona si uu kaaga caawiyo adeegyada.
- Haddii aad u baahan tahay caawimaad si aad u caawiso ilmahaaga, waxay kaa caawin karaan sidii aad u heli lahayd. Tusaale ahaan, waxaa dhici karta in aad haysato ilmo araggiisu liito oo u baahan kara kambiyuutar gaar ah ama guri ama u baahan kara kursiga naafada.

Wixii macluumaad dheeraad ah wac:

Xafiiska Guud ee Multnomah County	Xafiiska Guud ee Washington County	Xafiiska Guud ee Clackamas County
Saacadaha Xafiiska: Isniinta - Jimcaha 8 subaxnimo - 5 galabnimo	**Saacadaha Xafiiska:** Isniinta - Jimcaha 8 subaxnimo - 5 galabnimo	**Saacadaha Xafiiska:** Isniinta-Khamiista 7 subaxnimo – 6 galabnimo
Telefoonka: (503) 988-3658	**Telefoonka:** (503) 846-3150	**Telefoonka:** (503) 655-8640
Khadka Caawimaada Saacadaha Shaqada Ka dib: (503) 988-3646		

The American Disabilities Act

As a parent of a child with a disability, there is a law that will protect them and you called the American Disabilities Act. It is a law the federal government of the United States made to make sure people with disabilities are treated fairly. The ADA prohibits discrimination on the basis of disability just as other civil rights laws prohibit discrimination on the basis of race, color, sex, national origin, age, and religion. The ADA guarantees that people with disabilities have the same opportunities as everyone else to enjoy employment opportunities, purchase goods and services, and participate in state and local government programs

If you feel like someone isn't treating you or your child with a disability fairly or your child is being harmed or bullied, you can call this number for help:

ADA Information Line: 1 (800) 514-0301 or **1 (833) 610-1264 (TTY)**

- Monday, Tuesday, Wednesday, Friday, 9:30am–12pm and 3–5:30pm ET
- Thursday, 2:30–5:30pm ET

Sharciga Difaaca Naafanimada Maraykanka

Aniga oo ah waalidka ilmo leh naafanimo, waxaa jira sharci ku ilaalin doono oo loo yaqaan American with Disabilities Act (ADA). Waa sharciga dowladda federaalka ee Maraykanka oo loo sameeyay si loo xaqiijiyo in dadka naafada ah loola dhaqmo si cadaalad ah. ADA wuxuu mamnuucaya takoorka ku dhisan naafanimada sida sharciyada kale ee xuquuqda madaniga ay u mamnuucayaan takoorka ku dhisan jinsiyada, midabka, lab ama dheddig ahaan, dalka laga soo jeedo, da'da, iyo diinta qofka. ADA waxay dammaanad qaadaysaa in dadka naafada ah yeeshaan fursado la mid ah qof kasta oo kale iyo in ay ka faa'iideystaan fursadaha shaqo, iney gataan alaabo iyo adeegyo, oo ka qayb qaadaan barnaamijyada gobolka iyo dowladda hoose

Haddii aad dareento in qof aanu si cadaalad ah kuula dhaqmayn ama ilmahaaga naafada ah waxy loo geystay ama six un loola dhaqmaayo, waxaad wici kartaa lambarkani si aad u hesho caawimaad:

Khadka Caawimaada ADA: Nagala hadal 1 (800) 514-0301 | 1 (833) 610-1264 (TTY)

- Isniinta, Talaadada, Arbacada, Jimcaha: 9:30am–12pm iyo 3pm–5:30pm ee wakhtiga Bariga Mareykanka (ET)
  AMA 6:30am–9:30am iyo 12:00pm–3:30pm ee wakhtiga Galbeedka Mareykanka (PST)
- Khamiista: 2:30pm–5:30pm wakhtiga Bariga Mareykanka (ET)
  AMA 11:30am–2:30pm ee wakhtiga Galbeedka Mareykanka (PST)

Community Resources

There are many resources in the community to help you.

Providence Swindell's Family Resource Center supports parents and caregivers of children who have special health, behavioral or developmental needs. You can call them at **1 (833) 868-4769** to get connected to family resources.

Oregon Center for Children and Families with Special Healthcare Needs, Family to Family Health Information Center

The Oregon Family to Family Health Information Center supports families and caregivers of children with special health needs when navigating complex health care systems. Staffed by parents of children and youth with a variety of health conditions, we provide free one-to-one support, training, and printed materials to families and professionals who serve them. This website houses hundreds of resources for parents, grandparents, and youth.

To speak to an OR F2F HIC Parent Partner call **(855) 323-6744**
or email **contact@oregonfamilytofamily.org**

Somali Empowerment Circle

Call (503) 810-8010

Somali Empowerment Circle (SEC) is a small grassroots organization with a mission to promote the mental health and well-being of Somali immigrant and refugee families and youth, improve maternal health and early childhood outcomes, and advocate for safe and affordable housing. SEC aims to empower individuals and communities by providing culturally responsive mental health services, supporting families through the critical stages of pregnancy and early childhood, and advocating for policies that address the root causes of housing insecurity.

African Youth Coalition of Oregon, Bridge to Health Program

Call (971) 254-8916

The African Youth Coalition of Oregon offers health care and disability services aim to BRIDGE the gaps in services experienced by new immigrants. The staff provide knowledgeable guidance through health care and disability resources, with an understanding of the language and culture of those seeking this support.

Ilaha Bulshada

Waxaa jira ilo badan oo ka dhex jira bulshada si ay kuu caawiyaan.

Providence Swindell's Family Resource Center waxay taageeraan waalidiinta iyo daryeel bixiyayaasha carruurta leh baahida caafimaad oo gaar ah, baahida maskaxda ama korriinka. Waxaad ka wici kartaa **1 (833) 868-4769** si lugula xiro kheyraadka qoyska.

Xarunta Oregon ee Carruurta iyo Qoysaska qaba Baahiyaha Daryeelka Caafimaad ee Gaarka ah Xarunta Macluumaadka ee Qoys ilaa Qoys kale

Xarunta Macluumaadka ee Qoys ilaa Qoys kale ee Oregon waxay taageertaa qoysaska iyo daryeel bixiyayaasha carruurta leh baahiyo caafimaad oo gaar ah marka la qorsheynayo nidaamyada daryeelka caafimaadka oo adag. Iyada oo shaqaale ka yihiin waalidiinta carruur iyo dhallinyaro qabta xaalado caafimaad oo kala duwan, waxaanu taageero fool-ka-fool ah oo lacag la'aan ah, tababar, iyo waxyaabo daabacan siinaa qoysaska iyo xirfadlayaasha u adeega iyaga. Website-kani wuxuu hoy u yahay boqolaal ah ilaha loogu talagalay waalidiinta, awoowayaasha/ayeeyooyinka, iyo dhallinyarada.

Si aad ula hadasho OR F2F HIC Parent Partner Wac **(855) 323-6744**
ama email noogu soo dir **contact@oregonfamilytofamily.org**

Kooxda Awoodsiinta Soomaalida – Somali Empowerment Circle

Wac (503) 810-8010

Kooxda Awoodsiinta Soomaalida (SEC), kaasi oo ah urur hoosta ka soo bilaabmay, oo leh hadaf kor loogu qaadayo caafimaadka iyo fayo-qabka qoysaska iyo dhallinyarada muhaajiriinta iyo qoxootiga ah ee Soomaaliyeed, wanaajinta caafimaadka hooyada iyo natiijooyinka carruurnimada hore, iyo u doodida guri ammaan ah oo la awoodi karo. SEC waxay ujeedadeedu tahay awoodsiinta dadka iyo bulshooyinka iyada oo bixinaysa adeegyada caafimaadka dhimirka oo dhaqan ahaan jawaab u ah, taageerida qoyska ee marxaladaha muhiimka ah ee uurka iyo carruurnimada hore, iyo u doodida siyaasadaha ka hadlaya sababaha asalka u ah xasillooni la'aanta dhanka guryaha

African Youth Coalition of Oregon, Bridge to Health Program

Wac (971) 254-8916

Daryeelka caafimaadka AYCO iyo adeegyada naafanimada waxay hiigsanayaan in ay WAX ISKU XIRAAN oo yareeyaan farqiga ka jira dhanka adeegyada ee ay la kulmaan dadka wadanka ku cusub. Shaqaaluhu waxay bixiyaan tilmaamo aqoon leh iyaga oo adeegsanaya kheyraadka caafimaadka iyo naafanimada, iyaga oo yaqaana luuqada iyo dhaqanka ee kuwey caawinayaan.

IN CLOSING

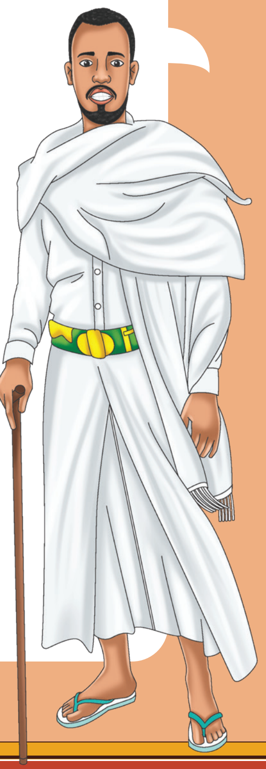
Hi! Wow! That was a lot of information. We hope all that information was helpful for you. It's very important that we work to support our children and our community. Here are some ways we can be supportive:

Education and Awareness: *The Somalis say, "The absence of light is the absence of knowledge."* Let's educate ourselves and others about disabilities, their diversity, and the challenges faced by individuals with disabilities.

Accessible and Inclusive Spaces: Advocate for and actively support accessible spaces, ensuring that mosques, community centers, and public spaces are designed to allow full participation for all, including those with disabilities. Is a sign-language interpreter available for the mosque *khutbah* or lecture for people with hearing impairments? Are community spaces and bathrooms accessible for people who use mobility devices like wheelchairs? Do people with disabilities have an equal opportunity to participate and contribute?

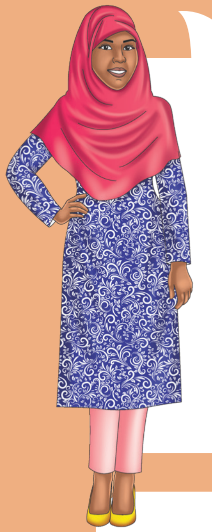
Language Matters: Be mindful of the language we use when talking about disabilities. In Somali, sometimes we are not sure of what the appropriate title is for a certain disability or condition, especially in our native tongue, and we use what vocabulary is available to us. Let's be curious, mindful, and creative when attempting to label a disability. What is the name of the disability? How would the individual like to be referred to?

Supportive Networks: *The Somalis say, "Together, the teeth are able to cut,"* meaning, one tooth can't cut anything and it is in unity that the teeth are able to perform their function. It takes a village. To locate all the resources needed for yourself or for your family, it will take collaboration and support from a team. Ask for help when you need it. Offer help when you can! Do your best to share resources and knowledge with your community



GEBAGEBADII

Hello! Macluumaad aad u tiro badan ayaa faahfaahinay. Weli maad nala socotaa? Waxaan rajeynaynaa in macluumaadkaasi oo dhan inay wax ku tartay. Aad bay muhiim u tahay in aan ka shaqeyno taageerida carruurteena iyo bulshadeena. Halkan waxaa ku qoran siyaabaha qaarkood oo aan u noqon karno kuwo wax taageera:



Waxbarasho iyo Wacyigelin: Soomaalidda waxay yidhaadaan "Aqoon la'aan waa iftiin la'aan." Aynu nafteena iyo dadka kale barno naafanimada, kala duwanaanshaheeda, iyo dhibka ey maraan dadka o oleh naafidnimo.

Meelo la geli karo oo Loo wada dhan yahay: U dood oo taageer dhismo oo ogalaanaya umadda oo dhan inay ka faa'iidi karaan dhismaha. Meel walba ey bini aadam ku aruuraan wa in laga fikiraa sidii dadka naafada leh ey ka qeyb geli karaan, weliba hayadaha, tukaamaha, masaajidyada, iyo xafiisyada. Tusaale ahaan, masaajidkaaga ma soo geli karaa qof oo ku socda kursiga naafada? Khudbada marka le jeedinaayo, dadka oo wax maqal lah ma loo diyaariye qof oo ugu turjuma luuqada gacmaha? Dadka qaba naafad ma leeyihiin fursad oo siman oo ay wax uga qayb qaataan waxna ku soo biiriyaan? Dhamaanteen aan noqono kuwa u dooda diyaarinta sidii dadka naafada leh aan u soo dhoweeno oo u abuurno fursada ey si buuxda ka qeyb galaan dhinac walba bulshadeena.

Luqaddu Waa muhiim: Ka fikir erayada aan isticmaalno marka aanu ka hadlayno naafanimada. Af Soomaaliga, mararka qaarkood ma hubno waxa magaca ku habboon yahay naafanimada ama xaaladaha qaarkood. Markaan ku hadalno luuqadeena, waxaanan isticmaalnaa erayada aynu naqaan ama ugu dhow waxa aan tilmaameeno. Aynu noqono kuwa raba in ay wax ka fikiraan, wax bartaan, oo wax bedelaan. Marka aan isku dayayno in aan magacyo u yeelno naafidnimo, magac wanaagsan aan u sameeno. Waa maxay magaca naafanimadu? Sidee buu shaqsigu jeclaan lahaa in lagu tilmaamo?

Nidaamyada Wax taageera: *Soomaalidu waxay tiraahdaa, "Ilko wada jir bey wax ku gooyaan"* oo ka dhigan, hal ilig waxba ma goyn karo oo waa midnimada ka dhaxaysa in ilkuhu ay awoodaan in ay gutaan shaqadooda. Waxay ku qaadataa tuulada oo dhan. In aad hesho dhammaan kheyraadka aad ubaahantahay waxay ku imaan kartaa kaliya wada shaqeyn iyo caawimaad ka yimaada koox dhan. Codso caawimaad marka aad u baahan tahay. Bixi caawimaad marka aad awoodo! Ku dadaal in aad kheyraadka iyo aqoonta aad baratid in aad la wadaagto bulshadaada.

We want you to meet our friend Anisa, who helped us with this book!
Here's a letter from her. We hope you enjoyed this book!

Dear Parent and Families,

I want to reach out to you with a heartfelt message of understanding, hope, and unwavering support. My name is Anisa Hagi-Mohamed. I'm a Somali mother living in Minnesota. As a parent who has walked a similar journey, I know the mix of emotions that can arise when faced with the possibility of developmental delays or a diagnosis of autism in your child. It's okay to feel scared, uncertain, and even overwhelmed. I've been there too, and I want you to know that you are not alone.

When my own two children were diagnosed with autism, I experienced a range of emotions. The uncertainty of the future can be daunting, but let me assure you, there is light ahead. With the right support, resources, and a supportive village, our children can thrive beyond our wildest dreams. Today, I stand as a proud parent of two wonderful autistic children who continue to amaze me with their unique abilities and strengths.

My journey has taught me that it's essential to embrace our children just as they are, recognizing the beauty and worth in every aspect of their being. They are a precious gift from Allah, entrusted to us because we are the best for them. Our role is to celebrate their achievements, support them where they need it, and advocate for their growth and success.

I want to share with you the empowering journey that led me to create the "Kalsooni" affirmation cards. These Somali and English cards are a reflection of my dedication to spreading positivity and fostering a sense of belonging within our community. They serve as reminders of our children's and our own innate strength and potential, helping us celebrate our uniqueness every step of the way.

Furthermore, I've authored a bilingual children's book titled "Waan Isku Kalsoonahay (I Believe in Myself)!" In this story, I centered a non-speaking autistic character inspired by my own daughter Nasteexo.. Through this character, I hope to inspire children and parents alike to see the beauty, strength, and worth in every individual, regardless of their abilities.

As we navigate this journey, remember that you are a pillar of strength for your child. Embrace your role with love, patience, and optimism. Just as I have seen my children blossom and thrive, I am confident that your child will too. Let's stand united, celebrating the remarkable individuals our children are, and nurturing their growth in a world that is enriched by their presence.

With heartfelt warmth,
Anisa Hagi-Mohamed

Waxaan rabnaa isbarataan saaxiibteen Anisa oo naga caawisay buuggan!
Waa tan warqad ka socota iyada. Waxaan rajeynaynaa inaad ka heshay buuggan!

Waalidka iyo Qoysaska Sharafta leh,

Waxaan rabaa in aan idinla soo xiriiro aniga oo wada farriin kal iyo laab ah oo la socoto faham, rajo, iyo taageero aan leexleexad lahayn. Magacaygu waa Anisa Hagi-Mohamed. Waxaan ahay hooyo Soomaaliyeed oo ku nool Minnesota. Aniga oo ah waalid soo maray socod ka buugan lagu tilmaamay la mid ah, waan ogahay dareennada isku dhex jira ee soo bixi kara marka lala kulmo inay suurto gal tahay dib u dhaca korriinka ama in lagu tilmaamo ilmahaaga maangaarka 'autism'. Waa caadi in la dareemo cabsi, hubaal la'aan iyo in hawshu kaa tiro badatay. Waan soo maray taasi, waxaanan rabaa in aad ogaato in aadan kali ku ahayn.

Markii labadayda carruurba laga helay naafada maangaarka 'autism', waxaan yeeshay dareeno kala duwan. Hubaal la'aanta mustaqbalku waxay noqon kartaa xaalad adag, laakiin aan kuu xaqiijiyo, waxaa jira iftiin inaga horreeya. Taageerada saxda ah iyo kheyraad, iyo bulsho ku taageeraysa, carruurteenu waxay gaari karaan horumar ka dheer riyooyinkeena ugu weyn.   Maanta, waxaan u taaganahay anigoo ah waalid sharaf leh oo haysata laba carruur ah oo wanaagsan oo qaba naafada maangaarka kuwaasi oo sii wada in ay iga yaabiso kartidooda iyo awoodooda gaarka ah.

Socodkaygu wuxuu i baray in ay muhiim tahay in aan ku aqbalno carruurta sida ay yihiin, anaga oo aqoonsanayna quruxda iyo qiimaha dhinac kasta oo ka mid ah jiritaankooda. Waa hadiyad qaali ah oo aan ka helnay Allah, oo la inagu aaminay sababta oo ah inaga ayaa ugu roon iyaga. Hoosheenu waa in aan u dabaaldegno guulahooda, taageerno iyaga halka ay uga baahan yihiin, una doodno korriinkooda iyo guushooda.

Waxaan rabaa in aan idinla wadaago socod awoodsiin leh oo ii horseeday in aan abuuro kaararka dhiirigelinta ee "Kalsooni" cards. Kaararkani Af Soomaaliga iyo Af Ingiriisiga ah waxay ka tarjumayaan dadaalkayga faafinta wanaaga iyo dhiirigelinta dareenka wax lahaansho ee bulshadeena dhexdeediis. Waxay yihiin xasuusinta caruurteena iyo awoodeena iyo kartideena gaarka ah ee aanu ku dhalanay, kaasi oo inaga caawinaya in aan u dabaaldegno gaar ahaanshaha tallaabo kasta.

Waxaa intaasi dheer, waxaan qoray buug laba luuqadood ku qoran oo cinwaankiisu yahay "Waan Isku Kalsoonahay (I Believe in Myself)!" Sheekadani, waxaan udub dhexaad uga dhigay qof oo aan hadlayn oo leh naafada maangaarka 'autistic' oo ay dhiirigelin u noqotay inantayda aan dhalay ee Nasteexo. Iyada oo loo marayo qofkani, waxaan rajeynayaa in si isku mid ah u dhiirigeliyo carruurta iyo waalidiinta si ay u arkaan quruxda, awooda, iyo qiimaha shakhsi kasta, iyada oo aan la eegayn kartidooda.

Inta aan ku dhex jirno wadadaan, xusuusnow in aad ilmahaaga u tahay tiir awood leh. Ku qanac hawshaada, qanacsigaas oo leh kalgacal, dulqaad, iyo wanaag-filasho. Sidaan u arkay carruurtaydii oo koray oo kobcay, waan ku kalsoonahay in ilmahaagu sidoo kale noqon doono. Aan istaagno inaga oo mideysan, inaga oo u dabaaldegayna shakhsiyaadka wanaagsan ee carruurteenu yihiin, iyo xanaanada korriinkooda ee adduun ay hodan ka dhigeen joogitaankooda.

Dareen kal iyo laab ah,
Anisa Hagi-Mohamed

This guide was created
for you by:

All:Ready

The All:Ready Network was formed in 2018 in the Portland Tri-County region to re-design our early childhood system of care so that race, class and ability are no longer predictors of accessing early childhood resources and services that mitigate adverse health experiences. The Network brings over 60 individuals – Birthing People, Culturally Specific Organization Staff, Community Health Workers, Pediatricians, Maternal Child Health Managers and more – together in Child Success Design Projects and Community Gatherings where we create journey maps, identify gaps in service delivery models, create solutions and recommendations and improve touchpoints in the system that will help create more integrated care.

We were formed thanks to the staff at Health Share of Oregon as part of the Early Life Health portfolio and are currently housed within the Early Childhood Team at Clackamas County's Children, Families and Community Connections.

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