

Baaxadda Cudurrada Autismka (ASD's)

Waa maxay autismka?

Autismka waa naafonimada koritaanka, waxay dhacda marka ay maskaxda dhismayso. La ma ogaan karo canugga autismka qaba sida uu u muuqan doono ee gaar uga soocan caruurta kale, balse waxaa dhici karta inay si duwan wax u xariiriyaan, wax isu dhaafsadaan, ku dhaqmaan, iyo wax u bartaan oo ka duwan siyaabaha ay wax u bartaan caruurta badankood.



Qiyaas ahaan, marka la soo qaado 88 cunug waxaa la aqoonsaday in 1 cunug uu qabo baaxadda cudurka autismka (ASD). Wiilashu waxay 5 jeer kaga badan yahiiin gabdhaha inuu ku dhaco Autismka. ASD dadka oo idi ayuu ku dhaca umana kala soocayo asalka, qoowmiyadda, kooxaha dhaqaalaha bulshada. Autismka waxuu shakhsi walba u saameeyaa si duwan – iyaga ku kala duwan heerarka cuslaanta – tani waa “baaxadda cudurka.”

Sababyada Autismka

Sababyada ASD lama yaqaanno. Waxaa dhici karta inay jiraan qodobada badan oo kala duwan canugga ay u badantahay in uu qaado ASD, la kana mid ah beey'adda, qodobada biolojiyada iyo genetikada. Ma jirto sabab la ogsoon yahay oo dhaqan ahaan ama caqiido ahaan ka dambayaso ASD.

Muhiimadda Baaritaanka Hore in Cudurka lagu Ogaado Bilowga

Bacdamaa autismka uu yahay cudur isirwadaag ah, ma laha hal daawo ama dabiibin oo lagu “dawayn” karo. Ma jiro baaritaan oo lagu sameeyo dhiigga oo lagu ogaado ASD.

Autismka waxuu u muuqda in uu xididdo ku leeyahay koriimada aad u horeeyso ay maskaxda ku dhismayso. **Waxaa muhiim in la ogaado calaamadaha laga qaado. Caawinadda aad si degdeg ah ku helayso, canugaaga ayay faa'iido wayn u noqonaysa.**

Children & Youth with Special Health Needs
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<http://www.health.state.mn.us/cyshn/>



Calaamadaha Bilowga ee Baaxadda Cudurrada Autismka

Kala Duwanaashaha Bulshonimada

- Wuxuu diidaa inuu kugu dhego marka aad kor u qaaddo; balse uu is-adkeeya
- In yar ayay ku eegi karaan amaba kumaba eegi karaan
- Ma muujiyo dareen marka ay waalidkiisa u dhoollocaddeeyan
- Ma jirto amaba in yara ayuu tilmaamaa shay ama munaasabadaha si waalidiinta u arkaan ay waalidkaa
- Wa yartahay inuu waalidka tuso ama la wadaago waxa u xiiseeyo
- Wey yartahay inuu muujiyo dareenka wajiga ee ku habboon
- Wey ku adag tahay inuu fahmo waxa ay dadka qabaan ama daremaan marka uu fiiriyo wajigooda
- Wey yar tahay inuu dadka kale ka fakaro ama u muujiyo naxariis

Kala Duwanaanta Isgaarsiinta

- Kuma dhawaaqi karo hal eray ilaa uu 15 bilood jirsado ama weedh ka kooban 2 eray ilaa uu 24 bilood jirsado
- Wuuxuu ka jawaabaa shanqarta (sida hoonka gaariga ama miyaada yaanyuurta) balse ka jawaabayn marka la waco
- Waxaa dhiciikarto in u naftiisa ugu yeedho “adiga” iyo dadka kale ugu yeedho “Aniga” (baddalo magac-uyaal)
- Ma muujiyo ama in yar ayuu daneeyaa isgaarsiinta
- Wey yar tahay inuu wadahal bilaabo ama uu sii wado
- Ay yartahay inuu qalabka lagu cayaaro u ekeysiiyo qalab ama sheeyo dadka metela si iska yeelyeel ah
- Ay dhici inuu korka wax ka yaqaanno, siiba tirooyinka, heesaha, jaajillada TVga, ama mowduuc qaas ah
- Ku dhawaaqi jiray 2-3 erayo, haddana waxba: caadi ahaan da'da 15 illa 24 bilood caruura qaarkood (dib-u dhac)

Kala Duwanaanta Dabeecadda

- Waxaa dhici karta inuu islullo, is-wareejiyo, uu hadba dhinac-dhinac ama horay-iyoga-gadaal isu weeciyo, fararaha ku ciyaaran, gacmaha hadba kor u qaada (wadhfinaaya), wuxuu jecel yahay waxa caadiga, amarka, caadada
- Waxaa dhici karto inuu isku mashquuliyay waxyaabo kooban, kuna celceliyay maalinta oo idil
- Waxay u badaan tahay in u ku ciyaaro qaybo ka tirsan alaabta ilmaha ku ciyaarto bedelkii alaabta oo idil (tusaale ahaan, wareejinta shaagagga baaburta ilmaha)
- Waxaa dhici karto in uusan ooyiin hadduu xanuun hayo
- Uusan lahayn wax cabsi ah ama lo maaleeyo wax cabsi inuusan qabin
- Waxaa dhici karto in uusan dareemin khatarta ama uu muqdo in uusan qabin cabsi
- Waxaa dhici karto in uu aad dareemo urko, ama in uusan dareemin urko, dhawaaqa, iftiinka, sida shayga u samaysan yahay, taabashada
- Waxaa dhici karto in uu xiiseeyo wax aan caadi ahayn ama culus, balse kooban
- Wuxuu jecel yahay in uu keligiis cayaaro

Sida ASD u Muqaan Karto

Mar kasta ma fudada sida ay waalidku ku ogaadaan haddii canuuga uu ASD qabta. Calamaadaha qaarkood ee ASD waxaa lagu arkii karaa caruurta qabto noocyada kale sida dhibaatooyinka koriimada ama dabeecadda, iyo ilaa xad, caruurta qabta korrimada caadiga. Haddana waxaa jirta in calaamadaha oo idil aan lagu arkin caruurta oo idil. Caruurta qaarkood waxay yeelan karaan calaamadaha yar oo kaliya. Tani waa sababta ADS ka dhigaysa cudur ay adag tahay sida lagu ogaado. Laakiin halkaan waxaa ku yaalla tusaaloyin nagu cawinaya in lagu kala saaro canugga ADS qaba iyo caruurta kale.

Marka uu jiro 12 Bilood

- Canugga korrimadiisu caadi tahay madaxiisa ayuu soo leexiya marka uu magaciisa maqlo.
- Waxaa dhici karta in canugga qaba ASD in uusan soo jeesanin marka magaciisa lagu dhawaaqo dhowr jeer, balse wuxuu u jeestaa shanqarro kale.

Marka uu jiro 18 Bilood

- Canugga hadalka la daahay waxuu tilmaamayaa, u jeesanayaa, ama uu wajiga ku muujinayaa waxa uusan awoodin inuu afka ka sheego.
- Cunugta ASD qabta marnaba iskuma daydo inay wax ka qabato hadalka raagay ama ku soo kobto hadalka waxa ay ka maqasho TVga ama waxa ay maqashay.

Marka uu jiro 24 Bilood

- Canugga aan ASD qabin waxa dhici karto in uu sawir keeno si uu u tuso hooyadiisa lana wadaago farxadda sawirka ayada.
- Canugga ASD qaba waxaa dhici karta dhalo xumbo sabuun leh in uu ayada u keeno balse uusan eegin wajiga hoyadiisa ama farxadda xumbo samaynta la wadaagin marka ay wada cayaarayaan.

Tallaabooyinka Xiga

Waxaa dhici karto in baaritaanka caafimadka ama qiimaynta dugsiga u horseedo talooyin ku saabsan faragalin ballaaran; tusaale ahaan u dirista xeel-dheerayaasha caafimaadka, dhakhtarka xididadda, adeegyada dayactirka ee gaarka ah, adeegyada bulshada degmada, taageeridda dhaqaalaha, taageeridda qoyska iyo hoggaaminta qoyska ama daawaynta.

Haddii aad wax su'aalo aha ama dareen ka qabto canuggaaga:

- La hadal canuggaaga dhakharkiisa
- Walwalkaaga u sheego
- Wac Barnaamijka Koritaanka Igu Caawiya (Help-Me-Grow Program) ee laga helo 1-866-693-4769

Baaritaanka Caafimaadka iyo

Qiimaynta Dugsiga

Baaritaanka caafimaadka waxaa uu si qaasa ah lagu gaaraya canugga naafonimaadiisa iyo baahidiisa/baahideeda helitaanka adeegyada, iyo hubinta wax ka qabashada daryeelka caafimaadkooda koobaad iyo baahida kale. Baaritaanka caafimaadka waa wax aan laga maarmi karin si adeegyada looga helo caymiska caafimaadka ama helitaanka ilaha dhaqaale kale sida, balse aan ku koobnayn: Gargaarka Caafimaadka (MA/TEFRA), Helitaanka Dakhliga Dheeraadka (SSI), ama kiiska ay degmadu maamusho. Baaritaanka caafimaadka waxaa inta badan u xilsaaran dhakhtarka cilmi nafsiga ama dhakhtrka caafimaadka ee ku takhasusay kala duwanaanta koriimada.

Qiimaynta dugsiga waxaa lagu samayn karaa da' kasta waana waxa loo baahnaa si mudnaansho loogu helo waxbarashada qaaska ah ee dugsiga iyo adeegyada dugsiga la xariira. Qiimaynta waxaa qabanaya koox aqoonyahanno iyo ku caawinaya in lagu helo meelaha uu canugga ku fiican yahay, qaababka waxbarashada, iyo meelaha uu u baahan yahay in laga caawiyo. Haddii u canugga uu la kulmo adeegyada dugsiga degmada, kooxda waxbarashada waxay fadhi la qaadanayaan waalidiinta si loogu sameeyo qorshaha wax barashada canugga. La soo xariir Help-Me-Grow Program xogta baaritaanka caafimaadka caruurta yaryar.

Meelaha xogta laga helayo

Autism Society of Minnesota https://www.ausm.org/ 651-647-1083
Autism Speaks http://www.autismspeaks.org/ 1-888-288-4762
Family Voices of Minnesota http://www.familyvoicesofminnesota.org/ 1-866-334-8444
Minnesota Health Care Programs www.dhs.state.mn.us/healthcare 1-800-657-3739; 1-800-657-3672
MinnesotaHelp.info http://www.minnesotahelp.info/public/DisabilityLinkageLine 1-866-838-9000
PACER's Family to Family Information Center http://www.pacer.org/health/ 1-800-537-2237 or 952-838-9000
Somali American Autism Foundation http://www.saafmn.org/ 612-216-3677
CDC Autism Spectrum Disorders http://www.cdc.gov/ncbddd/autism/index.html
American Academy of Pediatrics http://www.healthychildren.org