ABANTU BAZWI CANE KW'ISI BABA NYAMERIKA BARI FASISE UBUMUGA

Franklin Roosevelt,
Umukuru w'igihugu ca amerika
Ubumuga bw'umubiri

Marlee Matlin,
Yari umuntu yakina amasinema
Kutumva

Terrance Parkin,
Uyu numukinyi muri olimpike yaroga
Kutumva

Jim Abbott,
Umukinyi azobereye gukina baseball
Yacitse amaguru

Magic Johnson,
Umukinyi yahoze akina muri NBA umupira
Yagwaye yangwara y'icaduka yitwa sida

Ray Charles, *Umucuranzi*
Ni impumyi

Chris Burke, *Umukinyi wa sinema*
Ingwara yicaduka ituma ubwenge bwawe bukora bukeya rwose

Nimba ukeneye amakuru yinyongera kuri interineti kuvyereke abantu bafise ubundi bumuga, genda kuraba:

www.disabilityinfo.gov

• • •

Inkuru zo muri akagatabo zashizwe hamwe zivuye:

U.S. Department of Commerce

Economics and Statistics Administration

U.S. Census Bureau

The National Women's Health Information Center

U.S. Department of Health and Human Services

Office on Women's Health

Iyinyandiko yateguwe ifashijwe n'umutungo uvuye mu bushikiranganji bwubuzima hamwe n'ibiro biraba imibereho n'ibiro vy'impunzi zimuwe.

AHO KURONDERERA AMAKURU:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Telefoni: 202 • 347 • 3507
Fagisi: 202 • 347 • 7177
www.refugees.org

Kubaho ufise ubumuga muri Amerika

Living with Disabilities in the United States (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org
Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

NI IBIHE BIMENYETSO VYEREKANA YUKO UMUNTU AFISE UBUMUGA?

Abantu bamugaya bashobora kuba bafise ubumuga bw'umubiri canke bw'ubwenge mu mitwe bibabuza kuba harico bimarira mugihe bakeneye gukora inkitu icarico cose. Ubwo bumuga bumerera nabi abantu:

- gushobora kwiga,
- gushobora kw'umva,
- gushobora kuvuga,
- kudashobora guhema,
- kudashobora gutambuka,
- kudashobora kubona, hamwe
- No kugira ico wimarira.

KUBAHO UFISE UBUMUGA MURI LETA Z'UNZE UBUMWE BW'AMERIKA

Hariho ibintu vyinshi vyerekeye kubaho ngaha muri Leta Z'unze Ubumwe bw'Amerika. Ikintu kimwe cambere nuko aba nyamerika bemera gose yuko abantu bafise ubumuga bashobora kugira ico bakora, aliko bakeneye abantu bokubafasha.

Hano hariho abantu barenga imiliyoni mirongo itanu babayeho n'ubumuga bwabo hano muri Leta z'unze ubumwe bw'amerika. Hafi igice cabobantu bamugaye barafise akazi barakora.

Abany'amerika barashobora kuraba abantu bamugaye ukutarikimwe n'abantu mugihugu iwanyu. Iyi nyandiko irashobora kubafasha kumenya kuvyerekeye ingene ibimuga ngaha muri amerika vyitaweho.

Muri amerika, abantu bamugaye bashobora:

- kugenda kw'ishule
- barashobora kurongora canke kurongogwa bakaba abavyeyi
- kugenda kukazi,
- bashobora no kwiga kwandika,
- bashobora no gukina ubwoko bwinshi bw'imi kino yo kugorara umubiri, kandi
- bashobora no kuvamwo abahanga mu nkino baba bazobereye gukina bakamenyekana hose

Hano muri leta zunze ubumwe hariho amategeko afasha abantu bamugaye kubaho neza kandi bakagira ubuzima bakiyungunganya batera imbere.

ABANA BAFISE UBUMUGA

Abana bamwe na bamwe bariho bavukanye ubumuga canke bakamugara inyuma yigihe bavukiye. Kenshi ntabwo wovuga yuko arikosa ry'uwariwe wese. Hari ubwo usanga ari wewe kubwawe witaho ico kibondo cawe, aliko hano muri amerika hariho uburyo ushobora kuronka abagufasha. Ego biremewe yuko usaba infashanyo kandi urashobora kuyironka.

Abana bamugaye barashobora kugenda kumashure yo mukarere ubamwo kandi bakaronka imfashanyo zirushijeho bita "guhabwa inyigisho z'idasanzwe twovuga yuko ziruta izo aronka mubisanzwe". Abigisha n'abakozi bo kuri ayo mashule barashizehamwe inyigisho zinonosoye zaburi mwana n'ubumuga afise.

GUSHIGIKIRA IZO MFASHANYO

Hariho kandi n'ama shirahamwe agizwe n'abantu bishizehamwe bo kwigisha abantu bafise ubumuga kugira:

- bigishwe gusoma, canke bukoresha inkoni yokubayobora,
- bigishwa ukungene bashobora kugira ico bimarira bonyene mugihe ari ntamuntu ari kumwe nabo,
- kwiga no kumenya ubumenyi bushasha, hanyuma ugashobora kurondera akazi,
- barigishwa kumenya ingene bafata urugendo bonyene mu muji canke bakeneye gukoresha banki yabo,
- barigishwa ingene boteka ivyokurya bonyene, kandi
- Barigishwa ningene bashobora gukoresha za ntembe bicaramwo kugira ngo bashobore kuzunguruka canke kugenda aho bagomba

Abo bafise ubwo bumuga baribakwiriye guhora bavugana n'abakozi babashinzwe kugira ngo bamenye ivyo bigo birihafi yakarere babamwo bakabasonanurira ingene bokoresha izo mfashanyo.

KWITAHO ABANTU BAFISE UBUMUGA

Birashobora kuba ibintu bigoranye gose kugirango abantu bafise ubumuga bitabweho. Muri Amerika, hariho uburyo bwinshi buri hano hanze bwogufasha abo bose bafise umuryango ufise ikimuga. Ibimuga bimwe na bimwe bibana n'imiryango yavyo, canke babashije mumazu afise ubushobozi bwo kubaraba. Genda ubaze wa mukozi ajejwe kukujijura kuvyerekeye imfashanyo n'aho ziri mugihe ufise umuntu mumuryango wawe afise ubumuga ubwaribwo bwose.

Iyo ufise ikimuga ushinzwe kwitaho nawe urategerezwa kutiyibagira. Hari uburyo bwinshi bwo kugira ngo witeho ubuzima bwawe:

- urarondera akanya kogukora imyimenyerezo yo kunanura imitsi
- ukarondera aho ukura inyigisho muri ako karere ubamw zo kwijijura
- urasaba ko bagufasha kandi ugashima izo mfashanyo,
- ukabandanya gufungura ivyokurya vyingira kamaro,
- ukaruhuka bikwiye umubiri urabikenera,
- gerageza urondere inzego zokugushigikira,
- urahora ufata umwanya ukwiye wo kwicarahamwe ukaruhura umubiri
- Fata umwanya wiyiteho nawe.