DADKA MARAYKANKA AH EE CAANKA AH EE LAHAA AMA LEH NAAFO

Franklin Roosevelt, *U.S. Madaxweyne Maraykan*
Naafo Jidhka ah

Marlee Matlin, *Jille*
Dhago la'aan

Terrance Parkin, *Dabaashe Heer Olimbig*
Dhago la'aan

Jim Abbott,
Ciyaartoy Baysbool oo Xirfadle ah
Lug la jaray

Magic Johnson,
Ciyaartooy NBA oo Fadhiistay
Waxa uu Qabaa HIV

Ray Charles, *Fanaan*
Indhoole

Chris Burke, *Jille*
Cillada Maskaxda ee 'Down's'

Si aad u heshid war dheeraad ah oo ku jira internetka oo ku saabsan adeegyada loogu talogalay naafada, fadlan booqo:

www.disabilityinfo.gov

• • •

Warka ku yaala qoraalkan yar waxa laga soo xigtay:

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

Qoraalkan yar waxa lagu soo saaray maalgalin laga helay Wasaaradda Caafimaadka iyo Adeegyada Bini'aadanka Xafiiska Dejinta Qaxootiga (Department of Health and Human Services Office of Refugee Resettlement).

WARKA LA-XIDHIIDHISTA:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Teleefon: 202 • 347 • 3507
Faakis: 202 • 347 • 7177
www.refugees.org

Qabitaanka Naafada gudaha Maraykanka

Living with Disabilities in the United States (Somali)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

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

WAA MAXAY CALAAMADAHA NAAFOOYINKU?

Dadka qaba naafooyin waxay qabi karaan xaalad jidh ama maskaxeed oo dhib kaga dhigaysa inay qabtaan waxyaabaha qaarkood. Xaaladahaasi waxay saameyn karaan awoodda qofka xagga:

- waxbarashada,
- maqalka,
- hadalka,
- neefsashada,
- socodka,
- aragga, iyo
- isdaryeelka.

QABITAANKA NAAFADA GUDAHA MARAYKANKA

Waxa jira waxyaabo badan oo ay ku fiican tahay ku-noolaanshaha gudaha Maraykanka. Waxyaabaha ugu fiican waxa ka mid ah in dadka Maraykanku rumeysan yahay in dadka naafada qabaa ay noqon karaan kuwo firfircoon oo shaqeeya, laakiin ay u baahan yihiin gargaar.

Waxa jira dad ka badan 50 malyan oo ku nool gudaha Maraykanka oo qaba naafooyin. Tiro ku dhow kala-badh dadka qaba naafooyin ayaa shaqeeya.

Dadka Maraykanku waxay dadka naafada qaba u arki karaan si ka duwan dadka jooga wadankaagii hooyo. Qoraalkan yari waxa uu kaa gargaari doonaa inaad wax ka baratid adeegyada dadka qaba naafooyinka gudaha Maraykanka.

Gudaha Maraykanka, dadka qaba naafooyin:

- waxay tagi karaan dugsi,
- way guursan karaan ama noqon karaan waalid,
- way shaqeyn karaan,
- wax bay wade karaan,
- waxay ciyaari karaan ciyaaro, iyo
- waxay noqon karaan xirfadle.

Waxa Maraykanka ka jira sharci dadka qaba naafooyin ka gargaara inay ku noolaadaan nolol farxad iyo waxqabad leh.

CARUURTA QABA NAAFOOYIN

Caruurta qaarkood waxay la dhashaan ama yeeshaan naafooyin. Badanaa ma jiro qof taa eeddeeda leh. Waxa laga yaabaa inaad u baratay inaad kaligaa daryeeshid ilmahaaga, laakiin gudaha Maraykanka, waxa laguu hayaa gargaar. Waa caadi inaad weydiisatid oo aad heshid gargaar.

Caruurta qaba naafooyin waxay tagi karaan dugsiga degmada waxana ay heli karaan gargaar dheeraad ah oo la yidhaahdo “waxbarasho gaar ah”. Macallimiinta iyo shaqaalaha dugsigu waxay abuuri karaan barnaamijyo waxbarasho oo gooni ah oo loo qorsheeyay inay haqabtiraan baahida gaarka ah ee ilmo kasta oo qaba naafo.

ADEEGYADA TAAGEERADA

Waxa kale oo jira kooxo iyo ururo gaar ah oo dadka naafo qaba bara:

- inay wax akhriyaan, ama isticmaalaan bakoorad,
- inay bartaan sidii ay naftooda u daryeeli lahaayeen,
- inay bartaan farsamooyin cusub, iyo inay helaan shaqo,
- inay bartaan inay ku socdaalaan magaalaada ama isticmaalaan bangi,
- inay bartaan inay naftooda cunto u kariyaan, iyo
- inay bartaan isticmaalidda kursiga curyaanka.

Dadka daryeela qof qaba naafo waa inay la hadlaan shaqaalahooda bulsho si ay u ogaan adeegyada ka jira beeshooda iyo sida loo isticmaalo.

DARYEELISTA DADKA QABA NAAFOOYIN

Waxay noqon kartaa wax si weyn u dhib badan in la daryeelo dadka qaba naafooyin. Gudaha Maraykanka, waxa jira adeegyo la heli karo si qofka looga gargaaro inuu daryeelo qof qoyskiisa ah oo qaba naafo. Dadka qaba naafo qaarkood waxay la nool yihiin qoyskooda, ama waxay ku nool yihiin guryo gaar ah. Weydii shaqaalahaaga bulshada war ku saabsan adeegyada loo heli karo qoysaska dadka qaba naafooyin.

Daryeel-bixiyeyaashu waxay u baahan yihiin inay daryeelaan naftooda. Halkan waxa ku yaala dhawr siyaabood oo aad ku daryeeli kartid naftaada:

- Hel wakhti aad ku sameysid jimicsi,
- wax ka ogow adeegyada beesha,
- weydiiso oo ka faa’iideyso gargaarka,
- cun cunto caafimaad leh,
- hel nasasho kugu filan,
- hel hab taageero,
- qaado wakhti aad ku nasatid, iyo
- naftaada sii wakhti.