

Hoyga Naafada

Hagaha Ardayda gudaha

Waxbarashada dadka waaweyn ee

Minnesota



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Soo dhawoow

Hagahan waxa uu ka hadlayaa:

- Waa maxay naafanimadu?
- Waa maxay hoyga?
- Sideen ku helaa hoy?
- Halkeen u tagi karaa caawimaad?

Waxaa jira sharciyo kala duwan oo ku saabsan habaynta imtixaanada u dhigma dugsiga sare (GED iyo HiSET). Si aad wax uga ogaato hoyga baaritaanadan, booqo bogga [Shabakada GED](#), [Shabakada HiSET](#), ama [PANDA](#).

Waa maxay Naafanimadu?

“Naafanimadu:

- Waxay bedeshaa sida aad u sameyso waxyaabaha qaarkood, sida: aragga, wax cunista, hurdada, barashada, akhrinta, shaqada, ama neefsashada.
- Waxay adkaynaysaa in la sameeyo mid ama in ka badan oo waxyaalahan ah.
- Ama: waxay ka dhigaysaa mid aan suurtoagal ahayn in la sameeyo mid ama in ka badan oo waxyaalahan ah.”

Sharciga Naafada Ameerika waa sharci ilaalinaya dadka naafada ah. Waxaan sharcigaan ugu yeernaa **ADA**. ADA waxay nagu ilaalisaa shaqada, goobaha dadweynaha, iyo waxbarashada dadka waaweyn.

Xigasho: ASAN's [Tilmaanta Is-U doodaha ee Sharciga Naafada Ameerikaanka](#)

Tusaalooyinka qaar ee dadka ay ADA ilaalin karto waa:

- Dadka dhegaha la' ama dhegaha adag.
- Dadka indhoolayaasha ah ama araggoodu hooseeyo.
- Dadka isticmaala kuraasta curyaanka ama bakoorada.
- Dadka qaba kansarka, sonkorowga, ama HIV.
- Dadka qaba dysleksi, dyscalculia, ama feejignaan yaraanta firfircoonida firfircoonida (ADHD).
- Dadka qaba niyad-jabka, walaaca, ama Dhibaataada Cadaadiska Traumatic Post (PTSD).

Waxaad waxbadan ka baran kartaa ADA ee

[*Tilmaanta Is-maamul ee Sharciga Naafada*](#)

[*Mareykanka*](#) ee Shabakada Isu-doodaha Autistic.

Waa maxay Hoyga?

“**Hoyga** waa isbedelo u sahla dadka naafada ah.”

Degaanadu waxay caawiyaan dadka naafada ah inay helaan waxbarasho la mid ah kuwa kale.

Tusaalooyinka qaar ee hoyga waa:

- Waqti dheeri ah oo ku saabsan shaqada ama intixaannada.
- Daabacaad weyn.
- Amplifiers: waa aalad hadalka kordhisa.
- Qoraal-ku-hadal: waa qalab wax ku akhriya qoraalka.

Waxaad ka heli kartaa tusaaleyaal dheeraad ah mareegahan:

- [Hoyga Fasalka Guud.](#)
- [A ilaa Z ee Naafada iyo Hoyga.](#)

Waa maxay Hoyga macquulka ah?

Waxaa jira noocyo badan oo hoy ah. Ma heli kartid hoy kasta xaalad kasta. Degaanadu waa inay noqdaan **kuwo macquul ah**.

Macquul ah macnaheedu waa in dugsigaga:

1. Leh waqti iyo lacag uu ku sameeyo, iyo
2. Waxa uu samayn karaa iyada oo aan wax badan laga beddelin sida uu yahay fasalka macalinka iyo dhammaan ardayda kale.

Tusaale ahaan, casharrada mid-ka-mid ah ee macallinku ma aha hoy macquul ah fasallada waxbarashada dadka waaweyn. Casharrada mid-ka-mid ah waa isbeddel aad u badan. Aad ayey uga duwan yihiin fasallada sida caadiga ah.

Xaqa Hoyga

ADA waxay siisaa dadka naafada ah xuquuq sharci ah inay helaan hoy macquul ah meelo badan, sida:

- Shaqada.
- Barnaamijyada waxbarashada dadka waaweyn.
- Dugsiyada kale, sida kulliyadda farsamada iyo jaamacadda.

Si aad xaq sharci ah ugu yeelato hoyga waxbarashada dadka waaweyn, waxaad u baahan tahay dukumeenti. Waxaad ku baran kartaa dukumeentiyada bogga 9.

Waa maxay Dukumeenti?

Dukumeentiyadu waa caddayn inaad naafo tahay oo aad u baahan tahay hoy. Caadi ahaan waxaad u baahan tahay dukumeenti si aad u hesho hoy.

Hal nooc oo dukumeenti ah waa warqad ka timid dhakhtarkaaga, dhakhtarka maskaxda, ama daaweeyaha. Waxay leedahay:


1. Waa maxay naafanimada aad leedahay.
2. Sida naafadaadu kuu saamayso.
3. Waa maxay nooca hoyga aad u baahan tahay.



Si aad u hesho dukumeenti:

- U sheeg dhakhtarkaaga dhibaatooyinka dugsiga.
- Kala hadal dhakhtarkaaga waxa ku saabsan waxa ku caawin kara.
- Weydii dhakhtarkaaga inuu warqad u qoro dugsigaaga.

Nooc kale oo dukumeenti ah waa IEP ama Qorshaha 504. IEPs iyo 504 Plans waxay ka yimaaddeen dugsiyada Maraykanka ee K-12. Waxaa laga yaabaa inaad mid haysato haddii aad hoy ka heshay dugsiyada Maraykanka ee K-12.

	Resident District: _____	IEP Meeting Date: ____/____/____	INDIVIDUALIZED EDUCATION PROGRAM (IEP)		
	Date of last Comprehensive Evaluation: _____				
IDENTIFYING INFORMATION					
Child's Name: _____ MARSS ID #: _____ Gender: <input type="checkbox"/> M <input type="checkbox"/> F Date of Birth: ____/____/____ School: _____ Grade: _____ Providing District (Name/Number): _____ School Address (provide mailing address and street address if different): _____ _____	Parent/Guardian Name(s): _____ _____ Relationship to child: _____ Address: _____ _____ Phone (day/evening): ____/____ Phone (cell): _____ Fax: _____ Email: _____				
Child's Primary Disability Category: <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <input type="checkbox"/> Autism Spectrum Disorders <input type="checkbox"/> Deaf-Blind <input type="checkbox"/> Deaf and Hard of Hearing <input type="checkbox"/> Developmental Cognitive Disability <input type="checkbox"/> Developmental Delay <input type="checkbox"/> Emotional or Behavioral Disorders </td> <td style="vertical-align: top;"> <input type="checkbox"/> Other Health Disabilities <input type="checkbox"/> Physically Impaired <input type="checkbox"/> Severely Multiply Impaired <input type="checkbox"/> Specific Learning Disability <input type="checkbox"/> Speech or Language Impairments <input type="checkbox"/> Visually Impaired <input type="checkbox"/> Traumatic Brain Injury </td> </tr> </table>				<input type="checkbox"/> Autism Spectrum Disorders <input type="checkbox"/> Deaf-Blind <input type="checkbox"/> Deaf and Hard of Hearing <input type="checkbox"/> Developmental Cognitive Disability <input type="checkbox"/> Developmental Delay <input type="checkbox"/> Emotional or Behavioral Disorders	<input type="checkbox"/> Other Health Disabilities <input type="checkbox"/> Physically Impaired <input type="checkbox"/> Severely Multiply Impaired <input type="checkbox"/> Specific Learning Disability <input type="checkbox"/> Speech or Language Impairments <input type="checkbox"/> Visually Impaired <input type="checkbox"/> Traumatic Brain Injury
<input type="checkbox"/> Autism Spectrum Disorders <input type="checkbox"/> Deaf-Blind <input type="checkbox"/> Deaf and Hard of Hearing <input type="checkbox"/> Developmental Cognitive Disability <input type="checkbox"/> Developmental Delay <input type="checkbox"/> Emotional or Behavioral Disorders	<input type="checkbox"/> Other Health Disabilities <input type="checkbox"/> Physically Impaired <input type="checkbox"/> Severely Multiply Impaired <input type="checkbox"/> Specific Learning Disability <input type="checkbox"/> Speech or Language Impairments <input type="checkbox"/> Visually Impaired <input type="checkbox"/> Traumatic Brain Injury				
Home Primary Language: _____ Child's Primary Language: _____	Interpreter required for Service Delivery? <input type="checkbox"/> Yes <input type="checkbox"/> No Interpreter required for Due Process? <input type="checkbox"/> Yes <input type="checkbox"/> No				

Dugsigaagu wuxuu eegi karaa IEP-gii hore iyo Qorshahaagii 504 si uu u arko waxa aad heli jirtay ka hor. Tani waxay ku filnaan kartaa inaad mar kale hoy hesho.

Haddii aadan heli karin dukumeenti, ha ka welwelin. Waxaa jira macluumaad dheeraad ah oo ku saabsan waxa la sameeyo bogga 16.

Sideen u Codsadaa Hoyga?

U sheeg qof dugsigga jooga inaad rabto inaad codsato hoy. Waxaad u sheegi kartaa macalinkaaga ama qof kale. Soo qaado dukumeentigaaga.

Waxaa laga yaabaa inaad **bixiso** faahfaahin ku saabsan naafanimadaada. Haddii aadan sheegin waxa ay naafadaadu tahay iyo sida ay kuu saameynayso, dugsiggaagu maaha inuu bixiyo hoy.

Dugsiggaagu waa inuu xafidaa naafanimadaada sir ah. **Asturnaanta** macnaheedu waa in dugsiggaagu aanu u sheegi karin dadka kale ee aan u baahnayn inay ogaadaan.

Kadib markaad hesho hoy **isticmaal**. Haddii aadan isticmaalin, dugsiggaagu maaha inuu sii wado bixinta.

Si aad u codsato hoy, waxaad oran kartaa:



- **Naafanimadayda waa...**
- **Naafanimadayda ayaa igu adkeynaysa inaan...**
- **Waxaan u baahanahay hoy si ay ii caawiyaan...**
- **Hoyga aan codsanayo waa...**

Tusaale ahaan:

- Naafadayda waa ADHD.
- Naafanimadayda ayaa igu adkeynaysa inaan xasuusto tilmaamaha.
- Waxaan u baahanahay meelayn iga caawisa raacitaanka tilmaamaha.
- Hoyga aan codsanayo waa tilmaamo qoran oo loogu talagalay waxqabadyada fasalka.

Haddii dugsiagaagu u maleeyo in hoygu aanu ahayn mid macquul ah, waxa laga yaabaa in uu bixiyo mid ka duwan.

Haddii aad u malaynayso in hoyga uu dugsigu bixiyo aanu shaqaynayn, waxaad odhan kartaa:



- **Taasi ma shaqayn doonto sababtoo ah...**
- **Dokumentigaygu wuxuu sheegayaa in naafanimadayda...**
- **Waa muhiim in hoygaygu uu caawiyo...**

Tusaale ahaan:

- Taasi ma shaqeyn doonto sababtoo ah weli waa inaan xasuusto tilmaamaha afka ah muddo dheer.
- Dokumentigaygu wuxuu sheegayaa in naafanimadayda ay igu adkeynayso inaan xasuusto waxaan maqlo.
- Waa muhiim in hoygaydu ay iga caawiyaan inaan xasuusto tilmaamaha.

Maxaa dhacaya haddii aanan heli karin dukumeenti?

Haddii aadan heli karin dukumeenti, waxaa weli jira waxyaabo badan oo dugsigaagu ku caawin karo.

Uma baahnid dukumeenti isbedel yar haddii macalinkaagu ogolaado.

Haddii aadan heli karin dukumeenti:

- Ka fakar waxa dhibku yahay. Maxaan kuu shaqaynayn?
- Ka fakar isbedelada kaa caawin kara dhibaataada. Maxaad u baahan tahay si aad u barato?
- La hadal macalinkaaga. Macalinkaagu wuxuu yeelan doonaa fikrado ku saabsan sida loo caawiyo.

Tusaale ahaan:

- Haddii ay aad u adag tahay in la arko looxa ama buug-yaraha...
 - Fadhiiso qolka hore ee qolka.
 - Xiro muraayadaha akhriska.
 - Isticmaal weyneeye.
- Haddii ay aad u buuq badan tahay in diiradda la saaro...
 - aso oo meel aamusan tag.
 - Xiro suufka dhegaha ama taleefoonnada gacanta.



Wixii fikrado dheeraad ah oo ku saabsan sida loo caawiyo, adiga iyo macalinkaagu waxaad la xiriiri kartaan Kaalmada Waxbarashada Dadka Waaweyn ee Minnesota Kaalmada Naafanimada Jirka iyo Aan Muuqan 763-504-4095 ama panda@rdale.org.

Macluumaadka Xiriirka Waxtarka leh

Si aad u hesho caawimaad dugsi:

Khadka Tooska ah ee Akhriska iyo Qoraalka

Dadka Waaweyn

Wac: 800-222-1990

Shabakada: hotline.mnabe.org



Haddii barnaamijka waxbarashada dadka waaweyn uu qabo su'aalo ku saabsan naafada iyo hoyga:

PANDA

Wac: 763-504-4095

Shabakada: pandamn.org



Caawinaad kale oo loogu talagalay dadka naafada ah:

NaafadaHUB

Wac: 866-333-2466

Shabakada: disabilityhubmn.org



Su'aalaha ku saabsan xuquuqdaada sharciga ah:

Xarunta Sharciga Naafada Minnesota

Wac: 800-292-4150

Shabakada: mylegalaid.org

