



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Dhibaatooyinka Barashada Learning Problems (Somali)

Haddii aad ka welwelsan tahay horumarka, waxbarashada, dareenka, fikirka ama xirfadaha bulshada ee ilmahaaga, keligaa ma tihid. Qoysas badan ayaa la daalaa dhaco dhibaatooyinkan. Hoos waxaa quran talooyin iyo agabyo si aad qoyskaaga uga caawiso sidii ay u heli lahaayeen siyaabo lagu caawiyo ilmahaaga.

Talooyinka iyo agabyada

- Jadwaleeyso kulan aad la yeelato macalinka ilmahaaga si aad ugala hadasho walaacyadaada.
- Haddii ilmahaagu leeyahay Qorshaha Waxbarashada ee Shakhsi ahaaneed (Individualized Education Plan, IEP) ama Qorshaha Qaybta 504, weydiiso inaad la kulanto kooxdooda waxbarashada.
- Haddii ilmahaagu aanu mid lahayn, weydiiso dugsiga haddii qiimaynta adeegyada waxbarashada gaarka ah ama Qorshaha Qaybta 504 ay noqon karto tallaabada xigta ee ilmahaaga.
- Dugsiyadu waxay isticmaali karaan Nidaamyada Taageerada ee Heerar Kala-sareeya leh ee Badan (Multi-Tiered Systems of Support, MTSS) ka hor intaysan bilaabin waxbarashada gaarka ah. Tani waa hab lagu caawinayo ardayda daalaa dhacayaan. Heerka kowaad wuxuu ku lug leeyahay xaqiijinta in *dhammaan* ardaydu helaan waxbarasho tayo sare leh. Ardeyda sii wadaan iney daala dhacaan ayaa markaas u gudbaya heerar caawinaadeed oo qoto dheer oo dheeri ah haddii loo baahdo. Dugsigu wuxuu si taxadar leh ula socdaa horumarka ilmaha inta uu habsocodka dhex socdo. Taageeradaan waxaa ka mid ahaan karta waxbarida koox yar oo ay ku xigto caawinaad degdeg ah.
- Codso lataliye waalid ah. La-taliyayaasha waalidku waxay gacan ka geystaan inee u doodaan baahiyaha waxbarasho ee ilmahaaga. Macluumaad dheeraad ah oo ku saabsan la-taliyayaasha waalidka waxaa laga heli karaa:
 - Ohio's Parent Mentor Project – <https://parentmentor.osu.edu>.
- Qiimaynta Qoddobada-badan Leh (Multifactorial Evaluation, MFE) waa qalab ay isticmaalaan nidaamka dugsiyada dadweynaha si ay u go'aamiyaan haddii ilmahaagu u qalmo adeegyada waxbarashada gaarka ah.
- Haddii ilmahaagu dhigto dugsi gaar loo leeyahay, dugsigu ma'aha inuu bixiyo adeegyadan. Qaar baa bixiya qaarna ma bixiyaan.
- Ilmahaagu waxa laga yaabaa inuu u qalmo adeegyada waxbarashada gaarka ah laga bilaabo da'da 3 sano jir.

- Qoraal ahaan u dhig codsigaaga qiimaynta waxbarashada gaarka ah. Nuqul ku hayso faylalkaaga. Halkan waxaa ku qoran qaar ka mid ah talooyin ka socda Isbahaysiga Ohio ee Waxbarashada Carruurta Naafada Qabaan: Talooyin Ku aadan Qiimaynta iyo Dib u Qiimaynta <http://www.occde.org/Downloads/Evaluation%20and%20Reeval%20Tips.pdf>.
 - Keen oo ku soo celi wixii dukumeentiyo qoran oo aad heyso bixiyaha xanaanada caafimaadka ee ilmahaaga haddii dugsigoodu aanu dareemin in qiimayn loo baahan yahay. Tani waxay gacan ka geysan kartaa tallaabooyinka xiga.
- Shaqaalaha dugsiga ee ku caawin kara:
 - Cilmi-nafsi yaqaanka dugsiga ayaa laga yaabaa inuu qayb ka noqdo kooxda qiimeeneysa haddii ilmahaagu u qalmo adeegyada waxbarashada gaarka ah.
 - Lataliyaha hanuuninta, maamulaha, ama kaaliyaha maamulaha ayaa laga yaabaa iney kaa caawiyaan qorista Qorshaha Qaybta 504.
 - Kalkaalisada dugsiga ayaa la shaqeeyn doonta adiga iyo bixiyeyaasha xanaanada caafimaadka ee ilmahaaga si ay u sameyso qorshe caafimaad inta uu ilmahaagu dugsiga joogo.
- La qorsheyso kulan bixiyaha daryeelka caafimaadka ee ilmahaaga haddii aad walaac ka qabto cillada feejignaan-yarida/kacsanaanta (attention-deficit/hyperactivity disorder, ADHD). Waxa laga yaabaa inay kaa caawiyaan go'aan ka gaarista haddii ilmahaagu qabo ADHD. Haddii ay sidaas sameeyaan, kala hadal iyaga ikhtiyaarada daawaynta.
 - Isbitaalka Nationwide Children wuxuu bixiyaa akadeemiyada ADHD iyo fasallo kale oo loogu talagalay waalidiinta iyo carruurta. Waxaad ka heli kartaa fasalada soo socda adoo gujinaayo: www.nationwidechildrens.org/edu ama wacaayo (614) 355-0589.
- Kala hadal bixiyaha daryeelka caafimaadka ilmahaaga si aad u go'aansato haddii u gudbinta qiimaynta iyadoo loo marayo Nationwide Children's ay ku caawin karto.
 - Waxaan ku dhiirigelinaynaa qoysaska inay raacaan tallaabooyinka kore si ay u bilaabaan xallinta dhibaataada inta ay sugayaan in lagu arko Xarunta Nationwide Children's.
 - Macluumaadka ka soo baxa qiimaynta Nationwide Children's ayaa lala wadaagi karaa dugsiga ilmahaaga si loo tixgeliyo natiijooyinka iyo talooyinka la bixiyay.

Wixii macluumaad dheeri ah

- Waaxda Waxbarashada Gaarka ah ee Ohio: Hagaha Ku aadan Xuquuqda Waalidka ee Waxbarashada Gaarka ah:
 - <https://education.ohio.gov/Topics/Special-Education/A-Guide-to-Parent-Rights-in-Special-Education>
- Macluumaadka Waalidka ee Waaxda Waxbarashada Ohio:
 - <https://education.ohio.gov/Parents>
- Isbahaysiga Ohio ee Waxbarashada Carruurta Naafada Qabaan:
 - <https://www.occde.org/>
- Cap4Kids waxay leedahay ilo/agabyo korriineed, waxbarasho, aqooneed, iyo kuwo kale oo kala duwan:
 - <https://cap4kids.org/columbus/>