



# Nolasha Dugsiga Sare ka Dib

waa hagto loogu tala galay qoysaska dhaqamada iyo luqadaha

kala duwan ee haysta da' yar naafo ah

Open Doors for Multicultural Families  
[www.multiculturalfamilies.org](http://www.multiculturalfamilies.org)

**SOMALI**



# OPEN DOORS

*for* MULTICULTURAL FAMILIES

...dedicated to the needs of diverse families who have loved ones with developmental disabilities and special health care needs

## Howl-gal

Howl-galka Open Doors for Multicultural Families waa in la hubiyo in qoysaska kala duwan ee kuwo ay jecel yihiin qabaaan naafanimu xaga korriinka ah ama u baahan daryeelka caafimaad oo gaar ah inay si siman u helaan macluumaadka la xidhiidha xaga dhaqanka, luqad ahaanna haboon, ilo-dhaqaale, iyo adeegyo.

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## Mahad celin

### **Ka qaybqaadasho xaga bulshada oo muhiim ah**

Waxaan mahad gaar ah u celinaynaa waalidiinta dhaqan iyo luqadba kala duwan iyo kuwa naftooda matala ee nala wadaagay waayo-aragnimadooda iyo talooyinkooda.

#### **Waalidiinta**

Ginger  
Lul  
Min  
Nam  
Rocio

#### **Naftooda matala**

Fathi  
Jean  
Ky  
Mai  
Mickle

Rahma  
Ros  
Selim

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## Billowga ka hor: Arimo Tix-gelin Mudan

Marxadaha kala duwan ee noloshu, dhalinyarada iyo qoyska waxaa laga yaabaa inay ka fikiraan kaliya xaaladaha hadda taagan. Maadaama ay dhalinyaradu guda galayaan qaan-gaadhimo, waxaa lagama maarmaan ah aragti fog. Waxay taasi ka caawinaysaa in laga fikiro noloshu mustaqbalka ee dhalinyarada iyo qoyskuba rabo. Helitaanka taageerada saxda ah waxay dhalinyarada iyo qoysaskuba ka caawinaysaa inay u dhaqaaqaan hiigsiga gool nololeed oo waara

## Shaxda Jiheeyaha Noloshu (Charting the Life Course)<sup>1</sup>:



Qaab dhismeedkan kore wuxuu dhammaan shakhsiyaadka kala awoodda iyo da 'da ah iyo qoysaskooduba ka caawinayaa inay:

- Horumariyaan aragti horseeda nolol wanaagsan.
- Ka fikiraan waxa ay u baahan yihiin inay ogaadaan ama sameeyaan.
- Gartaan sida loo raadiyo ama loo kobciyo taageerada.
- Ogaadaan waxa ay qaadanayso noloshu ay doonayaan inay ku noolaadaan.

<sup>1</sup> Charting LifeCourse is a framework of the Family to Family LifeCourse Network | UMKC IHD, UCEDD. More materials at [lifecoursetools.com](http://lifecoursetools.com)

## Sidee bay hagtadan wax u caawin kartaa?

Markaan isu gayno kala duwanaanta dhaqanka iyo luqada iyo hanaanka marxaladda kala guurka, noloshu waxay noqonaysaa xujo aad u adag. Marka la raaco hagtadan, waxaan rajeyneynaa in qoysaska iyo dhalinyaraduba ay awood u yeelan doonaan in ay:

- Kala xidhiidhaan baahida shakhsiga iyo qoyska.
- La shaqeeyaan kooxda marxaladda kala guurka.
- Dhameystiraan codsiga adeegyada ka hor inta aysan dhalinyaradu ka tagin dugsiga.
- Aasaasaan xidhiidho ku aadan ilaha muhiimka ah ee nolosha dugsiga ka dib.

## Sidee hagtadan loo habeeyay?



Qaybta 1: Daahfur shakhsiyadeed iyo Naf matalaad



Qaybta 2: Marxaladda kala guurka Dugsiga



Qaybta 3: Fursadda Nolol Maalmeedka



Qaybta 4: Badbaadada iyo Ammaanka



Lifaaq: Keydka Macluumaadka

# Gogoldhig

## Yey tahay inuu hagtadan akhriyo marxaladda kala guurka?

Haddii aad tahay dhallinyaro da'diisu u dhaxeeyo 16 iyo 21 xagna naafo ah, waxaan hagtadan u qornay adiga iyo qoyskaaga. Mudada marxaladda kala-guurka (transition), goorta aad dugsiga sare ka baxdo una jihaysatid nolosha dadka waaweyn waa muhiim inay dhalinyarada iyo qoysaskooda kaalin firfircoon ka qaataan qorshaynta marxaladda kala-guurka (transition planning).

Hagtadan waxay si gaar ah muhiim ugu tahay qoysaska u baahan caawino iyo waqti dheeri ah si ay u fahmaan hannaanka marxaladda kala guurka iyo si ay u ogaadaan ilaha-dhaqaale ee la heli karo.



## Maxaan uga baahannahay hagto xilliga kala guurka?



### Dhaqanku waa Muhiim

Qoysasku waxay ka yimaadaan dhaqamo kala duwan. Citiqaadka qoysaska iyo qiyamkooda waxaa laga yaabaa inay ka gedisan tahay kuwa xirfadlayaalka ah.

Hagtadan waxay ka caawinaysaa dhalinyarada iyo qoysaska inay gartaan kala duwanaanshaha iyo inay ogaadaan go'aanada ku saabsan waxa iyaga u fiican.

## Qorshayntu waa Muhiim

Ma garanayno mustaqbalka, laakiin waan u diyaar garoobi karnaa. Qaar ka mid ah qoysaska waxay u baahan yihiin caawinaad si ay isugu diyaariyaan mustaqbalka. Ogaanshaha halka aad ka helayso macluumaad ku saabsan howl-fududaynta xilliga kala guurka waxay qoyska iyo dhallinyarada ka caawinaysaa sidii ay u heli lahaayeen adeegyada ay u baahan yihiin.



## Waqtigu waa Muhiim

Marxaladda kala guurka sidoo kale waxay ku lug leedahay codsiga adeegyada. Dadka waaweyn ee xagna naafada ah waxay u baahan yihiin u qalmidda adeegyada si ay u helaan. Waxaa sidoo kale oo muhiim ah in qorsheynta horay loo bilaabo, iyadoo dhalinyarada qaar ay u baahan yihiin waqti dheeraad ah si ay u bartaan xirfadaha ay u baahan yihiin kolkay weynaadaan.

## Marxaladda kala guurka: Maxay tahay? Maxayse macno ah ay adiga kuu leedahay?

Mudada lagu jiro dugsiga sare, erayga marxaladda kala guuritaan (transition) marar badan ayuu soo noqnoqdaa.

Marxaladda kala guurka waa muddo muhiim u ah dhalinyarada da'doodu u dhaxayso 16 iyo 21 sano jir. Sida inta badan dadka da'daada ah, waxay u badan tahay inaad dugsiga sare dhigato, aadna ku nooshahay guriga qoyskaaga. Taageerooyin badan oo isku dubaridan una dhaxeeya qoyska, xirfadlayaasha iyo dugsiga ayaa kaa caawiya nolol maalmeedka. Si kastaba ha ahaatee, marka aad dugsiga ka qalin jabiso, qaybo ka mid ah noloshaada way is bedeli doontaa. Mar dambe ma aadi doontid dugsiga sare. Sideed maalintaada u isticmaali doontaa? Waxaa laga yaabaa in aad ku noolaato guri adiga kuu gaar ah. Waxaa laga yaabaa inaad kulliyad bilowdo ama shaqo hesho. Waxaa jiri doona isbedello badan, u diyaar garoobidda isbedelladaas waxaa loo yaqaannaa marxaladda kala-guurka.



Qof kasta wuxuu u baahan yahay taageero xaga nolosha ah. Si kastaba ha ahaatee, ogaanshaha meesha laga helo taageerada iyo cidda la weydiisto waxay dadka qaarkood ku noqon kartaa caqabad. Ma taqaannaa sida loo sheegto baahidaada? Ma taqaannaa cidda laga codsado taageerada marka aad u baahan tahay? Ma taqaannaa sida loo qorsheeyo taageerada aad u baahan tahay? Dhamaan su'aalahan waa qayb ka mid ah marxaladda kala guurka.

## Adeeg iyo taageero isku dhafan

Buugan bilow ilaa dhammaad, waxaanu isticmaali doonaa qaabka hoos ku xusan si looga caawiyo dhalinyarada iyo qoysaska sahminta iyo isku-dubbaridka qaybaha kala duwan ee taageerada. Qof kasta wuxuu u baahan yahay taageero nololeed, isticmaalka qaybaha taageerada iyo adeegyada kala duwan waxay naga caawinaysaa inaan horay ugu dhaqaaqno nolosha aan doonayno. Qaabkan hoose wuxuu kaa caawin karaa adiga iyo qoyskaaga inaad ka fikirto sida loo helo ama la isugu duwo taageerada aad xaqqa u leedahay mustaqbalka.

Noocyada taageerada waxaa ka mid noqon doona:



Access the LifeCourse framework and tools at [www.lifecoursetools.com/](http://www.lifecoursetools.com/)

## La kulan Mickle iyo Nidaamkiisa Taakulaynta Iskudhafan



### AWOODA IYO RAASUMAAL SHAKHSI AHAANEED

Waxaan ahay qof saaxiibtinimo leh, faraxsan xagna maad leh. Waxaan ahay ruux degan oo dadka la socon kara. Waxaan leeyahay dhoola caddayn wanaagsan. Waxaan jeclahay inaan dadka caawiyo! Waxaan ahay ruux jir ahaan xoog leh oo firfircoon.

### KU SALAYSAN CILMI BAARISTA

Waxaan isticmaalaa iPad si aan ugu buuxsado saacadda, taasoo ii sheegaysa markaan gabagabeeyo shaqadayda iyo hawlaha kale.

Waxaan laa-laabaa sanduuqyada pizzaha

### XIDHIIDH KU SALAYSAN

Hooyaday iyo Aabahay ayaa guriga igu caawiya iyo jaaliyadda dhexdeeda

Walaalahey waxay ku maqan yihiin kulliyadda, laakiin way i caawiyaan markay guriga joogaan.

kormeeraha iyo saaxiibada shaqo way



Waxaan tagaa kaniisadda, waxaan ka qayb qaata Oloombikada gaarka ah iyo dhacdooyin badan iyo wax-qabad ka dhaca gudaha degaanka jaaliyadda. Dad ayaan halkaas kula kulmaa, wayna i caawiyaan marka aan u baahdo taageero!

### KU SALAYSAN BULSHO

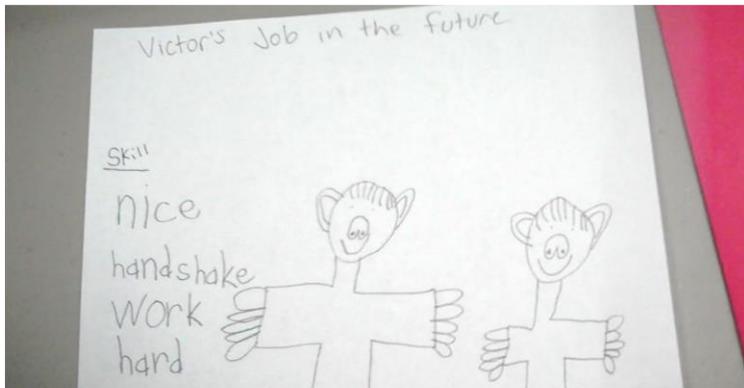
Waalidkay ayaa iga caawiyay dalbashada adeegyada aan xaqa u leeyahay ahaanshaha qof weyn oo naafo ah. DDA waxay maal-gelisaa daryeele, kaasoo ii kaxeeya Oloombikada gaarka ah iyo hawlo kale. DVR iyo tababaraha shaqadayda ayaa igu caawiyay helitaanka shaqadayda pizzaha iyo barashada waajibaadka shaqo. Waxaan kaligay shaqada u raacaa adeegga gaadiidka dadweynaha.

### XAQ GAAR AH



# Qaybta koowaad

Dhalinyarada, Daahfur gaar ah, iyo Marxaladda kala guurka



## Qaybta 1: Daahfur shakhsiyeed iyo go'aan gaar ahaaneed



Taageero nooc ee ah ayaannu u baahannahay nolosha? Qaybtaan, waxaannu ku weydiin su'aalo muhiim ah oo ku saabsan waxaad ka rabtid noloshaada iyo sida loo qorsheeyo mustaqbalkaaga.

Qaybtani waxay ka hadli doontaa:

1. Daahfur: Yaan ahay aniga? – Qorshaynta Dhexe ee Qofka xiliga kala-guurka
2. Daahfur: Maxaan rabaa Mustaqbalka?
3. Daahfur: Sideen ku heli karaa taageerada aan doonayo Mustaqbalka?
4. Talo: Qoyska iyo saaxiibada way wadaagaan khibradahooda
5. Talo: Aragti meherad leh
6. Keydka macluumaadka

### Dhalinyarada:

- Baadi-goob maslaxadaada, waxaad doorbidayso, awoodaada iyo taageerada aad u bahan tahay.
- Baro go'aan qaadashada iyo inaad aqbasho masuuliyadda go'aanada adiga kuu gaarka ah
- Kala xidhiidh dadka ku caawinaya waxaad rabto iyo waxaad u baahan tahay
- Baro shaacinta macluumaadka naafanimada (**disability disclosure**), goorta, waxa, iyo cidda lala wadaagayo macluumaadka ku saabsan naafanimadaada.
- Baro codsashada howl-fududaynta.

### Qoyska & Daryeelayaasha:

- Taageer dhalinyarada si ay u ogaadeen danahooda, awoodooda, iyo aragtidooda mustaqbaleed.
- Ku kalsoonow awoodda dhalinyarada si ay u qaataan go'aanno iyaga u gaar ah iyo in lagu taageero go'aanadooda.
- Ogow taageerada ay dhalinyarada u baahan yihiin, kuna caawi barashada shaacinta macluumaadka naafanimada iyo cosdiga howl-fududaynta.
- Ku dhiiri geli dhalinyarada in ay la yimaadaan khibrado cusub oo ka caawin ama hor-seedi kara himiladooda mustaqbalka ee xaga nolosha.

## Daahfur: Anigu kumaan ahay?



### Waa maxay Qorshaynta Dhexe ee Qofka?

Qorshaynta dhexe ee qofka (Person-Centered Planning) (PCP) waa geedi socodka qorshaynta diiradda lagu saarayo qofka oo dhan (dhalinyarada) iyo dadka si fiican u yaqaana ee isaga ama iyada taageera. PCP wuxuu soo bandhigaa hab lagu ogaado qofka ruuxa uu yahay, maxay ka rabaan nololsha, iyo sida qofka loo taageero.



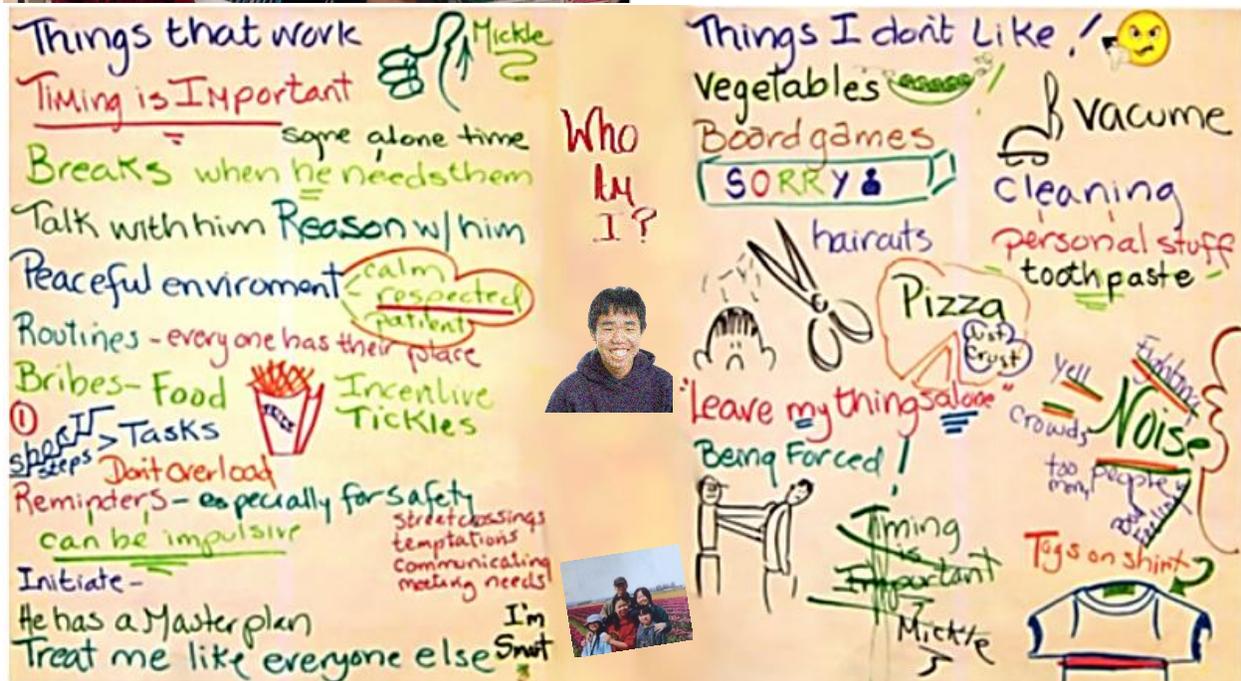
### Maxay PCP (Qorshaynta Dhexe ee Qofka) Muhiim u tahay?

Qoyska, saaxiibada, iyo macallimiinta waxay dhalinyarada guriga, dugsiga, ama bulshada dhexdeeda ku siiyaan taageero. Si kastaba ha ahaatee, marka qof dhalinyaro ahi noqdo qaan gaar, taageerada dugsiga iyo macallimiintaba way dhammaan doontaa. Dhalinta da'da yar waxay u baahan yihiin in ay fahmaan naftooda iyo inay muujiyaan baahidooda, ha haystaan ama yaysan haysanin taageerada qoyska. Si aad wax badan oo ku saabsan PCP iyo sida taageero looga helo geedi socodka qorshaynta, hubi bogga khayraadka.

## La kulan Mickle iyo Qoyskiisa



Mickle waa 21 jir, sanadkan ka qalin jabinaya barnaamijkiisa marxalada kala guurka (transition program) isagoo shaqo haysta. Isagu waa ruux dhalinyaro ah oo faraxsan, wuxuuna jecelyahay inuu u kuur galo dadka. Xanuunka autism darteed, wuxuu qabaa baahi badan oo u baahan taageero, gaar ahaan xaga xidhiidhka. Wuxuu inta badan dadka kula xidhiidhaa miidaarin, maxaa yeelay isagu ma jeela taageerada cilmiga farsamada.



Markuu bogay dugsiiga hoose una gudbayay kan dhexe, waxay isaga iyo qoyskiisaba bilaabeen in ay sameeyaan **PCP (Qorshaynta Dhexe ee Qofka)**. Waxay ka caawisay inay wax badan ka ogaadaan Mickle qofka uu yahay, waxay awoodiisu tahay, iyo wuxuu jecel yahay inuu sameeyo. Waxay aqoonsadeen taageerada uu u baahan yahay, goolka qoyskiisa iyo riyada Mickle ku fikirayo. Maxaa yeelay, waxay horey u bilaabeen **PCP**. Mickle iyo qoyskiisa waxay u diyaargarooheen isbeddelada la socda marxalada kala guurka. Wixii macluumaad dheeri ah ee ku saabsan **PCP**, waxaa laga heli karaa bogga keydka macluumaadka (p.16)

## Daahfur: Maxaan Rabaa Mustaqbalka?

Dhalinyarada qaar waxaa laga yaabaa inay ogyihiin waxay ka doonayaan noloshooda - shaqo helid, kulliyad aadid, ama nolol-dheer oo hiwaayad ah. Waxaase laga yaabaa in dhalinyarada qaar iyo qoysaskooduba aysan garanaynin waxay ka doonayaan mustaqbalka.

Si kastaba ha ahaatee, waa muhiim in la ogaado waxa ay dhalinyarada iyo qoysku rabaan ama aysan u rabin noloshooda dugsiga sare ka dib. Guusha marxalada kala guurka waxay u baahan tahay in loo qorsheeyo tallaabo-tallaabo. Qoysaska iyo dhalinyaradaba waxaa u soo baxaya natiijooyin wanaagsan, waa haddii ay qorsheeyaan waxay dhalinyaradu u baahan yihiin inay bartaan iyo waaya-aragnimada ama macluumaadka ka caawin doona u diyaar-garowga nolosha dadka waaweyn.

## Waano Qoys: Maxay tahay muhiimadda ay leedahay qorshaynta hore?



"Anaga ahaan, shaqada waa qayb aad muhiim ugu ah nolosheena. Mickle wuxuu jecel yahay inuu dadka ka ag dhowaado, sidaas darteed wuxuu helaa nolol aad u fiican hadduu wax ku hawlan yahay ama hayo shaqo u ogolaanaysa inuu dad ka ag-dhowaado. Qorshaynta marxaladeena kala-guurka, waxaannu ka fikirnay waxyaabaha uu u baahan yahay inuu sameeyo isagoo madax-bannaan. Wuxuu u baahan yahay inuu yeesho hab-dhaqan ay dadka aqbali karaan. Wuxuu u baahan yahay inuu awood u yeesho fahamka

amarrada aasaasiga ah. Kuwani waa waxyaabaha aanu ku fikirinay. Mickle aad ayay ugu badan yihiin inuu barto, sidaa daraadeed, horey ayaanu u bilownay, isuna tusnay taageero noocee ah ayaa isaga u shaqaynaysa."

## Mickle and Aragtida Qoyskiisa ee Mustaqbalka

### WAXAANAN doonaynin:

In la igula dhaqmo ixtiraam darro  
Inay dadka aniga go'aan ii gaadhaan  
Inaan gooni ama go'doon noqdo  
Inaan guriga joogo maalintii oo dhan



### Aragtidayda ku aadan nolol WANAAGSAN,

Inaan ka ag-dhoqaado dadka aan  
jeclahay  
Inaan noqdo ruux la qadariyo oo  
faraxsan  
Inaan shaqo helo  
Inaan hiwaayadaha ku raaxayso

## Khibradaha caawiyay Mickle muddada marxaladda kala guurka



Wuxuu xirfadaha bulshada iyo nolosha ku bartay guriga iyo dugsiga



Wuxuu si iskaa wax u qabso ah ula shaqeeyay Aabe iyo xubnaha Kaniisadda



Wuxuu ka qeyb qaatay Oloombikada gaarka ah



Wuxuu bulshada dhexdeeda ka helay hiwaayad

## Sida Qoyskayagu u Taageeray Mickle muddada Marxaladda kala guurka



"Waxaan aragnay in waalidiin badan ka baqayaan inay ilmahooda naafada ahi tijaabiyaan khibrado cusub. Laakiin haddii aynu had iyo jeerba ku dhahno "MAYA," waxay ka cabsanayaan inay wax dambe isku dayaan ama ay naftooda ku kalsoonaadaan. Waxaannu Mickle u ogolaanay tan iyo markuu yaraa inuu isku dayo khibrado cusub. Wuxuu sameeyey khaladaad intuu tijaabada ku jiray, laakiin marnaba wax weyn kama aanan soo qadin. Maxaa yeelay, waxaan ognahay in Mickle ay waqti ku qaadanayso inuu la qabsado khibradaha cusub, kama filayno inuu noqdo mid saxan/kaamil ah. Way haboon tahay in guulahiisa la tiriyo marka loo eego waxyaabaha uusan samayn karin."

## Daahfur: Sideen ku heli karaa Taageerada aan u Baahanahay?

Dadka oo dhan waxay isticmaalaan taageero isku dhafan si ay u gaaraan nolol ay ku raaxaystaan. Helitaanka taageero iyo khayraad kala gedisan waxay dhalinyarada ka caawisaa inay kordhiyaan fursadahooda. Si aad u bilowdo, baro noocyada kala duwan ee taageerada.

### Mickle iyo Nidaamka taageeradiisa isku dhafan

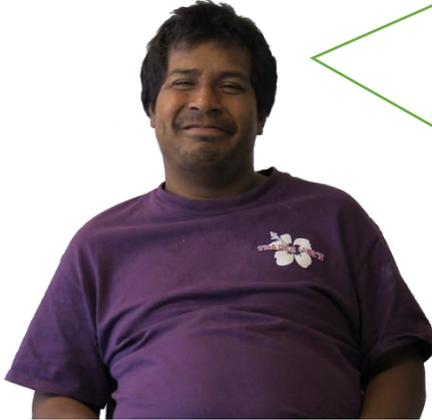


The **Life Trajectory Worksheet** waa qalab waxtar leh oo lagu baadho fikradahaaga ku saabsan mustaqbalka. Waxay kaloo kaa caawin kartaa xidhiidhka dadka ku taageerayo mudada geeddi-socodka xilliga kala guurka.

[www.lifecoursetools.com/planning/](http://www.lifecoursetools.com/planning/)

## Waa maxay Shaacinta Itaal-la'aanta (Disability Disclosure)?

Marka ay shakhsiyaadka naafada ahi noqdaan dad waaweyn, waxaa jiri doona xaalado ay u baahan doonaan inay sharaxaan naafanimada. Shaacinta naafanimada waxay ka dhigan tahay inuu qofku la wadaago macluumaad ku saabsan naafanimada si loo gaaro ujeedo gaar ah. Si kastaba ha ahaatee, Shaacinta naafanimada waa doorasho. Qofka naafada ahi ma ahan inuu faafiyo macluumaad gaar ah hadaysan shaacintu lagama maarmaan ahayn.



*Mararka qaar waxaad u baahan tahay inaad ka hadasho wax ku saabsan naafanimadaada si aad u hesho taageerada aad u baahan tahay. Naafanimadu ma ahan wax xun ama ceeb ah. Waa qayb ka mid waxa aan ahay. Aniga ayaana kala dooranaya goorta iyo cidda aan kala hadalayo wax ku saabsan naafanimadayda-sida kulliyadaha ama shaqada. Waxaan ku talinaynaa inay dadku ogaadaan sida loo shaaciyo naafanimadooda sababta oo ah waxay u baahan karaan howl-fududayn. Taageeradaas la'aanteed, waxaa laga yaabaa inay kugu adkaato inaad gaadho guul xaga shaqada ama waxbarashada*

**How fududayntu** waa diyaar garaynta waxa shakhsiga naafada ahi u baahan yahay si uu u helo sinnan fursadeed oo xaga iskuulka, shaqada ama bulshada dhexdeeda ah.

Si aad wax badan oo ku saabsan **Shaacinta Naafanimada** iyo **howl fududayn**, fadlan eeg bogga keydka macluumaadka (p.16).

## Maxay Shaacinta Naafanimadu Muhiim u tahay?

Inkastoo dhallinyarada naafada ahi dhigtaan dugsiga, hadana qoysaskooda, macalimiintooda, iyo ku xirfadlayaasha ahiba way fahmaan baahidooda, waxayna u diyaariyaan sidii howshooda loo fududayn lahaa. Si kastaba ha ahaatee, marka ruux dhallinyaro ahi uu dhameeyo dugsiga uuna noqdo qof qaangaar ah, howl fududayntu ma ahan mid iska imanaya. Qofka taageero lama siin doono illaa uu isagu ama iyadu codsato in howsheeda (diisa) la fududeeyo.

Waxaa aad muhiim u ah in la fahmo sida loo weydiisto howl fududaynta.

Macalimiinta waxbarashada gaarka ah iyo xarumaha noolasha madaxa bannaan way ka caawin karaan in dhalinyarada iyo qoysaskuba fahmaan **Shaacinta Naafanimada**. Waxay sidoo kale ka caawin karaan dhalinyarada iyo qoysaska faafinta macluumaadka shakhsiga ah ee ku saabsan naafanimada iyo codsiga howl fududaynta. Macluumaad dheeraad ah oo ku saabsan xarumaha nololaha madaxa bannaan waxaa laga heli karaa internetka iyo bogga keydka macluumaadka (p.16).

## Talo: Qoysaska iyo saaxiibada waxay ka hadlaan shaacinta iyo nafta oo loo dodo.



*Qoysasku waa inay yeeshaan hami sare iyo inaysan u malaynin in ruuxu waxba uusan samayn karin maxaa yeelay waa naafo. Haa, mararka qaar waxay noqon kartaa mid adag, laakiin taageerada iyo dhiirigelinta waxay ka caawisaa dhalinyarada inay isku dayaan khibrado cusub. Wiilkaygu waa naafo, laakiin waxaan ogahay inuu awoodo barashada waxyaabo badan. Waqti iyo taageero ayaa ku caawin doona barashada waxa uu u baahan yahay.*

*Waa muhiim inaad barato sida iyo goorta aad ka hadlayso naafanimadaada. Waxaan kaligay bartay sida go'aanada loo gaaro anigoo taageero ka helay qoyska, macalimiinta, iyo dadka kale ee noloshayda xiriirka la leh. Waxaan soo saaray awoodayda, waxa aan jeclahay ama aan necebahay. Waxaan isku dayay hawlo kala duwan, sida in bulshada iskaa wax u qabso loogu shaqeeyo iyo ciyaaridda isboortiga. Waxaan la soo baxay wax badan oo aniga igu saabsan iyo waxaan bartay sidii aan mas'uuliyadda go'aanadayda u qaadan lahaa. Qof kasta wax buu ka baran karaa khaladaadka.*



*Haddii aad ku xiranaato waalidkaa inay kuu hadalaan, dadku ma kala garanayaan waxaad jeceshaha iyo waxaad jeclayn. Waa muhiim inaad hadashid! Hadal, u sheeg qoyskaaga iyo macalimiintaada waxaad doonayso inaad samayso. Haddii aadan hadlin, kuma caawin karaan, waxaaba laga yaabaa inaad ugu dambayn samayso waxyaabo aadan jecleyn.*

## Sidee qoysaska u caawin karaan?

Qoyska waxay ku caawin karaan dhalinyarada barashada ku saabsan Shaacinta Naafanimada, goorta iyo sababta ay muhiim u tahay in la faafiyo macluumaad ku saabsan isaga ama iyada naafanimadeeda. Si aad wax badan uga barato ama si aad u hesho caawino, fadlan eeg bogga keydka macluumaadka ee dhamaadka qaybtan (p.16).

## Resources

### Person Centered Planning (PCP)

Individual & Relationship-based support: Ready to make your personal profile with family and friends?

- My Life Plan: <http://www.mylifeplan.guide/>
- Life Trajectory Worksheet and one page profile: <http://www.lifecoursetools.com/planning/>

Community Based Supports & Resources: Where to get information about personal assistance on PCP?

- Informing Families: <http://informingfamilies.org/person-centered-planning/>
- Washington PAVE: <http://wapave.org/programs/person-centered-planning/>
- Open Doors for Multicultural Families: <http://multiculturalfamilies.org>
- Independent Living Center: Find your local chapter at <http://www.wasilc.org/> under the “IL center” tab
- The Arc: Find local chapter at [http://arcwa.org/aboutus/local\\_arc\\_chapters](http://arcwa.org/aboutus/local_arc_chapters)

Eligibility-based Supports & Resources:

- If you are client of Maamulka Horumarinta Naafada (Developmental Disabilities Administration) (DDA) ama Qaybta Xirfadaha Baxnaaninta (Division of Vocational Rehabilitation) (DVR), contact your case manager.

### Self-Advocacy & Disability Disclosure

Community-Based Supports & Resources:

- Independent Living Center: Find your local chapter at <http://www.wasilc.org/> under the “IL center” tab
- The Arc: Find local chapter at [http://arcwa.org/aboutus/local\\_arc\\_chapters](http://arcwa.org/aboutus/local_arc_chapters)

Online Resources:

- 411 disclosure: <http://www.ncwd-youth.info/topic/disability-disclosure>
- Parent Center Hub: <http://www.parentcenterhub.org/repository/disability-disclosure-video/>

**Wixii su'aalo dheeraad ah oo ku saabsan keydka hagtadan, ama haddii aad u baahan tahay caawino qof Somali ku hadla, fadlan la xiriir:**

Open Doors for Multicultural Families

253-216-4479

[www.multiculturalfamilies.org](http://www.multiculturalfamilies.org)



## Noloshu Dugsiga Sare Ka Dib Qaybta 2: Xiriirka Kala Guurka Iskuulka



**SOMALI**

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## Cinwaanada

*Kaydka Timaamaha Akhbaartan waxa hore u mariyay deeq ay bixisay waaxda waxbarashada ee U.S, Xafiiska waxbarashada Khaaska ah iyo carbinta qofka jiran Office of Special Education an*

*Rehabilitative Services (OSERS), #H235F140013. Xogta Tilmaa mahani lagama maarmaan maaha inuu matalo siyaasada ama ka turjumaysa aragtida waaxda waxbarasha ee U.S., Xafiiska waxbarashada Khaaska ah iyo carbinta qofka jiran Office of Special Education and Rehabilitative Services (OSERS). Majiraan ayidis rasmi ah ee Dawlada Dhexe ay kala dhex baxday. Albaabada Furani ee isku dhafka waxa ay hore u mariyeen tilmaa hani oy kala shaqaysay Xarunta xarunta adeega marxaldaha ka la guurka iyo xirfad layaasha mujtamacu. Ashkhaastu laga yaabe inay abuuraan qaybo ka mid ah dokumentiga. Fadlanaamin soosaarka iyo dhaqaalaha dawlada. Akhbaarta brojeetadan waxa aad ka hei kartaan halkan:*

<http://multiculturalfamilies.org/wordpress/youth-transition-program/>.

## Qaybta 2: Xiriirka Kala Guurka Iskuulka



Sidee bay qof welba noloshiisu u eekaan doontaa ka deb marka aan dhamayno skuulka? Marka aan sii weynaa naba, xarakaadkeena maalin nimo wuu sbedelaysaa Qaybtan waxaan is weydiinaynaa, su'aalo muhiim ah nolosheena maalin nimo.

### Qaybtani waxay cadaynaysaa:

#### Marxalada Kala Guuritaanka Iskuulka

1. Waa maxay **Xuquuqdq Waalidka iyo Ardaygu** ee la xiriirta adeega kala guurk Labaad?
2. Waa maxay **adeega kala guurku**?
3. Waa maxay **Mashruuca Kala Guurku**?
4. Maxaan sameeyaa marka aan qabo mushkilad iskuulka ah ama barnaamijka waxbarashada shakhsiyaysan **Individualized Education Program (IEP)**?

#### Dhalinyarada:

- La hadal macalimiintaada ama lataliya yaasha iskuuka si aad u sahamiso qurshaha mustaqbalkaaga.
- Ka qayb qaado kulamada Barnaamijka Waxbarashada Shakhsiga ah(IEP) la wadaag danahaaga iyo rabitaankaaga mustaqbalka
- Isku day khibrado cusub iyo fursado kale si aad u ogaato shaqo nooc ee ah iyo bey'ada shqo aad jeceshay iyo xiriirka awoodeed ee shaqadaada.
- Caday guriyayntaada taaso kaa caawindoonta si aad uguulaysato qaan gaadh nimada.

#### Qoysaska & Daryeelayaasha:

- Faham **Xuquuqda Waalidka iyo Ardayga** oo la xiriirta adeega kala guurka.
- Baro habka marxalda guuritaanka ee iskuulka salka ku haysa.
- Ka qayb qaado qorshaha shirarka kala guurka
- Baro hababka loo caawino kaydka si loo kordhiyo kala doorashada mustaqbalka dhalinyarada.
- Caawi dhalinyarada kuwa qaraarada qaata dib u eegida rabitaan koogda iyo awoodooda.

## Waa maxay Xuqooqdooda Waalidka iyo Ardaygu (Nidaamka Nabadaynta)?

Shakhsiyaadka Falka Waxbarshada Khaaska u baahan {(Disabilities Education Act (IDEA)} waxy uga baahan yihiin dugsiyada dadweynuhu inay u fidiyaan akhbaar la xiriirta Waxbarshada Khaaska. Kuwaas oo ku qeexan dokumentiga loo yaqaano, **Ogoysiinta Nidaamka Nabadaynta**

**Waxbarshada Khaaska ee Ardayda iyo Qoysaskaska.** Iskuulada Degmooyinku waa inay siiyaan nuqul dokumentigan marka:

1. Marka u horaysa ee ardayga loo diro qiimaynta Waxbarshada Khaaska ah.
2. Marka ugu horaysa ee iskuulku ka helo cabasho ama/ marka ugu horaysa ee ay cabashadu socoto xili dugsiyeedka;
3. Qaraar la gaaray in ardayga laga saaro in ka badan toban casho la cayriyo sanad dugsiyeedka; ama
4. Waalidku uu dalbado macluumaad.

## Waa maxay muhimada ay leedahay adeega kala guurka skuulka salka ku haya xiriika kala Guurka Iskuulku?

1. Ardayda Barnaamijka Waxbarashada Shakhsiga ah IEPga leh oo dhami waxay xaq u leeyihiin adeega kala guurka markay da'doodu gaarto **liix iyo toban sano**.
2. Marka adeega kala guurku uu noqdo qayb ka mid ah IEPga ardayga 16ka jira ah, bartilmaameedka adeegyada oo dhami waa inuu u diyaariyaa ardayga nolol dugsiya sare kadib, khaasatan wixii Ixiriira:
  - a. waxbarasho sare ama tababar;
  - b. shaqaalayn; iyo
  - c. ardayda u baahan, madaxbanaani nololeed.
3. Diyaar garawgani waa muhiim, marka uu ardaygu qaan gaar noqdo uu ka gudbo nidaamka dugsiya dadweynaha, wax alaale iyo wixii la xiriiraayay adeega baahida khaaska ah iyo taageerada **wax uu xaq u leeyahay**. Tan micnaheedu waxa weeyi qaan gaarka ee u baahan inuu dalbado ee u qalmaa adeegaa.
4. Kuwa qaan gaarka ah ee adeega khaaska ah ubaahan **oo keliye** uma qalmaan adeegaa.
5. Waxaad u mari kartaa adeega guurtiaankanka iskuulada oo ah dariiqada ugu wanaagsan ee lagu diyaariyo nololsha dugsiya sare kadib.

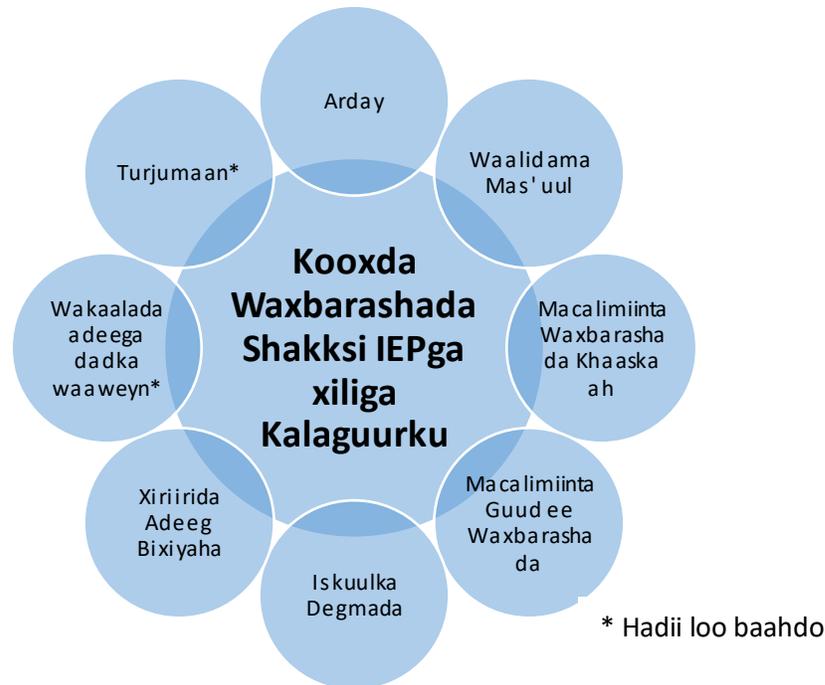
- La hadal macalimiinta iyo lataliyaasha xirfada leh ee iskuulada, ka qayb qaado dhaq dhaqaaga waxbarasho ee dheeraadka ah, iyo in ka badanba.
- Isku xir kaydka adeega dadka waaweyn taasi oo kaa caawin doonta hore u marinta nolol maalmeedka, koleejka, iyo shaqada.
- Baro noocyada taageerada shaqada caruurta
- Ka qayb qaado adeega codsashada iyo taageerada nolol maalmeedka.



## Waa maxay Barnaamijka Kooxda Waxbarashada Shakksigu IEPgu xiliga Kalaguurka?

Ardayga xaqa u leh adeega waxbarashada shakhsiga ee haysta Barnaamijka **Waxbarashada Shakhsiyaysan (IEPga)**.

Kooxda **IEP**du waa in lagu daraa ardayda iyo waalidka ama masuulka rag/dumarba. Waa in lagu daraa kaaliyayaasha adeega dadka waa weyn kooxda IEPda xiliga kala guurka.



## Xilima ayuu Kala Guurku Bilawdaa?

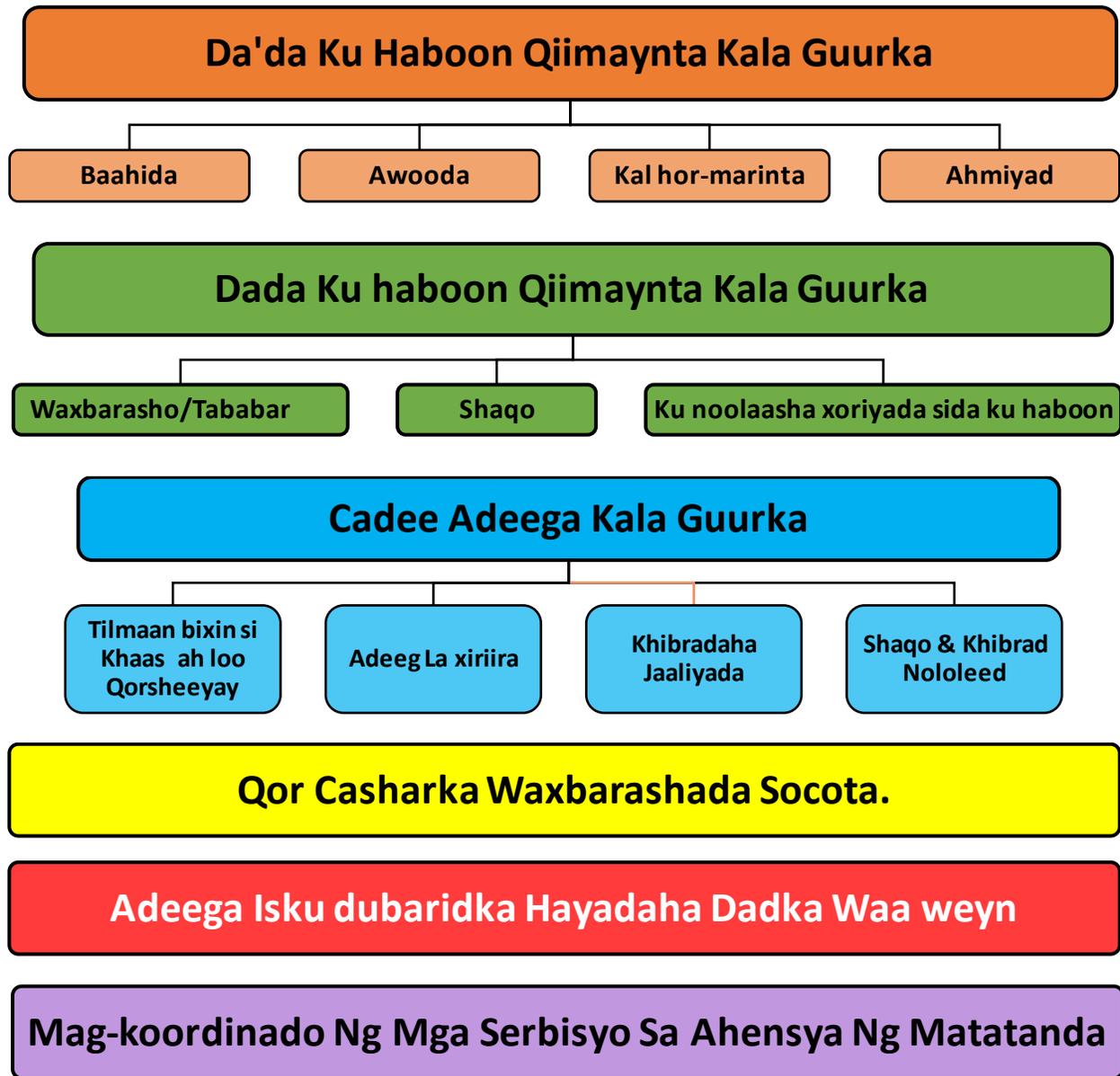
Sharci ahaan, Kooxad **IEP**du waxay u baahan tahay inay bilowdo **adeega kala guurka** marka uu ardaygu gaaro 16 jir.

Ardayda hessa adeega Waxbarashada Khaaska ah ee xaqa u leh inay ka helaan dugsiyada dadweynaha adeega **bilaashka ah ilaa inta ay dhacayaan waxaa hoos ku qoran:**

Ardayga oo go'an saday in aanu u baahnayn adeega waxbarashada khaaska ah ee salka ku haya qiimaynta iskuulada degmada;

- Ardayga ee kaqalin jebiyay dugsiga sare;
- Ardayga ee da'adiisu gaartay labatan iyo kaw sano; ama,
- Waalidka ardayga oo qoraal kaga noqday inuu ilmihisu sii wato waxbarashada khaaska ah iyo wixii adeeg ahaan la xiriira.

## Siduu u eeg yahay Geedi-socodka Habka Kala Guurku?



(Asalka: Xarunta isbedelka Adeega Kala Guurka)

Qaybta labaad ee tilmaamahani wuxuu faah faahinayaa talaabooyinka hab u socodka kala guurka. Waa muhiim in si tusmaysan loo xasuusnaado talaabooyinkan geedi socodka, laguma talin inaad ka boodid mid ka mid ah talaabooyinkan.

# Dada Ku Haboon Qiimaynta Kala Guurka



## Da'da Ku Haboon Qiimaynta Kala Guurka

Qurshaha kala guurka wacani wuxu ka bilowdaa **Dada Ku Haboon Qiimaynta** si uu u cadeeyo **rabitaanka, awoodaha, kala hor-marinta** iyo **mucaawinada baahiyaha**. Qiimaynta rasmiga iyo tan aan rasmiga ahayni way ku haboon ardayda badankooda.



- Waxan rabaa inaan noqdo caawiye kalkaaliye.
- Waxaan ku fiican ahay la shaqaynta caruurta!
- Waan door bidaa la shaqaynta carruurta.
- Waxan u baahan ahvin la ixasuusivo

Qiimayntu waa dariiqada lagu ururiyo xogta. Matalan, liiska warbixineed waxa loo adeegsan karaa tababarka xirfadeed ama danaha. Taasi oo badanaaba ah kuwa ugu qiimaha badan marka akhbaarta laga ururiyo ardayda iyo qoysaskoodaba.

Dhamaystirka **qofka oo xaliya qurshihiisa** ayaa ugu wanaagsan si loo ururiyo qaybta kala guurka ee la xiriirta qiimaynta akhbaarta (eeg Qaybta 1).





**Ujeeddooyinka dugsiga sare ee la qiyaasi karo Dugsiga sare ka dib** micnaheedu waxa weeye nolosha dugsiga sare ka dib. Ardaydu maxay qabtaan marka ay ka baxaan dugsiga? Ma Koolej bay tegaan? Ma shaqo ayay aadaan? Ma qol bay ka galaan jaaliyada? qiyaasta qastigaaga dugsiga sare waxa weeye ujeedka nolosha ardaygu marka uu ka baxo dugsiga, taaso ka duwan IEPga sanadlaha ah (akhbaar intaa dhafsan oo ku saabsan ujeedka IEPga sanadlaha ah, aqri safxada 10naad). Xiliga kala guurka IEPga ardayga, kopoxda IEPgu waxay ku qori doonaan muradka ardaygafor:

- 1) Waxbarashada iyo Tababarka
- 2) Shaqo
- 3) Nolol Madax banaan (sida ku haboon).

Qaar dhalin yar ah iyo waalidkoodu waxa laga yaabaa inay fahamsanayn sida ay muhiim u tahay shaqada iyo koolejku. Baro musaacadada ugu diyaarka ah shaqada iyo koolejka curyaamiinta waaweyn qaybta 3: nolol maalmeed

Doorashooyinkani waxa laga yaabaa inay dhalinyaradu ka maqsuudo noloshooda dugsiga sare ka dib.

Ujeedku waa inuu ahaadaa khaas qoraalkuna waadix si ay u suurta gaho in la qiyaaso. Ujeedku waa inuu khaas ahaadaa qoraalkuna waadix si ay u suurta gaho si aan loogu samaynin liiska aan la mid ahayn ujeedka IEPga ardayga ee sanadlaha ah.

Ujeedka dugsiga sare kadib waa in lagu daraa dhaq dhaqaaqa dugsiga sare ka dib. Ujeedka IEPgu waa inuu caawinaa ujeedka ujeedka dugsiga ka gadaal.



**Tusaale xun:**

“Iskuulka sare kadib, Rahma waxay rabtaa inay aado koleejka go to ege”

**Ujeeku waa inuu waadix iyo gaar ahaadaa!**

“Rahma waxa ay geli doontaa koleejka jaaliyada oo ay kabarandoonto kal kaaliye caafimaad qalin jebinta ka dib”

“Rahma waxay isticmaali doontaa gaadiidka dad weynaha koleejka ilaa shaqadeeda”

“Rahma waxay qaadan doontaa gaadiidka dadweynaha si madaxbanaan u tagto kulliyadda iyo shaqada”



### Adeega Kala Gurka iyo Wax Qabadkooda

Adeega Kala Gurka waxa laga yaabaa in lagu daro **tilmaan bixin, adeeg la xiriira, khibradaha jaaliyadaha, and xirfadaha nolosha ee xorta ah**. Adeegyada oo dhami, adiga oon u eegin noocba, waa in la caawinaa ardayga isu diyaarinaya nolosha qaan gaadhka, khaasatan u gudbaaya muraadkiisa dugsiga kadib.

Qastiga dugsiga kadib waa inuu goaankaasi waa inay **da’du ku haboon qiimaynta kala gurka**

#### Adeega kala Gurka & Howlaha ee Mickle



- **Tilmaamaha:** Bulshada, xiriirka & xirfadlaha shaqada.
- **Adeegyada laxiriiriyay:** Baraha hadalka iyo caawinta Tiknoolijiyada ee isgaarsiinta
- **Khibradaha Jaaliyada:** Xirfadaha macaamiisha / bulshada ee goobta shaqada, goob booquash ee xarunta jaaliyada.
- **Xirfadaha nolosha:** Karinta, u qaadashada guriga oo shaqeynaya



## Qor Casharka Waxbarashada Socota.

### Koorsada Barashadu

**Koorsada barashadu** (Qurshe tilmaan bixineed) arday kasta si gooni ah ayuu u arki karaa, ujeedkiisa ka dib. Kooxda IEPdu waa inay qorsheeyaa koordka waxbarasho sanad welba inta uu ardaygu dugsiga ku jiro.

**Tusaale: Muraadka shaqada bartilmaameedka Mickle.**

#### Diirad U Saarka Himilooyinka Shaqo ee Mickle

- Mickle wuxuu sii wadan doonaa waxbarasho gaar ah oo loogu talagalay manhajka kale. Oo ay ku jiraan barashada akhriska ee is-daryeelidda, xirfadaha isgaarsiinta, waxa kale oo uu ka qayb qaadanayaa khibrada shaqada, bulshada dhexda 4 sano ee dugsi sare.

#### Kadib Himilooyinka Waxbarashada Dugsiga Sare ee Rahma

- Rahma wuxuu sii wadan doontaa waxbarasho gaar ah oo loogu talagalay akhriska, xisaabta, quoraalka, iyo bulshada.dabeecada 2-di sano ee ugu dambaysay dugsiga sare. Kadib markay qulinjabiso shahaadada dugsiga sare.



## Adeega Isku dubaridka Hayadaha Dadka Waa weyn

### Qasdiga IEPga Sanad laha.

**Qasdiga IEPga Sanadlaha (Annual IEP goals)** waa mudo gaaban qastiga sanad laha ah. Marka IEPga lagu daro adeega kala guurka, qasdiga

IEPgu waa inuu caawinaa ujeedka dugsiga kadib.

#### Tusaale:

##### Ka Caawi Mickle siuu ugu Diyaar Garoobo Shaqada...

- **Ujeedada Sanadka:** Xirfada Shaqada & Akhlaaqda iyadoo loo eegayo goobo ku salaysan jaaliyada, Mickle wuxuu muujin doonaa awoodda uu u leeyahay inuu u madaxbannaanaado xirfadihiisa iyo akhlaaqdiisa. Waxa uu xiran doonaa dharka anshaqadiisa laga bilaabo fursadaha 4/5 ilaa 5/5 fursado ka badan 5 cabbir xog oo isku xigxig ah.

##### Ka Caawi Rahma siay ugu Diyaar Garwdo Koleejka...

- **Ujeedada Sanadka:** Waxbarashada / Xirfadaha Ururka Marka la siiyo casharada fasalka, Rahma waay qori doontaa ugu yaraan hal cashir ama hal mawduuca fasalka. Waxay hore u marin doontaa xirfadaha aqoonteeda celcelis ahaan 0 ilaa 5 maalmood usbuuciiba sidaay cabbirtay xogta ururinta macallinku



## Mag-koordinado Ng Mga Serbisyo Sa Ahensya Ng Matatanda

### Isku dubbaridka adeeg yada wakaaladaha dadka waaweyn.

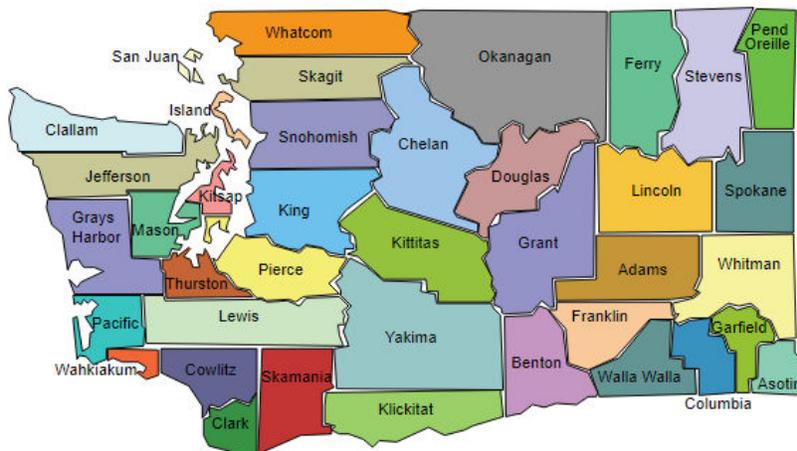
Qoysaska iyo asxaabtu waxay u fidiyaan musaacado dadka waaweyn ee curyaamiintah. Arintu sikataba ha ahaatee waa in loo raadiyaa adeega oo muhiim u ah ardayga iyo qoyskiisaba.

### Tusaale ahaan qaar ka mid ah Wakaaladaha Dadka waaweyn:

- Hore u marinta Maamulka Disabilities
- Developmental Disabilities Administration (DDA)
- Qaybta Xirfada Baxnaaninta
- Division of Vocational Rehabilitation (DVR)
- Maamulka Xasiloonida Bulshada
- Social Security Administration
- Guriga iyo Adeega Jaaliyada
- Home and Community Services (HCS)
- Musaacado Caafimaad
- Medicaid

Ardayda iyo qoysasku waa inay bartaan wakaaladaha iyo adeegooda xiliga dugsigu sare.

Araajida wakaaladuhu wey kala duwan yihiin waqtina wey qaataan. Si aad u barato wakaalad welba, eeg **lifaaqa**.



<https://www.seattleu.edu/ccts/agency-connections/>

## Waamaxay Barnaamijka Kala Guurku?

**Barnaamijka Kala Guurku** guud ahaan waxa loogu tala galay ardayda da'doodu tahay 18-21 ku waas oo ka heli doona adeega special education dugsiyada degmada dadweynaha. Barnaamijka kala guurku xirfad uu ku qorshaysto siinayaa ardayga shaqad, Koolelg tegida, am iyaga oo hela khibrada isku marka laeego sharciga IEPga.

Kooxda IEPdu waa inay ka munaaqashoodaan barnaamijka kala guurku inuu yahay inuu mid haboon yahay. Hadii ardaydu iyo waalidkoodu aanu hubin, waainay waaxda Special Educationka ee dugsiyada dad weynyhu dib u eegtaa barnaamijka kala guurka, ama shir loo qabtaa macalimiinta kala guurka. Aradaydu, arintu sikastaba ha ahaatee, kama qayb qaadan karaan mar haday ka qalin jebiyaan diploomada dugsigga sare. Arintu sikastabe ha ahaatee, mar haduu ardaygu xaq u leeyahay inuu helo adeega special educationka, wuu haysan doonaa adeegaasi oo lacag la'aan ah.

## Muxuu U Yahay Muhiim Barnaamijka Kala Guurku?

**Barnaamijka Kala Guurku** laga yaabe inuu bixiyo khibrado waxbarsho oo caawiya ardayga si uu usameeyo kala guur suuban si ay jaaliyadu ugu noolaato sidii dad waaweyn.



Community experiences



Job-readiness training



College readiness



Instruction on daily living skills

## Waqtimq iyo side baan u qalinjebinaya?

Gobaladu wey ku kala duwan yihiin waxa lagu qalin jebiyo. Gobolkan Washington, waxa lagaga baahan yahay inaad ka qalin jebiso dugsiga waa'i:

- Inaad kasbato darajada dugsiga sare
- Ka gudubto imtixaanaadka gobolka ama ogolaasho loogu bedelay imtixaanadaas
  - Arayda oofisa inay ka gudbaan heerka imtixaanku waxay kasban doonaa shahaadada Guusha Waxbarashada muhiimka ah (CAA)
  - Waxa jira bedel loogu bedeli doonu doonaa ardayda caawimada khaaska u baahan ee oofisa wixii looga baahnaa. Ardaya adeegsata hab u dhigma waxay kasban doonaan shahaadada shahaadada Guusha ee Muhiimka ah (CIA).
  - Labada hab dhaqmeed waxa ay ku kulmi doonaan wax yaalaha looga baahan yahay dibloomka dugsiga sare ee caadiga ah.
- Dhamaystirka Dugsiga Sare iyo Qursha kadib

Madaxa ku hay baahiyahaasi inay isbedeli karaan. Arintu sikastabe ha haatee, waxa laga rabo ardayga dhigata faslka 9aad waxay ahaan doontaa sidaas. Inkastoo waxa laga rabaa ay isbedli karaan hadhowte. Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (OSPI) ayaa idin kala socodsiin doona shabekadiisa internetka.

Waxa intaa raacsan, dugsi welba oo degmada ihi waxa laga yaabnaa inuu wax gaar ah uu rabo.

## Maxay muhiim u tahay Shahaadada Dugsiga Sare?

Ardaydu waxay u baahan yihiin inay kasbadaan dibloomka dugsiga sare ama GED hadii ay qorshaynayn inay koleej aadaan ama shaqo u baahan shahaada dugsiga sare. Xasuusnow makra uu qofku qalin jebiyo uu shaadada qaadato, inaanuxaq u lahayn inuu helo adeega khaaska ah ee dugsiyada dadweynaha. Kooxda IEPdu waa inay u qorsheeyaan oo ay hubiyaan ardaygu inuu qaatay adeegii uu u baahnaa oo dhan inta aanu qalin jebin.

## Miyaan marayaa xafllada qalin jebinta aniga iyo saaxiibadahay?

Haa. Hadii arday IEPu ka qayb qaadanayo barnaamijka afarta sano ee dugsiga sare. Ardaygu helimaayo shahaadada dugsiga sare. Arintu si kastaba ha ahaatee, sharciga **Kevin's law (RCW 28A.155.170)**, ayaa qeexaya ardayga ubaahan caawinta khaaska ah wuxuu codsan karaa inuu kala qayb galo xafllada saaxiibadiisa ay isku fasalka yihiin

## Waanada Waalidka iyo Dhalinta ee Salka Ku haysa Kala Guurka Dugsiga

*Waxa la igu yiri ma qalin jebin kartid, shaqo ma heli kartid, koleejna ma tegi kartid. Marka dadku yiraahdaan "waxba ma qaban kartid," hoos bay kuu dhigi". Laakiin ha ka ogolaan inuu qofna ku joojiyo.*

## **Muran La Xaliyay—Dugsiyad oo lala Xaliyo Mashaakika**

Ruux waliba wxuu daryeela waxbarashada arayda iyo korsiiintooda. Arintu si kastaba ha ahaate, marka ardayda, waalidka iyo aqoon yahanku ay fikrado kala duwan qabaan, mashaakil baa abuurma. Tan xaqiiqdii waa dhab marka ay jiraan farqi xaga dhaqanka ah. Intaa waxa raacda aqoonta waalidka iyo xuquuqda ardayga, iyo aqoontaada, waxa muhiim ah sida aad u xalilin la hayd iska hor imaadka ayaga iyo dugsigu.

### **Dacwadaha Waxbarashada Gaarka ah**

Hadii aad rumaaysan tahay degmadaadu inay inay ku guul daraysatay inay adeeg u fidiso ilmahaayga IEPga haysta, ama aanay oofinin rabitaankii gobolka ama federaalka ee la xireerta waxbarashada khaaska ah, waxa jira dowlaha talaabo oo kuu furan<sup>ii</sup>:

- Isku day inaad u xaliso qadiyada sian dadban adiga iyo kooxda IEPku
- Dexdexaadin
- Adiga oo buuxiya foomka dacwada ee Waxbarashada Khaaska ah
- Adiga oo dalbadda dhegeysiga nidaamka xuquuq dhawrista.

Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha wuxuu hayaa macluumaad badan oo ku saabsan doorashooyinkaas, iyo sida loo dabagalo.

### **Dacwadaha Khilaafka Xuquuqda Aadaanaha**

Hadii ardayda lagu sameeyo takoor, lola macaamilo sidaan xaq ahayn, ama la dhibo xiliga iskuulka:

- Jinsi iyo midab
- Asalkiisa (Luqad)
- Diin iyo Caqiido
- Jinsi (Dhiddig/Lab)
- Baahida Khaaska ah.
- Waxka sheega Galmada
- Tacbiir dhiddig/lab
- Cadayn dhiddig/lab
- Khabiir/darajo ciidan
- Isticaka ay tababarn ama adeeg xoolaad.

Waxa jira talbaabooyin kale oo aad qaadi kadho<sup>iii</sup>.

1. La hadal maamulahaaga am xiriiriyaha xuquuqda aadanaha ee degmada
2. Kafur Dacwad midab takoor ah iskuulka degmadaada.
3. Kafur Dacwad midab takoor ah Xafiiska Xuquuqda dadweynaha (OCR).
4. Kafur Dacwad midab takoor ah wakiilka xuquuqda Aadanaha
5. La xiriir cadaalada iyo xafiiska xuquuqda dadweynaha.

Si aad wax uga barato Xainta Khilaafaadka iyo adeega turjumida, gal kaydka boga (p.16).

## Sidee ban u Xaliyaa Mawduucyada Iskuulkayga?

Hadii aad mawduuc isku mid ah leedihiin ardayga iyo waalidka, waxa laga yaabaa inaad heshaan dariiqado isku mid ah oo lagu xaliyo mawduucaas!

**Ardayga 1:** Hadii iskuulku uu weydiisto walaalkay ama walaashay inay turjunto, waxa u sheegayaa maya. Iskuulku waa inuu keenaa turjumaan. Xaq baan u leenahay aniga iyo waalidkayba.

**Ardayga 2:** Ujeedada IEPga sanadlaha ah lama casri yayn mudo 3 sano ah. Anigaq iyo hooyaday waxan garan weynay wixii jiray, sababta oo ah waan garan weynay wuxuu iskuuku damacsanyahay.

**Ardayga 3:** Waxaan rabay inaan shaqo galo oo aan qabto shaqo xafiis marka aan qalin jebiyo. Laakiin sanadkaygii u horeeyay barnaamijka kala guurka badanaa waxay ku koobnayd shaqo iskuulka ah halkaasoo aan sifayn jiray qolka cuntada. Ma ahayn wax aan anigu danayaayay, waxa igu adkaa socodka maadaama aan xaalad caafimaad ku jiro, laakiin cidi imay dhegaysan.

**Waalidka 1:** Sanad kaygii ugu dambeeyay dugsiga sare, maclimkaygii barnaamijka kala guurku wuxuu ii sheegay ilmahaygu in aanu geli doonin barnaamijka kala guurka sababta oo ah isaga oo qaba diiwaan dabeecad xumo ah. Ilmahaygu kuma hadlo af Ingriiska waxaanu helaa adeega waxbarashada khaaska ah. Waa laga saaray waayo ma fahmayo waxa jira. Waxaan rabaa inuu helo mucaawanada dhabta ah, oo uu gelo barnaamijka kala guurka, si uu u barto inuu naftiisa caawino uu xitaa shaqo gelol.

**Waalidka 2:** Macalinka waxbarashada khaaska wuxuu noo sheegay in gabartaydu ku dhacayso fasalka aljabrada waxana laga yaabaa inaanay qalinjebin oo aanay heli doonin shaadada dugsiga sare. Waa gabar caqli badan, baahida khaaska ah awgeed xisaabtu aadbay ugu adagtahay. Isla xissabtan waxay ku qaadan jirtay waxbarashada guud ahaaneed ilaa waagaa. Ma fahmin waxay uga baahan tahay mar hadii aanay ku fiicnayn. Waxan maqlay in arday kale oo baahida khaaska ah aanu qaadan doonin, hada ku shaqaynaayo xisaabta waxqabadka. Ma garanayo sida ay ugu shaqayn gabartayda.

## KEYDKA

### Xuquuqda Waalidka iyo Ardayga

#### Xafiiska Maamulka Waxbarashada Dadweynaha (OSPI)

- Dariiqad Nabad gelyo (ku diyaar ah luqado kala duwan): <http://www.k12.wa.us/SpecialEd/Families/Rights.aspx>
- Sharciga qaybta 504 (ku diyaar ah luqado kala duwan): <http://www.k12.wa.us/Equity/Section504.aspx>
- Xalinta Khilaafaadka: <http://www.k12.wa.us/SpecialEd/DisputeResolution/default.aspx>
- Dalbasho Turjubaan: <http://www.k12.wa.us/Equity/Interpretation.aspx>

#### Xafiiska Xuquuqda Dadweynaha (OCR)

- Dacwadaha kala sooca ah: <http://www.k12.wa.us/Equity/ComplaintOptions.aspx>

#### Xafiiska Badhasaabka ee Xalinta Waxbarashada (OEO)

- Qoraalo la Xiriira Xuquuqda Waxbarashada iyo kuwa kale oo Waalidiinta ah: <http://oew.wa.gov/publications-reports/publications/>

OEO waa qayb kamid ah Washington State's Governor's Office iyo xalinta mashaakilka qoysaska, ardayda, iyo dugsiyada dadweynaha dhan welba oo dhibaataynaya waxbarashada ardayga guud ahaanba:

- Waxbarashada Khaaska ah
- Kaa xoog rooni/dhibaatayn
- Cayrin
- Anshaxa
- Ka cayrin, ka saarid.
- Qoritaan
- Gaadiid
- Houkaca Waxarashada
- Maqaan Sharcidaro ah
- Iyo wax kale

OEO wuxu ka madaxbanaanyahay dugsiyada dadweynaha. Arintu si kastaba ha ahaatee, OEOhu awood ma laha ay wax ku saxdo, laakinn waxy caawintaa xiriirka u dhexeeya waalidka iyo ardayda iyo iskuulada iyo mashaakilka iskuulada oo ay u xaliyaan si aan rasmi ahayn, taasi oo laga yaabo inay waqti qaadata. OEO waxay bixiyaan turjumada hadaad codsato.

### Mucaawinada Ku Xiran Jaaliyada & Keydka:

- Washington PAVE: <http://wapave.org/>
- Open Doors for Multicultural Families: <http://multiculturalfamilies.org>
- Xarunta Deegaanka madaxbannaan:Ka raadi cutubka degaankaaga <http://www.wasilc.org/> under the "IL center" tab
- The Arc:Ka raadi cutubka maxaliga ah [http://arcwa.org/aboutus/local\\_arc\\_chapters](http://arcwa.org/aboutus/local_arc_chapters)

<sup>i</sup> Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (2016). Xuquuqda Waalidka iyo Ardayga (Nidaamka Badbaadada <http://www.k12.wa.us/specialed/families/rights.aspx>

<sup>ii</sup> Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (2016). Shuruudaha Qalinjabininta Gobolka Washington. <http://www.k12.wa.us/GraduationRequirements/>

<sup>iii</sup> Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (2013). Xalinta Khilaafaadka. <http://www.k12.wa.us/SpecialEd/DisputeResolution/default.aspx>

<sup>iv</sup> Office of Superintendent of Public Instruction (2016). Complaints About Discrimination. <http://www.k12.wa.us/Equity/ComplaintOptions.aspx>



# Life After High School

## Section 3: Daily Life



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## Qaybta 3: Nolol Maameed



Sidee bay kuula eeg yihiin maal muhu Ka dib marka aan dhamayno iskuulka? Marka aynu gabowno waxa is bedelaya xarakaad keena. Qabeybtan, Waa inaan isweydiinaa sua'alo muhiim ah ee nolol maalmeedka.

### Qaybtani Waxay soo Koobaysaa:

1. Iskuulka kadib, Nolol maalmeedkaagu siday u eegtahay?
  - Maxaad rabtaa inaad qabato maalintii marka uu iskuulku dhamaado?
  - Wax mucaawino ah maxaad u baahantahay maalintii yaana kuugu deeqa?
  - Isbedeledaasi sideebay saamayn ugu yeesheen dhaqaalaha nolol maalmeedka qoyskaaga?
2. **U guuritaanka nolosha qaan gaadhka (ama shakhsiga & Nolosha Qoyska)**
  - Maxay tahay **Xirfada Isku Filaashaha Noloshupendent** Muhimdeedu maxay taha?
3. **Doorashadaada Nolosha Dugsiga Sare kadib**
  - **Shaqo:** Mucaawino maxay heli karaan dhalinyarada disabilities?
  - **Waxbarasho:** Maxy kula duwan yihiin marka aad ku jirto dugsiga sare iyo marka aad dhamaysofferent?
  - Sidee baan u warsadaa **meel aan ku noolaado?**
  - **Doorashooyinka Kale:** Taba ruc samaynaya, Xarakaad madadaala ah, adeega maalinimo ee qaan gaadhka, iyo in kales.

### Lifaaq

- Waa maxay adeega aad xaqa u leedahay?
  - Waa maxay Hore U marka Maamulka Disabilities?
  - Waa maxay Qaybta Baxnaanada Xirfadeed?

### Dhalinyarada:

- Baro muhimada ay leedahay inaad u noolaato xor sidii qof weyn.
- Baro si aad wax u kala doorato dugsiga sare kadib.
- Baro noocyada mucaawanada iyo jiifka aad u baahantahay si aad hor ugu marto.
- Sahami teknolojiga si uu kuu caawino xaga shaqada iyo iskuulka noloshaada.

### Qoysaska & Baxnaaniyaha:

- Baro Wixii mucaawino aad heli karto si aad kaydkaaga kor ugu qaado iktiyaarka dhalinyarada mustaqbalka.
- Caawi dhalinyarada qaraarka gaarta ee turjumaya danahooda iyo awoodooda.

**SOMALI**

## Nolol Maalmeedka Dugsiga Sare Kadib



Intaad iskuulka joogto, baro noocyada ardaydu haysato iyo kuwaanay haysan. Tani waxay caawinaysaa ardayda si aay u sahamiyaan keyd cusub oo aanay kafakirin mar hore.

Waa inay kala doortaan adeega mucaawino ay xaqqa u lee yihiin, arintu si kastabe ha ahaatee, ardayda oo dhami xaq uma laha adeegaas.

Kala guurku waa inuu ahmiyada siiyaa awooda, xirfadaha kobcaya ee loo baahanyahaynolo maalmeedka,iyo

mucaawinooyinka la yaqaano kaasi oon ku xirnayn adeega lacagta ah. Dhalinyarada iyo qoysasku haday u baahan yihiin hogaamin xaaladooda, muaawino ha u raadsadeen khubarada iyo ururada jaaliyada (eeg boga keydka.)

## Sheekada Dhalinyarada

*“Barnaamijka kala guurka, macalimiintaydu waxay ii diyaariyeen sidii aan shaqa u heli lahaa. Laakiin sanadkii hore ee barnaamijkan, markii aan shaqo dalbay, kuma guulaysan, sababta oo ah muwaadin U.S ah xaqna uma lahayn in laiga dhaafo adeega DDAda. Hadda waxan haystaa sharci (Green Card) hadda waan ka shaqayn karaa USA waanan dalbankaraa DVRda. Aakiin aniga oo ka haysan musaacado balaaran ee adeega mudada dheer ee DDAda, Kama shaqayn karo jaaliyada. Kooxda kala guurka ee IEPdu ma garanayn waxay qabtaan.*

*Dhalinyarada xaaladan oo kale ku jirta waxaan kula talin lahaa inay kafikiraan sidii ay u dhisi lahaayeen khibradahooda si ay u caawin lahayd qaybaha kala duwan ee nolosha—sababtu waxa weeyi khirada shaqadaadu waxay kaa caawin kadhaw gurigaaga—daryeelaka naftaada.*

*“Waa muhiim isku xirnaanshaha shebekeda shaqaalaha oon kaaga baahnayn u qalimid.”*



## U gooritaanka Noloshaha Qofka Weyn: Sidii aad U Noqon Lahayd Qof Madaxbanaan

### Waamaxay Noloshaha Madaxbanaanidu?

Noloshaha Madaxbanaanidu maahin micniheedu maahin waqti welba inuu qofku keli yahay. Micniheedu waxa weeye inaan ognahay sidii aan naftayada u daryeeli lahayn una haqab tiri lahayn baahida yada, xataa noloshaha marka aan la noolnahay dad kale. Tusaale ahaan:

Ricardo's breakfast chores	Jessica's chores on Sunday	Jean's routine in Korean cooking class
<ul style="list-style-type: none"><li>• set table</li><li>• eat breakfast</li><li>• bring dish to sink</li><li>• load dishwasher</li></ul>	<ul style="list-style-type: none"><li>• plug in vacuum</li><li>• vacuum floor</li><li>• toss dust into garbage</li><li>• take out garbage</li></ul>	<ul style="list-style-type: none"><li>• decide menu</li><li>• make grocery list</li><li>• go grocery shopping with friends</li><li>• cook food with friends</li><li>• eat food together!</li></ul>



### Sideebu Muhiim u Yahay Isku filaashaha qofka?

Dalinyara ahaan waa inay naftooda wax u qabtaan, khibrada kala goon gooni ah, waxay caawinayaan awoodooda, sida noocyada mucaawinada ay u baahanyihiin iyo waxa iyaga u wanaagsan. **Khibrada Iskufilaashaha Noloshaha** waxa kale uu dhisaa thiqadda.

Guriga ama iskuulka, muhiim bay u tahay ardaygu inuu sahamiyo khibradaha iyo fursadaha khibrada nolodsha.

*Waan ogahay ilmahaygu inn u disabilitaha wax kale oon ogahay inay jiraan waxayaale aanu qaban karin. Arintu si kastaba ha ahaatee, Waxan u sheegaa ilmahayga inuu wax wela qabsan karo. Waxan rabaa ilmahaygu inuu shqo helo, u iskii u noolaado qol ii dhaw, uu isagu iska dhiibo. Intii U yaraa, waxaan baray shaqooyinka guriga maali welba Marka uu tooso, waxa uu cunaa quraac, miiska ayuu nadiifiyaa, waxanna u meeraa weelasha. waxakale uu meeraaoo u laa laaba dharka. Hadda, waxuu qabtaa mid la mid ah shaqadii tababarka ee Barnaamijka kala guurka.*



## Sheekada Dalinyarada: Jean



*Marka aad yartahay, waalidkaaga ayaa kuu karinaaya, kuna caawinaaya. Laakiin marka aad taaba gasho, waxaad u baahantahay inad adigu wax qabsato. Way adagtahay, waana ta taba barku muhiimka u yahay.*

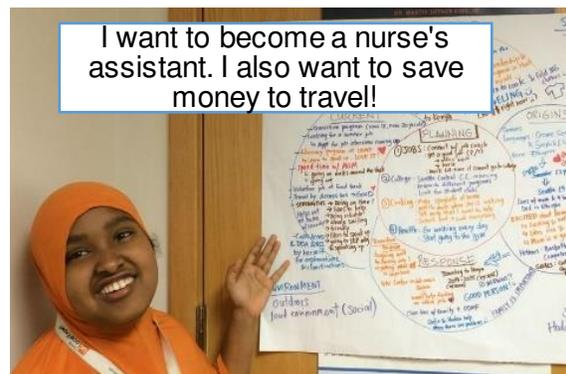
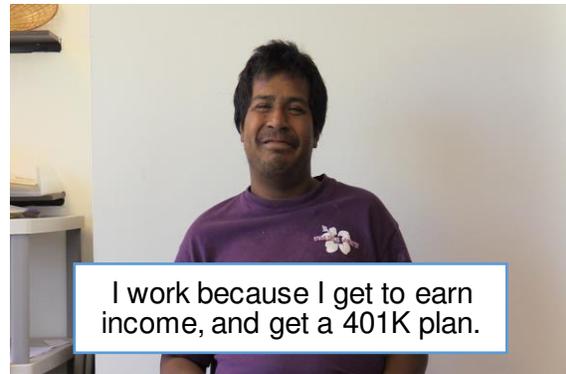
## Kala Doorashada Dugsiga Sare Ka Deb: Shaqada

### Waayo Shaqo?

Shaqo ay helaani ma waxay u keenaysaa guul mustaqbalka? Ma waxay ka caawinaysaa inay ka fogaadaan wax aanay doonayn noloshooda?

Talaabada wanaagsan ee ugu horeyso waxat tahay waayo ay shaqadu ay ugu haboontahay dhalinyarada, iyo nooca shaqo ay ku raaxaystaan, oo ka dhigaysa **qof dhan oo isku kalsoon**. Sii Akhri qurshaha qofka isku kalsoon ee qaybta 1aad: Daah-Fur adigu!

Waxa jira sobo badan oo dhalin u rabto inay shaqo helaan dugsiga sare ka dib!



## Sidee baan shaqo u helaa?

Dad ban oo disabilities ayaa shaqeeya sababta oo ah wey taaba galeen. Qofka curyaankii wuxuu la kulmaa khibrado adadag helida iyo xajinta shaqadababarta, ha barten mucaawanada ay heli karaan. Waxa jira dariiqado ay ku heli karaan awoodooda iyo kartidooda daka curyaaninta ah!



Waxaan rabaa in aan shaqeeyo...Laakiin ma garanayo...

- Sidii aan ugu diyaar garoobi lahaa.
- U heli lahaa, raadin lahaa, iyo u xajin lahaa
- An u baran lahaa khibrada looga baahanyahay shaqada.

Hadii dhalintu u baahato mucaawano sida Mickle, baro **shaqada la abuuray** ee la **taageeray** [**Qeybta Dhaqancelinta Xirfadaha (DVR)**] oo siisa dadka shaqada doonaaya! Hadii dhalintu u baahato mucaawino jooqta ah, U qalmida **maamulka Hore U Marinta Caawimaada Khaaska ah Ubaahan(DDA)** 21 jirku waa muhiim.

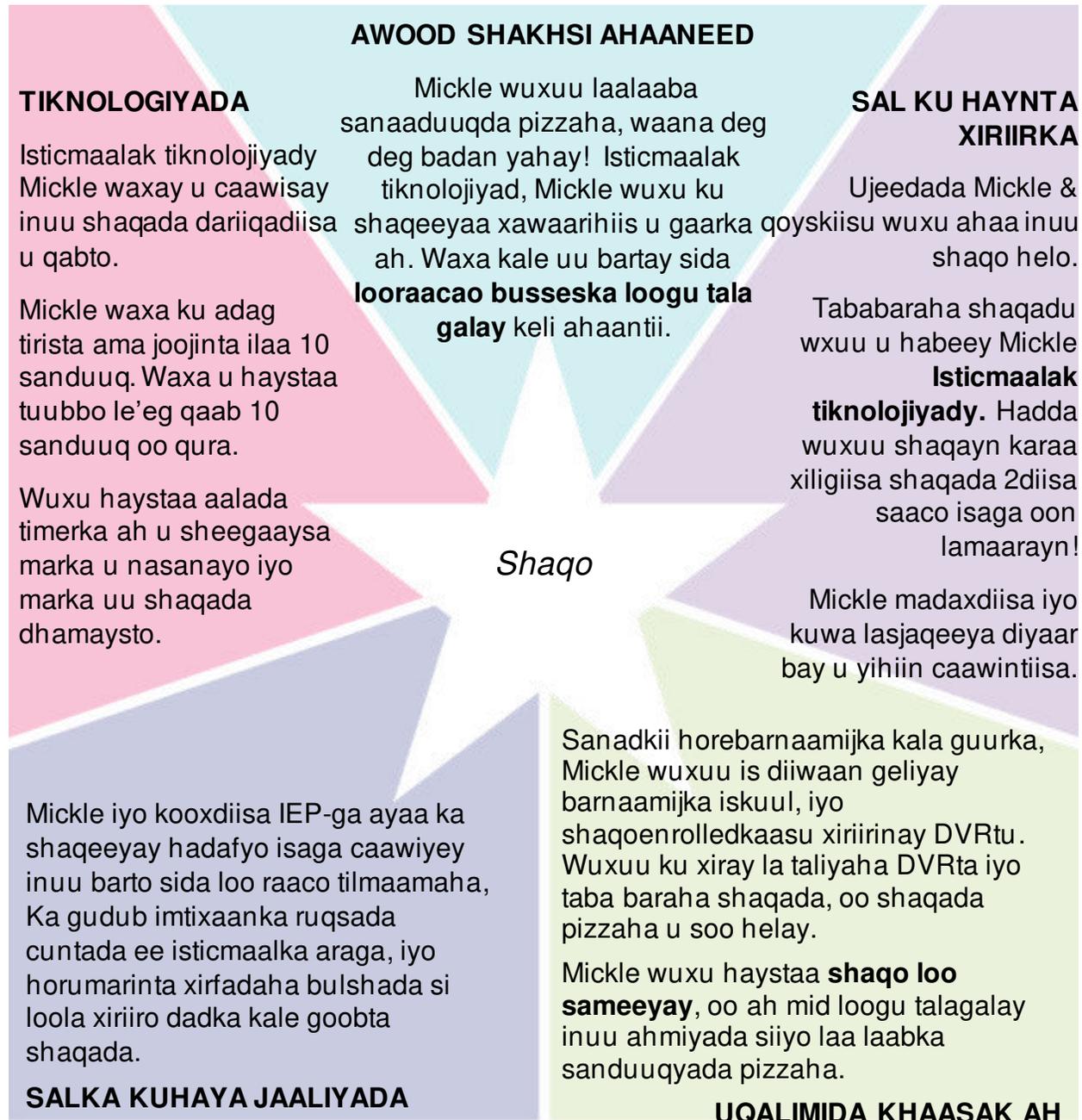
Dalintu waxay baran karaan sida looga wada hadlobaahidooda khaaska ah iyo qofka ka shaqaysiiya iyaga oo gala shebekada internetka ee shabekada [411 Shaacinta Caawinta Khaaska ah](#).

## Waamaxay shaqada la abuuray ee la taageeray?<sup>iv v</sup>

Shaqo La Taageeray	Shaqo La Abuuray
 <p>Qofka curyaankii wuxuu kaheli karaa jaaliyada shaqo mushaar u qalma iyo tababare ka caawina:</p> <ul style="list-style-type: none"><li>• Shaqo helista,</li><li>• getting trained for the job; iyo</li><li>• ilaalinta shaqada.</li></ul>	 <p>Qofka curyaankii wuxuu kaheli karaa jaaliyada shaqo mushaar u qalma iyo "shaqo loo abuuray" booska:</p> <p>Howl galka shaqada la abuuray waxay u dhigmaan xiisaha, khibrada, iyo kartida qofka curyaanka ihi oo haqabtiraysa baahida qofka loo shaqeeyo. RAKhri tusaalaha Mickle! (p.8)</p>

Nooca mucaawinada eek u xiran dhalinta xiisahooda, khibradooda, iyo kartidooda. Dhalinto waxay la shaqayn karaan tababaraho shaqadooda si uu ugu raadiyo shaqada ku haboon! Siay u helaan mucaawinada, dhalinto waa inay u qalmaan ageega laga bilaabo **DVR ama DDA**. Si ay bartaan DVR or DDA, eeg qaybta **Lifaafa**.

## Sheekada Dhalinta: Mickle



## Ikhtiyaarka Doorashada Dugsiga Sare Kadib: Koleejka iyo Jaamacada

Arday badan oo u baahan caawimaadka khaaska ah ayaa ka fikira gelida coleejka ama jaamacada siay u bartaan maadooyinka ay xiisaynayaan, oo ay qaataan shahaado la xiriirta shaqada ay rabaan. Marka ay dalbanayaan coleejka, ardayda u baahan caawinta khaaskii inay ka fikiraan meel dejintooda, fasaladdoda iyo baahiyahooda kale ee noocyada bey'ada koleejka taaso ku haboon baahidooda shaqo siay u la kulmaan waxbarashadooda iyo ujeedka mihnadooda. <sup>ii</sup>

### Ka Caawinta Dhalinta Diyaargarawga Koleejka



Waalidku waxay ka caawinkaraan ama ku dhiirigelinkaraan sidan caruurtooda:

- Ha sahamiyeen koleejka ay rabaan.
  - Waxan ka bilaabaynaa **dhamaystirka qofka oo xaliya qurshihiisa**. Kala hadal DDA maamulaha dacwadaada ama or DVRda la Taliyahaaga dakh ligaaga.
- Raadi koleej ku haboon caawinta baahidooda (Barnaamij, xarunta kaydka baahida khaaska ah, bey'ada koleejka, ama caawinta teknoolojiyada).
  - Koleekyadaha iyo jaamacadaha qaar ayaa qaba barnaamijyo loogu talagalay ardayda baahida caqliga ah qaba. Booqo <http://www.thinkcollege.net>
- Ha qaateen casharada adag oo u diyaarinaya koleejka.
- Kaqayb qaado wax qabadka jaaliyada (sida. Tabaruc, urur, shaqo, waxbarasho, ama barasho xirfad shaqo) ama sahami xiise mihnadeed.
- Mucaawino ka raadi iskuulka—la hadal la taliya yaasha iskuulka, macalimiinta IEPga, iyo shaqaalaha xirfadale ee iskuulka.
- Praktisgaree si aad naftaada ugu hadasho iyo khibrada keli nooaashaha, sida horyaal nimada kulamada IEPga, isticmaalka gaadiidka dadweynaha, weydiisashada **deegaan**, iyo jedwelka balamahooda.

## Dugsiga Sare vs. Koleejka<sup>vi,vii,viii</sup>

Sanduuqani wuxuu fasirayaa qaar ka mid ah waxa u dhexeeya dugsiga sare iyo koleejka:

Dugsiga Sare	Koleejka /Jaamacada
<b>Sharci &amp; Masu'uliyadnimo</b>	
<ul style="list-style-type: none"> <li>- Skhsiyaad leh Disabilities Education Act (IDEA) ayaa xaq u leh.</li> <li>- Iskuuladu wey cadayn doonaan iyo qiimaynta ardaygu baahid u baahanyahay.</li> <li>- Iskuulku wuxu la xiriiri doona ardayda u baahan mucaawinada siay u guulaystaan.</li> <li>- Waalidku wuxu heli karaa diiwaanka ardayga, kaqayb qaato kulamada wixii ka soo baxana la wadaaga.</li> </ul>	<ul style="list-style-type: none"> <li>- Adults with Disability Act and Section 504 are <i>non-discrimination</i> laws.</li> <li>- Ardaydu waa inay sheegaa oy u hadlaan baahidooda.</li> <li>- Koleejku ma wargelin inuu u baahan yahay ardaygu mucaawino uu ku guulaysto.</li> <li>- FERPA<sup>1</sup> Waxay iska hortaagaysaa waaidka inay helaan diiwaanka ardayga hadii aanay ku heshiin.</li> </ul>
<b>Tilmaan-bixin, Fasalka, Imtixaanada, &amp; Macalin</b>	
<ul style="list-style-type: none"> <li>- An IEP or qorshaha 504ku waxa laga yaabaa inuu wax ka bedeo manhajka, imtixaanka, qaabka, ay sexitaanka u khafii fiyaan.</li> <li>- Wxbarashada ardaygu waa inay ku salaysnaataa shardiga gobolka.</li> <li>- An IEPga waa in lagu daraa mucaawino waxarasho.</li> <li>- La taliyayaashu waxay diyaar u yihiin inay ka caawiyaan ardayda maadooyinka ay baranayaan.</li> </ul>	<ul style="list-style-type: none"> <li>- Koleejka, macalimiinta loogama baahna inay siiyaan ardayda naafada ah hadii aany la iman dukumentii.</li> <li>- Ardaydu waa inay doortaan fasalada u qalma kartidooda iyo dantooda.</li> <li>- Ardaydu waa iany helaan waxbarasho adeeg gebi ahaantoodba.</li> <li>- Waa muhiim in lagu xiriiriyo 504.oordinator.</li> </ul>
<b>Ogolaanshaha &amp; Maaliyadda</b>	
<ul style="list-style-type: none"> <li>- Ardayda badankooda waxa la geeyay hadb a iskuulka u dhaw halka ay noolyihiin.</li> <li>- Iskuuladu waxay ugu deeqaan adeeg waxabarasho oo lacag la'an ah ardayda naafada ah iyo qoysaskooda</li> </ul>	<ul style="list-style-type: none"> <li>- Ardaydu waa inay dalbadaan koleejka/jaamacada ay rabaan.</li> <li>- Ardaydu waxay bixin ujrada koleejka. Markaa waa muhiim inay dalbadaan mucaawino dhaqaaleHadii ay arda.</li> </ul>

Hadii ay ardaydu u baahantahay jiif, waa inay bartaan waqtiga iyo sida ay ugula hadli lahaayeen xarunta kaydka naafada ee koleejka iyo jaamacadaha. Kordhin aqooneed,gal [411 Disability Disclosure](#)shebekada

Koleejka iyo jaamacadaha ka hela federaalka dhaqaalaha way qasbanyihiin Colleges and universities that receive federal funds have an obligation to provide certain accommodations under Section 504 and Title II of the Adults with Disabilities Act. Learn more at: <https://www2.ed.gov/about/offices/list/ocr/docs/auxaids.html>

<sup>1</sup> Family Educational Rights and Privacy Act (FERPA) gives parents certain rights with respect to their children's education records. These rights transfer to the student when he/she reaches the age of 18 or attends a school beyond the high school level. Visit <https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html> to learn more.

## Sidee loo Bixiyaa Koleejka

Waxbarashada sare waaqaaali, markaa waxa muhiim ah ardayda iyo waalidku inay raadiyaan si loo bixiyo koleejka. Waa kuwan tusaale:

1. Dalbo deeqda dhaqaaler **Free Application for Federal Student Aid (FAFSA)**.
  - a. Waqtiga ugu dambeeya eed dalban kadhaa waa FAFSA waa June 30<sup>keeda</sup>. Arintu sikastaba ha ahaatee, gobolada, koleejyadu mid weba wuxu leeyahay waqti kama dambays ah, mararka qaarkood horeeya. Waxa muhiim ah inaad hore u raadiso xafiiska deeqda dhaqaalaha siaanad uga dib dhicin waqtiga. Booqo [https://studentaid.ed.gov/fafsa/filling-out to apply](https://studentaid.ed.gov/fafsa/filling-out-to-apply).
  - b. Baro noocyada kale duwan ee deeqda ardayda: <https://studentaid.ed.gov>. [Check with your college's financial aid office to learn about their separate opportunities for financial aid.](https://studentaid.ed.gov)
  - c. Ardayda aan sharciga lahayne waa inay buuxiyaan shuruudo kale. Ska hubi Make hibi awararka: <https://studentaid.ed.gov/sa/eligibility/non-us-citizens>
2. Raadi wararka kale duwan ee deeqda waxbarashada.
  - a. <http://www.affordablecolleges.com/>
  - b. <http://www.affordablecolleges.com/resources/scholarships-students-with-disabilities/>
3. Mucaawinda DVRda ee ujeedada<sup>i</sup> waxbarashada dugsigaa sare kadiba
  - a. Marka uu shakhsigu qursheysto shaqo (IPE) ujeedadiisu waa waa waxbarasho, DVRtu waxay ka caawin kartaa lacagta iskuula iyo buugta. VR ta iyo ardayga ayaa kolba mid bixin doonaa inta aanay DVRtu ugu deeqin muaawino<sup>ii</sup> dhaqaale.

## Sheeko Dhalinyaro: Ky



Ma garanayo wax aan barto koleejka. Kadda waxaan jeclahy inaan noqdo xisaabiye ama turjumaan. Khibrad aan ka helay tabrucii aan sameeyay koleejka ayaa iga caawinay inaan helo ujeekayga!

## Kaydadka

Kaydkani wuu ku caawinkaraa adiga iyo qursha ilmahaaga dugsiga saare ka dib Xaq u leedahay-Salka ku haya adeega qaan gaarka ee WA

- Maamulka Hore U Marinta Baahiyaha Shakhsiga (DDA): <https://www.dshs.wa.gov/dda>
- Qeybta Dhaqancelinta Xirfadaha (DVR): <https://www.dshs.wa.gov/ra/division-vocational-rehabilitation>
- La xiriirka internetka ee xarunta adeega kala guurku wuxu kaa caawinkaraa kaydka maxaliga ah ee shaqo, caafimaad & xaalada deg-deg ah, guriyanta, waxbarashada sare, madadaalada, waqtiga firaaqada ah iyo gaadiidka: <https://www.seattleu.edu/ccts/agency-connections/>

Salka ku haya mucaawinada Jaaliyadda & Kaydka:

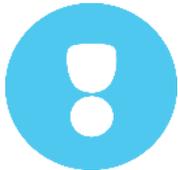
- Washington PAVE: <http://wapave.org/>
- Albaabada furan ee Qoysaska Dhaqannada-badan leh: <http://www.multiculturalfamilies.org>
- Xarunta Noloshada madaxbannaan: Find your local chapter at <http://www.wasilc.org/> under the "IL center" tab
- Arc: Soo hel cutubka maxaliga ah [http://arcwa.org/aboutus/local\\_arc\\_chapters](http://arcwa.org/aboutus/local_arc_chapters)

Dalabka & Diyaar garawga Koleejka

- Dalabka Koleejka: <https://studentaid.ed.gov/sa/prepare-for-college/applying>
- Shebekadani waxay qeexaysaa habka loo codsanayo koleejka waxaana ay xiriir la leedahay ilo kale. Doorashada Iskuulka: <https://studentaid.ed.gov/prepare-for-college/choosing-schools>
  - [This site has information about steps you can take to research possible colleges or career schools.](#)
- Taageerada iyo adeegyada ardayda Qalabka caawimaadda iyo adeegga loogu talagalay ardayda Dugsi ee u baahan caawinta khaaska ah ah: <https://www2.ed.gov/about/offices/list/ocr/docs/auxaids.html>
- Kaydkani waxa uu hayaa macluumaad ku saabsan qalabka kaalmeeya (tiknoolijiyada caawinta) ee kuleejka iyo jaamacadda. Diyaar garawga koleejka: <https://studentaid.ed.gov/sa/prepare-for-college>
- Dadka u baahan mucaawinada khaaska ah Jaamacadda Washington, Fursadaha, Wakaalada, iyo Tiknoolajiyada (DO-IT): <http://www.washington.edu/doi/> iyo <http://www.washington.edu/doi/programs>

Barnaamijiyada Kulliyadda Khaaska ah ee loogu talagalay ardayda u baahan mucaawinada khaaska ama koriinka maskaxeed.

- Ka fikir Kuleejka: Boggaan wuxuu leeyahay ilo badan oo loogu talagalay ardayda u baahan ama koriinka caqliga. You can search for resources, find a college, and look at what is happening in your state. <http://www.thinkcollege.net>
- Highline College
  - Barnaamijka A: <https://achieve.highline.edu/>
- Bellevue College
  - Deganaashaha xirfada Noloshada (OLS): <http://www.bellevuecollege.edu/ols/>
  - Autism Spectrum Navigators: <https://www.bellevuecollege.edu/autismspectrumnavigators/>
  - Jaamacadda Washington
  - Baahida khaaska ah, Fursadaha, Iskuduwaha, iyo Teknolojiyada (DO-IT): <http://www.washington.edu/doi/> and <http://www.washington.edu/doi/programs>
- Jaamacadda Gobolka Washington
- Masuuliyadda, Fursadaha, U-doodista, iyo Ixtiraamka (ROAR): <https://education.wsu.edu/graduate/specialed/wsuroar>



Qor khibradaha HORE & KUWA HADA ee hore nolo fiican kuu dhigaya

ListQor khibradaha MUSTAQBALKA

!nay NOLOL WANAGSAN kuu horseedaan



Qor KHIRAD Kasta taas oo kugu horkacaysa nolosha aanaad rabin

Waxa AANAN rabin

Aragtidayda N AH



# WAXBARASHADA SOCOTA EE NOLOSHAYDA

Hal bog oo hordhac ah \_\_\_\_\_

**Maxay dadku jecel yihiin oo ay igu bogaadiyaan?**

**Maxaa ANIGA Muhiim ii ah**

**Sidee baa La ii Taageeri karaa  
ANIGA**

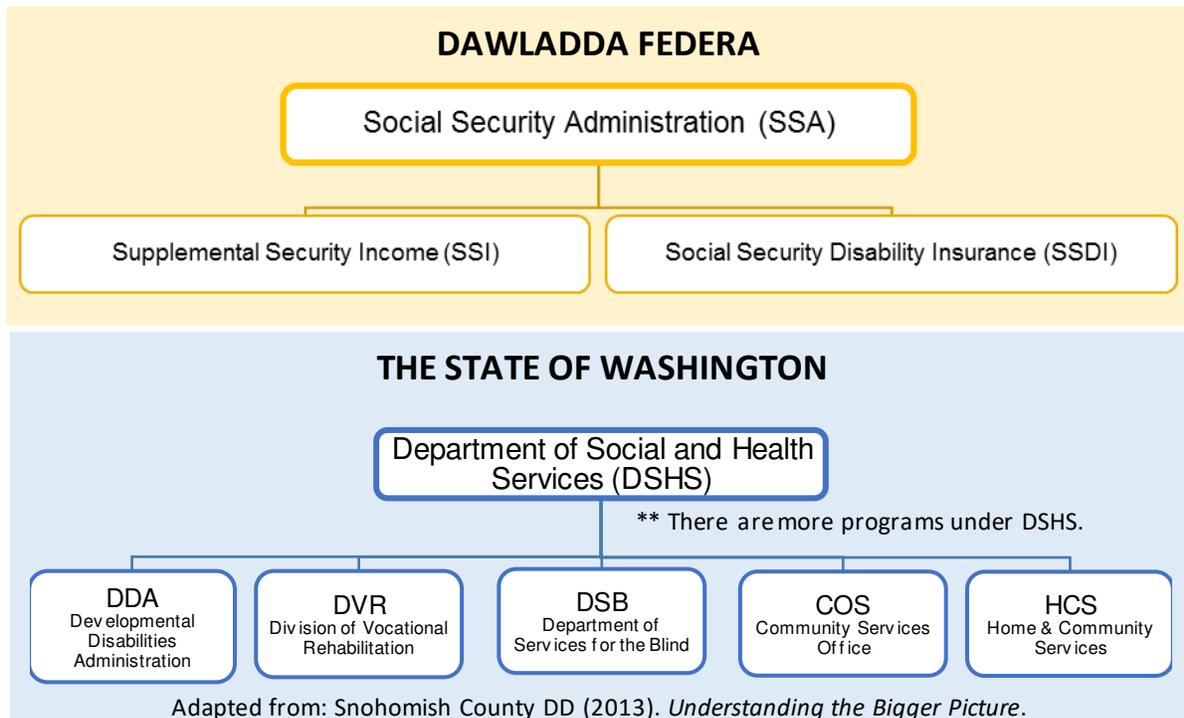


# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

## Maxay yihiin Adeegyada Ku-saleysan Xaq u yeelashada?

**Adeegyada ku salaysan xaq uyeelashada** waa adeegyo aad u baahan tahay inaad dalbato oo aad xaq u yeelatid si aad u heshid adeegyada Adeegyo badan oo ku salaysan u-qalmitaanka dadka waaweyn ee ee baahida khaaska ah waxaa laga helaa dawladda dhexe (e.g. Maamulka Amniga Bulshada), ama, Waaxaha kala duwan ee gobolka hoos yimaada Waaxda Adeegyada Bulshada iyo Caafimaadka (DSHS) ee Gobolka Washington.



## KEY TO SUCCESS

Start learning about adult services early.

Each adult service agencies have its own application and eligibility requirements. To be successful with your transition to life after high school, be familiar with:

- Types of services provided under each program
- Eligibility criteria (or qualifications); and
- Documents needed to apply

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

## Waa maxay Maamulka Koritaanka Baahida (DDA)?<sup>2</sup>

**Maamulka Naafada Korriinka (DDA)** waxay u adeegtaa qof u baahan koritaanka iyo caqliga (DD / ID) iyo qoysaskooda. Ujeedada DDA waa in la taageero qofka leh DD / ID in ay ku noolaadaan shabakad ku saleysan ah taageerooyinka iyo adeegyada jaaliyada.

Qofka leh DD / ID wuxuu codsan karaa DDA da 'kasta, laakiin MAHA dhammaan shaqsiyaadka leh DD / ID inay xaq u yeeshaan DDA ama adeegyada.



Si aad u codsato adeegyada DDA ee WA, shakhsigu waa inuu:

- Waa inuu deganaha gobolka WA
- waa inuu hayso xaalad diwaan gashan oo u qalmanta DDA kahor 18 jir.

Booqo [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda) oo quii [xaq u yeelashada](#)

### Macluumaad Muhiim ah oo lagu ogaanayo DDA

1. da 'kasta wey codsan kartaa DDA, **laakiin waxaa lagugula talinayaa ka hor intaadan ka bixin dugsiga sare.**
2. Haddii lagu diido xaq u yeelashada, waxaad codsan kartaa dhagaysi cadaalad ah.
3. Dib u codso u-qalmitaanka haddii aad haysato macluumaad cusub oo lagu ogaanayo ama IQ baaritaanka in DDA aysan dib u eegin go'aankaagii hore.
4. Helitaanka ogaysiiska u-qalmitaanka DDA MA AHA macnaheedu in aad si toos ah u hesho adeegyo. Adeegga DDA wuxuu bixiyaa iyada oo ku saleysan baahida qofka iyo maalgelinta. Qaar ka mid ah adeegyada DDA ee laga helo DDA waxay ku xiran tahay **da'da, maalgelinta la heli karo**, iyo in qofku u qalmo Medicaid.
5. U-qalmitaanka DDA wuxuu dhacayaa da'da 4 iyo 10. Xaq u yeelashada ayaa dib loo eegaa markay tahay da'da 19 inta badan macaamiisha. Ogaysiiska boostada waxaad ku heli doontaa tilmaamo dheeraad ah haddii u-qalmista cunugga uu dhacayo ama dib loo eegayo.

DDA waxay bixisaa turjubaan lacag la'aan ah.

**\*\*** Hubi inaad wargeliso xafiiska DDA haddii macluumaadkaaga xidhiidhka isbeddelaan.

[www.informingfamilies.org](http://www.informingfamilies.org) Shebekadu waxay leeyahay macluumaad faahfaahsan oo ku saabsan [Applying to DDA services in WA](#), [Roadmap to waiver services](#), and [DDA Waiver services](#).

<sup>2</sup> Developmental Disabilities Administration. *What we do*. <https://www.dshs.wa.gov/dda>

### Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

Maxay tahay sababta loo codsanayo Muhimada ay leedahay Kobcinta Maamulka Baahida Khaaska ah(DDA)?

Shakhsiyaadka u baahan taageerada muddada dheer, codsanaya adeegyada DDA gaar ahaan waa muhiim sababta oo ah:

- DDA waxay ka taageeri kartaa gurigaaga, shaqada, iyo bulshada dhexdeeda
- DDA waxay siin kartaa taageero mudo dheer ah

DDA waxay taageeri kartaa daaweynta joogtada ah ee shakhsiga iyo baahida taageerada dabeecadda

DDA waxay xooga saaraysaa Qorshaha Shakhsi ahaaneed si loo dhiso taageero iyada oo ku saleysan doorbidaysana, baahida, iyo awooda.



Haddii aad u baahan tahay inay barnaamijka iyo adeegyada DDADu ku garab istaagaan, la xiriir xafiiska degmada ee DDADA:

<https://www.dshs.wa.gov/DDA/dda/find-an-office>

**\*\*** DDA waxay leedahay qoraallo ku saabsan adeegyada kala duwan, badankoodu ku tarjuman: Cambodian, Shiinees, Kuuriyaan, Laotian, Ruush, Soomaali, Isbaanish, iyo Vietnamese.

Eeg: [www.dshs.wa.gov/dda/publications/dda-brochures](http://www.dshs.wa.gov/dda/publications/dda-brochures)

**Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?**

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

Waa maxay Qeybta Dhaqancelinta Xirfadaha (DVR)?

**Qaybta Dhaqancelinta Xirfadahu (DVR)** waxay caawisaa dadka u baahan mucaawinada khaaska ah kuwaas oo doonaya in ay shaqaystaan, oo se la kulma caqabado ku aaddan helitaanka iyo haysashada shaqada. Si loo helo adeegyada DVR, qofku wuxuu u baahanyahay inuu dalbado oo uu xaq u yeesho.



Si aad u codsato adeegyada DVR ee WA, waa inaad haysataa:

- Ahaataa muwaadin Maraykan ah, ama haysta Dukumentiga Oggolaanshaha Shaqada oo ansax ah.
  - Haysataa xaalad diiwaan gashan oo u qalanta DVRta
- Booqo [www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr) wixii macluumaad dheeraad ah.

Marka qofku u qalmo DVR, DVR waxay ugu deeqi doontaa adeegyo sida:



Counseling and guidance



Assessment



Benefits planning



Job-related services



Assistive technology services



Independent living services



Training and education

Baro wax badan oo ku saabsan adeegyada DVR:

<https://www.dshs.wa.gov/ra/division-vocational-rehabilitation/services-individuals-disabilities>

**Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?**

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

1. **Macluumaad Muhiim ah oo inaad ka ogaato DVR**
2. Shakhsiyaadku waa inay ahaadaan muwaadin Mareykan ah, ama haysataan rukhsada shaqada (kaar cagaaran) si ay helaan adeegyada DVRta. Taageerada DVR waa muddo (ilaa 90 maalmood ka dib markaad shaqo hesho). Taageeradu waxay dhamaanaysaa ka dib marka lataliyahu uu cadeeyo in qofku shaqadiisa sii wadi karo.
3. Shakhsiyaadka u baahan taageero joogto ah si ay u sii wataan shaqada waa inay macmiil noqdaan DDAda iyo Medicaidka aanay u qalmaan adeegyada taageerada shaqada (eeg qaybta adeegyada DDAda).
4. Dad badan ayaa bilaaba iyagoo taageero ka helaya DVRta siay shaqo u heaan.
5. DVRtu waxay ugu deeqdaa turjumaan bilaa lacag ah



La xiriirtaa xafiiska DVRta ee kugu dhow, ama la taliyaha DVRta ee laguugu talagalay dugsiagaaga: <https://www.dshs.wa.gov/RA/dvr/school-transition>.

Macluumaadka ku saabsan Barnaamijyada Xirfada Dhaqancelinta Qabaaalka ee Gobolka Washington, booqo [www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr) oo guji [Tribal VR Programs](#).

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

## Waa maxay Faa'idooyinka Qorsheyntu?<sup>3</sup>

Faa'idooyinka Qorsheyntu u leedahay qof kasta oo doonaya inay shaqeeyaan ayna qaataan lacagta caddaanka ah, caafimaadka, guryaha, gargaarka cuntada iyo / ama adeegyada daryeelka shakhsi ahaaneed. La taliyaha waxtarka ayaa kaa caawin doona shakhsiyaadka inay fahmaan saameynta shaqada ay ku leedahay faa'iidadooda iyo sida loo isticmaalo barnaamijyada dhiirigelinta shaqada.

### Macluumaad Muhiim ah oo ku saabsan Waxtarka La-talinta

1. Dad badan ayaa u maleynaya in aysan heli karin mucaawinada khaaska ah, haddii ay shaqeeyaan, laakiin tani run ma aha. Dadka u baahan mucaawinada khassakii way kasban karaan dakhli, wanay qaadan karaan faa'iidadooda barnaamijka dhiirigelinta shaqada.
2. Si aad xaq ugu yeelatid barnaamijyadan, waa inaad:
  - a. Helitaanka SSI iyo / ama SSDI
  - b. Inta u dhexeysa 14 jir iyo da'da hawlgabka iyo
  - c. Tixgelinta shaqo ama shaqaaleyn.
4. Qorsheynta faa'idooyinka waxay ka caawisaa:
  - a. In la fahmaan sida manfacyadu u saameyn doonaan shaqada,
  - b. Ogow inaad shaqeyso inta ugu badan ee suurtagal ah, adiga oo aanka walwal haysashada waxtarka.
  - c. Wax ka baro dhiirigelinta shaqo ee Amniga Bulshada iyo barnaamijyo kale oo caawiya qodobo kale iyo adeegyada aad u baahan tahay si aad u sii wadato shaqadaada, iyo
5. Ogow fursadaha daryeelka caafimaadka ee ku habboon baahidaada, Xisaabi sida dakhligu u saameynayo  
faa'idooyinkaaga: <https://www.dshs.wa.gov/ra/ssi-grant-calculation-earned-income>

<sup>3</sup> Waaxda Gobolka Washington ee Adeegyada Bulshada iyo Caafimaadka faa'idooyinka Qorsheynta. <https://www.dshs.wa.gov/ra/division-vocational-rehabilitation/benefits-planning>

### Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

## Halkeen ka heli karaa taageerada Gargaarka Qorsheynta?

Haddii aad tahay macmiil Qeybta Xirfadaha Dhaqancelinta (DVR) waxaad codsan kartaa adeegyada faa'iidada qorsheynta. Gobolka Washington waxa kale oo jira laba barnaamij oo la-talin xagga macaawino ah oo gobolka oo dhan ah:

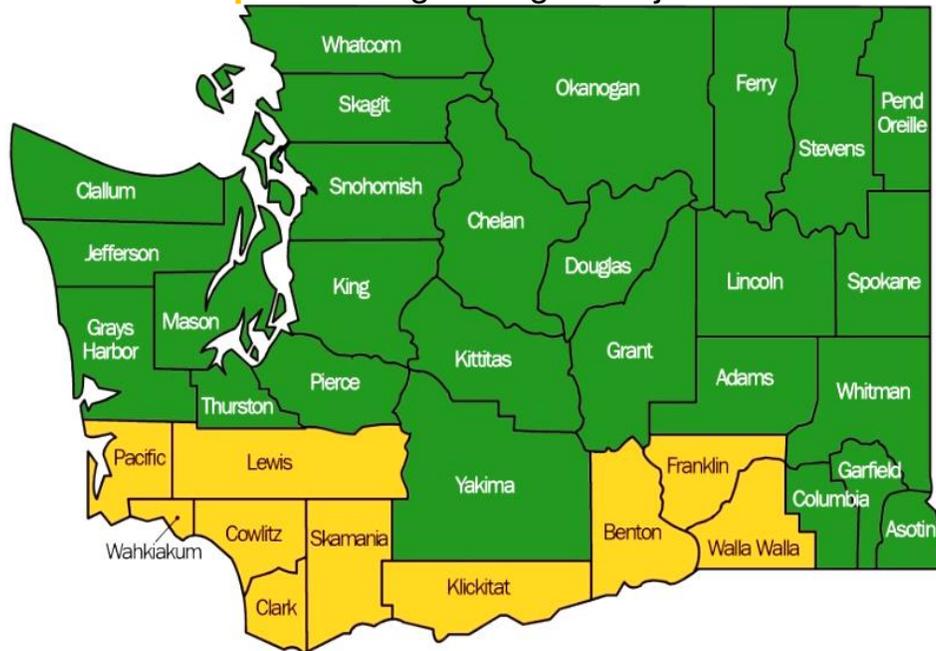
### **U Qorshayso Shaqada iyo Qorshaha Shaqada.**

- Labada barnaamijba waa u bilaash kaqeybgalayaasha
- Labada barnaamijba waxay bixiyaan adeegyo isku mid ah gobolka oo dhana waa laga heli karaa.

Waxaad adeegyda ku heli kartaa qof ahaan ama telefoon.

Khariidadani waxay muujinaysaa:

- **Qorsheyso Shaqada** adeegga degaanka cagaaran
- **Qorshaha Shaqada** adeegga deeganka jaalaha ah.



(Source: <http://community-minded.org/plan-to-work>)

Si aad diiwaangeliso **Qorshaha Shaqada**, wac 866-497-9443, go to [www.plantowork.org](http://www.plantowork.org).

Si aad ballan u sameysato **Qorshayso Shaqada**, email [pfw@DROregon.org](mailto:pfw@DROregon.org) or call 1-800-452-1694, x 227 (phone lacag la'aan) or 503-243-2081.

\* Ku dhaaf codkaaga magacaaga, macluumaadka lagaaaso xiriiro iyo danta qorshaha waxtarka.

### **Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?**

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

Waamaxay Caafimaadka Tufaaxu ee Barnaamihka Shaqaalaha U baahab Mucaawindada (HWD)?<sup>4</sup>

**Barnaamijka Daryeelka Caafimaadka ee Shaqaalaha U Baahan Mucaawinada(HWD)**, shaqaalaha u baahan mucaawinda gaarkii waxay iibsaa karaan caafimaadka khidmadda bil kasta ee lagu hagaajiyo dakhligooda.

HWD waxay bixisaa adeegyo Medicaid Adeegyada Daryeelka Shakhsi ahaaneed iyo barnaamijyada tanaasulidda Guriga iyo Jaaliyadaha ku salaysan ee Maamulka dadka u baahan mucaawinda gaarka ah Korriinka (DDA) iyo Adeegyada Guriga iyo Bulshada (HCS).

## Macluumaad Muhiim ah oo ku saabsan HWD<sup>5</sup>

1. Shuruudaha xaq u yeelashada waxaa ka mid ah:
  - a. Waainay da'daadu ahaataa 16 ilaa 64 jir
  - b. Waa inuu fuliyaa Shuruudaha xaq u yeelashada mucaawinada gaarka ah ee federaalka (sida SSAda).
  - c. Inaau shaqeyo waqti buuxa ama waqti dhiman (oo ay ku jiraan iskaa u shaqeysi) iyo
  - c. Dakhliga bisha ee aan ka badnayn 220% ee heerka saboolnimada federaalka.
2. HWD waa la awoodi karaa. Qiimaha waxaa lagu hagaajiyaa dakhligaaga (aan ka badneyn 7.5% wadarta dakhliga bil kasta).
3. Si aad u dalbato, boqo:[www.washingtonconnections.org](http://www.washingtonconnections.org).
4. Qofka qaata barnaamij kale oo Medicaid ah wuxuu dooran karaa inuusan ka qeyb galin barnaamijka HWD.
5. Qofku AAN U QALMIN Uma inuu qaato Kharashka HWD bishii ee hela macaashka Medicaid ee hoos yimaada Barnaamijka Caafimaadka ee Baahida.

## Xasuusnow:

Haddii aad hesho manfacyada baahida gaarka ah oo aad doonayso inaad shaqeyso, la xiriir qorshaha shaqada ama qorshahayso shaqada Barnaamijyadani waxay kaa caawin karaan inaad kasbato dakhli oo aad hayso faa'iidooyinkaa

<sup>4</sup> Washington State Department of Social and Health Services. *Apple Health for Workers with Disabilities (HWD)*. <https://www.dshs.wa.gov/esa/community-services-offices/apple-health-workers-disabilities-hwd-program>

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

Waa maxay faa'idooyinka Badbaadada Bulshada?<sup>5</sup>

**Maamulka Badbaadada Bulshada (SSA)** ee federaalku wuxuu bixiyaa gargaar lacageed dadka dadka ubaahan gargaark khaaska ah iyada oo loo marayo laba barnaamij:

- I. Caymiska Dadka U baahan Gargaarka khaaska ah ee Badbaadada Bulshada (SSDI) iyo;
- II. Dakhliga Kabitaanka ah ee Badbaadada Bulshada (SSI).

Wixii macluumaad dheeraad ah ee ku saabsan SSDI iyo SSI, fadlan fiiri Shaxda 1: Isbarbardhig SSDI iyo SSI iyo Shaxda 2: Dhiirigelinta Shaqada ee Badbaadada Bulshada.

## Macluumaad Muhiim ah siad u ogaato Waxtarka Badbaadada Bulshada

1. Codso macaashka Badbaadada Bulshada KAHOR intaadan gaarin 18 sano. Hawlgalku wuxuu qaadanayaa inta u dhexeysa saddex ilaa shan bilood, ama ka badan.
  - a. Kacodso internetka: [www.socialsecurity.gov](http://www.socialsecurity.gov) or;
  - b. Wac 1-800-772-1213 si aad ballan uga samaysato xafiiska maxaliga Badbaadada Bulshada inaad kasameysato ballan telefoon ah
2. SSA waxay leedahay shuruudo loo baahan yahay oo ku salaysan xaaladda dadka u baahan gargaarka khaaska ah.
3. Haddii aanad ahayn waa inaad leedahay warqad degenaansho ah ama noqotaa muwaadin si aad uga hesho SSA.
4. [Haddii aad rabto inaad shaqeyso, waxaa jira siyaabo aad u haysan karto faa'idooyinka Badbaadada Bulshada, iyada oo loo marayo qorshaha waxtarka manfacyada qorshaha \(see page. 9\).](#)
- 5 SSA waxay bixisaa turjumaan luqadeed bilaash ah. Wax badan ka baro: [www.ssa.gov/multilanguage/langlist1.htm](http://www.ssa.gov/multilanguage/langlist1.htm)
- 6 Haddii aad tahay dhagoole ama maqalku kugu yaryahay, sidoo kale waxay kuugu deeqi telefoon lacag la'aanta ah ee TTY: 1-800-325-0078 inta u dhexeysa 7da subaxnimo ilaa 7da galabnimo maalmaha shaqada.
- 7 **Si aad u hesho xafiiskaagabadaadada Bulshada ee maxaliga ah, booqo:** <https://secure.ssa.gov/ICON/main.jsp>

<sup>5</sup> Adapted from [Planning My Way to Work](#). Oregon Council on Developmental Disabilities with a permission

### Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# LIFE AFTER HIGH SCHOOL

Adeegyada ku salaysan xaq uyeelashada

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<sup>i</sup> Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (2016). Shuruudaha Qalinjabinta Gobolka Washington. <http://www.k12.wa.us/GraduationRequirements/>

<sup>ii</sup> Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha (2013). Xalinta Khilaafaadka <http://www.k12.wa.us/SpecialEd/DisputeResolution/default.aspx>

<sup>iii</sup> Office of Superintendent of Public Instruction (2016). Cabashooyinka ku saabsan Takoorka. <http://www.k12.wa.us/Equity/ComplaintOptions.aspx>

<sup>iv</sup> "Xarunta Cilmi-baarista Cilmi-baarista Caalamiga ah & Aqoon Isweydaarsiga (CIRRIE)." Jaamacadda Buffalo Hawl gab ka noqday: <http://cirrie.buffalo.edu/encyclopedia/en/article/123/>

<sup>v</sup> Xafiiska Waxbarashada Gaarka ah iyo Adeegyada Dhaqancelinta (2017). Hagaha kala-guurka ee waxbarashada dambe iyo shaqada ee ardayda iyo dhallinyarada u baahan gargaarka khaaska ah. Waaxda Waxbarashada Mareykanka. Hawl gab ka noqday:

<https://www2.ed.gov/about/offices/list/osers/transition/products/postsecondary-transition-guide-2017.pdf>

<sup>vi</sup> Dugsiga Sare Ka horjeeda Kuliyadda: <http://www.keene.edu/office/disabilitysvs/resources/student/differences/>

<sup>vii</sup> Ka fikir Koleejka!: <http://www.thinkcollege.net/topics/highschool-college-differences>

<sup>viii</sup> OSPI (2016). Helitaanka Cunuga: <http://www.k12.wa.us/SpecialEd/ProgramReview/Monitoring/ChildFind.aspx>



## Nolasha Dugsiga Sare Ka Dib. Qaybta 4: Amniga iyo Caafimaadka



**SOMALI**

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## Qaybta 4: Amniga iyo Caafimaadka



Markaad noqoto qof qaangaar ah, waxaad u baahan tahay inaad ka fikirto wax badan oo ku saabsan maareynta lacagtaada iyo caafimaadkaaga. Qaybtan, waxaan weydiinaa su'aalo muhiim ah oo ku saabsan ammaanka dhaqaalaha iyo caafimaadka.

Qaybtani waxay dabooli doontaa:

1. Waa Maxay Isbedelka ku dhaca 18 jirka
2. Badbaadada sharciga
  - a. Maxaa caawiya go'aan Qaadashada?
  - b. Maxay tahay Ilaalinta iyo Isbedelka Mas'uuliyaddu?
3. Badbaadada Maaliyadeed
  - a. Waa Maxay Xirfadaha Maareynta Maamulka lacagtu?
  - b. Taageerada Dhaqaale ee Ku-salaysan U-qalmitaanka ee dadka waaweyn ee u baahan gargaarka Khaaska ah
4. Waamaxay Kala Guurka Daryeelka caafimaadku?
  - a. Taageerada Caafimaadka ee ku saleysan xaq uyeelashada dadka waaweyn ee u baahan gargaarka khaaska ah
5. Lifaaq: Macluumaadka sharciga ah & Adeegyada ku saleysan xaq u yeelashada

### Dhalinyarada:

- Baro mas'uuliyadaada qof weyn ahaan markaad gaarto 18.
- Baro xirfadaha muhiimka ah si aad u maamusho lacagtaada.
- Baro xirfadaha muhiimka ah oo aad ubaahantahay si aad u maarayso baahiyahaaga caafimaad.
- Ku dadaal inaad go'aan ka gaartid dhaqaalahaaga iyo caafimaadkaaga, adigoo ama aan taageero ka helin dadka waaweyn.
- Aqoonsadaan oo codso adeegyo ku-salaysan xaq-u-helid ku habboon baahidaada.

### Qoyska & Daryeellayaasha:

- Baro wixii isbedel ah marka dhalinyaradaadu gaaraan 18 sano.
- Taageer dhalinyarada si ay u sameeyaan go'aano muhiim ah oo ku saabsan xuquuqdooda sharciga, dhaqaalaha, iyo caafimaadka.
- Ka fikir bedelaadaha mas'uulka ka hor inta aanad qaadin xuquuqda dhalinyarada.
- Taageer dhalinyaradu inay bartaan xirfadaha ay u baahan yihiin si ay u maareeyaan lacagtooda iyo daryeelkooda.
- Aqoonso oo codso adeegyo ku-salaysan xaq-u-helid ku habboon baahiyaha dhalinyarada iyo qoyska.

## Waa Maxay Isbedelka ku dhacaya 18 jirka?

Waalidiinta ama masuuliyiinta carruurta u baahan gargaarka khaaska ah ayaa kaalin wayn ka ciyaaraya go'aannada nololaha ee ku saabsan:



WAXBARASHO



CAAFIMAAD



Maareeynta Lacagta



Go'aannada sharciga ah

Si kastaba ha noqotee, Maraykanka, marka ay dhalinyaradu buuxiso 18 sano, waalidiinta ama masuulka mar dambe ma yeelan doonaan awood sharci oo ay go'aan ka gaari karaan dhalinyarada iyaga oo aan haysan iyaga fasax ama helitaanka mas'uuliyad sharci

Qaybtani waxay ka hadli doontaa sida waalidiinta iyo xannaaneeyayaashu u caawin karaan dhalinyarada u baahan gargaarka khaaska ah iyo baahida daryeel caafimaad ee gaarka ah inay **sameeyaan go'aano taageera** kuwaas oo saameeya dhaqaalahooda, caafimaadkooda iyo xuquuqda markay noqdaan 18.

Go'aanka taageeray macnaheedu waa waalidiinta iyo xannaaneeyayaasha waxay taageeraan dhalinyaradooda si ay u sameeyaan ugu yeelato go'aammo badan inta ay awoodaan si ay u xoojiyaan xukunkooda iyo doorashadooda.

### I caawin sian *naftayda* ugu taliyo!



Xushmee xuquuqdeena si aan u sameyno doorashooyin:

- Halka aan rabo inaan ku noolaado oo aan ka shaqeeyo;
- Sidee baan rabaa inaan lacagtayda u iticmaalo; iyo
- Sideen rabaa in la ii darveelo.

(Ka sii aqri: <http://www.parentcenterhub.org/age-of-majority-parentguide/>)

## Fariinta Waalidiinta iyo Daryeelayaasha



*“Waalid ahaan, dhamaanteen waxaan dooneynaa in aan hubinno in wiilasha iyo gabdhaheena ilaalino. Laakiin taasi micnaheedu maahan in waalidiinta oo idil ay u baahanyihiin in ay helaan mas'uuliyad sharci oo ku saabsan caruurtooda waaweyn ee u baahan gargaarka khaaska ah*

*Waxaan rabaa inaan ku dhiirigeliyo waalidiinta in ay ka fekeraan sidoo kale ixtiraamaan in wiilasheennu ama gabdhahayagu hadda yihiin dad waaweyn. Marka ay noqdaan dad waaweyn, waa inay sidoo kale bartaan inay is-daryeelaan. Dhab ahaantii, qaar badan oo ka mid ah carruurtayadu aad ayay u awoodaan.*

*Waxaan bari karnaa caruurteena sida loo go'aamin karo taageeradayada ku saleysan awooddooda. Tusaale ahaan, samee jadwal muuqda oo xasuusiya dhalinyarada 'saacadda qaylo dhaanta, waa waqtigii aad qaadan lahayd dawadaada.'Ka bilaw halkaa, si tartiib ahna way u baran karaan sida loo qaato go'aamada ku saabsan dhaqaalahda ama caafimaadka”.*



## Waa maxay Mas'uulnimadu?

**Mas'uulnimadu** waa nidaam sharci ah oo maxkamad go'aamiso in qof weyn oo oo u baahan gargaar khaas ah uusan awood u lahayn inuu go'aan ka gaaro qaar ka mid ah ama dhammaan qaybaha noloshooda, oo magacawdo ilaaliye.

**Mas'uulku** waa qofka go'aanka gaari doona isagoo ka wakiil ah dadka waaweyn ee ee u baahan gargaarka khaaska ah. Mas'uuliyiinta waa in ay maxkamadda ogolaadaan, waa inay dhammaystaan tababar, iyo masuuliyadaha go'aan qaadashada ah, waxay ku xirnaan doonaan inta taageerada dadka waaweyn ee u baahan gargaarka khaaska u baahan yihiin.

Ka hor intaanad raacin ilaalinta sharciga ah, waxaa muhiim ah in la fahmo waxa mas'uuliyadda micnaheedu tahay, raadi doorashooyin kale oo ah ilaalinta, oo go'aanso fursadda ugu wanaagsan ee loogu talagalay taageeridda dhalinyarada u baahan gargaarka khaaska ah si ay u sameeyaan go'aano muhiim ah oo ku saabsan noloshooda qaangaarka ah.

## Maxay yihiin Waxa Beddele kara Mas'uulnimadu?

Waxaa jira dhowr waxyaalood oo ay ku kala duwan yihiin mas'uuliyaynta sharciyaysani, oo loogu talagalay dadka waaweyn ee u baahan gargaarka khaaska ah, waxayna ku kala duwan yihiin inta ay le'eg tahay taageerada dadka waaweyn eegargaarka u baahan, noocyada go'aamada loo samayn karo, iyo goorta la qaban karo.

Mid ka mid ah beddelka mas'uulka sharciga ah waa **awooda qareenka**.

Dukumeentigaan wuxuu siinayaa hal qof sida waalid awood si u matalo qof weyn oo u baahan gargaar khaas ah, sida go'aannada dhaqaalahooda ama daryeelka caafimaadka.

Si aad u ogaato wax badan oo ku saabsan masuuliyadda iyo xulashooyinka kale, aqri Lifaafa (bogga 24).

## Family Story



*"Kiiskeyga, waxaan leehay wiil u baahan gargaar khaas ah oo saameysay noloshiisa – awoodiisu way xadidantahay oo uu ku daryeeli karo caafimaadkiisa ama uu ku maamulo lacagtiisa. Waxa uu geli karaa dhibaato aan isaga oon haysan taageero dheeraad ah ama ka horteg.*

*Markaa anoo eegaya wiilkayga oo u baahan dhammaan noocyada taageerada, Waxaan go'aansaday inaan noqdo ilaaliyehiisa, oo aan daryeel dhammaan baahidiisawuxuu ahaa go'aan fiican. Waalid ahaan, Waxaan go'aan ugaaray aniga oo ka wakiil ah wiilkayga si uu faa'iido fiicau u helo. Dhammaan dadka masuulka ah waxa saaran masuuliyad inay u sheegaan maxkamada. "*

## Go'aamo noocee ah ayaan ubaahanahay si aan u caawiyo?

Ka hor inta aan ogaanin mas'uulka ama bedelka, waa muhiim in la ogaado nooca go'aanada dhalinyarada u baahan gargaarka khaaska ah ee u baahan caawimaad. Warqad-shaqeedka hoos ku qoran ayaa kaa caawin karata inaad ogaato meelaha qaarkood ee gargaarka looga baahan yahay.

Qofku ma awoodaa ...? <sup>i</sup>	Haa	Laga yaabaa	Maya
<b>Nolol maalmeed:</b> Waqti ku qaadashada guriga ama bulshada dhexdeeda taas oo aan halis u ahayn dhaawac? Samee go'aamo oo u sheegaan doorashada dadka kale?			
<b>Caafimaadka:</b> Daryeel Caafimaadkaaga Shakhsiyeed? Maamul daawooyinkooda /go'aan ka gaadho daaweynta caafimaadka? Ogow waqtiga cuntida iyo caafimaad qab?			
<b>Dhaqaalaha, Sharciga, iyo Badbaadada Jirka:</b> Maamul lacagtooda (tusaale ahaan. bixi biilasha waqtigooda)? Fahan oo ogolaw sharciga, caafimaadka, iyo dukumeentiyada dhaqaalaha ama adeegyada? Ilaali dhaqaalahooda/inloo isticmaalka galmada?			
<b>Bulsho:</b> Si habboon ula macaamil qoyska, asxaabtaada, kuwa aad la shaqeyso? Fahan xiriirka saaxiibtinimo / ee galmada?			
<b>Nolosha Jaaliyada:</b> Booqo meelo nabadgelya ah oo debada ka ah guriga?			
<b>Muwaadinimada:</b> Muuji awoodda cod bixinta? Fahan cawaaqibta sameynta go'aamada natiijada keeni kara dembi? Ogow marka ay haboontahay in lala wadaago macluumaadka waalidiinta, xubnaha qoyska, ama saaxiibo aan ahayn mas'uulka sharciga ah?			

(Laga soo bilaabo <http://moguadianship.com> ogolaansho).

### Hubi:

- HAA haddii dhalinyaradu awoodaan samee keli ahaan ama caawinaad kooban.
- LAGA YAABAA haddii dhalinyaradu awoodaan si ay u sameeyaan taageero qaar.
- MAYA haddii dhalinyaradu u baahan yihiin ilaaliye ama ay bedelaad iyaga oo bedelaya.

Warqaddan shaqo waxay caawin kartaa waalidiinta ama xannaaneeyayaasha si ugala xisaabtamaan ilaalinta ilmahooda

Siay ugu sii hayaan ilaa inta uu ka qaan gaaraayo. Xasuuso in waraaqdani ay tahay qalab kaliya!

Raadso talo xirfadle sharci markaad tixgelinayso ilaalinta ama wax kale.

## Waa maxay xirfadaha maaraynta lacagaha?



- Xirfadaha maareynta lacagta waxaa ka mid ah:
- Ogaanshaha qiimaha lacagta
- Kasbashada Lacagta
- kaydinta Lacag
- Miisaaniyadda
- Lacagta ood u isticmaasho si caqli gal ah

## Maxay muhiim u tahay xirfadaha maareynta lacagtu?

Dhallinyaro badan oo u baahan gargaarka khaaska ah ayaa leh waalidiin ama daryeelayaasha si ay u maamul, waxayna heleen fursad ay ku bartaan naftooda aan lacagtooda.<sup>ii</sup>

Dhallinyaradu, iyaga oo garanaya sida loo kasbado, kharashka, waxay muhiim u tahay dadka waaweyn in la xafito lacagta.

Adiga oo u qorsheeya lacagtaadada si masu'uuliyadi ku jidho waxay kaa caawinaysaa sidii aad u xakamayn lahayd naftaada si aad iskaga bixiso waxa aad u baahantahay inaad iska bixiso. Si kastaba ha ahaatee, maareyn xumada lacagtaada waxay kuu keeni kartaa dhibaatooyin kale oo dhaqaale.

## Sidee qoysku u caawin karaa dhalinyarada u baahan gargaarka khaaska ah sidii ay u maarayn lahaayeen lacagtooda?<sup>1,2</sup>



*“Hooyaday ayaa iga caawisa inaan tababarka sidii aan wax u gadan lahaa oo aan si degan u eegi lahaa qiimaha! Sidoo kale waxaan heystaa app casriga ah oo ku xiran xisaabtayda bangiga. Barnaamijka ayaa i sheega marka aan haysto wax kayar \$ 100 xisaabteyda, Waan ogahay inaan dhaafi karin inta aanhaysto.”*



*“Mickle lacagtiisa wuxuu u diyaariyaa inuu ku raaco baska si uu u shaqaysto. Qoyskiisa ayaa ka caawiya tababarka tirade kuwaadharada meelna ugu rida si uu ugu qaato shaqada.”*

<sup>1</sup> Shaqaalaha Qaran ee Wadajirka ah ee u baahan gargaarka khaaska ah “Sida baa Qoysaska Wax U-caawin karaan”: [www.ncwd-youth.info/sites/default/files/InfoBrief-42-Developing-Financial-Capability-Among-Youth-How-Families-Can-Help.pdf](http://www.ncwd-youth.info/sites/default/files/InfoBrief-42-Developing-Financial-Capability-Among-Youth-How-Families-Can-Help.pdf)

<sup>2</sup> Cents and Sensibility: Tilmaame loogu talagalay maareynta lacagta dadka u baahan gargaarka khaaska ah: <http://www.fliconline.org/documents/patffinancialeducationbooklet-final.pdf>

## Taageerada Dhaqaale ee Ku-salaysan U-qalmitaanka Loogu Talagalay Dadka Waaweyn ee u baahan gargaarka khaaska ah

Inkastoo dadka waaweyn ee naafada ah ay helaan dakhli shaqo, Mushaharkoodu ma dabooli karo dhammaan kharashyada bishiiba Adeegyada **ku saleysan xaq uyeelashada** waa adeegyo ay tahay inaad dalbato oo aad u qalanto inta aadan helin gargaarada. Hoos waxaa ku qoran kayd ka caawin kara dadka waaweyn ee u baahan gargaarka khaaska ah.

### Maamulka Amniga Bulshada

**Maamulka Badbaadada Bulshada** ee Federaalka (**SSA**) waxay bixisaa kaalmo lacageed dadka u baahan gargaarka khaaska ah **iyado Dakhliga Kabitaanka ah ee Amaanka Bulshada (SSI)** iyo **Caymiska u baahan gargaarka khaaska Amaanka Bulshada (SSDI)**.



Inkasta oo labada barnaamijba ay yihiin SSA, waxay leeyihiin u-qalmitaan kala duwan shuruudaha iyo faa'iidooyinka kala duwan.<sup>iii</sup> Si aad wax badan uga baratid SSI iyo SSDI, tixraac qaybta Lifaaqa.

<b>Dakhliga Kabitaanka ah ee Amaanka Bulshada (SSI)</b>	<b>Amniga Bulshada Caymiska u Baan Gargaark Khaaska ah (SSDI)</b>
<ul style="list-style-type: none"> <li>• SSI waa baahi ku saleysan; waa inaad haysataa wax ka yar \$ 2000 hantida iyo dakhliga aad u kooban, laakiin ma jiraan shuruud shaqo.</li> <li>• Si aad ugu qalanto SSI, waa inaad noqotaa indhoole, ama u baahan gargaar khaas ah.</li> <li>• Marka qofka qaata SSIdu uu gaaro 18, dakhliga waalidkoodu kuma xisaabsana macaashkooda.</li> </ul>	<ul style="list-style-type: none"> <li>• SSDI waa barnaamij lacag kuugu deeqaaya hadii aad u baahanto gargar khaas ah intaadan howlgabin</li> <li>• haddii aad u baahanto gargar khaas ah ka hor inta aadan gaarin da'da hawlgabka.</li> <li>• Si aad ugu qalanto SSDI, waa inaad shaqeysay dhowr sano oo aad ka bixisay canshuurta Amaanka Bulshada.</li> </ul>

## Khuraafaadka ku saabsan SSI / SSDI

KHURAAFAAD	XAQIIQ
Anigu ma shaqeyn karo sababtoo ah waxan u baahanahay gargaar khaas ah.	meelo macquul ah, inta badan, waxaad ku guuleysan kartaa noocyo badan oo shaqo ah!
Waan lumin doonaa lacagta SSI / SSDI markaan shaqo bilaabo	SSI iyo SSDI labadubu waxay leeyihiin sharciyo ku dheefaacaaya si aad u shaqeyn karto oo aadan kawalwalin inaad lumiso faa'iidooyinkaaga. Wax badan ka baro <b>latalinta macaashka</b> (bogga 29).
Haddii aan shaqeeyo, waxaan lumin doonaa faa'idooyinka daryeelka caafimaadkayga.	Waxaa jira dhowr siyaabood oo aad u haysan karto daryeelka caafimaadkaaga markaad shaqeyneysa
Haddii aan shaqo bilaabo, Amniga Bulshada wuxuu go'aansan doonaa inaan u baahnayn gargaarka khaaska ah.	Inkastoo ay dib u eegi karaan keeskaaga, SSAdu si toos ah uma joojinayso manfacyadaada.
Ma jiraan wax khayraad ah oo iga caawin kara in aan helo oo aan shaqeeyo.	Waxaa jira ilo badan oo loogu talagalay dadka u baaahan gargaarka khaaska ah si ay u helaan shaqo oo ay xajistaan! Dib u eeg Qeybta 3: Tusaale loogu talagalay nolol Maalmeedka.
Ma awoodi karo kharash dheeraadka ah ee bilawga shaqada.	Waxaa jira barnaamijyo la heli karo si ay kaaga caawiyaan kharashka gaadiidka ama tiknoolajiyada.
Uma baahnin wixtarradeyda illaa inta aan shaqo haysto, laakiin haddii aan joojiyo shaqada ma awoodi doono inaan dib u helayo macaashkayga	SSI iyo SSDI labadubu waxay leeyihiin sharciyo gaar ah oo kuu oggolaanaya inaad xaq u yeelatid manfacyada.

## Dhalinyarada & Sheekooyinka Qoyska

*“Markii aan 18 jir noqday, hooyaday waxay iga caawintay arjigii Dakhliga Dheeraadka ah ee Amniga (SSI). Weli waxaan la noolahay qoyskeyga, laakiin waxan bixinayaa kirada macaashkayga SSIda*



*Siaan tababar u qaato oo aan u diyaargarooobo inaa mustaqbalka keli noolaado. Sidoo kale waxaan qabaa latalinta faa'iiddad <sup>3</sup> la taliyaha DVRta, taas oo iga caawisay inaan helo siyaabo aan ku sii wado faa'idooyinka SSIda intii aan shaqeynayay! ”*

*“Sharci ahaan, macaashka SSIdu waa hanti loogu talagalay dadka u baahan gargaarka khaaska ah. Sidaas darteed ilaaliyaha wiilkayga, Anigu waxaan mas'uul ka ahay inaan hubiyo in lacagta SSI loo isticmaalo si ay u daryeesho wiilkayga, sida kirada, cuntada, iyo dharka. Waxaan sidoo kale mas'uul ka ahay diiwaangelinta SSIda ee la bixiyo, sababtoo ah mas'uuliyiinta ayaa looga baahan yahay inay u sheegaan maxkamada iyada oo ku saleysan habka cusboonaysiinta ilaalintooda. Warbixintan waxaa isticmaali doona garsoorka si loo ogaado inaad ka noqon karto mas'uuli qofka u baahan gargaarka khaaska ah.”*



<sup>3</sup> Learn more about benefits counseling in Appendix.

## Baahida Khaaska ah ee Kalsoonida <sup>iv v</sup>

Kalsoonidu waa qorshe uu wakiilku ka yahay hantida ka-faa'iideystaha ama lacagta lagu magacaabo "amaanada." "Ka-faa'iideyste waa qof u baahan gargaar khaas ah. Kalsoonidu waa mid dhisan iyo aaminaad qof, bangi, ama qaarkale.

Waxaa jira laba nooc oo kala duwan oo ah Baahida Khaaska ah ee Kalsoonida ah:

- Aaminaada Iaad: Qaybta Saddexaad Wuxuu u Baahanyahay Aaminaad Khaas ah
- Aaminaada Ilaad: Baahida Aaminaada Dejinta Khaaska ah

Baahida Aaminaada Khaaska ah u ogolaadaan ka-faa'iideystayaasha inay kaydsadaan ka badan \$ 2,000 si ay u isticmaalaan mustaqbalka iyaga oon lumin Dakhliga Kabitaanka ah ee Amaanka Bulshada (SSI)

iyo Medicaidka. Waxay sidoo kale bixisaa shabakada amaanka ah ee adeegyada hadii oo qofka baahida qabaai uu lumiyo adeegayada sababtoo ah miisaaniyad dhimis iyo isbedel siyaasadeed.

Waxaad u baahan tahay inaad la haysato qareen ama aad isticmaasho

**Sanduuqa Hantida Dhibbanaha ee Gobolka Wahington** si loo abuuro



kalsooni. Si aad u baratid wax badan aqri ah Lifaafa ama booqo <http://ddetf.wa.gov/>.

## Sharciga AWOODA U LE Xisaabaadka <sup>vi vii</sup>

Sannadka 2016, Gobolka Washington wuxuu soo saarey **Helitaanka Nolol Khibrad Wanaagsan khibrada (AWOODA) Xeerka** taas oo u oggolaan doonta dadka u baahan gargaarka khaaska ah iyo dhinacyada saddexaad inay gacan ka geystaan kaydka koontada.

Kasbashada iyo ka-soo saarida xisaabta waa canshuur la'aan ilaa inta loo isticmaalo kharashka baahida gargaarka ah. Tani way ka duwan tahay kalsoonida baahida gaarka ah.

Xisaabaadka AWOODA Sharcigu waa is-maamul, taas oo macnaheedu yahay inaysan u baahnayn wakiil ama kalsooni maamulka dhaqaalaha. Si la mid ah baahida gaarka kalsoonida khaaska ah, keydka xisaabaadka ee AWOODA Xeerku lama tirin karo marka la go'aaminaayo u-qalmitaanka SSIda iyo Medicaidka ilaa iyo inta qiyaastu aysan ka badneyn qadar go'an.

Si aad wax dheeraad ah uga ogaato Xeerka AWOODA, akhri Lifaafa ama booqo: <http://www.ablenrc.org/>



## Waa maxay kala-guurka daryeelka dhallinyaradu?<sup>viii</sup>

**Kala-wareegga daryeelka caafimaadka dhallinyarada** wuxuu yimaadaa markaad ka baxayso ciyaalnimada si aad u hesho daryeelka caafimaadka dadka waaweyn, taas macnaheedu waxa weeyi ugu diyaargarow daryeelka caafimaadkaaga sidii qof weyn, haddii aad ubaahato inaad ka wareegto dhakhtarka caruurta ilaa kuwa dadka waawey oo bixiya xanaanada caafimaadka aasaasiga ah, oo noqon kara dhakhtarka qoyska ama kalkaaliyeyaasha.

Xiliga kala guurku waa waqtiga dhallinyarad kordhiso masu'uuliyada caafimaadkooda kasaaran taasi oo salka kuhaysa kartidooda. Tani waxaa ka mid ah sameynta ballamha, buuxinta foomamka, ilaalinta daawada, dib u helista daawada. Dhallinyaradu waxay u baahan karaan waalid ama ilaaliye ka caawiye xirfadan marka u horaysa, laakiin tababar ahaan, dhallinyarada badankoodu iyaga ayaa u samayn kara!



## Maxay tahay sababta daryeelka caafimaadka dhalintu Muhiim u Yahay?

Marka dhallinyaradu gaareen 18, qaar dhallinyarada ka mid ah ayaa kordhiyaya masu'uliyadooda daryeelka kooda. Tani waxaa ka mid noqon kara wac dhakhtarka, sameynta balamo, buuxinta foomamka, ama helitaanka diiwaannada caafimaadkaaga.

Dhallinyarada yaryar ee u baahan gargaarka khaaska kuwaas oo sii wadi doona in ay ubaahan yihiin taageero waalidnimo oo muhiim ah, fursadaha sahaminta sida **taageeridda go'aan qaadashada, Awoodda joogtada ah ee qareenka,** ama masuulka sharciga ah waa lagama maarmaan ka hor dhallinyarada 18 jirka ah.

Si aad wax dheeraad ah uga ogaatid ikhtiyaarradan, la tasho dhakhtarkaaga ama xirfadlayaasha sharciga, ama akhri "[Markaad 18 gaarto: Waa Maxay Caafimaadkaaga](http://gottransition.org/) " at <http://gottransition.org/>.

Waxaa sidoo kale jiri kara marxalado cayiman lacageed ama caymis kale oo caafimaad. Akhri qaybta ah 'Taageerada Daryeelka Caafimaadka ee Ku-saleysan U-qalmitaanka ee loogu talagalay dadka waaweyn ee u baahan gargaarka khaaska ah (bogga 14).

## Sidee qoysasku ugu diyaargarobaan kalaguurka daryeelka caafimaadka dadka waaweyn?



### Qaar ka mid ah qoysaska diyaarinta waxay bilaabi karaan:

- La shaqeynta dhakhtarka carruurta, aqoonsiga bixiyaha daryeelka aasaasiga ah.
- Liisaska dhamaan xarumaha iyo abaartamentooyinka, halkaas oo dhalinyaradu helaan daryeel.
- Liistada takhasuska caafimaadka ee hadda iyo bixiye kasta oo u baahan inuu beddelo khabiirka cusub ee dhalinyarada qaangaarka ah.
- Liiska diiwaanka caafimaadka ee u baahan in loo wareejiyo bixiyaha cusub iyo sida loo gudbiyo diiwaannada caafimaadka.
- Macluumaad kasta oo dhici kara ma aha qayb ka mid ah diiwaanka caafimaadka, laakiin waxay muhiim u tahay bixiyaha cusub inuu ogaado (tusaale ahaan, dhalinyaradu waxay u baahan tahay daawo suuxin loogu talagalay bararka dhiigga).
- Xubin qoyska ka mid ah / daryeelka ee dadka da'da yar ayaa ah mid madax-bannaan

### Qorsheynta Xaaladaha Degdega ah

- Tixgelin gaar ahi ma jirtaa haddii qofka dhallinyara ahi gargaar deg deg ah u baahan yahay?  
Macluumaadkee ayaa daryeeli kara kooxaha u baahan daaweynta wacan oo taageera dhalinarada yaryar haddii ay dhacdo xaalad degdeg ah?
- ➔ Dadka da'da yar iyo qoysaska waxay abuuri karaan kaartka Aqoonsiga Caafimaadka ama barnaamijyo bilaash ah [iPhone](#) iyo / ama [Android](#).

## Sidee qoysku u caawin karaan dhallinyaradooda siday u diyaar gareen la haayeen daryeelka caafimaadka dadka waaweyn?

Fahminta iyo hagaajinta daryeelka caafimaad waxa ku wareeri kara dhallinyarada, gaar ahaan haddii aysan waligood horey u sameynin. Waalidka, xannaaneeyaha, iyo xubnaha kale ee qoyska ayaa ka caawin kara dhallinyarada u baahan gargaarka khaaska ah waa in ay bartaan xirfado ay u baahan yihiin si ay u maareeyaan daryeelkooda caafimaad. Waxay kaa caawin kartaa inay bilaabaan barashada marka dhallinyaradu noqdaan kuwo da 'yar.



Waa kuwan tusaalooyin qaarkood<sup>ix</sup>:

- Ku qor magaca daawooyinka leh magaca saxda ah.
- Baro goorta la qaato daawooyinka iyo sababta ay u qaataan.
  - o Isticmaal tiknoolaji si aad u xasuusato: [MyMedSchedule.com](http://MyMedSchedule.com)
- Baro waxa la sameeyo haddii dhallinyaradu iloobaan qaadashada daawada.
- Ku tababar xirfadlayaasha daryeelka caafimaadka ama u sharxi saaxiibada ku saabsan xaaladdooda caafimaad iyo / ama ogaanshaha ereyadooda
- Baro hadalka ku saabsan waxa ay tahay inay sameeyaan si ay caafimaad u helaan — cunto cunid, waxqabadyo, jimicsi, iyo waxyaabo kale oo badan.
- Ka caawi inay fahmaan oo ay ku dhaqmaan waxa la samameeyo haddii ay dhacdo xaalad degdeg ah.

Warbixin faahfaahsan oo intaa kabadan ee xirfadaha daryeelka caafimaadka, booqo <https://cshcn.org/pdf/teen-healthcare-management-skills-checklist.pdf> ama <http://www.gottransition.org/resourceGet.cfm?id=224>.

## Kaalmada Daryeelka Caafimaadka ee Ku Saleysan Xaq u yeelashada Dadka waaweyn ee u baahan gargaarka khaaska ah

**Medicaidku** waa barnaamij caymis caafimaad oo ay maal galiso dawlad goboleedyada iyo xukuumadaha federaalka.<sup>x</sup> Medicaidku waxuu siisaa adeegyo daryeel caafimaad oo kala duwan, bilaash ama qiimo hooseeya ku jooga kuwa u qalma.

Marka dhalinyaradu 18 jir noqdaan, waxaa loo tixgelin doonaa qoyskiisa waxayna codsan karaan Medicaid shaqsi ahaan.

### Macluumaad muhiim ah ee ku saabsan Medicaid

1. Codsashada Medicaid waxay kaa caawin kartaa inaad hesho caymiskaaga.
2. U-qalmitaanka Medicaidku wuu ka duwan yahay barnaamijyada shakhsi ahaaneed.
3. Haddii aad aad ahayn muwaadin U.S ah, waxaa jira shuruudo dheeri ah oo lagaaga baahan yahay.
4. waxaa jira shuruudo dheeri ah oo lagaaga baahan yahay WithinReach (1-800-322-2588) ama booqo <https://parenthelp123.org/benefit-finder> si loogu caawiyo Medicaid xaq u yeelashada iyo macluumaadka codsiga.
5. Waxaa jira siyaabo aad ku sii wadi karto Medicaid inta aad shaqeyneysa!  
➔ Wax dheeraad ah ka baro **Apple Health for Worker ee u baahangargaarka khaaska ah (HWD)** ku lifaaqan.



(Source: WithinReachWA.org)

## Kaydka

### Kala-guurka Da'da

- Tilmaamaha Da'da Waalidka Intooda badan <http://www.parentcenterhub.org/age-of-majority-parentguide/>
- Gargaarka Sharciga / Mas'uulnimada
- Arjiga bogga ilaalinta ee Washington: <http://arcwa.org/library/guardianship>
- Mashruuca Cadaaladda Woqooyi Galbeed (NJP) <https://nwjustice.org/>
- Washington Barakacayaasha ee Gobolk Washington: <http://www.wsba.org/Legal-Community/County-Bar-Associations>
- Caawinta Sharciga Washington: <https://www.washingtonlawhelp.org/>

### Maaraynta Lacagta

- Xisaabaadka Sharciga ah ee ABLE: <http://www.ablenrc.org/about/what-are-able-accounts>
- Caymiska iyo Dareenka: Hage tilmaamaya maareynta lacagaha dadka u baahan gargaarka khaaska ah: <http://www.fliconline.org/documents/patffinancialeducationbooklet-final.pdf>
- U Qorshee Shaqada: [www.plantowork.org](http://www.plantowork.org)
- Qorshe Shaqo: <https://droregon.org/topics/plan-for-work/>
- Maamulka Amniga Bulshada: [www.ssa.gov](http://www.ssa.gov)
- Sanduuqa Dhaqaalaha ee DDB ee Gobolka Washington: <http://ddetf.wa.gov>

### Daryeel Caafimaad

- Kala beddelasho: <http://www.gottransition.org>
- PAVE: Qoyska ilaa Xarunta Macluumaadka Caafimaadka Qoyska
  - <http://wapave.org/programs/family-family-health-information-center/>
- Xarunta Carruurta ee Seattle ee Baahida Gaarka ah: <http://www.cshcn.org>
- Xiriirka Washington: <https://www.washingtonconnection.org/>
- Within Reach: <http://www.withinreachwa.org/>

### Ururada Bulshada

- The Arc: Hel cutub maxali ah: [http://arcwa.org/aboutus/local\\_arc\\_chapters](http://arcwa.org/aboutus/local_arc_chapters)
- Xarunta Deegaanka Madaxbannaan: Hel cutub maxali ah <http://www.wasilc.org/> hoos "Xarunta IL" tab
- Albaabada Furan ee Qoysaska Dhaqannada-Badan: <http://www.multiculturalfamilies.org>
- Washington PAVE: <http://wapave.org/>



# NOLOSHA DUGSIGA SARE KA DIB.

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

**Table 1. Isbarbardhiga SSDI iyo barnaamijada u baahan gargaarka khaaska ah SSI<sup>4</sup>**

	<b>SSDI</b>	<b>SSI</b>
<b>Shuruudaha Ugu Yar</b>	Waa inuu buuxiyaa shuruudaha u baahan gargaarka khaaska ah ee SSA  Adiga ama waalidku waxay shaqeeyeen muddo dheer oo ku filan bixinta canshuurta Lambarka Bulshada	Waa inuu buuxiyaa shuruudaha u baahan gargaarka khaaska ee SSA  Must have limited income and resources (less than \$2,000)
<b>Caymiska Caafimaadka Caynaansan</b>	Medicare	Medicaid  Gobolka WA:  Apple Health for Workers ee u baahan gargaarka khaaska ah (HWD)
<b>Qadar Lacageed Bil kasta</b>	Lacagta bil kasta ee SSDI waxay ku saleysan tahay lacagta qofka shaqaalihii ka helo Aminiga Bulshada  Qaddarkani wuxuu isbeddelaa sanad walba isbedelka nolosha	Bixinta bil kasta ee SSI waxay ku saleysan tahay Heerka Lacagta Federaalka (FBR) ee sannad kasta isbeddela  Bixintaada waxay u dhigantaa FBR ka jaraan dakhliga ku soo gala iyo kaalmada gobolka (haddii ay jirto)  Kaalmada gobolka waa lacag yar oo kordhisa xaddiga lacagtaada
<b>Dheeraadka Gobolka</b>	Midna	Lacagta dheeraadka ah ee Washington waa kala duwan tahay

<sup>4</sup> Adapted from [Planning My Way to Work](#). Golaha Oregon ee Korriimada u baahan gargaarka khaaska ah ee leh fasax



# NOLOSHA DUGSIGA SARE KA DIB.

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

**Table 2. Barnaamijyada dhiirigelinta shaqada ee Amniga Bulshada <sup>5</sup>**

	<b>horyaalka II SSDI</b>	<b>horyaalka XVI SSI</b>
<b>Xeerka Shaqada Guud</b>	Jeega waxtarku waa dhamaam ama waxba. Waxay ku salaysan tahay dakhliyada la xisaabtami karo waa kor ama ka hooseeya dhaqdhaqaaq faa'iido leh (SGA), \$1,090/ bishaan 2015 (\$1,820 qof indhoole ah)	Jeegga waxtarka ayaa hoos loo dhigayaa \$ 1 qof kasta \$2 ka mid ah dakhliga la kasbaday ka dib markii ugu horreeyay \$ 85 / bishii (haddii aysan jirin dakhli kaddib marka ugu horeysa \$ 65 / bishii).
<b>Kharashka Ku baxa Shaqada Dadka u Baahan Gargaarka Khaaska ah s (IRWE)</b>	Ka -Baxsan-jeebka, kharashyada la xidhiidha baahada gargaarka khaaska ah u baahan shaqo waxaa laga jarayaa dakhliga guud si loo ogaado dakhli sanadeed oo loogu talagalay SGA.	Ka -Baxsan-jeebka, kharashyada la xidhiidha baahada gargaarka khaaska ah u baahan dakhliga marka la xisaabinayo cadadka SSI.
<b>Qorsheyso Gaarista Si aad U gaarto Isu-filaashaho (Qorshaha PASS)</b>	Cinwaanka II Ka-faa'iideysteyaashu waxay isticmaali karaan dadaalkan SSI-da, haddii ay buuxin karaan shuruudaha u-qalmitaanka SSI kaddib marka PASS laga reebo dakhliga Cinwaanka 2.	Marka la eego qorshaha la ansixiyay, qofku wuxuu dhigtaa dakhliyada waqti go'an si loo gaaro himilada shaqada. Dakhliga iyo khayraadka ku meel gaar ah ee PASS waa laga reebayaa marka la xisaabinayo cadadka SSI waana in loo adeegsadaa in lagu iibiyo alaabooyinka la xiriira shaqada / adeegyada.
<b>Dhiirigelin Shaqada Dheeraad ah</b>	Kaalmo-dhaqaale / xaalado gaar ah: Taageero laga helay shaqada taas oo keenta in la helo mushahar ka badan qiimaha adeegyada la qabtay. Kaliya qeybta mushaharka ee ka muuqda qiimaha shaqada ayaa dhab ahaantii la qabtay waxaa lagu daraa xisaabinta dakhliga la tirin karo ee imtixaanka SGA.	Hantida aasaasiga ah ee is-taageeridda (PESS): Kaydka lagama maarmaanka u ah is-taageeridda laguma tirin karo kaydka imtixaanka. Kaydkaasi waxaa ka mid ah hantida loo isticmaalo ganacsiga ama loo adeegsado shaqaale ahaan. <b>Kuma jiro dakhliga ardayga soo gala (SEIE):</b> Haddii qofka da'diisu ka yar tahay 22 sano oo si joogta ah u aadaa dugsigu, ugu horeeya \$ 7,180 / sanad (2015) ee dakhliga la waa laga reebay marka la xisaabinayo cadadka SSI. Ugu badnaan \$ 1,780 / bishii (2015).

<sup>5</sup> Adapted from [Planning My Way to Work](#). Oregon Council on Developmental Disabilities with a permission



# NOLOSHA DUGSIGA SARE KA DIB.

Ammaanka Maaliyadeed ee Dadka Waaweyn ee u baahan gargaarka Khaaska ah

## Muxuu yahay Sanduuqa Dhaqaalaha ee DDB-da DD ee Gobalka WA?<sup>6</sup>

kalsooni ahaan, Sanduuqa Taageerada ee Gobolkan Washington waxay qoysaska u suuragelisaa inu midkood furto ama Qaybta Sadexaad Qaadashada baahiyaha khaaska ah ku kalsoon yihiin qiimaha ugu yar. Shakhsiyaadka waa inay la yimaadaan saddex shuruudood xilliga isqorista barnaamijka:

1. Degenaanshaha Gobolka Washington,
2. Waa inuu la yimaadaa sharaxaadda gobolka ee "Koritaanka Baahida Gargaarka Khaaska ah" by Maamulka Korriinka Gargaarka Khaaska ah(DDA), iyo
3. Ka yar da'da 65 sano.

Wax badan kabaro oo ku saabsan Sanduuqa Dhaqaalaha ee WA DD: **1-888-754-8798** ama <http://ddetf.wa.gov/>



## Macluumaadka Muhiimka ah ee lagu ogaanayo Sanduuqa Maalgelinta DD

1. Shakhsiyaadka waa inay la yimaadaan saddex shuruudood xilliga isqorista barnaamijka:
  - a. Degenaanshaha Gobolka Washington.
  - b. Waa inuu la yimaadaa sharaxaadda gobolka ee "Koritaanka Baahida Gargaarka Khaaska ah" by Maamulka Korriinka Gargaarka Khaaska ah(DDA)
  - c. Ka yar da'da 65 sano.
2. DD Trusteeshinka wuxuu dadka ka-faa'iideystayaasha u ogolaanayaa in ka badan \$ 2,000 si loo isticmaalo mustaqbalka oo aan lumin dakhliga kabitaanka aminigu(SSI) iyo Medicaid,
3. DDdu wuxuu awood siinayaa qoysaska in ay furaan baahida aaminaad khaaska ah ee kharashka ugu yar ah.
4. Waxay bixisaa shabakad amaan si aad u bixiso adeegyada haddii ay tahay qof u baahan gargaar khaas ah waxay lumisaa adeegyo sababtoo ah miisaaniyad dhimis iyo isbedel siyaasadeed.

**WA DD Endowment Trust: 1-888-754-8798** or [www.ddlot.org](http://www.ddlot.org)

<sup>6</sup> WA DD Endowment Trust Fund: <http://ddetf.wa.gov/>



# NOLOSHA DUGSIGA SARE KA DIB.

Ammaanka Maaliyadeed ee Dadka Waaweyn ee u baahan gargaarka Kahaaska ah

## Maxay tahay Hirgelinta Xisaab Hab-nololeedka Khibrada wacan?

Xisaabaadka Sharciga ee ABLE waa is-maamul, taas oo macnaheedu yahay inaysan u baahnayn wakiil ama maareeyaha sanduuqa maalgelinta. Si la mid ah kalsoonida baahida gaarka ah, kaydinta Xisaabaadka Xeerka ABLE lama xisaabi karo marka la go'aaminayo u-qalmitaanka SSI iyo Medicaid ilaa iyo inta qiyaasta aysan ka badneyn xaddi.

## Macluumaadka Muhiimka ah ee ku saabsan Xisaabaadka ABLE <sup>7</sup>

1. Shakhsiyaadka waxay u baahan yihiin inay buuxiyaan shuruudaha:
  - a. Hadii aad u baahan tahay gargaar khaas oo aad u daran oo ka hor inta aadan gaarin da'da 26 jirka..
    - i. shaqsiyaadka qaata SSI iyo / ama SSDI ayaa xaq u leh si loo dhiso xisaab ABLE ah ilaa inta ay la imanayaan shuruudaha da'da.
    - ii. Shakhsiyaadka uqalma uma baahana inay kayaraadaan da'da 26 si ay u furtaan xisaabta ABLE.
2. Shakhsiyaadka naafada ah iyo qoysku waxay ku darsan karaan xisaabta ABLE ilaa \$ 14,000 hal sanad canshuureed.
3. Marka xisaabta ABLE-ga ay ka badan tahay \$ 100,000, faa'idada SSI ee ka-faa'iideystaha ayaa la hakin doonaa ilaa xisaabtu ka hooseyso \$ 100,000.
4. Koontada ABLE waxaa loo isticmaali karaa "kharash garaadka u baahan gargaarka khaaska ah." Wax badan ka baro:<http://www.ablenrc.org/about/what-are-able-accounts>
5. Gobolka Washington ma laha barnaamij firfircoon sida 2017. Si kastaba ha ahaatee, shakhsiyaad iyo qoysasku waxay furan karaan xisaab iyagoo isticmaalaya barnaamijyada gobolada kale.
  - a. Qorshaha kaydiga Oregon ABLE:<http://oregonablesavings.com>
  - b. Si aad u ogaato macluumaadka hadajira, booqo Wargelinta Qoysaska:<http://informingfamilies.org/etf-able/>



<sup>7</sup> ABLE Xarunta Kaydka Qaranka:<http://www.ablenrc.org/about/what-are-able-accounts>



# NOLOSHA DUGSIGA SARE KA DIB.

Ammaanka Maaliyadeed ee Dadka Waaweyn ee u baahan gargaarka Kahaaska ah

## Waa maxay Mas'uulnimada?

**Mas'uuliyad** waa nidaam sharci ah oo maxkamad go'aansato qof weyn u baahan gargaarka kahaaska ah waa "karti la'aan" si go'aan looga gaaro qaar ka mid ah dhinacyada kala duwan ee noloshooda oo magacaaba **ilaaliye**.

**Mas'uulka** ayaa ah qof go'aan ka gaari kara qof aan gargaar u baahnayn.

## Macluumaadka Muhiimka ah ee ku saabsan Ilaalinta:<sup>8</sup>

1. Ilaalintu waa inay ahaato fursadaha ugu dambeeya ee la tixgeliyo.
  - a. **Maskaxiyan** macnaheedu waa in qofku leeyahay halis weyn oo ah inuu daryeelo baahidiisa caafimaad, nafaqada, nabdoonaanta jirka, xaaladda nololeed, ama maareynta dhaqaalaha gaarka ah ama hantida.
  - b. Iyada oo ku xiran baahida taageerada qofka weyn, fursadaha kale ee loo maro ilaalinta ayaa noqon kara mid ku habboon.
  - c. Si aad u ogaato wax badan oo ku saabsan fursadaha kale, booqo Gargaarka Sharciga ee Washington iyo raadinta [Alternatives to Guardianship for Adults](#).
2. Qofka mas'uulka ah wuxuu noqon karaa xubin qoyska ka tirsan, saaxiib, ama shakhsi kasta ama hay'ad kasta oo maxkamad u magacaabo.
3. Qofka raba inuu noqdo mas'uulka waa inuu buuxiyaa [guardianship training](#)<sup>9</sup>. Ka hubso maxkamada degmadaada!
4. Dhammaan wakiilada waa in ay ogolaadaan maxkamadda, iyo masuuliyadaha go'aan qaadashada wuxuu ku xirnaan doonaa inta taageerada qofka weyni u baahan yahay inuu sameeyo go'aano habboon<sup>10</sup>
5. Sharciyada ku saabsan ilaalinta waxay ku kala duwanaa karaan gobolka ilaa gobolka. Ka hubi maxkamada degmadaada!<sup>11</sup>
6. Si aad u hesho biilka ama qareen qiimaha jaban ah, booqo <https://waweblawyer.org/> oo riix "Caawin."
  - a. Si aad u hesho caawinaad sharciiyeed oo ku qoran luuqado kala duwan: **Northwest Justice Project: 1-888-201-1014** or <https://nwjustice.org/get-legal-help>
7. Xisbiyada is-matalaya waxay lahaan karaan [the courthouse facilitator](#) fiiri waraaqaha masu'liyada ee dhamaystiran oo lacag ah. Si kastaba ha ahaatee, fududeeyayaasha maxkamaddu MA BIXIYAAN talo sharci.
8. Ka codso turjubaan maxkamada sida ugu dhakhsaha badan marka waqti laguu qabto.

<sup>8</sup> Vinning (2012). *Waxyaabaha Badelka Ilaalinta Dadka Waaweyn*.

[www.washingtonlawhelp.org/resource/alternatives-to-guardianships-for-adults](http://www.washingtonlawhelp.org/resource/alternatives-to-guardianships-for-adults)

<sup>9</sup> RCW 11.88.020

<sup>10</sup> The Arc of Washington (2007). *Waa maxay Mas'uulnimada?* <http://arcwa.org/library/guardianship>

# WAX-KA-QAADASHADA KALA-GARASHADA MASUULIYADAHA

Qalabkan waxaa loogu talagalay si loo caawiyo aqoonsiga kartida qofka si go'aan looga gaadho oo loo maareeyo meelaha muhiimka ah nololaha. loogu talagalay in lagu caawiyo baadhitaano kale iyo fursado xaddidan oo xaddidan si guud ama ilaaliye buuxa.

Magaca Qofka: \_\_\_\_\_

Magaca qofka dhamaystiraya foomkan: \_\_\_\_\_

Xiriirka qof ahaaneed (hal goobaabin): Qoyska Sii-hayaha Waalidka Kale: \_\_\_\_\_

Mudo intee leeg ayaad taqaanay shakhsiga? \_\_\_\_\_

Talaabada 1aad: Go'aami su'aal kasta haddii jawaabta waa haa ama maya. Hadday tahay haa, ku calaamadee jaantuska CAGAARKA—qofkani wuu fiican yahay inuu tago.

Hadday tahay MAYA, ku calaamadee sanduuqa jaalaha ah Talaabada 2aad: Markaad dhamaystirto su'aalaha, sahmi bedeladaha ilaalinta si aad ula kulanto go'aanka taageerada leh adoo ka dhigaaya baahiyaha kuwa ku calaamadaysan jaale.

Tallaabada 3: KALIYA haddii aan la cadayn karin beddelka, markaa waxaa laga yaabaa in loo tixgeliyo xannaaneynta xaddidan ee meelaha gaarka ah ee baahida.



Qofku ma go'aamin karaa ama toos ah ma u wadi karaa hawlahaan si madaxbanaani ah waqtiga inta badan?



Qofku ma go'aamin karaa ama toos ma u wadi karaa hawlahaan oo musaacada leh waqtiga inta badan?



Miyuu qofku u baahan yahay taageerada go'aan qaadashada beddelka?



## NOLOL MAALMEEDKA & SHAQADA EMPLOYMENT

Qofku miyuu qaban karaa oo kugula xidhiidhi karaa doorashooyinka Shaqada?			
Qofku shaqo ma raadin karaa oo ma heli karaa (shaqo raadsi) wakaaladda, jawaab celinta xayeysiisyada, isticmaal xiriiryo)?			
Qofku ma awoodi karaa inuu maamulo lacagtiisa (ii ballanqaadyada maaliyadeed, sida biilasha joogtada ah)?			
Qofku ma awoodaa inuu maamulo macaashka lacageed ee uu filayo inuu helo?			
Qofku ma awoodaa inuu aqoonsado inuu oo is-hortaago in loo isticmaalo maaliyad ahaan?			



## NAFAQADA CAAFIMAADKA

Qofku go'aan maka ka gaari karaa meesha, goorta, & waxa u cuno?			
Qofku ma raaci karaa cuntada loo qoondeeyey iyo / ama qaadan karo daawooyinka sida loogu talagalay?			
Qofku ma fahmi karaa baahida loo qabo nadaafada shakhsi ahaaneed iyo daryeelak ilkaha?			
Qofku ma samayn karaa go'aannada ku saabsan daaweynta caafimaadka, oo ay ku jirto fahamka cawaaqibka in aanu aqbalin daaweynta?			
Qofku ma fahmaa cawaaqibka caafimaad ee la xariira dabeecadaha khatarta sare leh ( <i>mukhaadaraadka, xadgudbyada, miyir-doorsoon, waxqabadyo jinsi khatar ah, iwm.</i> )?			
Qof ma u degi karaa dadka kale oo ma raadsan karaa caawimaad caafimaad ee dhibaatooyinka caafimaadka daran?			
Qofku ma awoodaa inuu go'aansado oo uu toos u siiyo noocyada taageerada ay u baahan yihiin ama doonayaan oo ay dooran karaan cidda bixisa taageerooyinkaas?			

<b>CADAYMAHA ISBEDELADDA MASUULIYADAHA</b>			
 <b>BULSHADA &amp; DIIMAHA</b>			
Qofku ma kala saari karaa anshaxa xiriirka haboon ee qoyska, asxaabta, wada shaqeeyayaasha, isdhexgalka lamaanayaasha, iwm. ( <i>sida aan ula hadli lahayn una taabanno dadka kale</i> )?			
Miyuu qofku awoodi karaa inuu sameeyo go'aano ku habboon oo ku saabsan guurka iyo xiriirka dhow?			
Qofku miyuu fahamsan yahay ogolaansho ku saabsan xiriirka galmada?			
 <b>BADBAADADA &amp; AMMAANKA</b>			
Qofku ma ka fogaadaa khatarta deegaanka ee caadiga ah? ( <i>gaadiidka, walxaha fiiqan, karbuun kulul, alaabta sunta, iwm.</i> )?			
Qofku ma aqoonsan karaa marka qof ka faa'iideysanayo, iyaga oo waxyeellaynaya, ama ku xadgudbaya (jirka, jinsiga, dareenka) iyo naftoodaba?			
Qofku ma yaqaanno cidda lala xidhiidhayo haddii ay ku jiraan khatar, ka faa'iideysan, ama laguula dhaqmay si cadaalad darro ah (bilayska, DSS, Arc, Qareen)?			
 <b>BULSHO WADA NOOL</b>			
Qofku keli ma ahaan karaa isaga oon khatar ku ahayn, dhibaateynin, ama dhaawacin naftiisa?			
Qofku ma fahmaa waxa ku lug leh maamulka maareynta amniga ( <i>dayactirka guriga, xaaladaha nadaafadda, amniga, iwm.</i> )?			
Qofku awood ma u leeyahay helitaanka keyd bulsheed oo muhim ah si uu ugu guulaysto oo ammaan ah ugu shaqeeyo bulshada ( <i>boostada, gaadiidka, bangiga, dukaanka cuntada, adeegyada gurmada, kaniisada iwm.</i> )?			
 <b>MUWAADINKA &amp; UDOODISTA</b>			
Qofku ma awoodi kara inuu fahmo lana xiriiriyo ogolaansho iyo / ama ogolaansho ku saabsan dukumentiyada sharciga ( <i>iwm., qandaraasyo, awoodaha qareenka</i> ) ama adeegyo ( <i>sida, lataliye sharci, adeegyo qareen</i> )?			
Qofku ma awoodaa inuu aqoonsado qof ay doonayaan inay metelaan danahooda iyo taageerada go'aanka qaadashadooda?			
Qofku ma muujiyaa awoodda codbixinta?			
Qofku ma fahamsan yahay cawaaqibka ka dhalan kara go'aamada u gaaraayo oo ay ka dhalan karo dembi			
Qofku awood u leeyahay inuu ansixiyo xiriiro ogolaansho si uu ula wadaago macluumaadka waalidiinta, xubnaha qoyska, iyo asxaabta ee aan ahayn mas'uulka sharciga ah?			

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<sup>i</sup> Laga soo bilaabo “Aqoonsiga Beddelka Mas’uuliyadda” laga bilaabo Ilaalinta MO

. Qalab oo dhan halkan baa laga heli

karaa: <http://www.moguardianship.com/Alternatives%20to%20Guardianship%20Tool%20Revised%2011-2015.pdf>

<sup>ii</sup> <http://arcuk.org.uk/wp-content/uploads/2013/05/Helping-young-people-with-learning-disabilities-to-understand-money.pdf>

<sup>iii</sup> <http://www.disabilitysecrets.com/page5-13.html>

<sup>iv</sup> [http://arcwa.org/library/whats\\_next#special](http://arcwa.org/library/whats_next#special)

<sup>v</sup> <http://estate.findlaw.com/trusts/special-needs-trusts-faq-s.html>

<sup>vi</sup> <http://www.ablenrc.org/news/able-act-now-law-washington>

<sup>vii</sup> <http://informingfamilies.org/able-on-the-way/>

<sup>viii</sup> <http://www.gottransition.org/youthfamilies/>

<sup>ix</sup> [https://www.uab.edu/civitansparks/images/Going\\_from\\_Teen\\_to\\_Tween.pdf](https://www.uab.edu/civitansparks/images/Going_from_Teen_to_Tween.pdf)

<sup>x</sup> <https://medicaid-help.org/>

# LIFAAQA



## NOLOSHA DUGSIGA SARE KA DIB

waa hagto loogu tala galay qoysaska dhaqamada iyo  
luqadaha kala duwan ee haysta da' yar naafo ah

**Adeegyada Dadka Aasaasiga Ah Ee Loogu Talagalay  
Calaamadaha**

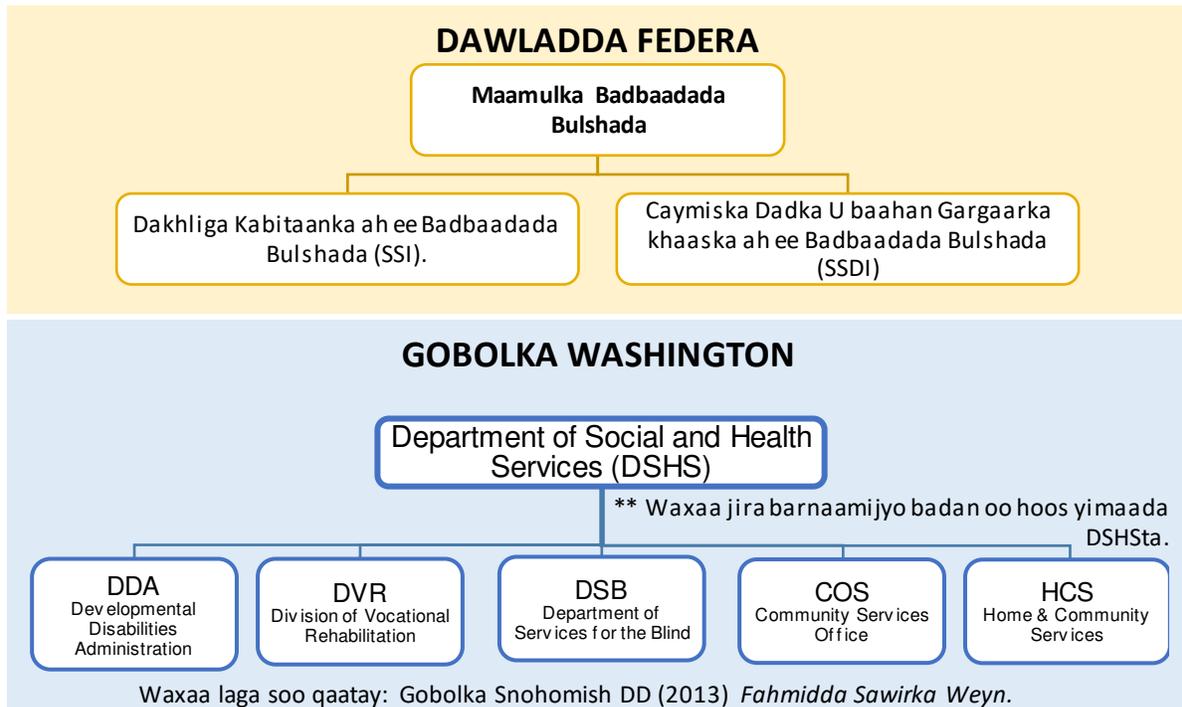


# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

## Maxay yihiin Adeegyada Ku-saleysan Xaq u yeelashada?

**Adeegyada ku salaysan xaq uyeelashada** waa adeeyo aad u baahan tahay inaad dalbato oo aad xaq u yeelatid si aad u heshid adeegyada Adeeyo badan oo ku salaysan u-qalmitaanka dadka waaweyn ee ee baahida khaaska ah waxaa laga helaa dawladda dhexe (e.g. Maamulka Amniga Bulshada), ama, Waaxaha kala duwan ee gobolka hoos yimaada Waaxda Adeegyada Bulshada iyo Caafimaadka (DSHS) ee Gobolka Washington.



**MUFTAAXA GUUSHA**

Biloow barashada adeegyada hore ee waayeelka. Wakaaladkasta oo u adeegta dadka waaweyn waxay iska leedahay mid iyada u gaar ah oo codsiga iyo shuruudaha u-qalmita. Si aad ugu guulaysato kala-guurkaaga inay noloshu dugsiga sare ka dib, ogow:

- Noocyada adeegyada lagu bixiyo barnaamij kasta
- Shuruudaha u qalmida (ama shahaadooyinka); iyo
- Waraaqaha loo baahan yahay si loo dalbado

### Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

Xafiiska: 253-216-4479 | [info@multiculturalfamilies.org](mailto:info@multiculturalfamilies.org)



# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

## Waa maxay Maamulka Koritaanka Baahida (DDA)?<sup>1</sup>

**Maamulka Naafada Korriinka (DDA)** waxay u adeegtaa qof u baahan koritaanka iyo caqliga (DD / ID) iyo qoysaskooda. Ujeedada DDA waa in la taageero qofka leh DD / ID in ay ku noolaadaan shabakad ku saleysan ah taageerooyinka iyo adeegyada jaaliyada.

Qofka leh DD / ID wuxuu codsan karaa DDA da 'kasta, laakiin MAHA dhammaan shaqsiyaadka leh DD / ID inay xaq u yeeshaan DDA ama adeegyada.



Si aad u codsato adeegyada DDA ee WA, shakhsigu waa inuu:

- Waa inuu deganaha gobolka WA
- waa inuu hayso xaalad diwaan gashan oo u qalmanta DDA kahor 18 jir.

Booqo [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda) oo quii [xaq u yeelashada](#)

## Macluumaad Muhiim ah oo lagu ogaanayo DDA

1. da 'kasta wey codsan kartaa DDA, **laakiin waxaa lagugula talinayaa ka hor intaadan ka bixin dugsiga sare.**
2. Haddii lagu diido xaq u yeelashada, waxaad codsan kartaa dhagaysi cadaalad ah.
3. Dib u codso u-qalmitaanka haddii aad haysato macluumaad cusub oo lagu ogaanayo ama IQ baaritaanka in DDA aysan dib u eegin go'aankaagii hore.
4. Helitaanka ogaysiiska u-qalmitaanka DDA MA AHA macnaheedu in aad si toos ah u hesho adeegyo. Adeegga DDA wuxuu bixiyaa iyada oo ku saleysan baahida qofka iyo maalgelinta. Qaar ka mid ah adeegyada DDA ee laga helo DDA waxay ku xiran tahay **da'da, maalgelinta la heli karo**, iyo in qofku u qalmo Medicaid.
5. U-qalmitaanka DDA wuxuu dhacayaa da'da 4 iyo 10. Xaq u yeelashada ayaa dib loo eegaa markay tahay da'da 19 inta badan macaamiisha. Ogaysiiska boostada waxaad ku heli doontaa tilmaamo dheeraad ah haddii u-qalmista cunugga uu dhacayo ama dib loo eegayo.

DDA waxay bixisaa turjubaan lacag la'aan ah.

**\*\*** Hubi inaad wargeliso xafiiska DDA haddii macluumaadkaaga xidhiidhka isbeddelaan.

[www.informingfamilies.org](http://www.informingfamilies.org) Shebekadu waxay leeyahay macluumaad faahfaahsan oo ku saabsan [Applying to DDA services in WA](#), [Roadmap to waiver services](#), and [DDA Waiver services](#).

<sup>1</sup> Developmental Disabilities Administration. *What we do*. <https://www.dshs.wa.gov/dda>

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

Xafiiska: 253-216-4479 | [info@multiculturalfamilies.org](mailto:info@multiculturalfamilies.org)



# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

Maxay tahay sababta loo codsanayo Muhimada ay leedahay Kobcinta Maamulka Baahida Khaaska ah(DDA)?

Shakhsiyaadka u baahan taageerada muddada dheer, codsanaya adeegyada DDA gaar ahaan waa muhiim sababta oo ah:

- DDA waxay ka taageeri kartaa gurigaaga, shaqada, iyo bulshada dhexdeeda
- DDA waxay siin kartaa taageero mudo dheer ah

DDA waxay taageeri kartaa daaweynta joogtada ah ee shakhsiga iyo baahida taageerada dabeecadda

DDA waxay xooga saaraysaa Qorshaha Shakhsi ahaaneed si loo dhiso taageero iyada oo ku saleysan doorbidaysana, baahida, iyo awooda.



Haddii aad u baahan tahay inay barnaamijka iyo adeegyada DDADu ku garab istaagaan, la xiriir xafiiska degmada ee DDADA:

<https://www.dshs.wa.gov/DDA/dda/find-an-office>

**\*\*** DDA waxay leedahay qoraallo ku saabsan adeegyada kala duwan, badankoodu ku tarjuman: Cambodian, Shiinees, Kuuriyaan, Laotian, Ruush, Soomaali, Isbaanish, iyo Vietnamese.

Eeg: [www.dshs.wa.gov/dda/publications/dda-brochures](http://www.dshs.wa.gov/dda/publications/dda-brochures)

**Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?**

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

Waa maxay Qeybta Dhaqancelinta Xirfadaha (DVR)?

**Qaybta Dhaqancelinta Xirfadahu (DVR)** waxay caawisaa dadka u baahan mucaawinada khaaska ah kuwaas oo doonaya in ay shaqaystaan, oo se la kulma caqabado ku aaddan helitaanka iyo haysashada shaqada. Si loo helo adeegyada DVR, qofku wuxuu u baahanyahay inuu dalbado oo uu xaq u yeesho.



Si aad u codsato adeegyada DVR ee WA, waa inaad haysataa:

- Ahaataa muwaadin Maraykan ah, ama haysta Dukumentiga Oggolaanshaha Shaqada oo ansax ah.
  - Haysataa xaalad diwaan gashan oo u qalanta DVRta
- Booqo [www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr) wixii macluumaad dheeraad ah.

Marka qofku u qalmo DVR, DVR waxay ugu deeqi doontaa adeegyo sida:



Talo iyo hagid



Qiimaynta



Faa'iidooyinka qorsheynta



Adeegyada la xiriira shaqada



Adeegyada tiknoolajiyada gargaarka



Adeegyada nolasha ee madaxbannaan



Tababar iyo waxbarasho

Baro wax badan oo ku saabsan adeegyada DVR:

<https://www.dshs.wa.gov/ra/division-vocational-rehabilitation/services-individuals-disabilities>

**Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?**

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

1. **Macluumaad Muhiim ah oo inaad ka ogaato DVR**
2. Shakhsiyaadku waa inay ahaadaan muwaadin Mareykan ah, ama haysataan rukhsada shaqada (kaar cagaaran) si ay helaan adeegyada DVRta. Taageerada DVR waa muddo (ilaa 90 maalmood ka dib markaad shaqo hesho). Taageeradu waxay dhamaanaysaa ka dib marka lataliyahu uu cadeeyo in qofku shaqadiisa sii wadi karo.
3. Shakhsiyaadka u baahan taageero joogto ah si ay u sii wataan shaqada waa inay macmiil noqdaan DDAda iyo Medicaidka aanay u qalmaan adeegyada taageerada shaqada (eeg qaybta adeegyada DDAda).
4. Dad badan ayaa bilaaba iyagoo taageero ka helaya DVRta siay shaqo u heaan.
5. DVRtu waxay ugu deeqdaa turjumaan bilaa lacag ah



La xiriirtaa xafiiska DVRta ee kugu dhow, ama la taliyaha DVRta ee laguugu talagalay dugsigaga: <https://www.dshs.wa.gov/RA/dvr/school-transition>.

Macluumaadka ku saabsan Barnaamijyada Xirfada Dhaqancelinta Qabaaalka ee Gobolka Washington, booqo [www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr) oo guji [Tribal VR Programs](#).

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

## Waa maxay Faa'idooyinka Qorsheyntu?<sup>2</sup>

Faa'idooyinka Qorsheyntu u leedahay qof kasta oo doonaya inay shaqeeyaan ayna qaataan lacagta caddaanka ah, caafimaadka, guryaha, gargaarka cuntada iyo / ama adeegyada daryeelka shakhsi ahaaneed. La taliyaha waxtarka ayaa kaa caawin doona shakhsiyaadka inay fahmaan saameynta shaqada ay ku leedahay faa'iidadooda iyo sida loo isticmaalo barnaamijyada dhiirigelinta shaqada.

## Macluumaad Muhiim ah oo ku saabsan Waxtarka La-talinta

1. Dad badan ayaa u maleynaya in aysan heli karin mucaawinada khaaska ah, haddii ay shaqeeyaan, laakiin tani run ma aha. Dadka u baahan mucaawinada khasakii way kasban karaan dakhli, wanay qaadan karaan faa'iidadooda barnaamijka dhiirigelinta shaqada.
2. Si aad xaq ugu yeelatid barnaamijyadan, waa inaad:
  - a. Helitaanka SSI iyo / ama SSDI
  - b. Inta u dhexeysa 14 jir iyo da'da hawlgabka iyo
  - c. Tixgelinta shaqo ama shaqaaleyn.
1. Qorsheynta faa'idooyinka waxay ka caawisaa:
  - a. In la fahmaan sida manfacyadu u saameyn doonaan shaqada,
  - b. Ogow inaad shaqeyso inta ugu badan ee suurtagal ah, adiga oo aanka walwal haysashada waxtarka.
  - c. Wax ka baro dhiirigelinta shaqo ee Amniga Bulshada iyo barnaamijyo kale oo caawiya qodob kale iyo adeegyada aad u baahan tahay si aad u sii wadato shaqadaada, iyo
2. Ogow fursadaha daryeelka caafimaadka ee ku habboon baahidaada, Xisaabi sida dakhligu u saameynayo faa'idooyinkaaga:<https://www.dshs.wa.gov/ra/ssi-grant-calculation-earned-income>

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<sup>2</sup> Waaxda Gobolka Washington ee Adeegyada Bulshada iyo Caafimaadka faa'idooyinka Qorsheynta. <https://www.dshs.wa.gov/ra/division-vocational-rehabilitation/benefits-planning>

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

## Halkeen ka heli karaa taageerada Gargaarka Qorsheynta?

Haddii aad tahay macmiil Qeybta Xirfadaha Dhaqancelinta (DVR) waxaad codsan kartaa adeegyada faa'iidada qorsheynta. Gobolka Washington waxa kale oo jira laba barnaamij oo la-talin xagga macaawino ah oo gobolka oo dhan ah:

### **U Qorshayso Shaqada iyo Qorshaha Shaqada.**

- Labada barnaamijba waa u bilaash kaqeybgalayaasha
- Labada barnaamijba waxay bixiyaan adeegyo isku mid ah gobolka oo dhana waa laga heli karaa.

Waxaad adeegyada ku heli kartaa qof ahaan ama telefoon.

Khariidadani waxay muujinaysaa:

- **Qorsheyso Shaqada** adeegga degaanka cagaaran
- **Qorshaha Shaqada** adeega deeganka jaalaha ah.



(Source: <http://community-minded.org/plan-to-work>)

Si aad diiwaangeliso **Qorshaha Shaqada**, wac 866-497-9443, go to [www.plantowork.org](http://www.plantowork.org).

Si aad ballan u sameysato **Qorshayso Shaqada**, email [pfw@DRORegon.org](mailto:pfw@DRORegon.org) or call 1-800-452-1694, x 227 (phone lacag la'aan) or 503-243-2081.

\* Ku dhaaf codkaaga magacaaga, macluumaadka lagaaaso xiriiro iyo danta qorshaha waxtarka.

### **Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?**

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

Waamaxay Caafimaadka Tufaaxu ee Barnaamihka Shaqaalaha U baahab Mucaawindada (HWD)?<sup>3</sup>

**Barnaamijka Daryeelka Caafimaadka ee Shaqaalaha U Baahan Mucaawinada(HWD)**, shaqaalaha u baahan mucaawinda gaarkii waxay iibsaa karaan caafimaadka khidmadda bil kasta ee lagu hagaajiyo dakhligooda.

HWD waxay bixisaa adeegyo Medicaid Adeegyada Daryeelka Shakhsi ahaaneed iyo barnaamijyada tanaasulidda Guriga iyo Jaaliyadaha ku salaysan ee Maamulka dadka u baahan mucaawinda gaarka ah Korriinka (DDA) iyo Adeegyada Guriga iyo Bulshada (HCS).

Macluumaad Muhiim ah oo ku saabsan HWD<sup>5</sup>

1. Shuruudaha xaq u yeelashada waxaa ka mid ah:
  - a. Waainay da'daadu ahaataa 16 ilaa 64 jir
  - b. Waa inuu fuliyaa Shuruudaha xaq u yeelashada mucaawinada gaarka ah ee federaalka (sida SSAda).
  - c. Inaau shaqeyo waqti buuxa ama waqti dhiman (oo ay ku jiraan iskaa u shaqeysi) iyo
  - c. Dakhliga bisha ee aan ka badnayn 220% ee heerka saboolnimada federaalka.
2. HWD waa la awoodi karaa. Qiimaha waxaa lagu hagaajiya dakhligaaga (aan ka badneyn 7.5% wadarta dakhliga bil kasta).
3. Si aad u dalbato, boqo: [www.washingtonconnections.org](http://www.washingtonconnections.org).
4. Qofka qaata barnaamij kale oo Medicaid ah wuxuu dooran karaa inuusan ka qeyb galin barnaamijka HWD.
5. Qofku AAN U QALMIN Uma inuu qaato Kharashka HWD bishii ee hela macaashka Medicaid ee hoos yimaada Barnaamijka Caafimaadka ee Baahida.

## Xasuusnow:

Haddii aad hesho manfacyada baahida gaarka ah oo aad doonayso inaad shaqeyso, la xiriir qorshaha shaqada ama qorshahayso shaqada

Barnaamijyadani waxay kaa caawin karaan inaad kasbato dakhli oo aad hayso faa'iidooyinkaa

<sup>3</sup> Washington State Department of Social and Health Services. *Apple Health for Workers with Disabilities (HWD)*. <https://www.dshs.wa.gov/esa/community-services-offices/apple-health-workers-disabilities-hwd-program>

## Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

## Waa maxay faa'idooyinka Badbaadada Bulshada?<sup>4</sup>

**Maamulka Badbaadada Bulshada (SSA)** ee federaalku wuxuu bixiyaa gargaar lacageed dadka dadka ubaahan gargaark khaaska ah iyada oo loo marayo laba barnaamij:

- I. Caymiska Dadka U baahan Gargaarka khaaska ah ee Badbaadada Bulshada (SSDI) iyo;
- II. Dakhliga Kabitaanka ah ee Badbaadada Bulshada (SSI).

Wixii macluumaad dheeraad ah ee ku saabsan SSDI iyo SSI, fadlan fiiri Shaxda 1: Isbarbardhig SSDI iyo SSI iyo Shaxda 2: Dhiirigelinta Shaqada ee Badbaadada Bulshada.

## Macluumaad Muhiim ah siad u ogaato Waxtarka Badbaadada Bulshada

1. Codso macaashka Badbaadada Bulshada KAHOR intaadan gaarin 18 sano. Hawlgalku wuxuu qaadanayaa inta u dhexeysa saddex ilaa shan bilood, ama ka badan.
  - a. Kacodso internetka: [www.socialsecurity.gov](http://www.socialsecurity.gov) or;
  - b. Wac 1-800-772-1213 si aad ballan uga samaysato xafiiska maxaliga Badbaadada Bulshada inaad kasameysato ballan telefoon ah
2. SSA waxay leedahay shuruudo loo baahan yahay oo ku salaysan xaaladda dadka u baahan gargaarka khaaska ah.
3. Haddii aanad ahayn waa inaad leedahay warqad degenaansho ah ama noqotaa muwaadin si aad uga hesho SSA.
4. Haddii aad rabto inaad shaqeyso, waxaa jira siyaabo aad u haysan karto faa'idooyinka Badbaadada Bulshada, iyada oo loo marayo qorshaha waxtarka manfacyada qorshaha (see page. 9).
5. SSA waxay bixisaa turjumaan luqadeed bilaash ah. Wax badan ka baro: [www.ssa.gov/multilanguage/langlist1.htm](http://www.ssa.gov/multilanguage/langlist1.htm)
6. Haddii aad tahay dhagoole ama maqalku kugu yaryahay, sidoo kale waxay kuugu deeqi telefoon lacag la'aanta ah ee TTY: 1-800-325-0078 inta u dhexeysa 7da subaxnimo ilaa 7da galabnimo maalmaha shaqada.
- 7 **Si aad u hesho xafiiskaagabadaadada Bulshada ee maxaliga ah, booqo:** <https://secure.ssa.gov/ICON/main.jsp>

<sup>4</sup> Adapted from [Planning My Way to Work](#). Oregon Council on Developmental Disabilities with a permission

### Miyaad u baahan tahay caawimaad ku saabsan adeegga luqaddaada?

L xiriir Open Doors for Multicultural Families, oo la hadal caawinta xeel dheeraha afafka kala duwan.

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# NOLOSHA DUGSIGA SARE KA DIB.

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

Table 1. Isbarbardhiga SSDI iyo barnaamijyada u baahan gargaarka khaaska ah SSI<sup>5</sup>

	SSDI	SSI
<b>Shuruudaha Ugu Yar</b>	Waa inuu buuxiyaa shuruudaha u baahan gargaarka khaaska ah ee SSA  Adiga ama waalidku waxay shaqeyeen muddo dheer oo ku filan bixinta canshuurta Lambarka Bulshada	Waa inuu buuxiyaa shuruudaha u baahan gargaarka khaaska ee SSA  Must have limited income and resources (less than \$2,000)
<b>Caymiska Caafimaadka Caynaansan</b>	Medicare	Medicaid  Gobolka WA:  Apple Health for Workers ee u baahan gargaarka khaaska ah (HWD)
<b>Qadar Lacageed Bil kasta</b>	Lacagta bil kasta ee SSDI waxay ku saleysan tahay lacagta qofka shaqaalihii ka helo Aminiga Bulshada  Qaddarkani wuxuu isbeddelaa sanad walba isbedelka nolosha	Bixinta bil kasta ee SSI waxay ku saleysan tahay Heerka Lacagta Federaalka (FBR) ee sannad kasta isbeddela  Bixintaada waxay u dhigantaa FBR ka jaraan dakhliga ku soo gala iyo kaalmada gobolka (haddii ay jirto)  Kaalmada gobolka waa lacag yar oo kordhisa xaddiga lacagtaada
<b>Dheeraadka Gobolka</b>	Midna	Lacagta dheeraadka ah ee Washington waa kala duwan tahay

<sup>5</sup> Adapted from [Planning My Way to Work](#). Golaha Oregon ee Korriimada u baahan gargaarka khaaska ah ee leh fasax





# NOLOSHA DUGSIGA SARE KA DIB.

ADEEGYADA DADKA AASAASIGA AH EE LOOGU TALAGALAY CALAAMADAHA

Table 2. Barnaamijyada dhiirigelinta shaqada ee Amniga Bulshada <sup>6</sup>

	<b>horyaalka II SSDI</b>	<b>horyaalka XVI SSI</b>
<b>Xeerka Shaqada Guud</b>	Jeega waxtarku waa dhamaam ama waxba. Waxay ku salaysan tahay dakhliyada la xisaabtami karo waa kor ama ka hooseeya dhaqdhaqaaq faa'iido leh (SGA), \$1,090/ bishaan 2015 (\$1,820 qof indhoole ah)	Jeegga waxtarka ayaa hoos loo dhigayaa \$ 1 qof kasta \$2 ka mid ah dakhliga la kasbaday ka dib markii ugu horreeyay \$ 85 / bishii (haddii aysan jirin dakhli kaddib marka ugu horeysa \$ 65 / bishii).
<b>Kharashka Ku baxa Shaqada Dadka u Baahan Gargaarka Khaaska ah s (IRWE)</b>	Ka -Baxsan-jeebka, kharashyada la xidhiidha baahada gargaarka khaaska ah u baahan shaqo waxaa laga jarayaa dakhliga guud si loo ogaado dakhli sanadeed oo loogu talagalay SGA.	Ka -Baxsan-jeebka, kharashyada la xidhiidha baahada gargaarka khaaska ah u baahan dakhliga marka la xisaabinayo cadadka SSI.
<b>Qorsheyso Gaarista Si aad U gaarto Isu-filaashaho (Qorshaha PASS)</b>	Cinwaanka II Ka-faa'iideysteyaashu waxay isticmaali karaan dadaalkan SSI-da, haddii ay buuxin karaan shuruudaha u-qalmitaanka SSI kaddib marka PASS laga reebo dakhliga Cinwaanka 2.	Marka la eego qorshaha la ansixiyay, qofku wuxuu dhigtaa dakhliyada waqti go'an si loo gaaro himilada shaqada. Dakhliga iyo khayraadka ku meel gaar ah ee PASS waa laga reebayaa marka la xisaabinayo cadadka SSI waana in loo adeegsadaa in lagu iibiyo alaabooyinka la xiriira shaqada / adeegyada.
<b>Dhiirigelin Shaqada Dheeraad ah</b>	Kaalmo-dhaqaale / xaalado gaar ah: Taageero laga helay shaqada taas oo keenta in la helo mushahar ka badan qiimaha adeegyada la qabtay. Kaliya qeybta mushaharka ee ka muuqda qiimaha shaqada ayaa dhab ahaantii la qabtay waxaa lagu daraa xisaabinta dakhliga la tirin karo ee imtixaanka SGA.	Hantida aasaasiga ah ee is-taageeridda (PESS): Kaydka lagama maarmaanka u ah is-taageeridda laguma tirin karo kaydka imtixaanka. Kaydkaasi waxaa ka mid ah hantida loo isticmaalo ganacsiga ama loo adeegsado shaqaale ahaan. <b>Kuma jiro dakhliga ardayga soo gala (SEIE):</b> Haddii qofka da'diisu ka yar tahay 22 sano oo si joogta ah u aadaa dugsigu, ugu horeeya \$ 7,180 / sanad (2015) ee dakhliga la waa laga reebay marka la xisaabinayo cadadka SSI. Ugu badnaan \$ 1,780 / bishii (2015).

<sup>6</sup> Adapted from [Planning My Way to Work](#). Oregon Council on Developmental Disabilities with a permission





# NOLOSHA DUGSIGA SARE KA DIB.

Ammaanka Maaliyadeed ee Dadka Waaweyn ee u baahan gargaarka Kahaaska ah

## Waa maxay Mas'uulnimada?

**Mas'uuliyad** waa nidaam sharci ah oo maxkamad go'aansato qof weyn u baahan gargaarka kahaaska ah waa "karti la'aan" si go'aan looga gaaro qaar ka mid ah dhinacyada kala duwan ee noloshooda oo magacaaba **ilaaliye**.

**Mas'uulka** ayaa ah qof go'aan ka gaari kara qof aan gargaar u baahnayn.

## Macluumaadka Muhiimka ah ee ku saabsan Ilaalinta:<sup>7</sup>

1. Ilaalintu waa inay ahaato fursadaha ugu dambeeya ee la tixgeliyo.
  - a. **Maskaxiyan** macnaheedu waa in qofku leeyahay halis weyn oo ah inuu daryeelo baahidiisa caafimaad, nafaqada, nabdoonaanta jirka, xaaladda nololeed, ama maareynta dhaqaalaha gaarka ah ama hantida.
  - b. Iyada oo ku xiran baahida taageerada qofka weyn, fursadaha kale ee loo maro ilaalinta ayaa noqon kara mid ku habboon.
  - c. Si aad u ogaato wax badan oo ku saabsan fursadaha kale, booqo Gargaarka Sharciga ee Washington iyo raadinta [Alternatives to Guardianship for Adults](#).
2. Qofka mas'uulka ah wuxuu noqon karaa xubin qoyska ka tirsan, saaxiib, ama shakhsi kasta ama hay'ad kasta oo maxkamad u magacaabo.
3. Qofka raba inuu noqdo mas'uulka waa inuu buuxiyaa [guardianship training](#)<sup>8</sup>. Ka hubso maxkamada degmadaada!
4. Dhammaan wakiilada waa in ay ogolaadaan maxkamadda, iyo masuuliyadaha go'aan qaadashada wuxuu ku xirnaan doonaa inta taageerada qofka weyni u baahan yahay inuu sameeyo go'aano habboon<sup>9</sup>
5. Sharciyada ku saabsan ilaalinta waxay ku kala duwanaan karaan gobolka ilaa gobolka. Ka hubi maxkamada degmadaada!<sup>10</sup>
6. Si aad u hesho biilka ama qareen qiimaha jaban ah, booqo <https://waweblawyer.org/> oo riix "Caawin."
  - a. Si aad u hesho caawinaad sharciyeed oo ku qoran luuqado kala duwan: **Northwest Justice Project: 1-888-201-1014** or <https://nwjustice.org/get-legal-help>
7. Xisbiyada is-matalaya waxay lahaan karaan [the courthouse facilitator](#) fiiri waraaqaha masu'liyada ee dhamaystiran oo lacag ah. Si kastaba ha ahaatee, fududeeyayaasha maxkamaddu MA BIXIYAAN talo sharci.
8. Ka codso turjubaan maxkamada sida ugu dhakhsaha badan marka waqti lagu qabto.

<sup>7</sup> Vinning (2012). *Waxyaabaha Badelka Ilaalinta Dadka Waaweyn*.

[www.washingtonlawhelp.org/resource/alternatives-to-guardianships-for-adults](http://www.washingtonlawhelp.org/resource/alternatives-to-guardianships-for-adults)

<sup>8</sup> RCW 11.88.020

<sup>9</sup> The Arc of Washington (2007). *Waa maxay Mas'uulnimada?* <http://arcwa.org/library/guardianship>



# NOLOSHA DUGSIGA SARE KA DIB

Ammaanka Maaliyadeed ee Dadka Waaweyn ee u baahan gargaarka Khaaska ah

## Muxuu yahay Sanduuqa Dhaqaalaha ee DDB-da DD ee Gobalka WA?<sup>11</sup>

kalsooni ahaan, Sanduuqa Taageerada ee Gobolkan Washington waxay qoysaska u suuragelisaa inu midkood furto ama Qaybta Sadexaad Qaadashada baahiyaha khaaska ah ku kalsoon yihiin qiimaha ugu yar. Shakhsiyaadka waa inay la yimaadaan saddex shuruudood xilliga isqorista barnaamijka:

1. Degenaanshaha Gobolka Washington,
2. Waa inuu la yimaadaa sharaxaadda gobolka ee "Koritaanka Baahida Gargaarka Khaaska ah" by Maamulka Korriinka Gargaarka Khaaska ah(DDA),iyo
3. Ka yar da'da 65 sano.

Wax badan kabaro oo ku saabsan Sanduuqa Dhaqaalaha ee WA DD: **1-888-754-8798** ama <http://ddetf.wa.gov/>



## Macluumaadka Muhiimka ah ee lagu ogaanayo Sanduuqa Maalgelinta DD

1. Shakhsiyaadka waa inay la yimaadaan saddex shuruudood xilliga isqorista barnaamijka:
  - a. Degenaanshaha Gobolka Washington.
  - b. Waa inuu la yimaadaa sharaxaadda gobolka ee "Koritaanka Baahida Gargaarka Khaaska ah" by Maamulka Korriinka Gargaarka Khaaska ah(DDA)
  - c. Ka yar da'da 65 sano.
2. DD Trusteeshinka wuxuu dadka ka-faa'iideystayaasha u ogolaanayaa in ka badan \$ 2,000 si loo isticmaalo mustaqbalka oo aan lumin dakhliga kabitaanka aminigu(SSI) iyo Medicaid,
3. DDdu wuxuu awood siinayaa qoysaska in ay furaan baahida aaminaad khaaska ah ee kharashka ugu yar ah.
4. Waxay bixisaa shabakad amaan si aad u bixiso adeegyada haddii ay tahay qof u baahan gargaar khaas ah waxay lumisaa adeegyo sababtoo ah miisaaniyad dhimis iyo isbedel siyaasadeed.

**WA DD Endowment Trust: 1-888-754-8798** or [www.ddlot.org](http://www.ddlot.org)

<sup>11</sup> WA DD Endowment Trust Fund: <http://ddetf.wa.gov/>





# NOLOSHA DUGSIGA SARE KA DIB

Ammaanka Maaliyadeed ee Dadka Waaweyn ee u baahan gargaarka Kahaaska ah

## Maxay tahay Hirgelinta Xisaab Hab-nololeedka Khibrada wacan?

Xisaabaadka Sharciga ee ABLE waa is-maamul, taas oo macnaheedu yahay inaysan u baahnayn wakiil ama maareeyaha sanduuqa maalgelinta. Si la mid ah kalsoonida baahida gaarka ah, kaydinta Xisaabaadka Xeerka ABLE lama xisaabi karo marka la go'aaminayo u-qalmitaanka SSI iyo Medicaid ilaa iyo inta qiyaasta aysan ka badneyn xaddi.

## Macluumaadka Muhiimka ah ee ku saabsan Xisaabaadka ABLE <sup>12</sup>

1. Shakhsiyaadka waxay u baahan yihiin inay buuxiyaan shuruudaha:
  - a. Hadii aad u baahan tahay gargaar khaas oo aad u daran oo ka hor inta aadan gaarin da'da 26 jirka..
    - i. shaqsiyaadka qaata SSI iyo / ama SSDI ayaa xaq u leh si loo dhiso xisaab ABLE ah ilaa inta ay la imanayaan shuruudaha da'da.
    - ii. Shakhsiyaadka uqalma uma baahana inay kayaraadaan da'da 26 si ay u furtaan xisaabta ABLE.
2. Shakhsiyaadka naafada ah iyo qoysku waxay ku darsan karaan xisaabta ABLE ilaa \$ 14,000 hal sanad canshuureed.
3. Marka xisaabta ABLE-ga ay ka badan tahay \$ 100,000, faa'idada SSI ee ka-faa'iideystaha ayaa la hakin doonaa ilaa xisaabtu ka hooseyso \$ 100,000.
4. Koontada ABLE waxaa loo isticmaali karaa "kharash garaadka u baahan gargaarka khaaska ah." Wax badan ka baro:<http://www.ablenrc.org/about/what-are-able-accounts>
5. Gobolka Washington ma laha barnaamij firfircoon sida 2017. Si kastaba ha ahaatee, shakhsiyaad iyo qoysasku waxay furan karaan xisaab iyagoo isticmaalaya barnaamijyada gobolada kale.
  - a. Qorshaha kaydiga Oregon ABLE:<http://oregonablesavings.com>
  - b. Si aad u ogaato macluumaadka hadajira, booqo Wargelinta Qoysaska:<http://informingfamilies.org/etf-able/>



<sup>12</sup> ABLE Xarunta Kaydka Qaranka:<http://www.ablenrc.org/about/what-are-able-accounts>

