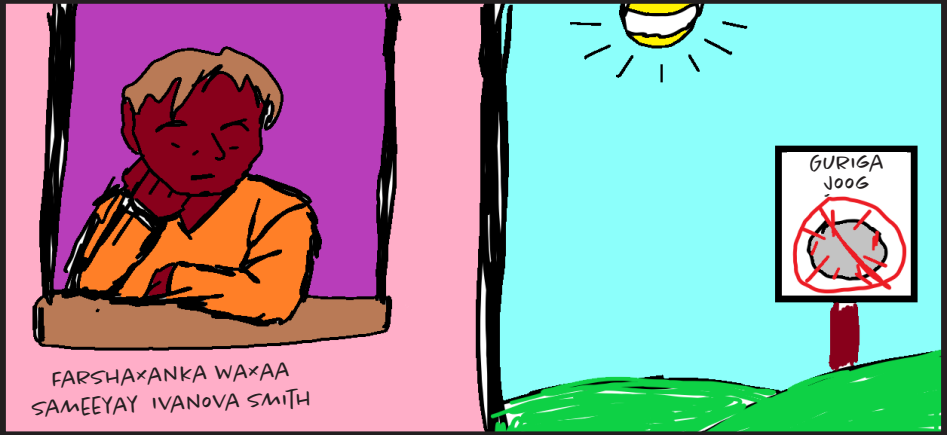


QORSHAHAYGA COVID-19-KA



GURIGA JOOG ISBADBAADI

Hadalka Tooska ah xilliga saf-marka cuduradka.

**Noloshu aad beey isku
badashay.**



Halkii laga aadi jiray shaqo ama iskool, ama munaasabadaha kale, dadkoo dhan waxaa la faray ineey guriga joogaan.



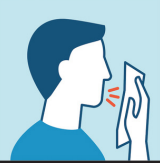
Dhaq gamcahaaga 20 ilbiriqsi.



Ha taabanin wajigaaga.



Ku qunfac safaleti ama xusulkaaga.



Yaan la wadaagin cunto ama maacuun.



Waxaad kaliya oo u baxdaa ballamaha

caafimaadka, dukaameysiga lagama maarmaanka ah, ama jimicsiga banaanka xaafadaada.



Dabool afkaaga iyo sankaga. Dadka u jirso ugu yaraan 6 dhudhun.



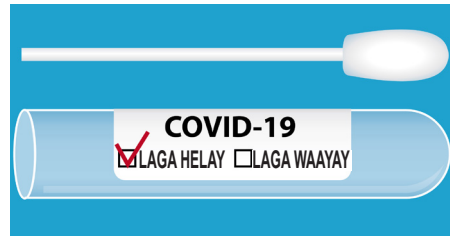
Hadii aad dhibsaneeyso taabashada xanafta, isku day in aad adeegsato qamaar ama maro jilicsan ood isku daboosho.

Cabirka lixda dhudhun waxeey u dhigantahay ilaa labo gaariigacanka dukaameysiga ama in ka yara badan labo gacmood oo isdaba yaal.

Maxaa dhacaya hadii aan xanuunsado?



Haddii dhaqtarkaagu u maleeyo inaad yeelan karto COVID-19, waxay dalbi doonaan baaris. Baarista waxaa lagu sameeyaa dheecaan laga soo qaadayo gudaha sankaa. Waxay qaadan kartaa maalmo in natiijada la helo. Kahor intaadan helin natiijooyinka.



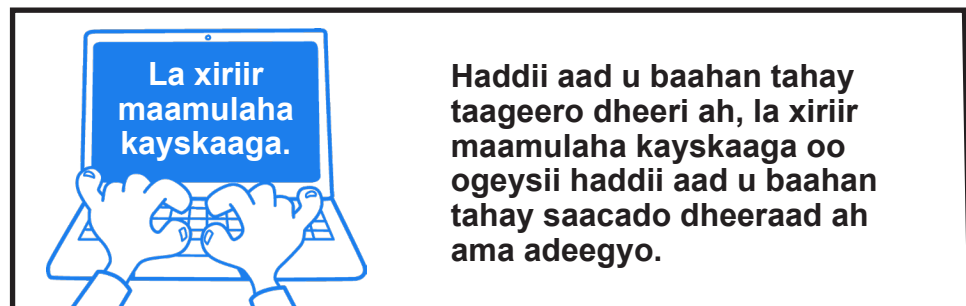
Intaadan natiijada helin kahor, waxaad u baahan doontaa inaad isku ilaaliso gurigaaga. Waxaa loo yaqaan “karantiil.”



Haddii baaritaankaagu noqdo waa laga helay ama boositiibo waa inaad isku karantiishaa gurigaaga ugu yaraan laba toddobaad.

Haddii aad guri la wadaagto dadka kale, waxaad u baahan doontaa inaad qolkaaga joogtid si kuwa kale uga ilaalisid inay jirraadaan.

Way adag tahay in laga fogaado kuwa kale, laakiin waxaa jira waxyaabo kaa caawin kara fududeynta:



Macluumaadka wada xiriirka iyo iska warqabka.

Xitaa Haddii dadka kale laga saaro, kuma qasbanid in aad kaligaa un marto xanuunkaan.



TEKNOLOJIYADA CAAWINTA

Adeega Technoolijiyada Caawinta (Haddii aad heeysato DDA IFS ama Basic Plus Waiver, ama Community First Choice) dshs.wa.gov/dda

Barnaamijka qaybinta Teknoolijiyada oo loo yaqaan (TED) informingfamilies.org/ted

DHAQDHAQAAQYADA KHADKA

Comcast Internet Essentials. Bishii wuxuu u noqonaya. \$9.95 oo lagu daray canshuuraadka dadka qaata caawinta guriyeynta, Medicaid, SNAP, SSI iyo Adeegyada kale ee dadka taagta daran: internetessentials.com

Casharo farshaxan oo bilaash ah: youtube.com/c/wildfreeandcrafty

Netflix Watch Party: netflixparty.com

Tiny Desk Concerts: npr.org/series/tiny-desk-concerts

Dalxiis madxafka oo aragti ah: artsandculture.google.com/project/streetviews

YMCA ee aad guriga joogto: ymca.net

ISKU XIRKA BULSHADA

Best Buddies Washington: bestbuddies.org/washington

People First of Washington: peoplefirstofwashington.org

Special Olympics: specialolympicswashington.org

Si aad u hesho ilo iyo fikrado dheeri ah oo laxiriira, booqo: informingfamilies.org/covid-resources

Waxaa jira xanibaado cusub laakiin weli xuquuq ayad leedahay.

Intii lagu guda jiray dillaaca COVID-19, gudoomiyaha gobolka wuxuu dejiyey sharciyo cusub oo la rajeeynayo in dadku caafimaadkooda lagu ilaaliyo.

Haddii aad wax su'aalo ah ka qabtid xannibaadaha cusub waxaad weydiin kartaa maamulaha kayskaaga ama dhakhtarkaaga.

Xitaa iyadoo ay jiraan xanibaadahan, weli **WAXAAD LEEDAHAH XUQUUQ.**



Xuquuqdaada waxaa ka mida ah:

Xaquuqda inaad badqabto.

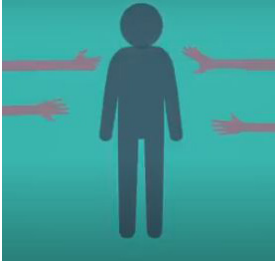
Xuquuqda inaad xor ka tahay xadgudub iyo dayac.

Xuquuqda aad u leedahay inaad la xiriirto Maareeyaha Kiiskaaga DDA haddii aadan ku faraxsaneyn karin taageerooyinka iyo adeegyada aad hadda haysato, ama haddii aadan ku faraxsanayn taageerada aad helayso.

Haddii aad la kulanto waxyaabahan waa astaamaha xadgudubka, dayaca iyo kafaaidaysashada.

WAXYEELADA OOGADA

Marka qof wax kugu dhufto, ku riixo, ama kukala tuuro.



WAXYEELADA DAREENKA

In lagugu yeero magacyo meel ka dhac ah, ama lagugu sameeynayo dhibaato kalsoonidaada hoos u dhigeysa.



FARA-XUMEYN

In laga taabta jirkaaga ama cawradaada adigoonan rabin.



LUNSASHADA HANTIDAADA

LACAGEED In laga qaato hantidaada, ama lagu cadaadiyo inaad bixiso lacagtaada ama hantidaada.



DAYACAAD

Haddii qof uu ku dayaco halkii ay kaa caawin lahaayeen in ay ku siiyaan taageerada aad ugu baahantahay nafsadaada.

Maxaad sameeyn kartaa haddii lagu faraxumeeyay, dayacay, ama lagaa fa'iideystay:



Wac ENDHARM at 1-866-363-4276 ama ka gal Khadka si aad u cabato.

dshs.wa.gov/report-abuse-and-neglect.

Fariintaada waxaa loo dirayaa hay'adaha ugu haboon, sida Adeegyada Badbaadinta Dadka waweeyn (Adult Protective Services (APS)) ama Adeegyada Daryeelka Deegaanka (Residential Care Services (RCS)).



Haddii aadan hubin in xuquuqdaada lagu xadgudbay iyo inkale, oo aadan ku jirin halis deg deg ah, wac Xafiiska Developmental Disability Ombuds: 1-833-727-8900



Haddii aad halis ku jirtid wac 9-1-1.

Macluumaadka Ammaanka iyo Xuquuqaha

ENDHARM: 1-866-363-4276

Lambarkan bilaashka ah ee loogu talagalay soo tebinta walaacyada ku saabsan ilmaha ama qof weyn oo taagta daran ayaa shaqeeya 24-ta saacadood, 7 maalmood usbuucii.

Aging & Long-Term Support Administration (ALTS):

dshs.wa.gov/altsa (guji astaanta "tabi waxyeelada dadka waaweyn;)

Disability Rights Washington (DRW): disabilityrightswa.org

DRW waa hay'ad aan faa'iido-doon ahayn oo ilaalinaysa xuquuqda naafada gobolka oo dhan.

Office of Developmental Disability Ombuds: ddombuds.org.

DD Ombuds waxay bixisaa wax-ka-qabashada cabashada ku wajahan dadka deeganka ah waana heerka ugu hooseeyo.

Qorshahayga Caafimaadka Oogada iyo Maskaxda

Siyaabaha aad u ilaalin kartid Caafimaadka oogada:

Si aan u caafimaad qabo, waxaan u baahanahay caawinaadda:

- Gacmahaaga nadiifi
- Nadiifi meelaha la taabto gurigaaga
- Sameeyso oo xiro marada wajiga lagu daboolo ama maaskalo.
- Is bar inaad dadka meel badbaado ah u jirsatid.

Siyaabaha aan u daryeeli karo caafimaadkeeyga qalbiga iyo maskaxda:

- La hadal saxiibadaa iyo qaraabadaada
- La hadal dakhtarka cilmi nafsiga
- Jimicsi samee
- Iskala bixin/yoga/Neefsasho
- Dhageeyso muusik aad jeceshahay
- Muqaal keydin
- Wax kale _____

Waxaan u baahanahay caawimaad sii aan ula qabsado is bedeladaan:

- Si aan dareenkeyga usoo bandhigo
- Si aan usoo gudbiyo dookheeyga
- Si aan u bilaabo jadwal aniga ii shaqeeya
- Si aan usoo iibsado cuntada iyo cabitaanada aan jeclahay
- Wax kale _____

Qorshahayga Caafimaadka Oogada iyo Maskaxda

Cuntooyinka iyo cabitaanda aan jeclahay:

Dadka an jeclahay inaan la xiriiro:

Sidee baan ula xiriiri karayaa (taleefoon, fariin, muuqaalka laisku waco, Facebook, Zoom, Skype):

Si aan ula xiriiro, Waxan u baahanahay Caawimaad:

- Inaan qof waco
- Khatka isku xiro
- Qaraabada iyo saaxiibada khadka kula xiriiro
- Kullan Khadka ah sameeyo iyo dadka kale casuumo
- Hawlo ama jimicsi cusub is baro
- Si aan u barto Isticmaalka aaladaha iyo adegyada
- Wax kale _____

Qorshahayga is badbaadinta

YAAN KALA HADLI KARAA DHIB, DAYAC, AMA KA FAA'IDEYSI?

- Qof aan ku kalsoonahay. Magacoodu waa: _____
- Kays hayaha keeyskeeyga ee DDA. Lambarkoodu waa: _____
- ENDHARM/Adeega Badbaadinta Dadka waaweeyn
- 9-1-1
- Xafiiska Naafooyhinka Koriinka

SIDEEN ULA XIRIIRAYAA?

- Qof ahaan
- Taleefoon. Lambarkoodu waa _____
- Khadka ama email

MAXAA ORANAYAA?

Qorshahayga is badbaadinta

MAXAA DHACAY?

YEY KU DHACDAY?

GOORMEEY DHACDAY? _____

YAA SAMEEYAY? _____

MA QOF KALE AYAA JOOGAY MEESHA? _____

SIDEEN DAREEMAYAA (JIR AHAAN, MASKAX AHAAN)?

Qorshahayga is badbaadinta

MACLUUMAAD KALE?

WAXAAN FILANAYO IN AY DHACAAN?

- In aan badqabo
- Inaan ka tago xaladan
- Qof ha isoo booqdo _____saacada maalinkii/asbuuca/
bishii.
- Qof cusub oo I caawiya
- Caawimaadda ha la ii badiyo
- Lahadal qareen (u doode)
- Baro sidaad isku illalin lahayd
- Wax kale _____

Qorshahayga is badbaadinta

Dadka aan la xiriiiray:

#1

Magaca: _____

Jagada: _____

Hay'ad ama deegaan: _____

Goormaan la xiriiiray?

Maalinka iyo Bisha: _____

Wakhtiga: _____

Miyaad la hadashay mise fariin ayaad u reebtay?

- Waan la hadlay
- Farriin ayaan u dhaafay
- Email baan u diray

Maxaay igu yiraahdeen?

Maxay yihiin tilaabooyinka xiga?

Qorshahayga is badbaadinta

Dadka aan la xiriiray:

#2

Magaca: _____

Jagada: _____

Hay'ad ama deegaan: _____

Goormaan la xiriiray?

Maalinka iyo Bisha: _____

Wakhtiga: _____

Miyaad la hadashay mise fariin ayaad u reebtay?

- Waan la hadlay
- Farriin ayaan u dhaafay
- Email baan u diray

Maxaay igu yiraahdeen?

Maxay yihiin tilaabooyinka xiga?

Qorshahayga is badbaadinta

Dadka aan la xiriiiray:

#3

Magaca: _____

Jagada: _____

Hay'ad ama deegaan: _____

Goormaan la xiriiiray?

Maalinka iyo Bisha: _____

Wakhtiga: _____

Miyaad la hadashay mise fariin ayaad u reebtay?

- Waan la hadlay
- Farriin ayaan u dhaafay
- Email baan u diray

Maxaay igu yiraahdeen?

Maxay yihiin tilaabooyinka xiga?

Qorshahayga is badbaadinta

Dadka aan la xiriiray:

#4

Magaca: _____

Jagada: _____

Hay'ad ama deegaan: _____

Goormaan la xiriiray?

Maalinka iyo Bisha: _____

Wakhtiga: _____

Miyaad la hadashay mise fariin ayaad u reebtay?

- Waan la hadlay
- Farriin ayaan u dhaafay
- Email baan u diray

Maxaay igu yiraahdeen?

Maxay yihiin tilaabooyinka xiga?

Buugaan ku saabsan sida looga hadlo
COVID-19 waxaa sameeyay Informing
Families oo kaashaneysa Xafiiska
Gobolka ee Washington State Office of
Developmental Disabilities Ombuds.



Mahad gaar waxay u sugnaatay
Ivanova Smith oo farshaxanadooda
la isticmaalay lagana tashaday
macluumaadka.



INFORMINGFAMILIES.ORG

Haya'da wargelinta qoysaska (Informing Families) waa adeegyo ay bixiso gobolka iyo xafiiska Washington State Developmental Disabilities Council, oo kaashaneysa Washington State Developmental Disabilities Administration.