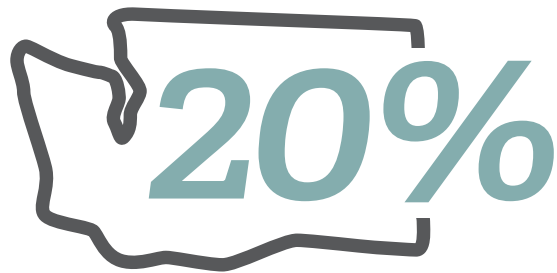


## Waayo CYSHCN?

### CYSHCN waa carruurta:

- **Qaba ama qabi kara\*** xanuunnada daran ee jirka, kobaca, dabecada, ama caafimaadka dhimirka
- U baahan caafimaad iyo adeegyada la xariira ee **nooc ama cadad ka badan kan ay u baahan yihiin** carruurta si guud



20% carruurta ku dhaqan gobalka Washington ayaa qaba baahiyaha gaarka ah ee daryeelka caafimaadka



## Taasoo ah hal **kamid ah shantii ilmood ba!**

19.7% carruurta jira 0-17 sano ayaa qaba baahiyaha gaarka ah ee daryeelka caafimaadka

**Isha Xogta:** 2019-20 Xog Aruurinta Qaran ee Caafimaadka Carruurta, Maamulka Khayraadka iyo Adeegyada Caafimaadka, Laanta Caafimaadka Hooyada iyo Ubadka

\*aad khatar dheeraad ah ku jirto sababo la xariira xaalado u dhalasho (sida xanuun hide sidaha ah) ama kuwo bii'oo oo la xariira qaadista xanuun dabo dheeraada

## Qofkee iga caawin kara inaan fahmo adeegyada?

### Waxaan iskaashi laleenahay:

### Iskuduweyaasha CYSHCN ee maxaliga ah

oo u dooda qoysaska gacana kageysta inay xiraaan khayraadka iyo daryeelka ay u baahan yihiin. [Waxay gacan kageysan karaan \(Ingiriis keliya\)](#) inay kugu xiraaan:

- Caymiska
- Caawimaada dhallaanka
- Khayraadka baahiyaha aan la daboolin
- Adeegyada la xariira naafada
- Adeegyada baxnaaninta iyo taqasuska

### Laynka Tooska ah ee Help Me Grow Washington 1 (800) 322-2588

Ma qabtaa su'aalo kusaabsan tallaalka baahiyaha caafimaadka ama kobaca ee cunugaaga? Wac Laynka Tooska ah ee WithinReach Help Me Grow Washington si aad ula hadasho hagaha qoyska una hesho jawaabo! Wuxuu sidoo kale kaa caawin karaa inaad hesho khayraadka bilaashka ah ama qiimaha jaban oo aad ka helayso deegaankaaga, sida:

- Taageerada qoyska iyo ilmaha walaalaha ah
- Khayraadka kalaguurka dhallinta qaangaaraysa
- Fursadaha isdhexgalka iyo dalxiiska
- Xogta adeegga nasinta ah
- Baaritaanka koritaanka
- Daryeelka caafimaadka
- ...iyo waxyaabo kale!

Caawimaad ka raadi barta oonleena ah [www.ParentHelp123.org](http://www.ParentHelp123.org) (Ingiriis keliya)

### Cabirka Taageerada ee CYSHCN

Iimeelka [CYSHCN@doh.wa.gov](mailto:CYSHCN@doh.wa.gov) si aad ula xariirto shaqaalaheena

Si aad dukumiintigaan oo qaab kale ah u codsato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)

## Barnaamijka Children & Youth with Special Health Care Needs (CYSHCN, Carruurta iyo Dhallinta Qaba Baahiyaha Caafimaadka ee Gaarka ah) ee Gobalka Washington



### Yoolkeena

Dhammaan CYSHCN iyo hoysaskooda ayaa kamid ah, ka qaybgala, kuna hormaraaya bulshooyin leh nidaamyo isku dhafan, oo la heli karo kuwaasoo qaab siman u taageeraaya kobaca caafimaadka jirka iyo maskaxda, koriimada, faya qabka bulshada iyo dareenka carruurta

[doh.wa.gov/CYSHCN](http://doh.wa.gov/CYSHCN)



DOH 970-108 February 2022 Somali

# Hogaanka Qoyska, Wada shaqaynta, iyo Iskaashatada Taageerada

# Iskaashatada Daryeelka caafimaadka

# Ilaha kale ee Qoysaska



## Partnerships for Action, Voices for Empowerment (PAVE) (Ingiriis keliya)

Barnaamijyada kaladuwan ee PAVE ayaa caawiya qoysaska:

- [Family to Family Health Information Center \(Wuxuu adeegsadaa Turjumaada Google\)](#) ayaa kaa caawin karta helitaanka khayraad aad ku bixinayso qarashaadka baahyaaha caafimaadka
- [Lifespan Respite WA \(Wuxuu adeegsadaa Turjumaada Google\)](#) waxay maalgelisa adeegyada nasinta (nasiinada muddada kooban) oo loo sameeyo daryeel bixiyaasha
- [Parent Training and Information \(PTI, Tababarka iyo Xogta Waalidka\) \(Wuxuu adeegsadaa Turjumaada Google\)](#) waxay taageertaa ardayda naafada ah
- [Specialized Training of Military Parents \(STOMP, Tababarka Qaaska ah ee Waalidiinta Militariga katirsan\) \(Ingiriis keliya\)](#) waxay taageertaa qoysaska milatariga ku jira

## Barnaamijyada Parent to Parent (P2P) (Ingiriis keliya)

Parent to parent (P2P, taageerada ay waalidiintu siinayaan waalidiinta kale) ee degmo kasta ayaa wadaagga:

- Taageerada fool ka foolka ah ee dadka isku xaalada ah iyo kooxaha dareen wadaagga
- Xogtii ugu danbeysay iyo tababar
- Waxay gacan siiyaan barnaamijka tababarka ay dadka isku xaalada isa siiyaan
- Barnaamijyada isku hiilinta ee walaalaha carruurta CYSHCN
- Khayraad iyo iskuxir

## Washington State Fathers Network (WSFN)

Washington State Fathers Network (WSFN, Shabakada Aabayaasha Gobalka Washington) waxay siisaa nashaadaad iyo munaasabado aabayaasha iyo daryelayaasha ragga ah

## Wargeyska Washington State Leadership Initiative (WSLI) (Wuxuu adeegsadaa Turjumaada Google)

Wargeyska Washington State Leadership Initiative (WSLI, Hindisaha Hogaaminta Gobalka Washington) wuxuu ku xiraa qoysaska carruurta CYSHCN nashaadaadka, munaasabada, tababarada oonleena ah, shirarka, tababarka, fursadaha tabarugaada iyo shaqada, iyo khayraadka.

[Iska diiwaan geli Wargayska WSLI Ingiriis keliya](#)



## **Shabakada Nafaqada ee CYSHCN**

[Shabakada Nafada \(Ingiriis keliya\)](#) waxay taageertaa adeegyada nafaqada ee carruurta CYSHCN iyo qoysaskooda. Waxaad heli kartaa dhakhtarka nafaqada cuntada ku taqasusay oo qaba tababar qaas ah oo la aqoonsan yahay (RDN) ama [kooxda quudinta bulshada \(Ingiriis keliya\)](#).

## **Neurodevelopmental Centers ee Hormarinta (NDCs)**

[Neurodevelopmental Centers \(NDCs, Xarumaha Hormarinta Maskaxda\) \(Ingiriis keliya\)](#) waxay baxshaan baxnaaninta shaqada jirka, hadal barista, baxnaaninta jirka, iyo adeegyada kale ee taageerada ah. NDCs waxay badanaa iskaashi la sameeyaan iskuduleyaasha maxaliga ah iyo daryeel bixiyaasha kale.

## **Maxillofacial Review Boards**

[Maxillofacial Review Boards \(MFRBs, Guddiga Dib u eegida Qalliinka Wajiga\) \(Ingiriis keliya\)](#) waxay xaqiijiyaan in adeeg bixiyaashu ay qorsheeyaan ayna fuliyaan daawayn si wanaagsan loo agaasimay oo la siiyo Carruurta faruuran/sanka iyo afku isku furan yahay.

## **Mashruuca Iskaashiyada Xarumaha Caafimaadka**

Booqo [medicalhome.org \(Ingiriis keliya\)](#) si aad xog dheeraad ah uga hesho sida aad ku noqon karto iskaashade wayn oo la shaqeeya dhakhtarka cunugaaga iyo xubnaha kale ee kooxda daryeelka ilmahaaga.

[Wargelinta Qoysaska \(Wuxuu adeegsadaa Turjumaada Google\)](#) – Waxay bixisaa xog iyo khayraad si looga caawiyo dadka qaba naafada kobaca inay nolol buuxda ku noolaadaan.

[Early Support for Infants & Toddlers \(ESIT, Taageerada Xiliga Hore ee Saqiirada iyo socod baradka\) \(Ingiriis keliya\)](#) – waxay adeegyada caawimaada carruurta siisaa carruurta markay dhashaan ilaa da'da 3 sano jir ee qaba dib u dhacyada kobaca ama naafada.

[Developmental Disabilities Administration \(DDA, Maamulka Naafada Kobaca\) \(Ingiriis keliya\)](#) – Wuxuu bixiyaa adeegyo iyo barnaamijyo ay ku jiraan daryeelka shaqsigaa ah iyo adeegyada nasinta.

[Office of Superintendent of Public Instruction \(OSPI, Xafiiska Maamulaha Guud ee Casharada Dugsiyada Dawlada\)](#) – Adeegyada dibada ee degmada dugsiga.

[Office of the Education Ombuds \(OEO, Xafiiska Dhex-dhexaadiyaha Waxbarashada\)](#) – Wuxuu xog ka siiyaa uuna ka caawiya degmooyinka dugsiga xalinta khilaafaadka.

[The Arc \(Ingiriis keliya\)](#) – Wuxuu u dooda xaquuqaha dhammaan dadka naafada dhimirka iyo nafooyinka kobaca qaba. **Laamaha maxaliga ah (Ingiriis keliya)** waxay xog siiyaan qoysaska.

[Developmental Disabilities Council \(DDC, Gudiga Nafooyinka Kobaca\) \(Ingiriis keliya\)](#) – Wuxuu qorshe u sameeyaa lana sameeyaa dadka qaba naafada kobaca iyo qoysaskooda.

[DD Ombuds](#) – Wuxuu aruuriyaa uuna baaraa cabashooyinka ay keenaan dadka adeegsada adeegyada nafooyinka kobaca.

