

## Halka Laga Helo Caawinaad

MN Children with Special Health Needs  
[www.health.state.mn.us/mcshn](http://www.health.state.mn.us/mcshn)  
651-201-3650  
1-800-728-5420

Help Me Grow  
[www.health.state.mn.us/divs/fh/mcshn/ecip.htm](http://www.health.state.mn.us/divs/fh/mcshn/ecip.htm)  
1-866-693-4769

PACER  
<http://www.pacer.org>  
952-838-9000

Autism Society of Minnesota  
[www.ausm.org](http://www.ausm.org)  
651-647-1083

The ARC of Minnesota  
<http://www.thearcofminnesota.org>  
651-523-0823

Somali American Autism Foundation  
P.O. Box 6451  
Minneapolis, MN 55406  
612-216-3677  
<http://www.saafmn.org>

Minnesota Parents Know  
<http://parentsknow.state.mn.us/>



AUTISMKA  
(Autism)

## Warbixin la Siinayo Waalidka

Sida ugu dhakhsaha badan  
waa in aad ula hadashaa  
dhakhtarka ilmahaaga oo  
si joogto ah ula tashataa



Minnesota Children with Special  
Health Needs

Haddii aad howlo caawinaad ah  
u baahan tahay la xiriir:

Telefoonka bilaashka: 1-800-728-5420  
Deegaanka magaalada: 651-201-3650  
TTY: 651-201-5797


<http://www.health.state.mn.us/mcshn>



85 East Seventh Place  
P.O. Box 64882  
St. Paul, MN 55164-0882

*Haddaad u baahantahay koobi qoraalkan ah,  
waxaad ka heli kartaa:  
[www.health.state.mn.us/ommh/projects/autism/  
index.cfm](http://www.health.state.mn.us/ommh/projects/autism/index.cfm)*

*Haddaad codsato qoraalkan, waxaad heli kartaa  
iyadoo noocyo kale ah sida qoraal far waaweyn  
ku qoran ama cajalad la dhageysto ah.*

 Waxaa lagu daabacay waraaq  
dib loo warshadeeyey.

## Rajada

Caruurta qaba autismka haybo dheeraada ayay yeelan karaan. Marxalado aad u adagna waa ay yeelan karaan.

Dad badan oo qaba autismka, waxey ku nooladaan nolol caadi ah, waxey ka qalin jebiyaan jaamacadaha oo waxey yeeshaan reer iyo carruur.

Sida ugu dhakhsaha badan marka caawinaad loo helo, fursadda mustaqbalkuna waa ka sii wanaagsantahay.

## Waa Maxay Autismka?

Autismku waa mid ka mid ah cilladaha loo yaqaan Cillaadaha Autismka (ASD).

Cilladaha kale ee ASDs waxaa ka mida:

- Cudurka Asperger (Asperger's Syndrome)
- Cudurrada Daahiyaha Koritaanka – Khaas ahaan La Magacaabin (Pervasive Developmental Disorder - Not Otherwise Specified)

Autismku waxuu wax u dhimaa sida ay ilmahu ula xiriiraan ama ula dhaqmaan dadka kale. Ilmaha autismka qaba waxa ay yeelan karaan dhaqamo ka duwan ilmaha kale, ama waxaa lagu arkaa in ay aad u yaryahiin waxyaabaha ay daneeyaan.

## Waxyaalaha Xaqiiqada ah ee Autismka ku Saabsan

- Autismka waa xaalad aduunka oo idil laga helo oo ka jirta.
- Autismku uma kala soocna dadka lacagta leh iyo dadka kale.
- Autismka uma kala soocna caruurta waaldika wax bartay iyo kuwa aan wax baran.
- 150 kii ilmoodba mid ayaa qaba autismka.
- 4 il'aa 5 jibaar ayuu autismku wiilashu kaga badan yahay gabdhaha.

- Waxaa baaris lagu ogaaday, in wanaaga dambe ku xiran tahay sida ugu dhaqsaha badan ee aad ku hesho cawimaad.
- Inta badan astaamaha autismka waxaa ilmaha lagu arkaa inta aysan gaarin sadex sanadood.

## Calaamadaha Autismka

Calaamadaha autismka waxey ku xiranyihiin da'da ilmaha.

Ilmaha yar ee autismka qaba waxa laga yabaa:

- Awoodin dhool caddayn badan marka ay gaaraan lix bilood.
- Lahayn dhawaaq ama waji ka hadal ay la wadaagaan dad kale marka ay jiraan sagaal bilood.
- In aysan tilmaan bixin karin ama gacanta luli karin sida iyagoo qof salaamaya marka ay gaaraan 12 bilood.
- In ay lumiyaan kartida hadalka ayna iloobaan kelmado ay horey u yiqiineen.

Ilmaha waawayn ee autismka qaba waxaa laga yaabaa:

- Dhawaaq cod dheer oo aan caadi ahayn ayay sameeyaan.
- Dhaqdhaqaaq isku mid ah ayay ku celceliyaan.
- Way caroodaan marka ay waayaan waxa ay u barten.
- Dhibto iftiinka, shanqarta, urka ama taabashada.
- Leeyihiin doorashooyin qaab daran ee cuntada.

## Maxaa Sababa Autismka?

Mararka qaarkood, autismka waxaa sabab u noqon kara dhibaato caafimaad darro. Laakiin inta badan sababta lama yaqaan.

## Sidee Lagu Ogaadaa Xaaladda Autismka?

Ogaanshaha xaaladda autismka way adagtahay, waxeyna qaadataa dhowr talaabood, dhiig baarisna laguma ogaan karo.

Tallaabada u horeysa waa dhakhtarada iyo barayaasha in ay la hadlaan waalidka, si warbixin loo helo.

Koox aqoonyahano ah oo ku takhasusay culunta waxbarashada iyo caafimaadka ayaa sheegi kara ilmaha qaba autismka. Aqoonsashada ilmaha autismka qaba ayaa u baahan in qubaro khaas ah iyo qaab lagu eegaba. Waxa uu ilmaha iskiisa u samayn karo, sida marka uu ilmaha da'diisa ah iyo dadka waawayn u la dhaqmo. Dhakhaatiirta iyo dadka u leh khibrada autismka ayaa isticmaala macluumaadkaas si ay u cadeeyaan in ilmuhu qabo autism.

Haddii ilmahaaga autismka ay ku cadeeyaan aqoonyahanadda waxbarashada, waxaa muhiim ah in loo geeyo aqoonyahanadda caafimaadka oo ay ku cadeeyaan autismka. Dhaqtarka ilmahaaga waxa uu u baahanyahay macluumaadkaas si uu u siiyo daryeelka ugu fiican.

## Daawaynta

Autismka daawo ma laha. Daryeelka iyo caawimaadda dhaqanka ayaa si xooggan u saacidi kara in uu ilmuhu helo fursad iyo mustaqbal wanaagsan. Faa'idada ilmuhu waxay ugu jirtaa in inta ay aad u yaryihiin la geeyo meelaha lagu daryeelo.

Weydii dhaqtarka ilmahaaga in uu kuu diro kuwa soo socda midkood:

- Aqoon kororsiga iyo ka caawinta dabciga
- Daawoyinka
- Barista hadalka iyo siduu ilmuhu wax u qabsan lahaa
- Talaabooyin kale ee daaweynta