NIHR | Applied Research Collaboration West

Maxaa dhicikara hadii aan umaleeyo ilma haygu haduu leeyahay autism?

Hadii aad umalaynayso in ilmahaagu uu leeyahay autism, waa waxtar hadii la xaqiijiyo in uu qabo autism, waayo taasi waxa ay keenaysaa in ay caawimo badan ilmuhu helo. Waa caadi in aad ka warwarto waxa dhici kara.

Hayado badan hadii ay kula soo xidhiidhaan ilka haaga waa wareer, laakiin hayada ha kala duwan ee caafimaad ku adiga iyo ilmahaba way idin caawinayaan, si ilmuhu u wax ubaran karo, dadkaa oo ayka mid yihiin:

- Dhakhtaro
- Dhakhtarka u qaabilsan caruurta
- Qolada uqaabilsan, in ay caa wiyaan dadka hadalku ku adag yahay
- Dhakhtarada u qaabilsan madaxa
- Qolada caawisa dadka shaqada malinimo ku adagtahay
- Neerasta u qaabilsan i ay booqato caruurta iyo reerahooda guryaha

Waa mihiin in dadkan warbixin buuxda aad siiso, adiga ayaa ilmahaaga garanaya. Runta kasheeg, si caawimo dhab ah uhesho. Marka baadhitaanadu dhamaadaana, waxa aad ogaanaysaa ilmahaagu in uu autism leeyahay iyo in kale. Meel walba oo aduunka aad kaga nooshahay ba waad lahadli kartaa bahda caafimaadka hadii aad ilmahaaga ha warwarsan tahay.

Talaaboyin faa ido ah:

1. Ha ilaawin in adiga iyo ilmahaagu toona autism aanay keenin
2. Isku day waa yeelka ilmahaaga ka agdhow in aay fahmaan
3. Isku day in aad ilmaha maalintiisa aad u dajiso

bit.ly/SomaliAutismFilms

Waxa anu wada samaynay filmkan Autism Independence