



**Hadii fahanku kugu adag yahay,  
waxa aad xaq uleedahay sanadkii  
ba mar in bilaash caafimaad  
kaaga la baadho si buuxda.**



## **Waa maxay Sanad baadhida caafimaadku?**



Sanad Baadhida  
Caafimaadka waxa  
loogu tala galay dadka  
fahanku ku adagyahay.



Cidkasta oo kawayn  
afaryo toban jir (14yrs)  
ah ama kawayn oo  
fahanku ku adag yahay  
waxa uu xq u leeyahay  
Caafimaad baadhid.



Caafimaad baadhida  
waxa laga buukin  
garaystaa balan  
samaysi GP gaaga  
sanad kii mar.



Waana Wawa loogu  
tala galay in qof  
caafimaadkaad aad  
ahaato, ku ogato  
kana hesho difaac  
sanad baadhida.

## **Is duwaan gali hadii fahanku kugu adagyahay.**



Is diwaangali  
sanadkasta isbaadh,  
in haduu fahanku  
kugu adagyahay



Waydii GP gaaga in  
uu kuu diwaan galiyo  
fahanku hadii uu  
kugu adag yahay.

## **Maxay kuugu fiicantahay in sadkiiba caafimaadkaaga aad eegto.**



Waa marxalad  
aad waxwalba  
Dhakhtarkaaga aad  
kala hadli kartid oo aad  
kawarwarsan tahay.



Waxa aad fikrad ka  
helaysa sidii aad  
cafimaadkaaga aad  
ukordhin kartid.



Dhakhtarkaaga ayaan  
barandoondaa



Haye Hadii xanunjiro  
dhakhtarkaaga ayaa  
waxka qaban kara inta  
aanany kadarin.

## Maxaa dhaca Sanadbaadhida Caafimaadka?

Dhakhtar ama kalkaalisaada caafimaadka ee jooga GP gaaga:



Eegaya jidhkaaga, sida wadnaha iyo dhiig kharka



Waxa ay eegi doonaan, dhiigaga iyo kaadidaada.



Waxa ay ku way diin doonaan dawooyinka aad qaadato.



Waxa ay ku way diin doonaan sida aad dareemaysid.



Waxa ay ku way diin doonaan cuntada aad cunto.

## Talo ku saabsan Baarista Caafimaadka Sannadlaha ah.



Waxa aad soo kaxaysato aad adigu jeceshahay.



Ma aha in aad dagdagto.



Waxa aad soo kaxaysa quf aad adigu donaysid



Waad diidi kartaa wixii aanaad doonaynin.



Dhakhtarka usheeg sida aad dareemaysid, dhakhtarka ayay ka caawinaysaa si uukuu caawiyo.



Dhakharkaagu waxa uu ujoogaa in uu kucaawiyo adiga, markaa uma baahnid in aad wax ka warwarto.

# Qorshe hawleedka caafimaadka.



Waydii dhakhtarkaaga  
in u uku siiyo qorshe  
caafimaad oo aad raacdo.



... sida in aad seexado  
hurdo kugu filan ama  
in aad cidkala hadasho  
hadii aad wax ka warwar  
santahay



Qorshe cafimaad oo  
aad raacdo waxa qora  
dhakhtarkaaga iyo adiga.



Waxa ku qoran waxa  
aad ubaahan tahay xaga  
caafimaad kaaga.



Qorshe caafimaad kagu  
waxa ay sharaxdaa waxa  
aad ubaahan tahay in  
aad caafimaad qabto.



... sida dhakhtarkaagu  
uu balamaha kuugu  
samayn karo in si fudud  
ufahanto.

**Autism Independence** wxa ay caawisaa dadka fahanku ku adag yahay iyo dadka autism leh, iyo reera hooda. Waxa aanu gaar ahaan ula shaqaynaa dadka ajaanibka ah.

Waxa aanu wada shaqayn la bilow nay GP yada si aanu u caawino dadka fahaku ku  
adag yahay, ama autism ha qabaan ama yaanay qabin, si ay uga faa iidaystaan tagida  
Sanad Baadhka Caafimaadka jog tada ah.

Find out more at [autism-independence.org](http://autism-independence.org),  
email [hello@autism-independence.org](mailto:hello@autism-independence.org)  
or telephone: **07354 486 322**.

Autism Independence CIC, First Floor, 7 Eastgate Office Centre,  
Eastgate Road, Bristol BS5 6XX



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