



# Waxa jira carruur badan oo Soomaliyeed iyo Carruro kale oo badan oo qaba Cilladaha ootiisamka (ASD)

## Ku dadaal in aad ilmahaaga iyo goyskaagaba u heshid kaalmo

### Waa maxay cilladaha ootiisamku (ASD)?

Cilladaha ootiisamku waxaay saameyn karaan maskaxda. Waxa dhacda in carruuraha qaba cilladaha ootiisamku sida ay bulshada ula dhaqmaan, hadlaan, ama u fakiraan ay ka duwan tahay carruuraha kale. Marxalado aad u adagna yeelan karaan. Badanaa calamadaha lagu garto Cilladaha ootiisamka (ASD) waxaa ladareemi karaa inta ilmaha dadiisu yar yahay. Ootismku (ASD) waa xaalado socon kara mudo dheer. Calamadaha way isbadali kartaan waana fiicnaan karaan mudo kadib.

### Maxay aheed mowduuca Minneapolis oo kusaab sanaa tirikoobka carruurta qaba ASD?

Waaladiin badan oo Soomali iyo dadkale isigu jira ayaa qeexay dhibatada jirta ee ah in ay jiraan carruur badan oo Somali ah oo qaba ASD marka loo firiyo carruuryada kale. Jaamacada gobolka Minnesota ayaa hogaminaysay mowduucan oo ah tirikoobka oo carruurta da-dooda ah 7-9 sano jir oo xadir ku ah magaalada Minneapolis naqaba ASD. Mowduucu wuxuu tirokoobay carruurta Somalida iyo carruur aan Soomali aheen.

### Waa maxay natijada ka soo baxday baaritaankii mowduucan?

- In-cadideedu aay tahay (1 in 32) carruurta Soomaalida lagu magacaabo in ay qabaan ASD. Carruurta oo sanadkii 2010 da'dooda u-dhaxeeseey 7-9sano. Carruurta Somalida iyo carruurta cadaanka ayaa badanaa laga helaa in-aay qabaan ASD markii loo fiiriyo carruurta kale ee ah madoowga (Black) iyo (Hispanic).
- Carruurta Soomaalida ee qabo ASD ayaa ubadan in-aay qabaan la'aanta xirfadnimo (intellectual disability) marka loo fiiriyo carruurta jismiyadaha kale.
- Carruurta Soomaalida, Cadaanka, Madoowga iyo Hispanic waxa lagu magacaabaa ASD marka ay 5 sano gaaraan.

### Waa maxay muhiimada mowduucan?

- Qoysaska Somalida waxa ay natijada lagu soo ogaaday mowduucan u isticmaali karaan in-aay wacyi galiyaan qoysaska kale iyo saaxiibadood.
- Natijada mowduucan waxaa isticmalikara macalimiinta, dadka macluudadka cafimaadka bixiya, iyo Somalida u hadla waalidiinta si aay u dhiirgaliyaan walidiinta sidii aay carruurtoda u ogaan lahayeen waxay qabaan si-dhakhso ahna ugu radin lahayeen adeegyo cawimaad.
- Dadka cilmibarista sameeya waxa ay u isticmalikaraan natijadan si-aay baaritaano dheraad ah ugu sii sameeyan siyaabaha kaladuwan ee ASD u-dhaawici karto carruurta.

### Maxaan sameen karaa hadii aan-umaleeyo in ilmahaygu uu qabo ASD?

- Kala hadal dhibkaad tabaneysid macalimiinta ama dhakhtarka caafimaadka. Ha-sugin. In-aad heshid cawimaad dhakhsa ah waa muhiim.
- Hadii carruurtaada ay jiraan 5sano ama ka yar, wac hay-ada ama mowduuca **Help Me Grow**, 1-866-693-4769. Macluudadkan waaxaad ku heleysaa lacag la'aan.
- Hadii carruurtada ay ka weyn yihiin 5sano, la'xariir iskuulada degmadaada kuyaala: <http://w20.education.state.mn.us/WebsiteContent/SpecEdDirectors.jsp> Sidoo kale waxaad macluudadkan ku heleysaa lacag la'aan.
- La hadal dadka kale ee caawiya carruurta iyo qooyeska qaba ASD. Waxaay diyaar u'yahiin in'aay ku caawiyaan

### Maxaan sameeyaa hadii aan doonayo warbixin dheeraad ah in'aan ka ogaado mowduucan?

Hadii aad doonayso warbixin dheeraad ah oo ku saabsan mowduuca Minneapolis Somali ASD Prevalence Project, iyo warbixino dheeraad ah, tix raac tilmaamaha: [rtc.umn.edu/autism](http://rtc.umn.edu/autism). Lasoo xariir shaqaalaha moqduucan: Anab Gulaid, 612-624-0730, Kristin Hamre, 612-625-7593. Ama [autism@umn.edu](mailto:autism@umn.edu)

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