

## AASAASIYAADKA

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- Soo-bandhigayaasha barnaamijka madaddaallada iyo carruurta yaryar: Dabaqa 1<sup>aad</sup>
- Dhammaan soo-bandhigayaasha kale: Dabaqa 2<sup>aad</sup>
- Kulannada aqoon-isweydaarsiga: Dabaqa 2<sup>aad</sup>
- Cabbitaanno iyo cuntooyin fudud oo subaxii iyo galabtii ah, oo ay taabogelisay Microsoft: Dabaqa 2<sup>aad</sup>
- Goob lagu cunteeyo oo la wadaago, lacag-bixinnada boorsada dhijitaalka ah ama amaah (kaash la'aan): Dabaqa 1<sup>aad</sup> iyo 2<sup>aad</sup>

## MEEL BANNAAN oo Gaar ah

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- **Weyddii Hooyo (Mama), Dabaqa 1<sup>aad</sup>:** Meel ay waalidiinta waayo-aragnimada nololeed leh ay ku bixin karaan jaceyl, aqoon, iyo xiriir saaxiibtanimo iyaga oo adeegsanaya aragtiyadooda. Wadaagista kheyraadyada bulshada ee keenay farxad iyo iftiin iyadoo la fahmayo safarka quruxda badan leh ee u-qareemeynta kuwa aan jecelnahay (xunbaha qoyskeenna). **[Waxaa taabogeliyay Golaha Iskuduwidda Hay'adaha Kala Duwan ee Degmada King.](#)**
- **Nooc Qaybo Dhalo Laga Sameeyay oo Iib ah, Dabaqa 1<sup>aad</sup>:** taageer ardeyda kala-guurka ku jira adiga oo cadad dhalo laga sameeyay oo gaar ah oo ay ardeydu sameeyaan ka iibsanaaya **[Waxyaabaha Qiimaha Leh ee Kala-guurka, Degmada Iskuulka ee Bellevue.](#)** \$10 ilaa \$40.
- **Derbiga Sawirka La Isaga Qaado, Dabaqa 2<sup>aad</sup>:** Telefoonkaaga la imaaw oo xusuus samee! Derbigeenna sawirka la isaga qaado waa meel ku habboon sawirro xiiso leh iyo wadaagista baraha bulshada. Koofiyado iyo shaaribbo lagu qoslo? Waan idin haynaa!
- **Qol Deggan, Dabaqa 2<sup>aad</sup>:** Ma u baahan tahay nasasho iyo dib u awoodeysi? Waqti ku qaado qolka deggan ama xasilloon.
- **Qolka Tiknoolajiyadda Wada-tacaamulka leh, Dabaqa 2<sup>aad</sup>:** Soo booqo oo eeg! Tiknoolajiyadda waxaa ay gacan ka geysataa dhiirrigelinta u-dhammaanshaha iyadoo bixinaysa qalab iyo istiraatiijiyado lagu sii wanaajinayo helidda waxqabadyo badan oo nolol maalmeedka ah. Waqti ku qaado qolkeenna tiknoolajiyadda si aad u oggaato wax badan oo ku saabsan qalabyada kala duwan iyo iibiyayaashooda.

### Soo-bandhigayaasha Qolka Tiknoolajiyadda

- **[Bellevue Inclusive Education Exploration Lab, Bellevue School District.](#)** *East King County.*
- **[Easterseals Washington.](#)** *King and Kitsap Counties.*
- **[KBTC Public Television, Ability Awareness Project.](#)** *King County.*
- **[Microsoft Inclusive Tech Lab.](#)** *International.*
- **[PROVAIL.](#)** *King County.*
- **[Unique Minds.](#)** *National.*
- **[Uplift AT.](#)** *King County.*
- **[WATAP Washington Assistive Technology Act Program.](#)** *King County, Washington State.*

## HALYEYGA Aqoon-isweydaarsiga

	Carruurnimada Hore: Taageeridda carruurta yaryar iyo qoysaskooda min dhalasho ilaa da'da shan
	Waxbarasho, Kala-guurka Dugsiga Sare: Kala-guurka min dugsi sare iyo qorsheynta mustaqbalka
	Shaqaaleynta iyo U-dhammaanshaha Bulshada: Shaqaaleynta macnaha leh iyo ka-qaybgalka bulshada
	Guryeyn: Helidda qabanqaabada nololeed ee saxda ah iyo taageerooyinka madax-bannaanida
	Maaliyad iyo Sharci: Hagida dheefaha iyo nidaamyada sharci ee qorsheynta muddada-dheer
	Caafimaadka Habdhaqanka: Taageeridda caafimaadka hab-dhaqanka iyo wanaagga

## AJENDAHA Aqoon-isweydaarsiga

	Qolka 2003 Capitol Hill	Qolka 2007 Montlake	Qolka 2011 Pioneer Square
<b>10 – 10:45 AM</b>	Waa maxay U-dhammaanshaha Bulshada oo Sidee Ayay U Egtahay?	Dhiirrigelinta Waxbarashada Carruurta Yaryar Maxay Tahay oo Maxaa Ka Dhacaya Bulshooyinkeenna?	Dhegoolayaasha iyo Kuwa Maqalka Ku Adag Yahay: Carruurnimada Hore Ilaa Cumriga Qofka
<b>11 – 11:45 AM</b>	Hab-dhaqannada Ugu Wanaagsan ee Iskaashiga Kala-guurka Dugsiga Sare ee Guuleysta	Ogow Dheefaha Damaannada Bulshada, Qaabee Mustaqbalkaaga	Marka Carruurta ay Ka Gudbaan Qaybta C (Carruurnimada Hore) ilaa Qaybta B (Waxbarashada Gaarka ah)
<b>12 – 12:45 PM</b>	Rajooyinkeeyga iyo Riyooyinka Shaqadeyda, Guriga iyo Nolosh	U-guuridda Nolosh Madax-bannaan ee Da'da 18 iyo 50: Safarka Qoyska Ballaaran	Ogow Fursadaha Waxbarashada Dugsiga Sare Ka-dib ee Loo Dhan Yahay ee ka jira Washington
<b>1 – 1:45 PM</b>	Codadka La Kordhiyay: Sheekooyinka Dhabta ah ee Shaqada Loo Dhan Yahay. Guddiga Shaqaaleynta ee La Taageeray.	Dhisidda Xiriirrada si Loo Taageero Nolosh Guuleysata ee Shakhsiyaadka Dareemayaasha Kala Duwan leh	Waa Maxay Habka Guriyeynta ee Adiga Kuugu Fiican? Isu-Qareemayaasha Waxaa ay Wadaagaan Waayo-Aragnimadooda
<b>2 – 2:45 PM</b>	Noqoshada Mas'uulka Sharci ee Nate: Hagaha Tallaabo-Tallaabada ah ee Ka Noqoshada Mas'uul Sharci ee Degmada King	Xaaladda Falka uu Sababo Cawaaqib Aan Toos Ahayn: Marka Baaritaanka Oggaanshaha ADHD Waalidka uu Beddelo Wax Kasta	Guryeynta 101: Oggaanshaha Ikhtiyaarada Degaanka

## SHARRAXAADAHA Aqoon-isweydaarsiga

<b>Cinwaanka</b>	<b>Dhiirrigelinta Waxbarashada Carruurta Yaryar Maxay Tahay oo Maxaa Ka Dhacaya Bulshooyinkeenna?</b>
<b>Sharaxaadda</b>	Ogow barnaamijyada bulshada kala duwan ee u heellan ka taageeridda carruurta iyo qoysaska fahamka koboca carruurtooda yaryar. Barnaamijyadan waxaa ay hiigsanayaan xaqiijinta in dhammaan carruurta Degmada King ay helaan baaritaannada koritaanka tayadoodu sarreyso, oo dhaqan ahaan u habboon carruurnimadooda hore oo dhan.
<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>• Juliette Escobar, Hoggaamiyaha Kooxda Dhiirrigelinta Koritaanka, Bilowga Wanaagsan ee Carruurta (Best Starts for Kids), Degmada King</li> <li>• Cynthia Turrietta, LICSW, Maamulaha Dhiirrigelinta iyo Baaritaanka Koritaanka ee Caalamiga ah, Bilowga Wanaagsan ee Carruurta (Best Starts for Kids), Degmada King</li> <li>• Margaret Babayan, MPH, Qiimeeye</li> </ul>
<b>Cinwaanka</b>	<b>Dhegoolayaasha iyo Kuwa Maqalka Ku Adag Yahay: Carruurnimada Hore Ilaa Cumriga Qofka</b>
<b>Sharaxaadda</b>	Wax ka ogow saddexda ikhtiyaar ee adeegga dhegoolayaasha iyo kuwa maqalka ku adag yahay (D/HH) ee Degmada King, da'aadda dhalashada ilaa shan, oo ay u jiraan Taageerada Hore ee La Siiyo Carruurta Yaryar iyo Kuwa Socod-baradka ah, dugsi-horaadka, daryeelka carruurta iyo kuwo kale oo dheeraad ah!
<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>• Sheri Hill, PHD, CCC-SLP waa Agaasimaha Rugta Caafimaadka Luuqadda, Hadalka iyo Wadahadalka ee Xarunta Dhegoolayaasha, Hadalka iyo Maqalka</li> <li>• Tara Ellis, Agaasimaha Barnaamijka Dhalashada ilaa Saddex ee Dhageyso oo Hadal (Listen and Talk). <i>Waxaan hawshan ka soo shaqeeyay muddo 23 sano ah.</i></li> <li>• Tatiana Sarkhosh, Iskuulka NW ee Carruurta Dhegoolayaasha ah iyo Kuwa Maqalka Ku Adag</li> </ul>
<b>Cinwaanka</b>	<b>Marka Carruurta ay Ka Guuraan Qaybta C (Taageerada Hore) una Guuraan Qaybta B (Waxbarashada Gaarka ah)</b>
<b>Sharaxaadda</b>	Guudmarka kala-guurka min adeegyada ESIT ilaa adeegyada loo heli karo da'aadda 3-5, oo ay ku jiraan Waxbarashada Gaarka ah (Qaybta B) iyo sida loola xiriiro. Waxaan la wadaagi doonnaa aragtiyada iyo kheyraadyada la heli karo qoysaska ku guda jira hannaanka.
<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>• Linda Carr, Hoggaamiyaha Kala-guurka Carruurnimada Hore ee DDECSD, ahna hooyada qof dhallinyaro ah oo qaba dhakaako (autism).</li> <li>• Shawn Thompson, Maamulaha Barnaamijka Magaalada oo Dhan (Citywide) iyo Rugta Caafimaadka Boyer ee loogu talagalay Barnaamijka Isku-xirka Koritaanka ee Seattle.</li> <li>• Maria Zambrano, Isuduwaha Kheyraadyada Qoyska ee Snoqualmie Encompass</li> <li>• Kyra Faber, Waalidka ilmo dhallinyaro ah oo ka-qaybgaley ESIT ee Encompass oo hadda ka-qaybqaata Waxbarashada Gaarka ah ee Degmada Iskuulka Riverview.</li> </ul>

	<b>Cinwaanka</b>	<b>Ogow Fursadaha Kulliyadda Loo Dhan Yahay ee ka jira Washington</b>
	<b>Sharaxaadda</b>	Kulliyadaha waxaa ay abuurayaan dariiqyo aad loogu dhan yahay oo loogu talagalay ardeyda leh baahiyada taageero ee kala duwan iyo qaabab barasho. Min koorsooyin takhasusi ah ilaa barnaamijyo shahaadi ah iyo ikhtiyaarada shahaaddada koowaad ee jaamacadda, ardeyda naafada ah waxaa ay hadda haystaan fursado ka badan sidii hore oo ay ku sii wadayaan tacliin sare! Ku biir kullankan si aad u sahamiso ikhtiyaaradaada, baro sida loogu diyaar-garoobo kulliyadda, oo ogow kheyraadada iyo adeegyada la heli karo si loo taageero guusha ardeyga. Kaga hadal yoolashaada tacliimeed iyo kuwa xirfadeed miisaskeenna.
	<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>Julie Pollard (iyada) Agaasimaha, Kheyraadada Helitaanka, Kulliyadda Highline. <i>Waxaan ku faanayaa in aan ka shaqeeyo horumarinta sinnaanta iyo u-dhammaanshaha dadka naafada tan iyo 1980-yadii. Waxaan la joogay Barnaamijyada Adeegyada Shaqada iyo Bulshada iyo Guusha ee Kulliyadda tan iyo 2011.</i></li> <li>Kayla Angulo, Skagit Valley College INVEST</li> <li>Casey Blamires, Isuduwaha Tacliinta ee WSU ROAR, barnaamijka kala-guurka ballaaran ee Pullman, WA</li> <li>Meg Iyer, Xirfadaha Noloshaha iyo Shaqada ee Kulliyadda Bellevue</li> </ul>

	<b>Cinwaanka</b>	<b>Ogow Dheefaha Damaannada Bulshada, Qaabee Mustaqbalkaaga</b>
	<b>Sharaxaadda</b>	Kullankan waa guudmarka dheefaha naafada Damaannada Bulshada. Waxaa ay bixin doonaan guudmarka sida, goorta, iyo sababta loo codsanayo oo ay ku jiraan xiriirrada kheyraadada la xiriira sida Medicaid iyo adeegyada muddada-dheer.
	<b>Soo-jeediyaha</b>	Dan Rutten, Maamulaha Sare ee Tababbarka iyo TA iyo Qorsheeyaha Dheefaha La Xaqiijiyay ee mashruuca Wise for the BenefitU.

	<b>Cinwaanka</b>	<b>Rajooyinkega iyo Riyooyinka Shaqadeyda, Guriga iyo Noloshaha</b>
	<b>Sharaxaadda</b>	Miyaad waligaa ka fikirtay sida ay noloshadu noqon karto iskuulka ka-dib? Dadka naafada ah inta badan kama fikiraan noloshaha qalinjebinta ka-dib. Laakiin waqtiga ugu wanaagsan ee la bilaabay waa hadda. Kaalay oo kula soo biir David Murahashi aqoon-isweydaarsigan wada-tacaamulka leh annaga oo eegayno rajooyinkaaga iyo riyooyinkaaga ee noloshaha oo dhan.
	<b>Soo-jeediyaha</b>	David Murahashi, Maamulaha Tababbarka iyo TA ee Wise

	<b>Cinwaanka</b>	<b>Hab-dhaqannada Ugu Wanaagsan ee Iskaashiga ee Guusha Kala-guurka Dugsiga Sare</b>
	<b>Sharaxaadda</b>	Ku biir guddigeenna wadaagaya sida isuduwidada wanaagsan ay muhiim ugu tahay in loo diyaar-garoobo kala-guurka dugsiga sare, wax-ka-qabashada caqabadaha, la-qabsiga isbeddellada, iyo la wareegidda fursadaha kala-guurka guuleysta ee dugsiga sare.
	<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>Jenna Heberden, Maareeyaha Adeegyada Kala-guurka, AtWork!</li> <li>Marika McCaddon, La-taliyaha Tababbarada Farsamo iyo Kuwa Mihnadeed ee Hoggaanka ah 4, Qaybta Tababbarada Farsamo iyo Kuwa Mihnadeed</li> <li>Autumn Cutter, Macallimadda Waxbarashada Gaarka ah, Barnaamijka Kala-guurka Evergreen</li> </ul>

	<b>Cinwaanka</b>	<b>Waa maxay U-dhammaanshaha Bulshada oo Sidee Ayay U Egtahay?</b>
	<b>Sharaxaadda</b>	U-dhammaanshaha Bulshada adeeg oo kaliya ma ahan, wuxuu ku saabsan yahay lahaansho, isku-xirnaan iyo in lagugu qiimeeyo awoodahaaga gaarka ah. Aqoon-isweydaarsigan wuxuu kala dhigdhiigi doonaa waxa ay run ahaantii loola jeedaa, iyo sida U-dhammaanshaha Bulshada ugu taageerto dadka in ay si buuxda ugu qaybqaataan bulshooyinkooda. Waxaad sidoo kale si toos ah uga maqli doontaa kuwa noloshooda ay si wanaagsan u saameeyeen adeegyada DDA.
	<b>Soo-jeediyaha</b>	Carrie Jarvis (Iyada), Isuduwaha Barnaamijka U-dhammaanshaha Bulshada iyo Kala-guurka ee Maamulka Nololshaha Bulshada iyo Guriga (HCLA, oo horey loo oran jirey DDA)

	<b>Cinwaanka</b>	<b>Codadka La Kordhiyay: Sheekooyinka Dhabta ah ee Shaqada Loo Dhan Yahay. Guddiga Shaqaaleynta ee La Taageeray.</b>
	<b>Sharaxaadda</b>	Guusha Shaqada La Taageeray: Dhageyso sida ay dadku ku heleen shaqooyin si fiican ugu habboon waxyaabaha ay xiiseeyaan iyo xirfadahooda iyadoo la adeegsanayo shaqaaleyn la taageero. Sheekooyinkan waxaa ay muujin doonaa sida shaqada saxda ah aysan kaliya u bixin karin dakhli joogto ah balse ay u furi karaan kheyraadyada nolol dhammeystiran.
	<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>• Waxaa fududeeyay Zack Siddeek, MSW, Isuduwaha Hagidda Nidaamyada Naafonimadar, The Arc of King County, Isaga</li> <li>• Alex Hubbard, Kaaliye Xafiis, Magaalada Seattle</li> <li>• Jennifer Green, Kaaliye Xafiis/Dayactir, Magaalada Seattle</li> <li>• Tara O'Rourke, Compass Group, Kaaliyaha Qolka Lagu Cunteeyo</li> <li>• Ben Day, CBRE, Kaaliye Dayactir</li> <li>• Taageerooyinka Rachael Cross, Maareeyaha Barnaamijka Associate, Barnaamijyada Shaqaaleynta La Taageero/Global/IFM, Microsoft/CBRE iyo Heather Weldon, Maareeyaha Barnaamijka Shaqaaleynta La Taageero, Magaalada Seattle</li> </ul>

	<b>Cinwaanka</b>	<b>Guryeynta 101: Oggaanshaha Ikhtiyaarada Degaanka</b>
	<b>Sharaxaadda</b>	Ogow wax ku saabsan sida loo ilaaliyo fawjarkaaga Qaybta 8aad iyo abaarmanada la kaabo ee DDECS. DSHS/DDA ayaa siin doonta qoysaska macluumaad dheeraad ah oo ku saabsan noocyada xaaladaha nololeed.
	<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>• Brian Borton, DSHS/DDA: <i>Waxaan la shaqeynayay Maamulka Naafonimada Koritaanka muddo 16 sano ah, maareynta kiiska iyo kormeerka guud ahaan dhammaan barnaamijyada goobaha la dejiyo dadka waaweyn.</i></li> <li>• Katherine Festa, Isuduwaha Guryeynta DDECS Degmada King</li> </ul>

	<b>Cinwaanka</b>	<b>Waa Maxay Habka Guriyeynta ee Adiga Kuu Wanaagsan? Isu-Qareemayaasha Waxaa ay Wadaagaan Waayo-Aragnimadooda</b>
	<b>Sharaxaadda</b>	Guddiga isu-qareemaynta ayaa wadaagi doonna waayo-aragnimadooda da'aadda kala duwan iyo qaababka guryeynta kala duwan, oo ay ku jiraan Guryaha Qoyska Qaangaarka ah, Guryaha Kooxda, Guryaha Qoyska Qaangaarka ah ee da'da gaarka u ah, iyo nololshaha madaxbannaan.
	<b>Soo-jeediyaha</b>	Katherine Festa, Isuduwaha Guryeynta DDECS Degmada King

	<b>Cinwaanka</b>	<b>U-guuridda Nolosha Madax-bannaan ee Da'aadda 18 iyo 50: Safarka Qoyska Ballaaran</b>
	<b>Sharaxaadda</b>	Waxaa jira siyaabo kala duwan oo looga guuraya guri ku noolaanshaha iyadoo loo wareegayo si madax-bannaan u noolaansho. Waxaan wadaagi doonnaa safarka 15-ka sano ee kooxdeenna, ilaa hadda, ee hagidda nidaamyada kala duwan, baahiyada, caqabadaha, iyo qorshayaasheenna 5ta sano ee soo socda iyo wixii ka dambeeya.
	<b>Soo-jeediyaha</b>	<ul style="list-style-type: none"> <li>• Molly McCoy, Xubinka Guddiga Naafonimada Koritaanka ee Degmada King. <i>Waxaan ahay hooyada wiil qaangaar ah oo qaba xanuunka Angelman Syndrome oo doonaysa in ay la fahamto nidaamka si aan ugu caawiyo in uu gaaro guryeyn madax-bannaan waalidiinta ku sugan xaaladaha la midka ah.</i></li> <li>• Leah Ann Cooper. <i>Waxaan ahay qof naafonimo Garaadka ah leh oo si madax-bannaan ugu nool taageerada daryeele.</i> Waxaa ku soo biirey Donna Cooper.</li> <li>• Andrea Sloan. <i>Waxaan ahay qof qaangaar ah oo leh Naafonimo Garaad oo si madax-bannaan u nool aniga oo taageero ka helaya daryeelaha oo raadinaya beddelka nooca guryeynta.</i> Waxaa ku soo biiirey Arlene Sloan.</li> <li>• Reid Cooper. <i>Waxaan ahay nin 19-sano-jir ah oo aan hadlin, mas'uulkeygana wuxuu ii raadinayaa qabanqaabooyin nololeed madax-bannaan kale laakiin waxaa jira isbeddel badan oo ku yimid awoodaheya waqti ka-dib.</i></li> </ul>

	<b>Cinwaanka</b>	<b>Dhisidda Xiriirrada si Loo Taageero Nolosha Guuleysata ee Shakhsiyadka Dareemayaasha Kala Duwan leh</b>
	<b>Sharaxaadda</b>	Soo-jeedintan waxaa ay ka hadleysaa sida aan u taageeri karno dadka leh xaaladaha kala duwan ee neerfaha iyo kooxaha kale ee aan metelaadda fiican ku lahayn bulshada iyadoo si dhow loo eegayo meelahan soo socda: Wacyigelinta, Helitaanka, iyo Ficilka.
	<b>Soo-jeediyaha</b>	Radhe Morgan. <i>Waxaan ka shaqeynayay CBT shati-haysta oo ku yaalla degaan weynaha Degmada King tan 2021. Waxaan ahay u-qareemeeye bulsho iyo ardey hadda qalin jabiyay. Takhasuskeyga waa la-talinta xanuunka caafimaadka dhimirka iyo adeegyada I/DD.</i>

	<b>Cinwaanka</b>	<b>Noqoshada Mas'uulka Sharci ee Nate: Hagaha Tallaabo-Tallaabada ah ee Ka Noqoshada Mas'uul Sharci Degmada King</b>
	<b>Sharaxaadda</b>	Fahamka hannaanka mas'uulnimada sharciga ah ee ilmaha qaangaarka ah ayaa dareemi kara ka tiro badnaansho, laakiin waalidiinta waxaa ay u wajahi karaan si kalsooni leh iyagoo adeegsanaya macluumaadka saxda ah. Soo-jeedintan waxaan ku wadaagayaa waayo-aragnimadeyda noqoshada mas'uulka sharciga ah ee wiilkeyga, anniga oo ku bixinaya tilmaamo tallaabo-tallaabo ah, talooyinka qof xog-ogaal ah, iyo fikrado gacan-ka-qabasho ah si waalidiinta looga caawiyo fahamka hannaanka go'aan-qaadashada iyo nidaamka maxkamadda. Ka-qaybgalayaasha waxay si cad u fahmayaan marka mas'uulnimadu ay lagama maarmaan tahay, sida loogu diyaar-garoobo maxkamadda, waxa la filayo inta lagu guda jiro hannaanka, iyo ikhtiyaarada kale. Kullankan waxaa loogu talagalay in uu awood u siiyo qoysaska aqoon si ay u gaaraan ikhtiyaaro xog-ogaal loo yahay iyo in ay si guul leh ugu qareemeeyaan xubnaha qoyskooda.
	<b>Soo-jeediyaha</b>	Rachel Nemhauser, The Arc of King County. <i>Waxaan ahay Agaasimaha Macluumaadka iyo Taageerada Qoyska ee The Arc of King County. Waxaan taageerayay waalidiinta dhallinyarada la ildaran IDD 10kii sano ee la soo dhaafay waxaan sidoo kale ahay waalidka wiil 20-sano-jir ah oo qaba xaaladda dhakaako (autism).</i>

	<b>Cinwaanka</b>	<b>“Xaaladda Falka uu Sababo Cawaaqib Aan Toos Ahayn”: Marka Baaritaanka Lagu Oggaanayo ADHD Waalidka uu Beddelo Wax Kasta</b>
	<b>Sharaxaadda</b>	La'aanta kheyraadyada ADHD ayaa carqaladeyn kara nolosha qoyska maalinlaha ah, taas oo nidaamyada joogtada ah ka dhigaysa kuwo fowdo ah, taageeradana kuwo adag in la helo. ADHD aan la oggaan ee waalidiinta ayaa halganka sii kordhiya, taas oo sii adkeynaysa ka soo bixidda baahiyada ilmahooda. Maadaama ADHD ay tahay mid aad loo dhaxlo oo inta badanna ay la socoto naafonimada koritaan kale, qiimeynta iyo taageeridda waalidiinta ayaa abuurita karta isbeddelo wanaagsan oo waaweyn ee nolol maalmeedka qoyska. Kullankan waxaa looga hadlayaa calaamadaha iyo tilmaamayaasha muhiimka ah ee ADHD, tallaabooyinka lagu oggaanayo xaaladda, iyo qalabyada si loo adeegsado kheyraadyada aasaasiga ah.
	<b>Soo-jeediyaha</b>	Beth Bardeen, Istiraatiijiiste iyo U-qareemeeyaha Dadka Maskaxdooda Si Aan Caadi Ahayn U Shaqeysa--caddeynta kakanaanta. La-Guddoomiyaha Guddiga Ka-talobixinta Cutubka CHADD, aasaasaha Seattle CHADD, Xubinka Guddiga Naafonimada Koritaanka ee Degmada King ku metelaya Degmada 4 (District 4).

## SOO-BANDHIGAYAASHA Kheyraadka

- Soo-bandhigayaasha kheyraadka waxaa loo kooxeyaa mowduuc ahaan, laakiin kuwo badan waxay bixiyaan adeegyo kala duwan!
- Soo-bandhigayaasha ayaa aqoonsadey *aagga adeegga juqraafi ee muhiimka ah*, laakiin waxaa ay u adeegi karaan dhammaan Degmada King.
- Dokumentigan ayaa laga heli karaa barta internet-ka isaga oo leh linkiyo wada-tacaamul leh: [www.kingcounty.gov/disabilities-fair](http://www.kingcounty.gov/disabilities-fair)

### Caafimaadka Habdhaqanka iyo Ladnaanta: Caafimaadka Habdhaqanka iyo Ladnaanta Dhammeystiran

- [Kids Mental Health Washington](#). *Washington State.*
- [Crisis Outreach Response System - Developmental Disabilities \(CORS-DD\), Seattle YMCA](#). *King County.*
- [Seattle CHAAD - Children and Adults with Attention-Deficit/Hyperactivity Disorder](#).

### Taageerooyinka Fahamka Nidaamyada iyo Bulshada: U-qareemayn, Taageerada Asaagaaga, Iyo Hagid

- [Disability Empowerment Center](#). *King County.*
- [Down Syndrome Center of Puget Sound](#). *King County.*
- [King County Board for Developmental Disabilities](#). *King County.*
- [Mother Africa](#). *King County.*
- [Open Doors for Multicultural Families](#). *King County.*
- [People First of Washington](#). *Washington.*
- [Roots2Wings Family Group](#). *King County.*
- [The Arc of King County](#). *King County.*

## Carruurnimada Hore: Taageerooyinka iyo Adeegyada loogu talagalay Carruurta Da'aadda Dhalashada ilaa Shan iyo Qoysaskooda

- [Akin \(formerly Childhaven\)](#). *South/Central/West King County.*
- [Chinese Information and Service Center](#). *King County.*
- [Encompass NW](#). *East King County.*
- [Hearing, Speech, and Deaf Center](#).
- [Help Me Grow WA/ WithinReach](#). *King County.*
- [Horn of Africa](#). *King County.*
- [Indian American Community Services](#). *King County.*
- [Kinderling](#). *East King County.*
- [Listen and Talk](#).
- [Manos Unidas International](#). *North and East King County.*
- [Northwest School for Deaf and Hard of Hearing](#). *King County.*

## Waxbarashada iyo Barashada Cumriga oo Dhan: Taakuleynta Waxbarasho ee Da'aadda oo Dhan

- [Achieve at Highline College](#). *King, Pierce, and Thurston Counties.*
- [Bellevue College Occupational & Life Skills \(OLS\)](#). *King County.*
- [Highline College Community & Employment Services](#). *King County.*
- [Lake Washington School District – Early Learning](#). *East King County.*
- [Northwest Inclusive Postsecondary Education Alliance \(NWIPSEA\)](#). *Washington, Oregon, Idaho, Montana, Alaska, Hawaii, Saipan.*
- [Seattle Children's Alyssa Burnett Adult Life Center](#). *King County.*
- [Seattle Special Education PTSA - Parent Teacher Student Association](#). *Seattle/Central/West King County.*
- [Skagit Valley College Invest](#). *North King County.*
- [The Tavon Center](#). *King County.*
- [Washington State Office of Education Ombuds](#). *Washington.*
- [Washington State University ROAR](#). *Pullman, Whitman County.*

## Shaqaaleynta iyo U-dhammaanshaha Bulshada: Taageerooyinka Shaqada iyo Ka-qaybgalka Bulshada

- [AtWork!](#) *King County.*
- [Best Buddies](#). *King County.*
- [Cares of Washington](#). *King County.*
- [Community Trades and Careers](#).
- [Microsoft Supported Employment Program](#). *International.*
- [Northwest Center](#). *King County.*
- [PROVAIL](#). *King County.*
- [SAILS Washington](#). *King County.*
- [SKCAC Employment Services](#). *King County.*
- [Sunrise Services Community Trades and Careers](#). *North, East King County.*
- [Trillium Employment Services](#). *South King County.*
- [Vadis](#). *King County.*
- [Washington Vocational Services](#). *King County.*
- [Work Opportunities](#). *North King County.*

### Maaliyad iyo Sharci: Taageerooyinka loogu talagalay Fahamka Dheefaha, Qorsheynta Maaliyadeed, iyo Xuquuqaha Sharci

- [Benefits U at Wise](#). *King County.*
- [DD Endowment Trust Fund](#). *Washington.*
- [Jones & Ibrahim PLLC](#). *King County.*
- [Northwest Access Funds](#). *King County.*
- [Redinger Law Offices, PLLC](#). *King County.*

### Guriyeynta: Caawimaadda Helidda iyo Joogteynta Guryeynta

- [Alpha Supported Living Services](#). *North, East King County.*
- [Community Homes](#). *North, East King County.*
- [DSHS/DDA and King County DDECSD: Ask us about your residential options](#). *King County.*
- [LEO: Life Enrichment Options](#). *Issaquah, Snoqualmie Valley, rural Eastern King County.*
- [Parkview Services, including Vibrant Palette Arts Center](#). *King County.*
- [Partners 4 Housing](#). *Washington.*

### Madadaallada iyo Bulshada: Barnaamijyada Taageera Madadaallada, Hal-abuurka, iyo Saaxiibtanimada

- [AIM Seattle](#).
- [Little Bit Therapeutic Riding Center](#). *King County.*
- [Nurturing Water Therapies](#). *Seattle/ Central/ West King County, East King County.*
- [Outdoors for All](#). *King County.*
- [REACH at Wise](#). *King County.*
- [Seattle Parks and Recreation - Specialized Programs](#). *Seattle/ Central/ West King County.*
- [Special Olympics](#). *Washington.*
- [Summit Community Center](#). *King County.*
- [Trips, Inc. Special Adventures](#). *King County, Pacific Northwest.*

### Hay'adaha Dowladda Hoose iyo Kuwa Gobolka: Hay'adaha Guud ee Bixinaya Adeegyo ama Taageero

- [DDECSD: Developmental Disabilities and Early Childhood Supports Division](#). *King County.*
- [DSHS/DDA - Washington State Department of Social and Health Services Developmental Disabilities Administration](#). *Washington.*
- [DSHS/DVR - Washington State Department of Social and Health Services Division of Vocational Rehabilitation](#). *Washington.*
- [King County Resource Access Team](#). *King County.*
- [Public Health - Seattle & King County](#) - Including [Children with Special Health Care Needs \(CSHCN\)](#). *Seattle & King County.*

### Gaadiidka: Caawimaadda Gaarista Halka Aad U Baahan Tahay in Aad Aado

- [Hopelink](#). *King County.*
- [King County Metro](#). *King County.*
- [King County Metro's Transit Instruction Program](#). Or email us: [transitinstruction@kingcounty.gov](mailto:transitinstruction@kingcounty.gov)
- [King County Target Zero Safety Coalition](#). *King County.*

## Su'aalo muunad ah ee aan WEYDDIIN KARO

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### Shaqo

- Waa maxay shirkadaha aad dadka geysay oo maxay yihiin noocyada shaqooyinka?
- Sharrax qaar ka mid ah arrimaha aad tixgeliso marka aad iswaafajinayso goobta shaqada iyo shakhsiga?
- Waxqabadyo nooc ee ah ayaad la sameyn doontaa shakhsiga si aad sida hadda si ka fiican isu barataan?
- Miyaad gacan ka geysataa taageerada ama diyaarinta adeegyada gaadiidka ee shakhsiga marka meel geynta la go'aamiyo?

### Madaddaalo

- Ma aqbashey maalgelinta goobta sida ku meelgaarka ah lagu xannaaneeyo bukaanka iyo waayeelka ee DDA?
- Ma haysataa deeq waxbarasho ama maalgelin?
- Waa maxay da'aadda aad u adeegto?

### Caafimaadka Habdhaqanka

- Miyaad khibrad u leedahay la shaqeynta dadka leh naafonimo la mid ah teyda?
- Adeegga caafimaadka telefoonka (telehealth) ma yahay ikhtiyaar wanaagsan oo aniga igu habboon.?

### Gaadiid

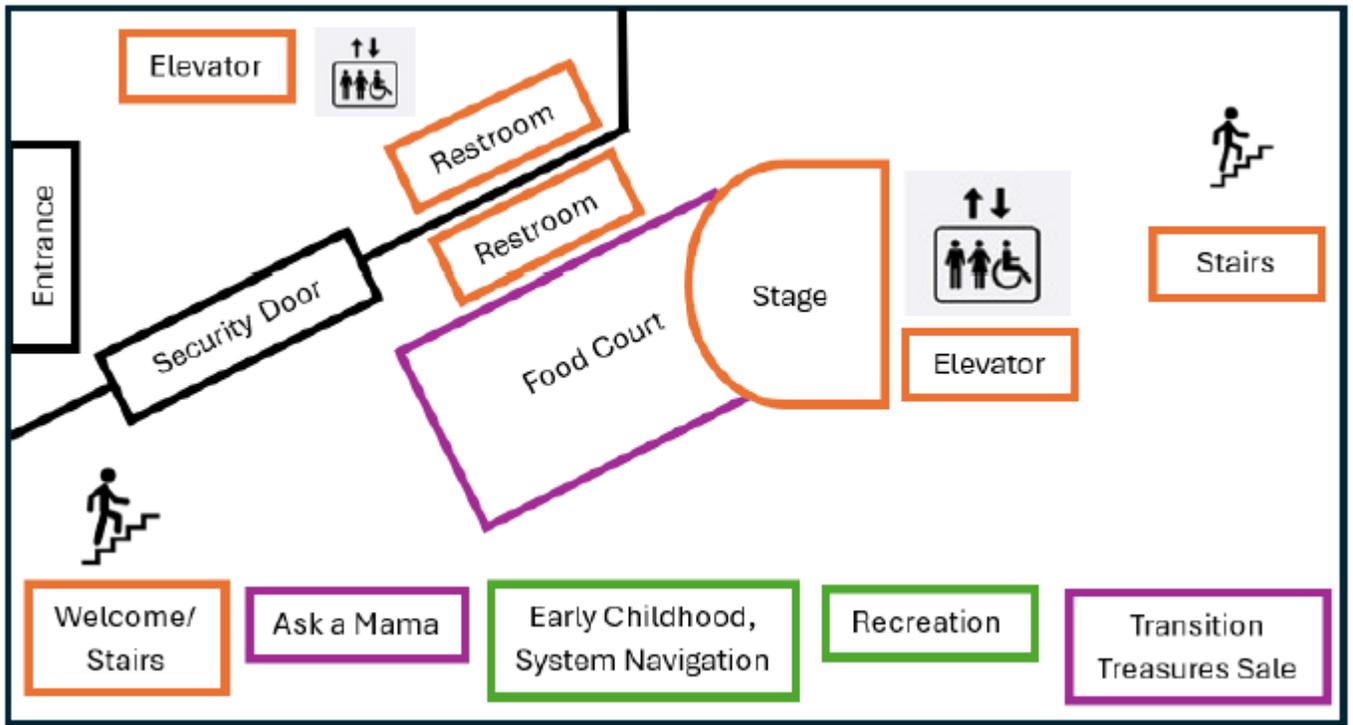
- Ma bixisaa tababar qof-qof loo qaato oo ku saabsan sida loo adeegsado baska?
- Sideen ku heli karaa kaarka baska lagu raaco?

## Qoraaladayda

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# Map dabaqa KOOWAAD

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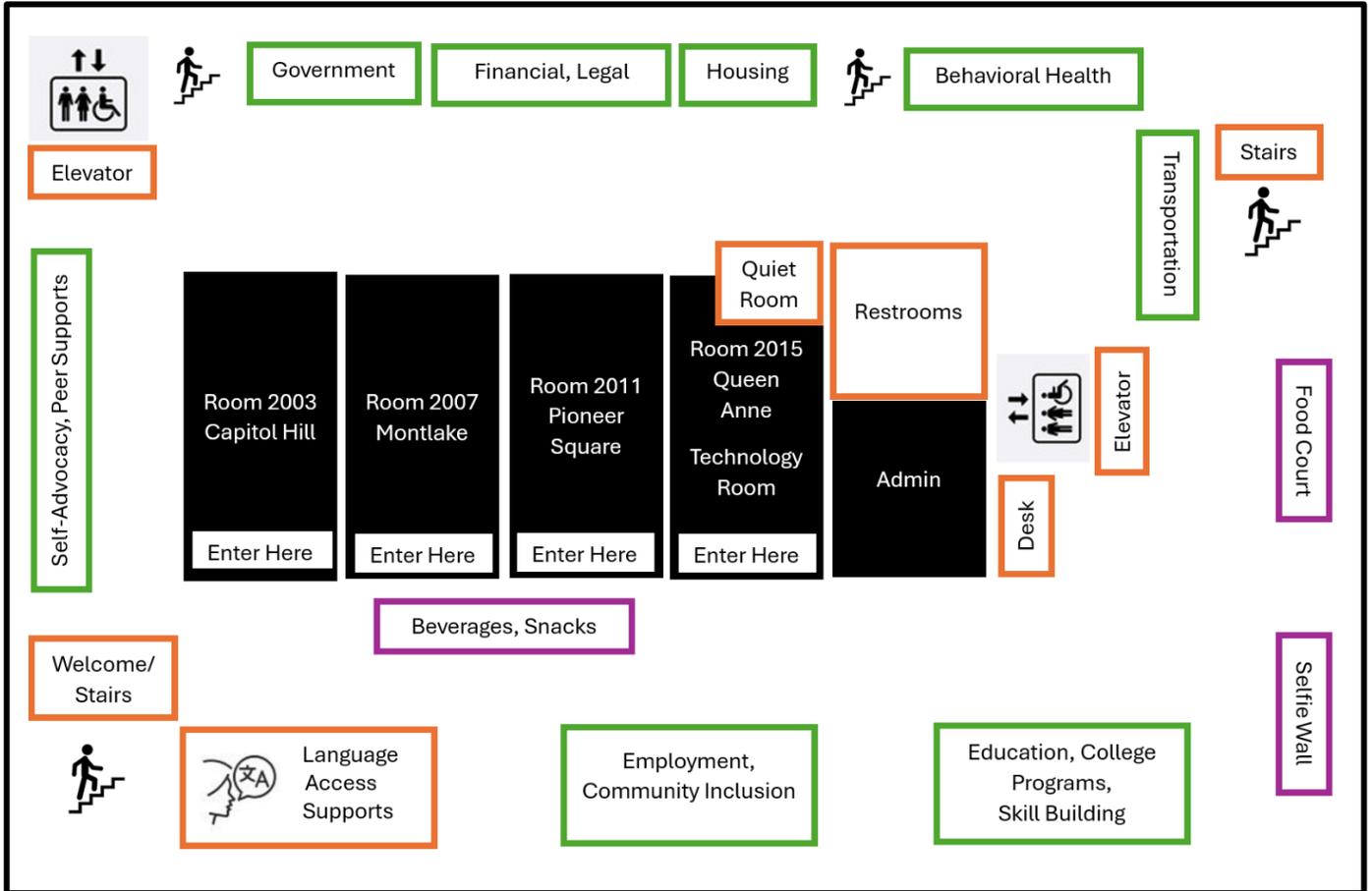


## Qoraaladayda

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# Map dabaqa LABAAD

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## Qoraaladayda

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