

Autism-ka iyo siyaabaha aad adigu uga gacan-qaban karto

Classic autism (Kilaasik autism ama Autisimka caadiga ah)...autism (autisim)...Asperger syndrome (Asberjer sindrom ama cilladda Asberjer)...atypical autism (atibikal autisim ama autisimka aan caadiga ahayn)...high-functioning autism (autismka shaqada-sare leh)...pervasive developmental disorder (PDD) (berfesif difalobmental disorder)...pervasive developmental disorder – not otherwise specified (PDD-NOS) (berfasif difalobmental disorder – aan sida kale aan la meel-dhigin) ...semantic pragmatic disorder (semantik baragmatik disorder) ...autistic spectrum disorder (ASD) (autistik isbektrum disorder)

Maxay micnahoodu yihiin ereydan iyo kalmadahani?

Erayadan iyo kalmadahan waxa badiyaa loo isticmaalaa in lagu tilmaamo qaababka ama xaaladaha autismka la xidhiidha. Autismku waa naafannimo qofku inta u noolyahay haysa. Dhammaan dadka qaba autismku waxay wadaagaan saddex meelood oo dhibaatu ka qabsato, mararka qaarkood loo yaqaan 'triad of impairments' (waxyeello saddexle iswadato ah). Kuwaas oo ah:

- dhibaata fahamka iyo isticmaalka luqadda lagu wada xidhiidho
- dhibaata la xidhiidhta dhexgalka bulshada iyo wada xidhiidhka dadka
- dhibaata ka haystada fakarka bulshada ka dhexeeya (social imagination).

In kasta oo dhammaan dadka autismka leh ay wadaagaan dhibaatooyinkaas, haddana naafonnimadoodu waxay u saameysaa siyaabo kala duwan. Qaarkood ayaa u noolaada 'si caadi ah maalin nololeedka' marka loo eego kuwa kale; qaarka kalena waxay u baahan doonaan taageero takhasus gaar leh noloshooda oo idil.

Halkan, waxaan ku bixineynaa tusaalooyin ka mid ah dhibaatooyinka dadka autismka qabaa laga yaabe soo food saari karta, iyo siyaabaha adigu aad uga caawin karto. Annagu waxaan mararka qaarkood ku tilmaamnaa dadka autismaku hayo 'isaga', hase yeeshee macluumaadka la bixinayaa waxay khuseysaa dadka autismka leh.

Dhibaata fahamka iyo isticmaalka luqadda lagu wada xidhiidho

Dadka qaba autismka ayaa laga yaabaa:

- inay ku adkaato fahamka iyo isticmaalka baaqa jirka, weji ka hadalka ama sida codka hadalku u dhacayo
- inay ku adkaato ka jawaabka su'aalaha iyo amarrada wax u tilmaamka ah.
- inay ku celiyaan wixii la sheegay. Tan waxa loo yaqaan 'echolalia' (ekoleeliya)
- inay ku adkaato bilowga iyo xajinta sheekada
- inay u qaataan kalmadaha si toos ah, arrintaas oo dhibaato uga keenta maah-maahyada, kaftanka iyo odhaahyada caadiga ah. Tusaale ahaan, odhaahda caadiga ah ee luqadda Ingirisiga "It's cool" oo kale waxaa laga yaabaa in qofka autismka qabaa uu u qaato in laga hadlayo wax qabow halka dadku uga jeedaan waxaasi waa wax wanaagsan ama casri ah
- inay u isticmaalaan erayo adag, laakiin aynan micnohooda fahamsanayn
- inay ka hadlaan waxyaabaha ay iyagu gaar u xiiseeyaan, hase yeeshee ayna dareemin karin in dadka kale la wadaagin xiisahan gaarka ah
- dadka qaarkood ee qaba autismku waxa laga yaabaa inuuna hadalkoodu kobcin.

Siyaabaha aad adigu uga gacan-qaban karto

- inta aadan sheekada u bilaabin qofka soo jeedi (tusaale ahaan, garabka ka taabo ama magacooda ugu yeedh)
- isticmaal heer luqad qofku u fahmi karo
- u hadal si cad oo weedhaha hadalkaaga ka dhig kuwa gaa-gaaban
- ha isticmaalin hadal aan toos ahayn oo leh sarbeeb iyo micno qarsoon. Waxaa laga yaabaa in qofka autismka qabo uu 'haa' uga jawaabo su'aasha ah 'Saacad ma haysaa?' ama 'Ma taqaan saacaddu intay tahay?' adiga oo ula jeeda 'Waa immisa saacaddu?'
- isticmaal sawirro si aad uga caawisid arrinta
- qofka sii waqti uu kaga jawaabo waxyaabaha aad u sheegtay
- ka fikir hab kale oo la iskula xidhiido sida qoraalka, calaamad ugu sheegga (sida dadka dagaha wax ka qaba) ama haddii loo baahdo isticmaalidda sawirrada.

Dhibaataada la xidhiidhta dhexgalka bulshada iyo wada xidhiidhka dadka

Dadka qaba autismka ayaa laga yaabaa:

- inay ku adkaato inay fahmaan caadifadda iyo dareenka dadka kale leeyihiin
- inay ku adkaato sidii ay caadifaddooda iyo dareenkooda ugu muujiyaan hab mujtamacu aqbal
- inay jecel yihiin dad dhexgalka dadka kale, laakiin ayna oqoon habka loo sameeyo
- inay ku adkaato sidii ay dadka xidhiidh iyo saaxiibtinnimo ula samaysan lahaayeen
- inayna fahmin 'xeerarka bulshada' sida la oggol yahay ee loo dhaqmo, ee markay tahay meelo kala duwan oo ay ka midka yihiin guriga, dugsiga ama shaqada
- inayna rabin inay la wadaagaan waxqabyada dadka kale
- ayna jeclayn inay dadka kale la kulmaan
- inay ku adkaato inay gartaan caadifadda, iyada waxay jecel yihiin iyo waxay xiiseeyaan
- inayna dadka kale ka raadsan sasbaad iyo u nixitaan.

Siyaabaha aad adigu uga gacan-qaban karto:

- u oggolow in laga yaabaa in qofku u baahdo waqdi kali u ahaado
- isku day inaad dareenkaaga si cad ugu muujisid. Haddii aad faraxsan tahay u muuqo oo u sheeg inaad faraxsan tahay
- u sharax xeerarka xaaladaha bulsheed, oo haddii loo baahdo u tilmaan
- ku dhiirri-geli qofka inuu dadka kale dhexgalo, tusaale ahaan, haddii ay kombiyuutarrada jecel yihiin, (weydii) diyaar inay u yihiin inay ku biiraan naadi?
- si aayar-aayar ah ah qofka uga caawi sidii uu u kobcin lahaa xirfadaha bulshada lagu dhexgalo, iyaga oo laga yaabee ku tababararaya marka la joogo guriga ama iskuulka. Adeege bulsho, macallin ama mihnad-yaqaanka ayaa laga yaaba inay ku caawiyaan
- ka caawi qofka inuu fahmo oo u faah-faahi dareenkooda. Tusaale ahaan, sii ilmahaaga waxa u ku ciyaaro ee ugu jecel yahay oo ku dheh, 'Kan ayaa kaa farxin'

Dhibaataada ka haystada fakarka bulshada ka dhexeeya (social imagination)

Dadka qaba autismka ayaa laga yaabaa:

- inay jecel yihiin waxa habaysan oo jadwalka ku socda
- inay rabaan inay maalin kasta wax isku mid ah sameeyaan
- in wax-beddelku ku adag yahay.
- inay ku adag tahay inay fahmaan maaddooyinka 'aan la taabashada lahayn', sida sheekooyinka ama waxbarashada diinta
- inay ku adkaato inay korka ka gartaan waxa ay dadka kale ku fakarayaan
- inay lahaadaan ku takhasus xiiseyn waxyaabo gaar ah, oo ay ka midka yihiin jadwalka tareenka ama urursiga qolfaha nac-naca shokolaatiga

- inay ku soo rogaan dadka kale waqti wax qabasho joogta ah
- inay ku adkaato ciyaaraha iyo waxqabadyada mala-awaalka u baahan. Tusaale ahaan, haddii aad ilmo autism qaba ku tidhaahdid guri sawir, waxaa laga yaabaa inuu kuugu jawaabo 'Gurige?'

Siyaabaha aad adigu u gacan-qaban karto:

- qofka hawl-maalmeedkiisa u qorshee, waxa dhici karta inaad adeegsan kartid waxyaabo la taaban karo sida sawirrada kaameerada iyo kuwa gacanta, ama jadwal qoran
- sii waqti uu qofku u ku samayn karo waxqabadyada uu jecel yahay
- qofka u sii diyaari isbeddellada dhici doona adigoo horay ula sii socodsiinaya arrinta
- isticmaal hab muuqaal ah, oo ay ka midka yihiin jadwal waqti, marka aad isbeddelladaas u sheegaysid
- si aayar-aayar ah isbeddellada u samee
- ku dhiirri-gali in qofku sii ballaadiyo waxyaabaha uu xiiseeyo. Tusaale ahaan, haddii ilmahaagu urursado qolfaha nac-naca shokolaatiga, bal isku day inaad ku dhiirri-galiso inuu garto waddamada lagu sameeyay. Arrintaani waxay u horseedeysaa isagu inuu barto dadka iyo dhaqammada waddamo kala duwan
- ka caawi sidii uu qofku waxyaabaha u xiisaha uu qabo uu hiwaayad ugu beddeli lahaa, haddii ay suurogal tahay, Tusaale ahaan, haddii ilmahaagu jecel yahay jeex-jeexidda waraaqaha, waxaad isku dayi kartaa inaad barto 'origami' (sida waraaqaha loo laallaabo ee looga sameeyo shimbiraha iwm.).
- u diyaari fursado uu ku samaysto waxyaabo u xiiseeyo oo cusub oo kuwii hore ka duwan. Tusaale ahaan, haddii ilmahaaga kureyga ahi uu jecel yahay inuu ku ciyaaro biyaha, ku dhiirri-gali sidii uu dabbaasha u baran lahaa
- ka caawi qofka sidii uu waxyaabo cusub ugu fakari lahaa. Tusaale ahaan, kor u qaad oo tus warqad aad wax ku qoraysay oo weydii 'Maxaad kaloo warqadaan ku samayn kartaa?' Jawaabaha la filan karo waxaa ka mid ah in la isku laabo, in si qaabaysan loo googooyo ama in wax lagu duubto.

ANSHAXA

Dhibaatooyinka ay la kulmaan darteed ayay dadka autismka qaba qaarkood waxay u muuqan karaan dad anshax xun leh. Arrintani waxay laga yaabaa inay dhicitaankeedu u sabab tahay:

- inay dadaalayaan inay dadka la xidhiidhaan
- inayna fahamsanayn xeerarka bulshada
- inay dareemayaan welwel, cabsi ama arrin ka daal
- inay jecel yihiin waxqabad gaar ah, hase yeeshee ma fahamsana raadka ay hawshaasi reebi karto. Tusaale ahaan, qof autism qaba oo jecel codka dhalo jabeysa laakiin aan fahmin in arrintaasi halis tahay ama aan la oggolayn in lagu jabiyo dhalo meel dadka u dhexeysa.

Mararka qaarkood waxa laga yaabaa inaad og tahay sababta uu qofka autismka qabaa uu si gaar ah ah uu u dhaqmayo. Dhakhtarka cilmi nafsiga, dhakhtarka caadiga ah ama macallim arrimahaas ku takhasusay ayaa kaa caawin kara.

Siyaabaha aad adigu u gacan-qaban karto:

- la shaqee qofka si aad ugu dhiirri-galisid inuu si fiican dadka ula xidhiidho
- ugu jehee anshaxa qaab bulshadu aqbali karto. Tusaale ahaan, haddii qofku uu jecel yahay inuu xoog u sacabbiyo ku dhiirri-gali inuu ku ciyaaro qalab uu durbaanku ka midka yahay
- haddii qofku wel-welsan yahay ama xanaaq-san yahay, u raadi meel aan shanqad lahayn oo uu ku dego.

- haddii aad og tahay inay jirto wax ka caawiya qofku in uu dego, sida wax u ku ciyaaro uu jecelyahay ilmuhu , mar kasta ha iska fogeyn
- sii wax aad ugu beddesho markay suurtoagal tahay. Tusaale ahaan, haddii qofku uuna jeclayn qaylada dheer, sii qalabka dhegaha la gashado markay bannaanka joogaan
- raadso waano dhakhtar haddii aad is leedahay dhibaato xagga caafimaadka ah ayaa jirta
- si tartiib ah u bar xaaladaha qaarkood ee aad is leedahay qofka way ku adag yihiin
- sii waqti iyo meel ku habboon oo badbaado leh waxqabyada ay jecel yihiin.

Gaabinta waxbarashada

Dadka autismka qaba ayaa laga yaabaa inay lahaadaan gaabin ah waxbarashada, taasoo oo saamayn ku leh dhammaan dhinacyo badan oo ka mid ah qofka noloshiisa, laga bilaabo ku waxbarashada dugsigiisa, illaa barashada sida ay gacmaha u dhaqdaan ama cunto loo sameysto. Qaarkood waxay u noolaan karaan si caadi isku filnaan ah, xagga kuwa kalena ay u baahan doonaan waligood noloshu, gargaar takhasus leh. Hase yeeshe, dhammaan dadka qaba autismku ayaa baran kara inay horay ugu maraan taageerada habboon la siiyo.

Dadka qaba 'high-functioning autism' (autismka shaqada-sare leh) ama Asperger syndrome (cillada Asperger) ayaa sida caadiga ah aan lahayn gaabin dhinaca waxbarashada laakiin leh dhibaatooyin ah saddexda arrimood ee lagaga hadlay warqaddan.

Mararka qaarkood, dadka qaba autismka ayaa leh xaalado kale. Kuwan waxa ku jiri kara 'attention deficit hyperactivity disorder (ADHD)' (qal-qaallinmiada) 'dyslexia' ama 'dyspraxia'.

U jajabnida dareenka

Dadka qaba autismka ayaa laga yaabaa inay leeyihiin nooc u jajabni ah dareenka. Arrintani waxay u dhici kartaa mid ama wax ka badan oo ah shanta dareemayaal -aragga, maqalka, urta, taabashada iyo dha-dhamada. Qofka dareenkiisa ayaa kor u kacsan ama hooseeya.

Tusaale ahaan, qofka autismka qaba ayaa dhici karta in uu maqalka ka soo baxaya dhinaca dambe, ee dadka kale iska inkiraan, inay iyaga aad qaylo ugu noqoto ama wax ka jeediso. Tani waxay u keeni kartaa wel-wel iyo xitaa xanuun jidhka ah.

Dadka u dareenkoodu hooseeyo ayaa laga yaabaa ineyna dareemin xanuun ama kuleylka ama qabowga aad u badan. Qaarkood waxa dhici karta inay is-luxaan, ama gacmaha lulaan ama xamaasad dhaliyaan, sidii ay iskaga caawiyaan qaab-jooggooda ama wax uga qabtaan isku buuqa (istreeska).

Dadka qaba **u jajabnida dareenka ayaa laga yaabaa inay ku adkaato isticmaalka nidaamka garashada jidhkooda** (body awareness system). Nidaamkan ayaa inoo sheega meesha u jidhkeennu joogo, markaa dadka u garashada jidhku naaqusan yahay, waxa ku adkaada inay isku dhex hagaan qofka iyaga oo iska ilaalinaya waxyaabaha ka hor yimaad, inay is hor taagan qofka markay la hadlayaan fogaanta habboon ee dadka kale oo ay 'dhaq-dhaqaaq habboon' ay ku fuliyaan oo ay ka midka tahay xidhashad tixaha kabaha.

Waxayaabaha ay ku fiican yihiin

- Dadka ugu badan ee qaba autismka ayaa ku fiican waxbarashada aragga ah. Adeegsiga alaabada muuqda, sawirrada, bandhigyada iyo waxyaabaha qoraalka ahi dhammaantood waxbay u tarayaan.
- Dadka autismka qaba qaarkood indhohoodu aad bay ugu furan yihiin faah-faahinta ama sax ahaanta.
- Markay bartaan macluumaadka, waxyaabaha had iyo jeer la sameeyo ama qaab-socodyada aya u badan in la haysto. Tusaale ahaan, qaarkood waxaa laga yaabaa inay ku fiican yihiin muusigga, tirooyinka, dhacdooyinka ama kombiyuutarrada.

- Qaarkood waxay ku takhasuusaan wakhti dheer waxyaabaha ay sida gaarka ah u xiiseeyaan, waxaana suurogal ah inay doortaan barashada ama ka shaqeynta waxyaabo kuwaas aan ka fogayn
- Jacaylka qabashada waxyaabaha soo noq-noqda ay sameeyaan ayaa qofka autismka qaba ka dhiga shaqaale la isku hallayn karo marka ay ku jiraan ama joogaan meel xaalad nidaamsan leh.

Maxaa sababa autismka?

Ma jiraan cid og waxa autismka keena. Hase yeeshee, waxa dhic karta inay keento kobaca maskaxda waxa ka horreya, ma marka la dhalanayo ama waxoogaa ka danbow dhalashada. Waxa laga yaabaa inay tahay hiddo dhalan loo leeyahay – oo laga dhaxli karo waalidka oo loo dhaafiyo carruurta.

Haddii ilmahaagu leeyahay autism, ma aha iyada oo sabab u tahay inaad adigu tahay waalid xun. Autismka ma keento sida qofka loo koriyo, heerka aya bulshada ka taagn yihiin, mana aha khaladka ay sameeyeen qofka xaallada qaba,

Hadda la joogo, ma jirto daawo autismka loo hayo.

Ayay saameysaa autismku?

Autismku wuu ka badan yahay sida dadku u maleynaayaan. Waxa jira in ka badan nus malyuun dad ah oo qaba autismka gudaha Boqortooyada Midoowdey –taas oo ah ku dhowaad 1 qof 100kii dad ah.

Dadka ka soo jeeda dhammaan qoomiyado iyo dhaqanno, diimo iyo bulshooyin kala duwan ayaa lahaan kara autismka, in kasta oo u egtahay in autismku ku badan yahay ragga marka loo eego haweenka. Waxaa xaalo nololsha qofka giddgeed jirta: carruurta autismka ku dhashaay way ku waynaadaan.

Ereyada laga yaabe inaad maqasho

‘Autistic spectrum condition (ASC)’ (Xaaladda Isbektremka ah ee Autismka) ama ‘autistic spectrum disorder (ASD)’ (Dhibaataada Isbektremka ah ee Autismka – waa magac guud erey dallad u hah dhammaan kala duwanaansha naafonnimada (autismka)

Asperger syndrome (ciladda Asberjer) – waa nooc ka mid ah autismka ah qofku uu dadka kale kala wadaago saddexda dhibaato ee ugu muhiimsan, hase yeeshee ayna dhibaato waxbarashada ka haysan, ama hadal ka raag ah.

Atypical autism (autismka aan caadiga ahayn) – dadka qaba ‘atypical autism’ lama wadaagaan dadka kale dhammaantood saddexda dhibaato ee ugu muhiimsan. Waxa laga yaabaa in ‘Atypical autismka’ aan la garan waxa ka horeeya ilaa uu ilmuhu da’ada saddex sano gaadho mooye.

‘Attention deficit hyperactivity disorder (ADHD)’ (Qal-qaalinimada) – dadka xaaladdan qaba ayey ku adag tahay inay u soo jeedsadaan howsha hor taal ama wada shekeysiga ay ku jiraan. Waxa laga yaabaa inayna dhammays-tirin waxay bilaabaan, oo waliba ay ku adkaato inay joogaan meel kaliya waqti dheer.

Classic autism/Kanner syndrome (autismka caadiga ah/cilladda Kanner) – magac kale oo loo yaqaan autismka.

Baadhitaanka Ogaanshaha (Diagnosis) – garashada autismka, badiyaa u helo aqoon yaqaan caafimaad.

Dyslexia (dhisleksiya) waa xaalad u horseedda qofka inay ku adkaato barashada wax akhriska, qoraalka iyo higgaadda.

Dyspraxia (Disbiraaksiya) – waa xaalad sababta ku adkaanshaha wax isku dubbaridka. Sida 'dyslexia' oo kale, dadka qaba 'dyspraxia' ayaa sidoo kale dhibaato ka haysan kartaa akhriska, qoraalka iyo xisaabta.

Echolalia (Ekoleeliya) – ku cel-celinta erayada dadka isla barkaa kale ku hadleen.

High-functioning autism (autismka shaqada-sare leh) – wuxuu la mid yahay 'Asperger syndrome', laakiin kobaca hadalka ayaa qofka ka daaha.

Pervasive developmental disorder (PDD) – waa erey dallad ahaan hoostoodu yimaadaan ASD iyo xaalado kale, tusaale ahaan, 'Fragile X syndrome' (Farajile X Syndrome). PDD waa eray lagu isticmaalo Mareykanka.

Pervasive developmental disorder (Berfesif difalobmental disorder) – aan sida kale aan la meel-dhigin (PDD-NOS) – waa magac kale oo loo yaqaan 'atypical autism' ama autismka aan caadiga ahayn. PDD-NOS waa eray lagu isticmaalo Mareykanka.

Semantic pragmatic disorder (Semantik baragmatik disorder) – dhibaatooyinka dad dhex-galka iyo luqadda laakiin aan dhibaato ka haysan fakarka mala-awaalka. Kani ma ha erey caadi looga yaqaan UK (Boqortooyad Midoobey).

Social interaction (Dad dhex-galka) – la xidhiidhka iyo uga jawaabista dadka kale meelo badan oo kala duwan.

Social imagination (Fakarka bulshada ka dheexya) – lahaanshaha hab-socod wax ka dhag fikradeed, kuna adkaato fahanka aragtiyada kala duwan, fikradda cusub iyo afkaarta ballaadhan.

Xeerarka bulshada – waa habab dhaqan bulsheed dhexdeeda ah oo meelo kala duwan loo isticmaalo sida iskuulka, guriga iyo shaqada.

Spectrum (isbektram)- dadka qaba autismka ayey saameysaa naafanimadoodu heerar kal duwan, markaa autismka yaa loo yaqaan 'xaalladda isbektram'

Triad of impairments (saddex meelood dhibaato ka qabad) – saddexda meelood ee ugu muhiimsan ee dhibaatooyinka dadka autismka qaba ka haysta.

Visual supports (Ka caawinta Wax-aragga) – sawirrada kaameerada iyo kuwa gacanta ama qoraallada qofka ka caawiya wax fahanka.

Xaggeen macluumaad dheeraad ah ka heli karaa?

Haddii aad rabtid macluumaad dheeraad ah oo ku saabsan autismka, la xidhiidh Khadkeena Gargaarka Autismka ama booqo boggayaga internetka. www.autism.org.uk

Khadka Gargaarka

Furan Isniin-Jimce 10am (10ka galinka hore) – 4pm (4ta galinka dambe)

Tel: 0845 070 4004

Minicom: 0845 070 4003

Email: autismhelpline@nas.org.uk

Khadka Gargaarka Autismku wuxuu leeyahay adeeg loogu turjumo luqadda dadka ka soo waca UK. Tani waxay noo oggolaaneysaa inaan macluumaadka ku soo gudbinno 150 luqadood annagoo turjumaanno adeegsanayna. Qofku marka hore waa inuu Ingirisiga ku hadlaa si uu noogu sheego luqadda uu ku hadlo. Markaas ayaan dib kuugu soo wacayna annaga oo turjumaan haysanna.