Oregon Department of Human Services
OFFICE OF DEVELOPMENTAL DISABILITIES SERVICES

Hagaha Isku-doodida

ee Adeegyada Naafonimada Garaadka iyo Korriinka (I/DD)

Ma qabtaa su'aalo ku saabsan adeegyadaada I/DD? Waxaan halkaan u joognaa inaan kaa caawino inaad noqoto qofka maamulka hayo!

Hagahan waxaa uu kaa caawin doona inaad fahanto:

- Waa maxay adeegyada I/DD?
- Sidee ayay adeegyada I/DD u shaqeeyaan?
- Sidee ayaad iskugu diyaarin kartaa isticmaalida adeegyada I/DD?
- Su'aalaha ay tahay inaad iswaydiiso markaad dajinayso qorshahaaga

"Inay muhiim tahay inaad wax ka ogaato adeegyada diyaarka kuu ah oo aad dareento kalsooni aad ku isticmaasho."

- Hoggaanka ODDS

Jadwalka Tusmada

Maxaad filan kartaa?

01 **U-doodista Noloshaada Wanaagsan** **1-5**
Maxey ka dhigan tahay in aad noqoto qof isku-doode ah?

02 **Hordhaca Adeegyada I/DD** **6-11**
Waa maxay waxa ay adeegyada I/DD kuu qaban karaan?

03 **Qiimaynta Baahiyaha Oregon (ONA)** **12-16**
Sidee ayaad ugu diyaargaroobi kartaa ONA-gaaga?

04 **Kulamada Qorshaha Taageerada Shakhsiga (ISP)** **17-21**
Sidee ayaad ku gaari kartaa nolosha aad u baahan tahay?

05 **Isku-doodista ka dhex jira Adeegyada I/DD** **22-26**
Kawaran maxaa dhacaya haddii taageerada aad hesho aysan si fiican u buuxin baahiyahaaga?

U-doodista Noloshaada Wanaagsan

01

Maxay la macno tahay u-doodista nafteyda?

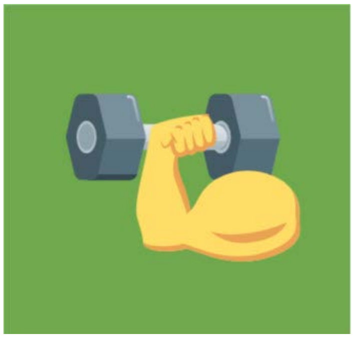
Qof kasta wuxuu mudan yahay in loola dhaqmo si sharaf iyo ixtiraam leh. Isku-doodaha wanaagsan way yaqaanan qudhooda waxayna sheegan karaan waxa ay baahiyahoodu yihiin.

U-doodista baahiyahaaga waxay kaa gacan siin karaan inaad dareento kalsooni badan waxayna ku siinaysaa madaxbannaanida aad rabto.

Sidee ayaan ugu doodi karaa naftayda?

Sida ugu wanaagsan ee aad ku baran karto sida aad ugu doodi lahayd naftaada waa in aad barato naftaada iyo baahiyahaaga. Aqoonso khayraadyada ka tirsan noloshaada ee taageerada ku siinaya.

Waa maxay khayraadyada aan noloshayda u haysto?



Awoodaha iyo khibradaha shakhsiyeed

Awoodahaaga waxaa ka mid noqon kara: xirfadahaaga, aqoontaada, ama khibradahaaga nololeed waxyaabaha aad ku fiican tahay iyo astaamaha wanaagsan ee ay dadka kale kugu qiimeeyaan.

Xiriirada taageerada leh

Waa muhiim inaad ogaato cidda noloshaada ku jirto ee taageerada ku siinaysa.
Waxay noqon karaan saaxiibadaada, isku-doodayaasha kale iyo qoyskaaga.

Taageerooyinka ku saleysan u-qalmitaanka

Kuwani waa adeegyo aad ku heli karto sababo la xiriira da'daada, dakhligaaga, ama itaaldarradaada, sida:

- adigoo isticmaalayo SNAP (Barnaamijka Kaalmada Nafaqada ee Kaabista ah) si aad u iibsato bagaashyo
- Adeegyada laga helo Xafiiska Adeegyada Naafanimada Korriinka (ODDS)

Bulshooyinka Aad Ka tirsan tahay

Bulshadu waxay noqon kartaa goob aad waqtiyo badan booqato, sida dhismaha gurigaaga, dugsigaaga, ama goobtaada cibaadada.
Waxay sidoo kale noqon kartaa koox, sida bulshada LGBTQIA+, goobtaada jimicsiga, ama fasalkaaga fanka.

Farsamada Waxtarka leh

Waxaa jira noocyo badan oo kala duwan oo farsamooyin ah. Waxaa laga yaabaa inaad haysato taleefan casri ah ama taableed ay ku jiraan barnaamijyo kaa caawinaya inaad xiriir la samayso ama kaa kaalmaynayo naafonimadaada.
Waxaa sidoo kale laga yaabaa inaad haysato aaladaha kaalmada si ay kuu caawiyan, sida qalabka loogu talagalay jarjarista cuntada.

Xaashida shaqada:

Waa maxay khayraadyada aan ku isticmaali karo noloshayda si aan nafteyda ugu doodo?

Markaad si fiican u taqaano naftaada iyo khayraadyada aad noloshaada ku haysato, waad u doodi kartaa xuquuqdaada iyo baahiyahaaga.

Hoos ku kala qorshee khayraadyada aad noloshaada ku haysato!

Awoodaha Shakhsiyeed

Waa maxay waxyaabaha aad ku fiican tahay?

Xiriirada taageerada leh

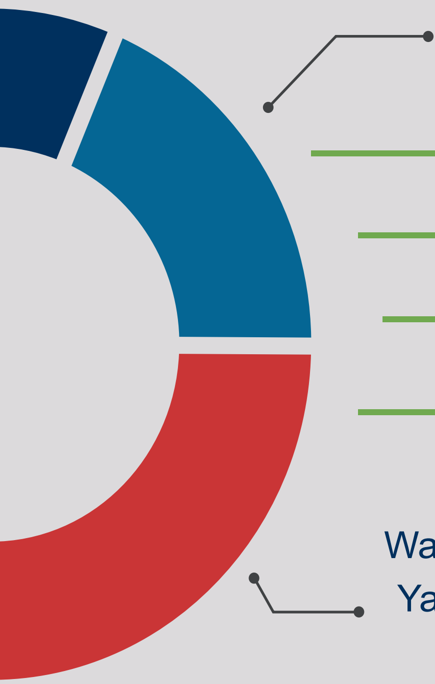
Yay tahay cidda noloshaada ka tirsan ee ku caawisa kuna dhiiragelisa?

Taageerooyinka ku saleysan U-qalmitaanka

Waa maxay taageerooyinka ku salaysan u-qalmitaanka ee aad haysatid ama aad u baahan tahay?

Bulshooyinka Aad Ka tirsan tahay

Waa maxay bulshooyinka aad ka tirsan tahay ama rabto inaad ku biirto?



Farsamada Waxtarka leh

Waa maxay farsamooyinka ku caawiya? Yay tahay cidda wax kaa weydiin karto farsamooyinka kala duwan?

Dhigaalada Dheeraadka ah

Waxaan rajeyneynaa in u-doodistan ku aadan qaybtaada nolosha wanaagsan ay ku caawiso inta aad la hadlayso kooxdaada qorshaynta. Fadlan booqo khayraadyada hoose si aad wax badan uga ogaato.

Isku Doodista Oregon Khayraadyada Isbaheysiga Gobolka oo Dhan

https://www.askosac.org/statewide-resources/

Xuquuqda Naafada Oregon

https://www.droregon.org/

Golaha Oregon ee Naafada Korriinka

https://www.ocdd.org/

Sidee ayaad u noqon kartaa isku-doodahaaga gaarka ah?

https://youtu.be/QWDR1etpYI-w?si=57h8xmlWF4G-GR-C

Iskaangaree koodhka QR-ka si aad u booqato mareegteena oo aad u daawato muuqaalka qaybtan.

https://www.oregon.gov/odhs/idd/Pages/self-advocates.aspx

Xusuusnow, tani waa noloshaada...

Waxaad fursad u haysataa inaad doorato jidkaaga gaarka ah

Hordhaca Adeegyada I/DD

02

Waa maxay adeegyada naafonimada garaadka iyo korriinka (I/DD)?

Xafiiska Oregon ee Adeegyada Naafonimada Korriinka (ODDS) wuxuu bixiyaa adeegyo lagu taageerayo dadka qaba naafonimada garaadka iyo korriinka (I/DD) iyo qoysaskooda si ay ugu dhex noolaadaan sida ay rabaan gudaha bulshadooda.

Hay'adaha maareynta kiisku waxay dadka ka caawiyaan inay helaan adeegyada I/DD.
Waxa laga yaabaa inaad awood u leedahay inaad doorato cidda ku siinaysa adeegyada maaraynta kiiskaaga, oo ay ku jiraan:

isku duwaha adeegyada ee ka shaqeeya Barnaamijka Naafada Korriinka ee Bulshada (CDDP)

wakiilka gaarka ah ee ka shaqeeya Dallaalka Adeegyada Taageerada ah

Adeegyada Guriga Lagu Bixiyo ee Degdega ah ee Carruurta iyo Adeegyada Degaaneed ee Carruurta

Sidee ayay adeegyada I/DD u shaqeeyaan?

Waxaad wada-hadal la yeelan kartaa isku-duwaha adeegyadaada ama wakiilkaaga gaarka ah si aad ugala hadasho adeegyada kaa taageeraya inaad ku noolaato guriga oo aad marin u hesho bulshadaada.

Waa kuwan qaar ka mid ah adeegyada laga yaabo inaad xaq u yeelato iyadoo ku xiran baahiyahaaga taageerada:

Daryeelka Kalkaaliyaha

Tageerayaal tababaran, xirfadlayaal ah oo dadka ka caawiya waxyaabaha ay maalin kasta sameeyaan, sida:

- maydashada
- labbiska
- cunto samaynta
- maaraynta lacagta
- xiriirka

Adeegyada Shaqaalaynta

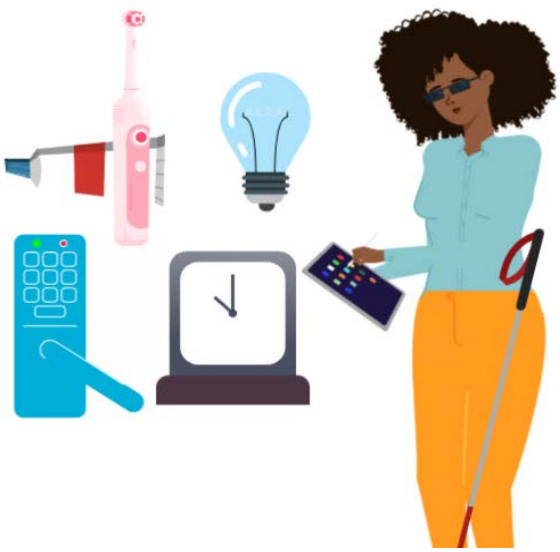
Ka taageer dadka si ay:

- u sahamiyaan shaqooyinka
- u helaan shaqo
- oo ay u haystaan shaqo

Wax-ka-beddelka Guriga iyo Aaladaha Kaalmaynta

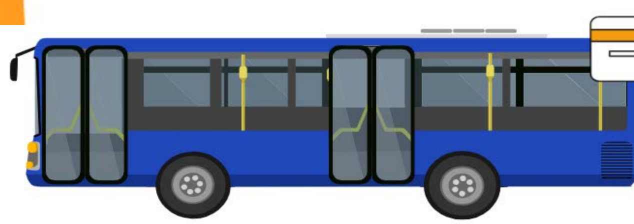
Aaladaha kaalmaynta, tignoolajiyada iyo wax-ka-beddelka guriga ayaa dadka ka caawiya inay madaxbanaanaadaan, caafimaad qabaan oo badqabaan, sida:

- gambaleelada iyo xasuusiyeyaasha
- maacuunta kushiinka ee qabsiga leh
- sagxadda loogu talagalay kursiga curyaanka
- biraha la qabsado ee musqusha



Gaadiidka

Taageero sii dadka ay bulshadooda ku dhex-mari karan, sida helista kaarka baska si ay ugu dhex wareegaan magaalada.



Adeegyada Kale

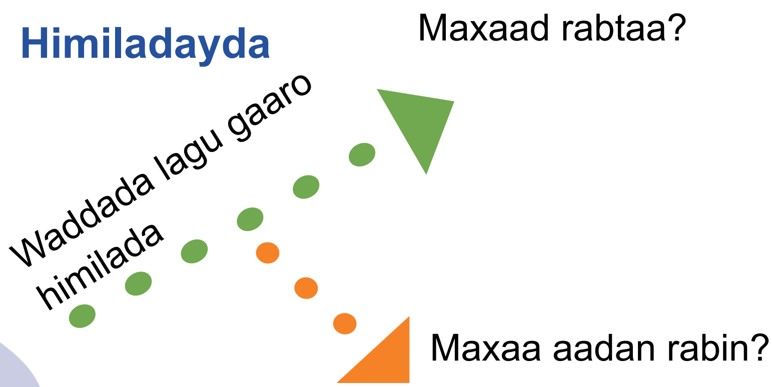
Kuwaas waxaa ka mid noqon kara waxyaabo ay ka mid yihiin:

- adeegyada kalkaalinta ee la siiyo dadka qaba xaaladaha caafimaad qaarkood
- taageerooyinka habdhaqanka
- sahayda caafimaadka

Sidee ayaad iskugu diyaarin kartaa isticmaalka adeegyada I/DD?

Inaad himilo u yeelato mustaqbalkaaga ayaa waxay kaa caawin kartaa inaad diirada saarto oo aad ka miro-dhaliso hadafyadaada.

Himiladayda



Xusuusnow, kani waa qorshahaaga...

Ma jiro wax igu saabsan, oo aan ka maranahay

Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Su'aalaha ay tahay inaad ka fekerto markaad qorshayneyso nolosha aad rabto:

Waa maxay waxyaabaha aad ka rabto noloshaada?	Waa maxay waxyaabaha aadan u rabin noloshaada?
______________________	______________________
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Maxay dadku kugu jecel yihiin oo ay kugu ixtiraamaan?

Waa maxay waxa adiga kuugu muhiimsan?

Sidee ugu fiican ayay dadka kale kuugu caawin karaan kuguna dhiiragelin karaan?

Dhigaalada Dheeraadka ah

Waxaan rajaynaynaa in qaybtan hordhaca ah ay ku caawiso inta aad la hadlayso kooxdaada qorshaynta. Fadlan booqo khayraadyada hoose si aad wax badan uga ogaato adeegyada I/DD.

Shaqaalaynta Marka Hore

https://www.oregon.gov/odhs/employment-first/Pages/individuals.aspx

Liiska CDDP-yada iyo dalaaliinta

https://www.oregon.gov/odhs/idd/Pages/cddp.aspx
https://www.oregon.gov/odhs/idd/Pages/brokerage.aspx

Go'aan qaadashada la taageero ee shakhsiyaadka

https://thearcoregon.org/wp-content/uploads/2019/10/Its-Your-Decision-v5.pdf

Iskaangaree koodhka QR-ka si aad u booqato mareegteena oo aad u daawato muuqaalka qaybtan.

https://www.oregon.gov/odhs/idd/Pages/self-advocates.aspx

Xusuusnow, tani waa noloshaada...

Waa qasab in baahiyahaaga la daboolo

Qiimaynta Baahiyaha Oregon (ONA)

03

Waa maxay Qiimaynta Baahiyaha Oregon (ONA)?

ODDS waxay isticmaashaa Qiimaynta Baahiyaha Oregon (ONA) si ay u ogaato caawimaada aad uga baahan tahay waxyaabaha aad maalin kasta samayso.

Goormee ayaan sameeyaa ONA?

- Caadi ahaan sannadkiiba hal mar
- Isku duwaha adeegyadaada ama wakiilkaaga gaarka ah ayaa ku ogeysiin doona haddii aad u baahan tahay inaad sameyso wax ka badan hal ONA sanadkii

Yaa waaye qof samaynayo ONA-kayga?

- Qiimeeyaha ONA
- Isku duwaha adeegyadaada ama wakiilkaaga gaarka ah

Waa maxay su'aalaha ku jira ONA?

ONA waxay ku waydiinaysaa wax ku saabsan qaybaha kala duwan ee noloshaada:

- Sida aad jeceshahay inaad ula xiriirto
- Waxyaabaha aad sameyso maalin kasta
- Waxyaabaha aad sameyso si aad u daryeesho gurigaaga iyo lacagtaada
- Habdhaqankaagu wuu taageersan yahay
- Badqabkaaga iyo baahiyahaaga caafimaad

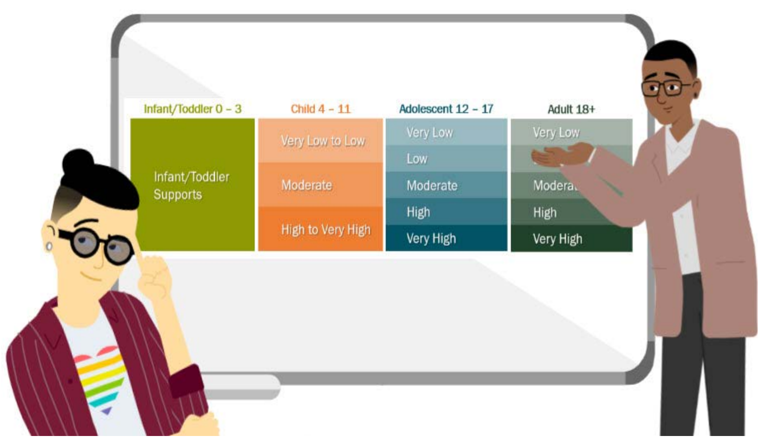
Sidee ayuu u shaqeeyaa hannaanka Qiimaynta Baahiyaha Oregon (ONA)?

ONA-kaaga Kahor

Qiimeeyaha ONA ayaa wax badan kaa ogaan doona si uu ugu diyaargaroobo inuu ku weydiiyo su'aalo ku saabsan ONA.

Inta lagu guda jiro ONA-gaaga

- Qiimeeyaha ONA ayaa ku waydiin doona su'aalo oo qoraal kaa qori doona
- Waxaad ku martiqaadi kartaa dadka sida ugu fiican kuu yaqaano si ay kuu taageeraan
- Waxaad codsan kartaa nasasho



ONA-kaaga ka dib

- Natiijooyinka ka soo baxa ONA-kaaga ayaa ku gelin doona koox adeeg
- Kooxda adeegga ayaa kuu sheegayaa inta saacadood ee daryeelka aad u baahan karto bil kasta iyo qaddarka ay le'eg tahay lacagta qof lagu siin doono si uu kaaga taageero adeegyo kala duwan

Haddii aad qabto su'aalo ku saabsan ONA-gaaga, isku-duwaha adeegyadaaga ama wakiilkaaga gaarka ah ayaa kaaga jawaabi karo!

Sidee ayaad ugu diyaarsanaan kartaa ONA-gaaga?

Ka hadlida baahiyahaaga taageero waxay noqon kartaa mid adag. Waxaa laga yaabaa in aadan si fiican u aqoonin qiimeeyaha.
Ma jiraan waxyaabo ama qof ka dhigi lahaa wada-sheekeysiyadan kuwo aad kugu fudud adiga?

Himiladayda

Waa maxay taageerooyinka aad rabto oo aad u baahan tahay?

Waddada lagu gaaro himilada

Maxaa aadan rabin?

Xusuusnow, tani waa wax adiga kugu saabsan...

Dookhyadaada waa in la ixtiraamaa

Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Goormee ayay dhacaysaa Qiimaynta Baahiyahaaga Oregon ee xigta?

____

Halkee ayaad aad ugu qanacsanaan lahayd inaad ku qabato ONA-gaaga?

____

____

Ma doonaysaa inaad la kulanto qiimeeyaha ONA keligiisa ama iyadoo cid kale kula joogto? Yaa waaye qofka aad rabto inuu kula joogo?

____

____

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Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Ma rabtaa in aad qudhaadu ka jawaabto su'aalaha ku saabsan ONA? Ama waxaad rabtaa qof aad ku kalsoon tahay inuu kuu jawaabo?

Miyay jiraan mowduucyo aadan rabin inaad ka hadasho? Haddii ay sidaas tahay, yaad doonaysaa inuu kuu doodo?

Ma jiraan wax aad rabto in qiimeeyaha ONA uu kaa ogaado adiga?

Adigoo ka fikirayso baahiyahaaga taageerada:

Ma u baahan tahay wax ka badan hal qof si ay taageero kuu siiyaan?

Ma u baahan tahay taageero habeenki oo dhan ah?

Dhigaalada Dheeraadka ah

Waxaan rajaynaynaa in qaybtan ONA ay ku caawiso inta aad la hadlayso kooxdaada qorshaynta. Fadlan booqo khayraadyada hoose si aad wax badan uga ogaato Qiimaynta Baahiyaha Oregon.

Jaantuska Saacadaha Kooxda Adeegga

https://www.oregon.gov/odhs/compass/Documents/service-group-hours-table-color-en.pdf

Qiimaynta Baahiyaha Oregon (mareegta ODDS)

https://www.oregon.gov/odhs/compass/Pages/ona.aspx

Iskaangaree koodhka QR-ka si aad u booqato mareegteena oo aad u daawato muuqaalka qaybtan.

https://www.oregon.gov/odhs/idd/Pages/self-advocates.aspx

Xusuusnow, kani waa qorshahaaga...

Waxaad fursad u haysataa inaad doorato jidkaaga gaarka ah

Baro Liiska Hubinta Xuquuqdaada

☑ Waxaad ONA-gaaga ku go'aansan kartaa qofka aad rabto ama qofka aadan rabin.

☑ Waxaad codsan kartaa nasiino inta lagu jiro kulankaaga ama waxaad waydiisan kartaa inaad ONA ku dhammaysato kulan dambe.

☑ Haddii aadan ku raacsanayn natiijooyinka ka soo baxa ONA-gaaga, waxaad la hadli kartaa isku-duwaha adeegyadaada ama wakiilka gaarka ah.

☑ Waxaad codsan kartaa inaad akhrido nuqul ka mid ah ONA-kaaga.

☑ Haddii baahiyahaaga aanan weli la daboolin, waxaad codsan kartaa ka dhaafitaan.

Qorshayaasha Taageerada Shakhsiyeed (ISP)

04

Waa maxay Qorshahaaga Taageerada Shakhsiyeed?

Qorshaha Taageerada Shakhsiyeed waxaa loo yaqaana “ISP” ama “qorshaha.” ISP waa qayb muhiim oo ka mid ah u-doodista adeegyada iyo taageerada aad rabto.

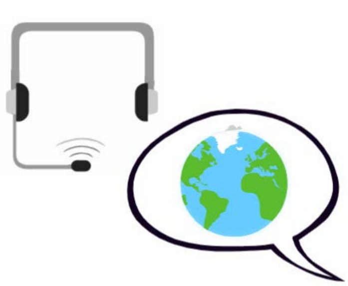
ISP waxay qof kasta ka gacan siinaysaa inuu qorsheeyo sida uu rabo inuu nolol wanaagsan ugu noolaado. ISP qof kastaa wuu ka duwan yahay kan kale sababtoo ah qof kastaa waa goonni.

ISP-gaagu waa inuu noqdaa wax kastoo adiga kugu saabsan! Waxaa ku jiro macluumaad ku saabsan fikradaada ah nolosha wanaagsan, sida:

Waa maxay waxa ama cidda kuugu muhiimsan

Hawlahaaga iyo bulshooyinkaaga

Dhaqankaaga ama diintaada



Isgaadhsiintaada iyo baahiyahaaga luuqadeed

Hadafyadaada aad rabto inaad ka miro-dhaliso

Waa maxay taageerooyinka aad rabto oo aad u baahan tahay si aad uga miro-dhaliso hadafyadaada

Sidee ayuu u shaqeeyaa hannaanka ISP?

- Inta lagu jiro kulankaaga ISP, waxaad la kulmi doontaa isku-duwaha adeegyadaada ama wakiilkaaga gaarka ah iyo dadka sida fiican kuu yaqaano si ay kaagala hadlaan wax ku saabsan hadafyadaada

- Waxaad sidoo kale go'aamin doontaa waxay yihiin adeegyada aad rabto ee aad u baahan tahay si aad u gaarto hadafyadaas..

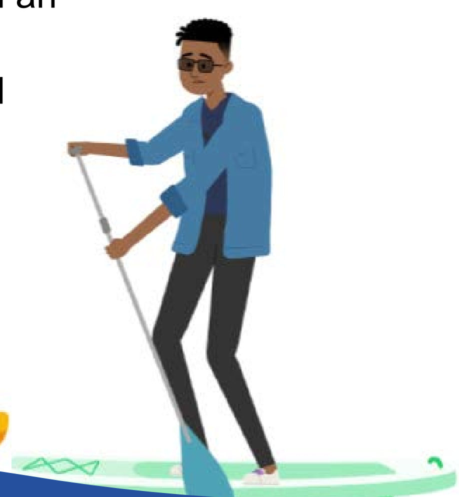
Sannad kasta, waxaad samayn doontaa ISP cusub oo ay tahay:

Inuu sii wado waxyaabaha sida fiican u socda

Inuu wax ka beddelo waxyaabaha aanan shaqaynaynin

Inuu taageero kaa siiyo inaad isku daydo waxyaabo cusub

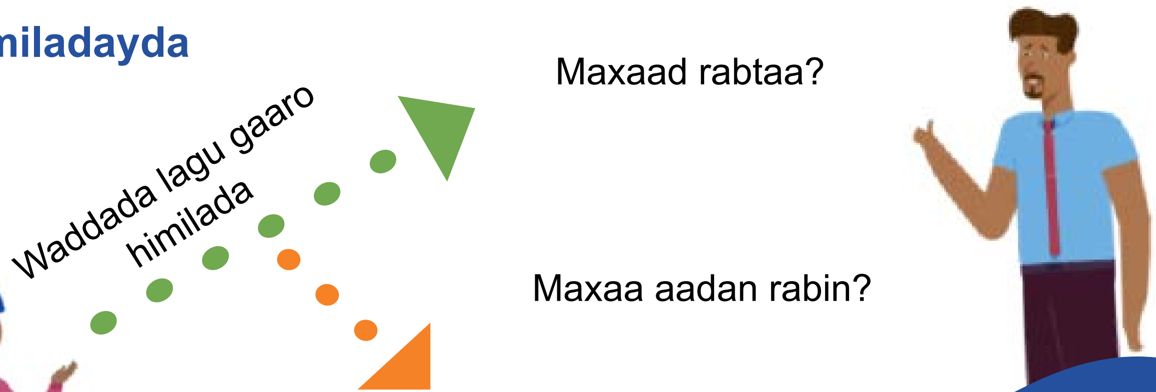
- Waxaa laga yaabaa inaad leedahay baahiyo waqti-gaaban ah ama riyooyin waaweyn oo mustaqbalkaaga dambe ah
- ISP waa qorshahaaga! ISP wuxuu kaa caawin karaa inaad qorshaysato hadafyadaada muddada-gaaban ama kuwa muddada-dheer.



Sidee ayaad ugu diyaarsanaan kartaa kulankaaga ISP?

- Ka fikir hadafyadaada iyo waxaa uu yahay nooca gargaarka aad u baahan tahay si aad u gaarto
- Ku martiqaad asxaabta, qoyska iyo taageerayaasha ISP-gaaga

Himiladayda



Xusuusnow, kani waa qorshahaaga...

Adiga ayaa go'aaminaya cidda qayb ka noqon karto

Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Goormee iyo halkee ayaad jeclaan lahayd in kulankaaga ISP uu ka dhaco?

____

____

Yaa waaye cidda aad rabto inay ka qaybgasho kulankaaga ISP?

____

____

Waa maxay adeegyada aad u baahan tahay si ay kaaga caawiyaan inaad ka miro-dhaliso noloshaada wanaagsan?

____

Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Ma jiraan waxyaabo wada-sheekeysiyadan ka dhigi lahaa kuwa aad kuugu habboon?

Sidee ayay kooxdaadu kaaga taageeri kartaa inaad go'aamo gaarto?

Maxay yihiin hadafyadaada ku aadan sannadkan?

Ma jiraan waxyaabo aadan rabin inaad ka hadasho?

Haddii ay haa tahay, yaad jeclaan lahayd inuu kuu doodo?

Dhigaalada Dheeraadka ah

Waxaan rajaynaynaa in qaybtan ISP ay ku caawiso inta aad la hadlayso kooxdaada qorshaynta. Fadlan booqo dhigaalada hoose si aad wax badan uga ogaato ISP.

Bogga mareegta ODDS oo ku qoran yihiin macluumaad badan oo ku saabsan ISP
https://www.oregon.gov/odhs/compass/Pages/isp.aspx

Sahanka ISP si aad ula wadaagto fikradahaaga ku aadan hormarinta ISP-yada
https://www.surveymonkey.com/r/HLFXHLH

Mashruuca Dib-u-qaabaynta ISP ee Oregon
https://www.oregon.gov/odhs/compass/Documents/isp-redesign-infographic-en.pdf

Maxaa qayb ka ah qorshahaaga?
https://oregonisp.org/module/mod1/

Iskaangaree koodhka QR-ka si aad u booqato mareegteena oo aad u daawato muuqaalka qaybtan.

https://www.oregon.gov/odhs/idd/Pages/self-advocates.aspx

Xusuusnow, kani waa qorshahaaga...

Waxaad fursad u haysataa inaad doorato jidkaaga gaarka ah

Baro Liiska Hubinta Xuquuqdaada

- ☑ Mar kasta waa in la ixtiraamaa codkaaga iyo doorashooyinkaaga
- ☑ Waxaad u doodi kartaa xaqa aad u leedahay inaad ka qaybqaadato adeegyada qorshaynta ee buuxinaya baahiyahaaga
- ☑ Waxaad dooran kartaa goorta iyo meesha ay ka dhacayaan wada-hadallada ISP-kaaga
- ☑ Waxaad dooran kartaa sida go'aannada loo gaarayo

Xuquuqdaada iyo Ku Raacid La'aantaada ee Adeegyada I/DD

05

Maxaan samayn karaa haddii aan ku raaci waayo waxa qorshahayga ku jira ama ONA-gayga?

Qof kasta wuxuu mudan yahay in loola dhaqmo si sharaf iyo ixtiraam leh. Oggaanshaha xuquuqdaada iyo inaad ka hadasho waa hal qaab oo aad ugu doodi karto naftaada.

Maxaan ka filan karaa adeegyadayda I/DD?

Adeegyadaada I/DD waa inay buuxiyaan baahiyahaaga waana inay kaa caawiyaan inaad ka miro-dhaliso hadafyadaada. Waa in mar walba lagaa taageero:

Dooro qofka:

- **noloshaada ka tirsan**
- **daryeelka ku siinaya**
- **kaa taageeraya gaarista go'aankaaga**

In codkaaga iyo doorashooyinkaaga la ixtiraamo

Samee Qorshaha Taageerada Shakhsiyeed (ISP) kaas oo diiradda saaraya fikradaada nolosha wanaagsan.

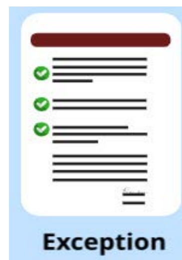
Waa maxay xuquuqdaada haddii aadan ku raacsanayn adeegyadaada I/DD?

La hadal isku-duwahaaga adeegyada ama wakiilkaaga gaarka ah haddii aadan ku raacsanayn natiijooyinkaaga ka soo baxay ONA, fursadaha adeegga, ama aad qabto walaacyo kale.

Waxaad xaq u leedahay inaad:

- Beddesho Qorshahaaga Taageerada Shakhsiyeed (ISP)

- Codsato adeegyo badan iyadoo loo marayo ka dhaafitaano



- Weydiisato Qiimeynta Baahiyaha Oregon (ONA)

- Hesho ogeysiis hordhac ah haddii adeegyadaada la dhimi doono, la hakin doono ama la afmeeri doono

- Cabasho gudbisato oo aad hesho caawimaad si aad u xalliso

- Codsato dacwad dhageysi lala yeesho garsoore

Sidee ayaad ugu diyaarsanaan kartaa inaad naftaada ugu doodo gudaha adeegyada I/DD?

- La hadal isku-duwaha adeegyadaada iyo wakiilkaaga gaarka ah. Waxay halkan u joogaan inay kaa gacan siiyaan inaad u-doodo baahiyahaaga.
- Waxaad sidoo kale dadka aad ku kalsoon tahay waydiisan kartaa inay ku caawiyaan marka aad naftaada u-doodayso

Himiladayda

Waddada lagu gaaro himilada

Waa maxay taageerooyinka aad rabto oo aad u baahan tahay?

Maxaa aadan rabin?

Xusuusnow, waxaad leedahay xuquuq!

Waad u doodi kartaa naftaada

Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Maxay yihiin baahiyahaagu? Baahiyahaagu miyaa laguu daboolay?

Maxaad doonaysaa inaad samayso haddii baahiyahaaga la dabooli waayo?

Xaashida shaqada: Samaynta Qorshaha Adiga kugu saabsan

Waa maxay adeegyada iyo taageerooyinka kaa caawin kara in la daboolo baahiyahaaga?

Yaad ku qanacsan tahay inaad kala hadasho wax ku saabsan baahiyahaaga?

Ma u baahan tahay ka-dhaafitaan? Maxay yihiin baahiyaha aan la daboolin?

Yay tahay cidda aad ku kalsoon tahay inay kaa taageeraan hannaanka ka-dhaafitaanka ama cabashooyinka?

Dhigaalada Dheeraadka ah

Waxaan rajaynaynaa in qaybtani ay kaa caawiso u-doodista si aad u hesho daboolista baahiyahaaga. Fadlan booqo khayraadyada hoose si aad wax badan uga ogaato.

Bogga mareegta ODDS oo ku qoran yihiin macluumaad ku saabsan ka-dhaafitaanada
https://www.oregon.gov/odhs/idd/Pages/exceptions.aspx

Baro Liiska Hubinta Xuquuqdaada
https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/de-642931.pdf

Cabashooyinka ku saabsan adeegyada I/DD
https://www.oregon.gov/odhs/idd/Pages/complaints.aspx

Dacwad dhageysiga maamuleed ee adeegyada I/DD
https://www.oregon.gov/odhs/idd/Pages/hearings.aspx

Iskaangaree koodhka QR-ka si aad u booqato mareegteena oo aad u daawato muuqaalka qaybtan.

https://www.oregon.gov/odhs/idd/Pages/self-advocates.aspx

Baro Liiska Hubinta Xuquuqdaada

- ☑ Mar kasta waa in la ixtiraamaa codkaaga iyo doorashooyinkaaga.
- ☑ Waxaad u doodi kartaa xaqa aad u leedahay inaad ka qaybqaadato adeegyada qorshaynta ee buuxinaya baahiyahaaga.

Xusuusnow, kani waa qorshahaaga...

Waxaad fursad u haysataa inaad doorato jidkaaga gaarka ah

Ma jiraan siyaabo ay tani waxtar badan u yeelan karto?

ODDS waxay bixisaa caawimaad bilaash ah si cid kasta ay u isticmaasho adeegyadeena.

Tusaalooyinka qaarkood ee caawimaadan bilaashka ah waxaa ka mid ah:

- Luuqadda dhegoolaha iyo turjubaanka luqadda lagu hadlo
- Qoraalo ku qoran luuqado kale
- Farta indhoolaha ama daabacaad waweyn
- Maqal iyo qaabab kale

Nagala soo xiriir barta:
ODDS.Questions@odhsoha.oregon.gov
ama wac 503-945-5811. Waxaan aqbalnaa dhammaan wicitaanada dadka maqalka ku adag yahay.

Su'aalo ku saabsan adeegyadaada?

La hadal isku-duwaha adeegyadaada ama wakiilka gaarka ah. Waxay halkaan u joogaan inay ku taageeraan.

Oregon Department of Human Services
OFFICE OF DEVELOPMENTAL DISABILITIES SERVICES

Xafiiska Adeegyada Naafanimada Korriinka (Office of Developmental Disabilities Services, ODDS)

www.oregon.gov/odhs/idd/

503-945-5811