

# XAASHIDA XAQIIQDA AUTISM

## Waa maxav Autism ivo Xanuunka Autism?

Autism waa xanuun koboc jahawareersan ah oo sida caadiga ah soo baxa ilmaha saddexda sano ee ugu horeysa nololaha. Autismku afar jeer ayuu kaga badan yahay wiilasha marka loo eego gabdhaha oo kuma xidhna ka soo jeed jinsiyadeed, dhaqammeed, ama mid dhaqaaale Xanuunkaas kobcistaanku waa mid saldhigiisu yahay maskaxda oo ilmo kasta si gooni ayuu u aafeeyaa, iyaga oo muujinaya dabciyo isku dhex jira oo isu kala jira mid dhexe ah ilaa mid aad u daran. Ereyda "Autism Spectrum Disorder" (ASD) waxa loola siticmaalaa in meel la iskugu keeno aragga kala duduwan ee balladhan ee xanuunkaas. Iyada oo bari loo haystay in u yahay dhif, ASD waxa maanta laga helaa hal marka la eego 500 oo qof. Qaybta ballaadhan ee ASD waxa ku jira PDD ooy ku jiraan Autism iyo Asperger's syndrome. Caruurta lagu soo saaro ASDayaa yeelanaya in u ku adkaado wada xidhiidhka, wadaagga is-dhexgalka bulshada, iyo ciyaarta. Ilmo yar oo leh ASD waxa ugu badan in u yeesho luqad xaddidan ama hadal lahayn, oo ay dhib ku tahay la ciyaarka caruurta kale, dhaqdhaqaaq noq-noqsho eh, sida gacmaha oo la luxo ama is luxitaan, ama ugu ciyaarka sida goonida ah ee waxyaabaha ciyaalku ku ciyaaraan, sida wareejisa shaaggaga baabuurka. In kasta oo lagu sharaxo dabeecado gaar ah, haddana carruurta muujin karaan dabeecadahaas oo la isku dar-darey qaarkood si heerar kala duwan sii kala xun.

## Maxaa keena Xanuunka Autism Isbektiram?

Nasiib darose, lama helin sabab u ku timaad ASD. Cilmi baadhista hadda jirtaa waxay leeyihiin in waxa ugu horeya ee keentaa la xidhiidho bayooloojiga ama dareemayaasha kala duwanaanshoda maskaxda gudaheeda. Waxa loo maleyaa in la heli doonowayaabo badn oo u sabab ah. In kasta oo ay cilmi baadheyaashu raadinayaan kuwa ka duwan, waxaan naqaan in ASD ayna keennin waalidnimmo xumo. mana aha iiro maskax.

## Waa maxay waxyaabaha lagu garto ASD?

ASD waa welwelka kobcistaanka laga qabo ee iskudhex-jira, ee ma aha hal dabeeco waa ASD. Laakiin calaamadaha u dhexeeya ee kuu digaya ayaa waxa ku jiri kara:

- ❖ Luqadda oo aayr koboda ama hadal aan jirin
- ❖ Ay ku adagtahay bilaabitaanka ama socodsiinta wada-dhaqanka (blaabidda ama kaayaysiga soo tuurka kubadda)
- ❖ Hadal jabaq-celis ah (ku cel-celinta ereyada la maqley ama ereyda heesha/ showyada TVga)
- ❖ Ciyaarta iska-yeel-yeelka oo xaddidan
- ❖ U badni kali ciyaar
- ❖ Aan dan ka lahayn iney soo jiitaan qofka weyn iney wax u eegaan (tus, "is-tus-tus" ma leh)
- ❖ Ku celcelin dhaqaaq waxsamyn xubnood (dhnactooos iskugu geynta xajarka ama baabuurta, kala madhkooda iyo sii kala madh)
- ❖ isku dubarid la'aan u jawaab celinta codka(waxa la mooda dhagole yihiin laakiin dareen aad u weyn aye leeyihiin)
- ❖ Dhibaato ka haysasho ku-dayashadu
- ❖ Isticmaalka qaabab duwan oo wada xidhiidhka ama wada dhaqanka oo xaddidan (dhaqdhaqaaqa wajiga dareenka laku muujio oo ku yar, indho toos ugu eegga oo ku yar)
- ❖ Dareen aad u weyn ama xoog uleh(e.g., qosol wirix ah, oohin, ama sabab cadi iyada la iska xanaaqo ama dhirif la sameeyo )
- ❖ Iska diidka wax ka beddelka waxyaabaha had iyo jeer la sameeyo ama joojinta waxqabyada

## Halkeen kaga bilaabaa inaan barto ASD?

Ururka Autismaka Ameriika (ASA)  
800-328-8476 [www.autism-society.org](http://www.autism-society.org)  
Xarunta Macluumaadka Qaranka ee carruurta iyo dhalinta le talax-yaraanta (NICHCY websieka)  
[www.nichcy.org/index.html](http://www.nichcy.org/index.html)

U-Hage Waalid ee Autismka  
Qore: CharlesHart; Pocket Books, 1993.

## Maxaan sameeyaa haddii aan ka welwelsanahay ilmahayga?

1. Wac Ubadku Ma-sugi Karaan 800-229-2038 ama 770-451-5484 hadduu ilmuhu ka yaryahay saddex jir
2. La xidhiidh dugsiga agagaarahaaga ee carruurta saddex jirka ka weyn
3. La xidhiidh dhakhtarkaaga daryeel ugu horeeyen

## Sidee ASD lagu garata?

Ma jiraan baadhitad caafimaad oo lagu helo ASD  
Waa in ilamaha ay u fiirsadaan koox khibrad shaqo u leh soo helitaanka ilmaha xidhiidhkiisa, dabeecaddiisa, iyo astaanta kobaciisa.

## ASD boasiin ma leedahav?

Hadda ma jiraan wax "bogsiiya" ASD, marka laga hadlayo "dhakhtarnimada". Waxa jira raad loo raaco kagedisnaan dhexda ah maskaxda ilmaha leh ASD, markaa, waxa laga yaabaa inaan la bogsiiin karin. Hase yeeshe, daaweyn waxbasha lagu guuleystey ayaa la soo saarey 30kii sano ee la soo dhaafey oo si qumman u beddeli karta dabeecadaha iyo isdhinka ee la raaciyo ASD Horey wax-uga qabashada ayaa muhiim u ah horumarinta wax-soo-baxa wakhtiga dheer. Kolba kolkey ka horeyso ayey ka sii wanaagsanatahay

