

Ma og tahay...

Adeegyadan iyo taageeradan soo socda

Ee Loogu Talagalay Awooweyaasha/ Ayeeyooyinka iyo Qaraabada Korinaya Ilmo?

Kaligaa ma tihid!

Waxa jira in ka badan 35,000 oo ah awooweyaal iyo ayeeyooyin iyo qaraabo kale oo ilmo ku korinaya Gobolka Washington. Halkan hoose waxa ku yaala illo, gargaar iyo adeegyo taageero oo kala duwan oo lagu heli karo iyada oo la marayo Wasaaradda Adeegyada Bulshada iyo Caafimaadka (Department of Social and Health Services) (DSHS) iyo hay'adaha kale.



Adiga iyo ilmaha aad daryeeshid waxa idiin banaanaan kara...

Gargaar dhaqaale oo socda (Ongoing financial assistance) iyada oo la marayo TANF (Temporary Assistance for Needy Families) ah gargaar ilmo kaliya. Kaliya waxa xisaabta lagu daraa dakhliga iyo illaha ilmaha marka la go'aaminayo u-baanaanta. Si aad war dheeraad ah u heshid tag barta: https://www2.wa.gov/dshs/onlinecso/non_needy_relative_grant.asp. Si aad u codsatid, la xidhiidh Xafiiska Adeegyada Beesha (Community Services Office) (CSO) ee degmadaada ama waxa aad ka codsan karta internetka barta <http://onlineapp.dshs.wa.gov>. Wac 1-800-865-7801 si aad u heshid xafiiska CSO ee degmadaada. Dadka qaata TANF ah ilmo kaliya waxay lacag kaash ah oo hal wakhti oo dheeraad ah oo loogu talagalay gargaar guri oo degdeg ah ama baahi adeegyo guri ka heli karan barnaamijka Additional Requirements for Emergent Needs (AREN).

Gargaarka caafimaadka (Medical assistance) (oo loo yaqaano oo kale Medicaid ama 'medical coupons') si loo daboolo kharash caafimaad, ilko, iyo caafimaad maskax. Ilmaha ku jira daryeel qaraabo waxa la siin gargaar caafimaad iyada oo aan la helin gargaar TANF oo ah ilmo kaliya. Si aad u codsatid, la xidhiidh Xafiiska Adeegga Beesha (Community Service Office) ama codsiga ka soo dajiso barta: http://www1.dshs.wa.gov/pdf/ms/forms/14_380.pdf.

Gargaar degdeg ah oo ah mudo gaaban oo la siiyo daryeeyaasha qaraabada ah ee aan liisan haysan iyada oo la marayo barnaamijka Relative Support Services (Adeegyada Taageerada Qaraabada). Lacagta waxa loogu talagalay ilmaha uu meeleyay Division of Children and Family Services (DCFS) (Qaybta Adeegyada Ilmaha iyo Qoyska) waxana loola jeedaa in lagu fududeeyo ama lagu joogteeyo meeleyanta DCFS. Lacagta waxa lagu bixin karaa wiciyadda guriga, dhar, alaabta dugsiga, iwm. La xidhiidh shaqaalahaaga DCFS.

Taageero mudo gaaban oo soo marta barnaamijka Kinship Caregivers Support Program (Barnaamijka Taageerada Daryeeyaasha Qaraabada ah). Lacagta waxa loogu talagalay daryeeyaasha aan shaqo ku lahayn habka gargaarka dawladda (welfare) waxana lagu bixin karaa kharashka cuntada, hoyga, dharka, alaabta dugsiga, adeegyada sharciga, iwm. Wixii ah war dheeraad ah, kala xidhiidh xafiiska Senior Information and Assistance (xafiiska Warka iyo Gargaarka Waayeelka) ee degmadaada. Si aad u heshid xafiiska degmadaada, wac xafiiska Aging and Disability Services Administration (Maamulka Gabowga iyo Adeegyada Naafada) oo leh lambarka 1-800-422-3263 ama booqo barta <http://www.adsa.dshs.wa.gov/Resources/clickmap.htm>.

Gargaarka sii-haynta ilmaha (Childcare assistance) oo soo mara barnaamijka Working Connections Child Care (WCCC) (Sii-haynta Ilmaha Dadka Shaqeeya). Qaraabada daryeela ah, sida lamaane, ayaa waxa u banaanaan kara WCCC xitii haddii mid kaliyi shaqeeyo. Si aad heshid warka barnaamijka iyo codsiga, tag barta <https://www2.wa.gov/dshs/onlinecso/WCCC.asp> ama qof ahaan ama teleefon kula xidhiidh Xafiiska Adeegga Beesha (Community Service Office).

DSHS qaybteeda Division of Child Care and Early Learning (Qaybta Daryeelka Ilmaha iyo Waxbarashada Hore) ayaa waxay leedahay barnaamij la yidhaahdo **Seasonal Child Care** (Sii-haynta Ilmaha ee Xilliga ku Xidhan) kaasoo loogu talagalay shaqaalaha beeraha ee xilliyada qaarkood shaqeeya; waxa kale oo jira barnaamijka **Homeless Child Care** (Sii-haynta Ilmaha ee Bilaa Hoyga) oo loogu talagalay qoysaska si ku-meel-gaadhsiis ah u ah bilaa hoy (tusaale ahaan ku nool hoy ku-mee-gaadhsiis ah (shelter), baabuur, teendho, beer, hoy kala-wareejin, ama si ku-meel-gaadhsiis ula nool qoyskooda ama saaxiibo). Si aad u heshid warka barnaamijka, tag barta <http://www1.dshs.wa.gov/esa/dccel/parents.shtml>. Wixii war ah ee ku saabsan barnaamijka Homeless Child care (Sii-haynta Ilmaha ee Bilaa Hoyga), waxa aad kala xidhiidhi kartaa Denise Halloran oo leh lambarka 360-725-4683.

Barnaamijka **Special Supplemental Nutrition Program** (Barnaamijka Nafaqo Dheeraad ah oo Gaar ah) ee soo mara Wasaaradda Caafimaadka (Department of Health) barnaamijkeeda Women, Infants, and Children (WIC) (Barnaamijka Dumarka, Ilmaha Yaryar, iyo Caruurta). WIC waxa loo oggalaadaa ilmaha ka yar da'da shan ee barnaamijku u banaan yahay ee leh halis nafaqo. Wixii war dheeraad ah kala xidhiidh WIC oo leh lambarka 1-800-841-1410 ama tag barta <http://www.doh.wa.gov/cfh/WIC/default.htm>.

Cunto bilaash ah oo qiimaheeda la dhimay oo soo marta barnaamijyada National School Lunch/School Breakfast Programs (Qadada Dugsiga ee Qaranka/Barnaamijyada Quraacda ee Dugsiga) iyo Child and Adult Care Food Program (CAFCFP) (Barnaamijka Daryeelka Cuntada ee Ilmaha iyo Dadka Waaweyn). CACFP waxa uu bixiyaa quraac, qado, iyo cuntooyin fudud oo lagu bixiyo barnaamijyo sii-hayn ilmo oo ka horeeya ama ka dambeeya saacadaha dugsiga gudaha dugsiyo badan oo ah dugsiyo dadweyne iyo kuwo gaar ahba. Wixii war dheeraad ah, la xidhiidh dugsiya degmadaada, ama Office of the Superintendent of Public Instruction (Xafiiska Kormeeraha Waxbarashada Dadweynaha) oo leh lambarka 360-725-6200 ama <http://www.k12.wa.us/childnutrition>.

Adeegyada wax-ka-qabashada hore (Early intervention services) oo soo mara Washington State Infant Toddler Early Intervention Program (ITEIP) (Barnaamijka Wax-ka-qabashada Goor Hore Ilmaha Yar iyo Socod-baradka ee Gobolka Washington). Haddii aad daryeeshid ilmo leh naafo ama aad walwal ka qabtid korniinka ilmo, da'diisu tahay dhalasho ilaa saddex sannadood, wac Healthy Mothers/Healthy Babies (Hooyooyin Caafimaadqaba/Ilmo Caafimaadqaba) oo leh lambarka 1-800-322-2588 (TTY 711). Weydii magaca Isu-duwaha Adeegyada Qoyska (Family Resources Coordinator) (FRC) ee beesha degmadaada. Waxa uu qofka ah FRC kaa gargari doonaa inaad ogaatid in ilmo aad daryeeshid la siin karo adeegyo wax-ka-qabashada goor hore. Wixii war dheeraad ah kala xidhiidh ITEIP oo leh 360-725-3500 ama barta <http://www1.dshs.wa.gov/iteip>.

Adeegyada loogu talagalay dadka lagu sheegay naafo maskaxeed iyo/ama daahid iyada oo la marayo DSHS qaybteeda Division of Developmental Disabilities (DDD) (Qaybta Naafada Maskaxda). Adeegyada iyo taageerada DDD waxay ku saleysan yihiin doorasho qof, awoodaha qofka, iyo baahida, waxana ay hormariyaan firfircooni maalmeedka, hawlaha joogtada ah, iyo xidhiidhyada u caadi ah muwaadiniinta intooda badan. Wixii war dheeraad ah, booqo rugta internetka ee DDD oo ku taala barta <http://www1.dshs.wa.gov/ddd/index.shtml>. Teleefonada bilaashka ah ee xafiis goboleedyada DDD waxa laga heli karaa barta <http://www1.dshs.wa.gov/ddd/contacts.shtml>.

Adeegyada daweynta walfidda ama qabatinka kiimikada oo soo mara DSHS qaybteeda Division of Alcohol and Substance Abuse (DASA) (Qaybta Isticmaal-xumidda Aakolada iyo Maandooriyaha). Adeegyada DASA waxa lagu bixin karaa kuuboonada caafimaadka (medical coupons) isla markaana waxa ay DASA leedahay "lacag gargaar dhibaato" oo daryeeleyaasha ka gargaari karta kharashka safarka iyo jiiifka inta qofka dhallinta ahi ku jiro daweyn. Adeegyada daweynta waxa kale oo loo heli karaa dadka waaweyn ee ka soo baxa shuuradah dhaqaale. Wixii war dheeraad ah ama sida loo codsado adeegyo, la xidhiidh khadka gargaarka ee Alkoolada/Daroogada ee ah 24-ka saacadood oo ah 1-800-562-1240.

Xaqiijinta Aabanimada oo soo marta DSHS qaybteeda Division of Child Support (DCS) (Qaybta Taageerada Ilmaha). Xaqiijinta aabanimadu waxay abuurtaa xidhiidh sharci oo ka dhexeeya aabaha iyo ilmaha, kaasoo gargaar ka geysan kara dhisidda taariikh caafimaad qoys iyo u-banaanaanta Social Security (Sugidda Bulshada) ama gargaar ku-tiirsane oo loogu talagalay ilmaha. Waxa kale oo taasi gargaari kartaa waalidka ilmaha sababta oo ah gargaarka ku-tiirsane ee la siiyo waalid waxa loo xisaabiyaa inay yihiin lacag-bixin taageero ilmo. Hoos ka eeg warka la-xidhiidhista.

Fulinta taageerada ilmaha oo soo marta DSHS qaybteeda Division of Child Support (DCS) (Qaybta Taageerada Ilmaha). Waxay DCS fulisaa amar taageero ilmo oo jira, sida amar furis, ama waxay soo saari doontaa amar taageero haddii mid loo baahan yahay. Waxay DCS dajisaa waajibkaadka taageerada oo ku saleysan awoodda bixinta ee waalidka. Waxa kale oo ay DCS isku daydaa in waalidka lagu qasbo inay ilmaha ku daraan caymiskooda caafimaad ee gaarka ah, haddii la heli karo.

Wixii war ah ee ku saabsan dhamaan adeegyada DCS, booqo rugta internetka ee DCS oo ku taala barta <http://www1.dshs.wa.gov/dcs/index.shtml> ama wac 1-800-442-KIDS. Waad codsan kartaa adeegyada DCS xiitaa haddii aanad qaadan wax ah gargaarka dawladda. Qaadashada TANF ama gargaarka caafimaadku waxay si toos ah u keentaa kiis ah DCS. Haddii aad ka baqaysid in la-shaqeynta DCS ay halis u tahay adiga ama ilmahaaga, la xidhiidh Xafiiska Adeegga Beesha (Community Service Office) ee degmadaada si aad ugala hadashid "sabab wacan" oo kugu qasbaysa inaanad la shaqeyn karin.

War kale oo loogu talagalay qaraabada daryeelaha ah...

Si aad u heshid “hage qaraabo” oo kaa gargaari kara inuu kugu toosiyo adeegyada ka jira aaggaaga, wac 1-800-422-3263 ama booqo rugta internetka ee la yidhaahdo Relatives as Parents (Qaraabada oo ah Waalid) oo ku taala <http://parenting.wsu.edu/relative/index.htm>. Guji barta “Support Groups and Kinship Navigators” (Kooxaha Taageerada iyo Hageyaasha Qaraababada) ka dibna guji barta “Find a Support Group or Kinship Navigator in your County” (Hel Koox Taageero ama Hage Qaraabo oo ah Degmadaada). La soco in hageyaasha qaraabada aanay u adeegin dhamaan aaggaga gobolkaaga.

Si aad u heshid koox taageero oo degmada ah oo ay ka qaybgalaan qaraabada daryeeyaasha ah, booqo rugta internetka ee la yidhaahdo Relatives as Parents (Qaraabada oo ah Waalid) oo ku taala <http://parenting.wsu.edu/relative/index.htm>. Guji barta “Support Groups and Kinship Navigators” (Kooxaha Taageerada iyo Hageyaasha Qaraababada) ka dibna guji barta “Find a Support Group or Kinship Navigator in your County” (Hel Koox Taageero ama Hage Qaraabo oo ah Degmadaada).

Si aad u heshid war dheeraad ah oo ku saabsan adeegyada DSHS, oo ay ku jiro daryeelka qaraabada, booqo rugta internetka ee “No Wrong Door” (Ma Jiro Albaab Khalad ah) oo ku taala: <http://www.dshs.wa.gov/basicneeds>.

Si aad u heshid xarumo caafimaad oo daryeel caafimaad iyo ilko siiya qof kasta oo uu daboolo Medicaid tag barta: <http://www.chs.hca.wa.gov>. Guji “Find a CHS contracted clinic in Washington” (Hel kiliinig uu qandaraastay CHS oo ku taala Washington) oo ka hooseysa barta “General Information” (War Guud). Waxa halkaa ku qorani waxa uu sheegayaa in kiliiniggu uu bukaanka haysta Medicaid ka aqbaloo daryeelka caafimaadka ama ilkaha ama labadaba.

Qaraabada daryeeyaasha ahi waxay imminka si sharci ah u bixin karaan oggalaansho ka-warqabid leh oo ku saabsan daryeelka caafimaad oo hoos yimaada qodobada Substitute House Bill 1281 kaasoo uu aqbalay Baarlamanka Gobolka Washington hirgalayna 24-kii Bishii Todobaad 2005. Wixii war dheeraad ah, la xidhiidh khadka waxa iyo gudbinta ee Northwest Women’s Law Center (Xarunta Sharciga Dumarka) oo ah 206-621-7691 (TTY 206-521-4317), maalmaha shaqada inta u dhexeysa 9:30 subaxnimo ilaa 4:30 galabnimo iyo Arbacada inta u dhexeysa 5:30 ilaa 7:30 galabnimo. Waxa kale oo foom cadeyn oo tusaale ah laga soo dajisan karaa barta www.washingtonlawhelp.org.

Haddii ay dhib kaa haysato helitaanka daryeel ilko oo aad u baahan tahay gargaar, la xidhiidh Connie Mix-Clark (Maamulaha Barnaamijka Ilkaha ee DSHS & HCA) oo laga helo clarkcl@dshs.wa.gov ama 360-725-3455 (Arbacada) ama 360-923-2753 (dhamaan maalmaha kale).

Si aad u heshid hay’adaha caafimaadka maskaxda ee aqbala kuuboonada caafimaadka, wac 1-888-713-6010 ama tag barta: <http://www1.dshs.wa.gov/Mentalhealth/rsnmap.shtml>.

La-taliyaha waalidka gudaha Mental Health Division (Qaybta Caafimaadka Maskaxda) ee DSHS waxa lagala xidhiidhi karaa 1-800-446-0259 u gudub 3.

Wixii war iyo taageero ah ee ku saabsan korinta ilmaha leh dhibaatooyin niyadeed, dhaqan, ama maskaxeed kala xidhiidh Statewide Action For Family Empowerment of Washington (SAFE WA) oo leh lambarka 1-866-300-1998.

Wixii war ah ee ku saabsan daryeelka korinta iyo habka gargaarka ilmaha (child welfare) booqo rugta DSHS Children’s Administration (Maamulka Caruurta) oo ku taala: <http://www1.dshs.wa.gov/ca/index.asp>.

Wixii war ah ee ku saabsan illaha cuntada wac khadka gobolka oo dhan loogu talagalay ee la yidhaahdo Family Food Line (Khadka Cuntada Qoyska) oo ah 1-888-436-6392. Khadka Cuntada Qoysku waxa uu bixin karaa war ku saabsan barnaamijka Cuntada Aasaasiga ah (Basic Food) ee gobolka, cunto ilmaha la siiyo xagaaga oo bilaash ah, goobaha cuntada laga bixiyo ee degmada, iyo barnaamijka Senior Farmers Market Nutrition Program (Barnaamijka Nafaqada Waayeelka ee Suuqa Beeraleyda).

Khadka Healthy Mothers Healthy Babies (Hooyooyin Caafimaadqaba Ilmo Caafimaadqaba) waxa uu bixiyaa war iyo gudbin ku saabsan tiro badan oo ah adeegyo caafimaad iyo bulsho oo la xidhiidha korinta ilmaha da’ kasta. Mawduucyada ay qaraabada daryeeyaasha ahi xiiseyn karaan waxa ka mid ah caymiska caafimaadka, nafaqada, talaalada, daryeelka sii-haynta ilmaha, koriinka ilmaha, ilmaha leh baahi gaar ah, iyo taageerada waalidka/waalalaha. Wac 1-800-322-2588 (TTY 711) ama tag barta: <http://www.hmhbwa.org>.

Fursado tababar oo loogu talagalay qaraabada iyo waalidka korinta ee isku dayay inay wax ka qabtaan dhibaatooyin dhaqan ayaa laga helaa Resource Family Training Institute (Machadka Tababarka Qoyska). La xidhiidh Isu-duwaha Gobolka ee Department of Licensed Resources (Qaybta Adeegyada Liisanka Leh) ama booqo: visit: <http://fosterparent.dshs.wa.gov>. Guji barta “Ongoing Training” (Tababar Socda).

Qoraalo Bilaash ah...

Qaraabada oo ah Waalid: Tilmaan-bixiye Adeegyo Loogu Talagalay Qaraabada Korinaysa Ilmo Gudaha Gobolka Washington (Relatives as Parents: A Resource Guide for Relatives Raising Children in Washington State) (DSHS 22-996x) waa qoraal tilmaan-bixiye guud ah oo loogu talagalay dhamaan qaraabada daryeeyaasha ah. Si aad u dalbatid dhamaan qoraalada DSHS, tag barta: www.prt.wa.gov ka dibna guji barta “General Store” (Dukaanka Guud) ama wac Department of Printing (Qaybta Daabacaadda) oo leh lambarka 360-586-6360.

Tilmaan-bixiye Qaraabada Xagga Adeegyada Gargaarka ilmaha (Relatives Guide to Child Welfare Services) (DSHS 22-492x) waxa si gaar ah loogu talagalay daryeeyaasha qaraabada ah ee dani ka soo gasho habka gargaarka ilmaha (child welfare).

Tilmaan-bixiyaha Waalidka Xagga Habka Dadweynaha ee Caafimaadka Maskaxda (A Parent’s Guide to the Public Mental Health System) waa buug yar oo waalid u qoray waalidka kale. Si aad u dalbatid, wac 1-800-446-0259, u gudub 3.

Ikhtiyaarka u Banaan Awooweyaasha/Ayeeyooyinka iyo Daryeeyaasha Kale ee Aan Waalid Ahayn: Tilmaan-bixiye Sharci oo Loogu Talagalay Gobolka Washington (Options for Grandparents and Other Nonparental Caregivers: A Legal Guide for Washington State) ayaa bilaash lagu siin karaa qaraabada korinaya ilmo ku dhex jira xaalad sharci. Haddii kale, waxa tilmaan-bixiyaha la iibsanaa karaa haddii la waco Northwest Women’s Law Center oo leh lambarka 206-682-9552.

Su’aalo?

Haddii aad qabtid su’aalo ku saabsan warkan, fadlan la xidhiidh, Barbara Bofinger, Children’s Administration, oo leh BOBA300@dshs.wa.gov, (360) 902-7986; Tom Berry, Economic Services Administration oo leh berrytj@dshs.wa.gov, (360) 725-4617; ama Hilari Hauptman, Aging and Disability Services Administration oo leh hauptp@dshs.wa.gov, 1-800-422-3263.

Find more kinship resources at:
www1.dshs.wa.gov/kinshipcare