

# Haggid loogu talogalay Adeego, U qalmid iyo Taageerooyin



## Hiigsigeenna

**In aynu nolosha wax-ka-beddelno** anaga oo bixinayna taageero oo dhiirrigelinayna iskaashiyada awoodda u siinaysa dadka in ay ku noolaadaan nolosha ay rabbaan.

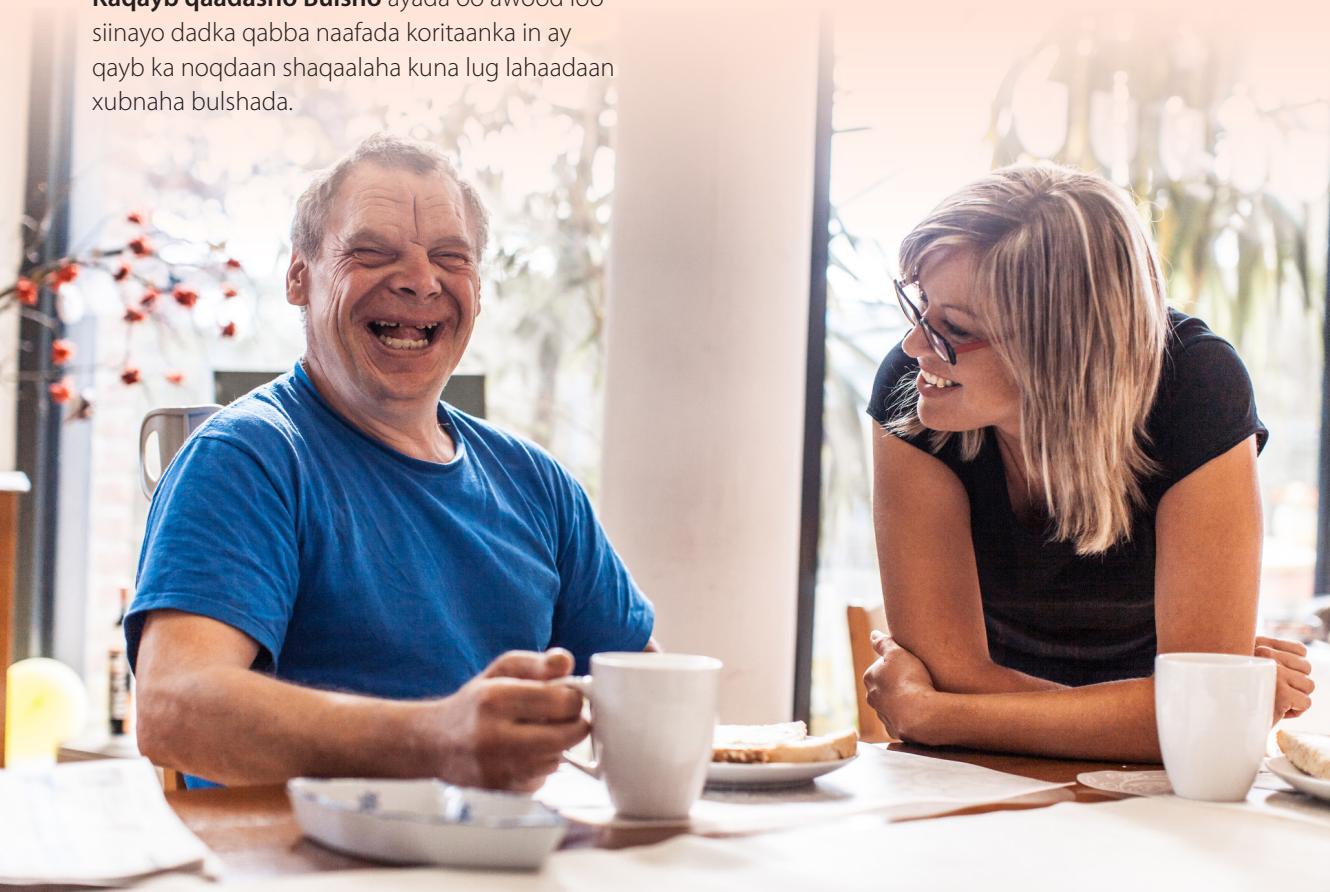
## Qiyamkeenna

**Ixtiraam** lagu helo tooska aqoonsashada muhiimada ay leeyihiin dhammaan dadka oo dhan;

**Qorshaha Khuseeya-Qofka** si loogu taageero qof kasta in uu gaaro awoodiisa ama awoodeeda buuxda;

**Iskaashato** u dhaxaysa macamiisha Maamulka Naafada Koritaanka, qoysaska iyo daryeel bixiyayaasha, si loo horumariyo loona joogteeyo taageerooyinka iyo adeegaha loo baahanyahay lana doonayo;

**Kaqayb qaadasho Bulsho** ayada oo awood loo siinayo dadka qabba naafada koritaanka in ay qayb ka noqdaan shaqaalah kuna lug lahaadaan xubnaha bulshada.



## Himiladeenna

**In aynu ku taageerno shakhiyaadka** in ay ku noolaadaan, in ay gacan ka geystaan, oo ka-qayb qataan bulshadooda;

**Taageero horumarin joogto ah** oo la siiyo qoysaska carruurta iyo dadka waaweynba;

**Taageero gaar ah** kuwaas oo awood u siin doona dadka qaba naafada koritaanka si ay dibada ugu soo saaraan awoodahooda ee ku duugan;

**Dhisida qorsheyaal taageero oo ku salaysan baahiyada** iyo awoodaha qofka iyo qoyska; iyo

**Ka qaybqaadashada shakhiyaadka, qoysaska, bixiyayaasha adeega deegaanka, la-hawlgalayaasha dowlaadeed ee bulshada iyo daneeyayaasha kale si loo waddo horumarinta nidaamkeena taageero.**

## Nala soo xiriir

Internet-ka nagu soo booqo:

[dshs.wa.gov/dda/service-and-information-request](https://dshs.wa.gov/dda/service-and-information-request)

Xafiiska halkan ka raadi:

[dshs.wa.gov/DDA/dda/find-an-office](https://dshs.wa.gov/DDA/dda/find-an-office)

Na soo wac:

Degmooyinka	Telefoonka
Chelan, Douglas, Ferry, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens	(800) 319-7116
Adams, Asotin, Benton, Columbia, Franklin, Garfield, Grant, Kittitas, Klickitat, Walla Walla, Whitman, Yakima	(866) 715-3646
Island, San Juan, Skagit, Snohomish, Whatcom	(800) 567-5582
King	(800) 974-4428
Kitsap, Pierce	(800) 735-6740
Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum	(888) 707-1202

Dadka u baahan taageero lagu taageero maqalka ama xiriirka waxay wici karaan Adeega Xoointa Xiriirka Telefoonka Washington ayaga oo garaaca 7-1-1 ama 1-800-833-6388 (TTY).

Waa siyaasada Waaxda Adeegaha Caafimaadka iyo Bulshada in aanan dadku loogu midab takoorin (shaqaalaynta ama adeega) sabab laxiriita jinsiyad, midab, caqida, diin, asal dhallasho, u jiheyn galmo, da', nooc, jiritaanka wax xubnaha dareenka ah, naaf jireed ama maskax, isticmaalid hadj loo adeegsado eey tababarano ama adeeg xayawaan oo uu isticmaalo qof qabba naafio ama xaalad askari hore ah.



Transforming lives

DSHS 22-722 SM (Rev. 9/18) Somali

## U qalmitaanka Maamulka Naafada Koritaanka

Codso u qalmitaanka Maamulka Naafada Koritaanka (DDA) haddii adiga ama ilmahaaga uu qabbo mid kamid ah xaaladahaan hoose.

Da'da u qalmitaanka	0-3 sano	4-9 sano	10-17 sano	18 iyo ka weyn
Hal Dib-u-dhac Koritaan Ah	✓			
Saddex iyo ka baddan oo Dib-u-dhacyo Koritaan ah	✓	✓		
Naafonimo maskaxeed		✓	✓	✓
Maskax Suux		✓	✓	✓
Qallal		✓	✓	✓
Maskax Dhimanaan		✓	✓	✓
Dareemeyaa kale, ama xaalad Kale oo la mid ah Naafonimada Maskaxeed		✓	✓	✓

### Si laguu arko inaad u-qalanto DDA waa:

- Inaad ahaatid qof deggan Gobolka Washington,
- Inaad haysatid caddeynata u qalmitaan naafada koritaanka oo bilaabatay ka hor da'da 18, iyo
- Inaad haysatid caddeyn ku saabsan xaddidaad la taaban karo ama muhiim ah.

Ka baro in baddan oo ku saabsan u qalmitaanka Maamulka Naafada Koritaanka halkan: [www.dshs.wa.gov/dda/consumers-and-families/eligibility](http://www.dshs.wa.gov/dda/consumers-and-families/eligibility)

**Hadaad rabto macluumaad dheeri ah, ka booqo bogga internetka Maamulka Naafada Koritaanka (DDA) halkan:**  
**[www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)**

## Maxay yihiin qaar ka mid ah adeegyada uu bixiyo Maamulka Naafada Koritaanka?

- Soo dhiegalka xilliga hore ah oo loogu talogalay carruurta laga bilaabo marka ay dhashaan illaa ay ka gaaraan saddex jir
- Daryeelka shakhsii ahaaneed iyo daryeelka gargaarka
- Daryeelka ku meel-gaarka ah
- Qaadashada xirfadaha tababarka
- Tiknoloojiyada caawimaadda ah
- Jawaabta xaalada deg-dega ah ee Shakhsiyed
- Tababarka maamulka daryeel bixiyaha
- Adeegaha kala guurka ee bulshada
- Ergay kalkaalanimo
- Taageerooyinka shaqaalaynta
- Gelida bulshada
- Hagaajinta gaariga iyo guriga
- Qalabka iyo alaabta
- Dharka gaarka ah
- Taageero hab-dhaqan iyo la-talin
- Kalkaalin
- Ka-qaybgalka bulshada
- Adeegyada deegaan
- Adeegyada ka hortaga dhibaatooyinka, wax-ka-qabashada iyo xasiliinta
- Qorshaha khuseeya-qofka
- Waaliidnimada la taageero ee loogu talogalay macmiilka
- Ilaalinta kuwa isku-faca ah

## Ka-qaybqaadashada laga qayb qaato adeegaha Maamulka Naafada Koritaanku waa mid iskaada ah

Maamulka Naafada Koritaanka wuxuu ku dadaalaa hirgelinta siyaasadaha dadweynaha ee kor-u-qaadaya qiiimaha qofka, ixtiraamka, iyo sharafta uu qof kasta mudan yahay si shakshi kasta loo qiimeeyo oo loo arko in uu yahay xubin ka tirsan bulshada oo wax-ku-soo-biiriya. Maaliyadaha federaalka iyo gobolka ayaa la isticmaalaa si loo bixiyo taageerada iyo adeegyada loogu talogalay qofka u qalma iyo qoysaskooda. Khayraadku waa kuwo xaddidan adeegyada loo baahan yahayna ma waxaa laga yaabaa in marwalba aan la heli karin.

### Helida adeegyada waxaa ay ku xiran tahay:

- Ka soo bixida shuruudaha u qalmitaanka loogu talogalay adeegga gaarka ah,
- Baahi la qiimeeyay oo loogu talogalay adeegga, iyo
- Maaliyadaha la heli karo ee adeegga.



## Su'aalaha inta baddan la isweydiyo

*Sideen u codsadaa u qalmitaanka Maamulka Naafada Koritaanka ama haddii aan horeba u ahaa macamiil Maamulka Naafada Koritaanka ah, sideen u codsadaa adeegyada?*

Naga soo wac mid ah lambarada ku xusan buugyarahsan ama online-ka halkan ka gal: [www.dshs.wa.gov/dda/service-and-information-request](http://www.dshs.wa.gov/dda/service-and-information-request).

### *Sideen ku heli karaa daryeel-bixiye?*

**Jawaabta:** La xiriir maamulaha kiiskaaga. Waxaa ay ku siin karaan liisay ay ku qoran yihiin daryeel bixiyayaasha u qalma ama waxaa ay kuu soo bandhigayaan qalab wax lagu raadiyo si aad u oggaatid meesha laga helo daryeel bixiyayaasha u qalma ee jooga deegaankaaga.

### *DDA ma bixisaadeegyada xaaladaha degdegga ah/dhibaatooyinka?*

Haddii aad ku jirtid hawsha codsashada u-qalmitaanka Maamulka Naafada Koritaanka, Maamulka Naafada Koritaanka wuxuu awoodi karaa in uu kugu caawiyo macluumaadka wareejinta iyo helida adeegyada qaarkood inta dib-loo-eegayo codsigaaga. Haddii aad hore u ahayd qof u-qalma Maamulka Naafada Koritaanka, la xiriir maamulaha kiiskaaga.

### *Waa maxay taageerada ay heli karaan carruurta da'doodu ay ka yar tahay saddex sano?*

Waxqabashada xilliga hore ayaa loo bixiyaa sida qayb ka mid ah barnamijka Taageerada Xilliga hore ee loogu talogalay Dhallaanka iyo kuwa socod baradka ah iyada oo iskaashi lala sameeyo Waaxda Waxbarashada Xilliga hore iyo wakaaladaha horumuudka deegaanka. Si aad u oggaatid in badan ka wac Khadka Marwalba Shaqeeya ee Caafimaadka Qoyska lambarkan (800) 322-2588 ama online-ka ka gal halkan: [Parenthelp123.org](http://Parenthelp123.org). Weydi maamulaha kiiskaaga haddii la heli karo adeegyo kale.