

Nuqulka casriga ah ee lifaaqyada la gujin karo iyo bogga xogta:

<https://www.qualitycouncilmn.org/work-group/west-central-transition-work-group/>

Kala guurku waa wakhtiga u dhexeeya fasalka sagaalaad iyo ka qalin jebinta dugsiga sare iyo barnaamijka kala-guurka ee ardayda naafada ah. Waa wakhtiga marka ardayda, qoysaska iyo dugsiyadu ay eegaan waxa ardaygu u baahan yahay, marka laga soo tago waxbarashada, si uu ugu noolaado uguna shaqeeyo si madax banaan sida suuragalka ah marka uu ka baxo dugsiga uuna galo nolosha dadka waawayn.

## Fasalka 7

- ☐ Waydii in dugsigaagu leeyahay ciyaaraha tababarka. Waydii inay bixiyaan iyo fasalka lagu bixiyo. Dugsiyada qaar ayaa ku bixiya fasalka 7aad.
- ☐ Raadi naadiyada iyo ciyaaraha kale ee la bixiyo oo eeg haddii ardaygaagu xiiseynaayo inuu ka qaybgalo.
  - Haddii ardaygaagu xiiseynaayo laakiin u baahan yahay taageero hore, kala hadal dugsiga dookhyada kuu furan.
- ☐ Baaritaanka jirka ee ciyaaraha ayaa loogu baahan yahay barnaamijyada ciyaaraha. Baaritaanadaan ayaa ku filan 3 sano.



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## Fasalka 8

- ☐ Uga hadal kala guurka asagoo qayb ka ah kulanka IEP ga ee cunugaaga.
- ☐ Ka soo qaado buuga/lifaaqa koorsada dugsiga sare La taliyaha Dugsiga Sare ama maareeyaha kiiska IEP ga cunugaaga. La dulmar buuga koorsada ardaygaaga oo calaamadee casharada uu doonaayo inuu iskudayo.
- ☐ Waydii sida casharada loo mudeeyay. Tag tababarka ardayda cusub. Waydii haddii uu jiro tababar u gaar ah ardayda qaba baahiyaha taageerada gaarka ah. Mudeyso kormeerka haddii loogu baahan yahay dugsiga sare.
- ☐ Waydii marka aad arki doonto jadwalka fasalka.
- ☐ Cunugaagu waa inuu bilaabo inuu door firfircoon ku yeesho kulanka IEP diisa haddii uusan horayba qayb uga ahayn.
  - o <https://www.pacer.org/parent/php/php-c149a.pdf>
- ☐ Eeg naadiyada kaladuwan ee ciyaaraha/isboortsiga ee ardaygaagu ka qaybgeli karo. Dugsigu waa inuu haystaa liiska kuwaan.
- ☐ Ku biloow inaad cunugaaga u sheegto inuu sameeyo shaqooyinka guriga haddii uusan horay u samayn jirin
  - o Inuu dhaqo weelasha, diyaarsho miiska, uu kaa caawiyo cuntada, uuna kaa caawiyo soo iibinta adeegga
  - o Kala uruurinta qolka, ku ridista dharka wasaqda ah qasaca, goglida sariirta, fogaynta dharka, dhaqista dharka
  - o Xaaqista caleenta, waraabinta ubaxa, beerista ubaxa, jarista cawska, xaaqida meelaha gaarigu guriga kasoo galo



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## Fasalka 9 (14-15)

- ☐ Akhri liiska fasalka 7aad - 8aad.
- ☐ Codso Qiimeynta MNChoices oo aad ka helayso degmadaada maxaliga ah ama xafiiska adeegga aadanaha. Marka lagu aqoonsado mid u qalma, maareeyaha kiiska ayaa lagu xil saari karaa. Qiimeynta MNChoices ayaa kaa caawinaysa go'aaminta nooca adeegyada caawin kara qoyskaaga.
  - Adeegyada Bulshada ee Ismaamulka Becker  
(*Becker County Social Services*) 218-847-5628  
[https://www.co.becker.mn.us/dept/human\\_services/social\\_services.aspx](https://www.co.becker.mn.us/dept/human_services/social_services.aspx)
  - Adeegyada Bulshada ee Ismaamulka Clay  
(*Clay County Social Services*) 218-299-7152  
<https://claycountymn.gov/1514/Long-Term-Care-Services-Supports---MnCho>
  - Adeegyada Bulshada ee Ismaamulka Douglas  
(*Douglas County Social Services*) 320-762-2302  
<https://www.douglascountymn.gov/social-services>
  - Adeegyada Bulshada ee Ismaamulka Grant  
(*Grant County Social Services*) 218-685-8323  
<https://www.co.grant.mn.us/173/Human-Resources> (Western Prairies)
  - Adeegyada Bulshada ee Ismaamulka Norman  
(*Norman County Social Services*) 218.784.5400  
[https://www.co.norman.mn.us/departments/social\\_services/index.php](https://www.co.norman.mn.us/departments/social_services/index.php)
  - Adeegyada Bulshada ee Ismaamulka Ottertail  
(*Ottertail County Social Services*) 218-998-8150  
<https://ottertailcounty.gov/assistance-and-support/support-for-families/long-term-care-services-and-supports/>
  - Adeegyada Bulshada ee Ismaamulka Polk  
(*Polk County Social Services*) 281-3127  
<https://www.co.polk.mn.us/250/Social-Services>
  - Adeegyada Bulshada ee Ismaamulka Pope  
(*Pope County Social Services*) (320) 634-7755  
<https://www.dcoffices.org/office/pope-county-human-services> (Western Prairies)
  - Adeegyada Bulshada ee Ismaamulka Wilkin  
(*Wilkin County Social Services*) 218-643-7152  
<https://wilkincounty.gov/index.asp?SEC=0BD7C602-6709-4811-9251-C1DEA9FE4F6D#B70C83BD-8E02-4AB6-B3C0-DA4C197AFC62>
- ☐ Ma leedahay maareeyaha kiiska ee degmada?
  - Maareeyaha kiiska ee degmada ayaa kaa caawin kara inaad hesho barnaamijyada kaladuwan. Wuxuu qayb ka noqon karaa kooxdaada kalaguurka.
- ☐ Uga hadal jadwalka qalin-jebinta kulanka IEP. Ma awoodi doonaa inuu qalin jebiyo 4 sano gudahood? Waa inaad dib u eegis ku samaysaa tan sanad kasta si aad u qiimeyso baahiyihiisa kala-guurka. Ardayda leh IEP da ayaa ka qaybgeli kara dugsiga ilaa ay ka gaaraan 22 sano haddii loo baahdo.

- ☐ Qorshee koorsooyinka loo baahan yahay waxbarashada dugsiga sare kadib haddii aad doonayso. Dib u eeg liiska koorsada oo calaamadee casharada uu u baahan karo.
- ☐ Ardaygaagu ma heli doonaa ruqsada darawalka?
  - Casharada ayaa agu bixin karaa Dugsiga Sare, Waxbarashada Bulshada, ama ganacsi gaar ah. Dugsigaaga sare waa inuu lahaadaa liiska fursadaha suuragalka ah
- ☐ Ma haysataa nuqulka shahaadadiisa dhalashada iyo kaarka social security? Waa inaad mid ku haysataa diiwaankaaga.
  - <https://www.health.state.mn.us/people/vitalrecords/birth.html> (Shahaadada Dhalashada ee MN)
  - <https://www.hhs.nd.gov/vital/birth> (Shahaadada Dhalashada ee ND)
  - <https://www.ssa.gov/number-card/replace-card> (Kaarka SS)
- ☐ Qiimeynta kala-guurka. Qiimeyntaan waxaa sameeya dugsiga.
- ☐ Xog badan ka ogoow Adeegyada Kala-guurka Shaqada Kahor (Pre-ETS). Tan ayaa lagu baxshaa baxnaaninta barashada shaqada (VR).
  - <https://mn.gov/deed/job-seekers/disabilities/youth/pre-ets/pre-ets-services/>
  - <https://mn.gov/deed/job-seekers/disabilities/find-vrs/> (hel xafiiska kuugu dhow ee VR)

## Xirfadaha ay tahay in la hormariyo inta lagu jiro dugsiga sare

- Isticmaalka bangiga, miisanaiyada, iyo xirfadaha lacagta
  - [https://drive.google.com/file/d/1\\_euxsxDxVb9ksyfE7qAOwYeNi0YZAUif/view](https://drive.google.com/file/d/1_euxsxDxVb9ksyfE7qAOwYeNi0YZAUif/view)
- Xirfadaha isgaarsiinta, iimeelka, qoraalka, adeegsiga taleefanka
- Aqoonta gaadiidka-adeegsiga gaadiidka dadwaynaha
- Daryeellada Naftiisa
  - Isticmaalka musqusha, nadaafada shaqsiga ah, labiska iyo iska bixinta dharka, dhaqista dharka, isqurxinta,
  - Xirfadaha jikada
    - Cunto karinta, qorsheynta cuntada, dukaamaysiga, badqabka jikada
- Raacista tilmaamaha
- Maareynta wakhtiga



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## Fasalka 10 (15-16)

- ☐ Akhri liiska fasalka 7-9aad
- ☐ Ku casuun wakaaladaha banaanka IEP daada
  - Maareeyaha kiiska ee ismaamulka, shaqada dhalinta ee xagaaga, Tababarka Shaqada, baxnaaninta banaanka, adeeg bixiyaasha
- ☐ Iskuday inaad ka fakarto dookhyada shaqada xagaaga ama dookhyada mutadawacnimada. Mutadawacnimada ayaa kaa caawinaysa inaad ardaygaaga siiso fikrad ku aadan shaqooyinka kaladuwan ee uu jecel yahay.
  - Haddii ardaygaagu u baahan yahay caawimaad ama tababar shaqo, la xiriir VR. (waxaa jiri kara liiska sugayaasha)  
<https://mn.gov/deed/job-seekers/disabilities/find-vrs/>
  - Barnaamijka Shaqada Diihaalka Leh (*Concentrated Employment Program*, CEP)  
<https://www.rmcep.com/individuals/youth-services-overview>
- ☐ Inuu helo aqoonsiga gobalka ama ruqsada darawalka.
  - <https://dps.mn.gov/divisions/dvs/forms-documents/Documents/ReducedFeeIdentificationCardEligibility.pdf-www.dps.mn.gov>
  - Ardayga ayaa u baahan inuu haysto cadeynta daganaanshaha
    - Dhaqdhaqaaqa xisaabta bangiga oo uu ku qoran yahay magaciisa iyo ciwaankiisa
    - Dukumiintiga SSI oo uu ku qoran yahay magaca iyo ciwaanka
    - Biil ka yimid xafiiska Dhakhtarka
- ☐ Waydii dugsigaaga barnaamijkiisa 18-22.
  - Waa sidee barnaamijkiisu?
  - Manhajka
  - Maalmaha
  - Saacadaha
  - Filashooyinka shaqada
- ☐ Dugsiyada qaar ayaa leh barnaamijyada gaarka ah ee kalaguurka ee 18-22, halka qaar kale aysan lahayn.
  - Waxaa sidoo kale jiri kara degmooyin kale oo diyaar u ah diwaan gelin haddii uu jiro barnaamij aad jeceshahay.
    - Waxay u muuqan kartaa xili hore inaad arintaan samayso laakiin waxaa jiri kara liiska sugitaanka ee barnaamijyadaan oo ku jira degmooyinka kale.

## Fasalka 11 (16-17)

- ☐ Akhri liiska laga bilaabo fasalka 9aad iyo 10aad
- ☐ La soco bandhigyada kalaguurka ama kuannada furan ee ku saabsan kala-guurka.
- ☐ Aqoonso dookhyada kuleejyada, tababarka shaqada, iyo dugsiyada farsamada. Kusoo wareeg dugsiyada ku anfici kara, ogoow shuruudahooda ku biirista. Lahoow maskax furan, kuleejyo badan ayaa abuuraaya barnaamijyada loogu talo galay dadka naafada ah.
  - Hubi si aad u aragto nooca caawimaadaha kuleejku bixiyo.
    - Adeegaan ayaa lagu baxshaa adeegyada naafada ee kuleejka.
  - Shuruudaha ku biirista waxaa ku jiri kara ACT, SAT. Kuwaani waa imtaxaanaadka gelitaanka.
  - [https://thinkcollege.net/college-search?f%5B0%5D=tc\\_state\\_province%3AMinnesota&f%5B1%5D=tc\\_state\\_province%3ANorth%20Dakota](https://thinkcollege.net/college-search?f%5B0%5D=tc_state_province%3AMinnesota&f%5B1%5D=tc_state_province%3ANorth%20Dakota)
  - <https://www.pacer.org/transition/learning-center/postsecondary/college-options.asp>
- ☐ Dib u booqo jadwalka dugsiya ee qalin jebinta
  - Ka hadal yoolalkaaga kalaguurka oo xaqiiji in IEP du waafaqsan tahay yoolalkaan. Waa inaad ku dartaa
    - Tababarka
    - Waxbarashada
    - Shaqada
    - Dalxiiska iyo nasiinada
    - Noloshu guriga
    - Ka qaybgalka bulshada
- ☐ Iskuday inaad biloowdo galka kalaguurka. Tan ayaa kaa caawin karta inaad nidaamsanaato.
  - Liiska xirfadaha
  - Diiwaanka mutadawacnimada iyo shaqooyinka
  - Liiska tixraacyada ka yimaada dugsiya, kuwa shaqsiga ah, iyo xiriirada xirfadeed
  - IEP ga hadda
  - Hawlaha ka baxsan manhajka
  - Diiwaanada caafimaadka
  - Liiska Xiiseyaasha
  - Warqada natijada imtaxaanka
  - Tasmada buuxinta codsiga shaqada
  - Hal bog
- ☐ Xog ka ogoow masuuliyada iyo dookhyada kale, sida go'aan gaarista la taageero
  - <https://arcminnesota.org/learn-connect/learning-center/guardianship-disabled-adults/>
  - <https://arcminnesota.org/resource/arc-guide-to-guardianship/>

- <https://www.youtube.com/watch?v=Pv-V2PsyRUc>

- ☐ La xiriira Tababarka Shaqada (*Vocational Rehabilitation*, VR). Kani waa barnaamij gobalku maamulo kaasoo ka caawin kara ardaygaaga inuu helo khibrad shaqeed ama shaqo
  - Xasuusnoow inuu jiri karo wakhtiga sugitaanka ee adeegyada VR (2-6 bilood)
  - <https://mn.gov/deed/job-seekers/disabilities/find-vrs/>
- ☐ Hel fursadaha mutadawacnimada
  - Mutadawacnimada ayaa gacan ka gaysata hormarinta xirfadaha shaqada. Tan ayaa ka caawin karta ardayga inuu xiriir la sameeyo bulshada kuwaasoo ka caawinaaya inuu helo fursado shaqo mustaqbalka.
  - Soo arag haayadaha khayriga ah ee maxaliga ah, Ronald McDonald House, kooxaha diimaha, kaydada cawimada
- ☐ Bilow liiska meelaha aad jeceshahay gudaha bulshada, nashaadaadka aad jeceshahay, ururada, maqaayadaha
- ☐ Ardaygu waa inuu bartaa sida loo qorsheeyo nashaadaadka daxiiska iyo nasiinada
- ☐ Xasuusnoow in IEP da da'da 17 ay sheegayso Wareejinta Xuquuqaha marka ilmuhu Qaan Gaaro. Waalidiinta ayaa wali xaq u leh in lagu wargeliyo isbadellada iyo qiimeynada, laakiin ardayga ayaa ah kan iska leh go'aanka. Awooda wakiilka ama masuuliyada xadidan ee ku aadan go'aannada waxbarashada ayaa loo baahan karaa.



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## Fasalka 12 (17-18)

- ☐ Akhri liiska laga bilaabo fasalka 9aad - 11aad
- ☐ Qiimee baahida tignooloojiyada caawimaada si lagaaga caawiyo waxbarashada, shaqada iyo dhaqan gelinta nolosha. Niyada ku hay qalabka lagu adeegsan jiray dugsiga laakiin aan loo wareejin guriga marka uu qalin jebiyo.
  - Aaladaha hadalka
  - Nidaamka FM ee maqalka
  - Batoonnada hadalka
  - <https://mn.gov/admin/star/>
- ☐ Akhri yoolalka kalaguurka
- ☐ Iska diiwaan geli aalada *My Vault* ee webseedka *Disability Hub*. *My Vault* ayaa kaa caawin karta inaad hesho dookhyada shaqada, guriyaynta iyo gunnooyinka.
  - Disability HUB MN 1-866-333-2466
  - <https://disabilityhubmn.org/hub-tools/online-resources/my-vault/>
- ☐ KADIB DHALASHADA 18aad, wac oo qabso balan si aad u codsato Dakhliga Kaalmaatiga ah (*Supplemental Security Income*, SSI) ama balanta oonlaynka ah. Tan ayaa qaadan karta 3-6 bilood
  - <https://youtu.be/jEcEIN5UQOY> (muuqaalka waa maxay SSI)
  - <https://arcminnesota.org/resource/arc-guide-to-supplemental-security-income-ssi/> (tasmada SSI)
  - Waa in la go'aanshaa inuu yahay mid jir ahaan ama dhimir ahaan naafo ah. Waxaa jira xadi ku xiran dakhliga. Hantidu waa inay ka hoosaysaa \$2,000
  - Go'aanka ayaa qaadan kara 3-6 bilood
  - Codsiga SSI 1-800-772-1213 [www.ssa.gov](http://www.ssa.gov)
  - Go'aami haddii uu u baahan doono lacag bixiye wakiil ka ah <https://www.ssa.gov/payee/>
    - Lacag bixiyaha wakiilka ah ayaa helaaya gacanna kaa siinaaya maareynta lacagta uu baxsho asagoo wakiil ka ah qofka naafada ah.
  - Haddii uu helo SSI kahor da'da 18, Social Security ayaa dib u eegis ku samayn doonta u qalmida si loogu sii wado gunnooyinka SSI.
- ☐ Marka uu gaaro 18 DHAMMAAN raggu waa inay iska diiwaan geliyaa Adeegyada Xulashada
  - <https://www.sss.gov/register/>
- ☐ Ma furatay koontada *ABLE* ama sanduuq? Haddii aad hesho gunnooyin, waa inaad ka taxadartaa si aad u kaydinaayso lacagtaada. Koontada ama sanduuqa *ABLE* ayaa ka caawin kara qof naafo ah inuu kaydsado lacag ayadoo aan laga saarin gunnada.
  - Koontada *ABLE* waxaa lagu furtaa oonlaynka amaanadana waxaa diyaarsha



qareen

- <https://savewithable.com/mn/home.html>
- <https://arcminnesota.org/resource/arc-guide-to-able-accounts/>
- <https://arcminnesota.org/ask-an-advocate-special-needs-or-pooled-trust/>

☐ Isku diiwaan geli inaad codeyso da'da 18

- <https://www.sos.state.mn.us/elections-voting/register-to-vote/>
- <https://arcminnesota.org/self-advocacy-page/advocate/voting-resources/>

☐ Fahan dookhyada Caawimaada Caafimaadka (*Medical Assistance, MA*) iyo *Supplemental Security Income (SSI)* marka ardaygaagu gaaro 18 sano.

- MA ayaa dhiiba caymiska caafimaadka iyo adeegyada guriga iyo bulshada ku saleysan.
  - Caafimaadka dhimirka
  - Barnaamijyada maalintii ee dadka waawayn ee naafada ah
  - Kaaliyaha Daryeelka Shaqsiga ah
  - Adeegyada nolosha la taageero
  - Tababareyaasha shaqada
- SSI ayaa kaa caawin karta dhiibista qarashka nolosha  
[https://www.ssa.gov/ssi?utm\\_medium=cpc&utm\\_source=bing&utm\\_content=ssi-branded-ad5&utm\\_campaign=cm-ssi-english](https://www.ssa.gov/ssi?utm_medium=cpc&utm_source=bing&utm_content=ssi-branded-ad5&utm_campaign=cm-ssi-english)
- Medical Assistance <https://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/programs-and-services/medical-assistance.jsp>

☐ Akhri dookhyada caymiska caafimaadka kadib da'da 18 sano iyo waxa ugu fiican ee daboolaaaya barnaamijka bulshada. Caadiyan, kani waa *Minnesota Medical Assistance*.

- Shaqaalaha Bulshada ee Ismaamulka ayaa kaa caawin kara fahan arintaan

☐ Biloow inaad ka baaraan degto dookhyada guriga iyo shaqada ee mustaqbalka.

- Waxaa jiri kara liiska sugitaanka ee adeegyada noocaan ah
  - Mutadawiciinta cutubka 8 ee gacanta ka gaysan kara bixinta qarashka guriga
  - Taageerooyinka iyo adeegyada kaa caawinaaya inaad ku noolaato guriga "kooxda" ama si madax banaan
  - Shaqo bixiyaasha
- La hadal shaqaalaha kiiska ee degmadaada. Wuxuu hayn karaa khayraad ku aadan dookhyada kaladuwan ee ka jira deegaankaaga.
- <https://mn.hb101.org/>

☐ Samayso qorshe dhaqaale

- Koontada *ABLE*
- Amaannada
- Sida loo dhiibo qarashka kuleejka
- <https://mn.db101.org/>
  - *db101* ayaa ku siinaysa farsamooyin iyo xog ku aadan sida shaqada, caymiska caafimaadka iyo gunnooyinka isku waafaqayaan

☐ Qalin-jebinta. Kala hadal maamulaha kiiska dugsiga sida qalin jebintu u ekaan doonto.

Ardayda ayaa caadiyan la geli kara ilmaha facood ah xaflada qalin jebinta xataa haddii ay sii wadi doonaan dugsiga ilaa da'da 22.

- Codso koofiyada iyo shuluga. Waa inaad xogtaan ka heshaa dugsiga
- Qalin jebinta. Ka hadal qodobada gaarka ah.
  - Xagee ayuu ardaygaagu fariisan doonaa, ma fariisan karaa asagoo aan la caawin, mise wuxuu u baahan yahay qof inuu la joogo? Qofee ayuu noqonayaa kaasi? (ilmo kayar, kaaliye, macalin, waalid)
  - Ardaygaagu ma ku socon doonaa masraxa iskiis ama ma u baahan doonaa in la caawiyo?
  - Cunugaagu ma jooji doonaa wakhtiga oo dhan ama ma baxayaa kadib uu ku soo socdo masraxa?
  - Qorshaha kadib qalin jebinta, xaflada. Xagee ayaad kula kulmaysaa ardaygaaga?



## Fiiri *Charting the LifeCourse*

- Aaladahaan ayaa kaa caawin kara aqoonsiga qofka iyo waxa muhiimka u ah nolosha ardaygaaga.
  - Sidee u egtahay nolol wanaagsan.
  - Waxay kaa caawin kartaa nooca shaqada ardaygaagu doonaayo.
- Farsamooyinka kaa caawinaaya inaad diirada saarto qorsheynta qofku tiir dhexaad u yahay.
  - Foomamka diirada saaraaya qofka: qofka naafada ah ayaa sameeya shaqooyinkaan ama haddii loo baahdo waalid/masuul/shaqaaale ayaa caawin kara (Guji si aad u hesho Farsamooyinka Maktabada iyo Aasaaska ee LifeCourse)
    - <https://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/>
  - Fikirka Qoyska: farsamooyinkaan waxaa loogu talo galay qoysaska si ay ugu buuxshaan xogta eheladooda naafada ah. (Guji si aad u hesho Farsamooyinka Maktabada iyo Aasaaska ee LifeCourse)
    - <https://www.lifecoursetools.com/lifecourse-library/foundational-tools/family-perspective/>



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## Da'da 19-22

- ☐ Sii wad inaad ka fakarto kana hadasho dookhyada guriyaynta
  - Haddii ardaygaagu doonaayo inuu guriga ka guuro, la deji qorshe ku aadan waxa uu doonaayo.
  - Waa maxay dookhyada guriyaynta ee laga heli karo deegaankaaga?
    - Ma u baahan doonaa in shaqaaluhu sugaan badqabkiisa? Miyuu adeegsan karaa tignooloojiyada kaalmada si uu ugu noolaado madax banaani?
- ☐ Sii wad in raadinta fursado shaqo
  - Sii wad inaad iskudaydo dookhyada kaladuwan ee shaqada si aad u hesho shaqada uu jecel yahay
- ☐ Sii wad inaad ka caawiso ilmahaaga u doodista naftiisa.
  - <https://arcminnesota.org/resource/arc-guide-to-self-advocacy/>
- ☐ Sii wad inaad ka shaqeyso madax banaanida
  - Xasuusnoow inay jiraan aalada tignooloojiyada badan ee kaladuwan ee caawimaada (*Assistive Technology*, AT) oo caawin kara.
  - <https://mn.gov/admin/star/>
    - Qaybta Khayraadka Tignooloojiyada Kaalmaatiga ah ayaa muujinaysa dookhyada badan ee AT ee
      - shaqada
      - guriga
      - dalxiiska
- ☐ Haddii aad haysato masuuliyada ilmaha, waa inaad dirtaa warbixin sanad kasta.
  - <https://www.mncourts.gov/mncourtsgov/media/CourtForms/GAC201.pdf?ext=.pdf>
- ☐ Xaqiiji inaad u soo sheegto warbixinno kasta xafiiska SSI
  - Liiska ayaa ku qoran webseedka laakiin waxaa ku jira
    - Isbadelka ku dhaca xaalada guurka, nolosha, shaqada...
    - Xaqiiji inaad markasta u soo sheegto mushaaraadka Ssi
  - <https://www.ssa.gov/ssi/text-report-ussi.htm>
- ☐ Haddii uu jiro lacag bixiyaha wakiilka ah ee SSI, waa inuu diraa warbixinta sanadlaha ah
  - Lacag bixiye wakiil ah oo ku nool isla guriga qasab maaha inuu warbixin diro.
  - <https://www.ssa.gov/payee/form/>
- ☐ Eeg door wayn ku yeelashada nashaadaadka dalxiiska/nasiibada ee bulshada ku saleysan.
  - Naadiyada
  - Barnaamijyada/casharada waxbarashada bulshada
  - Gal jiim

## Liiska kala Guurka



- Ciyaaraha Gaarka ah
- Urur diimeed
- Naadiyada kubada la dilin-dileeyo
- Barnaamijyada beerta raaxada iyo dalxiiska
- Kooxaha ku saleysan xiiseyaasha (daawashada shinbiraha, tolmada...)

☐ Waxaa u baahan kartaa inaad dib u eegis ku samayso qorshahaaga dhaqaalaha. Waa inaad sidaan samayso ugu yaraan sanad kasta.



Su'aalo ma qabtaa? booqo <https://arcminnesota.org/help-desk-now-available/>

Gudiga Tayada Gobalke ee Bartamaha Galbeedka waxaa lagu taageeraa deeq ay bixiso Waaxda Adeegyada Bulshada ee Minnesota (*Minnesota Department of Human Services*)