**WARBIXINTA QIIMAYNTA IYO MACLUUMAADKA MUHIIMKA AH**

Magaca: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jinsiga: \_\_\_\_\_\_\_

Taariikhda dhalashada: \_\_\_\_\_\_\_\_\_\_Da'da: \_\_\_\_\_\_\_\_\_\_

Prime#: \_\_\_\_\_\_\_\_\_\_\_

Taleefonka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ciwaanka Deegaanka/#:

**Taariikhda Wareysiga:**

**Taariikhda Dib u eegida Feelka:**

**Taariikhda Kormeerka Fool ka Foolka ah:**

**Taariikhda Gudbinta:**

Magaca masuulka/#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Araga:** Ku filan\_\_\_\_ Heer Hoose oo Dhexdhexaad ah\_\_\_ Halis ah\_\_\_\_\_

Aan Awoodin\_\_\_\_\_

**Dhageysiga:** Ku filan\_\_\_ Heer Hoose oo Dhexdhexaad ah\_\_ Halis ah\_\_\_\_\_

Aan awoodin\_\_\_\_

Shayga #: \_\_\_\_\_\_\_\_ Maamulaha Kiiska (Case Manager, CM) Ilmaha /#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Isku Duwaha Adeega (Service Coordinator, SC)/Wakiilka Shakhsi ahaaneed (Personal Agent, PA): \_\_\_\_\_\_\_\_\_\_\_\_\_ Gobolka: \_\_\_\_\_\_\_\_\_\_\_

**Ka qeybqaadashada heerka Shakhsiga:** \_\_\_\_\_\_\_\_\_\_\_\_\_

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Dadka ka qeybgalo iyo/ama ku deeqay:

(magaca/#/i-meelka, xiriirka, ka qeybqaadashada, la nool/)

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**ISGAARSIINTA**

**1(a)** Sidee ayuu shaqsiga Ula xiriiraa dadka kale? Hadal uu ku hadlayo Ingiriiska\Hadal uu ku hadlayo Isbaanishka\Hadal Kale\Luuqada Dhagoolaha\Qoraalka/Farta Dhagoolaha\Tilmaamta\Muujinada Wajiga\Alwaaxa Isgaarsiinta\Aalada Elektarooniga\ Fariimo qoraalka/I-meelka/Warbaahinta Bulshada\Wax kale

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**1(b)** Sidee ayay dadka kale ula Xiriiraan shakhsiga? Hadalka Ingiriiska\Hadalka Isbaanishka\Hadal Kale\Luuqada Aastaanta\Qoraalka/Qoraalka camoolaha \Tilmaamta\Muujinada Wajiga\Guddiga Isgaarsiinta\Aalada Elektarooniga\ Fariimo qoraalka/Iimayl/Baraha Bulshada\Wax kale

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**2(a)** Cadeynta hadalka (erayada aan aheyn fariimaha):

Marwalba ka Cadow \ Caadi ahaanta Aan cadeyn \ Si joogta ah aan u Cadeyn\ Marnaba Aan cadeyn\Aan Hadlin \ Aan suurtogaleynin in la Qiimeeyo

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**2(b)** Muujinta (hadalka iyo aan hadalka aheyn) ee afkaaraha iyo/dadka la garanayo:

Muujisaa fariimaha Adag iyadoon aan adkaan jirin \ Soo bandhigaa adkaanta qaar (Tusaale erayada qaar ama dhameystirka fikradaha) \ adkaanta bandhigyada joogtada ah \ Dhifka ah/Marnaba aan muujin shakhsi \ Aan suurtogaleynin in la qiimeeyo

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**2(c)** Muujinta (hadalka iyo kuwa aan hadalka aheyn) ee fikradaha iyo/dadka aan la garaneyn:

Muujisaa fariimaha Adag iyadoon aan adkaan jirin \ Soo bandhigaa adkaanta qaar (Tusaale erayada qaar ama dhameystirka) \ muujinta adkaanta joogtada ah \ Dhifka ah/Marnaba ma muujin shaqsi \ Aan suurtogaleynin in la qiimeeyo

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**2(d)** Weydii/hel Cabitaan ama tilmaam oon – ku fillan in laga fogaado buuq baxa: Haa/Maya \_\_\_\_\_\_\_\_

**2(e)** Fahamka nuxurka hadalka:

Faham Cad \ Caadi ahaan Fahmo (inta badan fariinta) \ Mararka qaar fahmo (aasaaska wada sheekeysiyada, jumlooyinka fudud ee tooska ah) \ Dhifka ah/Marnaba ma Fahmo \ Aan suurtogaleynin in la qiimeeyo

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**HOWLAHA NOLOL MAALMEEDKA (ACTIVITIES OF DAILY LIVING, ADLs)**

**Lambareynta: Madax banaan \ Daji ama Caawinta Nadiifinta \ Kormeerka ama Caawinta Taabashada \ Caawinta Qeybta ah/Dhexaadka ah \ La taaban karo/Caawinta Ugu badan \ Ku tiirsan \ Qofka Diido \ Aan Quseynin \ Aan isku Dayin**

**3. Labisashada-u gudub ka yar 4 snno jirka**:

**(a)** Jirka kore: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Jirka hoose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Xirashada cagaha: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(d)** Doorbiditaanada:

* Badeshaa dharka marar badan maalin walba
* Dooro dhar gashiaga gaarka ah  Qofka taageerada   
   dumarka ah
* Isku dharka maalin walba  Qofka taageerada ragga
* Xiritaanada Velcro  Xirto dharka dabacsan
* Mid kale

**(e)** Hagitaanka:

* Waxaa u suurtogaleyso hagitaanka qofka taageerada
* Caqabadaha caafimaadka hab-dhaqanka
* Wuu xiran karaa galuuska dharka Wuu qaadi karaa garbaha
* Labiska nidaamyada caafimaadka/Jirka hoose ee shaqsiga labiska Qofka taageerada Bixinaya (Person providing support, PPS)
* Jirka kore ee labiska shaqsiga PPS
* Ku labisto isaga oo la siinayo tilmaamo jir ahaaneed
* PPS waxay ku caawisaa doorashada dhar ku haboon, nadiif ah, iyo/ama u dhigma dharka
* Calaamada PPS/diyaari dharka oo midib ahaan, qaabka, iwm.
* Waxaa u suurtogaleyso maareynta baahidiisa/baahideeda gaarka ah
* Wuu gashadaa PPS/iska bixiyaa kabaha
* PPS wuu gashtaa/iska bixiyaa soksaanta/tuubada TED
* Caawinta 2-qof U suurtogaleyso dhuujinta U suurtogaleyso sinyeer xirka
* Wuxuu isku dayayaa xirashada dhar wasaq ah
* Mid kale

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| Fariimaha Gaarka ah #3: |

**4. Isgadinta/U Gadoomida dhinaca kale ka yar 3 sano jirka**: IND

**(a)** Fadhiga Joogsiga (kaliya): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Kursi/Sarriir Korsi, iwm. joogsiga iyo fadhiga hoose: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** U wareego bidix iyo midig: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(d)** Doorbiditaanada:

* Wuxuu isticmaalaa PPS suunka socodka Qof ka caawiyo
* Mashiinka/wiisha qaadista
* alwaaxa/tiirka wareejinta Wareejinta   
   culeyska qaadid
* Mid kale

**(e)** Hagitaanka:

* Codso caawimad  Caqabada caafimaadka   
   hab-dhaqanka
* PPS ayaa ka caawiyo dhamaan wareejinada gaariga naafada
* Caqabadaha caafimaadka hab-dhaqanka
* Waa is wareejin karaa naftiisa-isagoo isticmaalayo wiishka qaadista
* PPS ayaa u tilmaamo isticmaalka qalabka la qabsiga
* Faragelinta aastaamaha caafimaadka/jirka
* Wuxuu leeyahay xooga jirka kore ee wanaagsan
* PPS ayaa joogteeyo xiriir illaa ay ka dheelitiranto
* Shaqsiga u suurtogaleyso inuu maareeyo baahidiisa/baahideeda
* Dib u qaabeynta joogtada ah waa loo baahanyahay
* PPS waa inuu kala hadlaa shaqsiga dhinaca wareejin walba
* Si dhaqso ah u wareeji   
   Si tartiib ah u wareeji
* Ku wareeji taageerada qaar
* Wareejinta 2-qof   
  Dheelitran inta lagu jiro wareejinta
* **U isticmaal wiishka farsamada DHAMMAAN wareejinada**
* Mid kale

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| Fiirooyinka Gaarka ah ee #4: |

**5. Dhaqaaqa**

**(a)** Miyuu Shaqsiga Socdaa, Durqaa, Guurguurtaa, Gariiraa, iwm**-u gudub ka yar 3 sano jir**:  Haa  Maya Yoolka Socodka:  Haa  Maya

**(b)** Socodka, duruqa, guurguurashada, iwm. **-u gudub ka yar 3 sano jir**: \_\_\_\_\_\_\_\_\_\_

**(c)** Saarida/dajinta geeska ah/1 tallaabo**-u gudub ka yar 3 sano jir**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(d)** Talaabooyinka Kor/Hoos**-u gudub ka yar 3 sano jir**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(e)** Korsiga naafada/Iskuutar**-u gudub ka yar 3 sano jir**:  Haa  Maya, Baahida aan la daboolin   
 Maya, Ma isticmaalo

Nooca: Nin/Mashiin/Labadaba

**(f)** Lugaha **-u gudub ka yar 3 sano jir**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(g)** 2+ dhacitaanada sannadka la soo dhaafay:  Haa  Maya  Lama garanayo

**(h)** Dhacitaanada waxay sababaan dhaawac weyn oo saameynta socoto ee awooda lagu shaqeeyo:   
 Haa  Maya  Lama garanayo

Nooca dhaawaca: Jabka \ Dhaawaca Madaxa \ wax kale (qeex)

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**(i)** Doorbiditaanada:

* Socon karaa, laakin doorbido gaariga naafada
* Ulaha socodka  Biraha curyaanka
* Ilaalada xiriirka markii aad socotid
* Gaariga curyaanka ee korontada ku shaqeeya
* Suunka socodka Socodsiiyaha
* Gaariga naafada gacanta   
  Lagu riixo gaariga naafada
* Usha curyaanka ku taagsado iyo korsiga hoos u laaban
* Usha curyaanka ku taagsado iyo kursiga curyaan ee caadiga ah
* Mid kale:

**(j)** Hagitaanka:

* Helida qalabka taageerada ama sameynta isla maalinta muhiimka ah
* Shaqsiga wuxuu ka baqaa dhacitaanka
* PPS waa inuu ku caawiyaa shaqsiga dhinaca marinada
* Gaariga naafada iskiis u wadi karaa
* Caqabadaha caafimaadka hab-dhaqanka
* Faragelinta aastaamaha jirka/caafimaadka oo leh shaqada la qabanayo
* Qorshaha dhaqaajinta: soo wac dariska ama saaxibka
* Qorshaha dhaqaajinta: caawinta qofka taageerada
* Qorshaha dhaqaajinta: isticmaal nidaamka jawaabta xaalada degdega shaqsiga (Personal Emergency Response System, PERS)
* Wuxuu leeyahay socod dheelitiran
* PPS waxay ku haysaa wadooyinka jidka banaan
* Shaqsiga wuxuu u liicdaa hal dhinac
* PPS wuxuu ka tagaa aalada caawinta ee meel laga gaari karo
* Shaqsiga u suurtogaleyso inuu maareeyo baahidiisa/baahideeda
* Socoshada wanaagsan
* PPS waxay bixisaa xiriir illaalo markii uu soconayo
* PPS waxay ku bixiyaan taageerada jireed jaranjarada
* PPS waxay xasuusiyaan shaqsiga inuu isticmaalo aalada caawinta
* Batariyada waxaa jaajgareeyo maalin walba qofka taageerada
* Si fiican wax u arkaa si ula socdo si madax banaan
* Caawinta labo qof
* Waxaa u suurtogalayso ka bixitaanka xaalada degdega
* Waxaa u suurtogaleyso socodka/culeys qadid
* PPS wuxuu ku qabtaa suunka socodka si ugu dheelitiro shaqsiga
* Mid kale:

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| Fiirooyinka Gaarka ah #5: |

**6. Quudinta Cunista/Tuubada:**

**(a) Qaababka Nafaqada:** Waalidnimada/xididka laga qaabto (intravenous, IV) \ Quudinta Tuubada \ farsamo ahaan loo badelay \ midna

**(b)** Cunista**-u gudub ka yar 4 sano jir**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Tuubada: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(f)** Miyuu shaqsiga leeyahay wax aastaamo ah ama calaamadaha cudurka liqida suurtogalka ah?

Xanuun iyo/liqida Qufaca/margashada iyagoo cunayo cuntada ku Haysto afka/dhabnaha Lumitaanka dareeraha/waxyaabaha adag ee afka Waxba Afka Kama Qaataan (Nil Per Os, NPO) Wax kale Midna

**(g)** Miyuu Shaqsiga diiday cuntada sabab la xiriirto doorbiditaanada ama arimaha dareenka, sida dareenka qalalan ama dhadhanka tilmaamo nafaqo darada/fuuqbaxa:  Haa  Maya

Haddii ay haa tahay, qeex: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(h)** Miyuu shaqsiga u dhareeraa si xad dhaaf ah:   
 Haa  Maya

**(i)** Miyuu Shaqsiga leeyahay xabad xanuun, laabjeex, ama qabaa matag yar, joogta ah ama daacsi aan caadi aheyn:  Haa  Maya

**(j)** Miyuu Shaqsiga u baahanyahay dareeraha faleenbada loo baahanyahay (I/V) sabab la xiriirto fuuqbaxa sanad la soo dhaafay:  Haa  Maya

**(d)** Doorbiditaanada:

* Cuntada jilcan Isticmaal   
   cuntadaada gaarka ah
* Cuntada qabooban  Cuntada kulul
* Cun/tuubo quudinta kaligeed
* Cun/tuuba quudinta adka kale ay joogaan
* Cuntooyinka faraha  Cuntada fudud
* Qeybo badan  Qeybo yar
* Qofka taageerada ee si tartiib ah kugu durayo caanaha gasaca
* Quudinta tuubada ee loo sameynayo si aan toos aheyn
* Doorbiditaanada deegaanka – wuxuu jacelyahay inuu diirnaado, daawado TV, iwm.
* Mid kale

**(e)** Hagitaanka:

* Caqabadaha caafimaadka hab-dhaqanka
* Wuxuu jari karaa cuntada
* PPS waxay u jaraan cuntada qeybo yaryar
* Aastaamaha caafimaadka/jireed
* Wuxuu leeyahay cunis fiican
* Madaxbanaanida leh qalabka/la qabsiyada
* Xasaasiyada cuntada
* PPS waxay kormeertaa dareeraha
* Af xanuunka
* PPS waxay bixisaa tilmaamaha cunista
* Wuxuu isticmaalaa bambka tuubo quudinta
* Wuxuu isticmaalaa qaab culus
* Wuxuu isticmaalaa qaab saliingo
* Wakhtiyeynta xeelada ee tuubo quudinta
* Waa inuu joojiyaa oo bilow nidaamka tuubo quudinta si joogta ah -tuubada ayaa si fudud u xiranto, qofka wuxuu u kacaa si joogta ah, iwm.
* Caawinta labo qof
* Mid kale:

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| Fariimaha Gaarka ah #6: |

**7. Baabi'inta:**

**(a)** Baabi'inta nadaafada**-u gudub ka yar 4 sano jirka**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Wareejinta musqusha**-u gudub ka yar 4 sano jir**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(e)** Arimaha ku haraareysan *calool fadhiga sannadka la soo dhaafay*:  Haa  Maya

**(f*)*** *Jadwalka ama daawooyinka sida la rabay (*pro re nata, *PRN)* ee calool fadhiga 2 ama ka badan x’ bishiiba ee sannadka la soo dhaafay (ma ahan faybar):   
 Haa  Maya

**(g)** Miyuu Shaqsiga leeyahay *cudurka* calool fadhiga daran ama *arimaha socda* iyo calool fadhiga:   
 Haa  Maya

**(h)** Daaweynta caloola fadhiga iyo mandhaciir nadiifinta futada loo baahanyahay ee sannadka la soo dhaafay:

Haa  Maya

**(i)** Ka saarida saxarada ku dhagan 5 ama maalmo/isbuuc badan:

Haa  Maya

**(j)** Wax ka badan 1 dhaqaaq saxaro xanuun ah ee sanadka la soo dhaafay:

Haa  Maya

**(k)** Wax ka badan 1 qeyb oo saxaro adag ee sanadka la soo dhaafay:

Haa  Maya

**(l)** Wuxuu qaataa daawooyin sababo calool fadhiga oo ma aqoonsan karin/ma xiriiri karin haddii caloosha fadhiisato:  Haa  Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Doorbiditaanada:

* Illaalada qofka weyn/walxaha nuugo
* Xafaayada
* Tuunjiga saxarada kaliya
* Musqusha la qaadi karo
* Dheddig Taageero ah (Support Person, SP)  Lab Taageero ah (Support Person, SP)
* Faashada caadada/kastuumada markii dibada u baxeysiin
* Walxaha gaarka ah
* Kaadida
* Mid kale

**(d)** Hagida:

* Waxaa u suurtogaleyso isticmaalka walxaha kaadida celiyo
* Wuxuu caawiyaa qofka taageerada ee leh wareejin
* La socdo baahida lagu isticmaalayo musqusha
* Caqabadaha caafimaadka hab-dhaqanka
* PPS waxay caawin siisaa helida musqusha
* Waxaa u suurtogaleyso badelka xafaayada kaadida
* Waxaa u suurtogaleyso dhameystirka daryeelka mandhiciirka
* Waxaa u suurtogaleyso inuu faarujiyo baagida caloosha/mandhaciirka
* Uma baahno caawin habeenkii
* Waaya aragnimada degdega ah
* Kaadinta xanuunka badan   
   Waxay isticmaalayaan faashad/kastuumada
* Caawinta 2-qof   
   faleenbada kondhomka iyo/PPS
* Faashada ay badeleen qofka taageerada, sida loogu baahanyahay
* Faragelinta aastaamaha caafimaadka/jirka
* Mid kale

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| Fariimaha Gaarka ah #7: |

**8. Qubeysashada iyo Meyrashada-u gudub ka yar 5anno jir:**

**(a)** Qubeyska/meyrashada shaqsiga (lagu daray wareejinta): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Meyrashada Qubeyska
* Meyrashada sarriirta  Meyrashada isbuunyada
* Dheddig SP  Lab SP
* Walxaha gaarka ah
* Mid kale

**(c)** Hagitaanka:

* Waxaa u suurtogeli PPS tooska ah   
   Waxaa u suurtogaleyso maareynta baahida
* Ka baqayo meyrashada
* PPS waxay ku caawisaa qalajinta iyo labisashada
* Mayrashada iyo/tilmaamida   
   Caqabadaha caafimaadka dabeecada
* Waxaa looga tagi karaa iyadoo lala joogin
* Wuu kala sheegi karaa heerkulka biyaha
* Wuu saxi karaa heerkulka biyaha
* Aastaamaha caafimaadka/jireed   
   Ku raaxeysto meyrashada
* qubeyska sariirta/isbuunyada   
   Shaqsiga culeys wuu qaadi karaa
* Baaritaanada maqaarka waxaa dhameystiro qofka taageerada ah
* PPS waxay biyo geliyaan cagta shaqsiga
* Sugaan inta lagu jiro meyrashada   
   caawin 2-qof
* Waxaa u suurtogaleyso ku wareejinta gudaha/dibada tuubada/subeyska
* Waxaa u suurtogaleyso inuu shaamb ku qubeysto   
  Waxaa u suurtogaleyso inuu kaligii joogsado
* PPS wuxuu dhaqaa dhabarka shaqsiyaadka, lugaha, cagaha
* Mid kale

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| Fariimaha Gaarka ah #8: |

**9. Nadaafada Afka-u gudub ka yar 5 sano jir:**

**(a)** Nadaafada Afka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Caawinta cunis kadib
* Caawinta inta lagu jiro jadwalka subixii
* Caawinta jiifka ka hor
* Dheddig SP  Lab SP
* Buraashka ilkaha elektarooniga ah
* Mid kale

**(c)** Hagitaanka:

* Waxaa u suurtogaleyso maareynta baahidiisa/baahideeda gaarka ah
* PPS ayaa u tilmaamto buraashida ilkaha
* PPS waxay ku caawisaa nadiifinta ilkaha/fadhiga ilkaha
* Aastaamaha caafimaadka/jireed
* La socdo baahiyaha nadaafada
* Caqabadaha caafimaadka hab-dhaqanka
* Mid kale

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| Fariimaha Gaarka ah #9: |

**10. Nadaafada Guud-u gudub ka yar 5 sano jir:**

**(a)** Nadaafada Guud: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Caawinta cunista kadib   
   Xiiraha elektarooniga ah
* Caawinta inta lagu jiro jadwalka subixii
* Caawinta jiifka ka hor
* Dheddig SP  Lab SP
* Mid kale

**(c)** Hagitaanka:

* Waxaa u suurtogaleyso maareynta baahidiisa/baahideeda gaarka ah
* PPS ayaa u mariyo shaqsiga carfisada jirka
* PPS ayaa u shanleeyo timaha shaqsiga sida loogu baahanyahay
* Waxaa u suurtogaleyso inuu shanleeyo timaha
*  Waxa u awoodaa inuu dhaqo wajiga/gacmaha
* Faragelinta aastaamaha jirka/caafimaadka oo leh shaqada la qabanayo
* U baahan xasuusiyaal lagu isticmaalo/lagu badelo walxaha nadaafada dumarka
* Shaqsiga wuu garanayaa sida loo isticmaalo walxaha nadaafada dumarka
* PPS ayaa ugu xiirto shaqsiga maalin walba ama sida loogu baahdo
* PPS ayaa u jarto cidiyaha faraha shaqsiga sida loogu baahdo
* La socdo baahiyaha nadaafada
* Caqabadaha caafimaadka hab-dhaqanka
* Mid kale

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| #10 Fiiro Gaar: |

**11. Agabka ADL:**

Cabirka:looma baahno, baahiyo ma qabo, leh ma isticmaalo, isticmaalo wax kayar maalin walba, isticmaalo maalin walba.

Qaadista farsamada \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Qof taageero ah ayaa caawiyo:  Haa  Maya

Joogsiga taageerada Caloosha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Qof taageero ah ayaa caawiyo:  Haa  Maya

Dhinac u jiifiyaha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Qof taageero ah ayaa caawiyo:  Haa  Maya

Jaakada Jirka \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Qof taageero ah ayaa caawiyo:  Haa  Maya

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| #11 Fiiro Gaar ah: |

**HOWLAHA QALABKA EE NOLOL MAALMEEDKA (INSTRUMENTAL ACTIVITIES OF DAILY LIVING, IADLs)**

**12. Shaqada guriga- u gudub ka yar 12 sano jir:**

**(a)** **Shaqada guriga:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Wuxuu jacelyahay guri habeysan
* Wuxuu rabaa in sheeyada looga tago halka ay yaalaan
* Wuxuu doorbido in dadka kale dhamesytiraan
* Wax kale:

**(c)** Hagitaanka:

* Waxaa u suurtogaleyso inuu xaaqo
* Xasaasiyad ku ah busta, budada dhirta, iwm.
* Caqabadaha caafimaadka hab-dhaqanka
* Shakhsiga ayaa sameeyo maacuunta
* Shakhsiga wuxuu wax bari karaa qofka taageerada
* Shakhsiga ayaa qashinka dibada geeya
* Shakhsiga wuxuu dhaqi karaa daaqadaha
* Shakhsiga wuxuu sameyn karaa ama badeli karaa gogosha sariirta
* Shaqsiga wuu arki karaa markii sagxadaha u baahdaan nadiifinta
* PPS ayaa u badesho/u dhaqo leemanka si isbuuclaha
* PPS waxay u tilmaamtaa shaqsiga inuu shaqooyinka qabto
* Aastaamaha caafimaadka/jireed
* Busta PPS/xaaqinka sida loogu baahanyahay
* Shaqsiga wuxuu leeyahay xasaasiyadaha kiimikada
* PPS waxay jartaa cowska   
  PPS ayaa badiileeyo barafka
* PPS ayaa xaaqdo/biyo mariso dhulalka   
  PPS ka saar qashinka
* Wax kale:

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| Fariimaha Gaarka ah #12: |

**13. Cunto Diyaarinta- u gudub ka yar 12 sano jir:**

**(a)** **Ka dhig cuntada shaqsiga:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Cuntada shiidan   
   Cuntada aan laheyn buritiinka caanaha
* Cuntada ka yimid dhaqankeyga
* Miro iyo qudaaro cusub
* Cuntada aan laheyn buritiinka badarka Cuntada xalaasha ah
* Cuntooyinka guriga lagu kariyo   
  Cuntooyinka guriga la gaarsiiyo
* Cuntada Kosher
* Cuntooyinka yaryar, in ka badan sadex jeer maalinkiiba
* Qeybo badan Qeybo Yaryar
* Cuntooyinka diimaha kale/jinsiyada
* Cuntooyinka aan cusbada laheyn  Cuntooyinka sonkorta aan laheyn
* Cuntada qudaarta   
  Cuntada qudaarta
* Cuntada kale ee daawada:
* Wax kale:

**(c)** Hagitaanka:

* Shaqsiga wuxuu ka caawiyaa cunto diyaarinta
* Caqabadaha caafimaadka hab-dhaqanka
* Shaqsiga waxay ku diyaarin karaan cunto tilmaamid
* Shaqsiga wuxuu isticmaali karaa kululeysada
* Shaqsiga wuu jari karaa/fiiqi/goyn karaa
* Shaqsiga wuxuu qorsheyn karaa cuntooyinka
* Shaqsiga ayaa ku hago PPS inuu diyaariyo cunto
* Caawinta baahiyada shaqsiga markii la isticmaalayo jikada
* Aastaamaha caafimaadka/jireed
* Shaqsiga wuu garanayaa sida loo kariyo
* Shaqsiga wuxuu leeyahay alaarjiyada cuntada
* Shaqsiga wuxuu leeyahay jiko oo heli karo
* Shaqsiga wuxuu ceshtaa cunto haleysan
* PPS waxay qortaa/diyaarisaa walxaha cuntada
* Shaqsiga wuxuu uga tagaa kariyaha oo daaran
* Shaqsiga wuxuu sameeyaa dooqyada cuntada ku haboon
* PPS waxay uga dhigtaa cuntada inuu heli karo shaqsiga
* PPS waxay diyaarisaa cuntooyinkoo dhan
* PPS waxay u diyaarisaa cuntooyin in shaqsiga dib u kululeeyo
* Shaqsiga wuxuu leeyahay cunto gaar ah
* Kala shaqeeyo shaqsiga dalabka
* Wax kale:

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| Fariimaha Gaarka ah #13: |

**14. Dhar dhaqida- u gudub ka yar 12 sano jir:**

**(a)** **Dhar dhaqida:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Wuxuu doorbidaa inuu isku laabo sheeyada qaar, qeex: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Wuxuu doorbido in dadka kale dhamesytiraan
* Wuxuu rabaa in sheeyada looga tago halka ay yaalaan
* Wax kale:

**(c)** Hagitaanka:

* saabuunada iyo oomooyinka qaar
* Caqabadaha caafimaadka hab-dhaqanka
* Shaqsiga wuu isku laabi karaa dharka
* Shakhsiga wuxuu wax bari karaa qofka taageerada
* Shaqsiga wuxuu ku shaqeyn karaa dhaqaha/qalajiaha
* PPS waxay u tilmaamtaa shaqsiga inuu shaqooyinka qabto
* Faragelinta aastaamaha caafimaadka/jirka

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| Fariimaha Gaarka ah #14: |

**15. Gaadiidka:**

**(a)** **Isticmaal Gaadiidka gaariga oo ay ku jiraan wareejinta- u gudub ka yar 12 sano jir:** \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** **Wareejinta baabuurka kaliya**- **u gudub ka yar 3 sano jir**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(c)** Doorbiditaanada:

* Baska La heli karo Baskiilka Tagsiga
* Baabuur wadaaga (tusaale, Uber)
* Isticmaalka gaarigaaga, shaqsiga wado
* Isticmaal gaarigaaga, qof kale wado
* Wax kale:

**(d)** Hagida:

* PPS ayaa ku wehliso qofka baska/gaariga
* PPS ayaa diyaariso gaadiidka caafimaadka
* Caqabadaha caafimaadka hab-dhaqanka
* Shaqsiga waxaa u suurtogaleyso inuu la xiriiro darawaliinta
* PPS ayaa isticmaalo gaarigooda   
  PPS ayaa u kaxeeyo balamaha
* Wuxuu leeyahay istiikarka/leesanka baakinka naafada
* Wuxuu garanayaa wadooyinka baska
* PPS ayaa u sameeyo diyaarino baska la heli karo
* PPS ayaa qaado taangiga oksijiinta la qaadi karo
* PPS ayaa qaado gaariga naafada/ulaha socodka
* PPS waxay ka caawisaa illaalinta gaariga naafada oo gaari la heli karo
* Aastaamaha caafimaadka/jireed
* Shaqsiga wuxuu u baahanyahay jiheyn ama tababarka dhaqaaqa oo wadooyinka cusub
* Shaqsiga waxaa u suurtogaleyso inuu diyaariyo gaadiidkiisa gaarka ah
* PPS waxay isticmaashaa fadhi taageero ah
* Qof taageero ah ayaa ka caawiyo shaqsiga inuu isticmaalo suun/dhuujin
* Wax kale: \_\_\_\_\_\_\_

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| Fariimaha Gaarka ah #15: |

**16. Maareynta Lacagta- u gudub ka yar 12 sano jir:**

**(a)** **Maareynta Lacagta:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(c)** Hagitaanka:

* Waxaa u suurtogaleyso inuu miisaaniyeeyo   
   PPS ayaa diyaariso la talinta deynta
* Qofka taageeraha ah ayaa dheelitiro buugga-jeega shaqsiga
* Caqabadaha caafimaadka hab-dhaqanka
* Wuxuu isticmaali karaa kaarka Ku Diritaanka Dheefaha ee Elektorooniga ah (Electronic Benefits Transfer, EBT)   
  Wuxuu isticmaali karaa kaarka bangiga
* Wuxuu qori karaa jeegaga iyo bixinta biilasha
* Wuu arki karaa/aqrin karaa biilasha iyo warbixin akoonka
* PPS waxay la xiriirtaa POA   
   PPS wuxuu la xiriiraa bixiyaha wakiilka
* Shaqsiga ayaa saxiixo jeegagooda   
   Aastaamaha caafimaadka/jireed
* Wuxuu leeyahay wakiilka bixiyaha   
   Wuxuu leeyahay dabaaji toos ah
* Wuxuu leeyahay masuul/Awooda Qareenimo (Power of Attorney, POA)   
   Wuxuu u baahanyahay POA
* Qofka taageerada ah ayaa bixiyo shaqsiga
* Wuxuu u baahanyahay qorshaha lacag bixinta tooska ah ee la dajiyay
* Wuxuu u baahanyahay caawin/qalab la qabsi ee lagu arkayo waraaqaha shaqada
* Wuxuu u baahanyahay dajinta miisaaniyada   
   Wuxuu u baahanyahay dajinta lacag bixinta korontada
* Wuxuu u nugulyahay ka faa'ideysiga dhaqaalaha
* Wuxuu ku tiirsanyahay in dadka kale fahmaan in $ uu leeyahay qiyam
* Wax kale:

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| Fariimaha Gaarka ah #16: |

**17. Adeegashada- u gudub ka yar 12 sano jir:**

**(a)** **Adeegashada dhammaan bagaashka iyo sheeyada gaarka ah:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Doorbiditaanada:

* Ka adeego dukaan gooni ah
* U adeego si isbuucla ah
* Sheeyada gaarka ah
* Isticmaalka foojarada
* Wax kale:

**(c)** Hagitaanka:

* Waxaa u suurtogaleyso inuu la xiriiro shaqaalaha dukaanka
* PPS ayaa diyaariso in bagaashka lasoo gaarsiiyo
* Caqabadaha caafimaadka hab-dhaqanka
* Wuxuu qaadi karaa sheeyada yaryar
* Wuxuu kormeeri karaa dukaan dhexdiisa
* Wuu arki karaa/wuu aqoonsan karaa sheeyada loo baahanyahay
* Wuxuu qaadi karaa sheeyada culus
* Wuxuu gaari karaa sheeyada
* Wuxuu aqrin karaa qoraalada astaamaha
* Wuxuu ka adeegan karaa onleenka
* Faragelinta aastaamaha jirka/caafimaadka oo leh shaqada la qabanayo
* PPS ayaa ka caawiyo isbarbardhiga adeegashada
* PPS ayaa sameyso adeegashadoo dhan oo shaqsiga
* Qofka taageerada ah ayaa ku hago shaqsiga dukaanka dhexdiisa, raadiyo/qeexo sheeyada
* PPS ayaa ka caawiyo shaqsiga inuu sameeyo liiska adeegashada
* PPS ayaa u aqriyo qoraalada shakhsiga
* PPS ayaa meel dhigo sheeyada
* PPS ayaa geeyo shaqsiga dukaanka
* Mid kale:

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| Fariimaha Gaarka ah #17: |

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| Fariimaha Gaarka ah ee Hab-dhaqanka: |

**DABEECADAHA**

**Baaxada:** ma jiraan taariiq, wuxuu leeyahay taariiq aan walaac laheyn, wuxuu leeyahay walaac,  ma jiro taariiq walaac leh,  haa-waxay soo bandhigtaa (Pro-active halkaan)

**Qeex dabeecadaha la soo bandhigo**

**18.** Dhaawacyada shaqsiga: ku xadgudubka kiimikada / is jarida / madax ku dhufashada / isku dayada isdilka / xiisaha dabka / timo jiidista / is qaniinida / gubashada / is dhufashada / is tooriyeynta/is qanjaruufada / iska xadeynada cuntada / waxkale

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**19.** Gardarada ama Dagaalanka: qaniinyada / dhufashada-feerarka / haraantooyinka / jiidida timaha dadka kale / riixida / xoqida / sheeyo ku tuurista dadka kale / taabashada aan la rabin / jabinta / isticmaalka sheeyada lagu waxyeelo dadka kale / wax kale

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**20.** Dhaawacyada Xayawaanada: jiidista xun ee adimaha / iskudayada naafeynta ama dilida / ku xadgudubka galmo ee ku aadan xayawaanada / dadka kale

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**21.** Dagaalka Afka ah ee ku aadan Dadka kale: tilmaamaha dagaalka oo aan laheyn taabashada jireed / daandaansiga / cabsigelinta-kuurista / isbada marinta / diido daryeelka / Ku dhaarto dadka kale / cayaha/kaftanka / hanjabaadaha afka ah / u qoro qoraalo hanjabaado ah / murmo-qeyliyo / wax kale

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**22.** Dabeecada aan Bulshada Laga aqbalin: carqaladeeyo howlaha dadka kale / ma jiraan xaduudo shaqsi / ku candhuufo / cunto tuuro / ka fogaado meelo aan ku habooneyn / si dhawaqdheer u hadlo-aan gardaro aheyn / soo bandhigo aagaga xubnaha gaarka ah / taabashada aan ku habooneyn ee dadka kale / ku siigeesto dadka hortooda / taabashada aan la rabin ee dadka kale / wax kale

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**23.** Gardarada/Weerarka Galmo (u hogaamiso arimaha sharciga): taabto dadka kale / taabashada aan la rabin ee dadka kale / si qasab ah isugu dayo / dareenka galmo ee carruurta / bartilmaameedsiga dadyowga nugul / wax kale

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**24.** Baabi'inta Hantida: waxyaabo jabinta / godad ka sameeyo darbiyada / dab qabadsiiyo / isticmaalo shey lagu waxyeelo / bartilmaameedsado hantida dadka kale / jajabiyo sheeyada yaryar / jaro xargaha / jeexo dharka / wax kale

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**25.** Aagaa Ka tagida La kormeeray: warwareega / ka tago isagoon u sheegin dadka / ka ordo / ka boodo gaariga / wax kale

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**26.** Cunista aan caadiga aheyn/geliyo wax badan afka oo halis ah: wasaq / dhalo / dhagaxaan / waraaqo / timo / kaadi / saxaro / alwaax / walxaha sunta (dareeraha nadiifinta) / sigaarada / waxkale

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**27.** Dhibaatooyinka Lagu Xakameeyo Dareemaha: ooyo / muran badan / xanaaqa / xamaasad xad dhaaf ah / qeyliyo / u qeyliyo si caro ah / isdhaafsiga bulshada oo xad dhaaf ah / diido inuu dhaqaaqo / is dhaawaca / isku tuuro dhulka / dhawaq aan ku habooneyn wada sheekeysiga / wax kale

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**28.** Diidmada ADL/IADL iyo Daryeelka Caafimaadka: dagaalka jireed / dagaalka afka ah / diidmada ADL/IADLs / diidmada daryeelka caafimaadka / diidmada daawo qaadashada / suuxdin buuxdo ee balamaha caafimaadka / suuxdin buuxdo oo balamaha ilkaha / wax kale

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**29.** Cunista Degdega ah ee Cuntooyinka/Dareeraha iyo/halista caafimaadka iyo badqabka: dareeraha / cuntooyinka / dabeecada lagu soo bandhigo cunto/dareere gaar ah / wax kale

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**30.** Kala laabashada: ka fogaanshaha / gooniyeynta / xiiso la'aanta munaasabadaha nolosha / wax kale

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**31.** Daandaansiga hadal: Xaduudo aan ku habooneyn / jireed / hadal / xiriirka indhaha dheeraadka ah / aan la socon haddii ay tahay boos isdhaxgalka bulsho / wax kale

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**32.** Dabeecadaha kordhiyo halista dhibanaha: lifti weydiisashada / ku casuumida dad aan lagaraneyn guriga / wax weydiisashada / naago badnaanshaha / geliya nafta jid waxyeelo leh / wadaago warbixinta aqoonsiga shaqsiga / wax kale \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**33.** Dabeecada ku luglahaanshaha sharciga/dambiga: weerarka / tuugonimada / hanti gubida / arimaha la xiriiro guri la'aanta / dambiyada daroogada / dambiyada maaliyada / dhilonimada / dhibka sharci darada dadweynaha / dambiyada galmada / dukaan jeebsibka / hanjabaadaha argagaxisada / xatooyada / xadgudubka wareega / wax kale

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**34.** Dabeecada Kale: saxarad darbi ku dhajinta / wax qarsiga / wargelinta beenta / wacitaanada 911 aan ku habooneyn / qamaar / wax kale

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**36. Inta jeer waxqabadka:**

Baaxada: Midna <1xbil 1xbil >1xbil 1-3xtodobaad 4+xtodobaad, laakiin <maalin walba <5xmaalin >5xmaalin

**(a)** Tilmaamida (jirka iyo hadalka; firfircoon iyo falcelin): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Xeeladaha Firfircoon/Dareen celinta Jireed (gaar u ah shaqsiga: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Wax qabadyada illaalada (loo yaqaano Wax ka qabashada ilaalin ahaaneed ee Jir ahaaneed (Protective Physical Intervention, PPIs): \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**37. Sheeyada dabeecada kale:**

**(a)** Waa xadeyn ay maxkamada ku soo rogtay hadda oo ka dhan shaqsiga (waxaa ku jiro in ka badan aramarada xakameynta):  Haa  Maya

Nooca/Sababta/Taariiqda dalabka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Miyuu shaqsiga leeyahay xadeynta maxkamada ku soo rogtay hadda ee ka dhan qof walba:  
  Haa  Maya

Nooca/Sababta/Taariiqda dalabka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**38.** Arimaha Ku xadgudubka Maandooriyaha:

**(a)** Miyay jiraan walaac ku saabsan ku xadgudubka maandooriyaha, oo ay ku jiraan alkulada, xashiishka, daawada la qoro, ama daroogada sharci darada ah:   
 Haa  Maya Nooca: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**39.** **Qorshaha Taageerada Dabeecada Fiican (Positive Behavior Support Plan, PBSP):**

**(a)** Miyaa loo sameeyay PBSP shaqsiga:  Haa  Maya

**(b)** Miyaa PBSP hadda ay hirgeliyeen PPS:   
 Haa  Maya

**(c)** Miyay PBSP u baahanyihiin dokumentiga dhacdada dabeecada:  Haa  Maya

**(d)** Miyay PBSP ku jiraan SI/PPIs:  Haa  Maya

**(e)** Miyay PBSP ku jiraan aaladaha taageerada dabeecada adag oo ah inuu badelo qofka taageerada hal jeer ama ka badan bishiiba:  Haa  Maya

**(f)** Miyuu shaqsiga u baahanyahay waxqabadka xaalada degdega, masiibada, illaalada ama xadeynada (kuma jiraan adeegyada PBSP) ee wax looga qabanayo dabeecada halista ah 2 jeer ama ka badan oo 12 kii bilood ee la soo dhaafay:  Haa  Maya

**BADQABKA**

**40.** Wacyigelinta Badqabka iyo Taageerada**- u gudub ka yar 5 sano jir**:

**(a)** Miyuu shaqsiga leeyahay xukunka iyo/ama awooda jireed ee uga soo kabsado, ku gaaro go'aamo ku haboon, oo qaado tallaabooyin lagu badelayo jawiga ama xaalada waxyeelada imaan karto (guud ahaan wacyigelinta badqabka shaqsiga iyo illaalada):  
 Haa  Maya

Xukunka/Go'aan gaarista: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Awooda Jireed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arinta Dabeecada: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**(b)** Miyuu shaqsiga u baahanyahay taageerada loogu ahaado badqab agagaarka baabuurta:   
 Haa  Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Miyuu shaqsiga u baahanyahay taageerada looga baxo markii dab ama alaarmiga qiiqa yeero:   
 Haa Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**41. Badqabka Deegaanka:**

**(a)** Miyuu shaqsiga ku jiraa halista dhaawac halis ah ee ka imaanayo kiimikooyinka qoyska haddii kiimikooyinka aysan illaalsaneyn:  Haa  Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Miyay jiraan xaalado hadda ah ee ka jiro deegaanka ee u hogaamin karo dhaawac ama jiro:   
 Haa  Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Miyuu shaqsiga halis ugu jiraa ka guurinta/luminta guriga sababtoo ah xaaladaha deegaanka/wax kale:   
 Haa  Maya

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**42.** Xukunka Qiimeeyaha ee ku saabsan Filashada Xadgudubka, Dayacaada, iyo Ka faa'ideysiga:

**(a)** Cadeynta xadgudubka jiray ama hadda ah, dayacaada ama ka faa'ideysiga:  Haa  Maya

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**(b)** Cadeynta dayacaada shaqsiga jirtay ama hadda - **u gudub ka yar 18 sano jir**:  Haa  Maya

Sax dhammaan inta ay quseyso: \*alkulo/daroogo \*dabeecada shaqsiga iyo waxyeelada/dadka kale \*fuuqbaxa/nafaqo darida \*nadaafo xumida \*naafonimada: sababta jiheynta/xukunka \*Aan suurtogaleynin maareynta lacagaha. \*aan suurtogaleynin maareynta daawooyinka/daaweynta caafimaadka \*xaaladaha noolaanshaha aan badqabka aheyn. \*wax kale \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Miyuu daryeelka carruurta ku luglahaa matalaada shaqsiga -**u gudub ka weyn 17 sano jir**:   
 Haa  Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Fariimaha Gaarka ah ee Badqabka: |

**CAAFIMAADKA**

**43.** **Taageerooyinka Caafimaadka Guud:**

**(a)** 6 dii bilood ee la soo dhaafay, imisa jeer ayuu qof kale ku taliyay in shaqsiga raadinayo daryeelka caafimaadka oo arinta uu shaqsiga ogeyn ama uusan rabin inuu daryeel u raadiyo- **u gudub ka yar 18 sano jir: \***Midna, \*hal, \*labo ama sadex, \*wax ka badan 3 \_\_\_\_\_

iyo sababta: \*Shaqsiga lama socdo arinta, \*Shaqsiga aan rabin inay raadiyaan daryeelka arinta, \*Wax kale: \_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(b)** Miyuu shaqsiga hadda la kulmay helid la'aanta daryeelka caafimaadka sababtoo ah gaadiidka, juquraafiga, dhaqaalaha, dhaqanka, ama sababaha kale ee dabeecada aheyn:  Haa  Maya

\*Gaadiidka, \*Juquraafiga, \*Dhaqaalaha, \*Dhaqanka, Wax kale: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(c)** Miyuu shaqsiga u baahanyahay kormeerida maalinlaha la qoray oo – ALL 4 – heerkulka, neefsashada, heerka wadnaha, iyo/ama cadaadiska dhiiga sida waafaqsan dalabka dhaqtarka la qoray:   
 Haa  Maya

**(d)** Miyay shaqsiga u suurtogaleysaa inuu soo sheego ama qeexo xanuunka iyo / ama aastaamaha jirada iyo meesha ay ku taalo:  Haa  Maya \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(e)** Miyuu shaqsiga u baahanyahay caawin lagu sameeyo iyo/ama lagu joogteeyo balamaha caafimaadka**- u gudub ka yar 18 sano jir**:   
 Haa  Maya

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**44. Xaaladaha iyo Baaritaanada:**

Xaaladaha caafimaadka/Ogaanshaha Gaarka ah:

(HC – wuxuu qabaa xaalad, AF – saameyso shaqada, RT – Helida daaweyn, F/U – f/u baahan )

HC AF RT F/U

**(a)** Ciriiriga Xabadka Raago:

**(b)** Dhibaatada liqida:

**(c)** Gaaska oo kusoo Noqda   
Laabta (Gastroesophageal   
reflux disease, GERD):

**(d)** Qufac joogta ah:

**(e)** Hargab:

**(f)** Gariiro markuu qufacayo:

Jawaab celin Dheeri ah: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**45.** Qalalka iyo Sonkorowga

**(a)** Miyuu shaqsiga leeyahay cudurka qalalka ama suuxida ama miyuu shaqsiga lahaa qalal gudaha shantii (5) sano ee la soo dhaafay:  Haa  Maya

**(b)** Tilmaam dhammaan sheeyada quseeyo shaqsiga:

Hadda qaato daawo lagu xakameeyo qalalka:

Haa  Maya

Daawada PRN ee loo baahanyahay (sida Ativan ama Diastat) **labo jeer ama ka badan bishiiba**, oo waqtiga qalalka **si loo joojiyo** qalalka sanadka la soo dhaafay:   
 Haa  Maya

Wuxuu qaatay daawada lagu xakameeyo qalalka sanadka la soo dhaafay:  Haa  Maya

Wuxuu qabay qalal sannadka la soo dhaafay:   
 Haa  Maya

Wuxuu qabay qalal u baahan daryeelka caafimaadka degdega ee sadexdii sano ee la soo dhaafay:   
 Haa  Maya

Wuxuu isticmaalaa dajiyaha xididka (**Vagus Nerve Stimulator,** **VNS**) labo jeer ama ka badan bishiiba:   
 Haa  Maya

**(c)** Miyuu shaqsiga u baahanyahay taageerada looga hortago dhaawaca inta lagu jiro ama ka hor xaalada qalalka:  Haa  Maya

Qeex taageerada loo baahanyahay: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(d)** Miyuu shaqsiga qabaa cudurka sonkorowga ama sonkorowga hore:  Haa  Maya

**(e)** Miyuu shaqsiga isticmaalaa bamka insuliinta sonkorowga:  Haa  Maya

**(f)** Miyay maareynta sonkorowga shaqsiga ku jirtaa siinta insuliinta baaxada badan:  Haa  Maya

\_\_\_Waxaa siiyo shaqsiga iyadoon jirin caawinta qof ahaanta ah

\_\_\_Waxaa siiyo shaqsi iyadoo leh caawinta qof   
ahaanta ah

\_\_\_Waxaa siiyo qof taageero ah

**(g)** Farsamooyinka lagu maareeyo sonkorowga:

Caawin hadda ah waa la diiday

Cuntada Daawada ah: \_\_\_\_ \_\_\_\_ \_\_\_\_

Jimicsiga: \_\_\_\_ \_\_\_\_ \_\_\_\_

Heerka Kulkoosta ee Dhiiga   
(Capillary Blood   
Glucose, CBG): \_\_\_\_ \_\_\_\_ \_\_\_\_

Siinta insuliin: \_\_\_\_ \_\_\_\_ \_\_\_\_

Wax kale\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**46.** **Daaweynada iyo Daaweynada dabiiciga ah:**

**(a)** Waa shaqsiga hadda helayo ama hadda u baahan daaweyno walboo gaar ah, sida aalada wadnaha, barnaamijka saxarada, daryeelka qaliinka kaadida, daaweynta oksijiinta, tuubada quudinta, ama dhiig sifeynta:  Haa  Maya

**(b) Daaweynada iyo Kormeerka:**

**Tilmaam baahida hadda:**

Marnaba uma baahan

Hadda uma baahno, wuxuu u baahnaa waqtiga la soo dhaafay

Wuu u baahanyahay laakin ma helo

Wuxuu helaa wax ka yar isbuucle

Wuxuu helaa isbuuc walba, <5 maalmood isbuuciiba

Wuxuu helaa isbuuc walba, 5 ama maalmo badan isbuuciiba

Wuxuu helaa maalin walba

Wuxuu helaa 5 ama waqtiyo ka badan maalintiiba

**(Qofka Taageeraya (Support Person, SP)) Tilmaam haddii Qofka Taageerada ah sameeyo daaweyn**

**(Kormeeritaanka Kalkaalisada (Nursing Oversight, NO)) Tilmaam haddii Qofka Taageero uga baahdo tababarka iyo kormeerid xirfadaha caafimaadka** (sida xanaanada shaqada loo idmay)

**Nooca Daaweynada/Kormeerida/Daaweynta**

**Baahiyaha SP MAYA**

\_\_\_\_\_\_\_\_\_   Daaweynta neefsashada

\_\_\_\_\_\_\_\_\_   Xabad garaaca (oo ay ku jiraan garaaca feeraha)

\_\_\_\_\_\_\_\_\_   Booska dhacaan ka daadinta

\_\_\_\_\_\_\_\_\_   Aalada uumeynta daawada

\_\_\_\_\_\_\_\_\_   Daaweynta neef qaadashada

\_\_\_\_\_\_\_\_\_   Nuugista afka oo aan dhaafsaneyn godka afka

\_\_\_\_\_\_\_\_\_   Nuugida hawada

\_\_\_\_\_\_\_\_\_   Tuubada nuugista

\_\_\_\_\_\_\_\_\_   ka nuugista dhacaanka hawada

\_\_\_\_\_\_\_\_\_   Nuugista kale

\_\_\_\_\_\_\_\_\_   Daryeelka hawo gaarsiinta sambabka

\_\_\_\_\_\_\_\_\_   Daryeelka leenka faleebada

\_\_\_\_\_\_\_\_\_   Durista xididka ee faleenbada

(IV)/cirbada

\_\_\_\_\_\_\_\_\_   Cirbadaha maqaarka hoostiisa

\_\_\_\_\_\_\_\_\_   Tuubada qaliinka mandhaciirka

\_\_\_\_\_\_\_\_\_   Tuubada quudinta sanka ama caloosha (tusaale, tuubada-g, tuubada NG)

\_\_\_\_\_\_\_\_\_   Kormeerida tuubada gudaha ama kaadi haynta

\_\_\_\_\_\_\_\_\_   Gelinta tuubo (duubo gelinta kaadida)

\_\_\_\_\_\_\_\_\_   Cadaadiska Hawada ee Joogtada ah

(Continuous Positive Airway Pressure, CPAP)/Cadaadiska Hawada ee Labop Heer ah (Bilevel Positive Airway Pressure, BiPAP)

\_\_\_\_\_\_\_\_\_   Mashiinka hawa siinta aan ka aheyn CPAP/BiPAP

\_\_\_\_\_\_\_\_\_   Daaweynta oksijiinta

\_\_\_\_\_\_\_\_\_   Qaliinka mandhaciir gaabinta, qaliinka calool jeexa, iyo/ama qaliinka kale ee caloosha

\_\_\_\_\_\_\_\_\_   Dhiig sifeynta kelyaha

\_\_\_\_\_\_\_\_\_   Dhiig daaweynta

\_\_\_\_\_\_\_\_\_   Kormeerida tuubada qaliinka

maskaxda

\_\_\_\_\_\_\_\_\_   Bamka daawada laf dhabarta

\_\_\_\_\_\_\_\_\_   Nooca dhaawaca, marka laga reebo heerka nabraha III ama IV

\_\_\_\_\_\_\_\_\_   Daaweynta nabraha heerka III ama IV (lumin buuxdo oo maqaarka iyo unuga, ayaa ku siyaadi karto muruqa ama lafaha)

\_\_\_\_\_\_\_\_\_   Daaweynada caafimaadka dabeecada,

Oo ay ku jiraan caafimaadka damiirka

\_\_\_\_\_\_\_\_\_   Daaweynada/adeegyada maskaxda

\_\_\_\_\_\_\_\_\_   Wax kale: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_   Wax kale: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_   Wax kale: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**47.** **Maareynta Daawada:**

**(a)** Shaqsiga hadda qaato daawooyinka qoraalka ama jadwalka daawada dukaanka laga iibsado ee ay ku taliyeen xirfadlaha caafimaadka:  Haa  Maya

(b) Miyuu shaqsiga qaataa daawada la garanayo inay keento fuuq bax:  Haa  Maya

**U gudub daawooyinka ka yar 18 sano jir**

**(c)** Daawooyinka afka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(d)** Daawooyinka la jiido/Mist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(e)** Daawooyinka lagu duri karo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(f)** Daawooyinka la marsado: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(g)** Daawooyinka futada: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(h)** Daawooyinka tuubada laga qaato: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Fariimaha Gaarka ah eea Caafimaadka: |