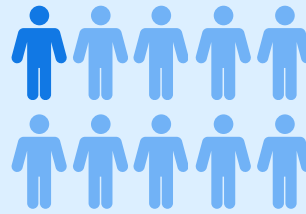


CUDURKA FEEJIGNAAN YARAANTA IYO FIRFIRCOONIDA (ADHD)

XAASHIDA MACLUUMAADKA

WAA MAXAY ADHD/QEEXITAAN

- ADHD waxay u taagan tahay cudurka feejignaan yaraanta iyo firfircoonida sare.
- Waxay la macno tahay in maskaxda ilmahaagu u shaqeyso si wax yar ka duwan carruurta kale waxayna u baahan yihiin in yar oo taageero ah si ay diiradda u saaraan, u xakameeyaan dhaqankooda, oo ay u habeeyaan.
- ADHD macnaheedu maaha in ilmahaagu caqligiisu yar yahay.



Ku dhawaad 10% carruurta Kanada waxay qabaan ADHD (ama 1 ka mid ah 10kii carruur)

ADHD saddex ilaa afar jeer ayuu wiilasha ku badan yahay marka loo eego gabdhaha.

3-4x

CALAAMADHA/ASTAAMAHA



- Waxaa muhiim ah in la ogaado in carruurta badankooda laga yaabo inay ku dhibtoonayaan feejignaan, dhagaysiga, iyo raacitaanka tilmaamaha.
- Si kastaba ha ahaatee, marka ilmuhu la nool yahay ADHD, sida caadiga ah waxay la halgamayaan feejignaan, dhagaysiga, iyo raacitaanka tilmaamaha ayaa laga yaabaa inay adag tahay oo ay dhacdo marar badan.
- Dhammaan carruurta qabta ADHD ma soo bandhigi doonaan saddexdan calaamad, laakiin, waxay inta badan muujiyaan hal ama ka badan.

Waxaa jira 3 qaybood oo ay calaamadaha ADHD u qabysamaan.

1

Feejignaan la'aan: dhibaato ah feejignaan, hilmaan, qabashada hawl oo adag

2

Dhaqdhaqaaq badan: deggenaansho la'aan, caajisnimo, fadhiga oo dhibaato ku ah

3

Dareen la'aan: Ku dhaqaaqida iyadoon laga fikirin, carqaladeyn dadka kale, qaadashada go'aamo degdeg ah

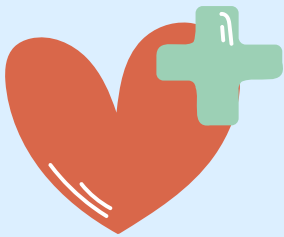
MAXAA LA SAMEEYAA/CIDDA LALA HADLO

Haddii aad u malaynayso in ilmahaagu qabo ADHD, waxaa jira talaabooyin aad qaadi karto:



La xidhiidh dugsiga ilmahaaga: La hadal macalinka ilmahaaga ama dadka waaweyn ee ilaaliya ilmahaaga si aad u waydiiso haddii ay wax walaac ah ka qabaan hab-dhaqanka ilmahaaga. Tani sidoo kale waa tillaabada koowaad ee wanaagsan ee lagu ogaanayo sida ay si ka wanaagsan ugu taageeri karaan ilmahaaga xilliga dugsiga.

La hadal dhakhtarkaaga qoyska: Haddii ay suurto gal tahay, ballan ka qabso dhakhtarka aasaasiga ah ee ilmahaaga. Waxay awood u yeelan doonaan inay sameeyaan baaritaanno, qiimeyn, ka doodaan ikhtiyaarrada daawaynta iyo ugudbinta takhasuska (sida saykoolajiiistaha), haddii loo baahdo.



Ku xidhnow Rugaha Caafimaadka ee Deegaanka: Rugaha caafimaadka iyo xarumaha caafimaadka bulshada ayaa mararka qaarkood bixin doona ballamaha soo gelidda ee aan u baahnayn ballan. Shaqaalaha rugahaan waxa kale oo ay ku siin karaan qiimayno iyo tixraacyo marka aanad si fudud u heli karin ballanka dhakhtarka qoyskaaga.

Ku biirista Kooxaha Taageerada Maxalliga ah: La xidhiidhinta waalidiinta kale ee laga yaabo inay la kulmaan caqabado la mid ah kuwan waxay ku fiicnaan kartaa wadaagga khibradaha iyo talooyinka.



Kala hadal ilmahaaga: Waa waxtar inaad si furan oo taageero leh ugala hadasho ilmahaaga ADHD si aad uga shaqeyso sidii aad u taageeri lahayd gudaha iyo dibadda dugsiga.

Barashada in ilmahaagu qabo ama leeyahay ADHD waxay noqon kartaa mid culus, oo xusuusnow, waxaa jira macluumaad iyo kheyraad diyaar ah in lagu taageero adiga iyo ilmahaaga. Kordhinta aqoontaada ku saabsan ADHD iyo waxay la tahay ilmahaaga waa tallabada koowaad ee muhiimka ah. Waxaad tahay kheyraadka ugu fiican uguna muhiimsan ee ilmahaaga!

HALKA AAD KA HELI KARTO MACLUUMAAD DHEERAAD AH

- **CADDAC (Xarunta Wacyigelinta ADHD ee Kanada)** | <https://caddac.ca>
 - Hay'ad si weyn loo ixtiraamo oo bixisa wargeysyada ADHD, taageerada iimaylka, iyo hagaha khayraadka ADHD ee laba luuqadood si uu u caawiyo qoysaska iyo shakhsiyaadka.
- **C.H.A.D.D. Kanada** | <https://chadd.org/for-parents/overview/>
 - Urur aan faa'iido doon ahayn oo bixiya kheyraad sida fiidiyowiyada iyo macluumaadka ku saabsan kooxaha taageerada ADHD.
- **CADDRA (Isbahaysiga Kheyraadka ADHD ee Kanada)** | <http://www.caddra.ca/>
 - Ilaha lagu kalsoon yahay ee macluumaadka iyo taageerada ADHD.
- **Websaydka AboutKidsHealth** | <https://www.aboutkidshealth.ca/>
 - Cisbitaalka Carruurta Jirran, websaydkani waxa uu bixiyaa maqaallo badan oo ADHD ah, si fudud uga raadi ADHD qaybta "Caafimaadka A-Z".
- **Xaashida Kheyraadka Bulshada ee CAMH**
 - <https://www.camh.ca/-/media/files/education-2021/community-resource-sheets/childhood-adhd-resources-pdf.pdf>
 - PDF bixiya talooyinka meelaha GTA iyo agagaarkeeda oo siiya doorashooyin badan oo qiimaynta ADHD iyo daawaynta ah.
- **Xarunta George Hull ee Carruurta iyo Qoysaska** | www.georgehullcentre.ca
 - Xarun bulshada Etobicoke ah oo ka taageerta carruurta, dhallinyarada iyo qoysaskooda fayoobidda maskaxda. Adeegyada turjumaadda ayaa ku diyaar ah xarunta sidoo kale.
- **Caafimaadka Maskaxda Lumenus, Horumarinta & Adeegyada Bulshada**
 - www.lumenus.ca
 - Xarun ku taal aagga Toronto oo siisa daryeelka taageerada carruurta iyo qoysaska diiradda saaraya badqabka maskaxda, korriinka ilmaha, ootiisamka iyo adeegyada wax-ka-qabashada sannadaha hore. Adeegyada turjumaadda ayaa diyaar ku ah xarunta sidoo kale.
- **Webinaro iyo Podcastiyo ADHD ee loogu talagalay waalidiinta iyo dadka waaweyn**
 - <https://www.additudemag.com/adhd-expert-webinars-index/>
 - Websayd bixiya daryeelayaasha carruurta leh ADHD macluumaad waxtar leh oo ku saabsan taageeridda carruurta qaba ADHD
- **LAMP Magaalada Caafimaadka Bulshada** | <http://www.lampchc.org>
 - Magaalada adeegsiga badan ee kaaga bixiya nidaamka caafimaadka iyo bulshada, oo ay kaaga soo jeedaan adeegyo caafimaad iyo bulsho. waxaana soo jeedin kara adeegyada caafimaad ee kale ee gobolka.
 - <https://lampchc.org/programs-services/community-health-programs/ask-community-information/newcomer-services/>
 - Barnaamijka Macluumaadka Bulshada ee ASK! - Waxa lagu soo dhoweeyaa cilmiga saaxiibada degaanka inay sameeyaan iyo inay soo jeediyaan shaqaalaha cusub ee ku dhaqan bulshada
- **Etobicoke Walk-in Clinic** | <http://etobicokewalkin.ca>