

Waxa aad Samaynayso Inta aad Sugayso Ballanta Xarunta Dhakaakaha

Buugyarahan waxaa ku jira khayraad adiga ku caawin kara waqtiga aad sugayso ballanta ilmahaagu ku leeyahay Xarunta Dhakaakaha (Autism Center) ee isbitaalka Seattle Children's.

Adeegyada dhexgalka hore iyo waxbarashada ee Washington

Carruurta dhalashada ilaa 3 jir

Carruurta qabta dib u dhacyo horumareed ayaa u qalmi kara adeegyada dhexgalka hore xataa ka hor inta aanan qiimayn rasmi ah laga qaadin ama aanan cudur lagu sheegin. Wixii khuseeya carruurta 3 jir ka yar, adeegyada waxaa inta ugu badan bixiya xarumo degaanka ku yaalla oo loo yaqaanno Xarumaha Dhalashada ilaa Saddex jir (Birth to Three Centers) ama Xarumaha Neerfaha iyo horumarka (Neurodevelopmental Centers).

Si aad u hesho war dheeraad ah oo ku saabsan adeegyada dhexgalka hore ee Washington, la xiriir:

- Khadka warbixinta Caafimaadka Qoyska (Family Health Hotline) ee lambarka 1-800-322-2588
- Barta internetka Waaxda Carruurta, Dhallinyarada iyo Qoysaska (Department of Children, Youth and Families) ee Gobolka WA ee ah dcyf.wa.gov/services/child-development-supports/esit

Carruurta 3 jir ka weyn

Sharciga IDEA, Sharciga Waxbarashada Shakhsiyaadka Naafooyin qaba (Individuals with Disabilities Education Act), waa sharci lagu hubiyo in dhammaan carruurta qabta baahiyo gaar ah ay heli karaan waxbarasho dawli ah oo bilaash ah oo habboon. Carruurta u qalanta adeegyada sharciga IDEA ayaa sii helaya adeegyada waxbarashada marka ay 3 jir gaaraan, taasoo laga siin doono degmada dugsiyeed ee degaanka qoyska. Waxaa adeegyadan badi laga bixiyaa dugsiyo hore oo horumareed. Looma baahna sheegidda ama soo helidda cudurka dhakaakaha (autism) si adeegyada loo helo.

Si aad war dheeraad ah u hesho, la xiriir degmada dugsiyeed ee degaankaaga adigoo booqanaya barta internetka Xafiiska Kormeeraha guud ee Waxbarashada Dawliga ah (Office of Superintendent of Public Instruction) ee Gobolka Washington ee ah K12.wa.us/maps/SDmainmap.aspx ama wac lambarka 360-725-6000.

Si aad War dheeraad ah u Hesho

- Xarunta Dhakaakaha (Autism Center) 206-987-8080, ama 1-877-987-2000
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeeyo Turjumaan oo Bilaash ah

- Isbitaalka gudihiisa, weydii kalkaaliyahaaga caafimaadka.
- Isbitaalka dibaddiisa, soo wac Khadka Turjumaanka Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Turjumaanka u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.



Adeegyada dabiibka hadalka iyo waxqabadka

Caymiskaaga caafimaadka ayaa laga yaabaa in uu daboolayo dabiibyada ama daawaynada hadalka iyo waxqabadka ee loogu talagalay dib u dhacyada iyo dhantaallada wadaxiriirka, bulsheed, dhaqdhaqaaqa jirka iyo dareenka. La xiriir shirkaddaada caymiska si aad u ogaato adeegyada iyo adeegbixiyeyaasha ku daboolan.

Fursadaha kale ee kaaga furan qiimaynta ilmahaaga

Liiska xarumaha heer sarreeya

Fursadaha kale ee kaaga furan qiimaynta ilmahaaga waxaad ka heli kartaa liiska Xarumaha Heer sarreeya ee Masuuliyiinta Daryeelka Caafimaadka (Health Care Authority) ee Gobolka Washington ee ku yaalla halkan hca.wa.gov/assets/billers-and-providers/index-coe-applied-behavioral-analysis.pdf. Waxaad weliba la xiriiri kartaa shirkaddaada caymiska waxaanad weydiisan kartaa liiska adeegbixiyeyaasha qiimayn ka qaadi kara ilmahaaga.

Cilmibaarista cudurka dhakaakaha

Ka qaybqaadashada cilmibaaristu waa hab kuu suurto gelinaya in ilmahaaga laga qaado qiimayn ku saabsan cudurka dhakaakaha. Machadka Cilmibaarista (Research Institute) ee isbitaalka Seattle Children's iyo Xarunta Dhakaakaha ee Jaamacadda Washington (University of Washington Autism Center) (UWAC) ayaa labadooduba ku deeqa fursado cilmibaaris oo ay ku jiri karto qiimayn ku saabsan cudurka dhakaakaha. Waxaa dhici karta in fursaddan lagu helo ama lagu heli waayo taageerada qoyska, hakis, ama daryeel dambe. Waxaan annagu kugula talinaynaa in aad ku fikirto in aad haysato gudbinta laguugu soo diray Xarunta Dhakaakaha ee isbitaalka Seattle Children's si daryeelka laguugu bilaabo oo lagu siiyo taageero joogto ah.

Si aad u hesho war dheeraad ah oo ku saabsan fursadaha cilmibaarista cudurka dhakaakaha:

- Qaybta Cilmibaarista (Research Division) ee isbitaalka Seattle Children's
206-884-8266
seattlechildrens.org/research
 - Cilmibaarista Jaamacadda Washington (University of Washington Research)
877-408-8922
depts.washington.edu/uwautism/research/index.html
-

Akhriska iyo baraha internetka ee lagu talinayo

Xarunta Dhakaakaha ee isbitaalka Seattle Children's

seattlechildrens.org/clinics-programs/autism-center/resources/

Waxaa laga helaa waxbarashada cudurka dhakaakaha, kooxo taageero, macluumaadka taxaneyaasha Autism 101 iyo Autism 200 iyo joornaalka internetka ee lagu magacaabo The Autism Blog oo ku yaalla halkan theautismblog.org.

Autism Speaks: First Concerns Toolkit (Dhakaakaha Hadlaya: Xirmada qalabka Walaacyada Koowaad)

autismspeaks.org/early-access-care/first-concern-action

Haddii aad walaac ka qabto sida uu ilmahaagu dadka ula xiriiro, ula macaamilo ama u dhaqmo, waxaa la filayaa in aad is weydiinayso waxa xiga ee aad samayn karto. Xirmadan qalabka ayaa adiga ku siinaysa khayraad iyo qalab khaas ah oo kuu hagi kara socdaalka aad ugu kala gudubto walaacaaga koowaad iyo tallaabada aad qaadayso. Waxaa xirmada weliba lagu heli karaa af Isbaanish.

Autism Navigator (Hagaha cudurka Dhakaakaha)-Khayraadka Goyska

autismnavigator.com/a-seamless-path

Khayraad lagu wanaajiyo hore u helidda cudurka dhakaakaha iyo weliba macluumaad ku saabsan dhexgalka iyo xeeladaha aad ku taageerayso waxbarashada iyo horumarka ilmahaaga.

Buugaagta

A Parent's Guide to High-Functioning Autism Spectrum Disorder: How to Meet the Challenges and Help Your Child Thrive (Hagaha Waalidka laga siinayo Cudurka ka mid ah Cudurrada Dhakaakaha ee Shaqo Badan): Sida aad uga Hortagi karto Caqabadaha ee aad Ilmahaaga uga Caawin karto in uu Kobco

Sally Ozonoff, Geraldine Dawson iyo James McPartland, 2014

Does My Child Have Autism: A Parent's Guide to Early Detection and Intervention in Autism Spectrum Disorders (Miyuu Ilmahaygu Qabaa cudurka Dhakaakaha: Hagaha Waalidka laga siinayo Hore u Helidda iyo Dhexgalka laga bixiyo Cudurrada Dhakaakaha)

Wendy Stone iyo Theresa DiGeronimo, 2006

More Than Words (Ereyo Ka Badan)

Fern Sussman, 2012

What to Do While Waiting for an Autism Center Appointment

This handout includes resources that may help you while waiting for your child's appointment at the Seattle Children's Autism Center.

Early intervention and educational services in Washington

For children birth to 3

Children with developmental delays may qualify for early intervention services even before they have a formal evaluation or get a diagnosis. For children under the age of 3, services are most often provided by local centers know as Birth to Three Centers or Neurodevelopmental Centers.

To find out more about early intervention services in Washington, contact:

- Family Health Hotline at 1-800-322-2588
- WA State Department of Children, Youth and Families website at dcyf.wa.gov/services/child-development-supports/esit

For children over 3

IDEA, the Individuals with Disabilities Education Act, is a law that ensures that all children with special needs have access to free and appropriate public education. Children who qualify for IDEA services continue to receive educational services when they turn 3, through a family's local school district. These services are often provided through developmental preschools. A diagnosis of autism is not required to get services.

To find out more, contact your local school district by visiting the Washington State Office of Superintendent of Public Instruction website at K12.wa.us/maps/SDmainmap.aspx or call 360-725-6000.

Speech and occupational therapy services

Your health insurance may cover speech and occupational therapies for communication, social, motor and sensory delays and deficits. Contact your insurance provider to find out which services and providers are covered.

Other options for getting your child evaluated

Centers of excellence list

Other options for getting your child evaluated can be found through the Washington State Health Care Authority Centers of Excellence list at hca.wa.gov/assets/billers-and-providers/index-coe-applied-behavioral-analysis.pdf. You can also contact your insurance company and ask them for a list of providers who can evaluate your child.

To Learn More

- Autism Center
206-987-8080, or 1-877-987-2000
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Autism research

Taking part in research is a possible way to have your child evaluated for autism. Seattle Children's Research Institute and The University of Washington Autism Center (UWAC) both offer research opportunities that might include an evaluation for autism. This option may or may not provide family support, guidance, or follow up care. We recommend you consider keeping your referral at Seattle Children's Autism Center to establish care and receive ongoing support.

To learn more about autism research opportunities:

- Seattle Children's Research Division
206-884-8266
seattlechildrens.org/research
- University of Washington Research
877-408-8922
depts.washington.edu/uwautism/research/index.html

Suggested reading and websites

Seattle Children's Autism Center

seattlechildrens.org/clinics-programs/autism-center/resources/

Provides autism education, support groups, Autism 101 and Autism 200 series information and The Autism Blog at theautismblog.org.

Autism Speaks: First Concerns Toolkit

autismspeaks.org/early-access-care/first-concern-action

If you have a concern about how your child is communicating, interacting or behaving, you are probably wondering what to do next. This tool kit provides you with specific resources and tools to help guide you on the journey from your first concern to action. The kit is also available in Spanish.

Autism Navigator-Family Resources

autismnavigator.com/a-seamless-path

Resources to improve early detection of autism as well as information related to intervention and strategies to support your child's learning and development.

Books

A Parent's Guide to High-Functioning Autism Spectrum Disorder: How to Meet the Challenges and Help Your Child Thrive

Sally Ozonoff, Geraldine Dawson and James McPartland, 2014

Does My Child Have Autism: A Parent's Guide to Early Detection and Intervention in Autism Spectrum Disorders

Wendy Stone and Theresa DiGeronimo, 2006

More Than Words

Fern Sussman, 2012