Strive for Your Child's Development

A book for parents of children with disabilities and the first steps to help

Jitahidi kwa Maendeleo ya Mtoto Wako

Kitabu ya Wazazi wa Watoto Wenye Ulemavu na Hatua za Kwanza za Msaada

Dear Parents: Welcome to this booklet that will help you understand how to help your child if they have a disability or a delay in their development.

Some children in our community have what we call a "disability." Disability is when our children have a condition in their body or mind that makes it difficult for them to do regular activities and interact with the world around them. Having a disability is ok and a family should not feel shame. If your child has a disability or needs more time to develop than other children, please know this is natural.

All our children in the community deserve to get the care and support they need to be successful and healthy. It is important to:

- understand the signs of a disability
- help make goals for our child
- become informed and find support in the community
- educate the community about your child and how to interact with people with disabilities respectfully.

There are many resources in our community for families to learn about their child's health and wellness. The information in this book is meant to help you understand some of the places you can go to get help, who can help you, and about how to talk about your child's disability.

We believe it is important that every child reach their full potential and families are heard, seen, and feel understood, while understanding their child's development. When you feel overwhelmed, remember that the love, guidance, and nurturing you give the child now will help them follow their dreams and reach their goals.

We hope this book helps make that journey easier to support your child. In this book, we talk about how to get support from your doctor and your school and share some community resources that can also help you. We hope you enjoy it!

Kari Lyons, Saara Hirsi, Hinda Farah, Lilian Olero
& Tamyca Branam Phillips

The All:Ready Network

Disability Inclusion Project

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We would like to thank the following individuals for their support: Kari Lyons (author); Hinda Farah (author); Hanna Osman (contributer); Saara Hirsi (author); Lilian Olero (author) Tamara Bakewell (contributer); Patty Cavanaugh (contributer); Tamyca Branam Phillips (author); Lydia Dennehy (contributer); Elena Cronin (digital design); Alicia Riddle (contributer); Joseline Raja-Vora (contributer); Anisa Haji-Mohammed (author, artist)

Wazazi Wapendwa: Karibu kwenye kitabu hiki ambacho kitakusaidia kuelewa jinsi ya kumsaidia mtoto wako ikiwa ana ulemavu au kuchelewa katika maendeleo yake.

Baadhi ya watoto katika jumuiya yetu wana kile tunachokiita "ulemavu." Ulemavu ni pale ambapo watoto wetu wanayo hali katika mwili au akili yao ambayo inafanya iwe ngumu kwao kufanya shughuli za kawaida na kushirikiana na ulimwengu unaowazunguka. Kuwa na ulemavu ni sawa na familia haipaswi kujihisi aibu. Ikiwa mtoto wako ana ulemavu au anahitaji muda zaidi wa kukua kuliko watoto wengine, tafadhali fahamu kuwa hili ni jambo la kawaida.

Watoto wetu wote katika jumuiya wanastahili kupata huduma na msaada unaohitajika ili waweze kufanikiwa na kuwa na afya njema. Ni muhimu:

- Kuelewa ishara za ulemavu
- Kusaidia kuweka malengo kwa ajili ya watoto wetu
- Kupata taarifa na kupata msaada katika jamii
- Kuwaelimisha jamii kuhusu mtoto wako na jinsi ya kushirikiana na watu wenye ulemavu kwa heshima.

Kuna rasilimali nyingi katika jumuiya zetu ambazo zinaweza kuwasaidia familia kujifunza kuhusu afya na ustawi wa mtoto wako. Taarifa katika kitabu hiki inalenga kuwasaidia kuelewa baadhi ya maeneo ambazo mnaweza kwenda kupata msaada, ni nani anaweza kuwasaidia, na kuhusu jinsi ya kuzungumzia ulemavu wa mtoto wako.

Tunaamini ni muhimu kila mtoto aweze kufikia uwezo wake kamili na familia waweze kusikizwa, waonekane, na wahisi kueleweka, wakati wanafahamu maendeleo ya mtoto wao. Unapojisikia unalemewa, kumbuka kuwa upendo, mwongozo, na malezi unayompatia mtoto kwa hiyo muda utawasaidia kufuata ndoto zao na kufikia malengo yao.

Tunatumaini kitabu hiki kitasaidia safari hiyo iwe rahisi. Katika kitabu hiki, tunazungumzia jinsi ya kupata msaada kutoka kwa daktari wako na shule yako na tunashirikisha baadhi za rasilimali za jumuia ambazo pia zinaweza kusaidia. Tunatumaini utafurahia!

Kari Lyons, Saara Hirsi, Hinda Farah, Lilian Olero
na Tamyca Branam Phillips

Wote:Mtandao Tayari

Mradi wa Kuingiza Watu Wenye Ulemavu

JEDWALI LA YALIYOMO

Utangulizi

Bima na Madaktari

Shule

Rasilimali za Ulemavu

Tungependa kutoa shukrani kwa watu wafuatawo kwa mchango wao:Kari Lyons (mwandishi);Hinda Farah (mwandishi); Hanna Osman (mchangiaji); Saara Hirsi (mwandishi); Lilian Olero (mwandishi); Tamara Bakewell (mchangiaji); Patty Cavanaugh (mchangiaji); Tamyca Branam Phillips (mwandishi); Lydia Dennehy (mchangiaji); Elena Cronin (ubunifu wa kidijitali); Alicia Riddle (mchangiaji); Joseline Raja-Vora (mchangiaji); Anisa Haji-Mohammed/Lilian Olero (mwandishi, msanii)

"Hi, our names are Pendo and Juma. We both have disabilities. We are excited to take you through our journey of getting help from different people in our community, as we get support for our health and wellness.

We thought we would help you understand different disabilities! Here are some disabilities we learned about."

Hi! I'm Pendo. My disability is something called Autism in English or Maangaar in Somali. I have big feelings and pay a lot of attention to details. Lots of noises and loud sounds can be hard for me, so sometimes I wear noise-cancelling headphones. If someone starts talking to me with all the loud noises, it can be hard for me to concentrate. Turning down noises so I can focus is very helpful for me. I also have different ways of learning and moving. At school I have a paraprofessional and teachers, who takes care of me and get special education services and supports.

Our friend Kayse has attention deficit hyperactive disorder (ADHD) in English. It is hard for him to pay attention, sometimes he does stuff without thinking what the result might mean. He can be very active and it can sometimes be hard to calm him down. He has lots of big feelings too! He has people in the health world to help him learn to calm down and focus, especially in settings like school and in the community!"

WHAT IS DISABILITY?

A disability is any **condition of the body or mind** that makes it more difficult for the person to do regular activities interact with the world around them.

Disability can affect:

- Vision
- Movement
- Thinking
- Remembering
- Learning
- Communicating
- Hearing
- Mental health
- Social relationships

Although "people with disabilities" sometimes refers to a specific disability, this is actually a diverse group of people with a wide range of needs and strengths. Two people with the same type of disability can be affected in very different ways. Some disabilities may be hidden or not easy to see, sometimes called an "invisible disability."

"Habari! sisi ni Pendo na Juma. Sisi sote tuna ulemavu. Tuna msisimko kuweza kuwaelekeza kuhusu safari zetu ya kupata msaada kutoka kwa watu mbalimbali katika jamuia yetu, huku tukipata msaada ya afya na ustawi wetu.

Tuliona tungewasaidia kuelewa ulemavu tofauti! Hapa kuna baadhi ya ulemavu tulizojifunza kuhusu."

Habari! Mimi ni Pendo, na ningependa kushiriki kidogo kuhusu mimi. Nina hali inayoitwa Autism, ambayo inajulikana kama Usonji kwa Kiswahili. Nina hisia kubwa na ninatilia maanani maelezo. Kelele nyingi na sauti za juu zina nilemea, kwa hivyo mara nyingi huvaa vichwa vya sauti vinavyozuia kelele ili kunisaidia kuziba kelele. Ikiwa mtu ataanza kuzungumuza nami na kuna sauti nyingi kubwa pembeni, inaweza kuwa ngumu kwangu kuzingatia. Kupunguza kiwango cha kelele kinaniruhusu kuzingatia vizuri zaidi. ila, nina njia za kipekee za kujifunza na kuendelea.. Shuleni, nina msaidizi na walimu ambao hunipa huduma na msaada. Pia, napokea huduma maalum za elimu zilizobinafsishwa kwa mahitaji yangu.

Rafiki yetu Baraka ana shida ya kufuatilia kwa ukaribu na utendaji wa kupita kiasi (ADHD) kwa Kiingereza. Anapata ugumu kuzingatia na mara nyingine hufanya vitendo bila kuzingatia matokeo. Baraka ni mwenye nishati sana na mara nyingine huwa na shida ya kutulia. Kama mimi, yeye hupata hisia kali. Baraka ana msaada kutoka kwa wataalamu wa afya ili kumsaidia kujifunza jinsi ya kutuliza hisia zake na kuzingatia, haswa katika mazingira za shule na kwa jumuiya!"

ULEMAVU NI NINI?

Ulemavu ni **hali yoyote ya mwili au akili** ambayo inazuia mtu kufanya shughuli za kawaida na kushirikiana na ulimwengu unaowazunguka.

Ulemavu inaweza kuathiri:

- Kuona
- Kukumbuka
- Kusikia
- Kusonga
- Kujifunza
- Afya ya akili
- Kufikiri
- Mawasiliano
- Mahusiano ya kijamii

Ingawa "watu wenye ulemavu" mara nyingi inahusu ulemavu maalum, hii ni kikundi la watu tofauti wenye mahitaji na nguvu mbalimbali. Watu wawili wenye aina moja ya ulemavu wanaweza kuathiriwa kwa njia tofauti sana. Baadhi ya ulemavu unaweza kuwa sio dhahiri au sio rahisi kuonekana, mara nyingine huitwa "ulemavu usioonekana."

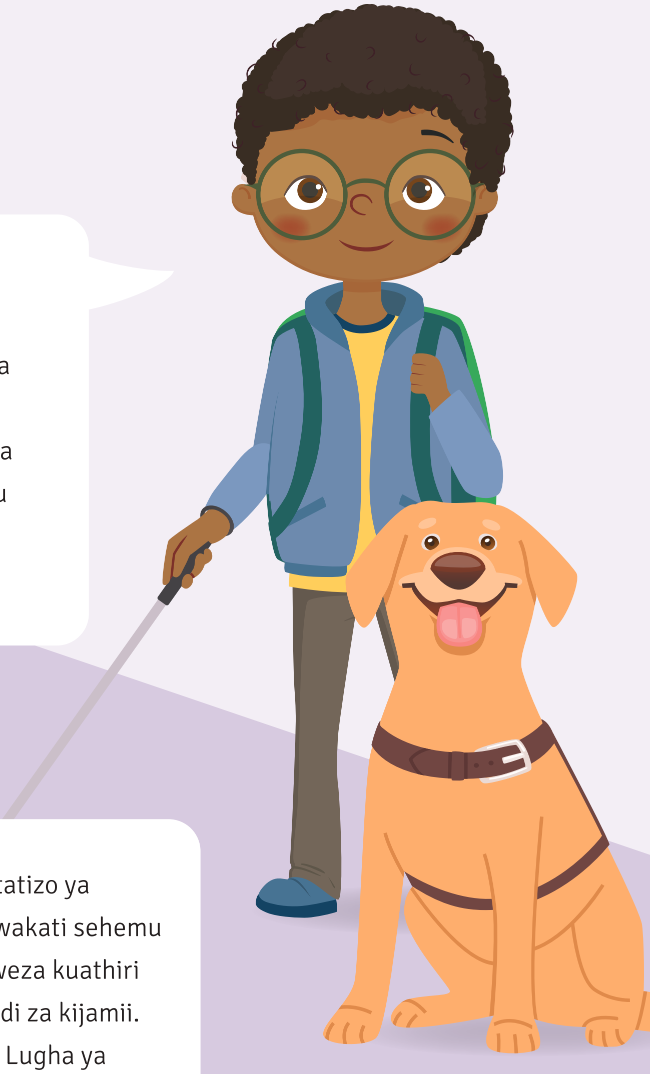
Hi, how's it going? I'm Juma. My disability is something we call cerebral palsy which means my brain has a hard time helping my muscles move. It is hard for me to move and keep balance and posture, so I use a wheelchair to get around.

My name is Bahati and I am visually impaired and have vision loss. It can be caused by damage to the eye itself, by the eye being shaped incorrectly, or even by a problem in the brain. I use a cane and a guide dog to get around. The school helped me to learn Braille, a language that helps me read with my hands by feeling things on a paper. I have something called a screen reader that helps me understand things on my phone or computer. I have someone who organized our house to make it easy for me to get around and find things.

We have another friend Daudi who has trouble hearing. Hearing loss can happen when any part of the ear is not working in the usual way. It can affect a child's ability to develop speech, language, and social skills. But he gets to learn a special language called American Sign Language and can read and move just like you and me!

We have more friends with disabilities that are a part of our community, and some are even our parents! As children with disabilities, we know we are the flower of our mother and the pride of our father and they love us.

Habari! Mambo vipi? Mimi ni Juma. Ulemavu wangu ni kitu tunachokiita ugonjwa wa ubongo unaosababisha ugumu kwa ubongo kusaidia misuli yangu kusonga. Ni vigumu kwangu kutembea na kudumisha usawa na mwenendo wa mwili, kwa hiyo ninatumia kiti cha magurudumu kusonga.



Jina langu ni Bahati na mimi ni mtu mwenye upungufu wa kuona na upoteza uwezo wa kuona. Hii usababishwa na uharibifu kwa jicho lenyewe, jicho uwa na umbo lisilofaa, au hata tatizo katika ubongo. Natumia fimbo na mbwa mwongozi kuhamia. Shule ilinisaidia kujifunza Braille, lugha ambayo husaidia kusoma kwa kutumia mikono kwa kuhisi vitu kwenye karatasi. Nina kitu kinachoitwa msomaji wa skrini kunisaidia kuelewa vitu kwenye simu au kompyuta yangu. Nina mtu aliyepanga nyumba yetu ili iwe rahisi kwangu kuhamia na kupata vitu.

Tuna rafiki mwingine Daudi ambaye ana matatizo ya kusikia. Upotezaji wa kusikia unaweza kutokea wakati sehemu yoyote ya sikio haifanyi kazi kama kawaida. Inaweza kuathiri uwezo wa mtoto wa kukuza usemi, lugha, na stadi za kijamii. Lakini yeye amejifunza lugha maalum inayoitwa Lugha ya Ishara ya Amerika na anaweza kusoma na kusonga kama wewe na mimi!

Tuna marafiki wengine wenye ulemavu tuko nao kwa jumuiya yetu, na baadhi yao ni hata wazazi wetu! Kama watoto wenye ulemavu, tunajua kuwa sisi ni maua ya mama zetu na fahari ya baba zetu na wanatupenda.

BEING RESPECTFUL

It's so important that we all talk about each other in a way that is kind and makes us feel included!

We want everyone to feel respect so when we talk about people who have disabilities, we don't want to call them "sick" or "broken" because they are not. Some children may have behaviors that may seem disrespectful in a culture such as not making eye contact or focus on a family member or moving their hands and bodies quite a bit. These are part of who they are and not meant to show a lack of care or understanding. It takes time to learn about each child's unique abilities and how to talk with and about your friends' and family with disabilities. Here's some helpful tips:

- ✓ **Emphasize everyone's abilities, not their limitations.** For example, when I see my friend Hamdi, I don't talk about her wheelchair all the time. I do not say she is confined or restricted. I just say she is a person who uses a wheelchair.
- ✓ **Do not use language that can be offensive.** For example, do not call someone broken, or invalid, or deformed or lame. Consider someone's strengths.

Here are some words to help!

Recommended	Not recommended
✓ Person who uses a wheelchair	x Confined or restricted to a wheelchair, wheelchair bound
✓ Person who uses a device to speak	x Can't talk, mute
✓ Person with a disability	x Disabled, handicapped
✓ Person with cerebral palsy	x Cerebral palsy victim
✓ Person with multiple sclerosis	x Afflicted by multiple sclerosis
✓ Accessible parking or bathroom	x Handicapped parking or bathroom
✓ Person with a physical disability	x Crippled, lame, deformed, invalid, spastic
✓ Person with an intellectual, cognitive, developmental disability	x Slow, simple, moronic, defective, afflicted, special person
✓ Person with an emotional or behavioral disability, a mental health impairment, or a psychiatric disability	x Insane, crazy, psycho, maniac, nuts
✓ Person without a disability	x Normal person, healthy person

KUWA MCHA MJAMAA

Ni muhimu sana kuwa sote tuzungumze kuhusu kila mmoja wetu kwa njia ya fadhili ya kutufanya tujisikie kuwa tumejumuishwa!

Tunataka kila mtu ajisikie kuheshimiwa kwa hivyo tunapozungumza juu ya watu wenye ulemavu, hatutaki kuwaita “wagonjwa” au “waliovunjika” kwa sababu hio si haki. Baadhi ya watoto wanaweza kuwa na tabia ambaye inaweza kuonekana kukosa heshima katika utamaduni kama vile kutokutazamana machoni au kulenga mtu wa familia auz kusonga mikono na miili yao kiasi. Hii ni jambo ya kawaida kwa utamadhuni zingine na ni kawaida kwao na aina ishara ya kuonyesha ukosefu wa utunzaji au kuelewa. Inachukua muda kujifunza kuhusu uwezo wa kipekee wa kila mtoto na jinsi ya kuzungumza na kuhusiana na marafiki na familia wenye ulemavu. Hapa kuna vidokezo vya kusaidia:

- ✓ **Usitumie lugha ambayo inaweza kukera.** Kwa mfano, usimwite mtu amevunjika, au batili, au amepotoshwa au kiwete. Zingatia uwezo wa mtu.
- ✓ **Thamini uwezo wa kila mtu, siyo vikwazo vyao.** Kwa mfano, ninapomwona rafiki yangu Hamdi, siendelei kuzungumza kuhusu kiti chake cha magurudumu kila wakati. Sitamani kusema kuwa yeye amefungiwa au kuzuiliwa. Ninachofanya ni kusema tu yeye ni mtu anayetumia kiti cha magurudumu.

Hapa kuna maneno ya kusaidia:

Yanayopendekezwa:	Siyo ya kupendekeza:
✓ Mtu anayetumia kiti cha magurudumu	x Kufungwa au kuzuiwa kwenye kiti cha magurudumu, kufungwa kwenye kiti cha magurudumu
✓ Mtu anayetumia kifaa cha kuzungumza	x Hawezi kuzungumza, bubu
✓ Mtu mwenye ulemavu	x Mtu mlemavu, kilema
✓ Mtu mwenye ugonjwa wa ubongo (cerebral palsy)	x Mtu aliyeathirika na ugonjwa wa ubongo (cerebral palsy)
✓ Mtu mwenye ugonjwa wa sclerosis nyingi (multiple sclerosis)	x Mtu aliyeathirika na sclerosis nyingi
✓ Maegesho au choo rahisi kwa watu wenye ulemavu	x Maegesho au choo kwa watu wenye ulemavu
✓ Mtu mwenye ulemavu wa kimwili	x Kilema, kiwete, potosho, batili, Spastiki/Kupooza
✓ Mtu mwenye akili, utambuzi, ulemavu wa maendeleo	x Polepole, rahisi, Mpumbavu, kilema, aliyeathirika, mtu maalum
✓ Mtu mwenye ulemavu wa kihisia au tabia, ulemavu wa afya ya akili, au ulemavu wa kisaikolojia	x Mwendawazimu, Wazimu, Kichaa, Mwendawazimu, Kichaa
✓ Mtu asiye na ulemavu	x Mtu wa kawaida, mtu mwenye afya

SELF-DETERMINATION

When I first learned that I had a disability, I worried and so did my parents. I wondered if I would be able to go to school, get a job and more. As I started to understand my disability, I realized that all people with a disability get to determine their own unique needs. I started to:

- ✓ Choose and set my own goals
- ✓ Get involved in my school decisions and think about what I wanted to do in life
- ✓ Speak up for myself and ask for what I need for help

I learned what it means to be "self-determined," which means making things happen in my own life, instead of having others do things to, or for me. People who are self-determined know what they want and how to get it. They choose and set goals, then work to reach them. They advocate on their own behalf, and are involved in solving problems and making decisions about their lives. They don't have to do everything for themselves, but instead, they make or cause things to happen in their lives that improve the quality of their lives.

KUJITAMBULISHA

Nilipojifunza kwanza kuwa nina ulemavu, nilihangaika sana na wazazi wangu pia waliangahika. Nilijiuliza ikiwa ningeweza kwenda shule, kupata kazi na zaidi. Nilipoanza kuelewa ulemavu wangu, niligundua kuwa watu wote wenye ulemavu wanaweza kuamua mahitaji yao ya pekee. Nilianza:

- ✓ kuchagua na kuweka malengo yangu mwenyewe
- ✓ kuJihusisha katika maamuzi ya shule yangu na fikiria kuhusu ninachotaka kufanya maishani
- ✓ Kujisemea mwenyewe na kuomba msaada ninachohitaji

Nilijifunza maana ya kuwa na "kujitegemea," ambayo ina maana ya kufanya mambo kutokea katika maisha yangu mwenyewe, badala ya kuwa na wengine kufanya mambo kwangu au kwa ajili yangu. Watu ambao wamejiamulia wanajua wanachotaka na jinsi ya kukipata. Wanachagua na kuweka malengo, kisha wanajitahidi kuyafikia. Wanajitetea kwa niaba yao wenyewe, na ndivyo kushiriki katika kutatua matatizo na kufanya maamuzi kuhusu maisha yao. Hawafanyi vile wanapaswa kufanya kila kitu kwa ajili yao wenyewe, lakini badala yake, wao hufanya au kusababisha mambo kutokea katika maisha yao ambayo yanaboresha ubora wa maisha yao.

✓ WHERE DO I GET STARTED?

There can be quite a few things to do, and places to go to get help, so here is a checklist! We will go in detail about these in the next few pages.

- ☑ If you do not have health insurance, **you want to sign up for a health plan** so you have help paying for all the services that a child with disabilities may need.
- ☑ After you get your insurance, they will help you **find a doctor**. Make sure to ask for interpretation services when you call your doctor.
- ☑ When you go to the doctor, **bring some information** about your child to the doctor, which we call a "child profile." Bring it plus your insurance information to the visit.
- ☑ At the doctor's office, they will **check your child's health and wellness** by asking you questions about how they act or what they say.
- ☑ When your child has what we call a "diagnosis", for example that they are visually impaired, you can call your child's school and **ask about special education**. They will help make a special plan for your child at school so they can get support while they learn.
- ☑ **Call the Office of Developmental Disabilities in your county (Washington, Multnomah and Clackamas) and get a case worker** who will help you with other services you may need.
- ☑ **Talk to your friends, organizations, and mosque leaders for help.** Many community organizations are here to help.

NIANZE WAPI?

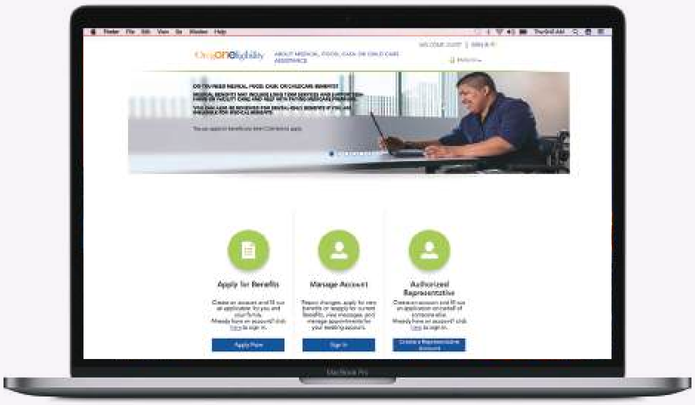
Kuna mambo kadhaa ya kufanya, na sehemu za kwenda kupata msaada, hivyo hapa kuna orodha ya ukaguzi! Tutaenda kwa undani kuhusu haya katika kurasa zijazo.

- ☑ Ikiwa huna bima ya afya, unataka kujiandikisha kwa mpango wa afya ili uwe na msaada wa kulipa huduma zote ambazo mtoto mwenye ulemavu anaweza kuhitaji.
- ☑ Baada ya kupata bima yako, watakusaidia kupata daktari. Hakikisha kuamba unaulizia huduma za utafsiri unapopiga simu kwa daktari wako.
- ☑ Ukienda kwa daktari, leta baadhi ya taarifa kuhusu mtoto wako kwa daktari, ambayo tunaiita “wasifu wa mtoto.” Lete pamoja na maelezo yako ya bima wakati wa ziara.
- ☑ Katika ofisi ya daktari, watakagua afya na ustawi wa mtoto wako kwa kukuuliza maswali kuhusu jinsi wanavyotenda au wanachosema.
- ☑ Wakati mtoto wako ana kile tunachokiita “utambuzi,” kwa mfano kwamba wana upungufu wa kuona, unaweza kupiga simu shuleni kwa mtoto wako na kuuliza kuhusu elimu maalum. Watasaidia kuandaa mpango maalum kwa mtoto wako shuleni ili waweze kupata msaada wakati wanajifunza.
- ☑ Piga simu kwa Ofisi ya Maendeleo ya Ulemavu katika kaunti yako (Washington, Multnomah na Clackamas) na upate mfanyakazi wa kesi ambaye atakusaidia na huduma zingine unazoweza kuhitaji.
- ☑ Zungumza na marafiki zako, mashirika, na viongozi wa kanisa kwa msaada. Mashirika mengi ya Jumuiya wako hapa kusaidia.

How Do I Get Health Insurance?

There are several health care programs available for low-income Oregonians through the Oregon Health Plan (OHP).

A coordinated care organization (CCO) is a network of all types of health care providers (physical health care, addictions and mental health care and dental care providers) who work together in their local communities to serve people who receive health care coverage under the Oregon Health Plan.



How to Apply:

- To apply for OHP online, go to **ONE.Oregon.gov** and click "Apply Now." You will need to create a new ONE account if you don't already have one.
- You can also apply using the OHP application form found on this website: **https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx**
- You can also apply by calling this number: **1 (541) 485-2155** (open 7 a.m. to 6 p.m. Pacific Time, Monday through Friday)
- If you do not have access to the internet, you can also do a paper application by calling OHP at **(800) 699-9075**. Lastly you can download the form in multiple language options and fax it to **(503) 378-5628** or mail to OHP Customer Service, P.O. Box 14015, Salem, OR 97309-5032.

When will I find out if I am accepted for Medicaid (OHP) insurance?

- If you applied by mail, you can call ONE Customer Service at **1 (800) 699-9075**.
- If you applied online, you can view the status of your application in your dashboard at **ONE.Oregon.gov**.

What are some places I can call for help in finding a doctor or care?

In Washington, Clackamas and Multnomah County, you can contact **Trillium Community Health Plan** and **HealthShare of Oregon**. They will help in connecting you, as their member, to resources and benefits. These plans have registered nurses that can offer education and care coordination. Care coordinators can assist in both physical and behavioral health needs, and connect you to primary providers and specialists that are covered by the plan, also referred to as "in-network providers".

- Call **Health Share Customer Service (503) 416-8090**, or toll free at **1 (888) 519-3845 (TTY/TDD 711)**
- Call **Trillium Member Services at 1 (877) 600-5472 (TTY: 711)**.

Jinsi ya Kupata Bima ya Afya?

Kuna programu kadhaa za afya zinazopatikana kwa watu wa Oregon wenye mapato ya chini kupitia Mpango wa Afya wa Oregon (OHP).

Shirika la huduma zilizoratibiwa (CCO) ni mtandao wa aina zote za watoa huduma za afya (huduma za afya ya mwili, huduma za uraibu na afya ya akili, na watoa huduma za meno) wanaofanya kazi pamoja katika jamii zao za ndani kuhudumia watu wanaopata bima ya afya chini ya Mpango wa Afya wa Oregon.

Jinsi ya Kuomba:

- Ili kuomba OHP mtandaoni, nenda kwenye **ONE.Oregon.gov** na bofya "Tuma Sasa." Utahitaji kuunda akaunti mpya ya ONE ikiwa huna tayari moja.
- Unaweza pia kuomba kwa kutumia fomu ya maombi ya OHP inayopatikana kwenye tovuti hii: **https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx**
- Unaweza pia kuomba kwa kupiga simu kwa nambari hii: **1 (541) 485-2155** (wazi kuanzia saa moja asubuhi hadi saa 12 jioni, Saa za Pacific, Jumatatu hadi Ijumaa)
- Ikiwa huna jinsi wa kupata mtandao, unaweza pia kuwasilisha maombi kwa karatasi kwa kupiga simu kwa OHP kwa **(800) 699-9075**. Hatimaye, unaweza kupakua fomu kwa kuchagua baadi za lugha nyingi na kuituma kwa barua kwa faksi kwa **(503) 378-5628** au kwa anwani ya barua kwa Huduma ya Wateja ya OHP, P.O. Box 14015, Salem, OR 97309-5032.

Nitajua lini ikiwa nimekubaliwa kwa bima ya Medicaid (OHP)?

- Ikiwa uliomba kwa barua, unaweza kupiga simu kwa Huduma ya Wateja ya ONE kwa **1 (800) 699-9075**.
- Ikiwa uliomba mtandaoni, unaweza kuangalia hali ya maombi yako kwenye dashibodi yako kwenye **ONE.Oregon.gov**.

Ni sehemu zipi naweza kupiga simu kuomba msaada katika kupata daktari au huduma?

Kwa Kaunti za Washington, Clackamas na Multnomah, unaweza kuwasiliana na **Trillium Community Health Plan** na **HealthShare ya Oregon**. Watasaidia kukuhusisha, kama mwanachama wao, na rasilimali na faida. Mipango hii ina wauguzi waliosajiliwa ambao wanaweza kutoa elimu na uratibu wa huduma. Wakurugenzi wa huduma wanaweza kusaidia mahitaji ya afya ya mwili na kisaikolojia, na kukuhusisha na watoa huduma wa kwanza na wataalamu waliohifadhiwa na mpango, inayojulikana kama "watoa huduma ndani ya mtandao".

- Piga simu kwa **Huduma ya Wateja ya Health Share (503) 416-8090**, au bure kabisa kwa **1 (888) 519-3845 (TTY/TDD 711)**
- Piga simu kwa **Huduma za Mwanachama wa Trillium** kwa **1 (877) 600-5472 (TTY: 711)**.

Preparing for Your Doctor's Visit

It is important we share our child's age, grade level, and some of their favorite things that make them happy and foster connection. Sharing what works and doesn't work for your child is also important. We suggest writing down all this information in what we call a "profile," or a document that describes your child. Here is an example:

Child's Name and Age:

For example, "My name is Haana and I am 16 years old."

Your child's favorite things:

I love movies, dancing and all of my pets. I love music.

Your child's Vision and Goals: *For example,*

- Participate in school activities and sports
- Earn a modified diploma
- Go to college!
- Explore different jobs to help me plan for the future

Your child's Strengths and Interests:

- Interested in health
- Dancer/athlete
- Active participant
- iPhone/desktop skills for further research
- Good vocabulary can learn new words
- Team player, wants to work towards being healthy

What supports does your child need:

- Modified content
- Sit by a family member or support person
- Extra time for answering questions
- Visual supports for routine exams and tests

My community supports, the family members and helpers that are very important to me:

- Parent(s) name, phone number and/or email

Children have so many "milestones," which means that there are lots of things my parents need to look out for. For example, can I crawl on my belly or can I say words by a certain age. The doctor will ask my mom questions about these things. If you go to this website, you will learn about these milestones!

https://osp.uoregon.edu/home/whatIsTheASQ

Kujiandaa Kwa Ziara ya Daktari

Ni muhimu tushiriki umri wa mtoto wetu, kiwango cha darasa, na baadhi ya vitu wanavyopenda ambavyo vinawafurahisha na kukuza uhusiano. Kushiriki kile kinachofaa na kisichofaa kwa mtoto wako ni muhimu . Tunapendekeza uandika taarifa zote hizi katika kile tunachokiita “wasifu,” au hati inayofafanua mtoto wako. Hapa kuna mfano:

Jina na Umri wa Mtoto:

Kwa mfano, *"Jina langu ni Waridi na nina umri wa miaka 16."*

Vitu Anazopenda mtoto wako:

Napenda sinema, kucheza na wanyama wangu wote. Napenda muziki.

Maono na Malengo ya Mtoto Wako:

- Kushiriki katika shughuli na michezo za shuleni
- Pata cheti cha diploma kilichorekebishwa
- Kuenda chuo kikuu!
- Kuchunguza kazi tofauti kunisaidia kupanga kwa ajili ya siku za usoni

Nguvu na Maslahi ya Mtoto Wako:

- Ana hamu katika afya
- Mwanamuziki/mwanariadha
- Mshiriki kwenye shughuli nyingi
- Ujuzi wa kutumia iPhone/kompyuta kwa utafiti zaidi
- Ujuzi mzuri wa maneno ya lugha anaweza kujifunza maneno mapya
- Mwanamchezo wa timu, anataka kufanya kazi kuelekea kuwa na afya njema

Msaada gani mtoto wako anahitaji:

- Maudhui yaliyorekebishwa
- Kukaa karibu na mwanafamilia au mtu wa kusaidia
- Muda wa ziada kujibu maswali
- Viauni vya kuona vya mitihani na majaribio ya kawaida

msaada kutoka kwa jamii yangu, wanafamilia na watu wa kusaidia ambao ni muhimu sana kwangu:

- Jina la mzazi(wazazi), nambari ya simu na/au barua pepe

Watoto wana “Hatua Muhimu” mengi sana, ambayo yanamaanisha kwamba kuna mambo mengi ambayo wazazi wangu wanapaswa kuzingatia. Kwa mfano, naweza kutamba kwa tumbo langu au naweza kusema maneno kwa umri fulani. Daktari atamuuliza mama yangu maswali kuhusu mambo haya. Ukienda kwenye tovuti hii, utajifunza kuhusu hatua hizi muhimu!

https://osp.uoregon.edu/home/whatIsTheASQ

Schedule the appointment for a day and time when the doctor’s office is less crowded. This means less rush and stress for you, your child, and your child’s provider. The office staff should be able to tell you the best time for your visit.

Make a list of questions you have about your child. Any concern you have is important, no matter how small it may seem! Prioritize your questions, so you can be sure to get answers to the most important questions before the visit ends. If you have asked about something more than once, reminder your provider, so that they realize that it is important.

Sample questions to ask:

- What medical emergency(s) is my child at risk of?
- What should I do and who should I call in case it happens?
- What other health care professionals should my child be seeing?
- What resources and support are available to me and my child?
- When should I schedule our next visit?
- How do I get in touch with the doctor or nurse if I have more questions?
- Is there anything important to know about my child’s medications or diet?

Bring a favorite toy or book to keep your child busy and calm. Play a game or use an app with your child while you are waiting for the doctor.

Take another adult to the appointment with you. Someone who is familiar with your family can not only provide moral support but help you remember key points from the visit.

Record the visit with your cell phone or other device. As the parent or primary caregiver for your child with special needs, it may be difficult for you to remember details or instructions. You might not have time to write everything down. The recording will come in handy for not only you, but others who help care for your child.

Panga miadi kwa siku na wakati ambapo ofisi ya daktari haina watu wengi. Hii inamaanisha utaepuka msongamano wa watu kwako wewe, mtoto wako, na mtoa huduma wa mtoto wako. Wafanyakazi wa ofisi wanapaswa kukwambia wakati bora wa ziara yako.

Tengeneza orodha ya maswali uliyo nao kuhusu mtoto wako, Wasiwasi wowote unao, ni muhimu, haijalishi ni mdogo kiasi gani! Panga maswali yako kwa umuhimu, ili uwe na uhakika wa kupata majibu ya maswali muhimu zaidi kabla ya ziara haijamalizika. Ikiwa umeuliza swali zingine zaidi ya mara moja, mkumbushe mtoa huduma wako, ili atambue kuwa ni muhimu.

Mfano ya maswali ya kujiuliza:

- Je, mtoto wangu yuko katika hatari gani ya matibabu?
- Nifanye nini na nimwite nani endapo itatokea?
- Ni wataalamu gani wengine wa afya wanapaswa kuona mtoto wangu?
- Ni rasilimali na usaidizi gani naweza kupata kwangu mimi na mtoto wangu?
- Ni wakati gani ninapaswa kuratibisha ziara yetu inayofuata?
- Je, nitawasilianaje na daktari au muuguzi ikiwa nimepata maswali zaidi?
- Je, kuna jambo lolote muhimu kujua kuhusu mtoto wangu dawa au lishe?

Leta kipendwa cha mtoto au kitabu anachopenda ili kumfanya mtoto wako awe na shughuli nyingi na utulivu. Cheza mchezo au utumie programu na mtoto wako wakati unasubiri daktari.

Chukua mtu mwingine mzima kwenye miadi nawe. Mtu ambaye anafahamu familia yako, haweze kutoa usaidizi wa kimaadili lakini kukusaidia kukumbuka mambo muhimu kutoka kwa ziara hiyo.

Rekodi ziara na simu yako au kifaa kingine. Kama mzazi au mlezi mkuu wa mtoto wako na mahitaji maalum, inaweza kuwa ngumu kwako kumbuka maelezo au maagizo. Huenda usiwe na muda wa kuandika kila kitu. Kurekodi kutakuwa na manufaa si tu kwako, bali pia kwa wengine wanaosaidia kumtunza mtoto wako.

Preparing Your Child for the Doctor's Visit

Explain what will happen at the appointment *both* verbally AND visually to your child.

- Call the doctor's office to ask what the procedure is for the type of appointment that your child is having. Ask about any equipment that will be used, like a stethoscope, blood pressure cuff, or X-ray.
- Talk through everything you learn with your child. Include activities like measuring their height, weight, and blood pressure, along with any expectations to remove shoes or change clothes.
- There are videos and images for most common exams and visits.
- Ask your child if they feel ready, or if they want to review the steps again.
- Encourage communication and problem solving.

If you know the steps of the appointment, review them in order with your child. Write down "facts" about the situation – both ones that are positive to your child, and ones that may be perceived negatively.

- Ask your child what they think the easiest part of the visit will be. Praise them for their confidence in being able to participate in those parts of the appointment.
- Ask them what they think the hardest parts of the appointment will be. Work with your child to figure out what they can do to make the hard parts easier. This may include bringing a few comfort items from home, or sitting on your lap.
- Always encourage your child to ask questions and express their feelings or concerns! These are opportunities for them to figure out what will make things better.

Plan a fun activity or reward for after the visit.

- Give your child some choices of fun activities that they can do when the visit is done – for example, going to lunch, visiting the park, or playing with a special toy.
- Include this in the steps that you review and practice.
- During the appointment, remind them that something fun is coming when they are done.

Check in with your child during the visit.

- During the visit, praise your child as they move through the steps of the visit.
- Remind them what steps they have already completed, and what steps are still to come.
- Encourage them to ask questions, request a brief break, or a coping tool. For example, some kids like the provider to count to three before drawing blood or giving a shot. Encourage your child to request this, if it's what they want.
- Tell your child you're proud of them for following directions.

Kuandaa Mtoto Wako kwa Ziara ya Daktari

Eleza kile kitakachotokea kwenye miadi kwa maneno NA kwa picha kwa mtoto wako.

- Piga simu kwa ofisi ya daktari ili kuuliza ni taratibu gani za aina ya miadi ambayo mtoto wako atakuwa nayo. Uliza kuhusu vifaa vyovyote vitakavyotumiwa, kama vile stethoscope, kifaa cha kupima shinikizo la damu, au X-ray.
- Eleza kila kitu unachojifunza na mtoto wako. ongeza shughuli kama kupima urefu, uzito, na shinikizo la damu, pamoja na matarajio ya kuondoa viatu au kubadili nguo.
- Kuna video na picha kwa ajili ya mitihani na miadi mingi ya kawaida.
- Uliza mtoto wako kama anahisi yuko tayari, au kama anataka kukagua hatua tena.
- Himiza mawasiliano na utatuzi wa matatizo.

Ikiwa unajua hatua za miadi, zipitie kwa utaratibu na mtoto wako. Andika “ukweli” kuhusu hali hiyo - “Mambo ya ukweli” kuhusu hali hiyo - yale ambayo ni mazuri kwa mtoto wako, na yale ambayo yanaweza kuonekana kwa mtazamo hasi.

- Muulize mtoto wako anafikiri sehemu rahisi ya ziara itakuwa nini. Wasifu kwa ujasiri wao wa kushiriki katika sehemu hizo za uteuzi.
- Waulize wanafikiri ni sehemu gani itakuwa ngumu zaidi kwa miada. Shirikiana na mtoto wako ili kujua kile anachoweza kufanya ili kurahisisha sehemu ngumu. Hii inaweza kujumuisha kuleta vitu vichache vya starehe kutoka nyumbani, au kukaa kwenye mapaja yako.
- Mhimize mtoto wako kila mara kuuliza maswali na kueleza hisia au wasiwasi wake! Hizi ni fursa kwao kujua ni nini kita fanya mambo kuwa bora zaidi.

Panga shughuli au zawadi ya kufurahisha baada ya ziara.

- Mpe mtoto wako baadhi ya chaguo za shughuli za kufurahisha ambazo anaweza kufanya baada ya ziara - kwa mfano, kwenda kula chakula cha mchana, kutembelea bustani, au kucheza na mchezo maalum.
- Jumuisha hili katika hatua hunazopitia na kufanya mazoezi.
- Wakati wa ziara, wakumbushe kwamba kitu cha kufurahisha kinakuja baada ya kumaliza.

Hudhuria na mtoto wako wakati wa ziara.

- Wakati wa ziara, msifu mtoto wako anapopita hatua za ziara.
- Wakumbushe ni hatua zipi ambazo tayari wamekamilisha, na hatua gani zinakuja.
- Wahimize kuuliza maswali, kuomba mapumziko mafupi, au chombo cha kushughulikia. Kwa mfano, baadhi ya watoto hupenda mtoa huduma kuhesabu hadi tatu kabla ya kutoa damu au kudunga sindano. Mhimize mtoto wako kuomba hii, ikiwa ni kile anachotaka.
- Mwambie mtoto wako kwamba unajivunia kwa kufuata maelekezo.

The Doctor's Visit

Visiting the doctor often is important for your child's health and wellness. When at your appointment, remember that all people with a disability should determine their needs, or a family should determine the needs of a child. Including:

- ✓ Choosing and setting their own goals
- ✓ Being involved in making life decisions
- ✓ Self-advocating
- ✓ Working to reach their goals

At appointments for babies and children under age 6, you will be asked to answer questions like "Does your baby notice when you are speaking to them? Does your baby have trouble seeing you?" These questions help a doctor know if your child is growing well what their strengths are. They are part of the "Ages and Stages Questionnaire." You will either be asked these questions by a provider, or be asked to answer them while you wait for your doctor.

The Ages and Stages Questionnaire:

- *Shows families and providers where there are specific strengths and skills*
- *Helps families and providers identify where they may be gaps*
- *If your child is not meeting their developmental milestone, such as being able to hold their head up or walk, the provider will refer you to someone to help out*

Ziara kwa Daktari

Kutembelea daktari mara kwa mara ni muhimu kwa afya na ustawi wa mtoto wako. Wakati wa miadi yako, kumbuka kuwa watu wote wenye ulemavu wanapaswa kujua mahitaji yao, au familia inapaswa kujua mahitaji ya mtoto. Hii ni pamoja na:

- ✓ Kuchagua na kuweka malengo yao wenyewe
- ✓ Kushiriki katika kufanya maamuzi ya maisha
- ✓ kujitetea
- ✓ Kufanya kazi ilikufikia malengo yao

Katika miadi kwa watoto wachanga na chini ya miaka 6, utaulizwa maswali kama “Je! Mtoto wako anatambua unapozungumza nao? Je! Mtoto wako ana shida kukuona?” Maswali haya husaidia daktari kujua ikiwa mtoto wako anakua vizuri na ana uwezo gani. Hizi Ni sehemu za “Maswali za Umri na Hatua.” Utaulizwa maswali haya na mtoa huduma, au utaulizwa kuyajibu wakati unasubiri daktari wako.

Maswali ya Umri na Hatua:

- *Huonyesha familia na watoa huduma wapi kuna nguvu na ujuzi maalum*
- *Husaidia familia na watoa huduma kutambua ni wapi wanaweza kuwa na mapungufu.*
- *Ikiwa mtoto wako hafikii hatua yake ya ukuaji, kama vile kuweza kuinua kichwa au kutembea, mtoa huduma atakuelekeza kwa mtu wa kukusaidia.*

Get the Help You Need For Your Child with a Disability

If your child needs help, the doctor will send you to people called "specialists" who will help you.

1. **Ask your child's doctor to provide a referral to developmental pediatrics.** This person has special skills to help your child if they need extra help whether it's with talking, hearing, walking or more.

2. **Ask them where you can take the referral for help.** Write down the name and phone number of someone you can call.

3. **Call the number the doctor gives you** to get your child special help.

Contact these people if you need help—they can call you back with a translator:

- For children ages 0-6, **Help Me Grow 1 (833) 868-4769** or **email them at hello@helpmegroworegon.org**
- For children over age 6, **Providence Swindells Resource Center at (503) 215-2429**
- For children and youth ages 0-26 **Oregon Family to Family Health Information Center. 1 (855) 323-6744**

DEFINITIONS

What does it mean if you get a **referral**? A referral is when a doctor will send you to someone who has the skills to help your child with their disability. For example, your doctor may give your child a referral to a speech therapist. A speech therapist is someone who can help your child with speech if they are slow to begin speaking or are hard to understand for their age. A referral can be a piece of paper, or you may be asked to call the specialist. Sometimes, you will need to wait for the specialist to call you. A referral can take a few days, or a few weeks. Ask how long you can expect to wait for an appointment.

Pata Msaada Unao Hitajika kwa Mtoto Wako Mwenye Ulemavu

Ikiwa mtoto wako anahitaji msaada, daktari atakutuma kwa watu wanaoitwa “wataalamu” ambao watakusaidia.

1. **Uliza daktari wa mtoto wako akupe rufaa kwa Daktari wa watoto kwa maendeleo.** Mtu huyu ana ujuzi maalum wa kusaidia mtoto wako ikiwa wanahitaji usaidizi wa ziada, iwe ni kwa kuzungumza, kusikia, kutembea au zaidi.
2. **Waulize ni wapi unaweza kuchukua rufaa kwa usaidizi.** Andika jina na nambari ya simu ya mtu unayeweza kupiga.
3. Piga simu nambari ambayo daktari anakupa ili kupata msaada maalum kwa mtoto wako.

Wasiliana na watu hawa ikiwa unahitaji usaidizi - wanaweza kukupigia simu na mkalimani:

- Kwa watoto wenye umri kati ya 0-6, Help Me Grow **1 (833) 868-4769** au barua pepe kwa **hello@helpmegroworegon.org**
- Kwa watoto wenye umri zaidi wa miaka 6, **Providence Swindells Resource Center kwa (503) 215-2429**
- Kwa watoto na vijana wenye umri kati ya 0-26, **Kituo cha Habari za Afya ya Familia ya Familia ya Oregon. 1 (855) 323-6744**

MAELEZO

Ina maanisha nini kupata rufaa? Rufaa ni wakati daktari anakutuma kwa mtu ambaye ana ujuzi wa kumsaidia mtoto wako na ulemavu wake. Kwa mfano, daktari wako anaweza kumpatia mtoto wako rufaa kwa mtaalamu wa hotuba. Mtaalamu wa hotuba ni mtu anayeweza kumsaidia mtoto wako kwa hotuba ikiwa anachelewa kuanza kuzungumza au ni vigumu kuelewa kwa umri wake. Rufaa inaweza kuwa kipande cha karatasi, au unaweza kuulizwa kumwita mtaalamu. Wakati mwingine, utahitaji kusubiri mtaalamu akupigie simu. Rufaa inaweza kuchukua siku chache, au wiki chache. Uliza ni muda gani unaweza kutarajia kusubiri miadi.

Your Care Team

There are all kinds of people who can help you to teach your child everything they need to live their daily lives with strength. They can help your child become independent as much as possible. Some of the names of these people are:

Your Doctor

A Primary Care Provider is the first person you will visit at a clinic to help support your child and tell you all the things you need to know about how they are growing.

Care Coordinator/Nurse

helps you to manage all the referrals and specialists you get.

Occupational Therapist

helps your child develop, recover, or maintain the skills needed for daily living and working. They can help your child at school or in the community.

Physical Therapist

help your child with their movement.

A Behavioral Therapist

can help your child with their feelings and emotions and teach them skills and practices to help manage big feelings.

A Speech Therapist

can help if you child has difficulties with communication, eating, drinking and swallowing.

If you need **special food or medicines** for your child, these terms are helpful:

Medical Foods

Equipment provider

Pharmacy

Make sure you right down the names and numbers of all the people you work with so you can keep track of the support network for your child.

Timu Yako ya Utunzaji

Kuna kila aina ya watu ambao wanaweza kukusaidia kumfundisha mtoto wako kilakitu anachohitaji ili kuishi maisha yao ya kila siku kwa nguvu. Wanaweza kumsaidia mtoto wako kujitegemea iwezekanavyo.

Baadhi ya majina ya watu hawa ni:

Daktari wako

Mtoa Huduma ya Msingi ndiye mtu wa kwanza utakayemtembelea kwenye kliniki ili kusaidia kumsaidia mtoto wako na kukuambia mambo yote unayohitaji kujua kuhusu jinsi anavyokua.

Mratibu/Muuguzi

hukusaidia kudhibiti marejeleo yote na wataalamu unaopata kwa Huduma.

Mtaalamu wa Tiba Shughuli

husaidia mtoto wako kuendeleza, kupona, au kudumisha ujuzi unaohitajika kwa maisha ya kila siku na kazi. Wanaweza kumsaidia mtoto wako shuleni au katika jamii.

Mtaalamu wa Tiba ya Viungo

husaidia mtoto wako na harakati zao.

Mtaalamu wa Tiba ya Tabia

anaweza kumsaidia mtoto wako na hisia na mwenendo wao na kuwafundisha ujuzi na mbinu za kusaidia kudhibiti hisia kubwa.’

Mtaalam wa Kuzungumuza

anaweza kusaidia ikiwa mtoto wako ana shida na mawasiliano, kula, kunywa, na kumeza.

Ikiwa unahitaji chakula maalum au dawa kwa mtoto wako, misemo hii ni muhimu:

Vyakula vya Matibabu

Mtoa Vifaa

Duka la dawa

Hakikisha umeandika chini kabisa majina na nambari za watu wote unaofanya nao kazi ili uweze kufuatilia mtandao wa usaidizi wa mtoto wako.

The School Visit

While going to the doctor gives you help for your child's body and mind to learn how to be in the everyday world, the schools help your children learn to read, write, do math and more. A disability does not prevent a child from learning. They just need support. The education they receive is called "special education." After you get help at the doctor's, you will need to get help for your child at school when they start to go to school. You can call or visit the school and tell them your child has a disability. You can tell them you need special education, and they will help you create a team to help your child.

As a part of this education, your child will be assigned someone to help them in school and help you make a plan for their learning called an "individual education plan" or IEP. Parents have a very important role in the team that supports their child and should be included in all decisions. When you make the IEP document with the school team, there is a section asking parents to share other ideas and concerns. It is important to bring a written document with your ideas, concerns, and solutions to each IEP meeting. Share your document with the team and refer to it often. As your child grows older they will become part of this planning team.

These are the names of people who will help you:

- **Teacher**
- **School Nurse**
- **Special Education Coordinator**

Here are some places that can help you:

- **FACT Oregon** helps families understand the steps to helping a child with a disability. **(503) 786- 6082**
- **Help Me Grow** is a free and confidential family support line that provides seamless access to community services. You can call them at **1 (833) 868-4769** or email them at **hello@helpmegroworegon.org**
- The **Oregon Department of Education** can help answers about any school district. You can email them at **ode.specialeducationquestions@ode.oregon.gov** or by phone at **(503) 947-5600**. Make sure to include your child's school district to help them connect you with a staff member who can help.

TIPS FOR PARENTS

- ✓ You may have to call more than once
- ✓ The process can take a long time
- ✓ You will be assigned a services coordinator. Keep their information handy.

Ziara ya Shule

Wakati wa kwenda kwa daktari hukupa msaada kwa mwili na akili ya mtoto wako kujifunza jinsi ya kuwa katika ulimwengu wa kila siku, shule huwasaidia watoto wako kujifunza kusoma, kuandika, kufanya hesabu na zaidi. Ulemavu hauzuili mtoto kujifunza. Wanahitaji tu msaada. Elimu wanayopata inaitwa "elimu maalum." Baada ya kupata msaada kwa daktari, utahitaji kupata msaada kwa mtoto wako shuleni atakapoanza kwenda shule. Unaweza kupiga simu au kutembelea shule na waambie mtoto wako ana ulemavu. Unaweza kuwaambia unahitaji elimu maalum, na watakusaidia kuunda timu ya kumsaidia mtoto wako.

Kama Sehemu ya elimu hii, mtoto wako atapewa mtu wa kumsaidia shuleni na kukusaidia kupanga mpango kwa masomo yao unayoitwa "mpango wa elimu ya mtu binafsi" au IEP. Wazazi wana jukumu muhimu sana katika timu hiyo inasaidia mtoto wao na inapaswa kujumuishwa katika maamuzi yote. Unapotengeneza hati ya IEP na timu ya shule, kuna sehemu inayowataka wazazi kushiriki mawazo na mahangaiko mengine. Ni muhimu kuleta hati iliyoandikwa na mawazo yako, wasiwasi, na ufumbuzi kwa kila mkutano wa IEP. Shiriki hati yako na timu na uirejelee mara kwa mara. Mtoto wako anapokua, mkubwa atakuwa sehemu ya timu hii ya kupanga.

Haya ndio majina ya watu ambao watakusaidia:

- **Mwalimu**
- **Muuguzi wa Shule**
- **Mratibu wa Elimu Maalum**

Hapa kuna baadhi ya maeneo ambayo yanaweza kukusaidia

- **FACT Oregon** husaidia familia kuelewa hatua za kumsaidia mtoto mwenye ulemavu. **(503) 786-6082**
- **Help Me Grow Help Me Grow** ni laini ya usaidizi ya kifamilia isiyolipishwa na ya siri ambayo hutoa ufikiaji wa huduma za jamii bila mshono. Unaweza kuwapigia simu kwa **1 (833) 868-4769** au kuwatumia barua pepe kwa **hello@helpmegroworegon.org**
- **Idara ya Elimu ya Oregon** inaweza kusaidia kujibu maswali kuhusu wilaya yoyote ya shule. Unaweza kuwatumia barua pepe kwa **ode.specialeducationquestions@ode.oregon.gov** au kupitia simu kwa **(503) 947-5600.** Hakikisha kuwa umejumuisha wilaya ya shule ya mtoto wako ili kumasaidia kukuunganisha na mfanyikazi anayeweza kuwasaidia.

VIDOKEZO KWA WAZAZI

✓ Huenda ukahitaji kupiga simu zaidi ya mara moja

✓ Mchakato unaweza kuchukua muda mrefu

✓ Utapangiwa mratibu wa huduma. Hifadhi habari zao karibu

Developmental Disability Services

You can also get help from an office called Developmental Disability Services.

You will get a **Developmental Disabilities Case Manager (*Kiis Maareeyaha Naafada Koriimada*)** who will meet with each person to review their current situation, identify needs, and make referrals for essential services.

They do the following:

- Work and advocate for you
- Meet, assess your child's needs and help you understand and access available services and supports
- Create an Individualized Service Plan (ISP) to help your child lead a happy, healthy and fulfilling life
- Connect you with community provider agencies
- Monitor, provide resources and assist with your child's health, safety and ISP implementation.
- They will provide you with a case manager who should meet with you often to help with services
- If you need anything to help your child, they can help get it for you. For example, you might have a child who is visually impaired that might need a special computer or home or a child might need a wheelchair.

For more information call:

Multnomah County Main Office

Office Hours:
Monday–Friday, 8am–5pm

Phone: (503) 988-3658

After Hours Help Line:
(503) 988-3646

Washington County Main Office

Office Hours:
Monday–Friday, 8am–5pm

Phone: (503) 846-3150

Clackamas County Main Office

Office Hours:
Monday–Thursday, 7am–6pm

Phone: (503) 655-8640

Huduma Za Ulemavu Wa Kimaendeleo

Unaweza pia kupata msaada kutoka kwenye ofisi inayoitwa Huduma za Ulemavu wa Kimaendeleo.

Utapata Meneja wa Kesi za Ulemavu wa Kimaendeleo ambaye atakutana na kila mtu kuchunguza hali yao ya sasa, kutambua mahitaji, na kufanya rufaa kwa huduma muhimu.

Wanafanya yafuatayo:

- Kufanya kazi na kukutetea
- Kukutana, kutathmini mahitaji ya mtoto wako na kukusaidia kuelewa na kupata huduma na msaada uliopo
- Kuunda Mpango wa Huduma Binafsi (ISP) kusaidia mtoto wako kuishi maisha yenye furaha, afya na yenye kuridhisha
- Kukuunganisha na mashirika ya huduma ya jamii
- Kufuatilia, kutoa rasilimali na kusaidia katika afya, usalama na utekelezaji wa ISP ya mtoto wako.
- Watakupatia msimamizi wa kesi ambaye anafaa kukutana nawe mara kwa mara kukusaidia na huduma
- Ikiwa unahitaji kitu chochote kumsaidia mtoto wako, wanaweza kukusaidia kukipata. Kwa mfano, unaweza kuwa na mtoto ambaye ni mlemavu wa macho ambaye anaweza kuhitaji kompyuta maalum au nyumba au mtoto anaweza kuhitaji kiti cha magurudumu.

Kwa maelezo zaidi piga simu:

Multnomah County Ofisi Kuu

Masaa ya Kazi:
Jumatatu–Ijumaa,
8 asubuhi–5 jioni

Simu: (503) 988-3658

Mstari wa Msaada baada ya Masaa:
(503) 988-3646

Washington County Ofisi Kuu

Masaa ya Kazi:
Jumatatu–Ijumaa,
8 asubuhi–5 jioni

Simu: (503) 846-3150

Clackamas County Ofisi Kuu

Masaa ya Kazi:
Jumatatu–Alhamisi,
7 asubuhi–6 jioni

Simu: (503) 655-8640

The American Disabilities Act

As a parent of a child with a disability, there is a law that will protect them and you called the American Disabilities Act. It is a law the federal government of the United States made to make sure people with disabilities are treated fairly. The ADA prohibits discrimination on the basis of disability just as other civil rights laws prohibit discrimination on the basis of race, color, sex, national origin, age, and religion. The ADA guarantees that people with disabilities have the same opportunities as everyone else to enjoy employment opportunities, purchase goods and services, and participate in state and local government programs

If you feel like someone isn't treating you or your child with a disability fairly or your child is being harmed or bullied, you can call this number for help:

ADA Information Line: 1 (800) 514-0301 or **1 (833) 610-1264 (TTY)**

- Monday, Tuesday, Wednesday, Friday, 9:30am–12pm and 3–5:30pm ET
- Thursday, 2:30–5:30pm ET

Sheria ya Walemavu ya Marekani

Kama mzazi wa mtoto mwenye ulemavu, kuna sheria itakayowalinda wao na wewe inaitwa Sheria ya Marekebisho ya Walemavu ya Amerika (ADA). Ni sheria ambayo serikali kuu ya Marekani iliunda ili kuhakikisha watu wenye ulemavu wanatendewa kwa haki. ADA inazuia ubaguzi kwa misingi ya ulemavu kama sheria zingine za haki za raia zinavyozuia ubaguzi kwa misingi ya rangi, jinsia, asili ya kitaifa, umri, na dini. ADA inahakikisha kwamba watu wenye ulemavu wanapata fursa sawa na wengine katika ajira, kununua bidhaa na huduma, na kushiriki katika programu za serikali za jimbo na za mitaa.

Ikiwa unahisi kama mtu fulani hakutendei wewe au mtoto wako mwenye ulemavu kwa haki au mtoto wako anatendewa kujeruhiwa au kuonewa, unaweza kupiga nambari hii kwa usaidizi:

Mstari wa Habari wa ADA: 1 (800) 514-0301 au 1 (833) 610-1264 (TTY)

- Jumatatu, Jumanne, Jumatano, Ijumaa, 9:30 asubuhi – 12:00 alasiri na 3:00 alasiri – 5:30 alasiri, Saa za Mashariki (ET)
- Alhamisi, 2:30 alasiri – 5:30 alasiri, Saa za Mashariki (ET)

Community Resources

There are many resources in the community to help you.

Providence Swindell's Family Resource Center supports parents and caregivers of children who have special health, behavioral or developmental needs. You can call them at **1 (833) 868-4769** to get connected to family resources.

Oregon Center for Children and Families with Special Healthcare Needs, Family to Family Health Information Center

The Oregon Family to Family Health Information Center supports families and caregivers of children with special health needs when navigating complex health care systems. Staffed by parents of children and youth with a variety of health conditions, we provide free one-to-one support, training, and printed materials to families and professionals who serve them. This website houses hundreds of resources for parents, grandparents, and youth.

To speak to an OR F2F HIC Parent Partner call **(855) 323-6744**
or email **contact@oregonfamilytofamily.org**

Somali Empowerment Circle

Call (503) 810-8010

Somali Empowerment Circle (SEC) is a small grassroots organization with a mission to promote the mental health and well-being of Somali immigrant and refugee families and youth, improve maternal health and early childhood outcomes, and advocate for safe and affordable housing. SEC aims to empower individuals and communities by providing culturally responsive mental health services, supporting families through the critical stages of pregnancy and early childhood, and advocating for policies that address the root causes of housing insecurity.

African Youth Coalition of Oregon, Bridge to Health Program

Call (971) 254-8916

The African Youth Coalition of Oregon offers health care and disability services aim to BRIDGE the gaps in services experienced by new immigrants. The staff provide knowledgeable guidance through health care and disability resources, with an understanding of the language and culture of those seeking this support.

Rasilimali za Jumuiya

Kuna rasilimali nyingi katika jamii za kukusaidia.

Kituo cha Rasilimali za Familia ya Providence Swindell hutoa msaada kwa wazazi na walezi wa watoto wenye mahitaji maalum ya afya, tabia au maendeleo. Unaweza kuwapigia simu kwa **1 (833) 868-4769** ili kupata mawasiliano na rasilimali za familia.

Kituo cha Habari ya Afya ya Familia hadi Familia cha Oregon kwa Mahitaji Maalum ya Afya, Kituo cha Habari za Afya ya Familia hadi Familia

Kituo cha Habari ya Afya ya Familia hadi Familia cha Oregon kinasaidia familia na walezi wa watoto wenye mahitaji maalum ya afya wanapopitia mifumo ngumu ya huduma za afya. Kikiendeshwa na wazazi wa watoto na vijana wenye hali tofauti za kiafya, tunatoa msaada wa bure wa moja kwa moja, mafunzo, na vifaa vya kuchapishwa kwa familia na wataalam wanaowahudumia. Tovuti hii ina mamia ya rasilimali kwa wazazi, w, na vijana.

Ili kuongea na Mshirika wa Wazazi wa OR F2F HIC piga simu **(855) 323-6744**

au barua pepe **contact@oregonfamilytofamily.org**

African Family Holistic Health Organization (AFHHO)

Piga simu (503) 206-7672

African Family Holistic Health Organization ni shirika lisilo la faida lenye makao yake makuu Kusini-mashariki mwa Portland. Maono yao ni kuboresha maisha ya wahamiaji na wakimbizi huko Portland kwa kupunguza mfadhaiko kwa akina mama wajawazito na kusaidia familia kutumia mfumo wa huduma ya afya. wanatoa mafunzo mahususi ya kitamaduni kabla ya kuzaa kwa akina mama wa Kiafrika, yaliyotafsiriwa katika lugha mbalimbali, kutoa vipindi vya pamoja vya watoto wachanga, usaidizi wa doula na huduma za maendeleo ya mtoto.

IN CLOSING

Hi! Wow! That was a lot of information. We hope all that information was helpful for you. It's very important that we work to support our children and our community. Here are some ways we can be supportive:

Education and Awareness: Let's educate ourselves and others about disabilities, their diversity, and the challenges faced by individuals with disabilities.

Accessible and Inclusive Spaces: Advocate for and actively support accessible spaces, ensuring that mosques, community centers, and public spaces are designed to allow full participation for all, including those with disabilities. Is a sign-language interpreter available for people with hearing impairments? Are community spaces and bathrooms accessible for people who use mobility devices like wheelchairs? Do people with disabilities have an equal opportunity to participate and contribute?

Language Matters: Be mindful of the language we use when talking about disabilities. Sometimes we are not sure of what the appropriate title is for a certain disability or condition, especially in our native tongue, and we use what vocabulary is available to us. Let's be curious, mindful, and creative when attempting to label a disability. What is the name of the disability? How would the individual like to be referred to?

Supportive Networks: To locate all the resources needed for yourself or for your family, it will take collaboration and support from a team. Ask for help when you need it. Offer help when you can! Do your best to share resources and knowledge with your community.

MWISHO

Lo! Hiyo ilikuwa ni habari nyingi sana. Tunatumai kuwa habari zote hizo zilikuwa na manufaa kwako. Ni muhimu sana kwamba tunashirikiana kusaidia watoto wetu na jamii yetu. Hapa kuna njia kadhaa tunazoweza kutowa msaada:

Elimu na Uelewa: Waswahili husema, “Kutokuwepo kwa mwanga ni kutokuwepo kwa maarifa.” Tujitahidi kuelimishana na wengine kuhusu ulemavu, tofauti zake, na changamoto zinazokabiliwa na watu wenye ulemavu.

Nafasi Zinazopatikana na Zenye Kujumuisha: Tangaza na uunge mkono nafasi zinazopatikana, kuhakikisha kuwa misikiti, vituo vya jamii, na maeneo ya umma yameundwa kuruhusu ushiriki kamili kwa wote, ikiwa ni pamoja na watu wenye ulemavu. Je, kuna mkalimani wa lugha ya ishara anayepatikana kanisani au kwenye mahotuba ya kuhubiri kwa watu wenye ulemavu wa kusikia? Je, nafasi za jamii na vyoo zinapatikana kwa watu wanaotumia vifaa vya kutembea kama vile viti vya magurudumu? Je, watu wenye ulemavu wanayo nafasi sawa ya kushiriki na kuchangia?

Umuhimu wa Lugha: Tuwe makini na lugha tunayotumia tunapozungumza kuhusu ulemavu. Kwa lugha ya Swahili, mara nyingine hatujui ni jina gani sahihi la kutumia kwa ulemavu au hali fulani, hasa katika lugha yetu ya asili, na tunatumia maneno tunayoweza kupata. Tuwe na hamu ya kujifunza, tuwe makini, na tuwe na ubunifu tunapotaka kuelezea ulemavu. Ulemavu huu unaitwaje? Mtu binafsi anapenda kuitwa vipi?

Mtandao wa Usaidizi: Ili kupata rasilimali zote unazohitaji kwa ajili yako au kwa familia yako, itahitaji ushirikiano na msaada kutoka kwa timu. Omba msaada unapohitaji. Toa msaada unapoweza! Jitahidi kushiriki rasilimali na maarifa na jamii yako.

We want you to meet our friend Lilian, who helped us with this book! Here's a letter from her. We hope you enjoyed this book!

Dear Fellow Parent,

As someone who has walked a similar path, I understand the emotional rollercoaster you may be experiencing when facing a potential developmental delay or disability diagnosis for your child. Feeling nervous, uncertain, and overwhelmed by the unknown is completely normal. Please know that you are not alone on this journey.

When I learned of my son's schizophrenia diagnosis, I was engulfed by a storm of emotions. The uncertainty of what lay ahead seemed daunting, but I want to assure you that there is hope. With the right support, resources, and a strong network, our children can exceed our expectations and thrive. Today, I am a proud parent of a child with schizophrenia, whose unique abilities and strengths continue to inspire me.

Throughout my journey, I have discovered the importance of accepting our children as they are and appreciating the beauty and value in every aspect of their lives. They are precious gifts entrusted to us, and we have been chosen because we are the best parents for them. Our role is to celebrate their successes, provide consistent support, and be ambassadors for their growth and achievements.

As we continue on this path together, remember that you are a fantastic role model for your child. Embrace your role with love, patience, and hope. Having witnessed my child blossom and thrive, I am confident that your child can too. Let us come together in solidarity, celebrating the unique individuals our children are and promoting their development in a world enriched by their presence.

With respect and best regards,
Lilian Olero

Tunataka umfahamu rafiki yetu Lilian, ambaye alitusaidia kuandika kitabu hiki! Hapa kuna barua kutoka kwake. Tunatumai umependa kitabu hiki!

Mpendwa mzazi mwenzangu,

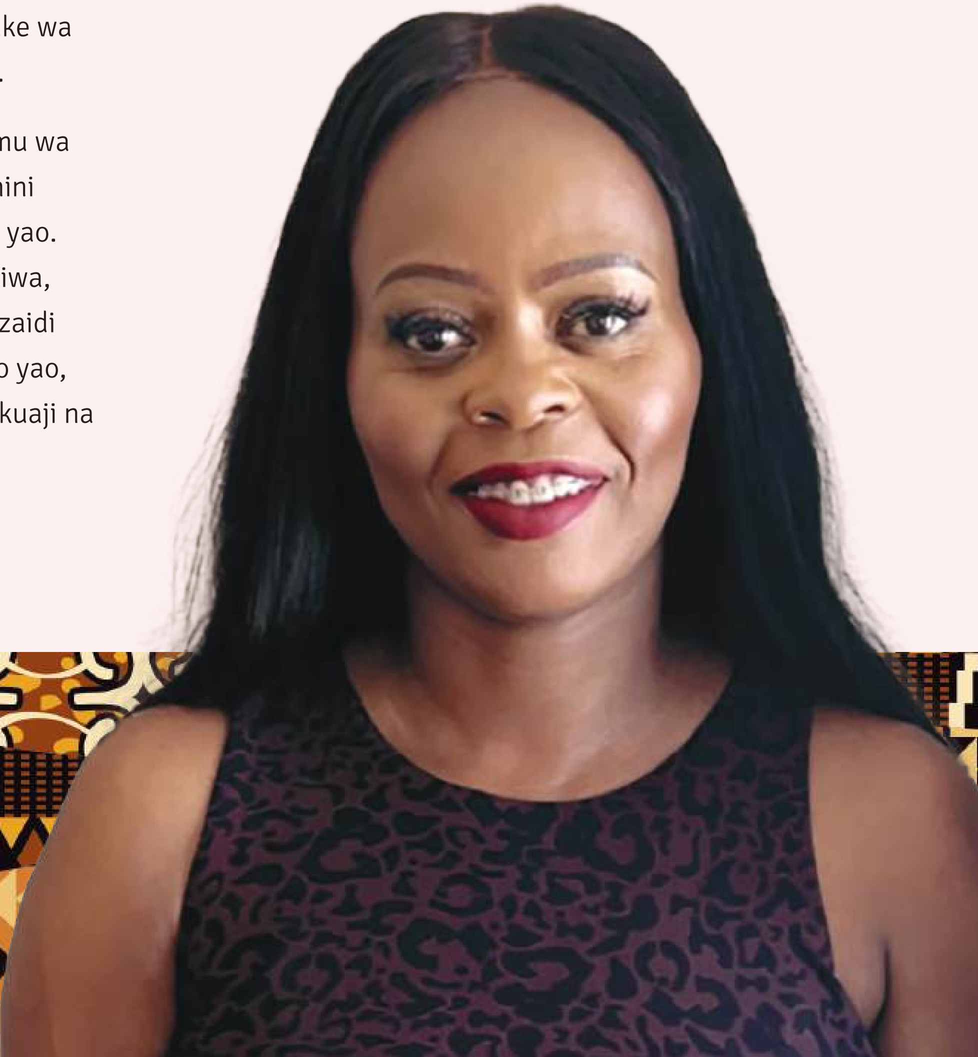
Kama mzazi ambaye amepitia njia kama hii, ninajua hali za kupanda na kushuka za kihisia ambazo zinaweza kukupitia unapokabiliwa na uwezekano wa kucheleweshwa kwa ukuaji au utambuzi wa ulemavu kwa mtoto wako. Ni kawaida kabisa kujisikia woga, kutokuwa na uhakika, na kuzidiwa na mambo yasiyojulikana. Lakini tafadhali, fahamu kwamba hauko peke yako katika safari hii.

Niliposikia mtoto wangu mwenyewe aligunduliwa na skizofrenia, nilijikuta nikiwa nimezama katika dhoruba ya hisia. Kutokuwa na uhakika wa kile kilichokuwa mbele kulionekana kulemea, lakini nikuhakikishie, kuna tumaini mbele. Kwa usaidizi ufaao, rasilimali, na mtandao thabiti wa usaidizi, watoto wetu wanaweza kuzidi matarajio yetu na kustawi zaidi ya uwezekano. Leo, ninasimama kwa fahari kama mzazi wa mtoto wa pekee mwenye skizofrenia, ambaye uwezo wake wa kipekee na nguvu zake zinaendelea kunivutia.

Katika safari yangu yote, nimegundua umuhimu wa kuwakubali watoto wetu jinsi walivyo, kuthamini uzuri na thamani katika kila nyanja ya maisha yao. Ni zawadi zenye thamani ambazo tumekabidhiwa, na tumechaguliwa kwa sababu tu sisi ni bora zaidi kwao. Jukumu letu ni kusherehekea mafanikio yao, kutoa msaada thabiti, na kuwa mabalozi wa ukuaji na mafanikio yao.

Tunapoendelea kwenye njia hii pamoja, kumbuka kuwa wewe ni mfano mzuri wa kuigwa kwa mtoto wako. Kubali jukumu lako kwa upendo, subira na matumaini. Kwa kuwa nimeshuhudia mtoto wangu akichanua na kustawi, nina hakika kwamba wako pia anaweza kufanikiwa. Tuungane pamoja kwa mshikamano, tukisherehekea watu wa kipekee ambao ni watoto wetu ni na kukuza maendeleo yao katika ulimwengu uliorutubishwa na uwepo wao.

Kwa heshima na salaam za dhati,
Lilian Olero



This guide was created
for you by:

All:Ready

The All:Ready Network was formed in 2018 in the Portland Tri-County region to re-design our early childhood system of care so that race, class and ability are longer predictors of accessing early childhood resources and services that mitigate adverse health experiences. The Network brings over 60 individuals – Birthing People, Culturally Specific Organization Staff, Community Health Workers, Pediatricians, Maternal Child Health Managers and more – together in Child Success Design Projects and Community Gatherings where we create journey maps, identify gaps in service delivery models, create solutions and recommendations and improve touchpoints in the system that will help create more integrated care.

We were formed thanks to the staff at Health Share of Oregon as part of the Early Life Health portfolio and are currently housed within the Early Childhood Team at Clackamas County's Children, Families and Community Connections.

We express our gratitude for Trillium Community Health Plan, Health Share of Oregon and the Marie Lamfrom Charitable Foundation for the financial support for community engagement, booklet development including translation and cultural adaptation.