

**MA TAHAY EHEL – QOF CAAWIYA
BUKAANKA IYO/AMA WAAYEELKA
QOYSKA AMA SAAXIIBADA?**



Qof kasta waxa uu sharci ahaan ehel u yahay dadka ka tirsan qoyskiisa, laakiin halkan waxa Ehel loola jeedaa qofka/dadka caawiya bukaanka iyo/ama waayeelka qoyska ama saaxiibada oo dedaal muhiim ah u sameeya (inta badan lacag la'aan ku qabta) dadka qaba xanuun joogto ah, , hoos-u-dhac ku yimi awoodooda ama qaba dhibaato kale oo caafimaad oo muddo dheer socota. Waxay caawiyaan xilliyada shaqalaha caafimaadku bixin caawimo, iyagoo ka caawiya hawlo yaryar iyo kuwo waaweyn ba.

Waxa ka mid noqon kara ka caawinta dawooyinka, soo iibinta iyo samaynta cuntada, bixinta kharashka lagu leeyahay, u raacida hawlo kala duwan, u raacida booqashada dhakhtarka ama cisbitaalka, ilaalinta in qofka buka wanaagsan yahay, u qorida warqadaha ama wicitaanka Nav iyo waxyaalo kale.

Daryeelkaasi waxa uu dhexmaraa dadka meel iska soo gala (isku xidhan). Ehelka bixiya daryeelka intiisa ugu badan waa waalid, xaaska/seyga, carruurta iyo dhallinyarada, carruurta loo yahay awoowe/ayeeyo, walaalaha, saaxiibada ama xataa deriska. Inta badan baahida uu qabo qofka caawinta u baahan ayaa hagaysa inta uu leeg yahay waqtiga la isticmaalayo iyo nooca daryeel ee la bixinayo. Dadka qaar ayaa isticmaali kara saacado badan usbuuc kasta muddo sannado badan ah. Kuwo kale waxay isticmaalaan waqti yar.

Ehelku wuxu qabtaa shaqo muhiim ah! Ku dhawaad 50 % caawinta la siiyo bukaanka iyo waayeelka Noorway waxa bixiya ehelka iyo qoyska, Yurub na waa ku dhawaad 80 % dhammaan caawinta la bixiyo. (Hoffmann& Rodrigues 2010)



ADIGU MA TAHAY EHEL BIXIYA DARYEEL?

ISKU TIJAABI SU'AALAHAN

**MA JIRAAN DAD KA TIRSAN QOYSKA AMA SAAXIIB WACAN
AH AMA DERIS AH OO QABA DHIBAATOYIN CAAFIMAAD
SIDA:**

- ▼ Awooda shaqaynta jidhka oo hoos u dhacday sababtoo ah xanuun, dhaawac, shil, gabow ama wax qofku ku dhashay)?
- ▼ Caafimaadka nafsada, sida niyad-jab, welwel, xanuuno nafsadeed iwm.
- ▼ Caqliga oo hoos u dhacay sida xanuunnada asaasaqa (Alzheimers), awtismka, waxbarashada oo ku adkaatay, dhaawac maskaxeed ama dhibaato lagu dhashay tusaale ahaan Downs
- ▼ Ka maarmi waa alkohool, daawooyin ama daroogo
- ▼ Dhibaatooyin caafimaad oo kale

Haa

Maya

Haa

Maya

**MA WAXAAD TAHAY QOF CAAWIYA, ILAALIYA,
TAAGEERA AMA WAX U QABTA QOFKA AMA DADKA QABA
NOOCYADA KALA DUWAN EE
XANUUNADA KOR LAGU SOO SHEEGAY?**

**HADDII AAD HAA KU JAWAABTAY LABADA SU'AALOOD, WAXAAD AHAAN KARTAA QOF EHEL AH
– MACNE AHAAN QOF DARYEEL BIXIYA.**

HADDII AAD U BAAHAN TAHAY IN LAGAA CAAWIYO OO LAGAA TAAGEERO ARRINTAAS WAAD
HELI KARTAA!

HALKAN WAXANNU KU SHEEGI DOONAA MEELO KALA DUWAN OO AAD LA XIDHIIDHI KARTO SI
AAD U HESHO MACLUUMAAD KALE AMA CAAWIMO.



WAA SIDEE IN LA AHAADO EHEL BIXIYA DARYEEL?

WAXA DHICI KARTA IN AAD DAREENTO SAAMAYN KU TIMI:

CAAFIMAADKA NAFSADDA IYO DHIMIRKA

▼ In cid ehel loo ahaado waxay culays ku keeni kartaa dadka ehelka ah. Ehelka waxa ku dhaca dhibaatooyinka caafimaadka nafsadeed in 20 % ka badan dadka kale ee aan bixin daryeel noocaas ah, weliba waxa si gaar ah loogu arkaa kuwa toddobaad kasta bixiya saacado badan oo caawimo ah (20 saacadoo ama ka badan). Waa wax dhaca in qofku niyad-jabo, werwero, dareemo isteres, dareemo xanaaq iyo ciil marka ay qofka horyaalaan hawlo daryeel oo culus (OECD 2011).

In ehel la ahaado waxa iyana ka iman kara in qofku dayaco noloshiisa oo aanu nunin cunto wacan, helin hurdo iyo nasasho wacan, la kulmin saaxiibadiisa oo samaynin waxyaalo farxad geliya ama in aanu ilaalin caafimaadkiisa oo si jooqto ah u baadhin caafimaadkiisa.

SHAQADA

▼ way adag tahay in la ahaado ehel shaqaynaya haddii cid ka mid ah qoyska ama saaxiibadu siyaabo kala duwan u xanuun u qabaan. Markaa dad badan ayaa dareema in aanay wadi karin shaqada ama shaqayn karin intii ay rabeen. Taas oo keenaysa in ay ku soo galayso lacag ka yar inta dadka kale soo gasha. Sida lagu ogaaday daraasad ka soo baxday European Quality of Life Survey, 14 % dadka aan shaqayn oo isla markaana ah ehel waxay niyad-jab dareemaan markasta ama qaybo ka mid ah waqtiga, taas oo labo jeer ka badan kuwa isku wadi kara shaqada iyo daryeelka ay ehel ahaan bixiyaan. Si kastaba hawsha ehelnimadu caqabado ayey ku keentaa dadka raba in ay shaqeeyaan. Waxa ku yaraada fursadaha dalacsiinta, mushaharka iyo lacagta hawlgabnimada, weliba maadaama kuwo badan ku qasban yihiin in ay ku koobnaadaan shaqo aan buuxin.

DHAQAALAHA

▼ wax caadi ah in daryeel-bixinta ehelku sababto dhibaato dhaqaale. Kharash dheeraad ah ayaa la socda dhibaatooyinka caafimaad waayo qofku lacag dheeraad ah ayaa kaga baxaysa dawooyinka, qalabka, baasaboar ama cunto gaar ah iyo gaadiidka. Dad badan ayaa u baahan in guriga iyo hoyga lagu sameeyo wax ka beddel fududayn ah isla markaana laga raba in ay lacag badan iska bixiyaan. Isla markaana dad badan ayaan shaqaysan karin inta ay rabaan ama u baahan yihiin, waxaana u si dheeraan kara dhaqaalihii ka istaagay qofka bukaanka ah.

WAKHTI LA QAADASHADA DADKA

▼ way adag tahay in wax kasta laga qaybgalo haddii dad ka mid ah qoysku u xanuunsanayaan siyaabo kala duwan. Waxay saamayn ku yeelanaysaa qofka bukaanka ama waayeelka ah, iyo ehelka caawiya. Dad badan waxa ku dhaca in qoyska iyo saaxiibadu ka fogaadaan ama in ay ku adkaato in ay la yeeshaan xidhiidh, in la soo booqdo ama iyagu cid booqdaan. Dad badan ayaa isku canaan kara ama ceeb u arki kara xaaladda ay ku jiraan, taas oo sii adkaynaysa in ay dadka kale la yeeshaan xidhiidh.

HADDII AAD TAHAY AJNABI IYO EHEL?



IN ISKU MAR LA AHAADO AJNABI IYO EHEL WAXAY KEENI KARTAA LABO CULAYS OO ISKU MAR AH. MARNA HAY'ADAHA CAAWINTU UMA AQOONSANA EHELNIIMO IYO/AMA IYAGA AYAAN ISU AQOONSAN – ISLA MAR-KAANA SI WACAN MA U YAQAANAAN WADDANKA AMA MEESHA CUSUB EE KU NOOLYIHIIN.

MAXAA U GAAR AH DADKA KA TIRSAN KOOXDAN?



Ajnabiga iyo ehelku waxay la kulmi karaan caqabado dheeraad ah oo sababtoodu tahay meesha ay ka soo jeedaan.

▼ HOY-XUMO

waxa dhici karta in qofku joogo kaam ama meelaha kala duwan ee laga dhigto hoy ku meel gaadh ah, inkastoo dadka magangelyada la siiyo toos loogu wareejiyo degmada la dejinayo. Halkaas waxay helayaan qof ka caawiya arrimahooda, dadka keligood ah ee ka yar 18 sanno waxa loo magacaabaa masuul.

▼ HESHIISYADA SHAQO OO MADMADOW KU JIRO - waxannu ognahay in dad badan oo ajnabi ah helaan shaqooyin aan la isku haleyn karin ama heshiisyo shaqo oo aan laga helayn dhaqaale wacan ama lahayn xuquuq wacan oo ku saabsan waqtiga shaqada, daryeelka ama in ay lacag helaan xilliga xanuunka. Kuwo badan ayaan helin mushahar la mid ah ka shaqaalaha noorweyjiga ah, ma laha af-hayeen, ma laha ilaaliyaha danaha shaqaalaha ama urur iskaashato xirfadeed oo ka hadlaya danahooda. Kuwo ayaa la dejin karaa hoy aan la aqbali karin oo ku yaala ama u dhow goobta shaqada.

▼ TAKOOR/FAQUUQ - ku salaysan waddanka, diinta ama midabka qofka


▼ CEEBAYN - in aad ahaatid ajnabi ay saaran tahay masuliyadda ehelnimadu waxay keenaysaa in aad dareento in aad «labo culays» ku tahay adeegyada daryeelka ee dawladda

▼ DHEXGALKA BULSHADA - caqabada ku saabsan luuqadda, dhaqanka, dhaqaalaha oo wax adag ka dhigaya ku milanka bulshada iyo in aanay si buuxda u heli karin waxbarashada, goobaha dadku isku arko iyo fursadaha tageerada ah ee ehelka waddanka u dhashay heli karaan

▼ KA DHEX MUUQASHO LA'AANTA BULSHADA - in ajnabi iyo ehel hal mar la wada ahaado waxay caqabad labolaaban ku noqon karaan in laga dhex muuqdo oo la dareemo in laga mid yahay bulshada iyo waddanka la yimi



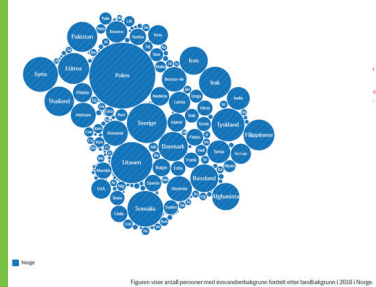
SIDEE AYEY U EEG TAHAY XAALADDA NOORWAY?

 Waxannu tilmaamaynaa boggan xogtu ku qoran tahay ee SSB oo markasta haysa tirooyinkii u dambeeyey oo waddan-waddan loo eegi karo:
<https://www.ssb.no/innvandring-og-innvandrere/faktaside/innvandring>

IMDI waxa laga heli karaa qaaradaha adduunka ee dadku ka soo tageen ka hor intaanay iman Noorway iyo inta leh waalid ajnabi ah. 4.4 % dadka degan Noorway ayaa asal ahaan ka soo jeeda qaxooti

<https://www.imdi.no/om-integrering-i-norge/innvandring-og-integrering/innvandrerbefolkningen-i-norge/>
<https://www.ssb.no/innvbf>
<https://www.ssb.no/befolkning/statistikker/flyktninger>

This picture shows the largest migrant populations in Norway:



SABABAHA DADKU U YIMAADAAN NOORWAY?

<https://www.ssb.no/befolkning/statistikker/innvgrunn/aar>

Saddexda kooxood ee ugu waaweyn ee aan ka soo jeedin Yurub waa dadka ka yimi Suuriya, Iraan/Ciraq iyo Soomaaliya.

Halkee caawimo laga heli karaa marka la yahay ehel?

Waxa jira kooxo iyo shabakado badan oo qofku ugu tegi karo si iska nasiib ah ama cid u tilmaami karto. Waxannu tilmaamaynaa boggaga rasmiga ah ee ehelka ajnabiga ah iyo dadka caawiya u fiican in ay ogaadaan.
<https://helsenorge.no>
waa bogga internetka oo laga helo macluumaad badan, oo xataa ku saabsan caafimaadka qofka, dawooyinka, xaqa caawinta sharciyeed iyo waxyaalo badan.

Macluumaad guud oo ku saabsan adeegyada caafimaadka Noorway oo ku qoran af-ingiriisi

Waxa halkan lagu ururiyey macluumaad ku qoran ingiriisi oo ku saabsan sida adeegyada caafimaadka Noorway u shaqeeyaan iyo halka aad ka heli karto caawimo, oo ka mid tahay xaqa helida turjumaan
<https://helsenorge.no/other-languages/english>

Haddii aad qabto dhibaatooyin jidheed iyo/ama nafsadeed:

Waakan macluumaadka sheegaya in qof kasta oo degan Noorway xaq u leeyahay caawimo ku saabsan caafimaadka:

<https://helsenorge.no/rettigheter/rett-til-helsehjelp>

Haddii aad tahay qaxooti ama magangelyo-doone waxa adiga iyo qoyskuba xaq u leeyhiin caawimo caafimaad:

<https://helsenorge.no/utlendinger-i-norge/flyktninger-og-asylsokere>

Ciwaankan waxa laga helayaa macluumaadka ururada isticmaalayaasha adeegyada caafimaadka oo ku kala saabsan xanuuno iyo xaalado kala duwan:

<https://profesjon.no/brukerorganisasjoner/>

Machadka Caafimaadka Dadweynaha ayaa haya tirakooby wacan oo ku saabsan ajnabiga iyo mashruucyo meelo kala duwan ka socda:

<https://fhi.no/cristin-prosjekter/aktiv/levekar-og-helse-blant-innvandrere-i-norge/>

Haddii aad tahay qof haya hawl ehelnimo waxaad geli kartaa boggan si aad uga eegato xuquuqda, caawimooyin noocyo kala duwan ah, su'aalo aad ka weydiisid telefoonka, chat ama e-boos iyo in aad ka ogaatid caawimooyinka laga helo degmadaada:

<https://fhi.no/hn/migrasjonshelse/>

Hadi aad tahay qof dadka cawiyo ciwankan ayaa isticmaali kartaa si aad oo raadiso xagaada, cawimaada kaala duwaan, suuaalo kaa weydisit telefonka, ama chatka ama email iyo si aad uga heeshid cawimaad degmadada:

<http://www.parorendesenteret.no/hjem>

<http://www.parorendesenteret.no/kontakt#kart>

Haddii aad u baahan tahay in lagaa caawiyo guri, luuqadda iyo turjumaan iyo waxyaalo kale

Hay'adda Agaasinka Is-dhexgalka iyo kala duwanaanshaha (IMDI) ayaa ah meesha laga helo macluumaad:

<https://www.imdi.no/>

Haddii la rabo taageero ku saabsan iskuul, guri ama nolol waa in xafiiska NAV ee degmada lala xidhiidho

<https://www.nav.no/no/NAV+og+samfunn/Samarbeid/For+kommunen>

Haddii la qabo su'aalo ku saabsan sharciyada arrimaha magangelyada NOAS – Ururka danaha magangelyo-dooneyaasha ee Noorway ayaa ku haboon in lala xidhiidho:

<https://www.noas.no/>

EKSTERNE LENKER:

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▼ Vilans, Centre of Expertise for Informal Care, MOVISIE, Mezzo & Eurocarers. Family care in Europe. Available at: <http://www.eurocarers.org/userfiles/file/factsheets/FactsheetEurocarers.pdf>

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