

What support can I get for me and my child with autism?



In the Somali community these are some common suggestions to cure autism:

- Camel's milk
- Supplements off the internet
- Using the Qur'an and faith
- Taking the child back to Somalia

FACT: Someone with autism will always live with autism, it is a lifelong condition.

There is no cure.

Faith and spiritual healing may help you to cope with the situation BUT it won't replace getting support and teaching them life skills. Autism doesn't mean they can't do the things everyone can do. They can get a job, they can have a family.

They can learn to talk. They might learn with pictures. It's important to understand that they learn differently and see the world in a different way. They're no less, they are just different. Professionals will

help you learn skills to communicate with your child and manage their behaviour.

You can help by putting a structure in place at home, for example by using simple language and giving information in a visual way, like by having a clear calendar for the day's activities that the child can easily understand.

Top tips:

1. **Speak to school or nursery special education needs and disability coordinator**
2. **Find out what support is available from special education needs and disability local offer**
3. **Contact your GP, paediatrician or health visitor**



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Produced in collaboration with Autism Independence

Caawimadeen ayaan helikaraa aniga iyo ilmahayga autism leh?



Waxa la rumaysan yahay in ay Somalidu ay rumaysantahay waxyaalo da weeya autism:

- Canaha geela
- Fiitamiino internet ka laga iibsado
- Quraan la isku akhriyo
- Iyo in ilmaha dalkii la geeyo

RUNTA: Qofka autism leh, waligii wuu lahaanaya, dawo na maleh.

Diinta iyo quraanku waay caawisaa in uu qofku ilaahay unoqdo oo uu ku qaboobo, kaakiin ma badasho ilmaha waxa loo qabanayo ama labarayo. Autism macneheedu ma aha, qofku wax maqabsan karo, waxa dadku qabsan karo.

Wayshaqaysan karan, reerna way yeelan karaan. Way baran karaan in ay hadlaan, waxa se laga yaabaa in ay sawiro ku baran karaan. Mihiimado waa in la fahmo in ay sida ay wax ku baran ka raan uun wax ufahmaan aduunka na u arkaan. Dadka kama caqli yara ee way ka duwan yihiin uun.

Hayadaha caafimaadka waxa ay ku wari karaan sida loola dhaqmo, wax loobaro, dabee cadoodana loo xukumi karo.

Waxa aad ku caawin kartaa, in aad dajiso, sida aad wax kubaraysid ama ay wax ku baran karaan. Waxa ka mid noqon kara sida oo kale in aad uqortid waxa ay qabanayaan, hadalka oo aad yaraysid iyo muuqaal adiga oo u istic maalaya sida aad wax kubarayso.

Talaaboyin faa ido ah:

1. Iskulka ilmaha lahadal, gaar ahaan qolada caruurta uqaabilsan
2. Iskuday in aad ogaato caawimada ilmaha aad uheli kartid, gaar ahaan dowlada hoose
3. Dhakhtarkaaga la xidhiidh, iyo qolada caruurta ugarka ah ee bahda caafimaadka



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