



The State Disability Strategy is a plan with a list of ideas to make life better for people with disability. This plan is for everyone in WA. We can all help make life better for people with disability and the people in their lives.

Ka qeyb gelid iyo wax ku biirin

Maxey kula tahey- qofwalba ku lug yeesho

Micneheedu yahey- waan ka qeyb geli, wax baan ku biirin iyo goaan ii an facaan qaadan.

Muhiimadu:

- 1 Wax barasho loo dhan yahey iyo tababaro
- 2 Shaqooyin iyo qorshe dhaqaale
- 3 Hogaamin
- 4 Dad baahiyo adag qabo

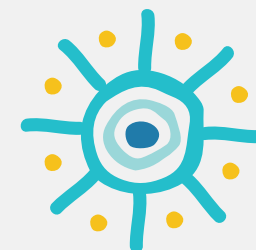
Bulsho u wada adhan

Waxey ku saabsan tahey- goobaha iyo dabeecadaha

Micneheedu- Waan dhawahey, waan ka mid ahey bulshada.

Muhiimadu:

- 1 Ka mid noqosho iyo gelitaan
- 2 Hormuudka dhaqaalaha
- 3 Gadiidka
- 4 Ciyaaraha iyo madadaalada
- 5 Bulshada dabeecadaheeda
- 6 Farsamada



Family and friends

Aragtida istiraatiijiyada

Dadka naafada ah iyo kuwa la qeyb sada nolosha oo kuhowlan iney dareeman awood ku doortan bulshada ay la noolan karaan

Nolal wanaagsan

Maxaa ku saabsan – dadka iney faraxsan yihiin iyo caafimaad qabaan iyogoo heysta taager.

Maxaa looga jeeda – Waxaan heystaa guriyeyn, adeegyada igu taageero inaan si wanaagsan u noolado.

Muhiimadu:

- 1 Guriyeyn
- 2 Adeega naafada
- 3 Caafimaadka iyo caafimaadka maskaxda
- 4 Awooda iyo kartida shaqaalaha

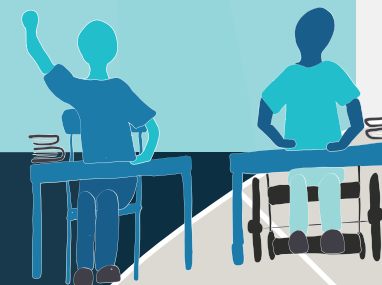
Xaquuqda iyo sinaanta

Maxaa ku saabsan- qofwalbo siman yahey

Maxaa loola jeeda- waxaa la ilaa dhaqmaa si cadaaladi ku jirto, ixtiraam leh, xaquuqdeydana waa la dhowraa.

Muhiimadu:

- 1 Cadaalad
- 2 U doodid
- 3 Sharciga iyo badbaado
- 4 Macluumaadka



Waxaanu doonaynaa in carruurtayadu ay hellaan isla fursadahaas; inay noqdaan wax kasta oo ay rabaan oo ku faraxsan yihiin.

Waxaanu jeclaan lahayn in carruurtayadu aadaan isla dugsigaas helaana waxbarasho la mid ah.

Waxaanu jeclaan lahayn in aan awoodno in aan waqti la qaadano saaxiibadayada kuna raaxaysano wadajirkaas.

Wanaag ku Noolaanshaha



Waxaanu jeclaan lahayn in aan u baxno fasaxyo, wax fiican bay ahaan lahayd in aan aadno kaabing (camping) qoys ahaan.

