

## Ma Uqalmaa Caawimaad inaan Kahelo DRM?

Waxaa suurtagal ah inaad uqalanto adeegyada DRM hadii:

- Aad naafo tahay aadna aaminsantahay in xaquuqdaada madaniga ah lagu xadgudbay ama laguu takooray sababo laxariira inaad naafo tahay;
- Aad tahay qof naafo ah aadna ubaahan tahay in caawimaad lagaa siiyo helitaanka qalab kucaawiya;
- Aad qaadato gunooyinka SSI ama SSDI aadna ubaahan tahay in lagaa caawiyo caqabado kaahaysta shaqada;
- Aad raadsanayso adeegyada dhaawaca maskaxda;
- Aad su'aalo kaqabto xaqa aad uleedahay inaad codayso iyo/ama inaad heli karto codaynta; ama
- Aad tahay waalidka ilmo naafo ah cunugaagana loodiiday helitaanka adeegyada iskudhafka ah ee waxbarashada ama hadii kale lagu xadgudbay xaquudooda dhanka waxbarashada.
- Aad tahay qof dhagool ah, maqal culus, gdaal kadhagao beelay, ama aad tahay qof indhaha iyo dhagahaba naafo ka ah aadna ubaahantahay caawimaad lagaa siiyo lahadalka dadka.

DRM cidna uma takoorta sababo laxariira jinsi, isir, midab, wadanka uu kasoo jeedo, diintiisa, da'da qofka, ama dookha galmada marka ay bixinayso barnaamijyadeeda ama shaqooyinkeeda.

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Disability Rights Maine (Waaxda Xaquuqaha Naafada ee Maine) waxaa lagu taageraa maaliyad ay bixiyaan Administration on Intellectual and Developmental Disabilities (Maamulka kobaca Naafooyinka iyo Caqliga), the Center for Mental Health Services (Xarunta Adeegyada Caafimaadka Dhimirka), the Rehabilitation Services Administration (Maamulka Adeegyada Baxnaaninta), the Social Security Administration (Maamulka Social Security), the Federal Communications Commission (Gudigga Isgaarsiinta ee Federaalka), the State of Maine (Gobalka Maine), Acadia Hospital, the Civil Legal Services Fund Commission (Gudigga Maaliyada Adeegyada Sharciga Madaniga ah), iyo deeqo ay dad qaas ah baxsheen.

Disability Rights Maine waa shirkad 501(c)(3) ah.  
Deeqaha labaxsho waxaa laga jaraa canshuur aad ayaana uga mahadcelinaynaa.

# DISABILITY RIGHTS MAINE



Helitaan.

Sinaan.

Madax banaani.

[www.drme.org](http://www.drme.org)

## Waa maxay DRM?

Shaqada Barnaamijka Disability Rights Maine (DRM) ayaa ah in laxaqiijiyo madax banaana, iskudhex jirka, sinaanta, iyo helitaanka adeegyada ee dadka naafada ah oo kudhaqan gobalka Maine. Waxaan kala shaqaynaa dadka naafada ah iyo taageerayaashooda fulinta iyo hormarinta xaquuqaha naafada anagoo siina tababar, udoodida xaquuqdooda systemka, dib uhabaynta dhanka xeerka bulshada ah, iyo caawimaad dhanka sharciga ah.

DRM waxay aaminsantahay in dadka naafada ah ay qasab tahay:

- In lagula dhaqmo si qadarin leh oo kacaagan xadgudub;
- Ay Maamulaan go'aanada saamaynta kuleh naftooda;
- Ay helaan adeegyada iyo taageerooyinka muhiimka u ah inay si madax banaan unoolaadaan;
- Ay fursad uhelaan inay shaqeeyaan ayna door kuyeestaan bulshada;
- Ay helaan si lamid ah dadka kale fursadaha ay helaan dhamaan xubnaha kale ee bulshada; iyo
- Inay si fiican uga qaybgalaan dhamaan arimaha laxariira bulshada: waxbarashada, shaqada iyo bulshada.

Markaad codsato, waraaqdaan macluumaadka waxaad kuheli kartaa qaabab kale.

## Yay DRM Udoodaa Xaquuqdooda?

DRM waxay matashaa shaqsiyaadka:

- Buuxiya shuruudaha uqalmida mid kamid ah barnaamijyadeena;
- Qaba caqabad kamid ah kuwa diirada lagu saaro barnaamijkeena;
- Raadinaaya caawimaad laga siiyo caqabad laxariirta naafadooda; iyo
- Qaba caqabad xujo leh una baahan in lagu xaliyo gacansiin dhanka sharciga ah.

DRM waxay sidoo kale go'aano kagaartaa kiisaska ayadoo kafiirinaysa helitaanka adeegyada wakaalada.

Wixii macluumaad dheeri ah oo kusaabsan shuruuda uqalmida iyo muhiimadaha shaqsiga ah ee barnaamijka, fadlan booqo barteena ama wac xafiskeena.



## Maxay Iga caawin kartaa DRM?

Barnaamij kasta wuxuu leeyahay shurudiisa oo gaarka ah laakiin, si guud, nooca arimaha ay DRM kaacaawinayso waxaa kamid ah:

- Eedaymaha xadgudubka, dayacaada iyo kuxadgudubka xaquuqdaada aasaasiga ah;
- Helitaanka daawayn cafimaadka ama caafimaadka Dhimirka ah;
- Udoodista in shaqsiyaadku unoolaadaan si xor ah, bulshooyinka ay doonayaan dhexdooda;
- Takoor kaahaysta guryaha, hooyada dawlada, iyo adeegyada dawlada;
- Diidmada waxbarasho iskudhafan ama adeegyada kalaguurka;
- Waalidnimada iyo gaarista go'aano lataageeray;
- Arimaha laxariira shaqada iyo kulaabashada shaqada;
- Helitaanka Qalabka Caawiya naafada (AT)
- Udoodida Dhagoolka iyo helitaankiisa isgaarsiinta; iyo
- Helitaanka codaynta.