

KaHadal – Kahortaga Khaladaadka Daryeelkaaga #1

Si looga hortago
khaladaadka daryeelka
caafimaadka, bukaanka
waxa lagu
dhiirigelinayaa...
KaHadal “SpeakUP”



Qof kasta door ayuu ku leeyahay badbaadada daryeelka caafimaadka. Waxa ka mid dhakhtarada, fuliyayaasha daryeelka caafimaad, kalkaalisooiyinka iyo farsamayaqaanada dareelka caafimaad. Dhamaan ururada daryeelka caafimaad ee dactalada dalku waxay ka shaqeeyaan siday u badbaadin lahaayeen daryeelka caafimaadka. Bukaanka ahaan waxaad ka dhigi kartaa daryeelka amaana haddii aad si firfircoon xubin uga noqoto oo uga hawl gasho xubin ahaan kooxda daryeelka caafimaadkaaga.

Warbixinta Machadka Caafimaadka ayaa sheegtay in khaladaadka caafimaadka ay dhibaato halis ah ku hayaan nidaamka daryeelka caafimaadka. Warbixinta machadku “IOM” waxay sheegaysaa in wacyigelinta dadweynaha ee dhibaataadu ay tahay talaabo muhiim ah oo hagaajinaysa arrinta. Barnaamijka “Speak Up™” waxa kafiishay Guddiga Isku-jira. Waxay ogol yihiin in bukaanka lala socodsiiyo daryeelkooda caafimaad. Dedaalkaas lagu kordhinayo wacyigelinta bukaanka iyo la socodsiiinta waxa taageeray Xarunta Adeegyada Medicare & Medicaid. Barnaamijkan wuxu bixiyaa talo sahlan oo la xidhiidha sidii looga dhigi lahaa daryeelka caafimaad waayo-aragnimo fiican.



Daraasad ayaa muujisay in bukaanka ka-qaybqaata go'aanada daryeelka

caafimaadkoodu ay hore uga raysan og yihiin. Si loo gargaaro kahortaga khaladaadka daryeelka caafimaad, bukaanku waxa lagu dhiirigelinayaa in ay KaHadlaan “Speak Up.”

- Ka hadal haddii aad qabto tabashooyin iyo su'aalo. Haddii aanad weli fahmin, warso mar kale. Waa jidhkaagii oo xaq ayaad u leedahay inaad ogaato.
- Caafimaadkaagu aad ayuu muhiim u yahay. Ha ka werwerin wejiqabax haddii aad fahmi weydo wax dhakhtarka, kalkaalisada ama xirfadyahanada daryeelka caafimaad ee kale kuu sheegeen.
- Haddii aanad fahmin sabata oo ah inaad ku hadasho af kale, warso qof afkaaga ku hadla. Waxaad xaq u leedahay inaad hesho gargaar bilaasha inaad hesho qof ku hadla afkaaga.

- Ha ka cabsan inaad warsato amaanka. Haddii lagu qalayo, weydii dhakhtarka inuu calaamadeeyo meesha lagaa qalayo.



- Ha cabsan inaad u sheegto kalkaalisada ama dhakhtarka haddii aad u-malaynayso inaad qaadnayso dawo khaldan.
- Ha cabsan inaad u sheegto xirfadyahanka daryeelka caafimaad haddii aad u-malaynayso inuu ku khalday bukaanka kale.

- Fejignaan sii daryeelka aad hesho. Markasta hubi inaad ka hesho daaweynta iyo dawada saxda ah xirfadyahanada daryeelka caafimaad. Waxba ha iska malaysan.

- U sheeg dhakhtarkaaga ama kalkaalisada haddii wax si sax ah u ekayn.

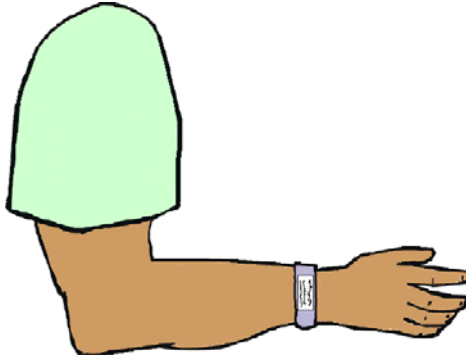


- Filo in shaqaalaha daryeelka caafimaad iskaa baraan. Fiiri kaadhahka aqoonsigooda (ID). Hooyada cusub waa inay taqaan qofka ay u dhiibayso ilmaheeda. Haddii aanad garanayn qofka, warso aqoonsigooda "ID".

• Ogow haddii daryeel-bixiyahaagu oo gacmaha dhaqday. Gacma-dhaqitaanku waa hab muhiim ah oo lagaga hortago cudurka fidaya. Ha ka cabsan inaad xusuusiso dhakhtar ama kalkaaliso inay sidaas samayso.

• Baro wakhtiga maalintii aad hesho dawada sida caadiga ah. Haddii aanad helin, warso dhakhtar ama kalkaalisada.

• Hubi inay dhakhtar kaaga iyo kalkaalisadu hubiyaan aqoonsigaag. Hubi inay ffiirisay qardhaasta gacanta oo ay ku weydiisay magcaaga kahor intaay dawo ama daweyn ku siin. Isbar jirradaada. Baro baadhitaanada caafimaad ee aad qaadato, iyo qorshaha daaweyntaada.



• Warso dhakhtar kaaga tababarka gaarka ah iyo waayo-aragnimada uu u leeyahay daaweynta jirradan.

• Raadi macluumaad la xidhiidha xaaladaada. Meelo fiican oo laga helo macluumaad waa dhakhtar kaaga, maktabada, bogaga internetka ee muxtarimka ah iyo kooxaha taageerada.

• Qor xaqiiqada muhiimka ah ee dhakhtar kaagu kuu sheego. Weydii dhakhtar kaaga haddii uu hayo macluumaad qoraak ah oo aad haysan karto.

• Akhri dhamaan foomamka oo hubi inaad fahamto kahor intaanad saxiixin. Haddii aanad fahmin, warso dhakhtar ama kalkaalisada inay sharxaan.



• Hubi inaad taqaan sida looga shaqaysiiyo Qalab kasta oo lagu isticmalo daryeelkaaga. Haddii aad hawada ogsajiin ku qaadato guriga, ha cabin sigaar ama ha ogolaan qofna inuu ku cabo sigaar agtaada.

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