

MA DOONAYSAA INAAD WAX BADAN KA OGAATO OO KU SAABSAN ADEEGYADA DARYEELKA BULSHADA?



Taageerayaasha Caafimaadka



Kalkaaliyenimada



Adeegyada Cuntada



Gaadiidka

Anaga Nala Hadal



Taageerada Bulshada



Daryeelka Shaqiga ah



Caawimaad Guriyeedka



Nasinta

Kalkaaliyenimada

Kalkaaliyenimada waxaa bixiya kalkaaliye diiwaangashan oo daaweeya lana socda xaaladaha caafimaad, dhaya dhaawacyada iyo durriinada.

Gaadiidka

Gaadiidka waxaa laysku siin karaa ayadoo ballamo loo samaysto sida caafimaadka ama dukaamaysiga.

Daryeelka Shaqiga ah

Daryeelka Shaqsi waa ku caawinta howlo maalmeedka daryeelka-qofka: cunto-siinta, u-qubaynta, musqul-gaynta, u-labisidda.

Nasinta

Waa daryeel laysku siiyo guriga ama xaruunta si loogu ogolaado daryeelaha inuu xoogaa bareeg qaato.

Caawimaad Guriyeedka

Caawimaad Guriyeed waxaa ka mid ah ku-caawinta nadiifinta, alaab-dhaqidda, dhar dhaqidda iyo feeraynta.

Taageerada Bulshada

Waa caawimaad inaad si wado inaad timaado kulamada iyo munaasabadaha bulshadaada ama inaad hesho qof kugula sheekaysta gurigaaga dhexdiisa.

Adeegyada cuntada

Adeegyada cuntada waxaa ka mid ah cunto keenidda iyo caawimaadda xagga cunto diyaarinta gurigaaga dhexdiisa.

Taageerayaasha Caafimaadka

Taageerayaasha Caafimaadka waxay bixiyaan caawimaad xagga adeegyada takhasusleyaasha sida:

- daaweynta Lugaha
- teerabiga Goobta Shaqada
- fiisiyo-teerabiga
- shaqada Bulshada
- daaweynta hadalka
- Kala-talinta nafaqada

Maxay Diversicare kuu samayn kartaa?

- Ka jawaab su'aalahaaga ku saabsan sida loogu helo adeegyada gurigaaga
- Siinta macluumaadka ku saabsan adeegyada dhaqamada-badan iyo kuwa u-gaarka ah itnikada degaankaaga
- Ku-siinta macluumaadka luqado badan
- Kugu xiri kartaa adeeg haddii aad tabar daran tahay, da' tahay, iin leedahay ama aad daryeele tahay
- Siinta macluumaadka kulamada kooxaha bulshadaada oo ku saabsan adeegyada jira
- Siinta macluumaadka bandhigyada ka jira munaasabadaha bulshadaada
- Kugu caawisaa awood-siintaada si aad u samayso go'aamada ku saabsan daryeel lagu helo guriga

Qoraalo:

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NAGA HEL MEEL KUU DHOW

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ADEEGGA LA-TALINTA DHAQAMADA-BADAN

Macluumaadku waa Awood



Ma uga baahan tahay caawimaad si aad ugu sii noolaato gurigaaga?

Anaga Nala Hadal