



# There are many Somali and non-Somali children with autism spectrum disorder

## Make sure your child and family get the help they need

### What is autism spectrum disorder (ASD)?

ASD is a brain disorder that affects how a person thinks, communicates, and interacts with others in different ways. Most signs of ASD appear in early childhood. Children with ASD play, learn, speak, and act differently than other children. ASD is a life-long condition, but symptoms may change and improve over time.

### What was the Minneapolis Somali ASD Prevalence Project about?

Many Somali parents and others expressed a concern that there appeared to be more Somali children with ASD than other children. The University of Minnesota led a project to see how many children ages 7- to 9-years-old in Minneapolis have ASD. The project looked at Somali and non-Somali children.

### What did this project find?

- About 1 in 32 Somali children aged 7-9 years in 2010 was identified as having ASD in Minneapolis. Somali and White children were more likely to be identified with ASD than Black and Hispanic children.
- Somali children with ASD were more likely to have an intellectual disability than children in other racial and ethnic groups in Minneapolis.
- The age at first ASD diagnosis was around 5 years for Somali, White, Black, and Hispanic children.

### Why is this project important?

- Somali parents can use project findings to raise awareness of ASD among their family and friends.
- Educators, health care providers, and Somali advocates can use findings to promote early identification efforts and also encourage families to connect to services and supports as soon as possible.
- Researchers can use project findings to look at how and why ASD affects children differently.

### What can I do if I think my child might have ASD?

- Talk to an educator or doctor about your concerns. Don't wait. Getting help early is important for your child.
- If your child is 5-years-old or younger, call the **Help Me Grow Program** at 1-866-693-4769. Services are free to all children. It does not matter where your child was born.
- If your child is older than 5, contact your local school district's Special Education Director. More Information is available at <http://w20.education.state.mn.us/WebsiteContent/SpecEdDirectors.jsp>. Again, services are free to all children.
- Talk to others who help children and families with ASD. They are there to support you.

### What should I do if I want to learn more about this project?

Find more information about the project and links to helpful community resources at [rtc.umn.edu/autism](http://rtc.umn.edu/autism). Contact project staff: Anab Gulaid, 612-624-0730, Kristin Hamre, 612-625-7593 or [autism@umn.edu](mailto:autism@umn.edu).

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[rtc.umn.edu/autism](http://rtc.umn.edu/autism)



# Waxa jira carruur badan oo Soomaliyeed iyo Carruro kale oo badan oo qaba Cilladaha ootiisamka (ASD)

## Ku dadaal in aad ilmahaaga iyo goyskaagaba u heshid kaalmo

### Waa maxay cilladaha ootiisamku (ASD)?

Cilladaha ootiisamku waxaay saameyn karaan maskaxda. Waxa dhacda in carruuraha qaba cilladaha ootiisamku sida ay bulshada ula dhaqmaan, hadlaan, ama u fakiraan ay ka duwan tahay carruuraha kale. Marxalado aad u adagna yeelan karaan. Badanaa calamadaha lagu garto Cilladaha ootiisamka (ASD) waxaa ladareemi karaa inta ilmaha dadiisu yar yahay. Ootismku (ASD) waa xaalado socon kara mudo dheer. Calamaduhu way isbadali kartaan waana fiicnaan karaan mudo kadib.

### Maxay aheed mowduuca Minneapolis oo kusaab sanaa tirikoobka carruurta qaba ASD?

Waaladiin badan oo Soomali iyo dadkale isigu jira ayaa qeexay dhibatada jirta ee ah in ay jiraan carruur badan oo Somali ah oo qaba ASD marka loo firiyo carruuryada kale. Jaamacada gobolka Minnesota ayaa hogaminaysay mowduucan oo ah tirikoobka oo carruurta da-dooda ah 7-9 sano jir oo xadir ku ah magaalada Minneapolis naqaba ASD. Mowduucu wuxuu tirokoobay carruurta Somalida iyo carruur aan Soomali aheen.

### Waa maxay natijada ka soo baxday baaritaankii mowduucan?

- In-cadideedu aay tahay (1 in 32) carruurta Soomaalida lagu magacaabo in ay qabaan ASD. Carruurta oo sanadkii 2010 da' dooda u-dhaxeeseey 7-9sano. Carruurta Somalida iyo carruurta cadaanka ayaa badanaa laga helaa in-aay qabaan ASD markii loo fiiriyo carruurta kale ee ah madoowga (Black) iyo (Hispanic).
- Carruurta Soomaalida ee qabo ASD ayaa ubadan in-aay qabaan la'aanta xirfadnimo (intellectual disability) marka loo fiiriyo carruurta jismiyadaha kale.
- Carruurta Soomaalida, Cadaanka, Madoowga iyo Hispanic waxa lagu magacaabaa ASD marka ay 5 sano gaaraan.

### Waa maxay muhiimada mowduucan?

- Qoysaska Somalida waxa ay natijada lagu soo ogaaday mowduucan u isticmaali karaan in-aay wacyi galiyaan qoysaska kale iyo saaxiibdood.
- Natijada mowduucan waxaa isticmalikara macalimiinta, dadka macluumaadka cafimaadka bixiya, iyo Somalida u hadla waalidiinta si aay u dhiirgaliyaan walidiinta sidii aay carruurtoda u ogaan lahayeen waxay qabaan si-dhakhso ahna ugu radin lahayeen adeegyo cawimaad.
- Dadka cilmibarista sameeya waxa ay u isticmalikaraan natijadan si-aay baaritaano dheraad ah ugu sii sameeyan siyaabaha kaladuwan ee ASD u-dhaawici karto carruurta.

### Maxaan sameen karaa hadii aan-umaleeyo in ilmahaygu uu qabo ASD?

- Kala hadal dhibkaad tabaneysid macalimiinta ama dhakhtarka caafimaadka. Ha-sugin. In-aad heshid cawimaad dhakhsa ah waa muhiim.
- Hadii carruurtaada ay jiraan 5sano ama ka yar, wac hay'ada ama mowduuca **Help Me Grow**, 1-866-693-4769. Macluumaadkan waaxaad ku heleysaa lacag la'aan.
- Hadii carruurtada ay ka weyn yihiin 5sano, la'xariir iskuulada degmadaada kuyaala: <http://w20.education.state.mn.us/WebsiteContent/SpecEdDirectors.jsp> Sidoo kale waxaad macluumaadkan ku heleysaa lacag la'aan.
- La hadal dadka kale ee caawiya carruurta iyo qooyeska qaba ASD. Waxaay diyaar u'yahiin in'aay ku caawiyaan

### Maxaan sameeyaa hadii aan doonayo warbixin dheeraad ah in'aan ka ogaado mowduucan?

Hadii aad doonayso warbixin dheeraad ah oo ku saabsan mowduuca Minneapolis Somali ASD Prevalence Project, iyo warbixino dheeraad ah, tix raac tilmaamaha: [rtc.umn.edu/autism](http://rtc.umn.edu/autism). Lasoo xariir shaqaalaha moqduucan: Anab Gulaid, 612-624-0730, Kristin Hamre, 612-625-7593.

Ama [autism@umn.edu](mailto:autism@umn.edu)

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