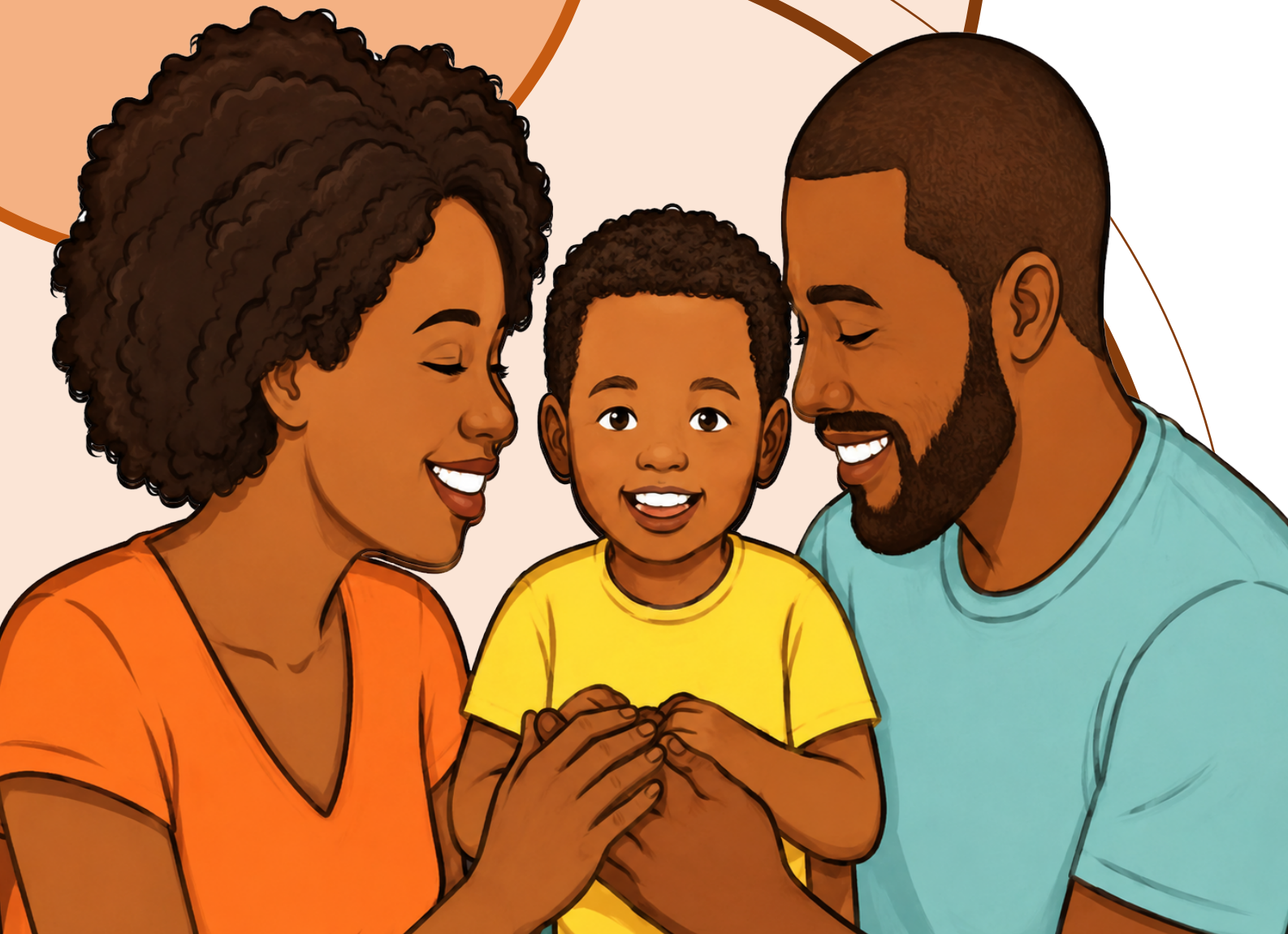


INDWARA YA AUTISME (ASD)



Muri iyi nyigisho turasangamo iki?

Mbese uzi autism icyo ari cyo?

Ni ibihe bimenyetso bya Autism

Ni iki gitera autism?

**Umwana wange afite autism. Nkore
iki?**

Mbese ubu bwoba buva he?

Inyandiko zifashishijwe



Iyi nyigisho igenewe
ababyeyi n'abarezi
b'abana bafite

Autism (ASD)

bashishikariye
kumenya autism
bagira imbogamizi
n'inzitizi zijyanye no
gufasha abana
babo mu
itumanaho, mu
mibanire n'abandi
mu myitwarire no
mu mikurire muri
rusange.

MBESE UZI ICYO AUTISM ARI CYO?

- Autism ni indwara ifata igice cy'ubwonko bw'umwana bigatuma agira imyitwarire idasanzwe.
- Abantu bafite autism bagira ibibazo ku bijyanye no gushyikirana n'abandi.
- Abantu bafite autism bafite uburyo butandukanye bwo kwiga, kugenda cyangwa kwitwararika.
- Ni ngombwa kumenya ko n'abantu badafite autisme nabo bashobora kugaragaza bimwe muri ibyo bimenyetso. Aiko ku bantu bafite autisme ibi bimenyetso bituma ubuzima burushaho kugorana.

Ishusho rusange ya Autisme



Imbogamizi mu mibanire n'aba ndi kudahoza ijisho ku kintu , gutinda kuvuga.

- Umwana ntahanga amaso ababyeyi cyangwa ngo asekere abamusuhije yaba ababyeyi, abashyitsi n'abagize umuryango.
- Umwana ntashobora kwitaba iyo ahamagwe mu izina rye n'abagize umuryango iyo bari hamwe.
- Umwana ntashishikarira kumenya ibintu by'ibanze nk'amatungo, ibimera, ibikoresho byo mu rugo...
- Umwana akunda kwigunga no kuba wenyine ntiyakina n'abandi nk'abavandimwe mu mikino itandukanye.pl



Imyitwarire ihoraho

- Umwana agerekanya imipfundikizo y'amacupa, ibikinisho by'imodoka akanahinduka iyo hagize ubitwara.
- Umwana asubiramo kenshi amagambo yumvise ku bagize umuryango, indirimbo zo kuri radiyo na televiziyo n'ibindi bikorwa.
- Umwana agumya gukoresha inzira imwe ijya ku ishuri, isoko ,urusengero ndetse akanagorwa n'igihe izo nzira zihinduka.
- Umwana atitiza ibiganza kenshi cyangwa akizengurutsa iyo hari ikibaye kidasanzwe.



Kugira imyitwarire idasanzwe ahari amajwi cyangwa urumuri

- Umwana atinda kuvuga akanagira amagambo make ugereranyije n'abo bari mu kigero kimwe.
- Umwana agorwa no kwiga imirimo yoroheje yo mu rugo, mu mashuri y'inshuke cyangwa mu marerero rusange.

- Umwana agira imyitwarire igoranye mu kurya Urugero: ., kurya umuceri gusa, igikoma, cyangwa igitoki) ndetse no kwanga amafunguro yateguriwe abagize umuryango
- Umwana agorwa no gusinzira kubera gutinya amajwi atandukamye ingero: ingoma, indirimbo zo mu rusengero cyangwa urusaku rw'amatungo), cyangwa akaba ashobora no kugira isereri.

Ntabwo ari impamvu imwe gusa itera Autisme. Hari ibintu byinshi bishobora kugaragaza umwana ufite autisme ASD, birimo aho ari, mu mibereho, no mu turemangingo ndangasano.

N'ubwo tuzi bike ku mpamvu zigaragazwa, izi ngingo zikurikira zigaragaza ko umwana afite ibyago byinshi byo kuba yagira autism:

- Kugira umuvandimwe ufite autisme
- Kugira indwara zishingiye kuri genes cyangwa chromosome nka fragile X syndrome
- Kugira ibibazo mugihe cyo kuvuka
- Kuvuka ku babyeyi bakuze mu myaka.

IBYONGERA IBYAGO BYO KUGIRA INDWARA YA AUTISME

Zirikana, Autisme:



- Ntabwo iterwa n'uburere bubi.
- Ntabwo iterwa n'uburozi cyangwa imivumo.
- Ntabwo iterwa n'inkingo.
- Ntabwo yandura.
- Ntabwo ari indwara y'igihe gito kandi ntikira umuntu amaze gukura.

Uko isuzumwa n'uko ivurwa

Kwemeza ko umuntu afite autism biragorana kuko ntabipimo cyangwa ibizamini byo kwa muganga bibigaragaza, aha twavugaga nk'ibizami by'amaraso, abaganga bareba ku myitwarire n'imikurire y'umwana.

Autisme ishobora kugaragara kuva ku mezi 18 cyangwa mbere yaho. Ku myaka 2 umuganga w'inzobere ashobora kwemeza ko umwana afite autisme. [1](#) Gusa abana benshi barakura bakaba ingimbi n'abangavu badasuzumwe. Uku gutinda gutuma abantu bafite autisme badahabwa ubuvuzi ku gihe.

Uko ivurwa

Uburyo bwo kuvura autisme buriho uyu munsu bwibanda ku kugabanya ubwiganze bw'ibimenyetso bya autisme ibi bimenyetso bituma umuntu atabasha gukora neza ibikorwa bye bya buri munsu kandi bikagabanya imibereho myiza ye. Autisme igira ingaruka kuri buri muntu mu buryo butandukanye, bivuze ko abantu bafite autisme bafite Intege n'imbogamizi byihariye bakanakenera kwitabwaho byihariye bitewe n'ibyo bagenewe. [2](#) Uburyo bwo kwitabwaho bukeneye inzego zitandukanye z'imirimo Kandi bigahuzwa n'ibikenewe byihariye bya buri muntu..

UMWANA WANGE AFITE AUTISME, UBU NKORE IKI?

Ni ibisanzwe ko umubyeyi ahangayika iyo umwana we afite autism. Nyuma y'ibi byose habaho ibibazo ku hazaza h'umwana.

Abana bafite autism bashobora kwiga bakanunguka ubumenyi bushya, bakanuzuzura inshingano iyo babona ubufasha buboneye benshi bafashwa no gutangira hakiri kare gahunda z'ubufasha zirimo kwitoza kuvuga neza, kwigishwa ubumenyi bwo gukora ibikorwa bya buri munsu, gukurikiza gahunda ihamye, gukoresha amashusho afasha gusobanukirwa, no kwigira mu mikino.

Uko benshi mu barezi batekereza:

“Ntekereza ko ibi ntabishobora.”

“Umwana wange azagira ahazaza heza?”



MU BY'UKURI IZI MBOGAMIZI ZIVA HE?

*"Sinzi niba
byibura ndi no
gukina."*

*Ibitekerezo ntibishobora
kugenda byisanzuye, ndets
no mu mikino....*





*Ibitekerezo ni ibyo ku
marangamutima...*

*Ibitekerezo ni ibyo ku
marangamutima...*

**KU GIPIMO CYO KUVA KURI 0 KUGERA KU 10
WIYUMVAMO UTE UBUSHOBOZI BWO GUFASHA
UMWANA WAWU MU MIKURIRE YE?**

Sinshoboye



Ndashoboye



1

2

3

4

5

6

7

8

9

10



INTUMBERO MBI

"Ntazibeshaho"

*"Umuwana
wange
ntazigera
amaze"*

*"Sinzigera mba
umubyeyi
muviza kuri we"*



UBWOBA BUBA MU NTEKEREZO ZACU!

*"Uriya
mubyeyi ni
mwiza mu*

*"Sindi
gukora
ibihagije"*

*Wowe
ubwawe
ntiwishinje*





GUHINDURA UKO DUTEKEREZA

Amarangamutima yawe n'ibikorwa byawe bigirwamo uruhare n'uko utekereza. Mu kwiyumva neza no kwigirira ikizere, dukeneye guhindura uko dutekereza



REKA DUKORE IBI!

INTUMBERO MBI

(Urupapuro rwo gusubirizaho)

Tangira wandika intumbero mbi wigeze kugira.

Igisubizo

.....
.....
.....

None ni hehe na ryari wumva iyi ntumbero ishobora kugerwaho.

Igisubizo

.....
.....
.....

Nyuma garagaza ibikorwa uzakora mu gufasha umwana wawe:

Igisubizo

.....

.....

.....

IGERERANYA RITABONEYE

(Urupapuro rwo gusubirizaho)

Andika igereranya ritaboneye ujya ukora.

Igisubizo

.....
.....
.....

Garagaza ibintu bibiri byiza wamaze gukora mu gufasha umwana wawe.

Igisubizo

.....
.....
.....

Ibi bikorwa bigaragaza iki ku mikorere yawe?

Igisubizo

.....
.....
.....



Uri gukora umurimo ushimishije
wo gusoma iyi nyigisho no kwita
ku mwana wawe.

DUSUBIYEMO

Garagaza ni ibikubiye mu ngingo zikurikira ari byo cyangwa atari byo:			
01	Autisme iterwa n'amarozi cyangwa gufata umwana nabi.	Ni byo	Si byo
		✓	✗
02	Umwana ufite autisme ntashobora kunguka ubumenyi bushya cyangwa ngo atere imbere.	Ni byo	Si byo
		✓	✗
03	Ibitekerezo bigira uruhare ku marangamutima no ku bikorwa.	Ni byo	Si byo
		✓	✗
04	Iyo dufite ibitekerezo bibi duhorana imbogamizi.	Ni byo	Si byo
		✓	✗
05	Ubufasha bubonetse kare no gusobanukirwa bifasha umwana ufite autisme.	Ni byo	Si byo
		✓	✗
06	Imiryango ifite abana bafite autisme ntiri yonyine.	Ni byo	Si byo
		✓	✗
IBISUBIZO: Si byo Si byo Si byo Ni byo Ni byo Ni byo Ni byo Ni byo Ni byo			

INYANDIKO ZIFASHISHIJE

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