

Buugga warbixinta ee loogu talagalay maxaabiista naafaysan



**Buuggani waxuu warbixin kaa siin
doonaa nolosha xabsiga dhexdiisa
iyo halka aad gargaar u doonan
karto si aad waxyaabo u qabsato**

Copyright information

© Offender Health and Prison Reform Trust 2009

This publication can be shared copied distributed and transmitted but not sold. It can not be altered in any way without the permission of the copyright owners.

First published in 2004 by the Prison Reform Trust kindly supported by Lloyd's Charities Trust
This edition published in 2009 by the Prison Reform Trust kindly supported by the Hadley Trust and Offender Health.

Many thanks to the following for their help with this booklet:

- Mencap, Her Majesty's Inspectorate of Prisons, Cloisters, Race Equality Action Group and all the disability liaison officers and other prison staff who commented on the draft
- staff and prisoners at HMP Birmingham, HMP Downview, HMP Feltham and HMP Leyhill for their help with focus groups
- Offender Health and PRT staff for content, photos and design

Maxaa buuggan ku jira?

Bogga

Sida aad xabsiga ugu heli karto gargaarka aad u baahan tahay	4
Cidda aad gargaar weydiisan karto	5
Waxa aad samaynayso haddii	
• aad dareento murugo ama walwal. Ama qof uu si xun kuula dhaqmayo.	6
• ay kugu adkaato in aad warbixinta fahanto	7
• ay kugu adkaato in aad waxyaabo ka samayso xabsiga	7
• aadan wax ku faraxsanayn inta aad xabsiga ku jirto	8
• aad xanuunsato ama aad u baahan tahay in aad daawo qaadato	9
Waxyaabaha kale ee aad gargaar uga baahan karto	9
Nolosha xabsiga ka dib	12

Halka aad buuggan ka heli karto

- Haddii aadan nuqul buuggan ka haysan, mid weydiiso sarkaalkaaga shakhsi ahaaneed (personal officer) ama sarkaalka xiriirka naafonimada (disability liaison officer) (DLO).
- Waxaad weliba warbixinta qaarkeed ku codsan kartaa cajal (CD).

- Warqad u dir Prison Reform Trust, FREEPOST ND6125, London EC1B 1PN.

Maxuu buuggani ku saabsan yahay?

- Waxaa buuggan loogu talagalay maxaabiista naafaysan.
- Waxuu kuu sheegayaa warbixin muhiim ah oo ku saabsan nolosha xabsiga dhexdiisa iyo gargaarka aad heli karto.
- Waxaa jira buug kale oo la yiraahdo 'Information Book for Prisoners with a Disability' (oo Ingiriisi ku qoran uun) kaasoo aad codsan karto in aad eegto. Waxuu kuu sii faahfaahinayaa waxyaabaha buuggan ku jira.

Sida aad xabsiga ugu heli karto gargaarka aad u baahan tahay

- Waxaa fiican in aad shaqaalaha xabsiga islamarka suurogalka ah u sheegto haddii aad naafaysan tahay ama aad u baahan tahay gargaar si aad waxyaabo u qabsato.
- **Waa** in shaqaalaha xabsigu ay dhammaantood si kaste isugu dayaan in ay ku siiyaan gargaarka aad u baahan tahay. Sharciga ayaa dhigaya in ay sidaas sameeyaan.
- Shaqaalaha xabsigu waxa aad u sheegto sirta ayay u ilaalin doonaan.

Waa maxay gargaarka waajibka ah in shaqaalaha xabsigu ay ku siiyaan?

Shaqaalaha xabsigu waa in ay ku siiyaan dhammaan gargaarka aad u baahan tahay si aad uga qayb qaadato nolosha xabsiga dhexdiisa.

Shaqaalaha xabsigu waa in ay ku siiyaan gargaarka aad u baahan tahay si aad:

- u fahanto warbixinta ama waxa dadku ay kuu sheegayaan
- u qabato shaqo ama waxbarasho (waxbarashadu waa marka aad waxyaabo cusub barato)
- ula xiriirto qoyskaaga iyo saaxiibbadaada
- caafimaadka u ilaashato.

Cidda aad gargaar weydiisan karto xabsiga dhexdiisa

Dadka ugu muhiimsan ee aad gargaar weydiisan karto xabsiga dhexdiisu waxay yihiin

1

Saraakiisha xabsiga ama sarkaalkaaga shakhsi ahaaneed (personal officer)

Saraakiisha xabsiga kala hadal **wax kastoo** aad su'aalo ka qabto ama gargaar uga baahan tahay.

2

Sarkaalka xiriirka naafonimada (waxaa mararka qaar loo yaqaannaa DLO marka la soo gaabiyo)

- Qofkaasi waxuu ka shaqeeyaa xabsiga. Waxuu halkaas u joogaa si uu u caawiyo maxaabiista naafaysan.
- Waqti kaste ayaad codsan kartaa in aad qofkaas aragto. Shaqaalaha weydiiso in ay kaa caawiyaan in aad aragto haddii aad u baahato.
- Waxaad sarkaalka xiriirka naafonimada kala hadli kartaa gargaar kastoo aad u baahan tahay ee la xiriira naafonimadaada ama waxyaabaha kugu adag in aad samayso.

3

Takhaatiirta ama kalkaaliyeyaasha (dadka ka socda daryeelka caafimaadka)

- Waxaad iyaga kala hadli kartaa wixii dhibaatooyin ah ee aad caafimaadka ka qabto. Ama haddii aad dareento walwal ama murugo.

- ✓ **Shaqaalaha xabsiga gargaar weydiiso waqti kastoo aad u baahato.**
- ✓ **Shaqaalaha xabsiga u sheeg haddii ay kugu adkaato in aad waxyaabo samayso. Waa in ay ku siiyaan gargarka aad u baahan tahay.**

Waxa aad samaynayso haddii

1

Aad wax ka murugooto ama ka walwasho. Ama haddii qof uu si xun kuula dhaqmayo.

Waxaa aad muhiim u ah in aad taas qof u sheegto.

Waxaad la hadli kartaa

- shaqaalaha xabsiga mid kastoo ka mid ah
- takhtar ama kalkaaliye caafimaad
- dhegeyste ama saaxiib. Kuwaasi waa maxaabiis kale oo u diyaar ah in ay ku caawiyaan haddii aad murugaysan tahay ama walwalsan tahay. Waxay mararka qaar xiran yihiin garan gaar ah
- sarkaalka xiriirka naafonimada
- wadaad (kani waa qof la xiriira diinta. Laakiin khasab ma aha in aad diini ahaato si aad wadaadka ula hadasho)
- dad ka baxsan xabsiga oo la yiraahdo **Samaritans (Samafaleyaal)**. Waxay diyaar u yihiin in ay waqti kaste caawiyaan dadka murugaysan ama walwalsan. Waxaad iyaga ka wici kartaa lambarka **08457 90 90 90**.

Waxa aad samaynayso haddii

2

Ay kugu adkaato in aad fahanto warbixinta ama waxa dadku ay kuu sheegaan

Waa in shaqaalaha xabsigu ay

- kaa caawiyaan in aad warbixinta fahanto
- warbixin kugu siiyaan hab kuu fudud.

Waxaad shaqaalaha xabsiga mid kastoo ka mid ah weydiisan kartaa in ay

- waxyaabo kuugu sheegaan si kaaga fudud
- warbixinta kugu siiyaan hab kale, sida ereyo fudud oo sawirro leh ama iyadoo ku jirta cajal (CD)
- waxyaabo kuu akhriyaan. Ama kaa caawiyaan in aad fahanto waxyaabaha ay ka mid yihiin foomamka ama waraaquhu
- shaqaalaha maktabadda ayaa weliba kaa caawin kara in aad hesho warbixin kuu fudud in aad fahanto.

3

Ay kugu adkaato in aad waxyaabo ka samayso xabsiga sababtoo ah dhibaato caafimaad ama naafonimo aad qabto

Waxaad la hadli kartaa

- sarkaal xabsi
- sarkaalka xiriirka naafonimada
- xabsiyada qaarkood, waxaa jooga maxaabiis kale oo u diyaar ah in ay caawiyaan maxaabiista naafaysan. Waxay mararka qaar xiran yihiin garan gaar ah.

Waa in shaqaalaha xabsigu ay si kaste isugu dayaan in ay arrimaha kuu fududeeyaan.

Waxa aad samaynayso haddii

4

Aadan wax ku faraxsanayn ama aad u aragto in xabsigu uu qalad geystay

- Shaqaalaha xabsiga weydii waxa aad samaynayso haddii aadan wax ku faraxsanayn inta aad xabsiga ku jirto. Ama waxaa dhici karta in maxbuus kale uu ku caawin karo
- Waxaad u baahan kartaa in aad foom buuxiso si aad u sheegto waxa aadan ku faraxsanayn. Waxaad codsan kartaa in foomka lagaa caawiyo.
- Haddii aad rabto in aad sheegto wax sir badan waxaad buuxin kartaa foom gaar ah oo la yiraahdo foomka **isticmaalka asturan (confidential access form)**
- Waxaa jira dad ka baxsan xabsiga oo la yiraahdo **Guddiga Dabagalka Madaxbannaan (Independent Monitoring Board) (IMB)**. Waxaad codsan kartaa in aad iyaga la hadasho haddii aad xabsiga dhibaato kala kulanto
- Haddii iyagu ay xallin kari waayaan dhibaataada, waxaad warqad u diri kartaa qof la yiraahdo **Dhexdhexaadiyaha Xabsiyada iyo Carbinta (Prisons and Probation Ombudsman)** adigoo cinwaankan isticmaalaya

Prisons and Probation Ombudsman
Ashley House
2 Monck Street
London SW1P 2BQ

Haddaad ku faraxsanayn daryeelka caafimaad eed hesho

- Horta la hadal qof ka mid ah daryeelka caafimaadka si aad u eegto haddii aad dhibaataada sidaas ku xallin karto
- Haddii shaqaalaha daryeelka caafimaadku aanay dhibaataada xallin karayn, waxaad gargaar ka heli kartaa koox ka baxsan xabsiga oo la yiraahdo **Adeegga Qareenka Cabashooyinka ee Madaxbannaan (ICAS)**
- Waxaad lambarka telefoonka ee ICAS ka heli kartaa shaqaalaha xabsiga, maktabadda ama haddii dad la yiraahdo NHS Direct (NHS Toos ahaan) aad ka wacdo **0845 4647**

Waxa aad samaynayso haddii

5

Aad xanuunsato ama aad u baahan tahay in aad daawo qaadato

Haddii aad xanuunsanayso ama aad dhibaato ka qabto indhahaaga ama ilkahaaga

- Codso in aad aragto takhtar, kalkaaliye caafimaad, takhtarka ilkaha ama takhtarka indhaha
- Haddii aadan xabsigaaga ka heli karayn gargaarka aad u baahan tahay, shaqaalaha ayaa ka go'aan gaari doona waxa ugu fiican in la sameeyo
- **Haddii aad u baahan tahay in aad daawo qaadato**
 - shaqaalaha xabsiga u sheeg in aad u baahan tahay in aad daawo qaadato
 - takhtar jooga xabsiga ayaa ku siin doona daawada aad u baahan tahay
 - waxaa laga yaabaa in aad daawada ku haysan karto qolkaaga. Shaqaalaha xabsiga ayaa taas kuu sheegi doona.

Waxyaabaha kale ee aad gargaar uga baahan karto

Buugga weyn ayaa laga heli karaa warbixin dheeraad ah oo waxyaabahan ku saabsan.

Garsooridda

(Haddii aad jebiso xeerasha xabsiga waxaa laga yaabaa in lagu diro garsoorid. Taasi waa halka aad u tagayso si aad uga hadasho waxa dhacay.)

- Waa in guddoomiyaha ama shaqaalaha xabsigu ay kaa caawiyaan in aad fahanto waxa dhacaya.
- Waxaa laga yaabaa in lagu fasaxo in uu qof kula joogo haddii aadan fahmayn.

- Guddomiiyaha u sheeg haddii sababta aad xeer u jebisay ay tahay adiga oon kaas fahmayn.
- Looyarkaaga ayaa ku caawin kara.

Qolka.

Qolkaaga ama qofka aad qol la wadaagto

- La hadal shaqaalaha xabsiga haddii aad dhibaato ka qabto qolkaaga ama qofka aad qol la wadaagto.

Cuntada

- Takhtar ama kalkaaliye caafimaad u sheeg haddii aadan cuntada qaarkeed cuni karayn.
- Waxuu xabsigu kuu diyaarin doonaa cunto gaar ah haddii takhtar ama kalkaaliye caafimaad uu sheego in ay taasi hagaagsan tahay.
- Haddii aad gargaar uga baahan tahay kala doorashada cuntada shaqaalaha xabsiga weydiiso.

Foomamka

- Waa in shaqaalaha xabsigu ay ku siiyaan gargaarka aad u baahan tahay si aad foomamka u buuxiso.
- Waxaa laga yaabaa in maxaabiista kalena ay ku caawin karaan.

Lacagta iyo kaalmooyinka

- Shaqaalaha xabsiga u sheeg haddii aad gargaar uga baahan tahay lacagta ama kaalmooyinka. Waxay kuu sheegi doonaan cidda ku caawin karta.
- **Waa** in meesha aad kaalmooyinka ka hesho u sheegto in aad iminka xabsiga ku jirto.

Xeerasha

- Waa in shaqaalaha xabsigu ay warbixin kaa siiyaan xeerasha. Iyaga weydiiso in ay kuu macneeyaan wixii xeerar ah ee aadan fahmayn.

Baarista

(marka shaqaaluhu ay jirkaaga baaraan)

- Shaqaalaha xabsiga u sheeg haddii ay kugu adag tahay in lagu baaro sababtoo ah naafonimadaada ama dhibaato caafimaad oo aad qabto.
- Shaqaalaha xabsiga ayaa soo ogaan doona habka ugu fiican in lagu baaro.

Qorshaha xukunka

- Waa in sarkaalkaaga shakhsi ahaaneed (personal officer) ama maamulahaaga dembiiluhu ay ku siiyaan dhammaan gargaarka aad u baahan tahay.

Booqashooyinka saaxiibbadaada ama qoyskaaga

- Waa in shaqaalaha xabsigu ay ku siiyaan dhammaan gargaarka aad u baahan tahay si ay dad kuu soo booqdaan ama aad ula xiriirto.

Shaqada ama waxbarashada

- Shaqaalaha xabsiga ama sarkaalka xiriirka naafonimada u sheeg haddii ay shaqada ama waxbarashadu kugu adag yihiin.
- Waa in ay si kaste ugu dadaalaan in ay kaa caawiyaan in aad shaqo ama waxbarasho samayso (waxbarashadu waa marka aad waxyaabo cusub barato).

Nolosha xabsiga ka dib

- Shaqaalaha xabsiga ayaa kaa caawin kara in aad isku diyaariso nolosha xabsiga ka dib.

Waxyaabaha aad xallinayso ka hor inta aadan xabsiga ka bixin.

Kaalmooyinka

- Waxaad kaalmooyinka ka dalban kartaa Xarunta Shaqobixinta gaarka ah (Jobcentre Plus).
- Gargaar weydiiso shaqaalaha ka mid ah kooxda dib u dejinta.

Takhtarka

- Shaqaalaha ka mid ah kooxda daryeelka caafimaadka weydiiso in ay kaa caawiyaan in aad takhtarka ka hesho xabsiga dibaddiisa.

Gargaarka guud ee aad nolosha uga baahan tahay xabsiga ka dib

- Waxaad u baahan kartaa in aad la xiriirto dadka adeegyada bulsheed (social services) ee xaafadda aad ku noolaan doonto. Qoyskaaga ama saaxiibbadaada ayaa taas kuu samayn kara.
- Kooxda dib u dejinta ama kooxda daryeelka caafimaadka weydiiso in ay taas kaa caawiyaan. Waxay kuu sheegi karaan ciddii kale ee ku caawin karta ka dib marka aad baxdo.

Guryeynta (Housing) (haddii aadan haysan meel aad ku noolaato)

- Kooxda dib u dejinta gargaar weydiiso.
- Haddii kale waxaa laga yaabaa in xabsigaaga ay joogaan dad gaar ah oo aad kala hadli karto meelaha aad ku noolaan karto xabsiga dibaddiisa.

Shatiga (Licence)

(Haddii lagugu xukumay in ka badan hal sano, waxaa kugu waajibi doonta in aad xeerar gaar ah raacdo ka dib marka aad xabsiga ka baxdo. Waxaa xeerashaas loo yaqaannaa **shati**.)

- Qof la yiraahdo **maamulaha dembiilaha (offender manager)** ayaa hubin doona in aad fahmayso oo aad raacdo xeerasha. Waxaa laga yaabaa in uu qofkaasi waxyaabo kalena kaa caawin karo.

Shaqada, koorsooyinka tababbarka ama waxbarashada

- Shaqaalaha ka mid ah kooxda waxbarashada ama kooxda dib u dejinta weydiiso in ay kaa caawiyaan in aad shaqo ama tababbar hesho ka dib marka aad xabsiga ka baxdo.

Prison Reform Trust 15 Northburgh Street London EC1V OJR
Telephone: 020 7251 5070
Email: prt@prisonreformtrust.org.uk www.prisonreformtrust.org.uk
Registered Charity No: 1035525 Company Limited by Guarantee:
2906362