

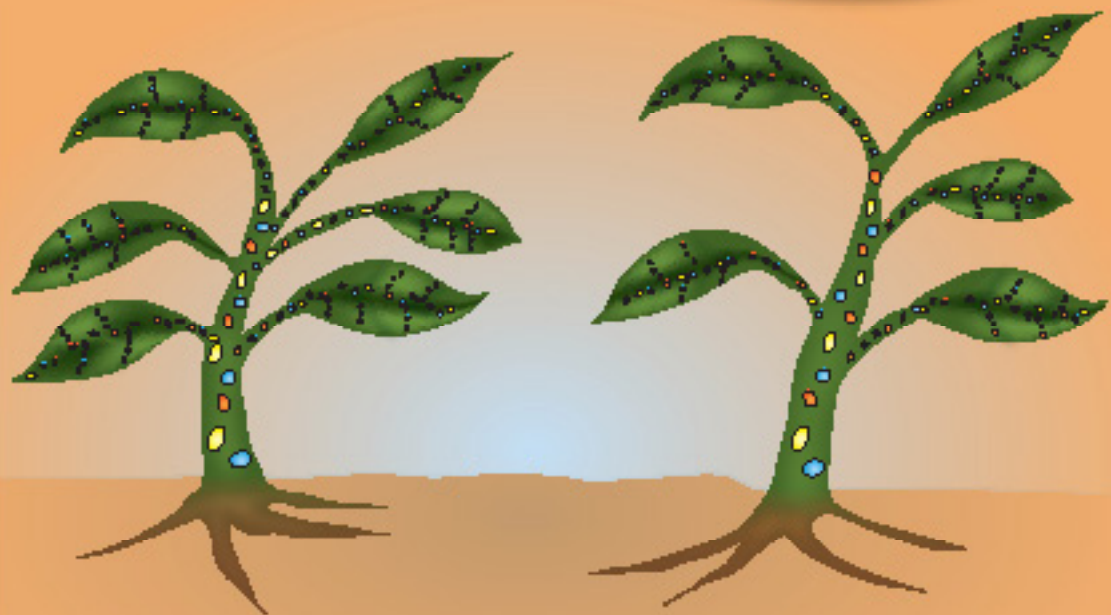


# Kunuunsa Qabeenya Uumamaa

Afaan Oromoo

Kutaa 4

Leveled





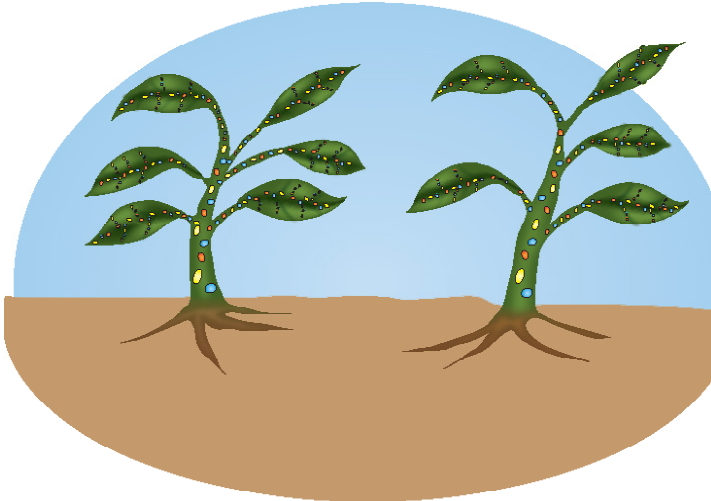


# Kunuunsa Qabeenya Uumamaa

Afaan Oromoo

Kutaa 4

Leveled



Kitaabni deggarsaa kun gargaarsa maallaqaa ‘USAID’ irraa argameen Dhabbata ‘Save the Children’ fi Biiroo Barnoota Oromiyaa Wajjin qophaa’ee kan maxxanfamedha.

Bara 2009/2017



**USAID**  
FROM THE AMERICAN PEOPLE



**Save the Children**



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## Yaadannoo gabaabaa maatiifi barsiistotaaf

- ❏ Yaadannoon kun akkaataa ati barreeffama kitaaba dabalataa kanarraatti dhiyaate barattoota kee ittiin dubbisuu shaakalsiistu siif dhiyaate.
- ❏ Osoo gara dubbisaa hinseenin dura gaaffiilee dubbisa duraa akka barattoonni irraatti mari'atan taasisi. Kanaanis yaada isaanii gara mata duree dubbisichaatti akka fidatan, muuxannoo isaaniis akka walyaadachiisan taasisi.
- ❏ Itti aansuun, barattoota rakkoo dubbisuu qabaniif gargaarsa taasisuun akka isaan dubbisan taasisi.
- ❏ Dhumarratti, gaaffiilee dubbisuun boodaa akka isaan hojjetan taasisi. Haala kanaanis dubbisanii ergaa barreeffamichaa akka hubataniifi akka madaalan taasisi.

## Gaaffilee Dubbisuun Duraa

### Gaaffilee armaan gadiif deebii kenni

1. Mataduree dubbisa kunuunsa qabeenya uumamaa jedhu irraa maal hubatta?
2. Qabeenyi uumamaa maal fa'i? Akkamiinis kunuunsuu dandeenya?
3. Qaneenya uumamaa kunuunsuun faayidaa maalii qaba?

## Boqonnaa 1: Kunuunsa Qabeenya Uumamaa



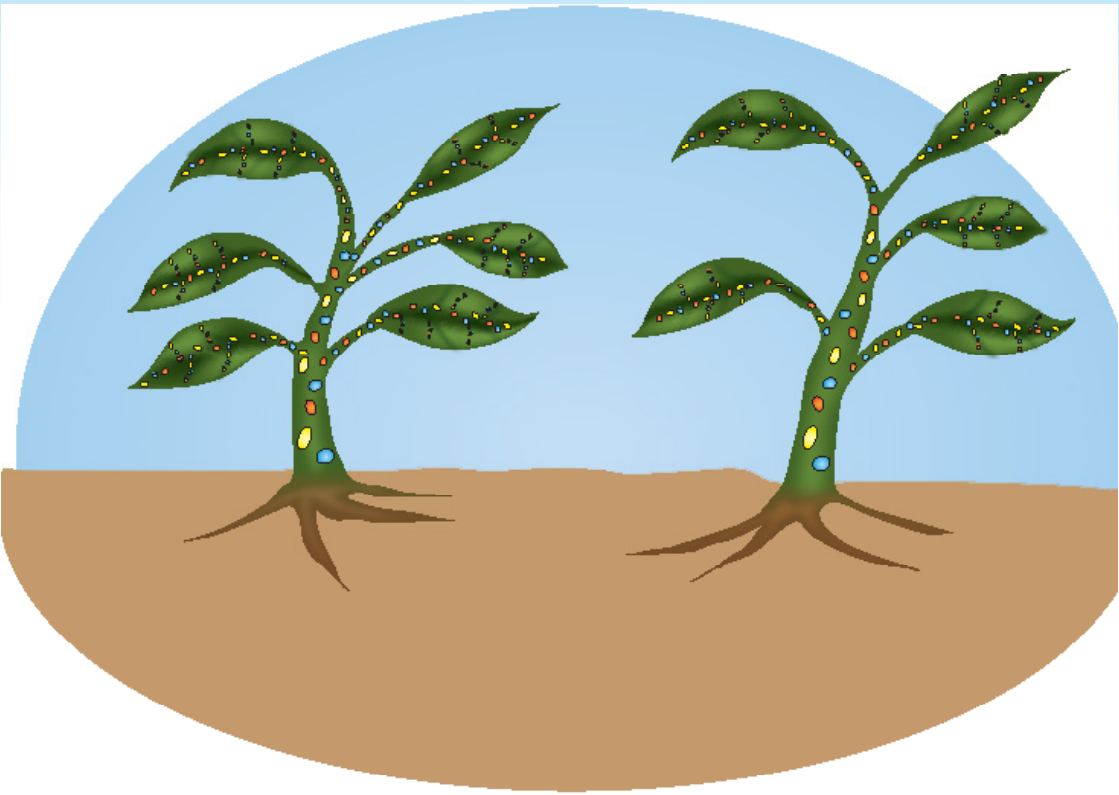
Naannawni keenya wantootaa uumamaaniifi namtolchee argaman of-keessatti hammata. Wantoonni naannawa keenyatti argamaniifi tajaajila dhala namaaf oolan kunniin haala gaariin eegamuu qabu. Tajaajilu qabeenya uumamaa dhala namaaf kennu kunis madaala uumamaa eeguu.

Oomishaafi oomishtummaan akka dabaluuuf gahee olaanaa qaba. Biyyeenis qabeenya uumamaa keessaa isa tokko waan ta'eef, kunuunsamuu qaba. Biyyeen qabeenyaa uumamaa kan akka albuudaafi bosonaafis madda.

Biyyeen midhaan irra oomishuuf, biqiltuuwwan adda addaa ammoo irratti biqilchuuf fayyadaa Fakkeenyaaf, akaakuu midhaanii kan akka boqqolloo, garbuu, qamadii, xaafii, nuugiifi bishingaa biqilcha. Mukkeen garagaraa kan akka birbirsaa, gaattiraa, oadaa, harbuu, hoomiifi qararoos nibiqilcha.

Biqiltoonni kunniin guddachuuf, walhoruufi firii kennuuf wantoota isaan barbaachisu biyyee irraa argatu. Nyaatasaanii qopheeffachuuf immoo o'a aduu isaan barbaachisa. Wantoonni kunniin yoo walitti dhufan, biqiltoonni haala gaariin guddachuufi bu'aa argamsiisuu danda'u.





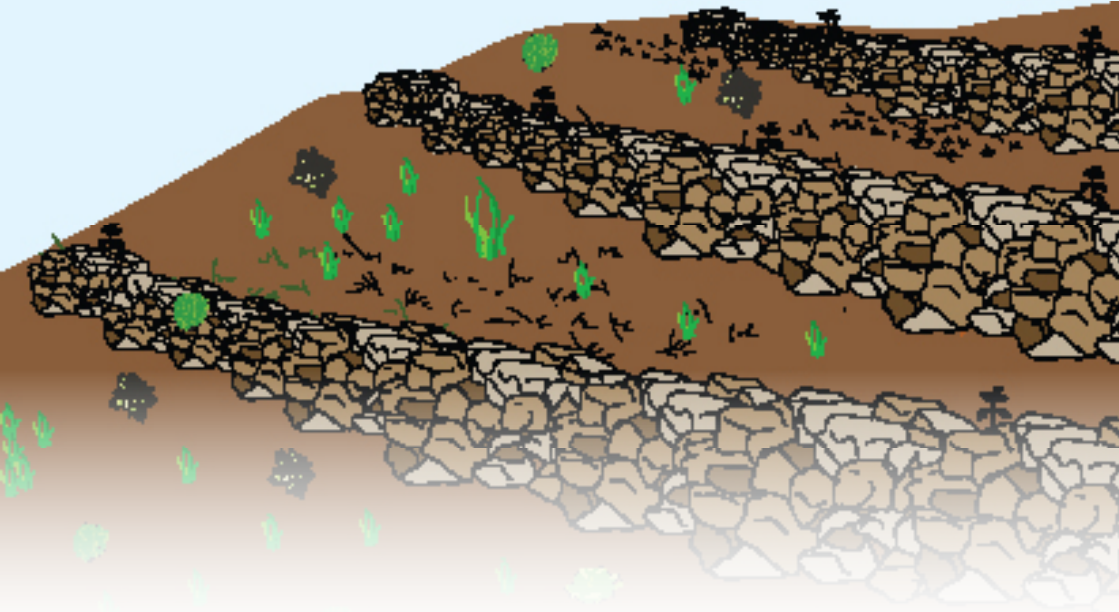
Biyyeen albuudota garagaraafi bishaan biqiltoonni karaa hidda isaanii olfudhachuun ittiin guddatan of-keessatti hammata. Bishaanis dachee keessatti waan kuufamuuf, lafa jalaatti fudhatama.

Bishaan lafa keessatiifi irratti bifa adda addaatiin kuufamuun tajaajila adda addaaf oola. Kan malees, jiruufi jireenya lubbuqabeeyyiif faayidaa guddaa qaba.

Biyyeen haala barbaadamuun yoo qotamuu baate, lolaadhaan haxaa'amee fudhatamuu danda'a. Lafa irraa gadiifi jalaa ol qotuun biyyee lolaaf saaxila. Garuu, akka taa'umsa lafa isaatti dalga qotuun biyyeen lolaan dhiqamuu irraa akka dandamatu taasisa. Kanaafuu, kunuunsaanii itti fayyadamuun baay'ee murteessaadha.

Lafti qonnaa akka barsiifata duriitti akka feeteen yoo qotame, biyyeensaa haramee dhumuu danda'a. Biyyeen akkuma haramaa deemeen, irri keessi biyyee inni (biyyee gabbataa) dhumaa deema. Kun immoo oomishtummaan lafaa hir'ataa akka deemu taasisa. Boodarra immoo, midhaanuu biqilchuu dhiisuu danda'a.

## Boqonnaa 2: Kunuunsa Biyyee



Akka lolaan biyyee hinfudhanneefi lafti gogee midhaan biqilchuu hindidne, daaga itti ijaaranii ittisuu barbaachisa. Bakka qonnaaf hintaanes, bosonaan uwwisuun biyyeen akka hinharamne gargaara. Bakka horiin dheedus addatti baasanii eeguufi akka irra deddeebi'ee dheedamee hinguuncaane gochuu gaafata.

Akkaataa qonnaa ammayyatiin biyyeetti fayyadamuuf, gorsa ogeessa qonnaa gaafachuun barbaachisaa dha. Gorsa kenname irratti hundaa’uunis biyyee kunuunsaa itti fayyadamuun nimala. Kun ta’uu baannaan biyyees ta’e oomisha biyyeerraa argamuu qabu xiqqeessuu danda’a.

Daagni hojjetame akka jabaatuufi hindiigamneef biqiltuu adda addaa irra dhaabuun kunuunsuu barbaachisa. Daagichis dhagaafi biyyeedhaan cimsanii ijaaruu barbaada. Hawaasni naannoos akka hubannoo qabaatu gochuun murteessaadha. Hubannoorris darbee qabatamaan irratti hojjechuu barbaachisa.

Lafa qonnaas hiranii akaakuu midhaan nyaataa adda addaatiin walkeessa makanii facaasuun biyyee kunuunsuu danda’a. Sanyii midhaanii walkeessa makanii facaasuun qaljummaa (gabbina) biyyees nifida. Lolaa bishaanii akaakuu midhaanii tokkorra humnaan sigigaatee dhufe inni

biraan hambisuu danda'a. Bishaan lola'ee dhufes humnisaa laafaa waan deemuuf, biyyeetti gadi seenee hafa.

Akka albuudonni biyyee keessaa akaakuu midhaan tokkootiin nyaatamanii hindhumne, midhaan waljijjiiranii facaasuun barbaachisaadha.

Akaakuun midhaanii tokko irra deddeebi'amee lafa qonnaa tokkorratti yoo faca'e, albuudonni hanqataa deemu. Kanaafuu, bara baraan akaakuu midhaanii waljijjiraanii facaasuun agaljummaa (gabbina) lafaa ni'eega.

Biyyeen qaljoome yookaan misoome jechuun immoo, oomishaafi oomishtummaan dabale jechuudha. Kun immoo qonnaan bultoonni galiinsaanii akka dabaluu taasisa. Midhaan nyaataatiinis akka of-danda'an isaan gargaara. Oomisha isaanirraa hafus gabaaf dhiyeessuun hawaasa bitatee jiraatuuf wabii ta'u jechuudha.

Yoo akka tasaa lafti borqateefi midhaan haala gaariin biqilchuu baate, xaa'oo itti facaasanii gabbisuun yookan. qaljeessuun nidanda'ama. Karaa biraa immoo, dikee horii jalaa haramu itti dabaluu qaljummaansaa akka deebi'u gochuun nidanda'ama. Kana malees, lafa borqate, yeroo murtaa'eef qonnaarraa bilisa gochuun lafichi akka deebi'ee misoomu gochuun nidanda'ama.

Xaa'oofi dikee fayyadamuun haala qonnaa ammayyaa wajjin walqabatee kan baratamaa jirudha. Lafa borqate gatuun, garuu, durii kaasee qotee bulaan itti fayyadamaa tureera. Garuu, karaa kamiinuu haata'u, akkaataa itti biyyeen kunuunfamee qabamuufi oomishtummaansaa dabalu gochuun barbaachisaa fi kan nama hundarraa eegamuu qabuudha.



Biyee gabbisuuf xaa’oo akaakuu lamaatti fayyadamuu dandeenya Isaanis – xaa’oo namtolfeefi uumamaati. Xaa’oo namtolfeen wantootaafi keemikaala adda addaa irraa warshaa keessatti kan qophaa’udha. Xaa’oon uumamaa, garuu, balfa, kosiifi bobbaa bineeldotaa garagaraa irraa lafa keessatti awwalamee walnyaatee kan qophaa’udha.

Itti fayyadama xaa'oo irrattis gorsi ogeessa qonnaa nibarbaachisa. Kunis lafa qonnaa hammamiif xaa'oon kiiloon meeqa akka barbaachisu beekuun dirqama. Akkaataan xaa'oon qonnaarratti facaafamus sirriitti beekuu barbaada. Akaakuu xaa'oos beekuun itti fayyadamuufi kamtu dura kamtu immoo booda akka faca'u hubachuun murteessaadha.

Biyyeen haala itti kunuunfamu irratti gorsa ogeessa qonnaa argachuufi gorsa sanarratti hundaa'uun biyyee kunuunsuun dansa. Lafa qonnaa qopheessuu irraa eegalee hanga sanyiin midhaanii faca'ee lafa uwwisutti eeggannoo gochuun nimala. Kun ta'uu baannaan, midhaan irra faca'ellee utuu hundeensaa lafa hinqabatiin haramee baduu danda'a. Gorsi kennamus kan yeroo tokko o'ee yeroo biraa qabbanaa'u ta'uu hinqabu. Haala itti fufiinsa qabuun kennamuu qaba.



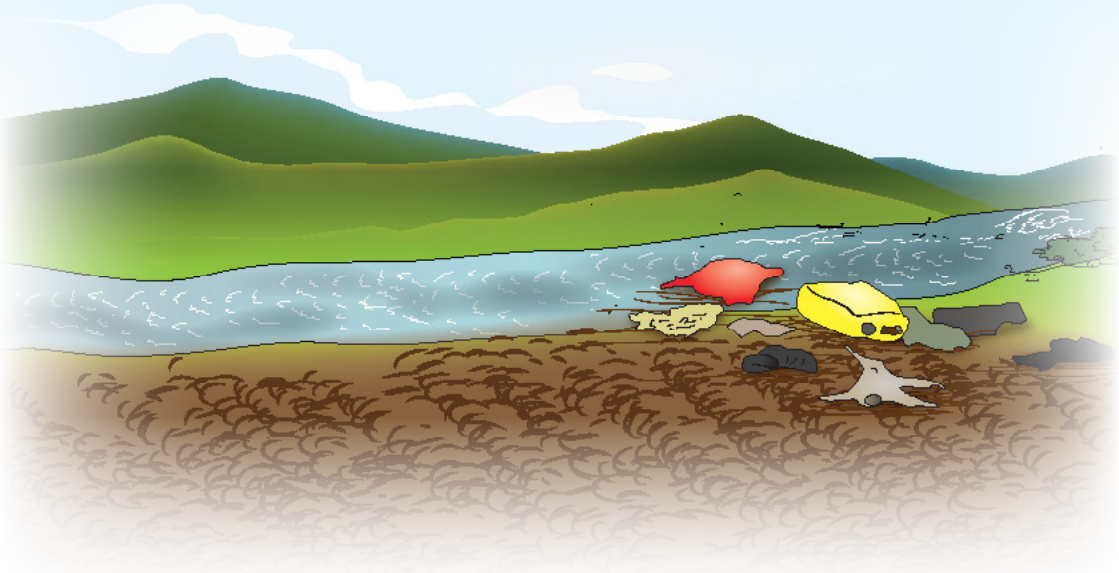
Qonnaan bultoonni akka gorsa ogeessa qonnaatti biyyeesaanii kunuunsanii itti fayyadaman, abdi oomisha gaarii argachuu qabu. Biyyeen kunuunsame, xaa'oo guddaa hinbarbaadu. Kun immoo baasii gama kanaan ba'u qusachuuf gargaara. Oomishtummaan lafa qonnaas akka dabaluu taasisa.

Haata'u malee, qonnaan bultoonni gorsa ogeessa qonnaatiin hinfayyadamne, bu'aan qonnaarraa argatan gadaanaa ta'a. Jarri kunniin, qonnaan buloota naannoosaanii kan gorsa ogeeyyii qonnaa argatanii badhaadhan irraa barachuu qabu. Yoo kun hintaane, midhaan nyaataatiinillee of-danda'uun rakkisaadha.

Biyyeen qonnaaf oolu lafa dirreefi ciisaa malee gaararra ta'uu hinqabu. Gaara qotuun biyyee lolaaf kennuu ta'a. Qotee bulaan tokkos lafa qabu akka tajaajila lafichaatti qoqqoodee itti fayyadamuun bu'aa qabeessa. Yeroo kana deggarsa ogeeyyii qonnaa daran nibarbaachisa.

Fakkeenyaaf, lafa qonnaa, lafa dheedisa horii, lafa bosonaafi lafa mana jireenyaa jechuun qoqqooduun nidanda'ama. Biyya keenya keessatti haalli kun sirriitti hojiirra oolaa hinjiru. Lafa akkasitti qoqqoodanii fayyadamuun immoo biyyees ta'e qabeenya uumamaa hunda haala gaariin kunuunsuuf mijataadha.

## Boqonnaa 4: Faalama Biyyee



Lafti horiin yeroo baay'ee dheeduufi irra yaa'u lolaafi qilleensaaf waan saaxilamuuf, biyyeen haramee akka baduuf sababii ta'a. Rakkoo kana maqsuufis yeroo hunda horii karaa tokko qofarra yaasuurra, kallattii adda addaatiin bobbaasuun dansa. Lafa dheedisaa yeroo yerootti jijjiirruun akka horiin dheedu gochuun nimala.

Danaa lafaa kanuma dirree ta'eyyuu, irra deddeebi'anii horii dheechisuun marga irraa waan fixuuf, lafichi duwwaatti hafa. Lafti margi irraa barbadaaye immoo biyyeensaa duwwaatti waan hafuuf, horiin yoo irra yaa'u biyyeen qilleensaan fudhatama. Bokkaa cimaan yeroo roobus bishaan roobaatiin haramee manca'a.

Lafti bosonni irraa ciramee dhumeefi gubates qullaa waan ta'uuf, wantoota adda addaatiin haramee baduufi faalamaaf saaxilamuu danda'a. Bosona ciruun madaallii uumamaa waan faallessuuf, bosona kunuunsuun akka biyyee kunuunsuutti fudhatama. Waan ta'eef, biyyeen bosona malee, bosonnis biyyee malee kunuunfamarii jiraachuu hindanda'ani.

Bosonni qilleensa qulqulluu dhala namaaf ta'u maddisiisa. Biyyeen immoo misooma bosonaaf kan ta'an albuudota argamsiisa. Kanaafuu, faalama qilleensaas ta'e kan biyyee, hambisuuf, bosonas ta'e biyyee kunuunsuun dirqama keenya.

Isaan kan lachan kunuunsuun immoo naannawa kunuunsuu keessatti iddoo olaanaa qaba.

Biyyeen wantoota adda addaatiin faalamuu danda'a. Fakkeenyaaf, feestaalii, laastiikiifi jarkaanaafaa ta'uu danda'u. Keemikaalli adda addaas biyyee faaluu danda'u. Isaan kunis biyyee keessa yeroo dheeraa jiraachuu waan danda'aniif, biyyeen daran akka faalamuufi midhaan hinbiqilchine taasisu.

Biyya keenya keessatti, keessattuu magaala keessatti wantoonni armaan olitti eeraman lafaafi naannawa balleessaa jiru. Kosiin gogaafi xuriin dangala'aan haalaan walitti qabamee yoo qulqullaa'uu baate, dhibee adda addaafille uummata saaxila. Akkaataan itti xuriifi kosiwwan kana dhabamsiisanis tarsiimoo cimaan jiraachuu qaba.

Walumaagalatti, naannawa kunuunsuun biyyee kunuunsuudha. Kunis itti fayyadama biyyee beekumsarratti hundaa'een fayyadamuun oomishaafi oomishtummaa guddisuu waan ta'eef, haalaan eegnee itti fayyadamuun dirqama ta'a. Beekumsi nuti naannawaafi biyyee kunuunsuu irratti qabnus dabaluu qaba. Keessattuu, qonnaan bultoonni gama kanaan beekumsa gahaa horachuu qabu. Dhimmi naannawa ofii kunuunsuu dhimma murteessaa waan ta'eef, hojii keenya guyyuu keessatti gocha kana dagachuu hinqabnu.

## Gaaffilee Dubbisuun Boodaa

1. Naannawa kunuunsuun maaliif barbaachise?
2. Biyyeen attamitti kunuunsama?
3. Oomishaafi oomishtummaan akka dabaluu maaltu gargaara?







the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 13.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people, and the need to ensure that the health care system is able to meet the needs of older people. The Department of Health (2000) has published a strategy for older people, which sets out the government's commitment to older people and the need to ensure that the health care system is able to meet the needs of older people.

The strategy for older people is based on the following principles: (1) older people should be able to live independently and actively; (2) older people should be able to access the health care services they need; (3) older people should be able to live in their own homes; (4) older people should be able to access the social services they need; (5) older people should be able to access the housing services they need; (6) older people should be able to access the transport services they need; (7) older people should be able to access the leisure services they need; (8) older people should be able to access the education services they need; (9) older people should be able to access the employment services they need; (10) older people should be able to access the financial services they need.

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