

Carer Factsheet

Caring for Someone Who is Terminally Ill

The level of care you choose to provide for someone who is terminally ill is a personal decision. Talk to your GP, social worker or relevant voluntary organisation for help and advice. If any of your care needs are likely to change you can request an assessment of care and support needs for the person you care for, and a Carers Assessment for yourself. You may also be entitled to financial help.

There is a faster process for claiming certain allowances for people with a life expectancy of less than 6 months.

Making Arrangements in Advance

You or the person you care for may not initially want to talk (or think) about making any end of life arrangements. However, for some people it can be of comfort. You may wish to discuss the funeral arrangements, if they have a will, if they have opted in or out of the organ donor scheme, and where their documents are kept.

Emotional Support

This will be a difficult time for everyone, and even though you will be thinking about the person you care for, you should consider your own needs. Sometimes it is useful to be able to talk about issues to someone who is not a member of your family or a friend. Counselling is a way of talking through your feelings and looking at ways of coping with the situation. Organisations such as Marie Curie (www.mariecurie.org.uk) have a service to support carers of people with terminal illness and City Hospice may also be able to provide support (www.cityhospice.org.uk).

Mae'r ddogfen hon ar gael yn Gymraeg. This document is available in Welsh.

This factsheet is produced by Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board. Every effort has been made to make sure the information is correct and up to date.

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Taflen Ffeithiau Gofalwr

Gofail am Rywun sydd â Salwch Angheuol

Mae lefel y gofal y dewiswch ei gynnig i rywun sy'n dioddef o salwch angheuol yn benderfyniad personol. Siaradwch â'ch meddyg teulu, gweithiwr cymdeithasol neu sefydliad gwirfoddol perthnasol i gael help a chyngor. Os yw eich anghenion gofal yn debygol o newid gallwch wneud cais i gael asesiad o anghenion gofal a chymorth ar gyfer y person sydd dan eich gofal, ac Asesiad Gofalwr ar eich cyfer chi eich hun. Mae'n bosib hefyd y bydd hawl gennych i dderbyn cymorth ariannol.

Mae proses gyflymach ar gael i hawlio rhai lwfansau ar gyfer pobl sydd â disgwyliad oes sy'n llai na 6 mis.

Gwnewch Drefniadau Ymlaen Llaw

Efallai na fyddwch chi neu'r person sydd dan eich gofal ddim am siarad i ddechrau (neu feddwl) am wneud trefniadau diwedd oes. Fodd bynnag, i rai pobl gall roi cysur. Efallai eich bod am drafod trefniadau'r angladd, a oes ewyllys ganddynt, os ydynt wedi optio i mewn neu allan o'r cynllun rhoi organau, a lle y cedwir eu dogfennau.

Cefnogaeth Emosiynol

Bydd hyn yn gyfnod anodd i bawb, ac er y byddwch yn ystyried y person sydd dan eich gofal, dylech ystyried eich anghenion chi eich hun. Weithiau mae'n ddefnyddiol gallu siarad am faterion gyda rhywun nad yw'n aelod o'r teulu neu'n ffrind. Mae cwmsela yn fodd o siarad drwy eich teimladau ac edrych am ffyrdd o allu ymdopi â'r sefyllfa. Mae gan sefydliadau fel Marie Curie (www.mariecurie.org.uk) wasanaeth i gefnogi gofalwyr ar bobl sydd â salwch angheuol ac efallai y gall City Hospice estyn cymorth (www.cityhospice.org.uk).

Mae'r ddogfen hon ar gael yn Saesneg. <0}

Cynhyrchir y ffeithlen hon gan Gyngor Caerdydd, Cyngor Bro Morgannwg a Bwrdd Iechyd Prifysgol Caerdydd a'r Fro

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