Carer Factsheet

Primary Healthcare

GP Surgery

Most GP surgeries have a range of services to support carers, including:

- A way to register as a carer – a note on your medical record can explain why you need home visits or have certain health issues.
- Ability to book a double appointment – this will give you and the person you care for more time with your GP.
- Being able to request a home visit if you or the person you care for are unable to get to the surgery.
- Access a free flu jab
- Able to request a puncture-resistant 'sharps box'
- A member of staff who is a Carers Champion – someone to give you additional advice and information on support available to carers in your area.

It might be helpful to think about:

- Preparing for an appointment – writing down questions before you go means that you will not forget to ask anything.
- Asking your local surgery for extra training if you provide medical care.
- Making note of the GP out of hours service telephone number for when the surgery is closed. The number is on your surgery answer machine.

NHS Direct Wales (Tel: 0845 46 47) is a 24 hour telephone advice and information line staffed by nurses and health information advisers. The website also has a lot of information on local organisations that can help you as a carer or the person you care for www.nhsdirect.wales.nhs.uk

Prescribed Medications

If you are involved with helping the person you care for with their medication you should ask your GP for advice on what has been prescribed. All prescription

medication also comes with an information sheet, which gives details on the medication and its potential side effects.

If you still have questions, talk to the pharmacist when collecting the prescription. Pharmacists have detailed knowledge and can advise on any over-the-counter medications that should not be taken at the same time as prescription medication.

If you are administering medication, speak to your GP or a district nurse for advice. You should not be expected to do this without some guidance.

There is also an additional leaflet available called 'A carers Guide to Managing Medicines' which should be available from your GP surgery.

District Nurses

Sometimes the person you care for may need additional nursing care and support in the home. This could be because they are unable to visit the GP surgery, as they are permanently or temporarily housebound. In these circumstances the hospital, GP or another agency will refer them to the District Nursing service (Tel 029 2044 4501). This service offers nursing care, advice and support helping to enable individuals to maintain their own independence and achieve self care.

Following a referral from hospital, GP or another agency, a District Nurse will perform a health needs assessment with you and the person you care for, at home, to discuss the help that the person you care for needs.

The service they provide may include:

- Wound Care
- Care at end of Life
- Bladder or bowel management
- Information or referrals to other community-based services

Opticians

If you care for someone who is not able to visit an optician unaccompanied due to physical or mental disability, they may be eligible to have a free NHS eye test at home.

In Cardiff & Vale, Specsavers Healthcall provide a home service for those eligible. To find out if the person you care for is eligible call 0800 198 1132 or go to www.specsavers.co.uk

Dental Services

Community Dental Services (CDS) provide treatment for people who may not otherwise seek or receive dental care, such as people with learning disabilities, elderly housebound people, and people with mental or physical health problems or other disabling conditions that prevent them from visiting a dentist.

The CDS accepts referrals from a wide range of health care professionals including General Dental Practitioners, medical practitioners, hospital staff, health visitors, social workers and carers of disabled people. All referrals for treatment are screened to ensure they are appropriate for the service and there are certain eligibility criteria. For more information and to download guidance on how to make a referral visit www.cardiffandvaleuhb.wales.nhs.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.

V1 May 2018

Taflen Ffeithiau Gofalwr

Gofal Cynradd

Meddygfeydd

Mae gan y rhan fwyaf o feddygfeydd ystod o wasanaethau i gefnogi gofalwyr, gan gynnwys:

- Modd i gofrestru fel gofalwr – gall nodyn ar eich cofnodion meddygol esbonio pam fod angen ymweliad gartref, neu fod gennych faterion iechyd penodol.
- Y gallu i gadw apwyntiad dwbl – yn rhoi cyfle i chi a'r person yr ydych yn gofalu amdano, gael amser gyda'ch meddyg teulu.
- Gallu gofyn am ymweliad gartref os ydych chi neu'r person yr ydych yn gofalu amdano yn methu cyrraedd y feddygfa.
- Cael brechiad am ddim yn erbyn y ffliw
- Gallu gofyn am 'flwch teclynnau miniog' na allwch ei dyllu
- Aelod o staff sy'n Bencampwr Gofalwyr – rhywun i roi cyngor ychwanegol a gwybodaeth am gymorth sydd ar gael i ofalwyr yn eich ardal.

Efallai y byddai'n ddefnyddiol i feddwl am:

- Paratoi am apwyntiad – ysgrifennu cwestiynau o flaen llaw fel na fyddwch yn anghofio gofyn rhywbeth
- Gofyn i'ch meddygfa leol am hyfforddiant ychwanegol os ydych yn rhoi gofal meddygol.
- Gwneud nodyn o rif ffôn y gwasanaeth y tu allan i oriau pan fydd y feddygfa ar gau. Mae'r rhif ar beiriant ateb eich meddygfa.

Mae Galw Iechyd Cymru (Ffôn: 0845 46 47) yn llinell ffôn 24 awr sy'n rhoi cyngor a gwybodaeth gan nyrsys a chynghorwyr iechyd. Mae llawer o wybodaeth am fudiadau lleol sy'n gallu eich helpu fel gofalwr, neu'r person yr ydych yn gofalu amdano, ar eu gwefan www.nhsdirect.wales.nhs.uk

VALE of GLAMORGAN BRO MORGANNWG
CARDIFF CAERDYDD
GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

Meddyginiaethau ar Bresgripsiwn

Os ydych yn helpu'r person yr ydych yn gofalu amdano gyda'u meddyginiaeth, dylech ofyn am gyngor gan eich meddyg teulu ynglŷn a'r hyn sydd wedi'i ragnodi. Mae pob meddyginiaeth sydd wedi'i rhagnodi â thaflen wybodaeth sy'n rhoi manylion ynghyd â'i sgil-effeithiau posib.

Os oes gennych gwestiynau o hyd, siaradwch â'r fferyllydd wrth gasglu'r presgripsiwn. Mae gan fferyllwyr wybodaeth fanwl, ac maen nhw'n gallu cynghori ar unrhyw feddyginiaethau y gallwch eu prynu dros y cownter, na ddylid eu cymryd yr un pryd â meddyginiaeth ar brescripsiwn.

Os ydych yn rhoi meddyginiaeth, siaradwch â'ch meddyg teulu neu nyrs ardal am gyngor. Nid oes disgwyl i chi wneud hyn heb rywfaint o ganllawiau.

Mae taflen ychwanegol hefyd ar gael o'r enw 'Canllaw Gofalwyr i Reoli Meddyginiaethau' ddylai fod ar gael yn eich meddygfa leol.

Nyrsys Ardal

Weithiau mae angen gofal a chymorth ychwanegol yn y cartref ar y person sydd yn eich gofal. Gallai hyn fod oherwydd nad ydyn nhw'n gallu ymweld â'r feddygfa, gan eu bod yn gaeth i'r tŷ dros dro neu yn barhaol. Mewn amgylchiadau fel hyn, gall yr ysbyty, y feddygfa neu asiantaeth arall eu cyfeirio at y gwasanaeth Nyrs Ardal (Ffôn 029 2044 4501). Mae'r gwasanaeth hwn yn cynnig gofal nyrsio, cyngor a chymorth i alluogi unigolion i gadw eu hannibyniaeth a gofalu am eu hunain.

Yn dilyn atgyfeirio o ysbyty, o feddygfa neu asiantaeth arall, bydd y Nyrs Ardal yn gwneud asesiad o anghenion iechyd gyda chi a'r person yn eich gofal, yn eich cartref, i drafod y cymorth sydd ei angen arno/arni.

Mae'r gwasanaeth yn cynnwys:

Gwella Clwyf
Gofal ar Ddiwedd Oes
Rheoli'r bledren neu'r coluddyn
Gwybodaeth am wasanaethau eraill yn y gymuned, neu atgyfeiriadau atynt

Optegwyr

Os ydych yn gofalu am rywun sy'n methu ymweld â'r optegydd ar eu pen eu hunain oherwydd anabledd corfforol neu feddyliol, mae'n bosib eu bod nhw'n gymwys i gael prawf llygad gartref am ddim ar y GIG.

Yng Nghaerdydd a'r Fro, mae Specsavers Healthcall yn darparu gwasanaeth cartref i'r rhai sy'n gymwys. Er mwyn darganfod os yw'r person sydd yn eich gofal yn gymwys ffoniwch 0800 198 1132 neu ewch i www.specsavers.co.uk

Gwasanaethau Deintyddol

Mae Gwasanaethau Deintyddol Cymunedol (GDC) yn cynnig triniaeth i bobl sydd ddim fel arfer yn chwilio am driniaeth ddeintyddol neu'n ei dderbyn, er enghraifft pobl ag anableddau dysgu, pobl oedrannus sy'n gaeth i'w cartrefi, pobl â phroblemau iechyd meddwl neu gorfforol neu gyflyrau eraill sy'n eu rhwystro rhag ymweld â'r deintydd

Mae'r GDC yn derbyn atgyfeiriadau gan ystod eang o weithwyr iechyd proffesiynol gan gynnwys Ymarferwyr Deintyddol Cyffredinol, ymarferwyr meddygol, staff mewn ysbytai, ymwelwyr iechyd, gweithwyr cymdeithasol a gofalwyr pobl anabl. Mae pob atgyfeiriad am driniaeth yn cael eu gwirio, er mwyn sicrhau eu bod yn addas i dderbyn y gwasanaeth. Mae hefyd feini prawf cymhwysedd penodol. Am ragor o wybodaeth ac i lawrlwytho canllawiau ar sut i wneud ymweliad atgyfeirio ewch i www.cardiffandvaleuhb.wales.nhs.uk.

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

V1 Mai 2018