

# Carer Factsheet

## Support Available

If you are finding caring at home increasingly difficult you may benefit from extra help in the home, this could involve a break, or maybe you need to consider residential or nursing care. For more information about what care options are available you can request an assessment of care and support needs from social services for the person you care for as long as you have their consent.

If you prefer not to have an assessment and are able to cover the costs yourself, you can contact a care agency directly. If you do not wish to approach social services you can contact an organisation relating to the illness of the person you care for to provide information, advice and support. Details of a range of organisations can be found in the Carers Directory, available at [www.cardiffandvaleuhb.wales.nhs.uk/carers-resources](http://www.cardiffandvaleuhb.wales.nhs.uk/carers-resources).

### **Domiciliary Care (Help in the Home)**

This may include help with personal care for the person you care for, such as dressing, washing, using the toilet, getting out and about or preparing meals. Domiciliary care may be available through social services when the person you care for has an assessment (see Factsheet 2 – Getting Help from Social Services). If you or the person you care for can cover the full costs, prefer not to be assessed by Social Services, or want additional care to that assessed, you can contact an agency in the Vale Council's Directory of Care Services directly. If you live in Cardiff, call the First Point of Contact for more advice on 029 20 234 234. Domiciliary care is for the person you care for and so they may be financially assessed.

### **Respite/Sitting Services (Short Breaks)**

Respite offers you a break, with someone else looking after the person you care for and, in some cases, taking you out of the caring situation. Respite can either take place in your own home or elsewhere. You can obtain respite through being assessed by social services or directly contacting a respite agency.

Respite is considered a service for the person you care for and so they may be financially assessed.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## Residential and Nursing Care

If you are unable to continue caring at home, you may consider residential or nursing care for the person you care for. Nursing homes offer a high level of support for people with complex health care needs or challenging behaviour. Residential homes offer a lower level of support for people who are more independent.

You can ask social services to assess the person you care for and they will then assist you to find a nursing or residential home and possibly help with fees. If you can, or want to cover the costs yourself you can still ask social services to assess the person you care for, to identify their needs and to help you manage this process.

If you do not want to involve social services, you can contact a home directly through the Vale Council's Directory of Care Services or go on [www.chooseacarebed.co.uk](http://www.chooseacarebed.co.uk) which details the current care homes in Cardiff and the Vale, with details of any vacancies. Each home has separate assessment procedures. The Care and Social Services Inspectorate also provides information about care homes and they can be contacted on 0300 062 8888.

Age UK also published a number of factsheets and checklists to help people choose a care home ([www.ageuk.org.uk](http://www.ageuk.org.uk)).

## Extra Care

People who live in Extra Care Housing have their own self-contained homes and their own front doors with care and support available on site. Extra Care Housing is also known as 'very sheltered housing', 'assisted living', or simply as 'housing with care'. It comes in many forms, including blocks of flats, bungalow estates and retirement villages. It is a popular choice among older people and can be an alternative to a care home.

## Supported Living

For younger disabled people there are various alternatives to residential care, such as supported or independent living schemes. For more information contact Disability Rights UK on 020 7250 3222.

## NHS Funded Care

If the health care needs of the person you care for cannot be met by social services then they may be entitled to a package of care provided by the NHS. This includes accommodation and nursing support provided at home or in a nursing home. For more information contact your GP/social worker or, if the person you care for is in hospital, the ward staff.

## Specialist Services and Support

There are organisations that provide specialist advice, information and support depending on the needs of the person you care for. Details for some of these organisations can be found on Dewis, an online database of local services – [www.dewis.wales](http://www.dewis.wales).

### Counselling

Counselling is an opportunity to talk with someone trained to help you see things in a different light and find ways to help you cope or make positive changes. You can discuss anything, for example retirement, loneliness, anxiety, stress, painful family relationships and grief. Some GP practices have counsellors attached to their surgeries, or they can signpost you to a counsellor in your area.

### Support Groups

You may find it useful to meet with others who have experience of being a carer. Support groups provide an opportunity to meet other carers, share advice, information, tips and a chance to relax and make friends. Some groups are open to the cared for person as well. Many specialist organisations run support groups including those which are age appropriate or culture specific and their details can be found on Dewis – [www.dewis.wales](http://www.dewis.wales).

### Carers Training

Cardiff and Vale of Glamorgan Councils run a number of training days which you may be able to access. They include manual handling and first aid. If you live in the Vale, contact the Carers Development Officer on 01446 704604. If you care for someone living in Cardiff go to [www.cardiffandvalesocialcare.co.uk](http://www.cardiffandvalesocialcare.co.uk) website.

### Health and Wellbeing Courses

The NHS Education Programme for Patients and Carers (EPP) runs free health and wellbeing courses for people living with a long term health problem and for carers.

The Live Well while Caring: Carers Workshops are two, two hours, sessions looking at your physical and emotional well-being. For more information contact 029 2033 5403 or email [Epp.info.cav@wales.nhs.uk](mailto:Epp.info.cav@wales.nhs.uk).

## Primary Mental Health Support Service

The service offers two open access courses 'ACT-ion for Living' and 'Stress Control', for more information ring 029 2090 6210.

You could visit the Stepiau website ([www.stepiau.org](http://www.stepiau.org)) which has been developed by the Primary Mental Health Support Service (PMHSS) for Cardiff and the Vale of Glamorgan.

Stepiau primarily provides accessible self help resources and links to local services as a first step to developing mental wellbeing.

## Carers Newsletter

The Vale of Glamorgan Council produce a quarterly newsletter for carers. They outline upcoming training courses and events, provide information on new and existing services, and any other items that are felt to be useful. To be added to the mail list for the Vale newsletter call 01446 704604.

## Housing Support

For information on Housing in the Vale of Glamorgan contact the Supporting People Team on 01446 709793. For Cardiff phone the Housing Options Service on 029 2057 0750 or visit your local Hub.

## Advice and Information

Sometimes getting the right advice at the right time is all that you need.

Cardiff Council have local Hubs where you can go to get a range of advice and information on council services. To find out where your nearest Hub is go to [www.cardiff.gov.uk/hubs](http://www.cardiff.gov.uk/hubs) or call C2C on 029 2087 2087.

The Vale of Glamorgan has a contact centre 'Contact One Vale (C1V) on 01446 700111.

Barry Hospital, University Hospital Llandough and University Hospital of Wales (Heath) have Information and Support Centres which can provide a range of advice and information and support. They can be contacted on;

- Barry Hospital 01446 704141
- University Hospital Llandough 029 20716311
- University Hospital of Wales 029 20745655

The Patient Experience Support Advisor can also be contacted to provide one to one support and signposting for carers. Tel 029 2074 5307.

Following a Carer's Assessment you might be signposted or referred to other services to help you continue caring or to be able to go to work, take part in leisure activities or continue with some form of education. You will need to discuss this with the person completing the Carer's Assessment with you to decide what would help you. See Getting Help from Social Services factsheet.

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

## Cymorth Sydd ar Gael

Os ydych chi'n ei chael hi'n fwy fwy anodd gofalu am rywun gartref, mae'n bosib y byddai cael rhagor o gymorth o fudd i chi. Gallai hyn olygu cael seibiant, neu mae'n bosib bod angen i chi ystyried gofal preswyl neu nyrsio. I gael gwybod mwy am ba ddewisiadau gofal sydd ar gael i chi, gallwch ofyn am asesiad gan y gwasanaethau cymdeithasol o'ch anghenion gofal a chymorth ar gyfer y person sydd yn eich gofal, cyhyd â'u bod nhw'n rhoi sêl eu bendith.

Os fyddai'n well gennych chi beidio cael asesiad, a thalu'r costau eich hunan, gallwch gysylltu ag asiantaeth gofal yn uniongyrchol. Os nad ydych am gysylltu â'r gwasanaethau cymdeithasol gallwch gysylltu â sefydliad sy'n ymwneud â'r salwch sydd gan y person yr ydych yn gofalu amdano i gael gwybodaeth, cyngor a chefnogaeth. Ceir manylion am amrywiaeth o sefydliadau yn y Cyfeirlyfr i Ofalwyr sydd ar gael yma: [www.cardiffandvaleuhb.wales.nhs.uk/carers-resources](http://www.cardiffandvaleuhb.wales.nhs.uk/carers-resources).

### Gofal yn y Cartref (Cymorth yn y Cartref)

Gallai hyn olygu help gyda gofal personol am yr unigolyn yr ydych yn gofalu amdano, fel gwisgo, ymolchi, defnyddio'r tŷ bach, mynd allan o'r tŷ a pharatoi prydau bwyd. Mae'n bosib y bydd gofal yn y cartref ar gael drwy'r gwasanaethau cymdeithasol os yw'r person yr ydych yn gofalu amdano'n cael asesiad (gweler Taflen Ffeithiau 2 - Cael Cymorth gan y Gwasanaethau Cymdeithasol). Os ydych chi, neu'r person yr ydych yn gofalu amdano yn gallu talu'r costau'n llawn, neu ei bod yn well gennych chi beidio cael eich asesu gan y Gwasanaethau Cymdeithasol, neu eich bod angen rhagor o ofal na'r hyn benderfynwyd ar eich cyfer yn yr asesiad, gallwch gysylltu ag asiantaeth yng Nghyfeirlyfr Gwasanaethau Gofal Cyngor Bro Morgannwg yn uniongyrchol. Os ydych yn byw yng Nghaerdydd, ffoniwch y Prif Bwynt Cyswllt am ragor o gyngor ar 029 20 234 234. Mae Gofal yn y Cartref ar gyfer y person yr ydych yn gofalu amdano, ac felly mae'n bosib y byddan nhw'n cael eu hasesu'n ariannol.

## **Gofal Seibiant/Gwasanaethau Eistedd gyda Phobl (Egwyliau Byr)**

Mae Gofal Seibiant yn rhoi saib i chi, tra bod rhywun arall yn edrych ar ôl y person yr ydych yn gofalu amdano, ac mewn rhai achosion, yn eich symud o'r sefyllfa ofalu. Gall gofal seibiant naill ai ddigwydd yn eich cartref eich hun neu mewn man arall. Gallwch gael gofal seibiant drwy gael eich asesu gan y gwasanaethau cymdeithasol, neu'n uniongyrchol drwy gysylltu ag asiantaeth ofal.

Ystyrir gofal seibiant fel gwasanaeth ar gyfer yr unigolyn sydd yn eich gofal, ac felly mae'n bosib y gallent gael eu hasesu'n ariannol.

## **Gofal Preswyl a Nyrsio**

Os na fedrwyd barhau i ofalu yn y cartref, gallech ystyried gofal preswyl neu nyrsio i'r person yn eich gofal. Mae cartrefi nyrsio yn cynnig lefel uchel o gymorth i bobl ag anghenion iechyd cymhleth neu ymddygiad heriol. Mae cartrefi preswyl yn cynnig lefel is o gymorth i bobl sy'n fwy annibynnol.

Gallwch ofyn i'r gwasanaethau cymdeithasol i asesu'r person yn eich gofal, yna cewch gymorth ganddynt i ddod o hyd i gartref nyrsio neu breswyl, a chymorth o bosib gyda'r ffioedd. Os ydych chi'n gallu, neu'n dymuno talu'r costau eich hunan, gallwch ofyn i'r gwasanaethau cymdeithasol yn yr un modd i asesu'r person yn eich gofal, i adnabod eu hanghenion ac i'ch helpu chi reoli'r broses.

Os nad ydych am ymwneud â'r gwasanaethau cymdeithasol, gallwch gysylltu â chartref yn uniongyrchol drwy Gyfeirlyfr Cyngor y Fro o Wasanaethau Gofal, neu ewch i [www.chooseacarebed.co.uk](http://www.chooseacarebed.co.uk) sy'n rhestru'r cartrefi gofal sydd ar gael ar hyn o bryd yng Nghaerdydd a'r Fro, ynghyd â manylion am lefydd gwag. Mae gweithdrefnau asesu gwahanol i bob cartref. Mae gan yr Arolygiaeth Gwasanaethau Gofal a Chymdeithasol wybodaeth hefyd am gartrefi gofal a gellir cysylltu â hwy ar 0300 062 8888.

Mae Age UK wedi cyhoeddi nifer o daflenni ffeithiau a rhestrau gwirio i helpu pobl i ddewis cartref gofal ([www.ageuk.org.uk](http://www.ageuk.org.uk)).

## **Gofal Ychwanegol**

Mae gan bobl sy'n byw mewn Tai Gofal Ychwanegol gartref annibynnol â mynediad preifat, gyda gofal a chymorth ar gael ar y safle. Mae Tai â Gofal Ychwanegol hefyd yn cael ei alw'n 'Dŷ Gwarchod', yn 'Fyw gyda Chymorth' neu'n syml yn 'Dai â Gofal'. Mae'r cartrefi mewn amrywiaeth o dai, gan gynnwys blociau o fflatiau, stadau o fyangalos neu'n bentrefi ymddeol. Mae'n ddewis poblogaidd ymhlith pobl hŷn ac mae'n gallu bod yn ddewis amgen i gartref gofal.

## Byw gyda Chymorth

I bobl anabl iau, mae dewis amgen i ofal preswyl, fel cynlluniau byw â chymorth, neu gynlluniau byw'n annibynnol. Am ragor o wybodaeth cysylltwch â Disability Rights UK ar 020 7250 3222.

## Gofal wedi'i ariannu gan y GIG

Os na all y gwasanaethau cymdeithasol ddiwallu anghenion iechyd yr unigolyn yn eich gofal yna mae'n bosib y gallan nhw hawlio pecyn o ofal gan y GIG. Mae hyn yn cynnwys cefnogaeth nyrsio yn y cartref neu mewn cartref nyrsio. Am ragor o wybodaeth cysylltwch â'ch meddyg teulu/gweithiwr cymdeithasol, neu os yw'r person yn eich gofal yn yr ysbyty, staff y ward.

## Gwasanaethau Arbenigol a Chymorth

Mae mudiadau ar gael sy'n rhoi cyngor arbenigol, gwybodaeth a chymorth yn dibynnu ar anghenion yr unigolyn sydd yn eich gofal. Gellir cael manylion am rai o'r sefydliadau hyn ar Dewis, sy'n fas data ar-lein o wasanaethau lleol - [www.dewis.wales](http://www.dewis.wales).

## Cwswela

Mae Cwswela yn gyfle i siarad â rhywun sydd wedi'i hyfforddi, i'ch helpu chi i weld pethau mewn golau gwahanol, a dod o hyd i ffyrdd i'ch helpu chi i ymdopi, a gwneud newidiadau cadarnhaol. Gallwch drafod unrhyw beth, er enghraifft ymddeol, unigrwydd, gorbryder, straen, perthnasoedd teuluol poenus a galar. Mae gan rai meddygon teulu gwswelwyr yn gysylltiedig â'u meddygfeydd, neu mae modd iddyn nhw eich cyfeirio at gwswelydd yn eich ardal.

## Grwpiau Cymorth

Mae'n bosib y byddwch yn cael defnydd o gyfarfod ag eraill sydd â phrofiad o fod yn ofalwr. Mae grwpiau cymorth yn rhoi cyfle i chi gyfarfod â gofalwyr eraill, rhannu cyngor a gwybodaeth ac mae'n gyfle i chi ymlacio a gwneud ffrindiau. Mae modd i'r person sydd yn eich gofal fynd i rai grwpiau. Mae nifer o sefydliadau arbenigol yn cynnal grwpiau cymorth, gan gynnwys y rhai hynny sy'n briodol i oedran arbennig, neu ddiwylliant penodol, a gellir dod o hyd i'w manylion ar Dewis - [www.dewis.wales](http://www.dewis.wales).



## Hyfforddiant i Ofalwyr

Mae Cyngorau Caerdydd a Bro Morgannwg yn cynnal nifer o ddiwrnodau hyfforddi sydd ar gael i chi o bosib. Maent yn cynnwys trafod â llaw a chymorth cyntaf. Os ydych yn byw yn y Fro, cysylltwch â'r Swyddog Datblygu Gofalwyr ar 01446 704604. Os ydych yn gofalu am rywun sy'n byw yng Nghaerdydd ewch i wefan [www.cardiffandvalesocialcare.co.uk](http://www.cardiffandvalesocialcare.co.uk)

## Cyrsiau Iechyd a Llesiant

Mae Rhaglen Addysg i Gleifion a Gofalwyr y GIG (EPP) yn cynnal cyrsiau iechyd a llesiant am ddim i bobl sy'n byw â chyflwr iechyd hir dymor, a'u gofalwyr.

Dwy sesiwn ddwy awr o hyd yw Byw'n Dda wrth Ofalu: Gweithdai i Ofalwyr, sy'n edrych ar eich lles corfforol ac emosiynol. Am fwy o wybodaeth ffoniwch 029 2033 5403 neu e-bostiwch [Epp.info.cav@wales.nhs.uk](mailto:Epp.info.cav@wales.nhs.uk).

## Gwasanaeth Cymorth Iechyd Meddwl Sylfaenol (GCIMS)

Mae'r gwasanaeth yn cynnig dau gwrs mynediad agored – 'ACT-ion for Living' a 'Rheoli Straen'. Am ragor o wybodaeth ffoniwch 029 2090 6210.

Gallech ymweld â gwefan Stepiau ([www.stepiau.org](http://www.stepiau.org)) a ddatblygwyd gan Brif Wasanaeth Cymorth Iechyd Meddwl Caerdydd a Bro Morgannwg.

Priod waith Stepiau yw cynnig adnoddau hunan-gymorth hygyrch, ynghyd â dolenni i wasanaethau lleol fel cam cyntaf at wella llesiant meddyliol.

## Cylchlythyr i Ofalwyr

Mae Cyngor Bro Morgannwg yn cyhoeddi cylchlythyr chwarterol i ofalwyr. Mae'n amlinellu'r cyrsiau a'r digwyddiadau hyfforddi sydd i ddod, yn rhoi gwybodaeth am wasanaeth sy'n bodoli'n barod a rhai newydd, ac unrhyw wybodaeth arall a allasai fod o ddefnydd. Ffoniwch 01446 704604 i roi'ch enw ar y rhestr i'w dderbyn.

## Cymorth Tai

Am wybodaeth ar Dai yn y Fro cysylltwch â'r Tîm Cefnogi Pobl ar 01446 709793. Ar gyfer Caerdydd, ffoniwch y Gwasanaeth Dewisiadau Tai ar 029 2057 0750 neu ewch i'ch Hyb Lleol.

## Cyngor a Gwybodaeth

O bryd i'w gilydd, cael y cyngor iawn ar yr adeg iawn yw'r unig beth sydd ei angen arnoch.

Mae gan Gyngor Caerdydd Hybiau Lleol lle gallwch gael gwybodaeth a chyngor am bob math o wasanaethau. Ewch i [www.cardiff.gov.uk/hybiau](http://www.cardiff.gov.uk/hybiau) i ddod o hyd i'ch Hyb Lleol neu ffoniwch C2C ar 029 2087 2088.

Mae gan Fro Morgannwg ganolfan gyswllt o'r enw 'Cyswllt Un Fro' a'r rhif yw 01446 700111.

Mae Canolfannau Gwybodaeth a Chymorth yn Ysbyty'r Barri, Ysbyty Athrofaol Llandochau ac Ysbyty Athrofaol Cymru (Y Waun), sy'n gallu cynnig amrywiaeth o gyngor, gwybodaeth a chefnogaeth. Dyma'r rhifau:

- Ysbyty'r Barri 01446 704141
- Ysbyty Athrofaol Llandochau 029 20716311
- Ysbyty Athrofaol Cymru 029 20745655

Mae'r Cynghorydd Cymorth ar Brofiad Cleifion hefyd ar gael i roi cyngor a chyfarwyddyd unigol i ofalwyr. Ffôn 029 2074 5307.

Ar ôl derbyn Asesiad Gofalwyr mae'n bosib y cewch eich cyfeirio at wasanaethau eraill i'ch helpu i barhau i ofalu neu i fynd i'r gwaith, cymryd rhan mewn gweithgareddau hamdden neu barhau â rhyw fath o addysg. Bydd angen i chi drafod hyn gyda'r person sy'n cwblhau'r Asesiad i Ofalwyr gyda chi, i benderfynu ar yr hyn fyddai o gymorth i chi. Gweler y daflen ffeithiau Cael Cymorth gan y Gwasanaethau Cymdeithasol.

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

V1 Mai 2018