

The Care Directory

Vale of Glamorgan **2015-16**

Cyfeiriadur Gofal

Bro Morgannwg **2015-16**



Care homes

Cartrefi gofal

Care homes with nursing

Cartrefi â gofal nyrsio

Care in your home

Gofal yn eich cartref

Other forms of care

Mathau eraill o ofal

APPROVED BY
CYMERADWYWD GAN



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A range of services is available to support you. In this booklet, you will find information about residential and nursing homes as well as services in the home and community.

This guide also lists social care services in and around the Vale of Glamorgan and a variety of other signposts to advice, care and support to improve quality of life and to support people to live at home longer.

Social Care for Adults

'Social care' is a term used for a wide variety of support aimed at helping adults lead full and independent lives.

Local authority Social Services Departments, voluntary and independent organisations arrange or provide a range of care services for people who need support or care, and their carers.

Most people, however, will not need or want to involve social services to provide their social care. Only adults with a high level of need will be eligible for the services the local authorities can provide.

Mae amrywiaeth o wasanaethau ar gael i'ch cefnogi chi. Yn y llyfryn hwn, cewch wybod am gartrefi preswyl a nyrsio yn ogystal â gwasanaethau yn y cartref a'r gymuned.

Mae'r canllaw hwn hefyd yn rhestru'r gwasanaethau gofal cymdeithasol sydd ar gael ym Mro Morgannwg a'r cylch, ynghyd ag amrywiaeth o gyfeiriadau eraill at gyngor, gofal a chymorth er mwyn gwella ansawdd bywyd a chynorthwyo pobl i fyw yn eu cartrefi yn hirach.

Gofal Cymdeithasol i Oedolion

Mae 'gofal cymdeithasol' yn derm a ddefnyddir am amrywiaeth eang o gymorth sy'n ceisio helpu oedolion i fyw bywydau llawn ac annibynnol.

Mae Adrannau Gwasanaethau Cymdeithasol awdurdodau lleol, sefydliadau gwirfoddol ac annibynnol yn trefnu neu'n darparu amrediad o wasanaethau gofal i bobl y mae angen cymorth neu ofal arnynt, ac i'w gofalwyr.

Ni fydd y rhan fwyaf o bobl, fodd bynnag, yn dymuno i'r gwasanaethau cymdeithasol ddarparu eu gofal cymdeithasol ar eu cyfer, neu ni fydd angen iddynt fanteisio ar eu gwasanaethau. Dim ond oedolion mewn cryn angen a fydd yn gymwys i gael y gwasanaethau y mae modd i'r

Social care services can enable you to live independently in your own home, through providing:

- Rehabilitation
- Personal or domestic care at your home
- Supported activities in day centres and other community settings
- Support to enable you to access training or employment
- Short breaks for carers
- Advice and information
- Home adaptations and equipment
- Assistive Technology – Telecare
- Advocacy

Or could provide you with supported accommodation, residential or nursing home care, if that meets your needs better.

Access to Local Authority Social Services

If it appears that you need care we must assess your care needs. So if you or one of your friends or relatives may need care, please contact us and ask for an assessment. We will use the information from your assessment to find out if you are entitled to services and whether there are other practical ways we can help you.

As a result of this needs assessment, services may be arranged either from Social Services themselves or from

awdurdodau lleol eu darparu.

Gall gwasanaethau gofal cymdeithasol eich galluogi i fyw bywyd annibynnol yn eich cartref eich hun, trwy ddarparu:

- Adsefydlu
- Gofal personol neu ddomestig yn eich cartref
- Gweithgareddau a gynhelir mewn canolfannau dydd a mannau eraill yn y gymuned
- Cymorth er mwyn ichi gael at hyfforddiant neu gyflogaeth
- Egwylliau byr i ofalwyr
- Cyngor a gwybodaeth
- Addasiadau i'r cartref a chyfarpar
- Technoleg Gynorthwyo - Teleofal
- Eiriolaeth

Neu gallent ddarparu llety â chymorth, gofal mewn cartref preswyl neu gartref nyrsio i chi, os yw hynny'n bodloni eich anghenion yn well.

Manteisio ar Wasanaethau Cymdeithasol Awdurdodau Lleol

Os bydd yn ymddangos bod angen gofalu amdanoch, mae'n rhaid inni asesu eich anghenion gofal. Felly os oes angen gofal arnoch chi neu un o'ch ffrindiau neu berthnasau, cysylltwch â ni i ofyn am asesiad. Byddwn yn defnyddio'r wybodaeth o'ch asesiad i gael gwybod a allwch chi hawlio gwasanaethau ac a oes ffyrdd ymarferol eraill y gallwn eich helpu chi.

care providers who are independent of Social Services, but who have been approved or accredited by the Social Services Department. This might be care in a Residential or a Nursing Home, in your own home or in the community.

You, or your advocate, will be fully involved in the needs assessment and will have full control over decisions made. Part of this may be making a choice between the different services. This booklet will help you make the choices that are right for you.

People who provide regular and substantial care for someone who is ill, frail or disabled can also ask for their needs (as a carer) to be assessed.

There is no charge for an assessment or for giving you advice and information. You may have to pay for your service depending on how much service you receive and how much money you have. You can ask for more information on charging for services.

Social Services appreciates the fact that we live in a multicultural society where people have different religions, beliefs and cultural backgrounds. All of these issues will be discussed sensitively and taken into consideration when deciding the type of care suitable for you.

Yn sgil yr asesiad hwn o anghenion, byddwn yn trefnu gofal un ai drwy ein hadran Gwasanaethau Cymdeithasol neu drwy sefydliadau sy'n darparu gofal yn annibynnol ar yr adran honno ond sydd wedi'u cymeradwyo neu'u hachredu ganddi. Gallwn drefnu'r gofal mewn Cartref Preswyl neu Nyrsio, yn eich cartref eich hun neu yn y gymuned.

Byddwch chi, neu'ch eiriolwr, yn cymryd rhan yn llawn yn yr asesiad o anghenion a bydd gennych reolaeth lwyd ar y penderfyniadau sy'n cael eu gwneud. Rhan o hyn fydd dewis rhwng y gwahanol wasanaethau, a bydd y llyfryn hwn yn eich helpu i ddewis y gwasanaethau sy'n addas i chi.

Caiff pobl sy'n rhoi llawer o ofal yn rheolaidd i rywun sâl, bregus neu anabl hefyd ofyn am gael asesu eu hanghenion (fel gofalwr).

Ni fyddwn yn codi tâl o gwbl am asesiad, cyngor na gwybodaeth. Serch hynny, mae'n bosibl y bydd yn rhaid i chi dalu am eich gwasanaeth gan ddibynnu ar ba mor aml y byddwch yn ei gael a faint o arian sydd gennych. Gallwch ofyn am ragor o wybodaeth am brisiau gwasanaethau.

Mae'r adran Gwasanaethau Cymdeithasol yn gwerthfawrogi ein bod yn byw mewn cymdeithas amlddiwylliannol lle mae pobl yn proffesu gwahanol grefyddau a chredoau ac yn dod o wahanol

Who is eligible for social services support?

The high demand for the services and support we provide means that we have to make sure that the people who are in greatest need of help are given the greatest priority.

To be eligible for services you must:

- Be an adult and have social care needs arising from a physical, sensory, or learning impairment or disabilities, old age, chronic illness, substance misuse or mental health issue. Unpaid carers may also be eligible

And

- There must be a risk to you losing your independence or a health and safety risk, or a risk to your ability to manage your personal and other daily routines or your involvement in family life and the wider community that could be reduced by you receiving services.

The risks are divided into four bands:

- Critical
- Substantial
- Moderate
- Low

The Vale of Glamorgan Council currently (September 2014) provide care services to those whose risks are assessed as critical and substantial. If the assessment shows the risks to you are moderate or

gefnidir diwylliannol. Byddwn yn trafod yr holl faterion hyn yn sensitif ac yn eu hystyried wrth benderfynu pa fath o ofal sy'n addas i chi.

Pwy sy'n gymwys i gael cymorth gan y gwasanaethau cymdeithasol?

Mae'r galw uchel am y gwasanaethau a'r cymorth a ddarparir gennym yn golygu bod yn rhaid i ni sicrhau bod y flaenoriaeth bennaf yn cael ei rhoi i'r bobl y mae angen yr help arnynt fwyaf.

I fod yn gymwys am wasanaethau, mae'n rhaid ichi:

- Fod yn oedolyn ag anghenion gofal cymdeithasol sy'n codi o nam neu anabledau corfforol, synhwyaidd neu ddysgu, henaint, salwch cronig, camddefnyddio sylweddau neu broblem iechyd meddwl. Efallai bydd gofalwyr di-dâl yn gymwys hefyd

Ac

- Mae'n rhaid bod risg i'ch annibyniaeth neu risg iechyd a diogelwch, neu risg i'ch gallu i ymdopi â'ch trefn bersonol a phethau eraill bob dydd neu gymryd rhan mewn bywyd teuluol a'r gymuned ehangach, ac mae'n rhaid y gallai gwasanaethau leihau'r risg hwn i chi.

Rhennir y risgiau'n bedwar band:

- Difrifol
- Sylweddol

low we will give you advice and assistance on other ways of meeting your needs.

Carers

If you help a relative, a friend or a neighbour with any household tasks such as shopping or cleaning, any personal care such as help going to the bathroom or bathing, or any medical care such as reminding to take medication or peg feeding, then you are a carer. You don't have to live in the same house as the person to be their carer. Carers are not paid a wage to provide regular support and are sometimes referred to as unpaid or informal carers.

Caring can be rewarding but it can also affect your home life, work life, free time and your relationship with the person you care for.

The Local Authority Social Services Department has a Duty to inform carers of their right to an assessment and a duty to carry one out if wanted. Carer's Assessments review your individual circumstances. Carers can include anyone involved in care and support, including family, friends or neighbours.

The Carer's Assessment looks at the needs of carers over the age of 18 years. Support that may be available includes: introduction to therapies, a break from caring, training, invitations to carers events and directing to relevant services. You, the Carer,

- Canolig
- Isel

Ar hyn o bryd (Medi 2014), mae Cyngor Bro Morgannwg yn darparu gwasanaethau gofal i bobl sydd â risgiau difrifol a sylweddol, yn ôl eu hasesiad. Os bydd yr asesiad yn dangos bod y risgiau i chi yn rhai canolig neu isel, byddwn yn rhoi cyngor a chymorth ichi ar ffyrdd eraill o fodloni eich anghenion.

Gofalwyr

Os ydych chi'n helpu perthynas, cyfaill neu gymydog ag unrhyw dasgau cartref fel siopa neu lanhau, unrhyw ofal personol fel cymorth i fynd i'r tŷ bach neu ymolchi, neu unrhyw ofal meddygol fel atgoffa rhywun i gymryd ei feddyginiaeth, rydych chi'n ofalwr. Nid oes rhaid i chi fod yn byw yn yr un tŷ â'r unigolyn hwnnw i fod yn gofalu amdano. Nid yw gofalwyr yn cael cyflog am roi cymorth rheolaidd, ac fe'u gelwir weithiau'n ofalwyr di-dâl neu'n ofalwyr anffurfiol.

Gall gofalu am rywun fod yn weithgarwch sy'n rhoi boddhad, ond gall hefyd effeithio ar eich bywyd cartref, eich bywyd gwaith, eich amser rhydd a'ch perthynas â'r sawl yr ydych yn gofalu amdano.

Mae dyletswydd ar Adran Gwasanaethau Cymdeithasol yr Awdurdod Lleol i roi gwybod i ofalwyr am eu hawl i ofyn am asesiad ac i gynnal asesiadau'n ôl y gofyn. Mae Asesiadau Gofalwyr yn adolygu eich amgylchiadau unigol. 'Gofalwr' yn yr achos hwn yw

can have an assessment even if the person you care for has not had their own needs assessed.

As this is all about you and your health and wellbeing, it is important that you feel relaxed and are able to communicate, and sometimes that may be easier in private. You can choose where the assessment takes place, and you can have someone with you to translate, sign, or be with you for moral support. Before your assessment, it may be helpful to think about what would make life easier and what plans you would want put in place in an emergency.

Young Carers, that is those under 18, may also ask for an assessment and receive support.

For more information contact the Carers Development Officer on 01446 704604 or email **CarersServices@valeofglamorgan.gov.uk** **www.valeofglamorgan.gov.uk/carers**

Contacting Social Services Department

One phone number will connect you to all our services, through our contact centre. **Contact OneVale** is open from 8am to 6pm Monday to Friday and can deal with emergency calls 24 hours a day, seven days a week.

Your enquiry can be dealt with in Welsh if you wish.

unrhyw un sy'n ymwneud â gofalu a chefnogi, gan gynnwys aelod o'r teulu, ffrind neu gymydog.

Mae'r Asesiad Gofalwyr yn ystyried anghenion gofalwyr dros 18 oed. Mae'r cymorth a allai fod ar gael yn cynnwys: cyflwyniad i therapiau, seibiant o fod yn gofalu, hyfforddiant, gwahoddiadau i ddiwyddiadau ar gyfer gofalwyr a chyfeirio gofalwyr at wasanaethau perthnasol. Gallwch chithau'r Gofalwr gael eich asesu, hyd yn oed os nad yw'r person yn eich gofal wedi cael asesiad o'i anghenion ei hun.

Gan mai chi a'ch iechyd a'ch lles yw canolbwynt yr asesiad, mae'n bwysig eich bod wedi ymlacio a'ch bod yn gallu cyfathrebu – weithiau bydd hi'n haws gwneud hyn yn rhywle preifat. Gallwch ddewis ble bydd yr asesiad yn cael ei gynnal, a chael rhywun gyda chi i gyfieithu, arwyddo neu i fod yn asgwrn cefn i chi. Cyn yr asesiad, ystyriwch beth fyddai'n gwneud eich bywyd yn haws, a pha gynlluniau yr hoffech eu trefnu ar gyfer argyfwng.

Caiff Gofalwyr Ifanc, sef y rheini o dan 18, hefyd ofyn am asesiad a chael cymorth.

I gael gwybod rhagor, cysylltwch â'r Swyddog Datblygu Gofalwyr ar 01446 704604 neu e-bost **CarersServices@valeofglamorgan.gov.uk**

Gwefan:www.valeofglamorgan.gov.uk/carers

Tel: 01446 700111

Email: C1V@valeofglamorgan.gov.uk

Text: text C1V then your message to 60066

Write to:

**Vale of Glamorgan Council
Civic Offices, Holton Road
Barry, CF63 4RU**

Web:

www.valeofglamorgan.gov.uk

Paying for care

If you are able to pay the full cost of care and wish to make arrangements yourself the information in this guide will be helpful to you.

Where the authority arranges care services, there may be a charge for those services provided. A Council Financial Assessment Officer will determine a charge based on a financial assessment of your individual circumstances.

In order to determine a charge, the Financial Assessment Officer will use a set of regulations laid down by the Welsh Government dependent on the care you will receive.

The officer will ask you for financial details including savings, income, capital and expenditure details and will undertake a benefits check to ensure you are receiving all the benefits to which you are entitled. Following this assessment, we will

Cysylltu â'r Adran Gwasanaethau Cymdeithasol

Gallwch gysylltu â'n holl wasanaethau drwy ffonio un rhif yn unig, sef rhif ein canolfan alwadau. Bydd canolfan alwadau UnFro ar agor rhwng 8am a 6pm ddydd Llun i ddydd Gwener a byddwn ar gael ar bob adeg o'r dydd a'r nos, bob diwrnod o'r wythnos, i ateb galwadau brys.

Gallwch drafod eich ymholiad yn Gymraeg hefyd os mynnwch.

Ffôn: 01446 700111

E-bost: C1V@valeofglamorgan.gov.uk

Testun : tecstiwch C1V ac yna eich neges i 60066

Ysgrifennwch at Gyngor Bro Morgannwg, Swyddfeydd

**Dinesig, Heol Holton,
Y Barri, CF63 4RU**

Gwefan: www.bromorgannwg.gov.uk

Talu am ofal

Os ydych chi'n gallu talu'n llawn am ofal a'ch bod yn awyddus i wneud eich trefniadau eich hun, bydd y wybodaeth yn y canllaw hwn o ddefnydd i chi.

Os bydd yr awdurdod yn trefnu gwasanaethau gofal, efallai bydd tâl yn cael ei godi amdanynt. Bydd un o Swyddogion Asesu Ariannol y Cyngor yn pennu tâl yn seiliedig ar asesiad ariannol o'ch amgylchiadau unigol.

Er mwyn pennu tâl, bydd y Swyddog Asesu Ariannol yn defnyddio set o

inform you in writing of how much weekly you are required to pay for your care.

The financial assessment is designed to identify the amount that you can reasonably be expected to pay towards your care costs.

If your circumstances change, you can contact us for a review.

The care services you receive can come in two forms. Residential (Care Homes) or Non-residential (Community based services).

Community Based (Non-Residential) Services

New regulations introduced in April 2011 brought in a maximum charge for non-residential care services.

These are services provided for you following an assessment of your care needs to promote independence whilst living at home.

You have the option of completing a financial assessment to determine your contribution or pay for the cost of your services up to a maximum of £55 (£60 from April 2015).

It is in your best interests to request a financial means assessment as your assessed contribution towards services you receive may be less than the maximum charge.

Once care needs have been assessed we will write to you offering the opportunity to participate in a financial means assessment to

reoliadau a osodwyd gan Lywodraeth Cymru sy'n dibynnu ar y gofal a gewch.

Bydd y swyddog yn gofyn am fanylion ariannol gennych gan gynnwys manylion cynilion, incwm, cyfalaf a gwariant a bydd yn gwneud archwiliad budd-daliadau i sicrhau eich bod yn hawlio'r holl fudd-daliadau sydd ar gael i chi.

Ar ôl yr asesiad hwn, byddwn yn rhoi gwybod ichi mewn llythyr faint mae gofyn ichi ei dalu'n wythnosol am eich gofal.

Bwriad yr asesiad ariannol yw nodi'r swm y gellir disgwyl yn rhesymol ichi ei dalu tuag at eich costau gofal.

Os bydd eich amgylchiadau'n newid, gallwch gysylltu â ni am adolygiad.

Gallwch gael y gwasanaethau gofal ar un o ddwy ffurf, sef rhai Preswyl (mewn Cartrefi Gofal) neu Ddibreswyl (gwasanaethau yn y gymuned).

Gwasanaethau yn y Gymuned (Dibreswyl)

Mewn rheoliadau newydd a gyflwynwyd ym mis Ebrill 2011, cyflwynwyd tâl mwyaf am wasanaethau gofal dibreswyl. Gwasanaethau yw'r rhain a ddarperir ar eich cyfer ar ôl asesu eich anghenion gofal, i hyrwyddo eich annibyniaeth tra byddwch yn byw gartref.

determine your contribution. If you do not respond within 15 working days we will automatically assume you are willing to pay the maximum charge of £55 per week (£60 per week from April 2015).

If you appear to need nursing care you are entitled to a nursing care assessment. If the assessment shows you are eligible, you will not have to pay for the nursing element of care.

If you are eligible and live at home then the relevant NHS Trust will provide the service. If you need to move to a care home with nursing, the NHS (local health board) will pay a fixed sum for the nursing part of the home's fees.

See the Health Care section on page 15 for further information.

Residential Services

If you are assessed as requiring residential or nursing care, you can ask to undertake a financial assessment to determine your weekly contribution towards the care home fees. If a financial assessment is not undertaken it assumed that you are willing to pay the full cost of home fees yourself.

In order to receive financial support from the local authority you have to prove that you do not have the money available to pay the full cost of a residential placement.

Gallwch ddewis cwblhau asesiad ariannol i benderfynu faint fyddwch chi'n ei gyfrannu neu ddewis talu hyd at fwyafswm o £55 (£60 o fis Ebrill 2015) am eich gwasanaethau.

Byddai'n fuddiol ichi ofyn am asesiad modd ariannol oherwydd efallai bydd yn nodi bod rhaid ichi gyfrannu llai na'r mwyafswm at y gwasanaethau a ge wch.

Ar ôl asesu anghenion gofal, byddwn yn ysgrifennu atoch i gynnig y cyfle i gymryd rhan mewn asesiad modd ariannol i benderfynu eich cyfraniad.

Os na fyddwch yn ymateb cyn pen 15 diwrnod gweithio, byddwn yn tybio'n awtomatig eich bod yn fodlon talu'r mwyafswm o £55 yr wythnos (£60 yr wythnos o fis Ebrill 2015).

Os ydych yn ymddangos fel petai angen gofal nyrsio arnoch, byddwch chi'n gallu hawlio asesiad gofal nyrsio. Petai'r asesiad yn dangos eich bod yn gymwys i gael eich nyrsio ni fydd yn rhaid i chi dalu am yr elfen nyrsio o'ch gofal.

Os ydych yn gymwys i gael gofal nyrsio ac yn byw gartref, bydd eich Ymddiriedolaeth GIG yn darparu'r gwasanaeth. Os oes rhaid i chi symud i gartref sy'n cynnig gofal nyrsio, bydd y GIG (sef eich bwrdd iechyd lleol) yn cynnig swm penodol o arian er mwyn talu'r rhan o'ch ffi sy'n ymwneud â nyrsio.

Gweler yr adran Gofal Iechyd ar dudalen 15 am wybodaeth bellach.

If you choose to go to a home where a home's weekly charge exceeds what the Council is reasonably expected to pay towards care costs, the extra costs can be met through either;

1. support from a 'third party agreement'. Third parties are usually family, friends or charitable organisations. You cannot pay your own extra contributions from your personal allowance,

or

2. if you own a house or other property and choose not to sell it then you may wish to consider a scheme called "Deferred Payments" where the Council may pay the additional cost and recover this when the house is sold or when your stay ends. There is a leaflet available to give more information on this scheme.

If you are considering any of these options, you should discuss it with your care co-ordinator and we advise you to seek independent financial advice.

Gwasanaethau Preswyl

Os bydd eich asesiad yn nodi bod angen gofal preswyl neu nyrsio arnoch chi, gallwch ofyn am asesiad ariannol i bennu faint fyddwch chi'n ei dalu bob wythnos tuag at ffioedd y cartref gofal. Os na fydd asesiad ariannol yn cael ei wneud, tybir eich bod yn fodlon talu cyfanswm ffioedd y cartref eich hun. Er mwyn cael cymorth ariannol gan yr awdurdod lleol, rhaid ichi brofi nad oes gennyh yr arian ar gael i dalu'n llawn am leoliad preswyl.

Os byddwch chi'n dewis mynd i gartref sy'n codi mwy o dâl wythnosol nag y disgwylir yn rhesymol i'r Cyngor ei dalu tuag at gostau gofal, gellir talu'r costau ychwanegol naill ai:

1. trwy gymorth gan 'gytundeb trydydd parti' sef ffrind, perthynas neu sefydliadau elusennol fel arfer. Ni allwch ddefnyddio'ch lwfans personol i dalu'r cyfraniadau ychwanegol,

neu

2. os ydych yn berchen ar dŷ neu eiddo arall ac yn dewis peidio â'i werthu, gallech ystyried cynllun "Taliadau Gohiriedig". O dan y drefn honno, efallai bydd y Cyngor yn talu'r gost ychwanegol ac yn hawlio'r arian yn ôl pan fyddwch wedi gwerthu'ch tŷ neu pan fyddwch wedi gadael. Cewch ragor o wybodaeth am y cynllun hwn yn ein taflen arbennig.

Direct Payments to people receiving services

If you are eligible for, or currently receive, care services from us, cash payments can be made to you in the form of Direct Payments. Direct Payments enable you to pay for your own care, either by employing your own personal assistant(s) or by contracting independently with a care agency. This enables you to have greater flexibility about when and how your needs are met.

We contract with an independent support organisation specifically to help people to manage their Direct Payments. The organisation provides advice and support which includes finding someone to be your personal assistant; with budgeting; and with employment law.

You can only receive Direct Payments if you are over the age of 16 years, and if you have been assessed as someone who qualifies for help from us. Further information is available from the

Direct Payments Development Officer: Tel. 01446 704685.

Os ydych yn ystyried unrhyw un o'r dewisiadau hyn, dylech drafod y mater â'ch cydlynnydd gofal a chwilio am gyngor ariannol annibynnol.

Taliadau Uniongyrchol i bobl sy'n cael gwasanaethau

Os ydych yn gymwys am wasanaethau gofal gennym ni, neu os ydych yn eu cael ar hyn o bryd, gellir gwneud taliadau arian ichi ar ffurf Taliadau Uniongyrchol. Mae Taliadau Uniongyrchol yn eich galluogi i dalu am eich gofal eich hun, un ai drwy gyflogi eich cynorthwydd personol eich hun neu drwy drefnu contract ag asiantaeth gofal annibynnol. Byddwch yn fwy hyblyg wedyn i benderfynu pryd a sut y bodlonir eich anghenion.

Rydym wedi trefnu contract â sefydliad cymorth annibynnol yn unswydd er mwyn cael helpu pobl i reoli eu Taliadau Uniongyrchol. Gall y sefydliad hwnnw roi cyngor a chymorth i chi e.e. drwy ddod o hyd i gynorthwydd personol i chi; gyda threfnu arian; a chyda cyfraith cyflogaeth.

Er mwyn cael Taliadau Uniongyrchol, mae'n rhaid i chi fod dros 16 oed a bod yn gymwys i gael cymorth oddi wrth y cyngor yn ôl eich asesiad. Am fwy o wybodaeth, ffoniwch y **Swyddog Datblygu Taliadau Uniongyrchol ar 01446 704685.**

Health Care

If you have health care needs, then subject to an assessment, the NHS will provide services to meet them. These services, such as nursing care, may be provided as part of a care plan alongside social care services such as homecare.

If an assessment shows that your overall care needs are primarily for health care then you will be eligible for continuing NHS health care. If so, all your services will be arranged and funded by the NHS. This could be either in your home, in a nursing home or in hospital.

For more information ask your GP or, if you are in hospital, the ward staff for the NHS Wales booklet "NHS Funding for Care".

Continuing NHS health care is funded by the Cardiff and Vale University Health Board and is based at: Ty Jenner, Gladstone Road, Barry CF64 2AA. Tel: 01446 725100

Gofal Iechyd

Os oes angen gofal iechyd arnoch, bydd y GIG yn darparu gwasanaethau i chi, yn amodol ar asesiad. Gellir darparu'r gwasanaethau hyn, fel gofal nyrsio, yn rhan o gynllun gofal ochr yn ochr â gwasanaethau gofal cymdeithasol fel gofal cartref.

Os bydd asesiad yn dangos mai gofal iechyd sydd ei angen arnoch yn bennaf, byddwch chi'n gymwys am ofal iechyd parhaus y GIG. Os felly, bydd y GIG yn trefnu ac yn ariannu eich holl wasanaethau. Gellid gwneud hyn naill ai yn eich cartref chi, mewn cartref nyrsio neu mewn ysbyty.

I gael gwybod rhagor, holwch eich meddyg teulu neu, os ydych yn yr ysbyty, holwch staff y ward am lyfryn GIG Cymru, sef "Cyllid y GIG am Ofal".

Mae gofal iechyd parhaus y GIG yn cael ei ariannu gan Fwrdd Iechyd Prifysgol Caerdydd a'r Fro ac mae ei swyddfa yn: Tŷ Jenner, Heol Gladstone, Y Barri CF64 2AA. Ffôn: 1446 725100

Safeguarding vulnerable adults

What you can do if you think someone is being abused or if someone is abusing you.

People who need care and support have to trust everyone that they rely on for help. We know that abuse can happen and that it can take many forms. It may be carried out by any one of a range of people including: family, friends, neighbours, paid staff, carers, volunteers, other service users or strangers. Abuse is anything that harms another person.

Those who are vulnerable and unable to protect themselves against significant harm or exploitation may be at particular risk. They may be vulnerable due to physical disability, mental ill-health, a learning disability, age or frailty.

If you are being abused or you think that someone else is being abused, do not assume that someone else is doing something about it. You could tell someone you trust. This could be, your advocate, your family, a doctor, a nurse, someone from your church, a police officer, a care manager or social worker.

Contact OneVale is the point of contact for Social Services.

Tel. 01446 700111 (out of hours the number is the Emergency Duty

Diogelu oedolion agored i niwed

Dyma gamau y gallwch eu cymryd os ydych yn cael eich cam-drin neu'n meddwl bod rhywun arall yn dioddef yn y modd hwn.

Os oes angen gofal a chymorth ar rywun, mae'n rhaid iddo ymddiried yn y rhai y mae'n dibynnu arnynt am gymorth. Rydym yn gwybod bod pobl yn cael eu cam-drin ac y gall hynny ddigwydd mewn mwy nag un ffordd. Gall pob math o bobl fod yn gyfrifol amdano hefyd gan gynnwys perthnasau, ffrindiau, cymdogion, staff cyflogedig, gofawyr, gwirfoddolwyr, pobl eraill sy'n defnyddio'r gwasanaeth neu bobl ddieithr. Cam-drin yw unrhyw beth sy'n niweidio rhywun arall.

Mae pobl sy'n agored i niwed ac sy'n methu â'u hamddiffyn eu hunain rhag niwed neu gam-fanteisio sylweddol mewn perygl arbennig. Efallai eu bod yn agored i niwed oherwydd anabledd corfforol, salwch meddwl, anabledd dysgu, oedran neu lesgeidd.

Os ydych yn cael eich cam-drin neu'n amau i rywun arall fod yn dioddef yn y modd hwn, peidiwch â thybio bod rhywun arall yn gwneud rhywbeth yn ei gylch. Gallech roi gwybod i rywun dibynadwy e.e. eich eiriolwr, eich teulu, meddyg, nyrs,

Team on 029 2078 8570)

If you believe that a crime has been committed, you should contact the local police.

Mental Capacity

The Mental Capacity Act became law in April 2005. It came into force in 2007.

What Does the Act Do?

Every day people make decisions about things in their lives. The ability to make these decisions is called mental capacity. Some people have difficulty in making decisions because they lack mental capacity.

The law sets out a framework for supporting people who have difficulty in making decisions for themselves or who want to plan ahead in case they are unable to make decisions in the future. It also affects their families, carers, health and social care staff and other people who might have contact with them. It established an Office of the Public Guardian and revised the powers of the Court of Protection.

Deprivation of Liberty

The Deprivation of Liberty Safeguards (DoLS) - an amendment to the Mental Capacity Act – came into effect on 1 April 2009. The safeguards provide legal protection

rhywun o'r eglwys, swyddog yn yr heddlu, rheolwr gofal neu weithiwr cymdeithasol.

Cewch gysylltu â'n adran Gwasanaethau Cymdeithasol drwy ffonio canolfan alwadau UnFro ar **01446 700111** (gallwch gysylltu â'r Tîm Dyletswydd Frys y tu allan i oriau swyddfa drwy ffonio 029 2078 8570). Os ydych yn amau i drosedd gael ei gyflawni, dylech gysylltu â'r heddlu lleol.

Galluedd Meddyliol

Daeth y Ddeddf Galluedd Meddyliol yn gyfraith ym mis Ebrill 2005. Daeth i rym yn 2007.

Beth mae'r Ddeddf yn ei wneud?

Bob dydd bydd pobl yn gwneud penderfyniadau am bethau yn eu bywydau. Yr enw ar y gallu i wneud y penderfyniadau hyn yw galluedd meddyliol. Mae rhai pobl yn ei chael hi'n anodd gwneud penderfyniadau gan nad oes ganddynt ddigon o alluedd meddyliol.

Mae'r ddeddf yn pennu fframwaith i gefnogi pobl sy'n cael anhawster yn gwneud penderfyniadau dros eu hunain neu sydd am gynllunio ymlaen llaw rhag ofn na fyddant yn gallu gwneud penderfyniadau yn y dyfodol. Bydd hefyd yn effeithio ar eu teuluoedd, gofawyr, staff iechyd a gofal cymdeithasol a phobl eraill a

for people who are, or may become, deprived of their liberty, for example in a hospital or care home. Depriving someone of their liberty without following the appropriate legal process is a breach of the European Convention on Human Rights.

Further Information

Mental Capacity Act Co-ordinators
Vale of Glamorgan Council
Docks Office
Subway Road
Barry CF63 4RT
01446 704849



allai fod mewn cysylltiad â nhw. Mae wedi sefydlu Swyddfa'r Gwarcheidwad Cyhoeddus ac wedi adolygu pwerau y Llys Gwarchod.

Amddifadu o Ryddid

Daeth y Dulliau Diogelu rhag Amddifadu o Ryddid - diwygiad i'r Ddeddf Galluedd Meddyliol - i rym ar 1 Ebrill 2009. Mae'r dulliau diogel yn rhoi diogelwch cyfreithiol i bobl sydd wedi'u hamddifadu o'u rhyddid, neu a allai gael eu hamddifadu, er enghraifft mewn ysbyty neu gartref gofal. Mae amddifadu rhywun o'u rhyddid heb ddilyn y broses gyfreithiol briodol yn torri Confensiwn Ewropeaidd ar Hawliau Dynol.

Rhagor o Wybodaeth

Cydlynwyr Deddf Galluedd Meddyliol
Cyngor Bro Morgannwg
Swyddfa'r Dociau
Subway Road
Y Barri
CF63 4RT
01446 704849

How to complain about services provided

If Social Services arrange a Residential or Nursing Home for you, or organise care in your own home, and you are not happy with your care, then you should initially discuss the matter with your case manager, who will try to resolve your complaint.

An explanatory leaflet called **“How to make a complaint about our Services”** explaining the full complaints process is available from any Social Services Centre.

If you are unhappy about any of the services you receive, you should tell someone. All the organisations supporting you or the person you care for should have a complaints procedure. Most organisations will be able to give you information about how to make a complaint and how they will try to resolve the problem.

Advocacy

Advocates can give advice, support and information to people of any age, helping them to voice their concerns and guiding them through difficult or challenging times. Consider using the services of an advocate if you feel unsure or concerned when you are faced with making an important decision

Sut i gwyno am wasanaethau a ddarparwyd

Os bydd Gwasanaethau Cymdeithasol yn trefnu Cartref Preswyl neu Nyrsio ar eich cyfer, neu ofal i chi yn eich cartref eich hun, a'ch bod yn anfodlon ar eich gofal, ewch i drafod y mater â'ch rheolwr achos yn gyntaf, a fydd yn ceisio datrys y broblem.

Cewch godi'r daflen **“Lleisio cwyn am wasanaethau”** sy'n egluro'r holl broses gwyno, o unrhyw ganolfan Gwasanaethau Cymdeithasol.

Os ydych yn anfodlon ar unrhyw wasanaethau y byddwch yn eu cael, dylech ddweud wrth rywun. Dylai fod trefn gwyno gan bob un o'r sefydliadau sy'n eich cefnogi chi neu'r person yn eich gofal. Bydd y rhan fwyaf o sefydliadau'n gallu dangos i chi sut i leisio cwyn a'r camau a fydd yn cael eu cymryd er mwyn datrys y broblem.

Gall Eiriolwyr

Gall eiriolwyr roi cyngor, cefnogaeth i bobl o unrhyw oedran, a'u helpu i leisio'u pryderon a'u harwain trwy adegau anodd neu heriol. Ystyriwch ddefnyddio gwasanaethau eiriolwr os ydych yn ansicr neu'n poeni pan fyddwch yn wynebu penderfyniad pwsig am eich dewisiadau gofal. Gallant fod yn arbennig o ddefnyddiol

about your care choices. They can be especially useful if you have a disability and you need to make your voice heard.

Advocates can provide short term advocacy where people require the support of an independent advocate during a major change in their life, i.e. moving home, or a particular issue such as making a complaint. The short term advocate is a person who is not involved in the person's issues or decision, and offers independent support to help the person make the decision which is right for them.

There are a range of advocacy services. For further information visit www.nhsdirect.wales.nhs.uk/localservices

or contact Vale Centre for Voluntary Services (VCVS) 01446 741706 www.valecvs.org.uk or look in your local telephone directory for Advocacy.

os oes gennych anabledd ac mae angen I chi leisio'ch barn.

Gall eiriolwyr gynnig eirioloaeth tymor byr lle mae angen ar bobl gefnogaeth eiriolwr annibynnol yn ystod newid mawr yn eu bywyd, h,y, symud cartref, neu fater penodol megis cyflwyno cwyn. Nid yw'r eiriolwr tymor byr yn ymwneud â materion neu benderfyniad y person, ac mae'n cynnig cefnogaeth annibynnol I helpu'r person I wneud y penderfyniad cywir.

Mae amrywiaeth o wasanaethau eiriolaeth. Am ragor o wybodaeth, ewch i www.nhsdirect.wales.nhs.uk/localservices

neu cysylltwch â Chanolfan Gwasanaethau Gwirfoddol y Fro (VCVS) 01446 741706

www.valecvs.org.uk neu edrychwch yn eich llyfr ffôn lleol am Advocacy.

What services are available?

If you are having difficulty coping at home, due to old age, disability or mental health problems, a range of services are available to help you to remain living as safely and independently as possible in your own home.

These include:

- personal care, such as help with washing, dressing, using the toilet, getting around and help at mealtimes (these are called 'domiciliary services'),
- occupational therapy advice for independence or safe care.

Domiciliary Services

It may be that you are looking for assistance for a short time, for example, whilst you are recovering from an illness, or need support after a period in hospital. Whatever service you are looking for, there are a variety of different service providers from the private and public sectors. You may have someone who helps you with daily living at home – your spouse or partner, a relative or friend (known as a carer) – there are also services to help that person.

Any number of different agencies could provide your service. The council provides short term services that support people to recover from an illness or other situation. If you need longer term support we will

Pa wasanaethau sydd ar gael?

Os ydych yn cael gwaith ymdopi gartref oherwydd henaint, anabledd neu broblemau iechyd meddwl, mae amrywiaeth o wasanaethau ar gael i'ch helpu i barhau i fyw mor annibynnol a diogel ag sy'n bosibl yn eich cartref eich hun.

Mae'r gwasanaethau hyn yn cynnwys:

- cymorth gyda gofal personol, fel ymolchi, gwisgo, defnyddio'r toiled, mynd o amgylch a bwyta (galwn y rhain yn 'wasanaethau yn y cartref'),
- cyngor ynglŷn â therapi galwedigaethol a fydd yn eich helpu i aros yn annibynnol a chadw'n ddiogel.

Gwasanaethau Cartref

Efallai eich bod yn chwilio am help dros dro'n unig er mwyn i chi gael gwella ar ôl salwch neu ailgydio mewn bywyd ar ôl cyfnod yn yr ysbyty, er enghraifft. Beth bynnag sydd ei angen arnoch, mae amrywiaeth o wahanol ddarparwyr gwasanaeth o'r sectorau preifat a chyhoeddus.

Os oes gennych rywun sy'n eich helpu i ymdopi â bywyd gartref o ddydd i ddydd – sef eich priod neu bartner, perthynas neu ffrind (sy'n cael ei alw'n ofalwr) - mae gwasanaethau ar gael hefyd i helpu'r person hwnnw. Gallai unrhyw nifer o wahanol

commission this from an independent care agency.

All agencies that provide personal care have to be registered with the Care and Social Services Inspectorate for Wales. Agencies providing only domestic care do not have to be registered.

If you are arranging your own personal care with an agency then there are some issues you should consider:

- Ensure that the agency is registered with the Care and Social Services Inspectorate for Wales (CSSIW). This will mean for example that all staff have been checked by the Criminal Records Bureau
- You should have a full say in the decision about your care- what is being provided, when, how and by whom
- You should have clear information about the service you are being offered, its cost, what the cost covers (e.g. VAT, travelling expenses), how periods of absence by your care worker will be covered, contact numbers and be fully informed of any changes in the service you require
- Agencies should not disclose any personal information about you to any other organisation or person unless you have agreed to do this

asiantaethau ddarparu eich gwasanaeth. Mae'r cyngor yn darparu gwasanaethau tymor byr sy'n cefnogi pobl i wella ar ôl salwch neu sefyllfa arall. Os oes angen cymorth arnoch am gyfnod hwy, byddwn yn comisiynu hwn gan asiantaeth gofal annibynnol.

Mae'n rhaid i bob asiantaeth sy'n darparu gofal personol gofrestru ag Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru. Nid oes rhaid i asiantaethau gofrestru os ydynt yn darparu gofal cartref yn unig.

Os ydych yn trefnu eich gofal personol eich hun gydag asiantaeth, mae rhai pethau y dylech eu hystyried:

- Sicrhau bod yr asiantaeth wedi'i chofrestru ag Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru (AGGCC). Bydd hyn yn golygu, er enghraifft, fod yr holl staff wedi cael gwiriad gan y Swyddfa Cofnodion Troseddol (CRB)
- Chi ddylai wneud pob penderfyniad yn llawn am eich gofal – beth sy'n cael ei ddarparu, pryd, sut a chan bwyr
- Dylech gael gwybod yn glir am y gwasanaeth sy'n cael ei gynnig ichi, ei gost, beth mae'r gost yn ei gynnwys (e.e. TAW, costau teithio), sut bydd cyfnodau o absenoldeb gan eich gweithiwr gofal yn cael eu cyflenwi, rhifau cyswllt a chael gwybod yn llawn am unrhyw newidiadau yn y gwasanaeth sydd ei angen arnoch

- You should have the right to complain about the services you receive without it jeopardising your service

Day Services

Some people may benefit from social opportunities provided by Day Care and social groups.

Social Services and some voluntary organisations provide Day Care Services within the Vale of Glamorgan in a variety of settings for older people, older people with mental illness, people with learning disabilities and younger physically disabled people. They are offered to those aged 18 years and over.

They can provide personal and practical support, socialisation, activities and opportunities for education, employment and leisure. Within all local authority day service provision, we endeavour to offer activities that meet the needs and wishes of the service users. The range of services takes account of the age, physical health and ability of users.

Some of the centre-based activities currently include:

- Keep Fit
- Arts and Crafts
- Music and Movement
- Memory orientation
- Self Advocacy

- Ni ddylai asiantaethau ddatgelu unrhyw wybodaeth personol amdanoch i unrhyw sefydliad nac unigolyn arall heblaw ichi gytuno i wneud hyn
- Dylech gael yr hawl i gwyno am y gwasanaethau a gewch heb i hynny beryglu eich gwasanaeth

Gwasanaethau Dydd

Efallai y byddai rhai pobl yn cael budd gan gyfleoedd cymdeithasol a ddarparir gan grwpiau cymdeithasol a Gofal Dydd. Mae'r Gwasanaethau Cymdeithasol a rhai mudiadau gwirfoddol yn darparu Gwasanaethau Gofal Dydd ym Mro Morgannwg mewn lleoliadau amrywiol i bobl hŷn, pobl hŷn â salwch meddwl, pobl sydd ag anabledau dysgu a phobl iau sydd ag anabledd corfforol. Cynigir y gwasanaethau i'r rheini sy'n 18 oed ac yn hŷn.

Mae modd iddynt ddarparu cymorth personol ac ymarferol, cyfle i gymdeithasu, gweithgareddau a chyfleoedd addysg, cyflogaeth a hamdden.

Ceisiwn sicrhau bod holl wasanaethau dydd yr awdurdod lleol yn cynnig gweithgareddau sy'n darparu ar gyfer anghenion a dymuniadau defnyddwyr. Mae'r amrywiaeth o wasanaethau yn ystyried oedran, gallu ac iechyd corfforol defnyddwyr.

Ymhlith rhai o'r gweithgareddau mewn canolfannau ar hyn o bryd mae:

- Cadw'n Heini
- Celf a Chrefft

- Chiropody and foot care
- Creative Music
- Woodwork,
- Chiropractic Therapy,
- Massage & Relaxation,
- Quizzes,
- Community Activities,
- Dietary Advice,
- Augmentative Communication,
- Specialised Gym, Karate,
- Singing for Wellbeing.

At some centres health services provide speech therapy and physiotherapy, for example

Other opportunities for daytime activities and socialisation can be found at www.nhsdirect.wales.nhs.uk and search for local services. The Vale Centre for Voluntary Services (VCVS) also publishes a directory of their members and the services they provide. Contact 01446 741706 or visit www.valecvcs.org.uk

Help With Finding Suitable Care Providers

Within Social Services, a Brokerage service exists to place new and amended packages of domiciliary care, and day care, with organisations that provide the service. The process ensures that where possible the service user has been assessed before any package is placed to an external provider.

The service has been successfully operating since March 2005 and

- Cerddoriaeth a Symud
- Addasu'r cof
- Hunaneiriolaeth
- Trin traed a gofalu am y traed
- Cerddoriaeth Greadigol
- Gwaith coed
- Therapi Ceiropractig,
- Tylino ac Ymlacio,
- Cwisiau,
- Gweithgareddau Cymunedol,
- Cyngor Dietegol,
- Cyfathrebu Cynyddol,
- Campfa Arbenigol, Carate,
- Canu ar gyfer Lles.

Mewn rhai canolfannau, mae'r gwasanaethau iechyd yn darparu therapi lleferydd a ffisiotherapi, er enghraifft.

Mae modd gweld manylion cyfleoedd eraill i gyflawni gweithgareddau ac i gymdeithasu yn ystod y dydd trwy droi at www.nhsdirect.wales.nhs.uk a chwilio am wasanaethau lleol. Yn ogystal, mae Canolfan Gwasanaethau Gwirfoddol y Fro (VCVS) yn cyhoeddi cyfeiriadur o'u haelodau a'r gwasanaethau y maent yn eu darparu. Ffoniwch 01446 741706 neu trowch at www.valecvcs.org.uk

Cymorth i Ddod o Hyd i Ddarparwyr Gofal Addas

Yn y Gwasanaethau Cymdeithasol, mae gwasanaeth Brocera ar gael i osod pecynnau newydd a diwygiedig o ofal cartref, a gofal dydd, gyda sefydliadau sy'n darparu'r gwasanaeth. Mae'r broses yn sicrhau, os oes modd,

is also available to those who wish to make their own arrangements for care, whether self funding or in receipt of Direct Payments. By contacting the service, you can access the full range of organisations who provide support within the Vale of Glamorgan and who are included on the accredited providers listing for social services. This one stop shop facility will identify providers who can best meet your requirements and put you in touch to make further arrangements yourself.

Brokerage are able to assist whether you are looking for long term care or for a short period, perhaps to cover a holiday or the absence of a personal assistant.

Further information is available by contacting:

Brokerage on **01446 704724** or by email - **dombrokerage@valeofglamorgan.gov.uk**

Telecare

'Telecare' refers to a range of services and devices that use technology to enable vulnerable people to live with greater independence and safety in their own home.

Telecare devices usually link to the 24-hour a day, 365-days a year monitoring centre in Barry, where trained operators are quickly alerted to an accident or emergency and take appropriate

fod y defnyddiwr gwasanaeth wedi cael ei asesu cyn gosod unrhyw becyn i ddarparwr allanol.

Bu'r gwasanaeth yn gweithredu'n llwyddiannus ers mis Mawrth 2005 ac mae ar gael hefyd i'r rheini sy'n dymuno gwneud eu trefniadau eu hunain am ofal, p'un ai cyllido'r gofal eu hunain neu gael Taliadau Uniongyrchol. Drwy gysylltu â'r gwasanaeth, gallwch gael at yr ystod lawn o sefydliadau sy'n rhoi cymorth yn y Fro ac sy'n cael eu cynnwys ar y rhestr o ddarparwyr a ffefrir ar gyfer gwasanaethau cymdeithasol. Bydd y cyfleuster siop un stop yn adnabod y darparwyr gorau i fodloni eich gofynion ac yn eich rhoi mewn cysylltiad er mwyn i chi drefnu'r gweddill eich hun.

Mae'r gwasanaeth Brocera'n gallu helpu p'un a ydych yn chwilio am ofal tymor hir neu ofal am gyfnod byr, i helpu efallai pan fydd cynorthwydd personol ar wyliau neu'n absennol.

Cewch wybod rhagor drwy gysylltu â'r:

Gwasanaeth Brocera ar **01446 704724** neu drwy e-bost - **dombrokerage@valeofglamorgan.gov.uk**

Teleofal

Amrywiaeth o wasanaethau a dyfeisiau yw 'Teleofal' sy'n defnyddio technoleg i alluogi pobl sy'n agored i niwed i fyw'n fwy diogel ac annibynnol yn eu cartrefi eu hunain.

Mae dyfeisiau Teleofal fel arfer yn cysylltu â'r ganolfan fonitro yn y Barri

action. This may be by contacting the emergency services, contacting a nominated carer or relative or simply by providing assistance and reassurance via the monitoring equipment.

Alternatively, the Telecare service may be directly linked to a personal carer or relative, or may be 'stand-alone' (e.g. automatic reminder to take medication).

Telecare is available to any member of the community, of any age, who would like to feel safer, more protected or more secure in their own home. This may include:

- People with disabilities
- People living with serious chronic illnesses
- People leaving hospital following major or minor surgery or illness
- People who simply wish to have greater personal security

There are currently two levels of service available:

TeleV offers a choice of equipment that connects the client to the monitoring centre via a wireless trigger pendant which can be worn around the neck, wrist or on a belt. Additional sensors will automatically trigger an alarm call when smoke, extreme temperatures, carbon monoxide or potential falls, are detected, depending on which equipment is selected. Current

sydd ar agor bob awr o'r dydd a'r nos drwy gydol y flwyddyn. Yno, daw gweithredwyr hyfforddedig i wybod yn fuan am unrhyw ddamweiniâu neu argyfwng cyn cymryd y camau priodol, drwy gysylltu â'r gwasanaethau brys neu ofalwr neu berthynas penodol. Weithiau tawelu meddwl a chynorthwyo'r person drwy ddefnyddio'r system fonitro yw'r cyfan sydd ei angen.

Fel arall, gellir cysylltu'r gwasanaeth Teleofal yn uniongyrchol â gofalwr personol neu berthynas, neu gall weithredu'n annibynnol (e.e. larwm awtomatig i atgoffa rhywun ei bod yn bryd cymryd moddion).

Caiff pawb yn y gymuned sydd am deimlo'n fwy diogel ac wedi'i amddiffyn yn ei gartref ei hun fanteisio ar Deleofal beth bynnag fo'i oedran. Gall hyn gynnwys:

- Pobl ag anabledau
- Pobl sy'n ymdopi bob dydd â salwch cronig difrifol
- Pobl sydd newydd adael yr ysbyty ar ôl mân lawdriniaeth neu salwch neu lawdriniaeth neu salwch difrifol
- Pobl sydd, yn syml, am deimlo'n fwy diogel.

Cynigiwn ddwy lefel o wasanaeth ar hyn o bryd:

Mae **TeleV** yn cynnig dewis o offer sy'n cysylltu'r cleient â'r ganolfan fonitro trwy gyfrwng tlws crog â sbardun diwifr i'w wisgo o amgylch y gwddf, yr arddwrn neu ar wregys.

charges are £5.00 per week, plus an initial fixed charge of £59.50, for installation.

TeleV+ provides a more bespoke, specialised service to help individuals manage greater risks to their safety and independence, perhaps as part of an overall care package.

Specialised equipment may assist with conditions such as epilepsy, dementia and wandering, mobility or instability problems and falls, incontinence, nutrition and hydration concerns, the need for medication reminders, and reablement after leaving hospital.

Equipment may be linked to the monitoring centre or a carer; there is also a range of stand-alone equipment available that does not require linkage to the monitoring centre but which can often provide an effective solution.

TeleV+ is primarily accessed via social services assessment and subject to eligibility, but clients are able to receive TeleV+ as a self-funded package charged at £8.30 per week.

More information on these services can be obtained by phoning 01446 700111.

Bydd synwryddion ychwanegol yn canu galwad larwm yn awtomatig pan fydd mwg, tymereddau eithafol, carbon monocsid neu bosibilrwydd cwmpo yn cael eu synhwyro, gan ddibynnu ar yr offer a ddewisir. Ar hyn o bryd, codir £5.00 yr wythnos, a thâl sefydlog cychwynnol o £59.50, i'w gosod.

Mae **TeleV+** yn wasanaeth mwy pwrpasol ac arbenigol i helpu unigolion i reoli risgiau mwy i'w diogelwch a'u hannibyniaeth, a hynny yn rhan o becyn gofal cyffredinol efallai.

Mae cyfarpar arbenigol ar gael i helpu gyda chyflyrau fel epilepsi; gorddryswch a chrwydro; problemau symud, cwmpo a methu cydbwysio; anymatal; problemau sy'n ymwneud â maeth a hydradu; yr angen i gofio moddion ac ail-alluogi ar ôl gadael yr ysbyty.

Gallai offer gael ei gysylltu gyda'r ganolfan fonitro neu ofalwr; mae amrywiaeth o gyfarpar annibynnol ar gael hefyd nad oes angen ei gysylltu â'r ganolfan fonitro ond sy'n aml yn gallu darparu ateb effeithiol.

Y prif fodd o gael TeleV+ yw drwy asesiad gan y gwasanaethau cymdeithasol, ac mae'n amodol ar gymhwyster, ond gall cleientiaid dalu £8.30 yr wythnos eu hunain am becyn TeleV+.

Mae modd cael rhagor o wybodaeth am y gwasanaethau hyn trwy ffonio 01446 700111.

Occupational Therapy

Occupational Therapists work with people who have a physical impairment, a medical condition, a mental health problem or a learning disability. They help people who have difficulties with practical everyday tasks.

The aim of occupational therapy is to enable you to live as independently as possible. Occupational Therapists work in health and social care and work closely with housing and educational services.

An Occupational Therapist can help you adapt to changes in your everyday life and to overcome practical problems. They do this by:

- providing advice
- looking at ways an everyday task can be done differently
- recommending alterations or changes to your home
- referring you on to other services that can help - for example, speech and language therapy
- helping you to address work-related issues

Occupational therapists have specialist knowledge and can advise you on disability equipment, housing adaptations and adaptations to the workplace.

You may qualify for a Disabled Facilities Grant towards the cost of adapting your home. An

Therapi Galwedigaethol

Mae therapyddion galwedigaethol yn gweithio gyda phobl sydd â nam corfforol, cyflwr meddygol, problem iechyd meddwl ac anabledd dysgu. Maent yn helpu pobl sy'n cael anhawster gyda thasgau bob dydd ymarferol.

Nod therapi galwedigaethol yw eich galluogi i fyw mor annibynnol â phosibl. Mae Therapyddion Galwedigaethol yn gweithio mewn iechyd a gofal cymdeithasol ac yn gweithio'n agos gyda gwasanaethau tai ac addysg.

Gall therapydd galwedigaethol eich helpu i addasu i newidiadau yn eich bywyd bob dydd ac i oresgyn problemau ymarferol. Maen nhw'n gwneud hyn drwy:

- roi cyngor
- edrych ar ffyrdd y gellir gwneud tasg bob dydd yn wahanol
- argymhell addasiadau neu newidiadau i'ch cartref
- eich cyfeirio chi at wasanaethau eraill a all helpu – er enghraifft, therapi lleferydd ac iaith
- eich helpu i fynd i'r afael â phroblemau sy'n gysylltiedig â gwaith

Mae gan therapyddion galwedigaethol wybodaeth arbenigol a gallant eich cyngori ar offer i'r anabl, addasu cartrefi ac addasu'r gweithle.

occupational therapist will be involved in the process of assessing your needs.

Occupational Therapy within Social Services

Social Services can provide functional assessments for disabled people, regardless of age, in order for them to reach their maximum level of independence in their own home. They can help by teaching new techniques and/or help people to arrange equipment and/or adaptations to their property.

Due to the high level of referrals, priority is given to people where:

- they have a terminal illness
- there are safety issues in providing care
- there is a breakdown in someone's care arrangements which puts an individual at risk

The reasons for needing an occupational therapy referral are if you are experiencing:

- difficulties with managing personal care, such as getting to the toilet, bathing, dressing or eating
- problems with mobility and access to essential facilities, such as climbing the steps and stairs, access to and from the home or access within the home
- difficulties with carrying out transfers such as getting on and off chairs, or into and out of bed.

Efallai byddwch chi'n gymwys am Grant Cyfleusterau Anabl tuag at gost addasu eich cartref. Bydd therapydd galwedigaethol yn cael ei gynnwys yn y broses o asesu eich anghenion.

Therapi Galwedigaethol yn y Gwasanaethau Cymdeithasol

Gall y Gwasanaethau Cymdeithasol ddarparu asesiadau ymarferol i bobl anabl, ni waeth beth yw eu hoedran, er mwyn iddynt fod mor annibynnol â phosibl yn eu cartref eu hunain. Gallant helpu drwy addysgu technegau newydd a/neu helpu pobl i drefnu offer a/neu addasiadau i'w heiddo.

Oherwydd bod cynifer o bobl yn cael eu hatgyfeirio, rhoir blaenoriaeth i bobl:

- sydd â salwch angheuol
- os oes materion diogelwch wrth ofalu
- os bydd trefniadau gofal rhywun wedi chwalu, gan roi unigolyn mewn perygl

Dyma'r rhesymau y byddai angen eich atgyfeirio am therapi galwedigaethol:

- os ydych chi'n cael anhawster yn ymdopi â gofal personol, fel cyrraedd y toiled, ymolchi, gwisgo neu fwyta
- os ydych chi'n cael problemau'n symud ac yn cael at gyfleusterau hanfodol, fel dringo'r grisiau, mynd i mewn ac allan o'r tŷ neu symud o amgylch y cartref

Respite

"Respite" is short-term care used as a temporary alternative to a person's usual care arrangements. It refers to either the person who is cared for or a relative or friend who cares for someone else.

As more and more families commit themselves to support relatives to continue living independently in the community, pressures can build due to the increasing needs of the individual who is being looked after and the dependency this creates.

A respite break gives the elderly or a person with disabilities something to look forward to: daily routines can get tedious, especially if the person concerned has an active mind and has been an active person throughout their life. Having a holiday is a great way of giving the person something to look forward to and plan for. Respite can be provided from many of the care providers listed in the Care Directory. The following are a small sample of alternative respite options outside the Vale of Glamorgan and there many others available, some of which can be found at www.nhsdirect.wales.nhs.uk using their search facility for respite.

The Vale of Glamorgan Council cannot recommend a potential location and nor can it cover any expenses that may be incurred.

- os ydych chi'n cael anawsterau'n trosglwyddo eich hun, fel eistedd ar gadair a chodi oddi ar gadair, neu fynd i mewn i'r gwely neu godi o'r gwely.

Seibiant

"Seibiant" yw gofal tymor byr a ddefnyddir fel dewis amgen dros dro i drefniadau gofal arferol person. Mae'n cyfeirio at y person sy'n cael y gofal neu at berthynas neu ffrind sy'n gofalu am rywun arall.

Wrth i fwy a mwy o deuluoedd ymrwymo i'r broses o gynorthwyo perthnasau i barhau i fyw bywyd annibynnol yn y gymuned, mae modd i'r pwysau gronni o ganlyniad i anghenion cynyddol yr unigolyn sy'n cael gofal a'r ddibyniaeth y mae hyn yn ei greu.

Mae egwyl seibiant yn rhoi rhywbeth i'r henoed neu i rywun sydd ag anabledau i edrych ymlaen ato: mae modd i batrymau dyddiol fynd yn ddiflas, yn enwedig os bydd meddwl yr unigolyn dan sylw yn effro ac maent wedi bod yn unigolyn gweithgar trwy gydol eu bywyd. Mae cael gwyliau yn ffordd wych o roi rhywbeth i'r person i edrych ymlaen iddo a chynllunio ar ei gyfer. Mae modd i nifer o'r darparwyr gofal a restrir yn y Cyfeiriadur Gofal ddarparu gofal seibiant. Mae'r canlynol yn sampl bach o ddewisiadau seibiant amgen y tu allan i Fro Morgannwg ac mae nifer

The New Mayfair

The New Mayfair is an organisation based in Blackpool and they provide accommodation for disabled people and their carers. They can also accommodate visitors with a diagnosis of dementia.

www.thenewmayfair.co.uk

Merton House Hotel

Merton House Hotel is in the pretty market town of Ross-on-Wye in the Wye Valley. Merton House is a not-for-profit Community Service Project and is ideally suited for guests requiring the use of a wheelchair. www.mertonhouse.org/home

Royal Glamorgan Hotel

Glamorgan Holiday Hotel is hotel located on the seafront of Porthcawl. Transport to and from home to the hotel in an adapted minibus can be arranged (at cost).

The Glamorgan Holiday Hotel in Porthcawl provides respite facilities with the environment of a hotel as an alternative to a care or nursing home. Tel: 01656 785375, www.glamorganholidayhotel.com or email hotel.enquiries@cartrefi.org

o rai eraill ar gael, y mae modd gweld manylion rhai ohonynt trwy droi at www.nhsdirect.wales.nhs.uk a chwilio am seibiant yn eu cyfleuster chwilio. Ni all Cyngor Bro Morgannwg argymhell lleoliad posibl na thalu unrhyw dreuliau a allai godi.

The New Mayfair

Mae The New Mayfair yn sefydliad yn Blackpool ac maent yn darparu llety i bobl anabl a'u gofalwyr. Mae modd iddynt gynnig lle i ymwelwyr y rhoddydd diagnosis dementia iddynt hefyd. www.thenewmayfair.co.uk

Gwesty Merton House

Mae Gwesty Merton House yn nhref farchnad brydferth Y Rhosan ar Wy. Mae Merton House yn Brosiect Gwasanaeth Cymunedol di-elw ac mae'n ddelfrydol ar gyfer gwesteion mewn cadair olwyn. www.mertonhouse.org/home

Gwesty Royal Glamorgan

Lleolir Gwesty Gwyliau Glamorgan ar lan y môr ym Mhorthcawl. Mae modd trefnu cludiant o'r cartref i'r gwesty ac oddi yno mewn bws mini wedi'i addasu (am gost).

Mae Gwesty Gwyliau Glamorgan ym Mhorthcawl yn darparu cyfleusterau seibiant mewn amgylchedd gwesty fel dewis amgen i gartref gofal neu nyrsio. Ffôn: 01656 785375,

www.glamorganholidayhotel.com neu anfonwch e-bost at hotel.enquiries@cartrefi.org

Residential and Nursing Homes are places where people can live long term or stay for a short time to provide respite for their carers.

Care in a Residential Home

Residential Homes provide mainly personal care for residents, such as help with washing and dressing and promoting independence. Residents' health needs are met by the usual NHS services available to a person in their own home, including Community Nurses.

The decision to look for a place in residential care is not an easy one, so it is especially important that you choose the Home that is right for you. We recommend that you look at several Homes before making a decision. You may also like to ask someone from the Home to visit you at your home. If you decide you are interested in the possibility of going to live in a particular Home, you may wish to arrange to stay for a while to try it out before you make any final decisions about your future.

If you are making your own arrangements, you should still have a needs assessment first, to ensure you choose a home that can meet your specific needs. One reason is that even if you can afford the care home fees at present you might

Lleoedd yw Cartrefi Preswyl a Nyrsio lle gall pobl fyw yn y tymor hir neu aros am gyfnod byr er mwyn rhoi seibiant i'w gofalwyr.

Gofal mewn Cartref Preswyl

Yn bennaf, mae Cartrefi Preswyl yn darparu gofal personol i breswylwyr, fel cymorth i ymolchi a gwisgo a hyrwyddo annibyniaeth. Byddwn yn bodloni anghenion iechyd preswylwyr drwy ddefnyddio'r gwasanaethau GIG arferol sydd ar gael i unigolion yn eu cartrefi eu hunain, gan gynnwys gwasanaeth Nyrsys Cymunedol.

Nid yw'n hawdd penderfynu chwilio am le mewn cartref gofal preswyl, felly mae'n bwysig eich bod yn dewis y Cartref sy'n addas i chi. Rydym wedi argymhell ichi edrych ar nifer o Gartrefi cyn gwneud penderfyniad. Efallai yr hoffech hefyd wahodd rhywun o'r Cartref draw i'ch tŷ i ymweld â chi. Os oes Cartref penodol yn apelio'n arbennig atoch, gallech drefnu aros yno am ychydig er mwyn cael blas ar y lle cyn dod i benderfyniad terfynol am eich dyfodol.

Hyd yn oed os ydych chi'n gwneud eich trefniadau eich hun, dylech gael asesiad anghenion yn gyntaf, i sicrhau y dewiswch chi gartref a all fodloni eich anghenion penodol. Er

need financial support in the future and so it is important to confirm that you will be eligible.

Care in a Nursing Home

If you are in need of medical and nursing care, as well as help with personal care, then it may be better to choose a Nursing Home. Here, care by registered nurses is provided 24 hours a day. These are different from Residential Homes and charge higher fees to pay for the higher level of care that they provide. Some Homes provide both residential and nursing care beds.

If you appear to need nursing care, you are entitled to a nursing care assessment. If the assessment shows you are eligible, you will not have to pay for nursing care. Whether a person is partially funded by the Local Authority or is paying for their placement in a Nursing Home privately, the Local Health Board will pay a fixed sum for the Nursing element of their care.

All the information and advice above about choosing a care home applies to choosing a nursing home as well.

enghraifft, hyd yn oed os gallwch chi fforddio ffioedd y cartref gofal ar hyn o bryd, efallai bydd angen cymorth ariannol arnoch yn y dyfodol ac felly mae'n bwysig cadarnhau y byddwch chi'n gymwys.

Gofal mewn Cartref Nyrsio

Os oes angen gofal meddygol neu nyrsio arnoch yn ogystal â chymorth gyda gofal personol, gallai fod yn well i chi ddewis Cartref Nyrsio. Yno, bydd nyrsys cofrestredig wrth law ddydd a nos i ofalu amdanoch. Mae cartrefi nyrsio'n wahanol i Gartrefi Gofal ac yn ddrutach am eu bod yn cynnig lefel uwch o ofal. Mae rhai Cartrefi'n darparu gwelyau ar gyfer gofal preswyl a nyrsio.

Os yw'n ymddangos fel petai angen gofal nyrsio arnoch, cewch hawlio asesiad gofal nyrsio. Os yw'r asesiad yn dangos eich bod yn gymwys, ni fydd yn rhaid i chi dalu am y gofal hwnnw. Bydd y Bwrdd Iechyd Lleol yn talu swm penodol ar gyfer elfen Nyrsio eich gofal, p'un a fydd yr Awdurdod Lleol yn eich helpu i dalu am eich lle mewn Cartref Nyrsio neu beidio.

Mae'r holl wybodaeth a chyngor uchod ynglŷn â dewis cartref gofal yn berthnasol hefyd i ddewis cartref nyrsio.

Choosing a Home

Here are some important questions that would be helpful for you to ask when choosing a Home:

Location

You may wish to remain close to your present home, relatives and friends or General Practitioner. If however you are considering a change in location:

- Do you want to live in the locality or community you have been used to?
- Is the home situated where relatives and friends can visit you easily?
- Will you be able to keep your existing GP in the new location?
- Is there easy access to public transport?
- Will you be close to local amenities that are important to you, e.g. a place of worship, post office or shops?
- What public recreational facilities would you wish to use?

The Home

Each Home is required to have a Service User Guide which informs you about the Home and the services they provide. Take it and read it. Obtain a copy of any Terms and Conditions of residence. Is it run by the local authority or independently owned?

Dewis Cartref

Dyma rai cwestiynau pwysig y byddai'n ddefnyddiol ichi eu gofyn wrth ddewis Cartref: Lleoliad

Efallai eich bod am aros yn agos i'ch cartref presennol, i'ch perthnasau a'ch ffrindiau neu eich Meddyg Teulu. Fodd bynnag, os ydych yn ystyried newid lleoliad:

- A ydych am fyw yn yr ardal neu'r gymuned sy'n gyfarwydd i chi?
- Ydy'r cartref mewn man lle mae'n hawdd i berthnasau a ffrindiau ymweld â chi?
- A fyddwch yn medru cadw'ch Meddyg Teulu presennol yn eich lleoliad newydd?
- A oes modd i chi ddefnyddio cludiant cyhoeddus yn hawdd?
- A fyddwch yn agos i amwynderau lleol sy'n bwysig i chi, e.e. man addoli, swyddfa bost neu siopau?
- Pa gyfleusterau cyhoeddus y byddech yn dymuno'u defnyddio?

Y Cartref

Mae gofyn i bob Cartref gael Canllaw i Ddefnyddwyr Gwasanaethau sy'n rhoi gwybod ichi am y Cartref a'r gwasanaethau a gynigir yno. Cymerwch ef a'i ddarllen. Mynnwch gopi o unrhyw Delerau ac Amodau preswyl. Ydyw'n cael ei reoli gan yr awdurdod lleol neu berchennog annibynnol?

- Who runs the Home – is it the owner or manager?
- How many residents are there?
- How many staff are on duty at different times of the day?
- What qualifications and training do staff have?
- Is there a written contract/ agreement with the Home?
- How long a trial period can you have?
- What are the terms for keeping your room e.g. if you go into hospital?
- If your health gets worse, can you continue to live in the Home?

The Room

Your room will become your own private place, so you may wish to consider the following:

- Will you have your own room and what is the outlook from it?
- What is included in your room?
- Will the room accommodate your personal possessions or some of your own special small pieces of furniture or a pet?
- Is there an aerial socket for your own television?
- Can you have your own telephone with a separate number?
- How often are the rooms cleaned, and is your bed made for you?

- Pwy sy'n rheoli'r Cartref - y perchennog neu reolwr?
- Faint o breswylwyr sydd yno?
- Faint o staff sydd ar ddyletswydd ar wahanol adegau o'r dydd?
- Pa gymwysterau a hyfforddiant sydd gan y staff?
- Oes yna gcontract/gytundeb ysgrifenedig gyda'r Cartref?
- Faint o gyfnod prawf y gallwch ei gael?
- Beth yw'r telerau ar gyfer cadw'ch ystafell e.e. petaech yn mynd i mewn i'r ysbyty?
- Os bydd eich iechyd yn gwaethygu, a allwch barhau i fyw yn y Cartref?

Yr Ystafell

Bydd eich ystafell yn fan sy'n breifat i chi, felly efallai yr hoffech ystyried y canlynol:

- A fydd gennych eich ystafell eich hun, a sut fath o olygfa fydd gennych?
- Beth fydd wedi'i gynnwys yn eich ystafell?
- A fydd lle yn yr ystafell i'ch eiddo personol chi neu rai o'ch darnau bach arbennig eich hun o gelfi neu anifail anwes?
- A oes yna soced erial ar gyfer eich teledu eich hun?
- A fedrwch gael eich ffôn eich hun, gyda rhif ar wahân?
- Pa mor aml mae'r ystafelloedd yn cael eu glanhau, ac a ydy'r gwely yn cael ei wneud drosoch?

Facilities

Consider what facilities the home needs to offer and the type of care you need, for example:

- Is the accommodation on the ground floor or is there a lift if you need it?
- Do any of the following visit regularly: minister, hairdresser, chiropodist, library etc?
- Can you manage any steps in or around the home, and if you are in a wheelchair, is it a building accessible to all facilities?
- Are there smoking and non-smoking areas?
- What are the arrangements for laundry and dry-cleaning?
- Is there more than one lounge so that you can be quiet if you feel like it?
- Are there regulations about staying in your own room?
- Are there lifts or bath-aids etc. to assist you?
- Is there a garden and can residents use it?
- Is there a facility to secure valuables and are personal possessions covered by insurance?
- Does the home provide facilities for you to pursue your interests or hobbies?
- What communal areas are there?

Cyfleusterau

Ystyriwch pa gyfleusterau y mae angen i'r Cartref eu cynnig i chi, yn ogystal â'r math o ofal sydd ei angen arnoch, er enghraifft:

- A ydy'r ystafell ar y llawr gwaelod neu a oes lifft os oes ei angen arnoch?
- A oes unrhyw un o'r canlynol yn galw'n rheolaidd : gweinidog, triniwr gwallt, meddyg traed, llyfrgell ayyb?
- A ydych yn medru ymdopi ag unrhyw risiau yn y cartref neu o'i gwmpas, ac os ydych mewn cadair olwyn, a ydy'r adeilad yn hygyrch i bob cyfleuster?
- A oes ardaloedd ysmegu a dim ysmegu?
- Beth yw'r trefniadau ar gyfer golchi dillad a sychlanhau?
- Oes yna fwy nag un lolfa fel bod modd cael tawelwch os teimlwch felly?
- Oes yna unrhyw reoliadau ynglŷn ag aros yn eich ystafell eich hun?
- Oes yna lifftiau neu gymhorthion bath etc i'ch helpu?
- Oes yna ardd, ac a all y preswylwyr ei defnyddio?
- Oes yna gyfleuster i ddiogelu pethau gwerthfawr ac a ydy eiddo personol yn cael ei ddiogelu gan yswiriant?
- Ydy'r cartref yn darparu cyfleusterau er mwyn i chi fwynhau'ch diddordebau neu hobiau?
- Pa fannau cymunedol sydd yno?
- A oes ffôn ar gael yn breifat? A oes teclyn codi sŷn ar y ffôn os ydych yn drwm eich clyw?

- Is there access to a telephone in private? Does the telephone have an amplifier on it if you are hard of hearing?

Menus

Look at some sample menus. It is important that you have a good balanced diet chosen from foods enjoyed.

- Is the food interesting and varied?
- Is there a choice of menus?
- Do you like the quality of food?
- Do you have a special diet to be catered for?
- Can meals be taken in your room if you wish?
- Can you have/make a drink or snack whenever you want?
- Can you offer visiting friends or relatives refreshments?

Atmosphere

Try to assess how you would feel in the Home. Do you like the staff and would you feel comfortable with the other residents? Try to meet them and discuss the home.

- Is the atmosphere friendly and homely?
- Is the Home well maintained and does it smell okay?
- Do residents seem active and content?
- Do staff seem caring and attentive towards residents and treat them with dignity?

Bwydlenni

Edrychwch ar rai bwydlenni enghreifftiol. Mae'n bwysig eich bod yn cael diet cytbwys da gyda dewis o fwyd yr ydych yn hoff ohono.

- Ydy'r bwyd yn ddiddorol ac yn amrywiol?
- Oes yna ddewis o fwydlenni?
- Ydy ansawdd y bwyd wrth eich bodd?
- A oes gennych ddieta arbennig?
- A fedrwch fynd â phrydau bwyd i'ch ystafell os dymunwch?
- A fedrwch gael/gwneud diod neu fyrbryd pryd bynnag y mynnwch?
- A ydych yn medru cynnig lluniaeth i ymwelwyr megis ffrindiau neu berthnasau?

Awyrgylch

Ceisiwch asesu sut y byddech yn teimlo yn y Cartref. A ydych yn hoff o'r staff, ac a fyddech yn teimlo'n gysurus gyda'r preswylwyr eraill? Ceisiwch gwrrd â hwy er mwyn trafod y cartref.

- Ydy'r awyrgylch yn gyfeillgar ac yn gartrefol?
- Ydy'r Cartref wedi'i gynnal yn dda, ac a oes oglau da arno?
- A ydy'r preswylwyr yn ymddangos yn weithgar ac yn fodlon?
- Ydy'r staff yn ymddangos yn ofalgar ac yn wasanaethgar i'r preswylwyr ac a ydynt yn eu trin ag urddas?
- A oes yna breswylwyr y gallwch gynnal sgwrs â hwy?
- A ydych yn medru dylanwadu ar yr hyn sy'n digwydd yn y Cartref?

- Are there residents with whom you can have a conversation?
- Can you influence what happens in the Home?

Restrictions

Does the Home have rules for residents, what are they and could you live with them? These may include:

- Set times for going to bed and getting up or having a bath.
- Visitors may be allowed only at certain times or not in your own room.
- Are there places where residents can spend time in private with their guests, and can relatives or friends help with personal care if you want them to?
- Do staff respect residents' privacy?
- Can you consume alcohol in communal areas or in your own room?
- Will staff give you support to continue to practise your religion?

The Cost

How much are the fees? Be clear of what is included, for example, the cost of any personal hygiene or medical needs and personal laundry. Remember, if you are paying your fees from restricted capital, it may not last forever.

And if it doesn't, will the home accommodate you on Local Authority funding?

Cyfyngiadau

A oes gan y Cartref reolau ar gyfer preswylwyr, beth ydynt ac a allech eu dioddef? Mae'n bosib y byddant yn cynnwys:

- Amserau pendant ar gyfer mynd i'r gwely a chodi, neu gael bath.
- Mae'n bosib y caniateir ymwelwyr ar adegau penodol yn unig, neu nid yn eich ystafell eich hun o gwbl.
- A oes yna fannau lle mae preswylwyr yn medru treulio amser yn breifat gyda'u hymwelwyr, ac a oes modd i berthnasau neu ffrindiau helpu gyda gofal personol os ydych am iddynt wneud?
- Ydy'r staff yn parchu preifatrwydd y preswylwyr?
- A fedrwyd yfed diod feddwol yn y manau cymunedol neu yn eich ystafell eich hun?
- A fydd y staff yn rhoi cymorth i chi ddal i ymarfer eich crefydd?

Y Gost

Faint yw'r ffioedd? Gwnewch yn siŵr eich bod yn sicr o'r hyn sy'n cael ei gynnwys, er enghraifft, cost unrhyw anghenion hylendid personol neu feddygol, a'r gost o olchi dillad. Cofiwch, os ydych yn talu'ch ffioedd o gyfalaf cyfyngedig, efallai na fydd yn parhau am byth.

Ac os na, a fydd y cartref yn fodlon eich cynnal ar gyllid Awdurdod Lleol?

- Beth mae'r tâl wythnosol yn ei gynnwys?

- What does the weekly charge cover?
- Are there any additional charges?
- Are fees payable monthly/weekly?
- How often do fees increase?
- What happens if you run out of funds?

Regulation and Inspection of Care Homes

All Residential and Nursing Homes in this area, by law, must be registered with The Care and Social Services Inspectorate and will be inspected regularly. These inspection reports are public documents and are available for you to read. These reports can be obtained by contacting the

Care and Social Services Inspectorate for Wales

Welsh Government, Rhydycar Business Park, Merthyr Tydfil, CF48 1UZ

Tel: 0300 062 8888

Copies are also available on the website on www.cssiw.wales.gov.uk and each Home should be able to supply a copy of their last inspection

If you have any comments or complaints about a particular Home, you should discuss this with the manager in the first instance. If however, you are still not satisfied with the response you get, you should contact the Care and Social Services Inspectorate.

- Oes yna unrhyw daliadau ychwanegol?
- Ydy'r ffioedd yn daladwy bob mis/bob wythnos?
- Pa mor aml mae'r ffioedd yn cynyddu?
- Beth sy'n digwydd os byddwch yn rhedeg allan o gyllid?

Rheoleiddio ac Arolygu Cartrefi Gofal

Yn ôl y gyfraith, mae'n rhaid i bob Cartref Preswyl a Nyrsio yn yr ardal hon gael ei gofrestru gyda'r Arolygiaeth Gofal a Gwasanaethau Cymdeithasol a'i arolygu'n rheolaidd. Mae'r adroddiadau arolygu hyn yn ddogfennau cyhoeddus sydd ar gael i chi eu darllen. Cewch gopiâu o'r adroddiadau drwy gysylltu ag **Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru** Llywodraeth Cymru, Parc Busnes Rhyd-y-car, Merthyr Tudful, CF48 1UZ **Ffôn: 0300 062 8888**

Cewch gopiâu hefyd ar y wefan ar www.cssiw.wales.gov.uk a dylai fod pob Cartref yn gallu cyflenwi copi o'i arolygiad diwethaf.

Os ydych am fynegi barn neu gwyno am Gartref penodol, mynnwch air â'r rheolwr yn gyntaf. Os na chewch ymateb boddhaol, ewch ati i gysylltu â'r Arolygiaeth Gofal a Gwasanaethau Cymdeithasol.

Sheltered Housing

Sheltered Housing accommodation and Group Homes can be rented from the Council or housing associations. They have wardens who cannot give care but who can help to deal with emergencies and keep a neighbourly watchful eye on a resident. Information about Sheltered Housing accommodation can be found from the Housing Department based in: Civic Offices, Holton Road, Barry CF63 4RB Tel. 01446 709500

Staying Put/Supported living

The Vale of Glamorgan Council has set up two schemes to support people who need help to settle in a home successfully, feel comfortable and to maintain their tenancy. This support could be provided for a few months while you settle into a new home or you could have a long term need for support to enable you to live independently and maintain your home.

Tai Gwarchod

Gellir rhentu llety Tai Gwarchod a Chartrefi Grŵp oddi wrth y Cyngor neu gymdeithasau tai. Mae gan y tai hyn wardeiniaid sy'n gallu helpu mewn argyfwng a chadw llygad cymdogol ar breswylwyr, er nad ydynt yn gallu rhoi gofal. Cewch wybodaeth am lety Tai Gwarchod oddi wrth staff yr Adran Dai sy'n gweithio yn y Swyddfeydd Dinesig, Heol Holton, y Barri CF63 4RB Ffôn: 01446 709500

Aros Gartref/Byw â Chymorth

Mae Cyngor Bro Morgannwg wedi sefydlu dau gynllun i gefnogi pobl os oes angen eu helpu i ymgartrefu'n llwyddiannus, teimlo'n gyffyrddus a chadw eu tenantiaeth. Gellid darparu'r cymorth hwn am ychydig fisoedd wrth ichi ymgartrefu mewn cartref newydd neu gallai fod angen cymorth tymor hir arnoch er mwyn ichi fyw'n annibynnol a chadw eich cartref.

Tenant Support Scheme (TESS)

TESS can help either existing tenants of the Vale of Glamorgan Council or people placed in temporary or permanent accommodation by the Council.

Staying Put Scheme

This scheme can help those who own their own home or rent it.

To make a referral please contact Supporting People on

Tel: 01446 709793 or email : supportingpeople@valeofglamorgan.gov.uk

Extra Care Housing

The Vale of Glamorgan Council began the process to build their first Extra Care development in April 2011. A grant will provide a 42 bed facility in Barry, offering a mix of one and two bed flats for older people. The scheme 'Golau Caredig' will open in Autumn 2014. Through this type of scheme, individuals are able to access support that can be adjusted as their needs change while still maintaining their independence.

Extra care housing can come in many forms, including blocks of flats, bungalow estates and retirement villages. It is a popular choice among older people; it can be an alternative to a care home

Cynllun Cefnogi Tenantiaid (TESS)

Mae TESS yn gallu helpu tenantiaid presennol Cyngor Bro Morgannwg neu bobl sydd wedi'u rhoi mewn llety dros dro neu lety parhaol gan y Cyngor.

Cynllun Aros Gartref

Gall y cynllun hwn helpu'r rheini sy'n berchen ar eu cartref eu hunain neu'n ei rentu.

I wneud atgyfeiriad, cysylltwch â'r tîm Cefnogi Pobl ar

Ffôn: **01446 709793** neu e-bost : supportingpeople@valeofglamorgan.gov.uk

Tai Gofal Ychwanegol

Dechreuodd Cyngor Bro Morgannwg adeiladu ei ddatblygiad Gofal Ychwanegol cyntaf ym mis Ebrill 2011. Bydd grant yn darparu cyfleuster gyda 42 o welyau yn y Barri, gan gynnig cymysgedd o fflatiau un a dwy ystafell wely i bobl hŷn. Bydd cynllun 'Golau Caredig' yn agor yn ystod yr Hydref 2014. Drwy'r math hwn o gynllun, gall unigolion gael cymorth sy'n gallu cael ei addasu wrth i'w hanghenion newid gan gynnal eu hannibyniaeth o hyd.

Gall tai gofal ychwanegol fod ar lawer ffurf, gan gynnwys blociau o fflatiau, ystadau byngalos a phentrefi ymddeol. Mae'n ddewis poblogaidd ymhlith pobl hŷn, a gall fod yn ddewis yn lle cartref gofal.

Adult Placement

The Adult Placement Service provides support and/or supported accommodation for vulnerable adults who are unable to live independently and want to live in the community and in a family environment.

A team of specially recruited Host/Carer families (who can be single people, couples or families) offer respite, supported holidays, long-term supported accommodation and individually tailored sessions.

All hosts receive an allowance when somebody is staying with them and the service users make a reasonable contribution for making use of the service.

Lleoli Oedolion

Mae'r Gwasanaeth Lleoli Oedolion yn rhoi cymorth a/neu lety â chymorth i oedolion agored i niwed nad ydynt yn gallu byw'n annibynnol ac sydd am fyw yn y gymuned ac mewn amgylchedd teuluol.

Mae tîm o deuluoedd Lletya/Gofalwr (sy'n gallu bod yn bobl sengl, yn barau neu'n deuluoedd) wedi'u recriwtio'n arbennig yn cynnig seibiant, gwyliau â chymorth, llety tymor hir â chymorth a sesiynau wedi'u teilwra'n unigol.

Bydd yr holl westeiwyr yn cael lwfans pan fydd rhywun yn aros gyda nhw ac mae'r defnyddwyr gwasanaeth yn gwneud cyfraniad rhesymol am ddefnyddio'r gwasanaeth.



Disabled facilities Grant for adaptations in a private property

The Disabled Facilities Grant is available for a range of adaptations and facilities that will help a disabled person or elderly person continue to live in their home.

You can apply for a grant if you or someone living in your property is disabled and:

- You, or the person on whose behalf you are applying, are either the tenant or owner of a property (if you are a Council tenant you will be initially signposted to The Council Housing Adaptations Team)
- You can certify that you, or the person on whose behalf you are applying, intend to occupy the property as your/their main residence throughout the grant period, currently 5 years

The person who applies for the grant does not have to be the disabled person who needs the adaptations but whoever applies for the grant must provide a certificate of ownership or tenancy.

Applications for assistance are means tested. This involves a comprehensive questionnaire about your financial situation to find out if you have a contribution to make, and how much, towards the works before the grant is paid.

Grant cyfleusterau i'r anabl ar gyfer addasiadau mewn eiddo preifat

Mae Grant Cyfleusterau i'r Anabl ar gael ar gyfer amrywiaeth o addasiadau a chyfleusterau a fydd yn helpu rhywun anabl neu rywun oedranus i aros yn ei gartref.

Gallwch wneud cais am grant os ydych chi, neu rywun sy'n byw yn eich cartref, yn anabl ac:

- Os ydych chi, neu'r sawl rydych chi'n ymgeisio ar ei ran, naill ai'n denant neu'n berchennog eiddo (os ydych chi'n denant i'r Cyngor, cewch eich cyfeirio i ddechrau at Dîm Addasiadau Tai'r Cyngor)
- Os gallwch chi dystio eich bod chi, neu'r sawl rydych chi'n ymgeisio ar ei ran, yn bwriadu byw yn yr eiddo yn brif breswylfa drwy gydol cyfnod y grant, sef 5 mlynedd ar hyn o bryd

Nid oes rhaid i'r person anabl y mae angen yr addasiadau arno ymgeisio am y grant ei hun, ond mae'n rhaid i bwy bynnag sy'n ymgeisio am y grant ddarparu tystysgrif o berchenogaeth neu denantiaeth.

Mae ceisiadau am gymorth yn destun prawf modd. Mae hyn yn golygu llenwi holiadur cynhwysfawr am eich sefyllfa ariannol i ganfod a oes gennych gyfraniad i'w wneud at y gwaith, a faint, cyn bod y grant yn cael ei dalu.

Charities and Care and Repair can also give help and advice.

Be prepared to spend some time providing an account of the difficulties you are experiencing which are caused by your illness, disability or frailty due to your age.

Funding is also available for tenants of Housing Association properties, following assessment and recommendation from the Occupational Therapist.

Please contact the Council's contact centre on **01446 700111** and explain that you would like an assessment by an Occupational Therapist. The operator will take details from you and ask some questions about your difficulties/problems.

Your details will be passed to the Occupational Therapy Team who will prioritise your referral based on the information you have given. They will write to you to advise you of any waiting times for assessment.

Once the Occupational Therapist or other specialist worker (such as a Rehabilitation Officer for the Visually Impaired) has carried out their assessment, if they feel that a Disabled Facilities Grant is required, they will make a referral to the Grants Department to take this forward.

Gall elusennau a Gofal a Thrwsio hefyd roi cymorth a chynghor.

Byddwch yn barod i dreulio ychydig o amser yn disgrifio'r anawsterau rydych chi'n eu cael, yn sgil eich salwch, eich anabledd neu eich llesgedd oherwydd eich oedran.

Mae cyllid ar gael hefyd i denantiaid eiddo Cymdeithasau Tai, yn dilyn asesiad ac argymhelliad gan y Therapydd Galwedigaethol.

Cysylltwch â chanolfan gyswllt y Cyngor ar **01446 700111** ac eglurwch y byddech yn hoffi cael asesiad gan Therapydd Galwedigaethol. Bydd y gweithredwr yn cofnodi eich manylion ac yn eich holi am eich anawsterau/problemau.

Bydd eich manylion yn cael eu trosglwyddo i'r Tîm Therapi Galwedigaethol a fydd yn blaenoriaethu eich atgyfeiriad yn seiliedig ar y wybodaeth rydych wedi'i rhoi. Bydd yn ysgrifennu atoch i roi gwybod am unrhyw amseroedd aros am asesiad.

Pan fydd y Therapydd Galwedigaethol neu weithiwr arbenigol arall (fel Swyddog Ailsefydlu i'r Rheini â Nam ar eu Golwg) wedi gwneud ei asesiad, os yw'n teimlo bod angen Grant Cyfleusterau i'r Anabl, bydd yn eich atgyfeirio i'r Adran Grantiau i fynd ymlaen â hyn.

For further information on any of the above housing related services, contact C1V. Their contact information is on page 10

Care & Repair in the Vale

If you require help or assistance with repair, maintenance or adaptation works or have other wants and needs to maintain your independence, then Care & Repair in the Vale could help you.

Care & Repair in the Vale exists to support older people to repair, adapt and maintain their homes thereby enabling them to live as independently as possible with increased safety, security, warmth and comfort.

The Agency helps older people who live in the Vale to complete repairs, improvements and adaptations to their homes, through the provision of expert advice, support and practical assistance. Works can range from very small items such as the repairing of a small water leak or the installation of handrails through to major jobs such as bathroom conversions or replacing a roof.

Care & Repair in the Vale has a Casework service which can help older people in the Vale with:

- Impartial advice about repairs or other works that are required
- Details of reputable contractors

Am wybodaeth bellach am unrhyw rai o'r gwasanaethau uchod sy'n gysylltiedig â thai, cysylltwch â C1V. Mae eu manylion cyswllt ar dudalen 10

Gofal a Thrwsio yn y Fro

Os oes angen cymorth arnoch i wneud gwaith atgyweirio, cynnal a chadw neu addasu neu os oes angen rhywbeth arall arnoch er mwyn bod yn annibynnol, gallai Gofal a Thrwsio yn y Fro eich helpu chi.

Bwriad Gofal a Thrwsio yn y Fro yw cefnogi pobl hŷn i atgyweirio, addasu a chynnal a chadw eu cartrefi, a'u galluogi felly i fyw mor annibynnol â phosibl, a hynny'n fwy diogel, yn gynhesach ac yn fwy cysurus.

Mae'r Asiantaeth yn helpu pobl hŷn sy'n byw yn y Fro i wneud atgyweiriadau, gwelliannau ac addasiadau i'w cartrefi, drwy roi cynghor, cefnogaeth a chymorth ymarferol arbenigol. Gall y gwaith amrywio o fân bethau fel atgyweirio twll bach sy'n gollwng dŵr neu osod canllawiau, i waith mawr fel addasu ystafell ymolchi neu osod to newydd.

Mae gan Gofal a Thrwsio yn y Fro wasanaeth Gwaith Achos sy'n gallu helpu pobl hŷn yn y Fro gyda:

- Chynghor diduedd am atgyweiriadau neu waith arall sydd ei angen
- Manylion contractwyr ag enw da
- Cymorth i gael a gwerthuso dyfynbrisiau

- Assistance with obtaining and evaluating quotations
- Grant / benevolent fundraising assistance
- Assistance with overseeing the completion of work

Care & Repair in the Vale also has a Handyperson service which can help older people or carers in the Vale with:

- Safety works – e.g. installing smoke detectors or grab rails, etc.
- Security works – e.g. replacing door locks or installing door chains, etc.
- Plumbing works – e.g. replacing tap washers or repairing small leaks, etc.
- Miscellaneous works – e.g. putting up curtain rails or repairing doors, etc.

Contacting the Agency

For further information on the services provided by Care & Repair in the Vale, please feel free to contact the Agency or ask someone to contact the Agency on your behalf by:

Telephoning: **01446 704308**

Emailing: care&repair@newydd.co.uk

Writing: 121 Broad Street,

Barry CF62 7AL

- Cymorth i godi arian elusengar / grantiau
- Cymorth i oruchwyllo'r gwaith yn cael ei gwblhau

Mae gan Gofal a Thrwsio yn y Fro wasanaeth Tasgmon sy'n gallu helpu pobl hŷn neu ofalwyr yn y Fro gyda:

- Gwaith diogelu – e.e. gosod synwryddion mwg neu ganllawiau bach, etc
- Gwaith diogelwch – e.e. gosod cloeon neu gadwynau newydd ar ddrysau, etc
- Gwaith plymwr – e.e. gosod wasieri tap newydd neu drwsio tyllau bach sy'n gollwng dŵr etc
- Gwaith amrywiol – e.e. gosod rheiliau llenni neu drwsio drysau, etc

Cysylltu â'r Asiantaeth

I gael gwybod rhagor am y gwasanaethau y mae Gofal a Thrwsio yn y Fro yn eu darparu, mae croeso ichi gysylltu â'r Asiantaeth neu ofyn i rywun gysylltu â'r Asiantaeth ar eich rhan drwy:

Ffonio: **01446 704308**

E-bostio: care&repair@newydd.co.uk

Ysgrifennu: 121 Broad Street, y Barri, CF62 7AL

You may need other types of services to give you the support and help you need. Some people need a great deal of specialist professional help, and others may find that by supplementing help from family and friends, they are able to continue to live at home. The following list of organisations provides a signpost to some of the services that are available:

Social Care Services:

Social Services can provide information about the community care services that are available. Even if you are not eligible for specific help from the Council, we can suggest other possible sources.

For information,

Tel: 01446 700111

Health Matters:

Your GP can advise you about health matters. The National Health Service provides medical care and treatment and your doctor can refer you to a range of specialists for advice and care.

The Education Programmes for Patients (EPP). A self-management course for people living with any long-term health condition. EPP is about making you an expert in living your life to the full with your condition.

Tel: 029 2033 5403

Efallai bydd angen mathau eraill o wasanaeth arnoch er mwyn i chi gael yr holl gefnogaeth a chymorth angenrheidiol. Bydd angen llawer iawn o gymorth arbenigol proffesiynol ar rai pobl i fyw gartref tra bod rhai eraill yn gallu dod i ben yn iawn ag ychydig o help ychwanegol oddi wrth y teulu a ffrindiau. Mae'r rhestr ganlynol o sefydliadau yn cyfeirio at rai o'r gwasanaethau sydd ar gael:

Gwasanaethau Gofal Cymdeithasol:

Cewch wybod am wasanaethau gofal yn y gymuned drwy gysylltu ag adran Gwasanaethau Cymdeithasol y Cyngor. Hyd yn oed os nad ydych yn gymwys i gael cymorth penodol gan y Cyngor, gallwn awgrymu sefydliadau eraill a allai eich helpu. **Ffon: 01446 700111** am fwy o wybodaeth.

Materion iechyd:

Eich meddyg teulu yw'r person i'w holi am faterion iechyd. Mae gofal meddygol a thriniaethau ar gael o dan y Gwasanaeth Iechyd Gwladol a gall eich meddyg eich cyfeirio at arbenigwyr amrywiol am ofal a chyngor.

State Benefits:

Your nearest **Department for Work and Pensions** office can give you information and advice about state benefits and other payments you may be entitled to.

Department of Social Security –

Benefit Enquiry Line –

Tel: **0800 882200**;

Pension Service –

Tel: 0845 606 0265

Your local Citizens Advice

Bureau can give free, impartial advice and information about a range of things, including benefits and how to apply for them. Their staff can also help you to put across your point of view when you are dealing with other organisations.

Tel: 0344 477 2020

Housing:

Many towns and villages have '**Good Neighbour Schemes**' that can give help with taking people to hospital for appointments or collecting prescriptions. As they work part time, it is important that you leave your details on the answer machine.

Barry & Rhoose

Tel: 01446 747654

Llantwit Major, Cowbridge &

St Athan Tel: 01446 795549

Dinas Powys Voluntary

Concern provides a service to individuals, groups and to voluntary organisations operating in the village.

Y Rhaglenni Addysg i Gleifion

(EPP). Cwrs hunanreoli yw hwn i bobl sy'n byw ag unrhyw gyflwr iechyd tymor hir. Bwriad EPP yw eich gwneud chi'n arbenigwr o ran byw eich bywyd i'r eithaf er gwaethaf eich cyflwr.

Ffôn: 029 2033 5403

Budd-daliadau'r Wladwriaeth:

Cewch wybodaeth a chyngor am fudd-daliadau a thaliadau eraill y wladwriaeth y gallech eu hawlio drwy fynd i'ch swyddfa **Adran Gwaith a Phensiynau** agosaf.

Adran Nawdd Cymdeithasol –

Llinell Ymholiadau Budd-dâl –

Ffoniwch: **0800 882200**;

Gwasanaeth Pensiwn –

Ffoniwch **0845 606 0265**

Gall staff eich **Canolfan Ar Bopeth**

leol roi cyngor a gwybodaeth

ddiduedd am ddim ichi am

amrywiaeth o bethau, gan gynnwys

budd-daliadau a sut i wneud cais

amdanynt. Gall y staff yno eich helpu

hefyd i fynegi eich barn pan fyddwch

yn ymdrin â sefydliadau eraill.

Ffon: **0344 477 2020**

Tai:

Mae gan lawer o drefi a phentrefi

'Gynlluniau Cymdogion Da'

sy'n gallu helpu pobl i gasglu

presgripsiynau neu ymweld â'r

ysbyty. Bydd eu staff yn gweithio'n

rhan-amser, felly cofiwch adael eich

manyllion ar y peiriant ateb.

In particular, it aims to help, support and improve the quality of life of the elderly and people with disabilities.

Tel: 029 2051 3700

Equipment & Adaptations:

Information and advice on equipment is widely available locally. Many offer advice from an Occupational Therapist and some offer a Building and Adaptations Service.

You can find out more from the Yellow Pages sections entitled:

- Mobility and Access Equipment
- Disability Information & Services

Disabled Living Centres

See Yellow Pages under 'Disability Information & Services'

Equipment Provision

The Vale of Glamorgan Council does not provide equipment costing less than £15.

British Red Cross equipment loan centre for SE Wales, 0844 4122756

Disabled Living Foundation

www.dlf.org.uk

email:info@dlf.org.uk

or Tel: 0300 999 0004

Y Barri a'r Rhws-Ffôn: 01446 747654

Llanilltud Fawr, y Bont-faen

a Sain Tathan Ffôn: 01446

795549

Mae **Dinas Powys Voluntary Concern** yn darparu gwasanaeth i unigolion, grwpiau a mudiadau gwirfoddol sydd ar waith yn y pentref. Yn arbennig, ei nod yw helpu, cefnogi a gwella ansawdd bywyd pobl oedrannus a phobl ag anableddau.

Ffôn: **029 20513700**

Offer ac Addasiadau:

Mae gwybodaeth a chyngor ar offer ar gael yn helaeth yn lleol. Mae llawer yn cynnig cyngor gan Therapydd Galwedigaethol ac mae rhai'n cynnig Gwasanaeth Adeiladu ac Addasiadau.

Cewch wybod rhagor yn y

Tudalennau Melyn o dan y teitlau:

- *Mobility and Access Equipment*
- *Disability Information & Services*

Canolfannau Byw'n Anabl

Trowch at y Tudalennau Melyn o dan y teitl 'Disability Information & Services'

Darparu Cyfarpar

Ni fydd Cyngor Bro Morgannwg yn darparu cyfarpar sy'n costio llai na £15.

Mae gan **y Groes Goch Brydeinig** ganolfan benthycia offer i Gymru, 0844 4122756

Ewch i www.dlf.org.uk (**Sefydliad**)

Private Practitioner Occupational Therapy Services

are readily available in the South and East Wales area. For more information contact:-

The College of Occupational Therapists,
106-114 Borough High St.
Southwark, London, SE1 1LB
Tel: 020 7357 6480
or www.cot.co.uk

- To return occupational therapy (OT) equipment contact the Joint Equipment Service on
029 2071 2555

Other Support:

Depending on your condition or past employment may be available, e.g.: -
The Royal British Legion if ex service personnel.

Benevolent Funds from employers
e.g.: - Police.

Practical support, advice and signposting assistance for ex RAF and their dependents. Contact:
Geoff Horton 01446 740522
geoff@horton.co.uk

Condition specific charities, e.g.: -
Motor Neurone Disease Society.

Byw'n Anabl)

Ebost: info@dlf.org.uk
neu ffoniwch 0300 999 0004

Gwasanaethau Therapyddion Galwedigaethol Preifat

Mae'n hawdd dod o hyd i wasanaethau yn ne a dwyrain Cymru. Am fwy o wybodaeth, cysylltwch â:
The College of Occupational Therapists,
106-114 Borough High St.
Southwark, London, SE1 1LB
Ffôn: 020 7357 6480
neu www.cot.co.uk

- I ddychwelyd cyfarpar therapi galwedigaethol cysylltwch â'r Gwasanaeth Cyfarpar ar y Cyd ar
029 2071 2555

Cymorth Arall:

Gallai cymorth arall fod ar gael, gan ddibynnu ar eich cyflwr neu eich cyflogaeth flaenorol, e.e. os buoch yn y lluoedd arfog, cewch wneud cais i'r Llang Brydeinig Frenhinol.
Mae Cronfeydd Lles gan gyflogwyr e.e. yr Heddlu.

Cymorth ymarferol, cyngor a chymorth cyfeirio i gyn-aelodau o'r Awyrlu Brenhinol a'u dibynyddion.
Cyswllt: Geoff Horton 01446 740522
geoff@horton.co.uk

Elusennau sy'n benodol i gyflwr, e.e. Cymdeithas Clefyd Niwronau Motor

Voluntary Agencies:

There are also organisations which can give advice about the various voluntary agencies in the Vale, and where there may be **volunteers** who can assist in the home:

Abbeyfield Society – provides a range of services, including housing, support or sheltered accommodation, with local community involvement.
Tel: 01633 244182

Age Connects runs an **advocacy service** for older people and their families, which includes listening to their concerns.
Tel: 029 2068 3683

Age Connects Welfare Rights Team, contact for information, advice and assistance with making welfare benefits claims.
Tel: 029 2068 3682

Dinas Powys Voluntary Concern (DPVC)

Tel: 029 2051 3700

Vale Centre for Voluntary Services signposts to different voluntary agencies.
Tel: 01446 741706

Vale Volunteer Bureau has a list of volunteers who are willing to assist people at home with tasks or jobs. They are also looking for new volunteers and would welcome any offers from people who are willing to give some of their time.
Tel: 01446 421782

Asiantaethau Gwirfoddol:

Mae hefyd sefydliadau sy'n gallu rhoi cyngor am yr amryw asiantaethau gwirfoddol yn y Fro a'ch cyfeirio at **wirfoddolwyr** a fedr eich helpu yn eich cartref:

Bydd **Cymdeithas Abbeyfield** yn cynnig amryw wasanaethau, gan gynnwys tai, cymorth neu tai gwarchod, sy'n defnyddio gwirfoddolwyr o'r gymuned leol.
Ffôn: 01633 244182

Mae **Age Connects** yn cynnal **gwasanaeth eirioli** i bobl hŷn a'u teuluoedd, sy'n cynnwys gwranddo ar eu pryderon.
Ffôn: 029 2068 3683

Am wybodaeth, cyngor a chymorth wrth hawlio budd-daliadau lles, cysylltwch â **Thîm Hawliau Lles Age Connects**.
Ffôn: 029 2068 3682

Dinas Powys Voluntary Concern (DPVC)

Ffôn: 029 2051 3700

Gall **Canolfan Gwasanaethau Gwirfoddol y Fro** eich cyfeirio at wahanol asiantaethau gwirfoddol.
Ffôn: 01446 741706

Mae gan **Swyddfa Gwirfoddolwyr y Fro** restr o wirfoddolwyr sy'n fodlon helpu pobl yn eu cartrefi i wneud gwaith neu dasgau.
Maent hefyd yn chwilio am ragor o wirfoddolwyr a byddent yn croesawu unrhyw gynigion gan bobl sy'n fodlon rhoi ychydig o'u hamser.
Ffôn: 01446 421782

Other leaflets which can give you information

We have a range of social care leaflets to give you more detailed information about the services available. For a full list, contact:

The Innovation and Information Team
Social Services Department
Vale of Glamorgan Council,
Dock Office, Subway Road,
Barry CF63 4RT
Tel. **01446 704814**
Email: Socialcareinfo@valeofglamorgan.gov.uk

Or visit:
www.valeofglamorgan.gov.uk/socialcareinfo

Tafleini eraill sy'n gallu rhoi gwybodaeth i chi

Mae gennym amrywiaeth o daflenni gofal cymdeithasol i roi gwybod yn fanylach ichi am y gwasanaethau sydd ar gael. Am restr lawn o'r rhain, cysylltwch â'r:

Tim Arloesi a Gwybodaeth
Adran Gwasanaethau Cymdeithasol
Cyngor Bro Morgannwg,
Swyddfa'r Doc, Heol yr Isffordd,
Y Barri CF63 4RT
Ffôn: **01446 704814**
Epost: Socialcareinfo@valeofglamorgan.gov.uk

neu ewch i:
www.valeofglamorgan.gov.uk/socialcareinfo

**Residential, Nursing, Domiciliary and Day Care Services 2014 – 2015**

This listing contains the details of Accredited Providers who are based within the Vale of Glamorgan only. A full list of Accredited Providers is available on request from sms@valeofglamorgan.gov.uk

There are also details of other providers in the advertising section at the end of this Directory

Residential Homes**Baltimore House**

1 & 2 Park Road
Barry
Vale of Glamorgan CF62 6NU
01446 420714

Bethel House

Hebron Hall
Cross Common Road
Dinas Powys
Vale of Glamorgan CF64 4YB
029 2051 3162

Cartref Porthceri Residential Home

91 Salisbury Road
Barry
Vale of Glamorgan CF62 6PU
01446 739438

Cliffhaven

10 Clive Crescent
Penarth
Vale of Glamorgan CF64 1AT
029 2070 1271

Gwasanaethau Preswyl, Nyrsio, Cartref a Gofal Dydd 2014 – 2015

Mae'r rhestr hon yn cynnwys manylion Darparwyr Achrededig ym Mro Morgannwg yn unig. Mae modd gofyn am restr lawn o Ddarparwyr Achrededig gan sms@valeofglamorgan.gov.uk.

Mae'r adran hysbysebu ar ddiwedd y Cyfeiriadur hwn yn cynnwys manylion darparwyr eraill hefyd

Island View Care Home

8-12 Friars Road
Barry
Vale of Glamorgan CF62 5TR
01446 734462

Morel Court Residential Home

Raisdale Road
Penarth
Vale of Glamorgan CF64 5BN
029 2070 4811

The Old Rectory

10-12 Old Port Road
Wenvoe
Vale of Glamorgan CF5 6AN
029 2059 3340

Orchard House

3 Colcot Road
Barry
Vale of Glamorgan CF62 8HJ
01446 720876

Parkside House

1-2 Park Road
Penarth
Vale of Glamorgan CF64 3BD
029 2071 0044

Southway Residential Home

Townmill Road
Cowbridge
Vale of Glamorgan CF71 7BE
01446 772265

Sunrise Residential Home

11 Porthkerry Road
Barry
Vale of Glamorgan CF62 7AY
01446 748278

Tower Hill Residential Home

54 Plymouth Road
Penarth
Vale of Glamorgan CF64 3DB
029 2071 2030

Ty Dewi Sant Residential Home

Myrtle Close
Penarth
Vale of Glamorgan CF64 3NQ
029 2070 9331

Ty Dyfan Residential Home

St Bride's Way
Cadoxton
Barry
Vale of Glamorgan CF63 1DU
01446 736086

Nursing Homes

Bellavista Care Home

106 - 108 Tynwydd Road
Barry
Vale of Glamorgan CF62 8BB
01446 743983

College Fields Nursing Home

College Fields Close
Barry
Vale of Glamorgan CF62 8LE
01446 747778

Hazelhurst Nursing Home

Sully Road
Penarth
Vale of Glamorgan CF64 2TP
029 2070 4808

The Manor House

St Hilary
Cowbridge
Vale of Glamorgan CF71 7DP
01446 772195

Milsom House

Cowbridge Road
St Athan
Vale of Glamorgan CF62 4NY
01446 750166

Springbank

College Road
Barry
Vale of Glamorgan CF62 8HS
01446 740190

Ty Gwyn Nursing Home

21-23 Stanwell Road
Penarth
Vale of Glamorgan CF64 2EZ
029 2070 3600

Waverley Care Centre

122/124 Plymouth Road
Penarth
Vale of Glamorgan CF64 5DN
029 2070 5282

Day Care Providers

Amelia Trust Farm

Whitton Rosser
Five Mile Lane
Llancarfan
Nr Barry
Vale of Glamorgan CF62 3AS
01446 781427

Crossroads Care in the Vale EMI (Ltd)

West House
Stanwell Road
Penarth
Vale of Glamorgan CF64 2YG
029 2070 0057

Mind – Rainbow Centre

29 Crawshay Drive
Llantwit Major
Vale of Glamorgan CF61 2LH
01446 796416

Mind – Tynwydd Centre

29 Tynwydd Road
Barry
Vale of Glamorgan CF62 8HB
01446 749743

Scope

Hayes Road
Sully
Vale of Glamorgan CF64 5SE
01446 733418

Vale Plus

118a High Street
Barry
Vale of Glamorgan CF62 7DT
01446 746691

Domiciliary Care (Home Care)

All Care (South Wales) Ltd

228 Holton Road
Barry
Vale of Glamorgan CF63 4HS
01446 735656

All Saint's Domiciliary Care Agency

4 Camms Corner
Dinas Powys
Vale of Glamorgan CF64 4QY
029 2051 4414

Allied Healthcare

Unit 8, Atlantic House
Atlantic Trading Estate
Barry
Vale of Glamorgan CF63 3RF
01446 747777

Angels Care Services Ltd

The Old Station
Cowbridge Road
St Nicholas
Vale of Glamorgan CF5 6SH
01446 760010

Bluebird Care

St Hilary Court
Cophthorne Way
Cardiff CF5 6ES
029 20601793

Care in the Vale

12a Royal Buildings
Stanwell Road
Penarth
Vale of Glamorgan CF64 3ED
029 2025 6451

Cherish Cymru

Unit 17, Vale Business Park
Llandow
Vale of Glamorgan CF71 7PF
01446 772904

Churchfields Home Care

96 Churchfields
Barry
Vale of Glamorgan CF63 1FS
01446 405175

Crossroads in the Vale (EMI) Ltd

West House
Stanwell Road
Penarth
Vale of Glamorgan CF64 2YG
029 2070 0057

1st Grade Care Ltd

19 Ty Newydd Road
Barry
Vale of Glamorgan CF62 8SZ
01446 724960

Gabriel's Care Ltd

13 High Street
Barry
Vale of Glamorgan CF62 7EA
01446 700060

GJ Care & Training Ltd

1A Domelle House
Palmersvale Business Centre
Palmerston Road
Barry
Vale of Glamorgan CF63 2XA
01446 720124

Parkrow Care Ltd

25 Suran Y Gog
Barry
Vale of Glamorgan CF63 1FT
01446 745239

The Vale Care Company

The Business Centre
Cardiff House
Cardiff Road
Barry
Vale of Glamorgan CF63 2AW
0845 8388983

Total Loving Care (TLC)

The Old Station
Cowbridge Road
St Nicholas
Vale of Glamorgan CF5 6SH
01446 760010

Willowmere Home Care Agency

124 High Street
Barry
Vale of Glamorgan CF62 7DT
01446 679175

The Care Directory

Vale of Glamorgan **2015-16**

Cyfeiriadur Gofal

Bro Morgannwg **2015-16**

Advertising Section

We gratefully acknowledge the support of all our advertisers who appear in this publication, and believe all information to be correct at time of going to print. Whilst every care has been taken compiling this publication neither the authority or the publisher can accept responsibility for any inaccuracies for the products or services advertised.

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7 Schooner Way, Cardiff CF10 4DZ,
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www.teamworksdesign.com

TeleV+



Peace of mind and reassurance whenever you need it

- 24 Hour responsive emergency monitoring service
- Independent living at home
- Available for any member of the community

Sicrwydd a thawelwch meddwl pan fo angen

- gwasanaeth monitro argyfwng ddydd a nos
- Cewch fyw'n annibynnol yn eich cartref eich hun
- Caiff unrhyw aelod o'r gymuned fanteisio ar y cynllun

For more information about Telecare services, please contact -
Am fwy o wybodaeth am wasanaethau Teleofal, ffoniwch -

01446 700111

www.valeofglamorgan.gov.uk



Do you provide support to a member of your family or friend who has an illness or disability?

Ydych chi'n gofalu am ffrind neu aelod o'r teulu sy'n sâl neu'n anabl?

If so, there could be help available, for example:

Os, felly, gallwn gynnig pob math o gymorth i chi, er enghraifft:

- A short break from caring
- A range of training courses to help you manage
- An Information pack
- Information Days
- Support Groups
- An opportunity to discuss your needs
- Hoe fach rhag gofalu
- Cyrsiau hyfforddi amrywiol i'ch helpu i ymdopi
- Pecyn gwybodaeth
- Diwrnodau gwybodaeth
- Grwpiau Cymorth
- Cyfle i chi drafod eich anghenion

If you would like further information or to request your carers pack, please call;
Help pam fydd angen trefnu ar gyfer Argyfwng am fwy o wybodaeth a phecyn gofalwyr ffoniwch;

01446 704604

www.valeofglamorgan.gov.uk/carers

Carersservices@valeofglamorgan.gov.uk

Domiciliary Care Providers / Darparwyr Gofal Cartref



1ST GRADE CARE

Domiciliary Care Agency

What We Offer:

Good old fashioned service!
We provide a qualified workforce and recognise the importance of maintaining punctuality & continuity of care workers

We offer support for older people, adults with learning disabilities, physical disabilities and/or mental health issues.

- Services provided within The Vale of Glamorgan, Cardiff and Pembrokeshire area
- All employees are DBS checked and provided with full induction training
- Agency registered with CSSIW
- Agency aims to provide a flexible, tailor made care service to meet individual care needs

Services

- Personal Care
- Shopping
- Domestic
- Companionship & Social Stimulation
- Accompanying to gp/hospital appointments
- Medication Assistance
- Sit-in service
- Sleeping and/or Waking Night Shifts
- 24 Hour live-in care



For an informal chat please contact:

01446 724960

www.1stgradecare.co.uk



Cardiff Office
Maindy House,
96 Whitchurch Rd,
Cardiff CF14 3LY
E: care-cardiff@all-care.org



Vale of Glamorgan Office
228 Holton Road
Barry CF63 4HS
T: 01446 735656 (24hr)
E: care-southwales@all-care.org



All Care have provided domiciliary care since 1993.

Our fully trained care staff are able to help you maintain independence and dignity in your own home. We offer a wide range of services which include Personal Care, Domestic help, Shopping, Companionship.

For further no obligation help and information please contact us at your nearest office listed above.



Tel: 0845 4500607

www.all-care.org

all saints

We are a Community Care Agency based in The Murch area of Dinas Powys.

The agency provides a number of services for people to help them to stay independent while living in their own homes.

You might need just a bit of help now and then or on a permanent basis.

The services that we provide include:

Personal Care:

- Bathing
- Showering
- Dressing
- Preparing Meals
- Shopping
- Pension Collecting
- House Work
- Social Call
- Respite Care

4 Camms Corner, Dinas Powys

We can help you maintain your Independence

Please contact us on **029 2051 4414**
email: allsaints10@btconnect.com

We will be happy to help and explain our terms and charges. We are registered with the Vale of Glamorgan and The Care Standards Inspectorate of Wales

care-in-the-vale

for you...

...for your family



24 hours 365days

Personal and practical help if you or one of your family:

- ◆ are recovering from illness
- ◆ have a disability ...Comfort
- ◆ are becoming frail
- ◆ are young with disabilities ...Independence
- ◆ have hearing or sight loss
- ◆ have learning disabilities ...Peace of Mind
- ◆ have dementia

For a Free Consultation and Assessment Please Phone:

02920 256 451

Or come to see us at our shop : 12a Royal Buildings, Stanwell Road, Penarth, CF64 3ED

www.care-in-the-vale.com

We won't let Disability, Age or Illness get in the way!!!

Gabriel's Care

- Gabriel's Care has been providing services within the Vale of Glamorgan since 2005
- Gabriel's Care provides quality domiciliary care services to people who are elderly, disabled or have learning difficulties.
- We have fully qualified care workers who can help you maintain your independence and dignity.
- We offer services from 7am-10pm 7 days per week, 365 days per year.

Services include:

- Personal Care
- Meal Preparation/ Assistance
- Incontinence Care
- Domestic Duties
- Shopping
- Respite Services

Don't just take our word that we provide a quality service; Gabriel's Care inspection report and quality assurance report are available upon request. We also have a compliment book kept at our office.

For no obligation/further information please contact:

029 2021 8221

Email: info@gabrielscare.co.uk
Web: www.gabrielscare.org

Care Homes & Care Homes with Nursing /
Cartrefi Gofal a Chartrefi gyda Nyrsio

Bellavista Nursing Home

Long established Quality Nursing Home situated in the seaside town of Barry with spectacular views over Bristol Channel

- RGN's providing 24 Hours Professional Nursing Care
- Good reputation for it's friendly warm, caring and relaxed environment - "A home from Home"
- Luxury Rooms with En-suite facilities and quality nursing care
- Choice of Single and Double Rooms many with en-suite facilities
- Passenger Lift, Nurse Call Systems and Specialist Bath Equipment for the Disabled
- Independence, Privacy & Dignity Respected at all times
- Chiropody, Optician, Dental and Hair Dresser Services
- Extensive and Varied Menu
- Entertaining & Stimulating Social Activities



For further information or for an informal visit contact us on Email: enquiries@bellavistanursinghome.com
Tel: 01446 743983 Fax: 01446 721756 Mobile: 07799 660367
www.bellavistanursinghome.com



Tower Hill

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Tel: (029) 2071 2030

Email: towerhillpenarth@gmail.com
www.carehomes.co.uk

54 PLYMOUTH ROAD, PENARTH CF64 3DB



Grade 2
Listed
Building

The Old Rectory Care Home
 Wenvoe, The Vale of Glamorgan



Providing exceptional care since 1985

About The Old Rectory Care Home

- Large sunny rooms all with garden views
- Care Home providing high quality care in a warm friendly environment
- Tailored and personal care packages to suit individual requirements
- Long term, respite care, and day care options available

The Old Rectory is a family business that prides itself on providing the greatest quality of care to you, your relative or friend. We offer care for up to 23 elderly and mentally frail people in a wonderfully warm Grade II listed building in the small and picturesque village of Wenvoe. We offer long term care, respite care, and day care, and cater for all needs.

Each room is tastefully decorated and furnished, and we encourage residents to bring items of furniture and personal items with them in order to make the room their own from the moment they move in.

The Old Rectory prides itself on providing a full and varied activity programme. Each day brings different activities to the home. We always listen to what the resident would like to do each day. Our activities include baking, polishing silver, reminiscing, and chair aerobics. Activities are created with the person in mind, and can be individual or group activities.

We have a chef that is trained to provide the most nutritious and wholesome meals for all our residents. Menus are created with special diets and preferences in mind, and an excellent choice is offered daily. If a resident wanted a particular meal on any day, we would always cater for that too. The meals are prepared daily using fresh products.

The Old Rectory is set within wonderful gardens, that are all accessible to the residents and their visitors at all times. The building has three conservatories, and an enclosed patio garden, often used during our gardening and planting afternoons, and in the summer months for our regular BBQ's.

To request a brochure or for more information please telephone us on 029 20 593 340 or e-mail us on manager@theoldrectorycarehome.co.uk



www.theoldrectorycarehome.co.uk
 10-12 Old Port Road, Wenvoe, CF5 6AN.



Gyngor Bro Morgannwg
Canolfan alwadau UnFro

Ffôn: 01446 700111

Fax: 01446 746837

Ffôn testun: 01446 741219

E-bost: C1V@valeofglamorgan.gov.uk

Ewch i'n gwefan:

www.bromorgannwg.gov.uk

Vale of Glamorgan Council

Contact OneVale (C1V)

Tel: 01446 700111

Fax: 01446 746837

Textphone: 01446 741219

Email: C1V@valeofglamorgan.gov.uk

Visit us online at:

www.valeofglamorgan.gov.uk

