



**SOCIAL SERVICES**

# **Occupational Therapy Services**



# **OCCUPATIONAL THERAPY SERVICES**

This information may also be provided, by request, in other languages, in larger print, CD or in simplified version. Please contact the Innovation and Information Team on tel: 01446 704814 to make arrangements.

Occupational Therapists, employed within Social Services, provide functional assessments for disabled people, regardless of age. This is in order to help them reach their maximum level of independence in their own home. We can then help by teaching new techniques to achieve independence and/or help people to arrange equipment and/or adaptations.

## **Referrals**

You can make a referral for an Occupational Therapy assessment by writing to or calling Contact OneVale. We accept referrals from individuals, family and friends, as well as from other professionals. Because of the high volume of referrals for Occupational Therapy services, prioritisation is necessary.

High priority is given to people when:

- Someone has 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.

## Reasons for Referrals

- 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 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.

## What solutions can we offer?

The first step will be for a member of the Occupational Therapy Team to make an assessment of your needs. This assessment will take into account your personal circumstances and your care needs.

We can offer advice on a different approach to solving a problem, if necessary in conjunction with support from other organisations.

We can arrange the provision of specialised equipment designed to solve a specific problem, such as a raised toilet seat to achieve safe toilet transfers or a hoist to assist with lifting.

In appropriate circumstances:

- We can arrange the provision of adaptations, such as stair rails and grab rails to assist with access to and mobility around your home.
- We can make recommendations for a Disabled Facilities Grant from the Vale of Glamorgan Council, to provide major adaptations to the home, such as a stair lift or wheelchair accessible facilities.

For further information or to make a request for assessment write to or telephone: -

**Contact OneVale  
Civic Offices  
Holton Road  
Barry, CF63 4RU**

**Tel: 01446 700111**

**Email: [C1V@valeofglamorgan.gov.uk](mailto:C1V@valeofglamorgan.gov.uk)**

**Text: C1V then your message to 60066**



GWASANAETHAU CYMDEITHASOL

# Gwasanaethau Therapi Galwedigaethol



# **GWASANAETHAU THERAPI GALWEDIGAETHOL**

Darperir y wybodaeth hon, pan wneir cais, mewn ieithoedd eraill, mewn print bras, ar dâp, neu mewn fersiwn symledig. Cysylltwch â'r Tîm Polisi a Gwybodaeth os gwelwch chi'n dda ar 01446 704814 i wneud trefniadau.

Bydd Therapyddion Galwedigaethol sy'n cael eu cyflogi gan y Gwasanaethau Cymdeithasol yn cynnig asesiad ymarferol i bobl anabl o bob oedran, er mwyn eu helpu i fyw mor annibynnol ag sy'n bosibl yn eu cartrefi eu hunain. Gallwn helpu drwy ddysgu technegau newydd ar gyfer byw'n annibynnol, helpu pobl i drefnu cyfarpar ac addasu adeiladau.

## **Cyfeirio cleientiaid**

Gellwch wneud cais am gyfeirio unigolyn at Therapydd Galwedigaethol ar gyfer ei asesu drwy anfon llythyr neu alw heibio i'r Ganolfan Wybodaeth a Chyswllt. Mae croeso i unigolion a'u teuluoedd a'u ffrindiau yn ogystal â gweithwyr proffesiynol eraill wneud ceisiadau o'r math hwn.

Am fod cynifer o geisiadau am wasanaethau Therapi Galwedigaethol yn dod i law, mae'n rhaid eu trin yn ôl blaenoriaeth.

Rhoddir blaenoriaeth uchel i gais o dan yr amgylchiadau canlynol

- os yw'r unigolyn yn dioddef o salwch angheuol;
- pan fydd problemau'n codi ynghylch diogelwch wrth ddarparu gofal i'r unigolyn;
- pan fydd y trefniadau ar gyfer gofalu am unigolyn yn methu ac yn ei roi/ei rhoi mewn perygl.

## Gellir cyfeirio unigolyn

- Pan fydd yn methu ymdopi â gofal personol megis mynd i'r toiled, ymolchi, gwisgo a bwyta;
- Pan fo'n anodd iddo/iddi symud, defnyddio cyfleusterau hanfodol megis grisiau, mynd i mewn i'r tŷ, dod allan o'r tŷ a symud o gwmpas ei gartref/chartref;
- Pan fo'n anodd iddo/iddi newid safle - er enghraifft eistedd mewn cadair, codi o gadair, mynd i mewn i'r gwely a dod allan ohono.

## Sut gallwn ni'ch helpu?

Trefnu i aelod o'r tîm therapi galwedigaethol asesu'ch anghenion yw'r cam cyntaf. Bydd yr asesiad hwn yn ystyried eich amgylchiadau personol a'r math o ofal sydd ei angen arnoch.

Gallwn awgrymu ffyrdd gwahanol o ddatrys problemau a threfnu i sefydliadau eraill eich helpu i wneud hynny os bydd angen.

Gallwn drefnu cyfarpar arbenigol ar eich cyfer er mwyn datrys problem benodol - gosod sedd uwch ar eich toiled, er enghraifft, er mwyn i chi allu ei gyrraedd yn ddiogel neu osod cyfarpar ar gyfer eich codi.

Os bydd eich amgylchiadau'n addas:

- Gallwn drefnu i addasu'ch cartref ryw ychydig drwy osod canllaw ar eich grisiau a chanllawiau mewn rhannau eraill o'ch ty er mwyn i chi gael symud o gwmpas eich cartref a defnyddio cyfleusterau'n haws.

- Gallwn argymell bod Cyngor Bro Morgannwg yn rhoi Grant Cyfleusterau i Bobl Anabl i chi os oes angen newid eich cartref yn sylweddol drwy osod lifft risiau neu'i adda su ar gyfer cadair olwyn.

Am fwy o wybodaeth neu os hoffech wneud cais am asesiad, ysgrifennwch atom yn y Ganolfan neu ffoniwch y rhif canlynol: -

**Canolfan Gyswilt UnFro  
Swyddfeydd Dinesig,  
Heol Holton,  
Y Barri CF63 4RU**

**Ffôn: 01446 700111**

**E-bost: [C1V@bromorgannwg.gov.uk](mailto:C1V@bromorgannwg.gov.uk)**

**Tecstiwch: C1V ac yna'r neges i 60066**