



Community Services Department  
**SOCIAL SERVICES**

# Occupational Therapy Services



## **OCCUPATIONAL THERAPY SERVICES**

Occupational Therapists employed within Social Services provide functional assessments for disabled people, regardless of age, in order to help them reach their maximum level of independence in their own home.

### **Referrals**

You can make a referral for an Occupational Therapy assessment by writing to or calling the Contact and Information Centre. 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 who are

- suffering from a terminal illness;
- where there are safety issues in providing care;
- where 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 an Occupational Therapist to make an assessment of your needs. This assessment will take into account your personal circumstances and the needs of your family and/or carers.

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 assist with toileting, or a hoist to assist with lifting.

In appropriate circumstances:

- We can arrange the provision of minor adaptations, such as stair rails and grab rails to assist with access and mobility.
- 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: -

**The Contact and Information Centre**

**PO Box 83, Barry, CF63 8YR**

**Telephone 01446 - 731100**

**Minicom 01446 - 742245**

**Text Phone 07966 - 026541**

**Fax 01446 - 721980**

**E-mail [CIC@valeofglamorgan.gov.uk](mailto:CIC@valeofglamorgan.gov.uk)**

This information may also be provided, by request, in other languages, in larger print, tape or in simplified version. Please contact either the Centre above, or the Policy and Information Section on 01446 704814 to make arrangements.  
Minicom; 01446 742245.

CS/2/OCT05



**Adran Gwasanaethau Cymunedol  
GWASANAETHAU CYMDEITHASOL**

# **Gwasanaethau Therapi Gwaith**



## **GWASANAETHAU THERAPI GWAITH**

Bydd Therapyddion Gwaith 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.

### **Cyfeirio cleientiaid**

Gellwch wneud cais am gyfeirio unigolyn at Therapydd Gwaith ar gyfer ei asesu drwy anfon llythyr neu alw heibio i'r Ganolfan Cysylltu a Holi. 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 Gwaith 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 Therapydd Gwaith asesu'ch anghenion yw'r cam cyntaf. Bydd yr asesiad hwn yn cymryd eich amgylchiadau personol ac anghenion eich teulu a/neu'ch gofalwyr i ystyriaeth.

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 defnyddio'r toiled yn haws neu osod gyfarpar 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 tŷ er mwyn i chi gael symud o gwmpas eich cartref a defnyddio cyfleusterau'n haws.
- Gallwn argymhell 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 addasu 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: -

**Y Canolfan Cysylltu a Holi**

**Blwch Swyddfa Bost 83, Y Barri, CF63 8YR**

**Ffôn 01446 - 731100**

**Minicom 01446 - 742245**

**Ffôn testun 07966 - 026541**

**Ffacs 01446 - 721980**

**E-bost [CIC@valeofglamorgan.gov.uk](mailto:CIC@valeofglamorgan.gov.uk)**

Mae'r wybodaeth hon ar gael hefyd mewn ieithoedd eraill, print bras, fersiwn syml ac ar ffurf tâp drwy holi. Ffoniwch un ai'r Swyddfa uchod neu'r Tîm Polisi a Gwybodaeth ar 01446 704814 er mwyn gwneud trefniadau. Rhif Minicom; 01446 742245.