

Carer Factsheet

Are you a Carer?

Carers are anyone who provides care to a family member, friend or neighbour who is not able to carry out day-to-day tasks or cope on their own without support because they are elderly, disabled or have a long-term illness. Carers are not paid to provide support but can be in receipt of benefits or allowances.

Many carers do not see themselves as carers because they are looking after family and so they might not get the help and support which they are entitled to.

Carers provide many different types of support, which can include:

- helping with personal care
- emotional support
- cleaning, shopping and dealing with finances
- reminding someone to take their medication
- taking someone to appointments who cannot go alone

To help you at different stages of your caring role a number of factsheets are available including issues such as Carer Assessments, managing money and transport.

'Do you look after someone?' is a directory which has details of a number of organisations that support carers.

Young Carers

Young carers are carers under the age of 18. Their lives are affected in some way by caring for someone, usually a family member. Many young carers have the same responsibilities and face the same issues as adult carers. Caring can affect their lives as children. It can lead to limited opportunities, education problems, bullying, lack of understanding from peers, isolation, health and emotional difficulties. They also worry that if they talk to someone, their parents may get into trouble, they will be separated from their families or their family will be broken up.



GIG
CYMRU
NHS
WALES

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

Download the factsheets and directory:

www.cardiff.gov.uk/carers

www.valeofglamorgan.gov.uk/carers

www.cardiffandvaleuhb.wales.nhs.uk/information-for-carers

Alternatively, to request a copy call:

Patient Experience Team at Cardiff and Vale UHB on 029 2074 5692.

Cardiff Council's C2C on 029 2087 2087

Vale of Glamorgan Council's OneVale on 01446 700111

Mae'r ddogfen hon ar gael yn Gymraeg. This document is available in Welsh.

This factsheet is produced by Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale University Health Board. Every effort has been made to make sure the information is correct and up to date.

V1 May 2018

Taflen Ffeithiau Gofalwr

Ydych chi'n Gofalu?

Mae gofalwr neu ofalwraig yn rhywun sy'n gofalu am aelod o'r teulu, ffrind neu gymydog sy'n methu gwneud tasgau bob dydd neu ymdopi ar eu pen eu hunain heb gymorth am eu bod nhw'n oedrannus, yn anabl neu â salwch tymor hir. Nid yw gofalywr yn cael eu talu am roi cymorth ond mae modd iddyn nhw dderbyn budd-daliadau neu lwfansau.

Nid yw llawer o bobl sy'n gofalu am aelodau o'r teulu yn sylweddoli eu bod yn ofalwyr, ac felly nid ydynt yn hawlio'r cymorth y maen nhw'n ei haeddu.

Mae gofalywr yn rhoi cymorth mewn sawl ffordd, gan gynnwys:

- rhoi cymorth gyda gofal personol
- cefnogaeth emosiynol
- glanhau, siopa a delio â materion ariannol
- atgoffa rhywun i gymryd eu meddyginiaeth
- mynd â rhywun i apwyntiad am na allan nhw fynd ar eu pen eu hunain

I'ch helpu gyda gwahanol agweddau ar eich rôl fel gofalwr, mae nifer o daflenni ffeithiau ar gael, gan gynnwys materion fel Asesiadau Gofalwyr, rheoli arian a thrafnidiaeth.

Mae 'Ydych chi'n gofalu am rywun?' yn gyfeirlyfr ag ynddo fanylion am nifer o sefydliadau sy'n cefnogi gofalywr.

Gofalwyr Ifanc

Gofalwyr o dan ddeunaw oed yw Gofalwyr Ifanc. Mae gofalu am rywun, fel arfer rhywun o'r teulu, yn effeithio ar eu bywyd mewn rhyw ffordd neu'i gilydd. Mae nifer o ofalwyr ifanc â'r un cyfrifoldebau, ac yn wynebu'r un problemau â gofalywr sy'n oedolion. Gall gofalu effeithio ar eu bywyd fel plant. Gall arwain at lai o gyfleoedd, problemau addysgol, bwlio, diffyg dealltwriaeth gan gyfoedion, arwahanrwydd, a phroblemau iechyd ac emosiynol. Maen nhw'n poeni hefyd y gallai siarad â rhywun beri i'w rhieni fynd i drafferth, y byddan nhw'n cael eu gwahanu oddi wrth eu teuluoedd, neu y bydd y teulu'n cael ei rannu.



GIG
CYMRU
NHS
WALES

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

Lawrlwythwch y taflenni ffeithiau a'r cyfeirlyfr:

www.caerdydd.gov.uk/gofalwyr

www.bromorgannwg.gov.uk/cynhalwyr

www.cardiffandvaleuhb.wales.nhs.uk/information-for-carers

Neu gallwch ofyn am gopi drwy ffonio:

Tim Profiad Cleifion yn BIP Caerdydd a'r Fro ar 029 2074 5692.

C2C Cyngor Caerdydd ar 029 2087 2088

Cyswllt Un Fro Cyngor Bro Morgannwg ar 01446 700111

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

V1 Mai 2018