

Carer Factsheet

Emergency Situations

Emergency Duty Team

Both Cardiff and Vale social services departments provide an emergency service outside normal office hours. The service only deals with situations that cannot wait until the next working day.

The service can be called if you or the person you care for is in urgent need, or you want to report your concerns about a vulnerable adult or child in need of protection.

You can call the Emergency Duty Team on 029 2078 8570 and are available:

Monday – Thursday 5.00 pm – 8.30 am

Throughout the weekend from Friday 4.30pm until Monday 8.30 am

Bank holidays 24 hours

If it is a medical emergency you must phone an ambulance or your GP.

Emergency Card Scheme

Many carers worry how the person who relies on them would cope if anything happened to them. Cardiff and the Vale of Glamorgan councils have an Emergency Card Scheme to help alleviate these worries. If something should happen to you, such as an accident or sudden illness, the card can alert the emergency services or hospital staff that someone relies on you who cannot manage without help.

The Carers Emergency Card is a credit-sized card that you can carry at all times. Whoever finds the card will be directed to the helpline and reference number on the card. Social services will hold emergency contact details that are provided when you register for the scheme and, with a brief phone call, can arrange help



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for the person you look after. If you don't have anyone to stand in for you, local social services teams can make arrangements if the person you care for would be at risk if left alone. The card is only used when you are unable to make arrangements yourself.

To request a registration form, if the person you care for lives in the Vale of Glamorgan, call OneVale on 01446 700111 or if they live in Cardiff call First Point of Contact on 029 20 234 234.

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**

Sefyllfaoedd Brys

Tîm Dyletswydd Brys

Mae adrannau gwasanaethau cymdeithasol Caerdydd a'r Fro ill dau yn cynnig gwasanaeth brys y tu allan i oriau swyddfa arferol. Dim ond ar gyfer sefyllfaoedd na all aros tan y diwrnod gwaith nesaf y mae'r gwasanaeth hwn.

Gellir galw'r gwasanaeth os ydych chi neu'r person sydd dan eich gofal mewn angen brys, neu os ydych am nodi eich pryderon ynghylch oedolyn sy'n agored i niwed neu blentyn sydd angen ei amddiffyn.

Gallwch alw'r Tîm Dyletswydd Brys ar 029 2078 8570 ac maent ar gael:

Dydd Llun – Dydd Iau 5.00 pm – 8.30 am

Drwy'r penwythnos i gyd o Ddydd Gwener 4.30pm tan Ddydd Llun 8.30am
24 awr ar wyliau banc

Os yw'n argyfwng meddygol rhaid i chi ffonio am ambiwlans neu eich meddyg teulu.

Cynllun Cerdyn Argyfwng

Mae llawer o ofalwyr yn poeni sut byddai'r person dan eu gofal yn ymdopi pe byddai unrhyw beth yn digwydd iddynt. Mae gan gynghorau Caerdydd a Bro Morgannwg Gynllun Cerdyn Argyfwng i leddfu rhywfaint ar y pryderon hyn. Pe digwyddai rhywbeth i chi, megis damwain neu salwch sydyn, gall y cerdyn hysbysu'r Gwasanaethau Brys neu'r ysbyty fod rhywun yn dibynnu arnoch chi na all ymdopi heb help.

Mae'r Cerdyn Argyfwng i Ofalwyr o faint cerdyn credyd y gallwch ei gario gyda chi drwy'r adeg. Bydd pwyl bynnag ddaw ar ei draws yn cael eu cyfeirio at linell gymorth a chyfeirir ar y cerdyn. Bydd gwasanaethau cymdeithasol yn cadw'r



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manyllion cyswllt brys a ddarperir pan gofrestrwch ar gyfer y Cynllun ac, yn dilyn galwad ffôn fer, gallant drefnu cymorth i'r person sydd dan eich gofal. Os nad oes gennych unrhyw un i gamu mewn ar eich rhan, gall timoedd gwasanaethau cymdeithasol lleol wneud trefniadau os yw'r person sydd dan eich gofal yn mynd i fod mewn perygl ar eu pennau eu hunain. Dim ond os na allwch wneud trefniadau eich hun y caiff y cerdyn ei ddefnyddio.

I wneud cais am ffurflen gofrestru, os yw'r person yr ydych yn gofalu amdanynt yn byw ym Mro Morgannwg, ffoniwch Un Fro ar 01446 700111 neu os ydynt yn byw yng Nghaerdydd ffoniwch y Pwynt Cyswllt Cyntaf ar 029 20 234 234.

Mae'r ddogfen hon ar gael yn Saesneg.

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

V1 Mai 2018