

Carer Factsheet

Getting Help from Social Services

Information, Advice and Assistance

When you first contact social services, you will most likely speak to someone in the Information, Advice and Assistance service for your local authority.

If you know the information you need, such as details of local luncheon clubs, this can be provided through the IAA service without having to complete an assessment. If your needs or the needs of the person you care for cannot be met by general information, you will be asked some questions as part of an assessment to ensure you receive the right advice and assistance.

If advice on services available within the community, benefits, equipment for your home etc, you may be provided with information over the phone, signposted to relevant organisations, or a referral made on your behalf eg an Occupational Therapy assessment.

If it appears that the person you care for has social care needs that can only be met by social services, they will be referred to adult social services. You will be offered a Carer's Assessment if you provide care to an adult, even if the person you care for is refused an assessment or chooses not to be assessed themselves.

Assessment for the person needing care and support

A social worker or health professional will assess the needs of the person you care for. As their carer, you should contribute to this assessment, as it is important that the person completing the assessment knows what type and amount of care you are willing and able to provide. A Care and Support Plan is completed if the person you care for is eligible to receive support from adult social services. This plan details the needs of the person you care for including what and how services will be provided to meet those needs.

The support that may be available includes:

- Help with personal care
- Day services
- Aids and equipment for daily living
- Respite to give you a break from caring

Carer's Assessment

If you are, or will be, providing care to an adult who is unable to live independently without your care, you can have a Carer's Assessment. The assessment looks at your needs as a carer and can include discussing support such as:

- Access to training such as manual handling
- Information on carers events
- Befriending schemes
- Support groups.

Carer services are linked to the person cared for, so if you care for someone who lives in Cardiff then you need to contact City of Cardiff Council. Likewise, if the person you care for lives in the Vale of Glamorgan, then Vale Council is the appropriate Council to contact.

Paying for Services

If the person you care for is assessed and is eligible to receive services, they may have to contribute towards the costs. You cannot be asked to contribute towards services for the person you care for, but if you are married to them or you are their partner, any joint income and savings will be taken into consideration. Costs of services vary, however, charges are based on their ability to pay and they may be entitled to a free service.

The financial assessment is not mandatory but without having one, the support will need to be paid for in full, subject to a maximum charge. There is a capital threshold which is reviewed annually, and in some cases the support will need to be paid for in full. It is worth bearing in mind that not all capital is treated in the same way. For these reasons, it is recommended the person you care for has the financial assessment.

If the person you care for is paying in full for their services, they can choose not to use those offered by social services but to find care themselves. The Vale Council has a directory of care services which can be obtained by calling Contact One Vale on 01446 700111.

Direct Payments

Direct Payments offer a way in which people can make their own care arrangements. Instead of receiving services through social services you can choose to receive the money and buy the services elsewhere. This gives you and the person you care for more choice and control.

There are certain restrictions on Direct Payments so you will need to discuss this with the person completing the assessment who may be able to give more advice or refer you to a Direct Payments Officer if appropriate.

Contact details

For the IAA service or to request an assessment contact your relevant local authority:

Cardiff – Independent Living Services – 029 20 234 234

Vale of Glamorgan – OneVale – 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

Cymorth gan Wasanaethau Cymdeithasol i Oedolion

Gwybodaeth, Cyngor a Chymorth

Pan fyddwch yn cysylltu gyntaf â'r gwasanaethau cymdeithasol, byddwch fwy na thebyg yn siarad â rhywun yn adran Gwybodaeth, Cyngor a Chymorth eich awdurdod lleol.

Os yw'r wybodaeth sydd ei hangen gennych, fel manylion clybiau cinio lleol er enghraifft, gall hyn gael ei ddarparu drwy'r gwasanaeth GCC heb orfod cwblhau asesiad. Os nad yw gwybodaeth gyffredinol yn ddigon i fodloni eich anghenion, neu anghenion y person sy'n derbyn gofal gennych, gofynnir cwestiynau i chi fel rhan o asesiad i sicrhau eich bod yn derbyn y cyngor a'r cymorth iawn.

Os oes angen cyngor arnoch ynglŷn â gwasanaethau o fewn y gymuned, budd-daliadau, offer ar gyfer eich cartref ac ati, mae'n bosib y cewch chi'r wybodaeth yma dros y ffôn, neu eich cyfeirio at y sefydliadau perthnasol, neu mae'n bosib y caiff atgyfeiriad ei wneud ar eich rhan, er enghraifft am asesiad Therapi Galwedigaethol.

Os yw hi'n ymddangos bod gan y person yr ydych yn gofalu amdano anghenion na ellir eu diwallu ond gan y gwasanaethau cymdeithasol, byddan nhw'n cael eu cyfeirio at wasanaethau cymdeithasol i oedolion. Cewch gynnig Asesiad i Ofalwyr os ydych yn darparu gofal i oedolyn, hyd yn oed os yw asesiad yn cael ei wrthod i'r person yr ydych yn gofalu amdano, neu eu bod yn gwrthod asesiad eu hunain.

Asesiad i'r person sydd angen gofal a chymorth

Bydd gweithiwr cymdeithasol neu weithiwr iechyd proffesiynol yn asesu anghenion y person yr ydych yn gofalu amdano. Fel eu gofalwr, dylech gyfrannu at yr asesiad hwn, gan ei bod yn bwysig fod y person sy'n cwblhau'r asesiad yn gwybod faint a pha fath o ofal yr ydych yn gallu ac yn barod i'w ddarparu. Caiff Cynllun Gofal a Chymorth ei gwblhau os yw'r person yr ydych yn gofalu amdano



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yn gymwys i dderbyn cymorth gan wasanaethau cymdeithasol i oedolion. Mae'r cynllun hwn yn manylu ar anghenion y person yr ydych yn gofalu amdano, ac yn esbonio pa wasanaethau fydd yn cael eu cynnig i fodloni'r anghenion hynny, a sut y byddan nhw'n cael eu darparu. Gallai'r gefnogaeth fydd ar gael gynnwys:

- Cymorth gyda gofal personol
- Gwasanaethau dydd
- Cyfarpar ac offer i helpu gyda byw o ddydd i ddydd
- Gofal seibiant i chi gael hoe

Asesiad Gofalu

Os ydych, neu os fyddwch chi'n gofalu am oedolyn sy'n methu byw yn annibynnol heb eich gofal, gallwch gael Asesiad Gofalwr Bydd yr asesiad yn edrych ar eich anghenion fel gofalwr, a gall drafod cymorth fel:

- Cyfle i gael hyfforddiant ar godi a chario
- Gwybodaeth am ddiwyddiadau i ofalwyr
- Cynlluniau cyfeillio
- Grwpiau Cymorth

Mae gwasanaethau i ofalwyr yn gysylltiedig â'r person yr ydych yn gofalu amdano, felly os ydych chi'n gofalu am rywun yng Nghaerdydd mae angen i chi gysylltu â Chyngor Dinas Caerdydd. Yn yr un modd, os yw'r person yr ydych yn gofalu amdano yn byw ym Mro Morgannwg, rhaid i chi gysylltu â Chyngor Bro Morgannwg.

Talu am Wasanaethau

Os yw'r person sy'n derbyn gofal gennych wedi'i asesu ac yn gymwys i dderbyn gwasanaethau, mae'n bosib y bydd rhaid iddyn nhw gyfrannu at y gost. Ni ellir gofyn i chi gyfrannu at gost y gwasanaethau ar eu cyfer, ond os ydych yn briod â nhw, neu'n bartner iddyn nhw, caiff unrhyw incwm neu gynilon ar y cyd eu hystyried. Mae cost y gwasanaethau yn amrywio, ond mae'n seiliedig ar eu gallu i dalu, ac mae'n bosib eu bod nhw'n gymwys i gael y gwasanaethau am ddim.

Nid yw hi'n orfodol i gael asesiad ariannol, ond hebddo, bydd rhaid talu'n llawn am y gwasanaeth, hyd at bris mwyafswm. Mae trothwy ar y cyfalaf sydd gan unigolyn, sy'n cael ei adolygu'n flynyddol, ac mewn rhai achosion bydd rhaid talu'n llawn am y cymorth. Rhaid cofio nad yw pob math o gyfalaf yn cael ei hystyried yn yr un ffordd. Oherwydd hyn, argymhellir bod y person sy'n derbyn eich gofal yn cael yr asesiad ariannol.

Os yw'r person sy'n derbyn eich gofal yn talu'n llawn am eu gwasanaethau, mae dewis ganddynt i beidio defnyddio'r hyn sy'n cael ei gynnig gan y gwasanaethau cymdeithasol, ond i ddod o hyd i ofal amgen eu hunain. Mae gan Gyngor y Fro gyfeirlyfr o wasanaethau gofal – ffoniwch Ganolfan Gyswllt Un Fro ar 01446 700111 i gael copi.

Taliadau Uniongyrchol

Mae Taliadau Uniongyrchol yn ffordd i bobl wneud eu trefniadau gofal eu hunain. Yn hytrach na derbyn gwasanaethau drwy'r adran gwasanaethau cymdeithasol gallwch ddewis derbyn yr arian a phrynu'r gwasanaethau o rywle arall. Mae hyn yn rhoi mwy o ddewis a rheolaeth i chi ac i'r person sy'n derbyn eich gofal.

Mae rhai amodau ar Taliadau Uniongyrchol, felly bydd rhaid i chi drafod hyn gyda'r person sy'n cwblhau eich asesiad. Mae'n bosibl y gallan nhw roi mwy o gyngor, neu eich cyfeirio at Swyddog Taliadau Uniongyrchol os yw'n briodol.

Manylion Cyswllt

Cysylltwch â'ch awdurdod lleol perthnasol am Wybodaeth, Cyngor a Chymorth, neu i ofyn am asesiad:

Caerdydd - Gwasanaeth Byw'n Annibynnol - 029 20 234
Bro Morgannwg – Cyswllt Un Fro - 01446 700111

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

V1 Mai 2018