

Carer Factsheet

Maintaining and Adapting Your Home

Aids and Adaptations

Using special equipment and adapting where you live can make it easier for you to care for someone at home and for them to continue living there. Help is available through occupational therapy, health services, and voluntary organisations.

The aids and equipment that can be provided include easy-grip cutlery, walking sticks, commodes, bed raisers, crutches, grab rails, hoists, orthopaedic shoes, risers, chairs, scooters, walking frames, wheelchairs and adjustable beds. All of these items of equipment can assist with everyday living.

You can get aids and adaptations through:

- **Social Services** – the council's Occupational Therapy Service work with people of all ages who have a substantial and permanent disability and they will also look at your needs as a carer. Therapists address everyday activities in people's homes that disabilities make difficult or impossible and look into ways of resolving the difficulties.
- **Health Services** – free on loan. However, you need to be referred by a GP or nurse to the Community Physiotherapy Department.
- **Shops** – there are a number of mobility shops where aids and equipment for daily living can be purchased. These are listed in the phone book.
- **Free Ads** – you can find second-hand equipment for sale in local papers or disability magazines. You should make sure that the equipment is in good condition and will suit your needs.
- **British Red Cross** – they loan items such as wheelchairs, backrests, bath seats, bedpans, commodes, walking sticks for a small fee. Contact 0844 412 2756 for more information.
- **Royal British Legion Independent Living Service** - is a specialist service within the Legion offering support to beneficiaries who want to remain independent in their homes and communities. Contact: 0808 802 8080 - 8am-8pm, seven days a week.

You or the person you care for may be able to get a grant to pay for or contribute towards the cost of repairing, improving or adapting your home.

Some grants are means tested or have conditions attached, so make sure you understand before agreeing to any work. Some of the housing grants available include:

- **Disabled Facilities Grant** – for disabled people and their carers to make homes more suitable to live in. A Disabled Facilities Grant requires an assessment by a qualified Occupational Therapist.
- **Housing Assistant/Housing Renewal Grants** – depending on the area you live in, this assistance could cover bringing a property up to a reasonable standard of repair. It includes insulation, structural improvements, heating, fire precautions or a conversion.
- **Home Safety Grant** – these are available from the Vale of Glamorgan Council's Housing Section to assist in make your property safer to avoid falls and incidents.

NEST

Nest is the Welsh Government's fuel poverty scheme. It aims to help reduce the number of households in fuel poverty and make Welsh homes warmer and more fuel-efficient places to live. Contact 0808 808 2244.

Care and Repair

Care and Repair is a voluntary organisation that works with carers and older or disabled home owners. They help them remain at home by carrying out repairs, improvements and adaptations such as installing handrails, building an adapted bathroom or mending a dripping tap. They can also help with applying for grants and loans, filling informs, arranging estimates, monitoring work and offer advice and support. For more information contact your local Cardiff and Vale office on 029 2074 3337 or email careandrepair@crcv.org.uk.

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.

Taflen Ffeithiau Gofalwr

Cynnal ac Addasu Eich Cartref

Cymhorthion ac Addasiadau

Gall defnyddio offer arbennig ac addasu lle rydych yn byw ei gwneud yn haws i chi ofalu am rywun yn y cartref ac iddyn nhw barhau i fyw yno. Mae help ar gael drwy therapi galwedigaethol, gwasanaethau iechyd a sefydliadau gwirfoddol.

Mae'r cymhorthion y gellir eu darparu yn cynnwys cyllyll a ffyrch hawdd eu dal, ffyn cerdded, comodau, codwyr gwelyau, baglau, rheiliau gafael, teclynau codi, esgidiau orthopedig, esgynyddion, cadeiriau, sgwteri, pulpudau cerdded, cadeiriau olwyn a gwelyau y gellir eu haddasu. Gall yr holl offer yma gynorthwyo â byw bob dydd.

Gallwch gael cymhorthion ac addasiadau drwy:

- **Gwasanaethau Cymdeithasol** – mae Gwasanaeth Therapi Galwedigaethol y cyngor yn gweithio gyda phobl o bob oed sydd ag anabledd sylweddol a pharhaol a byddant hefyd yn edrych ar eich anghenion chi fel gofalwr. Mae therapyddion yn mynd i'r afael â gweithgareddau beunyddiol yng nghartrefi pobl sydd yn anodd neu'n amhosibl yn sgil anabledd gan edrych am ffyrdd o ddatrys anawsterau.
- **Gwasanaethau Iechyd** – ar fenthyg am ddim. Fodd bynnag rhaid i chi gael eich atgyfeirio gan feddyg teulu neu nyrs yn yr Adran Ffisiotherapi Cymunedol.
- **Siopau** – mae nifer o siopau symudedd lle gellir prynu cymhorthion ac offer byw beunyddiol. Mae'r rhain wedi eu rhestru yn y llyfr ffôn.
- **Hysbysebion am Ddim** – gallwch ganfod offer ail-law ar werth yn y papurau lleol neu gylchgronau anabledd. Dylech sicrhau fod yr offer mewn cyflwr da ac yn addas i'ch dibenion.
- **Y Groes Goch** – maen nhw'n rhoi benthyg eitemau fel cadeiriau olwyn, cynalyddion cefnau, seddi baddon, padelli gwelyau, comodau, ffyn cerdded am ffi bychan. Am fwy o wybodaeth ffoniwch 0844 412 2756 .

- Mae Gwasanaeth Byw yn Annibynnol y Lleng Brydeinig Frenhinol yn wasanaeth arbenigol o fewn y Lleng sy'n cynnig cymorth i fuddiolwyr sy'n dymuno aros yn annibynnol yn eu cartrefi a'u cymunedau. Cyswllt: 0808 802 8080 - 8am-8pm, saith diwrnod yr wythnos.

Gallech chi neu'r person yr ydych yn gofalu amdanynt fod yn gallu cael grant i dalu am neu gyfrannu at gost atgyweirio, gwella neu addasu'ch cartref.

Mae rhai grantiau angen prawf modd neu mae amodau ynghlwm â hwy, felly sicrhewch eich bod yn eu deall cyn cytuno ar unrhyw waith. Mae rhai o'r grantiau tai sydd ar gael yn cynnwys:

- **Grant Cyfleusterau i'r Anabl** – i bobl anabl a'u gofalgwyr i wneud eu cartrefi yn fwy addas i fyw ynddynt. Mae Grant Cyfleusterau i'r Anabl yn gofyn am asesiad gan Therapydd Galwedigaethol cymwys.
- **Cynorthwy-ydd Tai / Grantiau Adnewyddu Tai** – gan ddibynnu ar yr ardal y byddwch yn byw ynnddi, gallai'r cymorth hwn gynnwys adnewyddu eiddo i lefel resymol ei safon. Mae'n cynnwys insiwleiddio, gwelliannau strwythurol, gwresogi, rhagofalon tân neu addasu'r eiddo.
- **Grant Diogelwch y Cartref** – mae'r rhain ar gael gan Adran Dai Cyngor Bro Morgannwg er mwyn cynorthwyo i wneud eich eiddo yn fwy diogel i atal syrthio a digwyddiadau tebyg.

NEST

Nest yw cynllun tlodi tanwydd Llywodraeth Cymru. Ei nod yw helpu i leihau nifer yr aelwydydd tlawd o ran tanwydd a gwneud cartrefi Cymru yn gynhesach ac yn llefydd mwy effeithiol o ran tanwydd i fyw ynddynt. Cyswllt 0808 2244.

Gofal a Thrwsio

Sefydliad gwirfoddol yw Gofal a Thrwsio sy'n gweithio gyda gofalgwyr a pherchnogion tai hŷn neu anabl. Maent yn eu helpu i aros yn eu cartrefi drwy atgyweirio, gwella a gwneud addasiadau megis gosod rheiliau, adeiladu ystafell ymolchi wedi ei addasu neu drwsio tap sy'n gollwng. Gallant hefyd helpu gyda cheisiadau am grantiau a benthyciadau, llenwi ffurflenni, trefnu amcan brisoedd, monitro gwaith a chynnig cyngor a chefnogaeth. Am fyw o wybodaeth cysylltwch â'ch swyddfa Caerdydd a'r Fro agosaf ar 029 2074 3337 neu e-bostiwch careandrepair@crcv.org.uk.

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