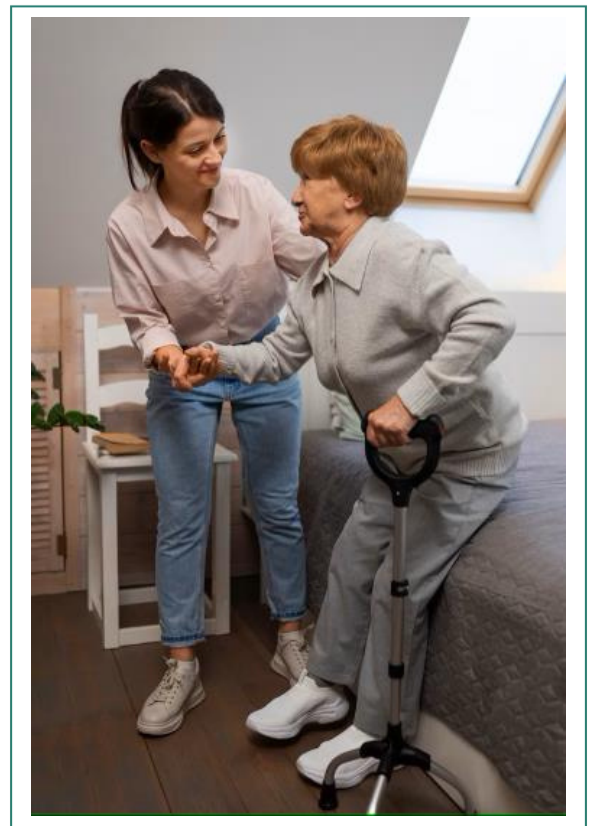


Cefnogaeth i Ofalwyr Di-dâl ym Mhowys



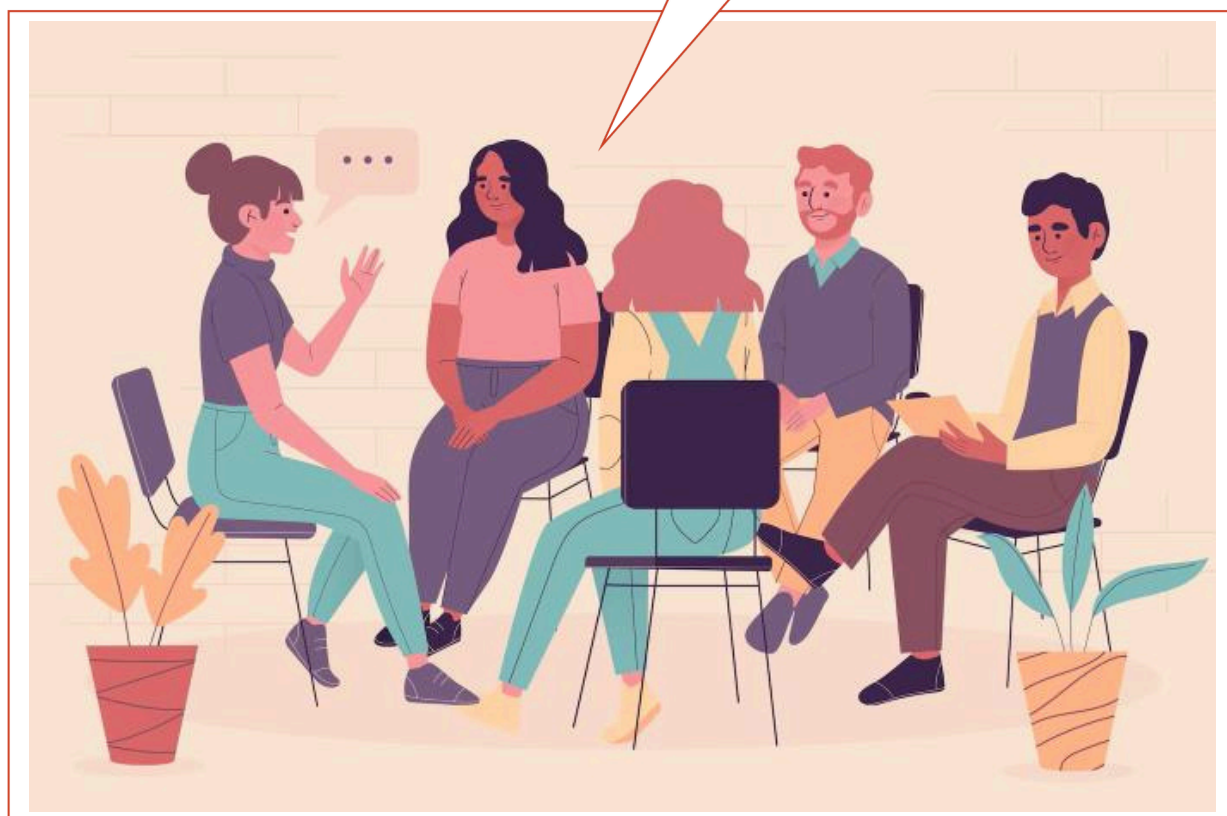
**Beth ddysgon ni am gymorth
i ofalwyr di-dâl ym Mhowys**

Pwy ydym ni

Llais Powys ydym ni.

Rydyn ni'n gwranddo ar ofalwyr ac yn helpu i wneud pethau'n well iddyn nhw.

**Rydym yn
gwranddo**



Am beth mae'r Adroddiad hwn

Mae llawer o bobl ym Mhowys yn gofalu am deulu neu ffrindiau.

Bod yn ofalwr di dâl yw hwn.

Roedden ni eisiau gwybod:

- Pa broblemau sydd gan ofalwyr.
- Pa gymorth sydd ei angen ar ofalwyr.
- Sut i wella pethau.

Buom yn siarad â gofalwyr mewn cyfarfod, mewn digwyddiadau, ac mewn arolwg.

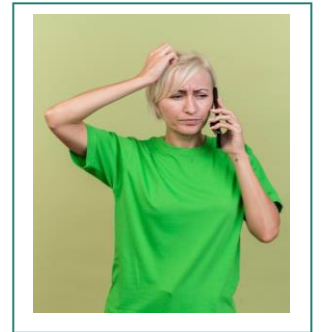


Yn hyn a ddywedodd Gofalwyr wrthym

1. Cael Cymorth gan Iechyd a Gwasanaethau Cymdeithasol

Mae llawer o ofalwyr yn ei chael hi'n anawd cael cymorth.

Mae'n rhaid iddyn nhw ddal i galw a gofyn.



Nid yw rhai yn gwybod pa wasanaethau sydd ar gael.

Beth all helpu?

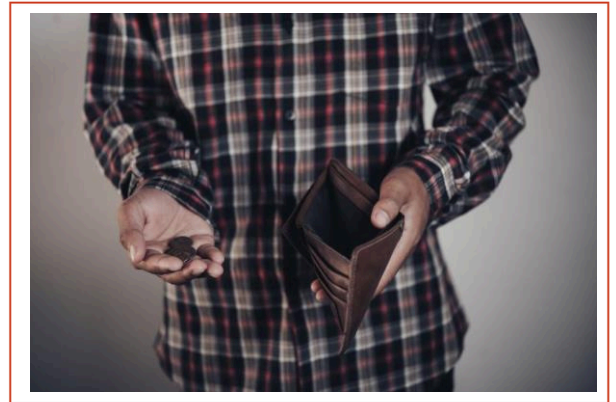
Ffyrdd haws o gael cymorth

Rhagor o wybodaeth am wasanaethau.



2. Problemau arian

Nid oes gan rai gofalwyr ddigon o arian i fyw arno.



Mae'n anawd cael budd-daliadau fel Lwfans Gofalwr.

Carer's Allowance Claim form

Carer's Allowance gives financial help to people who cannot take up full-time paid work as they provide regular care to a disabled person.

The quickest and easiest way to claim Carer's Allowance is online. Check if you can get Carer's Allowance and make a claim at www.gov.uk/carers-allowance

We have many different ways we can communicate with you
If you would like us to communicate with you by braille, British Sign Language, a hearing loop, translations, large print, audio or something else please contact us. Please see details below.

About this form

- Use this form to claim Carer's Allowance.
- Check if you can get Carer's Allowance by using the checklist on page 2 of the notes.
- If you cannot get Carer's Allowance, go to www.gov.uk to see what other help you might be able to get.
- You, the carer, must fill in this form, not the person you provide care for.
- Please fill in this form with **BLACK INK** and in **CAPITALS**.
- Please answer all the questions and send us all the documents we ask for, because this might delay your claim.
- Contact us if you cannot fill in this form or send us the documents we ask for, because this might delay your claim.
- This form and the notes are available in Welsh, large print or braille. Please ring **0800 731 0297**.
- If you have speech or hearing difficulties, you can contact us by telephone on **0800 731 0317**. The telephone service does not receive messages from mobile phones.

Calls to **0800** numbers are free from landlines and mobiles.

Normally, you can expect us to get back to you within 6 weeks. This may change at busy times of the year.

Remember

If someone else also cares for the same person as you, only one of you can claim Carer's Allowance, or the carer's element of Universal Credit.

If you both meet the criteria, you must decide between you who will claim. When you claim Carer's Allowance, the person you provide care for may stop getting:

- a severe disability premium paid with their benefits, if they get one
- an extra amount for severe disability paid with Pension Credit, if they get one
- reduced Council Tax, if their local council offers it

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Beth all helpu?

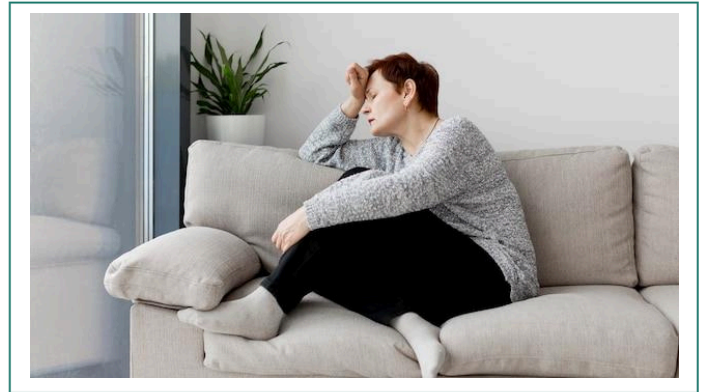
Ei gwneud yn haws i gael cymorth ariannol.

Rhoi gwell gwybodaeth am fudd-daliadau i ofalwyr.

3. Teimlo'n Unig a Dan straen

Mae llawer o ofalwyr yn teimlo'n flinedig, yn rhyfedd, ac yn unigol.

Nid ydynt yn cael amser iddynt eu hunain.



Beth all helpu?

Mwy o grwpiau gofalwyr i siarad ag eraill.

Gwell cymorth iechyd meddwl.



4. Problemau Trafnidiaeth

Mae'n anodd cyrraedd y meddyg neu'r Ysbyty.

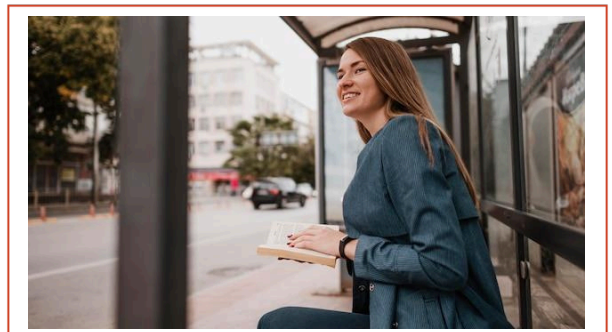
Nid yw bysiau bob amser yn rhedeg ar yr amseroedd cywir.



Beth All Helpu?

Opsiynau trafnnidaeth well i ofalwyr.

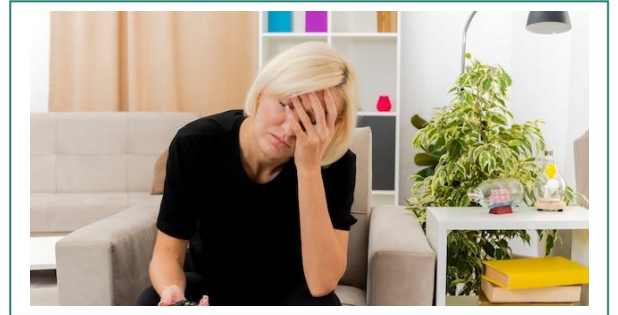
Mwy o gymorth gyda chostau teithio.



5. Cael Egwyl (Gofal Seibiant)

Nid yw rhai gofalwyr byth yn cael amser i ffwrdd.

Mae gofal seibiant yn rhy ddrud neu ddim ar gael.



Beth All Helpu?

Mwy o ofal seibiant fforddiadwy.

Seibiannau byr hyblyg i ofalwyr.



Beth sydd angen ei newid?

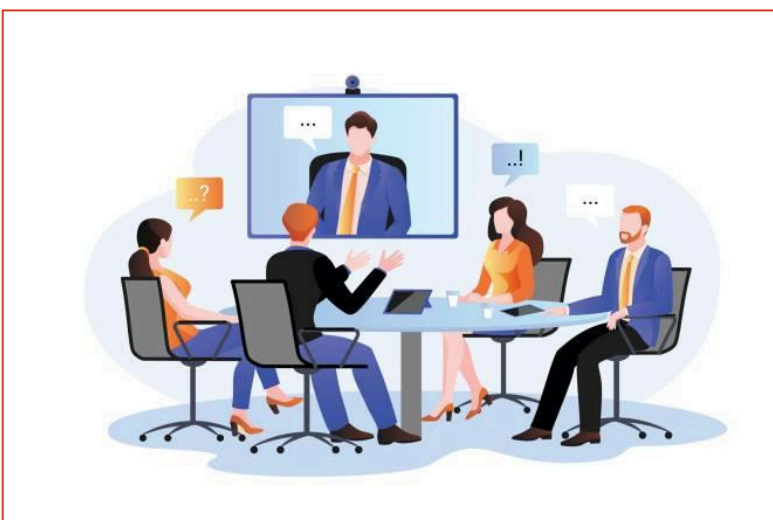
Dyma rai syniadau i wneud pethau'n well

Gwell gwybodaeth fel bod gofalwyr yn gwybod pa help y gallant ei gael.	
Mwy o gludiant i helpu gofalwyr i symud o gwmpas.	
Mwy o Egwylliau fel y gall gofalwyr orffwys.	
Mwy o gymorth i iechyd meddwl gofalwyr.	
Mwy o arian i ofalwyr i'w helpu i fyw'n dda.	

Camu Nesaf

Byddwn yn:

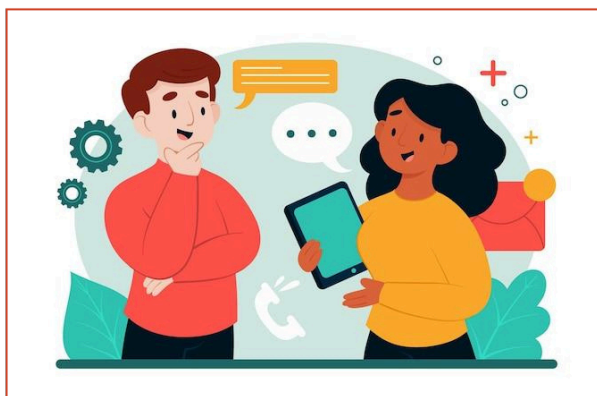
Siarad â Bwrdd
Iechyd Powys a'r
Cyngor am y materion
hyn.



Gweithio gyda
grwpiau cymorth
i ofalwyr fel **Credu**.



Daliwch ati i ofyn i ofalwyr
beth sydd ei angen arnynt.



Ydych Chi Eisiau Rhannu Eich Stori ?

Ffoniwch ni: 01686 627632

Ebost: ymholiadaupowys@llaiscymru.org