**Action Plan**

|  |  |
| --- | --- |
| Shopping  |  |
| Paying for goods and services  |  |
| Being scam aware  |  |
| Picking up prescriptions |  |
| Unpaid carers |  |
| Current Welsh Guidance |  |
| Accessing help for other, non-COVID-19, health issues |  |
| If you’re concerned about someone |  |
| Utilities |  |
| Getting advice |  |
| Keeping well at home |  |
| Support groups and charities |  |
| Supporting people to prepare |  |
| If they develop coronavirus symptoms |  |
| If you develop coronavirus symptoms |  |
| Advocacy |  |
| Looking after someone’s pet |  |

Further support

If the person you’re helping is aged 50 or over you can get further support by contacting Age Cymru Advice on 08000 223 444, available 9:30am to 4:30pm, Monday to Friday, or email advice@agecymru.org.uk

If the person you’re helping is aged under 50, you can get further support by contacting Citizens Advice on 03444 77 20 20, available 9am to 5pm, Monday to Friday, or visit www.citizensadvice.org.uk/wales/

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**Cynllun gweithredu**

|  |  |
| --- | --- |
| Siopa |  |
| Talu am nwyddau a gwasanaethau |  |
| Byddwch yn ymwybodol o sgamiau  |  |
| Casglu presgripsiynau |  |
| Gofalwyr di-dal |  |
| Canllawiau cyfredol Llywodraeth Cymru |  |
| Ceisio cymorth gyda materion iechyd eraillnad ydynt yn gysylltiedig a COVID-19 |  |
| Beth i’w wneud os ydych yn pryderuam rywun |  |
| Cyfleustodau |  |
| Ceisio cyngor |  |
| Aros yn iach gartref |  |
| Grwpiau cefnogi ac elusennau |  |
| Cefnogi pobl i baratoi |  |
| Os ydynt yn datblygusymptomau’r Coronafeirws |  |
| Os ydych yn datblygusymptomau’r Coronafeirws |  |
| Eiriolaeth |  |
| Gofalu am anifail anwes rhywun |  |

**Cefnogaeth bellach**

Os yw’r unigolyn yr ydych chi’n ei gefnogi yn 50 oed neu’n hŷn, gallwch gael rhagor

o gefnogaeth drwy gysylltu ag Age Cymru Advice ar **08000 223 444**, ar gael rhwng

9:30am a 4:30pm, ddydd Llun i ddydd Gwener, neu e-bost **advice@agecymru.org.uk**

Os yw’r unigolyn yr ydych chi’n ei gefnogi dan 50 oed, gallwch gael rhagor o gefnogaeth drwy gysylltu a Cyngor ar Bopeth ar **03444 77 20 20**, ar gael rhwng 9am a 5pm, ddydd Llun i ddydd Gwener, neu fynd i **www.citizensadvice.org.uk/wales/**

Mae Age Cymru yn elusen gofrestredig rhif 1128436. Mae’n gwmni cyfyngedig trwy warant ac wedi cofrestru yng Nghymru a Lloegr 6837284. Cyfeiriad swyddfa gofrestredig: Llawr Daear, Mariners House, Trident Court, East Moors Road, Caerdydd CF24 5TD. © Age Cymru 2020