

# Keeping well at home

There are number of things that people can do to help stay mentally and physically well whilst at home. As a 'Friend' you could help the person you're supporting be aware of what could help them stay fit and well.

## Exercise

If the person you're supporting can't leave the house, it's still important for their physical and mental health, to keep moving. Whether that's turning on their favourite song and dancing, undertaking housework with a bit more gusto, or finding a workout that works for them.

There are a variety of exercises that can be done from home for all abilities.

Below are some suggestions from NHS Wales for exercise that can be done from home. They can also be downloaded as pdfs to be given to people who don't have access to the internet.

- **Sitting exercises:** <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
- **Strength exercises:** <https://www.nhs.uk/live-well/exercise/strength-exercises/>
- **Flexibility exercises:** <https://www.nhs.uk/live-well/exercise/flexibility-exercises/>
- **Balance exercises:** <https://www.nhs.uk/live-well/exercise/balance-exercises/>
- **NHS website:** <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

## Age Cymru Tai Chi Home Programme

Age Cymru has made their tai chi work available free of charge online:

[www.agecymru.org.uk/taichi](http://www.agecymru.org.uk/taichi)

If they aren't shielding, the person you're supporting can also go for a walk outdoors if they stay more than two metres from others, although many people may be anxious about doing this.

## Stay connected

Connecting regularly with friends and family, and other support is important to help stay mentally well during this time.

- You could encourage the person you're supporting to maintain regular contact with their friends, family, neighbours and other support, so it forms part of their day-to-day routine. Contact could include via email, social media, phone messaging services such as Whatsapp, video calling or via telephone.
- Some older people may be using new kinds of technology, such as video messaging apps for the first time. You could help them by supporting them with setting these up, and talking them through how to use them.
- You could help connect the person you're supporting with others in a similar situation, such as helping them to join a peer support community online or by telephone.

## Keep a routine

Routine is important to keep well, especially when normal routines have been disrupted due to the need to stay at home.

You can encourage the person you're supporting to look at their routine. What they can plan in regularly each day, and to consider their usual routine and if there was anything about it that was unhelpful which they could actually have the opportunity to improve now.

You can help them to plan how they would like to spend their time by;

- writing it down, putting it on a wall.
- planning activities for different days – for example, they could set a new time for a daily home workout, and pick a regular time to clean, read, watch a TV programme or film, or cook.
- leaving space for new ideas to develop (so that they can follow their interests as they arise).
- identifying habits they want to start.

## Keep doing enjoyable activities

If the person you're supporting is feeling worried, anxious or low, or they're unable to access the activities they normally do, they might stop doing things they usually enjoy.

To support keeping well at home it's important to keep doing activities, or find new ones, that are enjoyable to keep the mind stimulated. You can spend time talking to the person you're supporting about what they enjoy, and what activities they may like to try.

You could also help someone feel less isolated by connecting them with activities or relevant support groups. See also: **Support groups and charities**

Ideas could include;

- Setting time aside for reading books, magazines, listening to podcasts.
- Borrowing e-books / audiobooks. If they're a library member in Wales, the [Borrowbox](#) service can help them to do this.
- Doing crosswords, or sudoku puzzles.
- Trying drawing and painting.

- Accessing free online courses and learning apps. [FutureLearn](#) and [OpenLearn](#) have free online courses.
- Accessing online concerts or theatre shows.
  - National Theatre are showing one of their shows once week at: <http://ntlive.nationaltheatre.org.uk/>
  - A different Lloyd Webber musical streams each week <https://www.youtube.com/theshowsmustgoon>
- Writing, for themselves or to others.
- Photography, documenting the world around you.
- Check arts activities on Age Cymru's Gwanwyn <https://en-gb.facebook.com/gwanwyn.wales> and <https://twitter.com/gwanwynagecymru?lang=en>.

## Get fresh air and sunlight, and connect with nature

This is important for physical and mental health and it can still be achieved without leaving their property.

- Keep windows open to let in fresh air when they can.
- If they have a garden space, try to spend time out there every day (weather permitting!) or sit on their doorstep.
- Get as much sunlight as they can, whilst also following advice to stay safe in the sun. <https://www.ageuk.org.uk/cymru/our-work/health-promotion/summer-health-advice/>.
- Set up a space to sit near a window with sunlight.
- Grow some plants, or place some plants on their windowsills.

## Keep up to date, but fact check

It's important that people stay connected with current events, but it can be overwhelming and cause people to be anxious or confused. Tips to support people could include;

- Being careful where they get news and health information from. Find a credible source you can trust – such as [Welsh Government](#) or the [NHS website](#) – and fact-check information you get from newsfeeds, social media or other people.
- Think about how possibly inaccurate information could affect others too. Trying not to share information without fact-checking against credible sources is helpful.
- They might also want to consider limiting the time they spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on their phone.
- It could be useful to set a specific time to read updates or limit to a couple of checks a day.
- They could consider taking a break or changing how they use social media. It's useful to help stay connected with people but it can heighten anxiety and worry. It might be helpful to focus on viewing particular groups or pages but limiting scrolling through timelines or newsfeeds.

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If the person you're supporting needs further help and is aged under 50 or over they can contact Age Cymru Advice on **08000 223 444**, available 9:30am to 4:30pm, Monday to Friday, or email [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

If the person you're supporting needs further help and is under 50, they can call Citizens Advice on **03444 77 20 20**, available 9am to 5pm, Monday to Friday, or visit [www.citizensadvice.org.uk/wales/](http://www.citizensadvice.org.uk/wales/)

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# Aros yn iach gartref

Mae nifer o bethau y gall pobl eu gwneud i'w helpu i aros yn iach yn feddyliol a chorfforol gartref. Fel 'Cyfaill' gallech gynorthwyo'r unigolyn yr ydych yn ei helpu i fod yn ymwybodol o'r hyn a allai ei helpu i aros yn ffit ac iach.

## Ymarfer corff

Os yw'r unigolyn yr ydych chi'n ei gefnogi yn methu â gadael y tŷ, mae'n bwysig iddo barhau i symud er ei iechyd corfforol a meddyliol. Boed hynny'n chwarae ei hoff gân a dawnsio iddi, gwneud gwaith tŷ gydag ychydig mwy o ymdrech, neu ddod o hyd i ymarfer corff sy'n gweithio i'r unigolyn.

Mae amrywiaeth o ymarferion corff y gellir eu gwneud gartref ar gyfer bob gallu.

Gweler isod rhai argymhellion gan GIG Cymru ynglŷn ag ymarferion corff y gellir eu gwneud gartref. Yn ogystal, gellir eu lawrlwytho fel dogfennau PDF i'w rhoi i bobl nad oes ganddynt fynediad at y rhyngwrdd.

- **Ymarferion wrth eistedd:** <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
- **Ymarferion cryfder:** <https://www.nhs.uk/live-well/exercise/strength-exercises/>
- **Ymarferion hyblygrwydd:** <https://www.nhs.uk/live-well/exercise/flexibility-exercises/>
- **Ymarferion cydbwysedd:** <https://www.nhs.uk/live-well/exercise/balance-exercises/>
- **NHS website:** <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

## Ymarfer Tai Chi Gartref Age Cymru

Mae Age Cymru wedi cyhoeddi ei ymarfer tai chi ar-lein yn rhad ac am ddim:

[www.agecymru.org.uk/taichi](http://www.agecymru.org.uk/taichi)

Os nad yw'n amddiffyn ei hun, gall yr unigolyn yr ydych yn ei gefnogi fynd am dro yn yr awyr agored os bydd yn aros mwy na dau fetr oddi wrth eraill, er bydd nifer o bobl yn bryderus am wneud hyn.

## Cadw mewn cysylltiad

Mae cysylltu'n rheolaidd gyda chyfeillion a theulu, a chefnogaeth arall, yn bwysig i aros yn iach yn feddyliol yn y cyfnod hwn.

- Gallech annog yr unigolyn yr ydych yn ei gefnogi i gynnal cyswllt rheolaidd â'i gyfeillion, teulu, cymdogion a chefnogaeth arall, fel ei fod yn ffurfio rhan o'i drefn bob dydd. Gallai cyswllt gynnwys e-bost, cyfryngau cymdeithasol, gwasanaethau negesu dros y ffôn megis Whatsapp, galwadau fideo neu alwadau ffôn.
- Mae'n bosibl bod rhai pobl hŷn yn defnyddio mathau newydd o dechnoleg, megis apiau negesu fideo, am y tro cyntaf. Gallech eu helpu nhw drwy eu cefnogi i sefydlu'r rhain, a'u haddysgu sut i'w defnyddio.
- Gallech helpu i gysylltu'r unigolyn yr ydych yn ei gefnogi gydag eraill mewn sefyllfa gyffelyb, megis ei helpu i ymuno â chymuned cefnogi cyfoedion ar-lein neu dros y ffôn.

## Cynnal trefn

Mae trefn yn bwysig i gadw'n iach, yn arbennig pan mae trefn arferol wedi'i hamharu gan yr angen i ynysu gartref.

Gallwch annog yr unigolyn yr ydych yn ei gefnogi i edrych ar ei drefn. Beth all yr unigolyn ei wneud yn rheolaidd bob dydd, ac ystyried ei drefn arferol ac a oedd unrhyw beth ynghlwm â hi nad oedd yn ddefnyddiol y gallai fachu ar y cyfle i'w wella nawr.

Gallwch ei helpu i gynllunio sut yr hoffai dreulio ei amser drwy;

- ei nodi ar bapur a'i osod ar y wal
- cynllunio gweithgareddau ar gyfer gwahanol ddyddiau - er enghraifft, gallai osod amser newydd ar gyfer gwneud ymarfer corff gartref bob dydd, a dewis amser rheolaidd i lanhau, darllen, gwyllo rhaglen deledu neu ffilm, neu goginio.
- neilltuo lle i ddatblygu syniadau newydd (fel y gall ddilyn ei ddi-ddordebau wrth iddynt godi).
- Adnabod arferion yr hoffai ddechrau arnynt.

## Parhau i wneud gweithgareddau hwyliog

Os yw'r unigolyn yr ydych yn ei gefnogi yn teimlo'n boenus, gorbryderus neu isel, neu nid yw'n gallu cael mynediad at y gweithgareddau mae'n ei wneud fel arfer, mae'n bosibl y bydd yn rhoi'r gorau i wneud y pethau mae'n eu mwynhau.

I gefnogi gydag aros yn iach gartref, mae'n bwysig parhau i wneud gweithgareddau, neu ddod o hyd i rai newydd, sy'n hwyliog i gadw'r meddwl yn fyw. Gallwch dreulio amser yn siarad â'r unigolyn yr ydych yn ei gefnogi ynglŷn â'r pethau mae'n eu mwynhau, a pha weithgareddau yr hoffai roi cynnig arnynt.

Gallech hefyd helpu rhywun i deimlo'n llai unig drwy ei gysylltu â gweithgareddau neu grwpiau cefnogi perthnasol. Gweler hefyd:

### Grwpiau cefnogi ac elusennau

Gallai syniadau gynnwys;

- Neilltuo amser i ddarllen llyfrau, cylchgronau, gwranddo ar bodlediadau.
- Benthycu e-lyfrau / llyfrau llafar gan rai llyfrgelloedd. Os yw'r unigolyn yn aelod o lyfrgell yng Nghymru, mae'r gwasanaeth Borrowbox yn ei helpu i wneud hyn.
- Gwneud croeseiriau neu bosau sudoku
- Rhoi cynnig ar dynnu lluniau neu beintio
- Cael mynediad at gyrsiau ar-lein ac apiau dysgu am ddim. Mae gan FutureLearn ac OpenLearn gyrsiau ar-lein am ddim
- Gwyllo cyngherddau neu sioeau theatr ar-lein
  - Mae'r Theatr Genedlaethol yn dangos un o'u sioeau unwaith yr wythnos yn: <http://ntlive.nationaltheatre.org.uk/>
  - Mae sioe gerdd wahanol gan Lloyd Webber yn cael ei ffrydio bob wythnos ar <https://www.youtube.com/theshowsmustgoon>
- Ysgrifennu, er ei bleser ei hun neu i eraill
- Ffotograffiaeth, dogfennu'r byd o'i gwmpas
- Edrych ar weithgareddau celfyddydol <https://en-gb.facebook.com/gwanwyn.wales> and <https://twitter.com/gwanwynagecymru?lang=en>.

## Mynd allan i'r awyr iach a mwynhau'r heulwen, a chysylltu â natur

Mae hyn yn bwysig er iechyd corfforol a meddyliol a gellir ei gyflawni heb adael yr eiddo

- Cadwch ffenestri yn agored i adael awyr iach i mewn pan allwch wneud hynny.



- Os oes gennych ardd, ceisiwch dreulio amser ynddi bob dydd (os yw'r tywydd yn caniatáu!) neu eisteddwch ar eich hiniog
- Ceisiwch gael cymaint o olau haul ag y gallwch <https://www.ageuk.org.uk/cymru/our-work/health-promotion/summer-health-advice/>.
- Gosodwch le i eistedd wrth ymyl ffenestr sydd â golau haul
- Tyfwch blanhigion, neu gosodwch ychydig o blanhigion ar silffoedd eich ffenestri

## Dilynwch y diweddaraf, ond gwiriwch y ffeithiau

Mae'n bwysig i bobl aros mewn cysylltiad â digwyddiadau cyfredol, ond gall hyn lethu rhywun ac achosi gorbryder neu ddryswch i unigolion. Gallai awgrymiadau i gefnogi pobl gynnwys;

- Bod yn ofalus o ffynonellau newyddion a gwybodaeth ynglŷn ag iechyd. Dod o hyd i ffynhonnell gredadwy y gallwch ymddiried ynddi - megis Llywodraeth Cymru neu wefan y GIG – a gwiriwch ffeithiau'r wybodaeth a gewch o ffrydiau newyddion, cyfryngau cymdeithasol neu bobl eraill.
- Gallent hefyd ddefnyddio Gwasanaeth Gwybodaeth Coronafeirws GOV.UK ar WhatsApp. Mae'r sgrysfot hwn yn ymdrin â'r cwestiynau mwyaf cyffredin ynglŷn â'r coronafeirws. Anfonwch neges at y sgrysfot coronafeirws i ddechrau arni.
- Meddyliwch am sut y gallai gwybodaeth sy'n anghywir o bosibl effeithio ar eraill hefyd. Mae ceisio peidio â rhannu gwybodaeth heb wirio'r ffeithiau yn erbyn ffynonellau credadwy yn ddefnyddiol.

- Yn ogystal, mae'n bosibl y dymunant gyfyngu ar yr amser maent yn ei dreulio yn gwyllo, darllen neu wrando ar sylwadau ynglŷn â'r pandemig, gan gynnwys ar gyfryngau cymdeithasol, ac ystyried atal negeseuon newydd rhag dod i law ar eich ffôn.
- Gallai fod yn ddefnyddiol gosod amser penodol i ddarllen diweddiadau neu gyfyngu ar yr amllder i gwpl o wiriadau'r dydd.
- Gallent ystyried cymryd seibiant oddi wrth gyfryngau cymdeithasol neu newid y ffordd maent yn eu defnyddio. Maent yn ddefnyddiol i gadw cysylltiad â phobl ond gallant waethygu gorbryder a gofid. Gall fod yn ddefnyddiol canolbwyntio ar grwpiau neu dudalennau penodol ond cyfyngu ar sgrolio drwy amserlenni neu ffrydiau newyddion.

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Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth ac yn 50 oed neu'n hŷn, gall 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](mailto:advice@agecymru.org.uk)

Os yw'r unigolyn yr ydych chi'n ei gefnogi angen rhagor o gymorth a dan 50 oed, gall gysylltu â 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/](http://www.citizensadvice.org.uk/wales/)

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