

# Supporting people to prepare

You can help the person you're supporting with preparing for eventualities that may arise. This can help people feel less anxious, and help things seem less uncertain in this uncertain time.

- Ensure that the person you're supporting has a second 'Friend' volunteer paired with them in a different household, as well as you.
- Help the individual construct a one-page summary for any Health/Social care worker needing to visit/have telephone contact, to assist in the future.
- Create a plan for the circumstances in which you may not be able to help them.
- If they're a carer, support them with making an emergency plan in the instance that they cannot fulfil their caring role. See **Unpaid carers**

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If the person you're supporting needs further help and is aged 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 aged 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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# Cefnogi pobl i baratoi

Gallwch helpu'r unigolyn yr ydych chi'n ei gefnogi i baratoi am bosibiliadau a all godi. Gall hyn helpu pobl i deimlo'n llai pryderus, a chynorthwyo i daflu goleuni ar bethau yn ystod y cyfnod ansicr hwn.

- Sicrhewch fod gan yr unigolyn yr ydych chi'n ei gefnogi ail 'Gyfaill' gwirfoddol sydd ar gael o aelwyd arall, law yn llaw â chithau.
- Rhewch gymorth i'r unigolyn i greu crynodeb un tudalen ar gyfer unrhyw weithiwr Iechyd/Gofal Cymdeithasol sydd angen ymweld/cyswllt dros y ffôn â'r unigolyn, i gynorthwyo yn y dyfodol.
- Crëwch gynllun ar gyfer amgylchiadau posibl lle na fyddwch ar gael, efallai
- Os yw'r unigolyn yn ofalwr, cefnogwch ef i greu cynllun argyfwng petai achos yn codi lle nad yw'n gallu cyflawni ei rôl ofalu rhagor. [Gweler Gofalwyr di-dâl](#)

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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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