

Unpaid carers

The person you're supporting may be an unpaid carer for the other person/s they live with. It's useful for you to be aware of this when you're providing help.

- A carer is anyone of any age, who provides unpaid care and support to a relative, friend or neighbour who is disabled, physically or mentally ill, or affected by substance misuse.
- Carers can be involved in a whole range of practical, physical, personal and administrative tasks. Examples might include; cooking; housework; lifting, washing and dressing the person cared for; helping with toileting needs; administering medication; and providing emotional support.

It might help the person you're supporting to connect with other carers – Carers Wales are running a Care for a Cuppa every Wednesday where carers can meet virtually for a coffee and a chat: See: <https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales>

There are also forums that carers can join to share experiences with people in a similar situation: <https://www.carersuk.org/help-and-advice/get-support/carersuk-forum>

Emergency plan

Carers Wales advise all carers to create an emergency plan – for them and all those they look after. Having a plan in place can help ease their worries if they aren't able to care for those they look after at any point in the future.

You could support the carer to complete this plan so you're aware of the support needed.

For further information on creating an emergency plan see: <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/making-a-plan>

Support with caring for someone at home

If someone you support as a 'Friend' needs help with caring for someone at home but aren't sure who to contact, they can contact their local council who will be able to help them and assess any social care needs they might have.

For more information about the support available for unpaid carers during this time see:

- [Carers Wales](#)
- [Carers Trust Wales](#)

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

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/

Gofalwyr di-dâl

Mae'n bosibl bod yr unigolyn yr ydych chi'n ei gefnogi yn ofalwr di-dâl i'r unigolyn/unigolion sy'n byw gydag ef. Mae'n ddefnyddiol eich bod yn ymwybodol o hyn pan rydych yn darparu cymorth.

- Mae gofalwr yn unrhyw un o unrhyw oed, sy'n darparu gofal a chefnogaeth ddi-dâl i berthynas, cyfaill neu gymydog sy'n anabl, yn sâl yn gorfforol neu'n feddyliol, neu wedi'u heffeithio gan gam-drin sylweddau.
- Gall gofalwyr gymryd arnynt ystod eang o dasgau ymarferol, corfforol, personol a gweinyddol. Gall enghreifftiau gynnwys; coginio; gwaith tŷ; codi, ymolchi a gwisgo'r unigolyn sy'n derbyn gofal; helpu gyda mynd i'r tŷ bach; rhoi meddyginiaeth; a darparu cefnogaeth emosiynol.

Gall fod yn ddefnyddiol i'r unigolyn maen nhw'n ei gefnogi gysylltu â gofalwyr eraill - mae Gofalwyr Cymru yn cynnal digwyddiad Care for a Cuppa bob dydd Mercher lle gall gofalwyr gyfarfod dros y we am goffi a sgwrs: Gweler: <https://www.carersuk.org/wales/help-and-advice/care-for-a-cuppa-in-wales>

Yn ogystal, mae fforymau y gall gofalwyr ymuno â nhw i rannu profiadau gyda phobl mewn sefyllfa debyg: <https://www.carersuk.org/help-and-advice/get-support/carersuk-forum>

Cynllun mewn argyfwng

Mae Gofalwyr Cymru yn cynghori pob gofalwr i greu cynllun mewn argyfwng - ar eu cyfer nhw eu hunain a'r rheiny maen nhw'n eu gwarchod. Gall sefydlu cynllun helpu i leddfu eu poenau os nad ydynt yn gallu gofalu am y rheiny sy'n derbyn gofal ganddynt ar unrhyw bryd yn y dyfodol.

Gallech gefnogi'r gofalwr i gwblhau'r cynllun hwn fel eich bod yn ymwybodol o'r gefnogaeth sydd ei hangen.

Am ragor o wybodaeth ynglŷn â chreu cynllun mewn argyfwng, gweler: <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/making-a-plan>

Cefnogaeth gyda gofalu am rywun gartref

Os oes rhywun yr ydych chi'n ei gefnogi fel 'Cyfaill' angen cymorth gyda gofalu am rywun gartref ond yn ansicr ynglŷn â phwy i gysylltu, gellir cysylltu â'i gyngor lleol a fydd yn gallu ei gynorthwyo ac asesu unrhyw anghenion gofal cymdeithasol sydd ganddo.

Am ragor o wybodaeth ynglŷn â'r wybodaeth a'r gefnogaeth sydd ar gael i ofalwyr di-dâl yn ystod y cyfnod hwn, gweler:

- [Gofalwyr Cymru](#)
- [Ymddiriedolaeth Gofalwyr Cymru](#)

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

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/