

# Byw yn dda gyda dementia ar ôl diagnosis/ Living well with dementia after diagnosis

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[Byw yn dda gyda dementia ar ôl diagnosis / Living well with dementia after diagnosis](#) is a [bilingual pack](#) that provides information for people who have been newly [diagnosed with dementia](#).

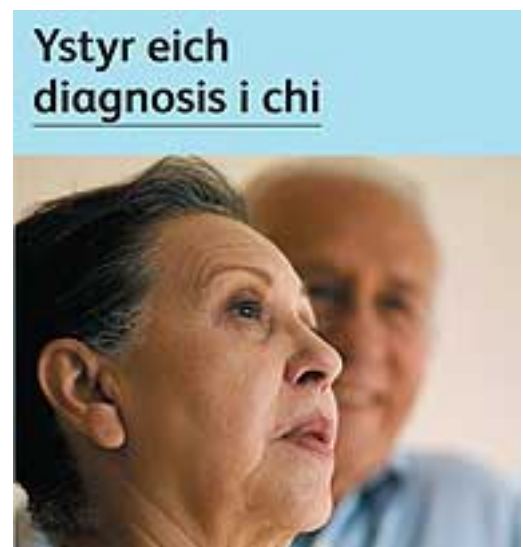
[The pack](#) has been developed by Alzheimer's Society following the receipt of a grant from the Welsh Government. As part of the [National Dementia Vision for Wales](#), the Welsh Government has committed to improving information on dementia by developing [bilingual information packs](#) for people diagnosed with dementia, their families, friends and carers; creating a dedicated dementia information helpline for Wales and extending the Welsh Government's Book Prescription Scheme to include dementia care.

Part 1 of The Mental Health (Wales) Measure 2012, commencing in October 2012 will introduce Local Primary Mental Health Support Services that will offer support to people of all ages and will include those with memory impairment. These services will be available within and alongside primary care in GP settings.

## Further information

[A diagnosis of dementia](#) may come as a shock and you may need some reassurance and support as there is much that can be done in the early stages that can help make life easier and more enjoyable.

[The pack is easy to use](#) and is broken down into sections that signpost you towards health and social care services, [local services](#) and other third sector agencies that can support you.



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## **English versions**

- [What your diagnosis means to you \(Living with dementia booklet\)](#)
- [Dementia and driving \(Living with dementia booklet\)](#)
- [Managing your money \(Living with dementia booklet\)](#)
- [This is me](#)

## **Support services available to you**

- [Alzheimer's Society services in Wales](#)
- [Our National Dementia Helpline: 0300 222 1122](#)
- [Other support services](#)

## Byw yn dda gyda dementia ar ol diagnosis/Living well with dementia

### after diagnosis

Cymdeithas Alzheimer sydd wedi llunio'r pecyn, ar ôl cael grant oddi wrth Lywodraeth Cymru. Fel rhan o'i [Gweledigaeth Genedlaethol ar Ddementia](#), roedd Llywodraeth Cymru wedi ymrwymo i wella'r wybodaeth sydd ar gael am ddementia drwy greu [pecynnau dwyieithog o wybodaeth](#) i bobl sydd wedi cael diagnosis, eu teuluoedd, eu ffrindiau a'u gofalwyr. Roedd y broses yn golygu creu llinell gymorth bwrpasol i Gymru ac ehangu Cynllun Presgripsiwn Llyfrau Llywodraeth Cymru i gynnwys gofal dementia.

Bydd Rhan 1 o Fesur Iechyd Meddwl Cymru (2012) yn cychwyn ym mis Hydref 2012. Bydd yn golygu cyflwyno Gwasanaethau Cymorth Lleol a Sylfaenol mewn Iechyd Meddwl a fydd yn cynnig cymorth i bobl o bob oed, gan gynnwys y rheini sydd â nam ar eu cof. Bydd y gwasanaethau yma ar gael ochr yn ochr â gofal sylfaenol gan feddygon teulu.

Llwytho'r pecyn i lawr >

### Rhagor o wybodaeth

Efallai bydd cael [diagnosis o ddementia'n](#) sioc i'r system. Efallai byddwch angen cysur a chefnogaeth, gan ei bod hi'n bosibl [gwneud llawer](#) yn ystod y cyfnod cynnar a fydd yn helpu i wneud eich bywyd yn haws ac yn fwy pleserus.

[Mae'r pecyn yn hawdd ei ddefnyddio](#). Mae wedi'i rannu'n adrannau sy'n eich cyfeirio at wasanaethau iechyd a gofal cymdeithasol, gwasanaethau lleol ac asiantaethau eraill o'r trydydd sector sy'n gallu bod yn gefn i chi.

- [Ystyr eich diagnosis i chi](#)
- [Dementia a gyrru](#)
- [Rheoli eich arian](#)
- [Dyma fi](#)

### Gwasanaethau cymorth sydd ar gael

- [Gwasanaethau yng Nghymru](#)
- [Llinell Gymorth Cymdeithas Alzheimer: 0300 222 1122](#)

- [Gwasanaethau cymorth eraill](#)

## Other support services

### Iechyd a Gofal Cymdeithasol / Health and Social Care

Each Health Board website will have useful information and contact numbers for support services.

- **NHS Direct Wales**

The Health, Well-Being & Support Directory contains information about a variety of health & well-being groups and services provided both locally and nationally that can provide advice and information about health conditions helping to keep active in the community.

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

- **Dental Health** Keep seeing your dentist regularly for check ups and advice on preventing problems. If you don't have a dentist, your Local Community Dental service may be able to help. Their phone number can be found on the NHS direct webpage.

[www.sigwales.org/?page\\_id=2386](http://www.sigwales.org/?page_id=2386)

- **Welsh Government Book Prescription Wales Scheme**

Includes books on dementia which are available to borrow.

[www.wales.gov.uk/docs/dhss/publications/111130booken.pdf](http://www.wales.gov.uk/docs/dhss/publications/111130booken.pdf)

- **You and your medication - Your local pharmacist is there to help you**

Ask questions about medication because knowing how and when to take your medication makes it more effective. Speak to your pharmacist if you have any concerns. Ask before you buy other remedies or other medication as they may affect the way your medication works.

<http://www.ageuk.org.uk/cymru/health--wellbeing/medication> or  
[www.nhsdirect.wales.nhs.uk/localservices/pharmacyfaq](http://www.nhsdirect.wales.nhs.uk/localservices/pharmacyfaq)

- **Neurodem Cymru Research National Institute for Social Care and Health Research**

[www.neurodemcymru.org](http://www.neurodemcymru.org) [www.wales.gov.uk/nischr](http://www.wales.gov.uk/nischr) or contact [b.ellis@bangor.ac.uk](mailto:b.ellis@bangor.ac.uk)

### Yma I fod yn gefn i chi / Here to support you

Each Local Authority website will have useful information and contact numbers for support services.

- **Age Cymru**

[www.agecymru.org.uk](http://www.agecymru.org.uk) 0800 169 65 65

Agored Cymru certificate programme and other courses [b.ellis@bangor.ac.uk](mailto:b.ellis@bangor.ac.uk)

- **CAB Adviceline Wales**  
[www.adviceguide.org.uk](http://www.adviceguide.org.uk) 08444 77 20 20
  
- **Care & Repair Cymru**  
[www.careandrepair.org.uk](http://www.careandrepair.org.uk) 0300 111 3333
  
- **Carers Trust (Crossroads Care - The Princess Royal Trust for Carers) Offices across Wales** [www.carers.org](http://www.carers.org)
  
- **Dementia Helpline**  
Freephone helpline in Wales offering emotional support to anyone who is caring for someone living with dementia as well as family members or friends.  
[www.dementiahelpline.org.uk](http://www.dementiahelpline.org.uk) 0808 808 2235
  
- **Older People's Commissioner for Wales**  
[www.olderpeoplewales.com](http://www.olderpeoplewales.com) 08442 640 670
  
- **Parkinson's UK Wales**  
[www.parkinsons.org.uk/cymru](http://www.parkinsons.org.uk/cymru) 0808 800 0303
  
- **Stroke Association**  
[www.stroke.org.uk](http://www.stroke.org.uk) 0303 3033 100

## Gwasanaethau Cymorth Eraill

### Iechyd a Gofal Cymdeithasol / Health and Social Care

Gallwch gael rhifau ffôn defnyddiol a gwybodaeth am y gwasanaethau cymorth sydd ar gael yn eich ardal, o wefan eich Bwrdd Iechyd Lleol.

- **Galw Iechyd Cymru**

Mae gwybodaeth yn y Cyfeirlyfr Iechyd, Cymorth a Lles am y gwahanol grwpiau a gwasanaethau iechyd a lles sydd ar gael yn eich ardal ac yn genedlaethol fel ei gilydd. Gallwch gael cyngor ganddyn nhw a gwybodaeth am gyflyrau iechyd i'ch helpu i aros yn weithgar yn eich cymuned. [www.galwiechydymru.wales.nhs.uk](http://www.galwiechydymru.wales.nhs.uk)

- **Iechyd Deintyddol**

Ewch ymlaen i fynd at eich deintydd i gael archwiliadau rheolaidd o'ch dannedd, a chyngor ar atal problemau. Os nad oes deintydd gennych, efallai bydd gwasanaeth deintyddol cymunedol eich ardal yn gallu helpu. Chwiliwch am ei rif ffôn ar wefan Galw Iechyd Cymru. [www.sigwales.org/?page\\_id=2386](http://www.sigwales.org/?page_id=2386)

- **Cynllun Presgripsiwn Llyfrau Llywodraeth Cymru**

Ymhlith y llyfrau sydd ar gael i'w benthycu mae rhai ar ddementia. [wales.gov.uk/docs/dhss/publications/111130bookcy.pdf](http://wales.gov.uk/docs/dhss/publications/111130bookcy.pdf)

- **Eich meddyginiaeth a chi - Mae eich fferyllydd lleol yno i'ch helpu**

Holwch ynglŷn â'r moddion a'r tabledi rydych yn eu cymryd, am fod eu cymryd ar yr adegau cywir yn eu gwneud yn fwy effeithiol. Os ydych yn pryderu o gwbl, siaradwch â'ch fferyllydd. Holwch cyn prynu unrhyw fath arall o feddyginiaeth - fe allai tabledi eraill effeithio ar y ffordd mae'ch meddyginiaeth arferol yn gweithio. Am fwy o wybodaeth:

[www.ageuk.org.uk/cymru/health--wellbeing/medication](http://www.ageuk.org.uk/cymru/health--wellbeing/medication)  
[www.nhsdirect.wales.nhs.uk/localservices/pharmacyfaq?locale=cv](http://www.nhsdirect.wales.nhs.uk/localservices/pharmacyfaq?locale=cv)

- **Neurodem Cymru:** y Sefydliad Cenedlaethol ar gyfer Ymchwil Gofal Cymdeithasol ac Iechyd (NISCHR) [www.neurodemcymru.org](http://www.neurodemcymru.org)

[wales.gov.uk/topics/health/research/nischr/?skip=1&lang=cy](http://wales.gov.uk/topics/health/research/nischr/?skip=1&lang=cy) neu cysylltwch â [b.ellis@bangor.ac.uk](mailto:b.ellis@bangor.ac.uk)

**Yma i fod yn gefn i chi / Here to support you**

Gallwch gael gwybodaeth o wefan eich Awdurdod Lleol hefyd am y gwasanaethau cymorth sydd ar gael yn eich ardal.

- **Age Cymru**  
[www.agecymru.org.uk](http://www.agecymru.org.uk) 0800 169 65 65
- **Agored Cymru**, rhaglenni tystysgrif a chysiau eraill b.ellis@bangor.ac.uk Help ar-lein gan y mudiad Cyngor ar Bopeth [www.adviceguide.org.uk/cy/wales.htm](http://www.adviceguide.org.uk/cy/wales.htm) 08444 77 20 20
- **Gofal a Thrwsio (Care & Repair Cymru)**  
[www.cymru.careandrepair.org.uk](http://www.cymru.careandrepair.org.uk) 0300 111 3333
- **Croesffyrdd - Gofalu am Ofalwyr**. Ymddiriedolaeth y Dywysoges Frenhinol i Ofalwyr Swyddfeydd ym mhob rhan o Gymru. [www.carers.org](http://www.carers.org)
- **Llinell Gymorth Dementia Cymru**  
[www.dementiahelpline.org.uk](http://www.dementiahelpline.org.uk)  
Llinell gymorth sy'n cynnig cefnogaeth emosiynol am ddim i unrhyw un sy'n gofalu am berson sy'n byw gyda dementia, ac i aelodau eu teuluoedd a'u ffrindiau.080 880 82235
- **Comisiynydd Pobl Hŷn Cymru**  
[www.olderpeoplewales.com/wl/Home.aspx](http://www.olderpeoplewales.com/wl/Home.aspx) 08442 640 670
- **Parkinson's UK, cangen Cymru**  
[www.parkinsons.org.uk/cymru](http://www.parkinsons.org.uk/cymru) 0808 800 0303
- **Y Gymdeithas Strôc**  
[www.stroke.org.uk](http://www.stroke.org.uk) 0303 3033 100

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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