

# Dyma fi<sup>®</sup>

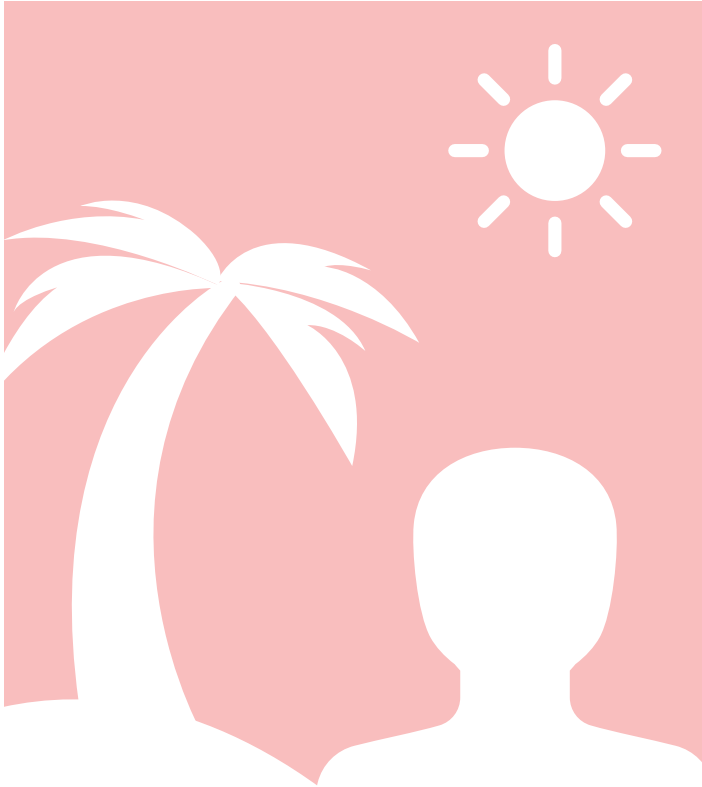
Bydd y daflen hon yn eich helpu i fy nghefnogi mewn lle anghyfarwydd.

# This is me<sup>®</sup>

This leaflet will help you support me in an unfamiliar place.

Fy enw llawn yw

My full name is



**Atodwch hoff lun o'ch hun yma.**

Please attach a favourite photo of yourself here.

Cadwch y daflen hon gyda chi a'i rhoi mewn lle addas fel y gall yr holl bobl sy'n gofalu amdanoch ei gweld a chyfeirio ati'n hawdd.

Keep this leaflet with you and put it in a suitable place so that all the people caring for you can see and refer to it easily.

**Mewn partneriaeth gyda** In partnership with



Coleg Nyrsio Brenhinol  
Cymru  
Royal College of Nursing  
Wales



Unedig Yn  
Erbyn Dementia  
United Against  
Dementia



Gall person sydd â dementia, deliriwm neu anawsterau cyfathrebu eraill ganfod newidiadau fel symud i le anghyfarwydd neu gyfarfod â phobl newydd sy'n cyfrannu i'w gofal, yn gythryblus neu'n ofidus. Gall Dyma fi helpu leihau'r gofid hwn. Mae'n helpu gweithwyr proffesiynol iechyd a gofal cymdeithasol i fagu gwell dealltwriaeth o bwy yw'r person go iawn, a all eu helpu i ddarparu gofal sydd wedi'i deilwra i anghenion y person.

Dyled llenwi Dyma fi yn eich iaith o ddewis, cyn gynted â phosibl, fel gall y person fynd ag o i le newydd neu ei roi i bobl newydd sy'n cyfrannu i'w gofal. Dylid ei ddiweddarau fel bo'r angen.

Dylai Dyma fi gael ei lenwi gan yr unigolyn(unigolion) sy'n adnabod y person orau a, lle bo'n bosibl, gyda'r person dan sylw. Nid yw'n ddogfen feddygol.

A person who has dementia, delirium or other communication difficulties can find changes, like moving to an unfamiliar place or meeting new people who contribute to their care, unsettling or distressing. **This is me** can help to reduce this distress. It helps health and social care professionals build a better understanding of who the person really is, which can help them deliver care that is tailored to the person's needs.

**This is me** should be completed in your chosen language(s) as early as possible, so the person can take it to a new place or give it to new people who contribute to their care. It should be updated as necessary.

**This is me** should be filled in by the individual(s) who know the person best and, wherever possible, with the person involved. It is not a medical document.



## Amdanaf fi

(Gweler y nodiadau cyfarwyddyd am syniadau ynghylch y math o wybodaeth i'w chynnwys)

## About me

(See the guidance notes for ideas about the kind of information to include)

Yr enw rwy'n hoffi cael fy ngalw

Name I like to be called

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Lle rwy'n byw (ardal nid y cyfeiriad llawn)

Where I live (area not the full address)

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Y gofawyr/bobl sy'n fy adnabod orau

The carers/people who know me best

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Hoffwn i chi wybod

I would like you to know

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## Fy nghefnidir

(Gweler y nodiadau cyfarwyddyd am syniadau ynghylch y math o wybodaeth i'w chynnwys)

## My background

(See the guidance notes for ideas about the kind of information to include)

**Fy hanes personol, teulu a ffrindiau, anifeiliaid anwes ac unrhyw eiddo rwy'n eu trysori**

**My personal history, family and friends, pets and any treasured possessions**

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**Fy nghefnidir diwylliannol, crefyddol ac ysbrydol**

**My cultural, religious and spiritual background**

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**Fy niddordebau, swyddi a llwyddiannau**

**My interests, jobs and achievements**

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**Yr hoff leoedd yr wyf wedi byw ynddynt ac ymweld â nhw**

**Favourite places I have lived and visited**

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## Fy arferion personol

(Gweler y nodiadau cyfarwyddyd am syniadau ynghylch y math o wybodaeth i'w chynnwys)

## My personal habits

(See the guidance notes for ideas about the kind of information to include)

**Pethau sy'n fy helpu i gysgu**

**Things that help me sleep**

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**Fy ngofal personol**

**My personal care**

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**Sut rwy'n cymryd fy meddyginiaeth**

**How I take my medication**

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**Fy arferion bwyta ac yfed**

**My eating and drinking**

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## Fy arferion a fy nhrefnau

(Gweler y nodiadau cyfarwyddyd am syniadau ynghylch y math o wybodaeth i'w chynnwys)

## My habits and routines

(See the guidance notes for ideas about the kind of information to include)

<b>Mae'r trefnau canlynol yn bwysig i mi</b>	<b>The following routines are important to me</b>
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<b>Pethau rwy'n hoffi eu gwneud dros fy hun</b>	<b>Things I like to do for myself</b>
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<b>Pethau y gallwn fod angen help gyda nhw</b>	<b>Things I might want help with</b>
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<b>Pethau a allai fy mhoeni neu fy ngofidio</b>	<b>Things that may worry or upset me</b>
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<b>Beth sy'n gwneud i mi deimlo'n well os ydw i'n bryderus neu'n ofidus</b>	<b>What makes me feel better if I am anxious or upset</b>
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## Cyfathrebu a fy symudedd

(Gweler y nodiadau cyfarwyddyd am syniadau ynghylch y math o wybodaeth i'w chynnwys)

## My communication and mobility

(See the guidance notes for ideas about the kind of information to include)

<b>Fy nghlyw a fy ngolwg</b>	<b>My hearing and eyesight</b>
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<b>Sut y gallwn ni gyfathrebu</b>	<b>How we can communicate</b>
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<b>Fy symudedd</b>	<b>My mobility</b>
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**Arall**  
(Gweler y nodiadau cyfarwyddyd am syniadau ynghylch y math o wybodaeth i'w chynnwys)

**Other**  
(See the guidance notes for ideas about the kind of information to include)

<b>Nodiadau eraill amdanaf i</b>	<b>Other notes about me</b>
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<b>Dyddiad cwblhau</b>	<b>Date completed</b>
<hr/>	<hr/>
<b>Cwblhawyd gan</b>	<b>Completed by</b>
<hr/>	<hr/>
<b>Perthynas i'r person</b>	<b>Relationship to the person</b>
<hr/>	<hr/>
<input type="checkbox"/> Rwy'n hapus i'r wybodaeth yr wyf wedi'i darparu gael ei defnyddio gan weithwyr proffesiynol iechyd a gofal cymdeithasol i ddarparu gofal a chymorth. Os ydynt yn dymuno ei defnyddio at ddiben gwahanol, mae'n rhaid iddynt ofyn yn gyntaf.	<input type="checkbox"/> I am happy for the information I have provided to be used by health and social care professionals to provide care and support. If they wish to use it for a different purpose, they must ask first.

# Nodiadau cyfarwyddyd i'ch helpu i lenwi Dyma fi®

**Yr enw rwy'n hoffi cael fy ngalw:** Rhowch eich enw llawn ar y dudalen flaen a'r enw yr hoffwch gael eich galw ar dudalen 1.

**Lle rwy'n byw:** Yr ardal (nid y cyfeiriad llawn) lle rydych yn byw ac ers pryd rydych chi wedi byw yno.

**Y gofalwyr/bobl sy'n fy adnabod orau:** Gallai'r person yma fod yn bartner, perthynas, ffrind neu ofalwr.

**Hoffwn i chi wybod:** Dylech gynnwys unrhyw beth y teimlwch sy'n bwysig ynghylch pwy ydych chi ac a fydd yn helpu staff i ddod i'ch adnabod a gofalu amdanoch. Er enghraifft: Mae gen i ddemtia; Dydw i erioed wedi bod yn yr ysbyty o'r blaen; Mae'n well gen i ferched fel gofalwyr; Dydw i a fy mhartner ddim yn briod; Mae gen i alergedd i... ; Rydw i'n llaw chwith; leithoedd eraill y gallaf eu siarad.

**Fy hanes personol, teulu a ffrindiau, anifeiliaid anwes ac unrhyw eiddo rwy'n eu trysori:** Dylech gynnwys eich man geni, addysg, statws priodasol, plant, wyrion ac wyresau, ffrindiau ac anifeiliaid anwes. Rhestrwch unrhyw eiddo yr hoffwch eu cael gerllaw – ffotograffau, llyfrau, gemwaith.

**Fy nghefnidir diwylliannol, crefyddol ac ysbrydol:** Dylech gynnwys gwybodaeth ynghylch eich cymuned ddiwylliannol neu grefyddol os yw hyn yn bwysig i chi. Ydych chi'n hoffi mynychu gwasanaethau crefyddol? Ydych chi'n dathlu gwyliau a digwyddiadau penodol? Ydych chi'n dilyn arferion arbennig ar ddiwrnodau penodol neu ar amseroedd neilltuo? Ydych chi'n dilyn arferion hylendid penodol? A yw agweddau o'ch dillad ac ymddangosiad yn bwysig i chi? A oes bwydydd penodol nad ydych yn eu bwyta?

**Fy niddordebau, swyddi a llwyddiannau:** Rhestrwch unrhyw gyflawniadau rydych yn falch ohonynt. Dylech gynnwys clybiau ac aelodaeth, hobiau neu chwaraeon. Ychwanegwch unrhyw gyn-swyddi a gweithgareddau gwirfoddoli sy'n bwysig i chi.

**Yr hoff leoedd yr wyf wedi byw ynddynt ac ymweld â nhw:** Dylech gynnwys unrhyw gartrefi blaenorol neu gartrefi plentyndod sy'n bwysig i chi, a hefyd unrhyw hoff leoedd neu leoedd arwyddocaol yr ydych wedi ymweld â nhw.

**Pethau sy'n fy helpu i gysgu:** Dylech gynnwys eich patrymau cysgu arferol a'ch trefn amser gwely. Ydych chi'n hoffi gadael y golau ymlaen neu ydych chi'n ei chael yn anodd dod o hyd i'r toiled yn y nos? Oes gennych chi hoff le i orwedd yn eich gwely, matres neu obennydd arbennig?

**Fy ngofal personol:** Rhestrwch eich arferion, dewisiadau a faint o gymorth rydych ei angen yn y bath, y gawod neu fel arall. A yw'n well gennych ymolchi ar adeg benodol o'r dydd – er enghraifft, yn y bore neu cyn i chi fynd i'r gwely? A yw'n well gennych ddynion neu ferched fel gofalwyr? A oes gennych unrhyw ddewisiadau o ran brand sebonau, cosmetigau, pethau ymolchi, cymhorthion ymataliad, cynnyrch eillio neu lanhau dannedd a dannedd gosod? Ydych chi'n gofalu am eich gwallt mewn ffordd benodol neu'n ei wneud mewn steil arbennig? Pa mor aml ydych chi'n golchi eich gwallt?

**Sut rwy'n cymryd fy meddyginiaeth:** Ydych chi angen help i gymryd meddyginiaeth? A yw'n well gennych gymryd meddyginiaeth hylifol?

**Fy arferion bwyta ac yfed:** A yw'n well gennych de neu goffi? A oes gennych hoff brydau neu fwydydd nad ydych yn eu hoffi? Ydych chi angen help i fwyta neu yfed? Fedrwn chi ddefnyddio cytleri neu a yw'n well gennych fwyd bys a bawd? Ydych chi angen cymhorthion fel cytleri neu lestri wedi'u haddasu i fwyta ac yfed? Oes angen torri eich bwyd yn ddarnau? Ydych chi'n gwisgo dannedd gosod i fwyta? Oes gennych chi anawsterau llyncu? Pa ansawdd ddylai'r bwyd fod i'ch helpu – meddal neu wedi'i hylifo? Ydych chi angen

hylifau wedi eu tewychu? Rhestrwch unrhyw ofnion neu ddewisiadau deietegol arbennig gan gynnwys bod yn llysiuol, ac anghenion crefyddol neu ddiwylliannol. Dylech gynnwys gwybodaeth am eich chwant ac os ydych angen help i ddewis bwyd oddi ar fwydlen.

**Mae'r trefnau canlynol yn bwysig i mi:** Faint o'r gloch ydych chi fel arfer yn codi/ mynd i'r gwely? Faint o'r gloch ydych chi'n hoffi cael eich brecwast, cinio, pryd gyda'r nos? Ydych chi'n mwynhau byrbryd, mynd am dro neu gyntun ar adeg benodol o'r dydd? Ydych chi'n cael diod boeth cyn mynd i'r gwely, yn gwneud gweithgareddau gofal personol mewn trefn benodol neu'n hoffi gwyllo'r newyddion gyda'r nos?

**Pethau rwy'n hoffi eu gwneud dros fy hun:** Dylech gynnwys ffyrdd yr hoffwch fod yn annibynnol megis gwisgo, bwyta, hylendid personol.

**Pethau y gallwn fod angen help gyda nhw:** Disgrifiwch ffyrdd y gall pobl helpu gyda gweithgareddau megis gwisgo, codi, bwyta.

**Pethau a allai fy rhoeni neu fy ngofid:** Dylech gynnwys unrhyw beth sydd efallai'n eich poeni, fel pryderon teulu, bod i ffwrdd oddi wrth rywun annwyl neu fod ar eich pen eich hun; neu anghenion corfforol fel bod mewn poen, yn rhwym, yn sychedig neu'n llwglyd. Rhestrwch ffactorau amgylcheddol a allai wneud i chi deimlo'n bryderus, fel drysau ar agor, lleisiau uchel neu'r tywyllwch.

**Beth sy'n gwneud i mi deimlo'n well os ydw i'n bryderus neu'n ofidus:** Dylech gynnwys pethau a allai helpu os byddwch yn anhapus neu'n dralodus, megis geiriau o gysur, cerddoriaeth neu'r teledu. Ydy o'n gymorth cael cwmni, neu a yw'n well gennych amser tawel ar eich pen eich hun?

**Fy nghlyw a fy ngolwg:** Fedrwn chi glywed yn dda? Ydych chi angen cymorth clyw? Sut y dydid dod atoch? Ydy cyffwrdd yn briodol? Ydych chi'n gwisgo sbectol neu angen unrhyw gymhorthion gweld eraill?

**Sut y gallwn ni gyfathrebu:** Sut ydych chi'n cyfathrebu fel arfer – ar lafar, defnyddio ystumiau, pwyntio neu gymysgedd o'r ddau? Ydych chi'n darllen ac ysgrifennu, ac a yw ysgrifennu pethau o gymorth? Sut ydych chi'n dynodi poen, anghysur, syched neu awydd bwyd? Dylech gynnwys unrhyw beth a allai helpu staff i wybod beth yr ydych ei angen.

**Fy symudedd:** Ydych chi'n gallu symud? Ydych chi angen help i symud o gwmpas? Ydych chi angen cymorth i gerdded? Fedrwn chi ddefnyddio grisiau? Fedrwn chi sefyll yn ddi-gymorth o fod yn eistedd? Ydych chi angen rheiliau llaw? Ydych chi angen cadair neu glustog arbennig, neu a oes angen codi eich traed i'ch gwneud yn gyfforddus?

**Nodiadau eraill amdanaf:** Dylech gynnwys manylion amdanoch nad ydynt wedi eu rhestru uchod ac sy'n helpu i ddangos pwy yr ydych – er enghraifft, eich hoff raglenni teledu neu radio; digwyddiadau arwyddocaol yn eich gorffennol; eich disgwyliadau a dyheadau. Nodwch unrhyw gynlluniau rydych wedi eu gwneud ymlaen llaw, gan gynnwys y person rydych wedi eu penodi fel eich atwrnai, a lle gall gweithwyr proffesiynol iechyd a gofal cymdeithasol ddod o hyd i'r wybodaeth hon.

Mewn partneriaeth gyda



# Guidance notes to help you complete This is me<sup>®</sup>

**Name I like to be called:** Enter your full name on the front page and the name you like to be called on page 1.

**Where I live:** The area (not the full address) where you live and how long you have lived there.

**The carers/people who know me best:** This may be a partner, relative, friend or carer.

**I would like you to know:** Include anything you feel is important about who you are and that will help staff to get to know and care for you. For example: I have dementia; I have never been in hospital before; I prefer female carers; my partner and I are not married; I am allergic to...; I am left-handed; other languages I can speak.

**My personal history, family and friends, pets and any treasured possessions:** Include your place of birth, education, marital status, children, grandchildren, friends and pets. List any possessions you like to have near you – photographs, books, jewellery.

**My cultural, religious and spiritual background:** Include information about your cultural or religious community if this is important to you. Do you like to attend religious services? Do you celebrate certain festivals, holidays and events? Do you observe certain practices on particular days or at specific times? Do you follow certain hygiene practices? Are aspects of your clothing and appearance important to you? Are there certain foods you don't eat?

**My interests, jobs and achievements:** List any accomplishments that you are proud of. Include clubs and memberships, hobbies or sports. Add any past jobs and volunteering activities that are important to you.

**Favourite places I have lived and visited:** Include any former or childhood homes that are important to you, and also any favourite or significant places that you have visited.

**Things that help me sleep:** Include your usual sleep patterns and bedtime routine. Do you like a light to be left on or do you find it difficult to find the toilet at night? Do you have a favoured position in bed, special mattress or pillow?

**My personal care:** List your usual practices, preferences and how much assistance you need in the bath, shower or other. Do you prefer to wash at a particular time of day – for example, in the morning or before you go to bed? Do you prefer a male or female carer? Do you have preferences for brands of soaps, cosmetics, toiletries, continence aids, shaving or teeth cleaning products and dentures? Do you care for or style your hair in a particular way? How often do you wash your hair?

**How I take my medication:** Do you need help to take medication? Do you prefer to take liquid medication?

**My eating and drinking:** Do you prefer tea or coffee? Do you have favourite meals or food that you dislike? Do you need help to eat or drink? Can you use cutlery or do you prefer finger foods? Do you need adapted aids such as cutlery or crockery to eat and drink? Does your food need to be cut into pieces? Do you wear dentures to eat? Do you have swallowing difficulties? What texture of food do you need to help – soft or liquidised? Do you need thickened fluids?

List any special dietary requirements or preferences including being vegetarian, and religious or cultural needs. Include information about your appetite and whether you need help to choose food from a menu.

**The following routines are important to me:** What time do you usually get up/go to bed? What time do you prefer to have your breakfast, lunch, evening meal? Do you enjoy a snack, walk or nap at a particular time of the day? Do you have a hot drink before bed, carry out personal care activities in a particular order or like to watch the evening news?

**Things I like to do for myself:** Include ways in which you like to be independent such as dressing, eating, personal hygiene.

**Things I might want help with:** Describe ways people can help with activities such as dressing, getting up, eating.

**Things that may worry or upset me:** Include anything you may find troubling, such as family concerns, being apart from a loved one or being alone; or physical needs such as being in pain, constipated, thirsty or hungry. List environmental factors that may make you feel anxious, such as open doors, loud voices or the dark.

**What makes me feel better if I am anxious or upset:** Include things that may help if you become unhappy or distressed, such as comforting words, music or TV. Does it help to have company, or do you prefer quiet time alone?

**My hearing and eyesight:** Can you hear well? Do you need a hearing aid? How is it best to approach you? Is the use of touch appropriate? Do you wear glasses or need any other vision aids?

**How we can communicate:** How do you usually communicate – verbally, using gestures, pointing or a mixture of both? Do you read and write, and does writing things down help? How do you indicate pain, discomfort, thirst or hunger? Include anything that may help staff know what you need.

**My mobility:** Are you mobile? Do you need help to get around? Do you need a walking aid? Can you use stairs? Can you stand unaided from a sitting position? Do you need handrails? Do you need a special chair or cushion, or do your feet need to be raised to make you comfortable?

**Other notes about me:** Include any details about you that are not listed above and help to show who you are – for example, your favourite TV or radio programmes; significant events in your past; expectations and aspirations you have. Indicate any advance plans that you have made, including the person you have appointed as your attorney, and where health and social care professionals can find this information.

In partnership with



**Cymdeithas Alzheimer yw elusen ddementia fwyaf blaenllaw'r DU. Rydym yn darparu gwybodaeth a chefnogaeth, yn gwella gofal, ariannu ymchwil a chreu newid parhaus ar gyfer pobl sy'n cael eu heffeithio gan ddementia.**

Os oes gennych unrhyw bryderon ynghylch clefyd Alzheimer neu unrhyw fath arall o ddementia, ewch i [alzheimers.org.uk/cymorthdementia](http://alzheimers.org.uk/cymorthdementia) neu ffoniwch y **Gymdeithas Alzheimer Dementia Connect** ar **03300 947 400**. (Mae cyfieithwyr ar gael mewn unrhyw iaith. Efallai bydd galwadau yn cael eu recordio neu fonitro at ddibenion hyfforddiant a gwerthuso.)

**Peidiwch â darparu gwybodaeth nad ydych yn gyfforddus i eraill ei wybod. Dylai gweithwyr proffesiynol ddweud wrthyh sut byddant yn defnyddio'r wybodaeth a ddarparwch. Os nad ydynt yn dweud, gofynnwch iddyn nhw – mae gennych hawl gwybod.**

Lawrlwythwch y daflen hon neu archebu copïau ar-lein yn [alzheimers.org.uk/thisisme](http://alzheimers.org.uk/thisisme) neu ffoniwch **0300 303 5933**.

I roi adborth ar **Dyma fi** e-bostiwch [publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia.

If you have any concerns about Alzheimer's disease or any other form of dementia, visit [alzheimers.org.uk](http://alzheimers.org.uk) or call **Alzheimer's Society Dementia Connect** on **03300 947 400**. (Interpreters are available in any language. Calls may be recorded or monitored for training and evaluation purposes.)

Please do not provide information you are not comfortable with others knowing. Professionals should tell you how they will use the information you provide. If they don't, ask them – it's your right to know.

Download this leaflet or order copies online at [alzheimers.org.uk/thisisme](http://alzheimers.org.uk/thisisme) or call **0300 303 5933**.

To give feedback on **This is me** please email [publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk)

© Cymdeithas Alzheimer, 2019  
Rhifyn cyntaf 2010, adolygydd 2013  
Ail rifyn 2017  
Adolygiad nesaf: Mawrth 2022

Er cof am Ken Ridley, aelod gwerthfawr iawn o'r Northumberland Acute Care and Dementia Group.

© Alzheimer's Society, 2019  
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Next review due: March 2022

Dedicated to the memory of Ken Ridley, a much valued member of the Northumberland Acute Care and Dementia Group.

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**Code 1553W**



Rhif elusen gofrestredig 296645. Cwmni cyfyngedig trwy warant ac wedi'i gofrestru yn Lloegr rhif 2115499. Mae Cymdeithas Alzheimer yn gweithredu yng Nghymru, Lloegr a Gogledd Iwerddon.

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