

Bridgend, Neath Port Talbot and Swansea Care and Support Services Directory 2015/16 Cyfeiriadur Gwasanaethau Gofal a Cefnogaeth 2015/16



**The comprehensive guide to choosing and paying for care
Yr arweiniad cynhwysfawr i ddewis gofal a thalu amdano**

- Home support • Specialist care • Useful contacts • Care homes
- Cefnogaeth cartref • Cartrefi gofal • Gwybodaeth hanfodol • Cysylltiadau defnyddiol



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with Barchester care homes



At Barchester, we know finding the right care home can be a daunting decision, but we'll do everything we can to help.

We take individual choices very seriously at Barchester. Our carefully selected and well-trained staff take time to get to know the people we care for. We help them to feel at home, to maintain their interests, make new friendships and improve their quality of life. We're proud of the support we offer.

We have a range of services to suit all care needs, including:

Nursing care • Residential care • Dementia care • Respite care

If you'd like to take a look around – or just need a bit of friendly advice – your local Barchester care home will be happy to help.



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Awel-Y-Mor
Brynafon Road,
Gorseinon, SA4 4YF
01792 620 356

Hafan-Y-Coed
Nightingale Court,
Llanelli, SA15 1HU
01554 528 711

Llys-Y-Tywysog
Clos Pengelli,
Grovesend, SA4 4JW
01792 620 355

Plas-Y-Dderwen
Cilddewi Park,
Johnstown, SA31 3HP
01267 853 577

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All the listings in this publication of care homes, care homes with nursing, home care providers and supported living providers were supplied by the Care and Social Services Inspectorate Wales (CSSIW) in association with Bridgend County Borough Council, Neath Port Talbot County Borough Council, The City and County of Swansea. Neither the councils listed above nor Care Choices can be held liable for any errors or omissions.

The information contained in this Directory was correct at the time of going to print. The inclusion of advertisements for homes and agencies in this Directory does not act as an endorsement or recommendation by Bridgend County Borough Council, Neath Port Talbot County Borough Council or City and County of Swansea.

This Directory is available electronically at www.carechoices.co.uk

Rhodddwyd yr holl restrïadau yn y cyhoeddiad hwn o gartrefi gofal, cartrefi gofal â nyrsio, darparwyr gofal cartref a darparwyr byw â chefnogaeth gan Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru (AGGCC) ar y cyd â Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr, Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot a Dinas a Sir Abertawe. Nid yw unrhyw gyngor a restrir uchod na Care Choices yn atebol am unrhyw wall na hepgoriad.

Roedd yr wybodaeth yn y cyfeiriadur hwn yn gywir wrth fynd i'r wasg. Nid yw cynnwys hysbysebion ar gyfer cartrefi ac asiantaethau yn y cyfeiriadur hwn yn golygu bod Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr, Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot neu Dinas a Sir Abertawe'n eu cefnogi nac yn eu cymeradwyo.

Mae'r cyfeiriadur hwn ar gael yn electronig yn www.carechoices.co.uk

Alternative formats

This Directory is available electronically at www.carechoices.co.uk. There is also a Browsealoud option for those requiring the information in the spoken word.



Fformatau eraill

Mae'r cyfeiriadur hwn ar gael yn electronig yn www.carechoices.co.uk. Mae hefyd opsiwn Browsealoud i'r rhai y mae angen gwybodaeth arnynt ar lafar.



Welcome

Welcome to this Directory of adult care and support services, which has been produced by Bridgend County Borough Council, Neath Port Talbot County Borough Council and City and County of Swansea in association with Publisher, Care Choices.

Each council's social services department is responsible for assessing the needs of, and providing information, advice, assistance and safeguarding services to older, disabled or vulnerable people in their communities.

Our aim is to help people to live independently and safely within their own homes and communities. To do this we work in partnership with the health service and third sector organisations to ensure that services and support are available for people with different levels of need.

Many people's social care needs can be met by services and activities that are provided in the local community. One of our roles is to provide a signposting service to the wide range of support that is available. Getting the right information and/or community support at the right time often means that people do not need formal care services as soon, if at all.

This Directory is one way in which your local council provides information to people who want to make arrangements for their own care and support, or to help a relative or friend.

Each council has a common point of access for people looking for social care and support, and a website which includes information and links to help people find the services and support they need. Info Engine (see page 25) can also help with this.

Bridgend County Borough Council

Civic Offices, Angel Street, Bridgend CF31 4WB

Tel: **01656 642279**

Text Relay: **18001 01656 643643**

Email: **talktous@bridgend.gov.uk**

Web: **www.bridgend.gov.uk**



Neath Port Talbot County Borough Council

Cimla Hospital, Neath SA11 3SU

To contact the NPT Gateway: Tel: **01639 686802**

Text Relay: **18001 01639 686802**

Email: **thegateway@npt.gov.uk**

Web: **www.npt.gov.uk**



City and County of Swansea

Civic Centre, Swansea SA1 3SN

Tel: **01792 636519**

Email: **Intake@swansea.gov.uk**

Web: **www.swansea.gov.uk/socialcare**



The three local authorities and the Abertawe Bro Morgannwg University Health Board are working together under the Western Bay Health and Social Care Programme to develop improved sustainable services for the future, building on local service delivery.



Croeso

Croeso i'r cyfeirlyfr hwn o wasanaethau gofal a chefnogaeth i oedolion, a luniwyd gan Gyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr, Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot a Chyngor Dinas a Sir Abertawe ar y cyd â chyhoeddwr Care Choices.

Mae adran gwasanaethau cymdeithasol pob cyngor yn gyfrifol am asesu anghenion pobl hŷn, anabl neu ddiameddiffern yn y gymuned a darparu gwasanaethau gwybodaeth, cynghori, cefnogi a diogelu ar eu cyfer.

Ein nod yw helpu pobl i fyw'n annibynnol ac yn ddiogel yn eu cartrefi a'u cymunedau eu hunain. I wneud hyn rydym yn gweithio mewn partneriaeth â'r gwasanaeth ieuencid a sefydliadau'r trydydd sector i sicrhau bod gwasanaethau a chefnogaeth ar gael i bobl â lefelau angen gwahanol.

Gall anghenion gofal cymdeithasol llawer o bobl gael eu diwallu gan wasanaethau a gweithgareddau a ddarperir yn y gymuned leol. Un o'n rolau yw darparu gwasanaeth cyfeirio i amrywiaeth eang o gefnogaeth sydd ar gael. Yn aml mae cael yr wybodaeth gywir a/neu'r gefnogaeth gymunedol briodol ar yr amser iawn yn golygu nad oes angen gwasanaethau gofal ffurfiol ar bobl mor fuan, os o gwbl.

Mae'r cyfeirlyfr hwn yn un ffordd mae'ch cyngor lleol yn darparu gwybodaeth i bobl sydd am wneud trefniadau ar gyfer eu gofal a'u cefnogaeth eu hunain, neu helpu perthynas neu ffrind.

Mae gan bob cyngor fan mynediad cyffredin i bobl sy'n chwilio am ofal cymdeithasol a chefnogaeth, ynghyd â gwefan sy'n cynnwys gwybodaeth a dolenni i helpu pobl i ddod o hyd i'r gwasanaethau a'r gefnogaeth y mae eu hangen arnynt. Gall Y Chwiliadur (gweler tudalen 25) hefyd helpu gyda hyn.

Cyngor Bwrdeistref Sirol Pen-y-bont ar Ogwr

Swyddfeydd Dinesig, Stryd yr Angel, Pen-y-bont ar Ogwr

CF31 4WB Ffôn: **01656 642279**

Text Relay: **18001 01656 643643**

E-bost: **talktous@bridgend.gov.uk**

Gwefan: **www.bridgend.gov.uk**



Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot

Ysbyty Cimla, Castell Nedd SA11 3SU

I cysylltu â'r Borth CNPT Ffôn: **01639 686802**

Text Relay: **18001 01639 686802**

E-bost: **thegateway@npt.gov.uk**

Gwefan: **www.npt.gov.uk**



Dinas a Sir Abertawe

Canolfan Ddinesig, Abertawe SA1 3SN

Ffôn: **01792 636519**

E-bost: **Intake@swansea.gov.uk**

Gwefan: **www.abertawe.gov.uk/gofalcymdeithasol**



Mae'r tri awdurdod lleol a Bwrdd Iechyd Prifysgol Abertawe Bro Morgannwg yn cydweithio dan Raglen Iechyd a Gofal Cymdeithasol Bae'r Gorrlewin i ddatblygu gwasanaethau cynaliadwy gwell i'r dyfodol, gan adeiladu ar sut caiff gwasanaethau lleol eu cyflwyno.



Social Services and Well-being (Wales) Act

In April 2016 the Social Services and Well-being Act will be implemented in Wales and there will be changes to the way in which people get social care support. Councils are already working towards bringing these changes into practice.

However, at the time this Directory was produced, the Welsh Government had not confirmed detailed regulations for all sections of the Act and, from April 2016, there may be some changes which are not reflected in this Directory.

Deddf Gwasanaethau Cymdeithasol a Llesiant (Cymru)

Ym mis Ebrill 2016 caiff y Ddeddf Gwasanaethau Cymdeithasol a Llesiant ei rhoi ar waith yng Nghymru a bydd newidiadau i'r ffordd mae pobl yn derbyn cefnogaeth gofal cymdeithasol. Mae cynghorau eisoes yn gweithio i roi'r newidiadau hyn ar waith. Fodd bynnag, ar adeg llunio'r cyfeirlyfr hwn, nid oedd Llywodraeth Cymru wedi cadarnhau rheoliadau manwl ar gyfer pob adran o'r ddeddf ac, o fis Ebrill 2016, gallai fod rhai newidiadau nad ydynt wedi'u nodi yn y cyfeirlyfr hwn.

Finding out what support is available

Pa gefnogaeth sydd ar gael

Information and advice

Getting the right information and advice is the first step to getting the right care and support.

When you first contact us, or someone else contacts us on your behalf, one of our trained staff will ask you a number of questions to find out more about your situation and what matters to you. We will want to understand what your needs are, what support you already have, what risks there are to your wellbeing and what kind of support would be most helpful to you.

There may be community-based groups, organisations or services that would be able to provide the support you (or your carer) need, and we can give you information about these. If you wish, we can make a referral to a support organisation on your behalf.

Gwybodaeth a chyngor

Cael yr wybodaeth a'r cyngor cywir yw'r cam cyntaf i dderbyn y gofal a'r gefnogaeth briodol.

Pan fyddwch yn cysylltu â ni'n gyntaf, neu pan fydd rhywun yn cysylltu â ni ar eich rhan, bydd aelod hyfforddedig o'n staff yn gofyn nifer o gwestiynau i chi i wybod mwy am eich sefyllfa a'r hyn sy'n bwysig i chi. Byddwn am ddeall eich anghenion, pa gefnogaeth rydych eisoes yn ei derbyn, beth allai amharu ar eich lles a pha fath o gefnogaeth fyddai fwyaf buddiol i chi.

Efallai bydd grwpiau, sefydliadau neu wasanaethau yn eich cymuned a allai ddarparu'r gefnogaeth y mae ei hangen arnoch chi (neu'ch gofalwr), a gallwn roi gwybodaeth i chi am y rhain. Os dymunwch, gallwn wneud cyfeiriad i sefydliad cefnogi ar eich rhan.

Promoting independence

We know that most people would like to remain living in their own homes for as long as possible, rather than spend lengthy periods in hospital or move to residential care. Our aim is to ensure that the right support is in place for this to happen safely. This may be equipment or adaptations to your home, health and wellbeing support or care services.

Many people need support for just a few weeks, to enable them to return to independent living after an illness or period of instability. This support will be designed to encourage you to gradually do more and more for yourself and build up your confidence.

Only a small proportion of those who contact us need long-term support from social services.

Hyrwyddo annibyniaeth

Rydym yn gwybod yr hoffai'r rhan fwyaf o bobl aros yn eu cartrefi eu hunain cyhyd â phosib, yn hytrach na threulio cyfnodau hir yn yr ysbyty neu symud i gartref gofal preswyl. Ein nod yw sicrhau bod y gefnogaeth briodol yn ei lle i alluogi hyn i ddigwydd yn ddiogel. Gallai hyn olygu cyfarpar neu addasiadau i'ch cartref, cefnogaeth iechyd a lles neu wasanaethau gofal.

Mae angen cefnogaeth ar lawer o bobl am ychydig wythnosau'n unig i'w galluogi i ddychwelyd i fyw'n annibynnol ar ôl salwch neu gyfnod o ansefydlogrwydd. Caiff y gefnogaeth hon ei dylunio i'ch annog i wneud fwyfwy drosoch eich hun yn raddol er mwyn datblygu'ch hyder.

Dim ond ar ychydig o'r bobl sy'n cysylltu â ni y mae angen cefnogaeth tymor hir gan wasanaethau cymdeithasol.

Research shows that people who are involved with, and supported within, their local community are more likely to live independent and fulfilled lives and less likely to need formal care services, even if they are living with a long-term health condition. One of our key aims is to ensure that people know about the social and practical support that is available from voluntary organisations and community groups and have help to access this if necessary. We also have individuals working at local community level who may help you to get involved in activities in your area.

Contact details for a number of community organisations start on page 22.

Assessing your needs

An assessment is the process by which the local authority considers a person's circumstances and makes a decision about what sort of care and support they need to help them live their day-to-day lives.

The initial conversation that you have with our first point of contact is the starting point for assessing your needs. If it appears that your needs may be such that they cannot be met solely through community and family support, we will carry out a fuller assessment, which will usually involve a trained person visiting you at home or in hospital.

We will talk to you about what your needs are, what might be putting you at risk and what outcomes you wish to achieve. We will then assess to what extent the provision of care and support could contribute to you achieving these outcomes. We will also look at whether any of those needs can be met by preventative services or by the provision of information or advice. However, if your needs can be met within the community we will support you to do this.

You can have a friend or relative with you at your assessment if you wish. If you have a carer – a relative or friend who provides you with unpaid help – we will also want to talk to them about what help they are able and willing to give and what support they may need with their caring role. We may also want to get information from other people, such as your doctor.

After the assessment, if it appears that you have needs for formal care and support, we will look at what could be done to meet those needs and whether you are eligible for care and support.

At the time of publication, the eligibility criteria we use look at the risk to your independence and how much you might benefit from the support we provide. We provide

Dengys ymchwil fod pobl sy'n cyfrannu at eu cymuned leol ac yn cael eu cefnogi ganddi'n fwy tebygol o fyw bywydau annibynnol a boddhaol ac yn llai tebygol o fod ag angen gwasanaethau gofal ffurfiol, hyd yn oed os ydynt yn byw â chyflwr iechyd tymor hir. Un o'n nodau allweddol yw sicrhau bod pobl yn gwybod am y gefnogaeth gymdeithasol ac ymarferol sydd ar gael gan sefydliadau gwirfoddol a grwpiau cymunedol a bod help ar gael iddynt dderbyn hon os bo angen. Mae gennym hefyd unigolion yn gweithio mewn cymunedau lleol sy'n gallu'ch helpu i gymryd rhan mewn gweithgareddau yn eich ardal.

Mae manylion cyswllt ar gyfer nifer o sefydliadau cymunedol yn dechrau ar dudalen 22.

Asesu eich anghenion

Asesiad yw'r broses a ddefnyddir gan yr awdurdod lleol i ystyried amgylchiadau person a phenderfynu ar ba fath o ofal a chefnogaeth y mae eu hangen arnynt i fyw eu bywydau pob dydd.

Eich sgwrs gyntaf â'n cyswllt cyntaf yw'r man cychwyn ar gyfer asesu'ch anghenion. Os yw'n ymddangos nad oes modd diwallu'ch anghenion trwy gefnogaeth y gymuned a'r teulu'n unig, byddwn yn cynnal asesiad llawnach a fydd fel arfer yn cynnwys rhywun hyfforddedig yn ymweld â chi yn eich cartref neu yn yr ysbyty.

Byddwn yn siarad â chi am eich anghenion, beth allai fod yn eich rhoi mewn perygl a pha ganlyniadau rydych am eu cyflawni. Yna byddwn yn asesu i ba raddau y gallai'r ddarpariaeth gofal a chefnogaeth eich helpu i gyflawni'r canlyniadau hyn. Byddwn hefyd yn ystyried a ellir diwallu'r anghenion hynny trwy wasanaethau ataliol neu drwy ddarparu gwybodaeth neu gyngor. Fodd bynnag, os gall eich anghenion yn cael eu diwallu yn y gymuned, byddwn yn eich cefnogi i wneud hyn.

Gallwch drefnu i ffrind neu berthynas fod gyda chi yn eich asesiad os dymunwch. Os oes gennych ofalwr - perthynas neu ffrind sy'n rhoi help di-dâl i chi - byddwn hefyd am siarad ag ef am ba help mae'n gallu ac yn fodlon ei roi a pha gefnogaeth y gall fod ei hangen arno gyda'i rôl ofalu. Efallai y byddwn hefyd am gael gwybodaeth gan bobl eraill, fel eich doctor.

Ar ôl yr asesiad, os yw'n ymddangos bod angen gofal a chefnogaeth ffurfiol arnoch, byddwn yn ystyried yr hyn y gellir ei wneud i ddiwallu'r anghenion hynny ac a ydych yn gymwys am ofal a chefnogaeth.

Ar adeg cyhoeddi hyn, rydym yn defnyddio'r meini

support to those whose needs are identified as 'critical' or 'substantial'.

The criteria for eligibility will change when the Social Services and Well-being Act comes into force. From April 2016, people will only have a care and support plan, and support from social services, if their wellbeing outcomes can and can only be met in this way, in line with the Social Services and Well-being Act.



prawf cymhwysedd i asesu'r risg i'ch annibyniaeth ac i ba raddau y gallech elwa o'r gefnogaeth a ddarparwn. Rydym yn darparu cefnogaeth i'r rhai y mae eu hanghenion wedi'u nodi'n 'gritigol' neu'n 'sylweddol'.

Bydd y meini prawf cymhwysedd yn newid pan ddaw'r Ddeddf Gwasanaethau Cymdeithasol a Llesiant i rym. O fis Ebrill 2016, ni roddir cynllun gofal a chefnogi i bobl, na chefnogaeth gan wasanaethau cymdeithasol, oni bai bod modd diwallu eu canlyniadau lles yn y ffordd hon, yn unol â'r Ddeddf Gwasanaethau Cymdeithasol a Llesiant.

Your support plan

If you are eligible for social services support, we will work with you, and maybe with others, to write a support plan. You will get a copy of this to keep. This explains how your needs are going to be met by local services, your family and your community and what outcomes this support is trying to achieve. Often, the plan will be to provide you with services or support which work towards a specific outcome. For example, you may need help to manage at home again after a period of illness, or you may want to develop practical skills or confidence that will allow you to become more independent and more involved with your local community.

We will regularly review your plan with you to check that it is still meeting your needs, and to see if your needs have changed. This may mean that you receive more of a particular service, a different service, less of a service, or no service at all.

If your needs or circumstances change, you can ask us for a new assessment.

Who provides your services?

Most care and support services are provided by integrated teams made up of social care staff (employed by the council) and health care staff (employed by the NHS) who work together to provide a range of support to enable people to live as independently as possible.

Some long-term care services are provided by independent care agencies working under contract to your local council.

What will you have to pay?

There is no charge for your assessment or for giving you advice and information.

However, we do charge for some of the services we provide. For some services, everyone who receives that service pays the same amount. For certain types of service (long-term care at home and residential care) our charges

Eich cynllun cefnogi

Os ydych yn gymwys am gefnogaeth gan wasanaethau cymdeithasol, byddwn yn gweithio gyda chi, ac efallai â phobl eraill, i lunio cynllun cefnogi. Cewch gopi o hwn i'w gadw. Mae'n esbonio sut caiff eich anghenion eu diwallu gan wasanaethau lleol, eich teulu a'ch cymuned a pha ganlyniadau mae'r gefnogaeth hon yn ceisio eu cyflawni. Yn aml, nod y cynllun fydd cynnig gwasanaethau neu gefnogaeth i chi sy'n gweithio tuag at ganlyniad penodol. Er enghraifft, efallai y bydd angen help arnoch i ymdopi gartref eto ar ôl cyfnod o salwch, neu efallai yr hoffech ddatblygu sgiliau ymarferol neu fagu hyder a fydd yn eich galluogi i fod yn fwy annibynnol a chymryd mwy o ran yn eich cymuned leol.

Byddwn yn adolygu'ch cynllun gyda chi'n rheolaidd i wirio ei fod yn dal i ddiwallu'ch anghenion, ac i weld a yw'ch anghenion wedi newid. Gallai hyn olygu y cewch wasanaeth mwy penodol, gwasanaeth gwahanol, llai o wasanaeth, neu ddim gwasanaeth o gwbl.

Os bydd eich anghenion neu'ch amgylchiadau'n newid, cewch ofyn am asesiad newydd.

Pwy sy'n darparu'ch gwasanaethau?

Darperir y rhan fwyaf o wasanaethau gofal a chefnogaeth gan dimau integredig o staff gofal cymdeithasol (a gyflogir gan y cyngor) a staff gofal iechyd (a gyflogir gan GIG) sy'n gweithio gyda'i gilydd i ddarparu amrywiaeth o gefnogaeth er mwyn galluogi pobl i fyw mor annibynnol â phosib.

Darperir rhai gwasanaethau gofal tymor hir gan asiantaethau gofal annibynnol sy'n gweithio dan gontract i'ch cyngor lleol.

Beth bydd rhaid i chi ei dalu?

Ni chodir tâl am eich asesiad nac am roi cyngor a gwybodaeth i chi.

Rydym yn codi tâl am rai o'r gwasanaethau rydym yn eu cynnig. Ar gyfer rhai gwasanaethau, bydd pawb sy'n cael y gwasanaeth yn talu'r un swm. Ar gyfer rhai mathau o

are based on how much money (income and savings) you have, and we would need to do a financial assessment to work out how much you should pay.

Welsh Government rules mean that in 2015/16 the most anyone will pay for non-residential care provided through social services is £60 per week.

Direct payments

If you are eligible for social care support you may prefer us to give you money so that you can organise your services yourself rather than have social services do this for you. This is called a direct payment.

Direct payments give you more choice and control over how, when and by whom your care and support is provided. You might, for example, use the money to employ a Personal Assistant to help with your care or to buy care from a private registered care agency. You must ensure that any outcomes identified in your support plan are met.

In some cases the payment can be made to someone else to manage on your behalf.

Support, including help with employment matters, is available to people who use direct payments.

For more information contact:

Bridgend: **01656 642279**

Neath Port Talbot: **01639 684758**

Email: **directpayments@npt.gov.uk**

Swansea: **01792 636519**

wasanaeth (gofal tymor hir gartref a gofal preswyl), mae ein taliadau'n seiliedig ar faint o arian sydd gennych, a byddai angen i ni gynnal asesiad ariannol i benderfynu ar y swm dylech chi ei dalu.

Yn sgil rheolau Llywodraeth Cymru, y mwyaf y bydd unrhyw un yn ei dalu yn 2015/16 am ofal dibreswyl a ddarperir gan wasanaethau cymdeithasol yw £60 yr wythnos.

Taliadau uniongyrchol

Os ydych yn gymwys ar gyfer cefnogaeth gofal cymdeithasol, efallai bydd yn well gennych i ni roi arian i chi fel y gallwch chi drefnu'ch gwasanaethau eich hunan yn hytrach na chael y gwasanaethau cymdeithasol i wneud hyn ar eich rhan. Gelwir hyn yn daliad uniongyrchol.

Mae taliadau uniongyrchol yn rhoi mwy o ddewis a rheolaeth dros sut, pryd a chan bwy y darperir eich gofal a'ch cefnogaeth. Er enghraifft, gallech ddefnyddio'r arian i gyflogi cynorthwydd personol i helpu gyda'ch gofal neu brynu gofal gan asiantaeth gofal gofrestredig breifat. Rhaid i chi sicrhau bod unrhyw ganlyniadau a nodir yn eich cynllun cefnogaeth yn cael eu diwallu.

Mewn rhai achosion, gall y taliad gael ei roi i rywun arall ei reoli ar eich rhan.

Mae cefnogaeth, gan gynnwys help gyda materion cyflogaeth, ar gael i bobl sy'n defnyddio taliadau uniongyrchol. Am fwy o wybodaeth, cysylltwch â:

Phen-y-bont ar Ogwr: **01656 642279**

Castell-nedd Port Talbot: **01639 684758**

neu e-bostiwrch: **directpayments@npt.gov.uk**

Abertawe: **01792 636519**

Support at home

With the right advice and support, many people are able to continue to live in their own homes rather than move to residential care.

Cefnogaeth gartref

Gyda'r cyngor a'r gefnogaeth briodol, gall llawer o bobl barhau i fyw'n annibynnol yn eu cartrefi eu hunain yn hytrach na symud i gartrefi gofal preswyl.

Short-term support and reablement

Reablement is short-term support designed to help older people or people with disabilities learn or re-learn skills and techniques, and regain confidence to manage as many daily living tasks as possible on their own. It's about supporting the whole person, addressing their physical, social and emotional needs to enable them to be as independent as possible. It can be particularly beneficial for

Cefnogaeth ac ail-alluogi tymor byr

Ailalluogi yw cefnogaeth tymor byr a lunnir i roi sgiliau, technegau a hyder i bobl hŷn neu anabl fel y gallant reoli cynifer o dasgau bywyd dyddiol â phosibl ar eu pennau eu hunain. Mae'n ymwneud â chefnogi'r person cyfan, gan ymateb i'w hanghenion corfforol, cymdeithasol ac emosiynol i'w galluogi i fod mor annibynnol â phosibl. Gall fod yn benodol o fuddiol i bobl sydd newydd ddod allan o'r ysbyty

people who have just come out of hospital or have had a fall or period of poor health and feel they need a bit of extra support to return home.

Short-term support and reablement is usually provided by a team that combines social care and health care staff and could include:

- a short stay in a residential unit where a specialist team will work with you to help you to regain the skills and confidence you need to live independently;
- care at home – help with personal care and day-to-day tasks until you feel strong enough, or confident enough, to do things for yourself;
- occupational therapy – learning easier ways to do things around the home, and using equipment that can help you to be more independent;
- help with meals until you feel up to getting your own meals again;
- information about ‘lifeline’ community alarms or other equipment that will help you feel safer at home; and
- links with community services – information about groups or organisations in your local community that may offer the less intensive support and social contact you will need in the longer term.

Voluntary organisations in your area may also offer a time-limited hospital discharge support scheme.

Reablement services are normally provided for a maximum of 6 weeks, during which time we will continually assess your progress towards the outcomes we’ve identified together. After the reablement period, we will reassess your needs. These are likely to have changed after a period of intensive support. We can then work out what, if any, long-term support services we need to put in place for you.

neu sydd wedi cwmpo neu wedi profi cyfnod o afiechyd ac sy’n teimlo bod angen ychydig o gefnogaeth ychwanegol arnynt i ddychwelyd adref.

Fel arfer darperir cefnogaeth ac ail-alluogi tymor byr gan dîm sy’n cyfuno staff gofal cymdeithasol a gofal iechyd a gallai gynnwys:

- arhosiad byr mewn uned breswyl lle bydd tîm arbenigol yn gweithio gyda chi i’ch helpu i adennill y sgiliau a’r hyder y mae eu hangen arnoch i fyw’n annibynnol gartref;
- gofal gartref – help gyda gofal personol a thasgau pob dydd nes i chi deimlo’n ddigon cryf, neu’n ddigon hyderus, i wneud pethau drosoch chi’ch hun;
- therapi galwedigaethol – dysgu ffyrdd haws o wneud pethau o gwmpas y cartref a defnyddio cyfarpar sy’n gallu eich helpu i fod yn fwy annibynnol;
- help gyda phrydau bwyd nes i chi deimlo y gallwch baratoi eich prydau bwyd eich hunan eto;
- gwybodaeth am larymau cymunedol neu gyfarpar arall a fydd yn eich helpu i deimlo’n fwy diogel yn eich cartref; a
- cysylltiadau â gwasanaethau cymunedol – gwybodaeth am grwpiau neu sefydliadau yn eich cymuned leol a all gynnig y gefnogaeth lai dwys y bydd ei hangen arnoch yn y tymor hwy.

Gall cymunedau gwirfoddol yn eich ardal hefyd gynnig cynllun cefnogi rhyddhau o’r ysbyty am gyfnod penodol.

Fel arfer darperir gwasanaethau ail-alluogi am 6 wythnos ar y mwyaf, ac yn ystod yr amser hwn byddwn yn asesu’n barhaus eich cynnydd tuag at gyflawni’r canlyniadau yr ydym wedi’u nodi gyda’n gilydd. Ar ôl y cyfnod ail-alluogi, byddwn yn ailasesu’ch anghenion. Mae’n debygol y bydd y rhain wedi newid ar ôl cyfnod o gefnogaeth ddwys. Yna gallwn gael gwybod pa wasanaethau cefnogi tymor hir, os o gwbl, y bydd angen i ni eu darparu ar eich cyfer.

Assistive technology (Telecare)

Telecare, or assistive technology, is the term used for remotely-monitored electronic equipment installed in someone’s home to help manage the risks associated with independent living. Telecare can give people peace of mind in the knowledge that, if a situation arises where help is required, it can be identified and resolved quickly. Telecare sensors and alarms are normally linked to a ‘lifeline’ community alarm and use this system to alert someone to the fact that there is a problem. These can be particularly useful for someone caring for a person living with dementia or another form of memory impairment. Most of the equipment works in the background and is unobtrusive, enabling people to stay, and feel, independent.

Technoleg gynorthwyol (tele-ofal)

Mae tele-ofal, neu dechnoleg gynorthwyol, yn derm a ddefnyddir ar gyfer cyfarpar trydanol a gaiff ei fonitro o bell a osodir yng nghartref rhywun i helpu i reoli’r risgiau sy’n gysylltiedig â byw’n annibynnol. Gall tele-ofal dawelu meddyliau pobl ei fod yn gallu nodi ac ymateb yn gyflym i sefyllfa sy’n creu angen am help.

Fel arfer, mae synwryddion a larymau tele-ofal wedi’u cysylltu â larwm cymunedol ‘llinell fywyd’ sy’n defnyddio’r system hon i rybuddio rhywun am broblem. Gall y rhain fod yn arbennig o ddefnyddiol i rywun sy’n gofalu am rywun â dementia neu ffurfiau eraill ar nam ar y cof. Mae’r rhan fwyaf o’r cyfarpar yn gweithio yn y cefndir heb dynnu sylw ato’i hun, gan alluogi pobl i aros a theimlo’n annibynnol.

Adaptations to your home

Smaller adaptations and equipment to make your home safer can be installed, often at no cost to you, by your local Care and Repair agency (see page 23).

If you need major adaptations to your home to give you better freedom of movement into and around your home or to provide essential facilities within it, you may be entitled to a Disabled Facilities Grant. An occupational therapist will assess what work is suitable and necessary. The size of the grant will depend on the cost of the approved work and your financial circumstances. Your council will provide you with help and support to apply for a grant and get the work done.

Addasiadau i'ch cartref

Gall eich asiantaeth gofal a thrwsio leol osod addasiadau ac offer llai i wneud eich cartref yn fwy diogel, yn aml yn rhad ac am ddim (gweler tudalen 23).

Os bydd angen addasiadau sylweddol i'ch cartref er mwyn eich helpu i symud yn fwy hwylus yn eich cartref ac wrth fynd i mewn iddo neu i ddarparu cyfleusterau hanfodol ynddo, efallai y bydd gennych hawl i Grant Cyfleusterau i'r Anabl. Bydd therapydd galwedigaethol yn asesu pa waith sy'n addas ac yn angenrheidiol. Bydd swm y grant yn dibynnu ar gost y gwaith a gymeradwyir a'ch amgylchiadau ariannol. Bydd eich cyngor yn rhoi help a chefnogaeth i chi wneud cais am grant a threfnu'r gwaith.

Care at home

Some people will need longer-term support at home, perhaps with a home care service. Home care, also known as domiciliary care, is provided through social services for people who have been assessed as having high levels of personal care needs. Support may be delivered by staff employed directly by social services or by a care agency contracted to work for social services.

For people who are not eligible for support from social services, or who prefer to make their own arrangements, there are a number of domiciliary care agencies which provide both personal care and practical support. A list of local providers starts on page 11.

Some people may choose to receive a direct payment to arrange their own domiciliary care. If you have been buying care privately from a care agency before being assessed as eligible for support by social services, this may help ensure continuity of care. See page 8 for more information on direct payments.

Gofal cartref

Bydd angen cefnogaeth gartref tymor hwy ar rai pobl, efallai gyda gwasanaeth gofal cartref. Darperir gofal cartref trwy'r gwasanaethau cymdeithasol i bobl yr aseswyd bod ganddynt lefelau uchel o anghenion gofal personol. Gallai hyn fod trwy staff a gyflogir yn uniongyrchol gan y gwasanaethau cymdeithasol neu gan asiantaeth gofal a gontractir i weithio i'r gwasanaethau cymdeithasol.

I bobl nad ydynt yn gymwys ar gyfer cefnogaeth gan y gwasanaethau cymdeithasol, neu y mae'n well ganddynt wneud eu trefniadau eu hunain, mae nifer o asiantaethau gofal cartref sy'n darparu gofal personol a chefnogaeth ymarferol. Mae rhestr o ddarparwyr lleol yn dechrau ar dudalen 11.

Efallai y bydd rhai pobl yn dewis cael taliad uniongyrchol i drefnu eu gofal cartref eu hunain. Os ydych wedi bod yn talu am ofal preifat gan asiantaeth gofal cyn cael eich asesu'n gymwys i gael cefnogaeth gan y gwasanaethau cymdeithasol, gall hyn helpu i sicrhau parhad gofal. Gweler tudalen 8 i gael mwy o wybodaeth am daliadau uniongyrchol.

Support for people living with dementia

A range of community services is available to support people who have dementia to stay in their own home for as long as possible. Social services may help provide access to: home care; meals in the home; sitting services (which provide a break for carers); advice on equipment and adaptations; day activities and residential short breaks.

People who have dementia can benefit from a range of group or individual therapies involving social interaction and mental stimulation, including reminiscence.

Your local Alzheimer's Society branch can give you information on local groups, activities and support (see page 22).

Cefnogaeth ar gyfer pobl sy'n byw â dementia

Mae amrywiaeth o wasanaethau cymunedol ar gael i gefnogi pobl â dementia i aros yn eu cartref eu hunain cyhyd ag y bo modd. Gall y Gwasanaethau Cymdeithasol helpu i roi mynediad i: ofal cartref; prydau yn y cartref; gwasanaethau gwarchod (sy'n rhoi seibiant i ofalwyr); cyngor ar gyfarpar ac addasiadau; gweithgareddau dydd a seibiannau byr preswyl.

Hefyd, gall amrywiaeth o therapiâu grŵp neu unigol sy'n cynnwys rhyngweithio cymdeithasol ac ysgogîr meddwl, gan gynnwys hel atgofion, fod o fudd i bobl â dementia.

Gall eich cangen leol o Gymdeithas Clefyd Alzheimer roi gwybodaeth i chi am grwpiau, gweithgareddau a chefnogaeth leol (gweler tudalen 22).

List of home care providers

All home care providers in the country must be registered with the Care and Social Services Inspectorate Wales (CSSIW) (see page 20). Some of the home care agencies listed below will provide care or support only to people with specific needs, and some provide this service only as part of a supported accommodation service. Some agencies work across county boundaries, but will be listed according to the location of their offices.

AFFINITY CARE

Bridgend, Tel: 01656 729088

ALLIED HEALTHCARE (BRIDGEND) - NESTOR PRIMECARE SERVICES LTD

Bridgend, Tel: 01656 749994

ALLIED HEALTHCARE SWANSEA - NESTOR PRIMECARE SERVICES LTD

Swansea, Tel: 01792 472700

ALZHEIMER'S SOCIETY DOMICILIARY CARE

Swansea, Tel: 01792 531208

APRIL COMPLETE CARE SOLUTIONS LTD (DCA)

Bridgend, Tel: 01656 863963

AYLECARE DOMICILIARY SERVICES

Swansea, Tel: 01792 895150

BRIDGEND COUNTY CROSSROADS CARING FOR CARERS

Bridgend, Tel: 01656 784100

BRITISH RED CROSS HOME FROM HOSPITAL DISCHARGE SERVICE

Neath Port Talbot, Tel: 01639 639894

CARERS TRUST SWANSEA BAY CROSSROADS

Swansea, Tel: 01792 790296

CAREWATCH (SWANSEA)

Swansea, Tel: 01792 457766

CARING COMPANIONS LTD

Bridgend, Tel: 01656 729550

CARTREFI CYMRU (BRIDGEND AND SOUTH WEST WALES)

Bridgend, Tel: 01656 655606

CELTIC CARE (SWANSEA) LTD DOMICILIARY CARE AGENCY

Neath Port Talbot, Tel: 01792 894221

CLOSE CARE CYMRU LTD

Swansea, Tel: 01792 844496

Rhestr o ddarparwyr gofal cartref

Rhaid i bob darparwr gofal yn y wlad fod wedi'i gofrestru gyda'r Arolygiaeth Gofal a Gwasanaethau Cymdeithasol (AGGCC) (gweler tudalen 20). Bydd rhai o'r asiantaethau gofal cartref a restrir isod yn darparu gofal neu gefnogaeth i bobl ag anghenion penodol yn unig, ac mae rhai yn darparu'r gwasanaeth hwn fel rhan o wasanaeth llety â chymorth yn unig. Mae rhai asiantaethau'n gweithio ar draws ffiniau sirol, ond cânt eu rhestru yn ôl lleoliad eu swyddfydd.

CROSSHANDS HOME SERVICES LTD (SWANSEA)

Swansea, Tel: 01792 792693 and 01792 701402

DELUXE HOMECARE LTD

Swansea, Tel: 01792 654941

DOM CARE @ FIELDBAY

Swansea, Tel: 01792 771850

ELDERCARE DOM CARE

Bridgend, Tel: 01656 789090

ESGYN DOMICILIARY CARE AGENCY

Swansea, Tel: 01792 798656

EVERYCARE (BRIDGEND) LTD

Bridgend, Tel: 01656 722200

FRIENDS IN NEED

Bridgend, Tel: 01656 810161

GOFAL CYMRU DOMICILIARY CARE

Bridgend, Tel: 01656 647722

GRS (CARE) LIMITED

Swansea, Tel: 01792 776238

HAFAL DOMICILIARY CARE AGENCY

Neath Port Talbot, Tel: 01792 816600

HAVEN HOME CARE (UK) LTD

Neath Port Talbot, Tel: 01639 893837

HEALTHCARE ASSISTANTS LTD

Neath Port Talbot, Tel: 01639 722888

HOME COMFORTS CARE (SWANSEA) LTD

Swansea, Tel: 0333 121 9301

HOME INSTEAD SENIOR CARE

Swansea, Tel: 01792 790890

HOMESTYLE DOMICILIARY CARE LTD

Bridgend, Tel: 01656 651441

HORIZON SUPPORT SERVICES LTD

Swansea, Tel: 07717 848035

ICARE

Swansea, Tel: 01792 794320

LINK-UP CARE LTD

Bridgend, Tel: 01656 812796

M & D DOMICILLIARY CARE

Swansea, Tel: 01792 815349

MEADOWS CARE (NEATH) LTD

Neath Port Talbot, Tel: 07875 784553

MILLENIUM CARE (DOM CARE)

Neath Port Talbot, Tel: 01639 641641

MODERN CARE LTD

Neath Port Talbot, Tel: 01792 818345

NEATH CARE (DOM CARE)

Neath Port Talbot, Tel: 01639 795555

PEGASUS HOMECARE LTD

Swansea, Tel: 01792 885874

POLESTONE SUPPORT LTD

Neath Port Talbot, Tel: 01792 815531

RSD TECHNOLOGY LTD (DCA)

Swansea, Tel: 01792 585859

SEREN SUPPORT SERVICES LIMITED

Neath Port Talbot, Tel: 01639 750671

SERENDIPITY CARE AND SUPPORT LTDBridgend, Tel: 01656 774353 **Advert page 28****STAR SERVICES (DOM CARE)**

Swansea, Tel: 01792 229474

STEDDY AND ASSOCIATES (DOM CARE)

Bridgend, Tel: 01656 668775

SUPPORT OPTIONS (DOM CARE)

Swansea, Tel: 01792 775101

**SWANSEA CARERS CENTRE -
TY CONWAY**

Swansea, Tel: 01792 578158

TOMMS CARE LTD (DOM CARE)

Neath Port Talbot, Tel: 01639 814959

TRINITY CARE AND SUPPORTBridgend, Tel: 01656 782104 **Advert page 28****TY BRYN HOME SUPPORT**

Bridgend, Tel: 01656 659464

**VILLAGE HOMECARE SERVICES
(WALES) LTD**

Swansea, Tel: 0333 121 9301

WALSINGHAM DOMICILIARY CARE AGENCY

Swansea, Tel: 01792 312980

Supported living providers

CAER LAS CYMRU

Swansea, Tel: 01792 584024

CLOSE CARE CYMRU LTD

Swansea, Tel: 01792 844496

COMMUNITY LIVES CONSORTIUM

Swansea, Tel: 01792 646640

ESGYN

Swansea, Tel: 01792 798656

**FAMILY HOUSING ASSOCIATION
(SWANSEA)**

Swansea, Tel: 01792 460192

There is also a wide range of supported living options within Swansea which can only be accessed following a social services referral. Please contact your social worker to find out more.

Darparwyr byw â chymorth

**GOFAL A CHYMORTH GWALIA CYF.
(GWALIA CARE AND SUPPORT LTD)**

Swansea, Tel: 01554 779822

GRS (CARE) LIMITED

Swansea, Tel: 01792 776238

SUPPORT OPTIONS

Swansea, Tel: 01792 775101

WALSINGHAM

Swansea, Tel: 01792 312980

WESTLEY MANSE PROJECT

Neath Port Talbot, Tel: 01639 891237

Ceir hefyd ystod eang o opsiynau byw â chefnogaeth yn Abertawe y gellir cael mynediad iddynt yn dilyn cyfeiriad gan y Gwasanaethau Cymdeithasol yn unig. Cysylltwch â'ch gweithiwr cymdeithasol i gael mwy o wybodaeth.

Specialist services

Specialist support is available through social services to help adults with particular needs maintain or increase their independence within their own homes and communities.

Disability services

Social services works with adults with a range of disabilities to help them develop independent living skills. The services and support provided will depend on individual needs and will work towards meeting identified outcomes, often focusing on achieving specific goals.

The support provided may include occupational therapy, home adaptations or specialist equipment, technical and communication support, supported housing arrangements, training and work-related activities, personal care or help for the person caring for you. Self-directed support may be available through direct payments (see page 8).

Mental health services

Your first point of contact for support with mental health is usually your GP. Your GP will identify whether you need an assessment from a mental health professional. This will either be from the Local Primary Mental Health Support Service or from the Community Mental Health Team (CMHT). If your needs are assessed as being complex and enduring in nature, a care co-ordinator from the CMHT, who may be a social worker, nurse, occupational therapist or psychologist, will work with you to identify what outcomes you would like to achieve to move towards recovery and prepare a care and treatment plan to help you.

Gwasanaethau arbenigol

Mae cefnogaeth arbenigol ar gael trwy'r Gwasanaethau Cymdeithasol i helpu oedolion ag anghenion penodol i gynnal neu gynyddu eu hannibyniaeth yn eu cartrefi a'u cymunedau eu hunain.

Gwasanaethau anabledd

Mae'r Gwasanaethau Cymdeithasol yn gweithio gydag oedolion sydd ag ystod o anabledau i ddatblygu sgiliau byw'n annibynnol. Bydd y gwasanaethau a'r gefnogaeth a ddarperir yn dibynnu ar anghenion unigol a byddant yn gweithio tuag at gyflawni canlyniadau sydd wedi'u nodi, gan ganolbwyntio'n aml ar gyflawni nodau penodol.

Gall y gefnogaeth a ddarperir gynnwys therapi galwedigaethol, addasiadau cartref neu gyfarpar arbenigol, cefnogaeth dechnegol a chyfathrebu, trefniadau tai a gefnogir, gweithgareddau hyfforddi a gwaith, gofal personol neu help ar gyfer y person sy'n gofalu amdanoch. Gallai cymorth hunan-gyfeiriedig fod ar gael trwy daliadau uniongyrchol (gweler tudalen 8).

Gwasanaethau iechyd meddwl

Eich cyswllt cyntaf am gefnogaeth ar gyfer problemau iechyd meddwl fel arfer yw'ch meddyg teulu. Bydd eich meddyg teulu'n nodi a oes angen asesiad gan weithiwr iechyd meddwl arnoch. Caiff asesiad ei gynnal naill gan y Gwasanaeth Cefnogi Iechyd Meddwl Cychwynnol Lleol neu gan y Tîm Iechyd Meddwl Cymunedol (TIMC). Os asesir bod eich anghenion yn gymhleth ac yn barhaol eu natur, bydd cydlynnydd gofal o'r TIMC, a all fod yn weithiwr cymdeithasol, yn nyrs, yn therapydd galwedigaethol neu'n seicolegydd, yn gweithio gyda chi i nodi pa ganlyniadau yr hoffech chi eu cyflawni a pharatoi cynllun gofal a thriniaeth i'ch helpu.



Support for carers

If you care on a regular basis for a parent, child, partner, friend, neighbour or another relative who is physically or mentally ill, has a physical or learning disability, has drug or alcohol problems or is elderly then you are a carer. You may not describe yourself as a carer; you may think it's just what you do as a husband, wife, partner, parent, relative or friend. A carer can be any age, from any background and does not have to live with the person to be considered a carer.

Any carer can get information and support that could help them in their caring role. Your local Carers Centre or Service can provide up-to-date information, 'a listening ear', general support, social activities, training opportunities, benefit advice and mutual support.

As a carer, you can ask your local social services department for information or to look at your situation and see if you are eligible for help. You can ask for, or may be offered, a Carer's Assessment which will look at what you need to support you in your caring role. You are entitled to a Carer's Assessment whether or not the person you care for receives any social care support.

A Carer's Assessment is your time to discuss your own needs and concerns about the care you are providing. It's not a test to see how well you are caring but is meant to provide you with the opportunity to talk about:

- your caring responsibilities;
- how being a carer may have changed your life;
- what support you think would help make your caring role easier; and
- any aspirations you have which are currently limited by your caring role.

Social services may also provide services to the person you care for, which may in turn make life a little easier for you, for example, short breaks (sometimes called 'respite') which offer the person you care for a choice of supported activities outside their home, allowing you to have some free time.

The Carer's Assessment and information is free but there may be a charge for some services.

A free carer's emergency card is available in each local authority area. If you're taken ill or involved in an accident this alerts the emergency services to your caring responsibilities and provides a number for them to call. In Bridgend and Swansea this can be obtained from your local Carers Centre. In Neath Port Talbot the card is provided following a Carer's Assessment.

Bridgend Carers Centre Tel: **01656 658479**
Neath Port Talbot Carers Service
Tel: **01639 642277**
Swansea Carers Centre Tel: **01792 653344**

Cefnogaeth i ofalwyr

Os ydych yn gofalu'n rheolaidd am riant, plentyn, partner, ffrind, cymydog neu berthynas arall sy'n sâl yn gorfforol neu'n feddyliol, neu a chanddo anabledd corfforol neu ddysgu, problemau cyffuriau neu alcohol neu'n oeddrannus, rydych yn ofalwr. Efallai nad ydych yn disgrifio'ch hun yn ofalwr; mae'n bosib eich bod yn meddwl mai dyma'r hyn rydych yn ei wneud os ydych yn wŵr, yn wraig, yn bartner, yn rhiant yn berthynas neu'n ffrind. Gall gofalwr fod yn unrhyw oedran, o unrhyw gefndir ac nid oes rhaid iddo fyw gyda'r person hwnnw i gael ei ystyried yn ofalwr.

Gall gofalwr gael gwybodaeth a chefnogaeth a allai ei helpu yn ei rôl ofalu. Gall eich Gwasanaeth neu'ch Canolfan Gofalwyr lleol ddarparu gwybodaeth gyfoes, clust i wrando, cefnogaeth gyffredinol, gweithgareddau cymdeithasol, cyfleoedd hyfforddiant, cyngor ar fudd-daliadau a chefnogaeth y naill at y llall.

Fel gofalwr, gallwch ofyn i'ch adran Gwasanaethau Cymdeithasol lleol am wybodaeth neu edrych ar eich sefyllfa a gweld a ydych yn gymwys am help. Gallwch ofyn am Asesiad Gofalwr a fydd yn ystyried yr hyn y mae ei angen arnoch i'ch cefnogi yn eich rôl ofalu, neu efallai y cewch gynnig hwn. Mae gennych hawl i dderbyn asesiad gofalwr, p'un a yw'r person yr ydych yn gofalu amdano'n derbyn unrhyw gefnogaeth gofal cymdeithasol ai peidio.

Yr asesiad gofalwr yw'ch amser chi i drafod eich anghenion a'ch pryderon eich hunan am y gofal rydych yn ei ddarparu. Nid prawf yw e i weld pa mor dda rydych yn gofalu, ond ei ddiben yw rhoi'r cyfle i chi siarad am:

- eich cyfrifoldebau gofalu;
- sut mae bod yn ofalwr wedi newid eich bywyd;
- pa gefnogaeth rydych chi'n credu y byddai'n helpu i wneud eich rôl ofalu'n haws; a
- unrhyw ddyheadau sydd gennych ond sy'n cael eu cyfyngu ar hyn o bryd gan eich rôl ofalu.

Efallai bydd y Gwasanaethau Cymdeithasol yn darparu gwasanaethau hefyd i'r person rydych yn gofalu amdano a fydd yn eu tro yn gwneud bywyd ychydig yn haws i chi; er enghraifft, seibiannau byr sy'n cynnig dewis o weithgareddau â chymorth i'r person rydych yn gofalu amdano y tu allan i'w gartref, gan ganiatáu i chi gael amser rhydd.

Mae'r asesiad gofalwr a gwybodaeth i ofalwyr am ddim, ond codir tâl am rai gwasanaethau.

Mae cerdyn argyfwng i ofalwyr ar gael am ddim ym mhob ardal awdurdod lleol. Os byddwch yn sâl neu'n cael damwain, bydd hyn yn hysbysu'r gwasanaethau brys am eich cyfrifoldebau gofalu ac yn darparu rhif iddynt ei ffonio. Ym Mhen-y-bont ar Ogwr ac Abertawe, mae hwn ar gael o'ch Canolfan Ofalwyr leol. Yng Nghastell-nedd Port Talbot, darperir y cerdyn ar ôl yr asesiad gofalwr.

Canolfan Gofalwyr Pen-y-bont ar Ogwr, ffôn: **01656 658479**
Canolfan Gofalwyr Castell-nedd Port Talbot, ffôn:
01639 642277
Canolfan Gofalwyr Abertawe, ffôn: **01792 653344**

Advocates can give advice, support and information to people of any age, helping them to voice their concerns and guiding them through difficult or challenging times. Consider using the services of an advocate if you feel unsure or concerned when you are faced with making an important decision about your care choices. They can be especially useful if you have a disability and you need to make your voice heard.

Advocates can provide short-term advocacy where you require the support of an independent advocate during a major change in your life, i.e. moving home, or a particular issue such as making a complaint. The short-term advocate is a person who is not involved in your issues or decision, and offers independent support to help you make the decision which is right for you.

There is a range of advocacy services. For further information visit www.nhsdirect.wales.nhs.uk/localservices

Residential care

Definitions

All care providers in the country must be registered with the Care and Social Services Inspectorate Wales (CSSIW). All services are inspected by the CSSIW, which reports on its findings. These inspection reports are available from the care service or the CSSIW (visit www.cssiw.org.uk).

Further information about the CSSIW can be found on page 20.

There are two types of care home:

Care homes offering personal care only (sometimes called 'residential homes')

If you are reasonably active, but would like greater security and care, subject to a needs assessment, a care home offering only personal care may be the best option. Personal care includes bathing, feeding, dressing and help with moving.

Care homes with nursing (sometimes called 'nursing homes')

If you think you may need nursing care in a home, a social worker or a care manager will need to visit you to work out what care you will need. This visit might be in your own home, or in hospital if you've been ill, or in a care home. You will be fully involved in planning your care needs.

If you are assessed as needing a care home providing nursing care, your social worker will give you information to help you find a home which meets your care requirements. The cost of the nursing care part of your fees is paid by the NHS to the home directly: the current amount is £140.90 per week.

There is more information about paying for residential care on page 17.

Gall eiriolwyr roi cyngor, cefnogaeth a gwybodaeth i bobl o unrhyw oedran, a'u helpu i leisio'u pryderon a'u harwain trwy adegau anodd neu heriol. Ystyriwch ddefnyddio gwasanaethau eiriolwr os ydych yn ansicr neu'n poeni pan fyddwch yn wynebu penderfyniad pwysig am eich dewisiadau gofal. Gallant fod yn arbennig o ddefnyddiol os oes gennych anabledd ac mae angen i chi leisio'ch barn.

Gall eiriolwyr gynnig eiriolaeth tymor byr lle mae angen arnoch gefnogaeth eiriolwr annibynnol yn ystod newid mawr yn eich bywyd, h.y. symud cartref, neu fater penodol megis cyflwyno cwyn. Nid yw'r eiriolwr tymor byr yn ymwneud â'ch materion neu eich penderfyniad, ac mae'n cynnig cefnogaeth annibynnol i'ch helpu i wneud y penderfyniad cywir.

Mae amrywiaeth o wasanaethau eiriolaeth. Am ragor o wybodaeth, ewch i

www.nhsdirect.wales.nhs.uk/localservices

Gofal preswyl

Diffiniadau

Mae'n rhaid i'r holl ddarparwyr gofal yn y wlad fod wedi'u cofrestru gydag Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru (AGGCC). Arolygir yr holl wasanaethau gan AGGCC, sy'n adrodd am eu canfyddiadau. Mae adroddiadau'r arolygiadau hyn ar gael gan y gwasanaeth gofal neu AGGCC (ewch i www.aggcc.org.uk).

Mae rhagor o wybodaeth am AGGCC i'w gweld ar dudalen 20.

Mae dau fath o gartref gofal:

Cartrefi gofal sy'n cynnig gofal personol yn unig (weithiau'n cael eu galw'n 'gartrefi preswyl')

Os ydych yn weddol actif, ond hoffech fwy o ddiogelwch a gofal, yn amodol ar asesiad o anghenion, efallai mai cartref gofal sy'n cynnig gofal personol yn unig fydd yr opsiwn gorau. Mae gofal personol yn cynnwys golchi, bwydo, gwisgo a help gyda symud.

Cartrefi gofal â nyrsio (weithiau o'r enw 'cartrefi nyrsio')

Os ydych yn meddwl y gallai fod angen gofal nyrsio arnoch yn eich cartref, bydd angen i weithiwr cymdeithasol neu reolwr gofal ymweld â chi i benderfynu pa ofal y bydd ei angen arnoch. Gallai'r ymweliad hwn fod yn eich cartref eich hunan, neu yn yr ysbyty os ydych wedi bod yn dost, neu mewn cartref gofal. Byddwch yn cymryd rhan lawn wrth gynllunio'ch anghenion gofal.

Os cewch eich asesu i fod angen cartref gofal sy'n darparu gofal nyrsio, bydd eich gweithiwr cymdeithasol yn rhoi gwybodaeth i chi i'ch helpu i ddod o hyd i gartref sy'n diwallu'ch gofynion gofal. Caiff cost y rhan gofal nyrsio o'ch ffioedd ei thalu gan y GIG i'r cartref yn uniongyrchol: y swm presennol yw £140.90 yr wythnos.

Ceir rhagor o wybodaeth am dalu am ofal preswyl ar dudalen 17.

Other housing options

Sheltered housing

This is usually provided by councils and housing associations. Sheltered housing is a practical step if you would like more security and companionship but don't need to move into a care home.

In a sheltered (or retirement) housing scheme you could live independently in a flat or bungalow built especially for older people within a larger complex, sometimes around a garden or communal facility and linked to a central control centre for security. Some schemes have access to a resident or non-resident manager who provides support, advice and a link to services for older people should you need it.

Extra care housing

Extra care housing is a form of housing, similar to sheltered schemes, with self-contained accommodation together with some communal facilities. In an extra care scheme, instead of low level support traditionally provided by scheme managers in sheltered schemes, higher levels of care and support may be provided on site by a team of care workers, who may be available 24 hours a day.

Extra care allows people to retain their own tenancy and have care services delivered ensuring that they are able to remain safely in their own self-contained accommodation.

Supporting People

Supporting People is a Welsh Government-funded programme that provides supported housing and housing-related support services for vulnerable people.

The type of support provided includes:

- supported housing;
- sheltered or extra care housing;
- homeless hostels;
- women's refuges; and
- floating support, which means support in your own home.

Opsynau tai eraill

Tai lloches

Darperir hyn fel arfer gan gynghorau a chymdeithasau tai. Mae tai lloches yn gam ymarferol os hoffech fwy o ddiogelwch a chwmniaeth ond nid oes angen i chi symud i gartref gofal.

Mewn cynllun tai lloches (neu ymddeol) gallech yn byw'n annibynnol mewn fflat neu fyngalo wedi'i adeiladu'n arbennig ar gyfer pobl hŷn â chyfadeilad mwy o faint, weithiau o gwmpas gardd neu gyfleuster cymunedol a chysylltiad â chanolfan reoli ganolog ar gyfer diogelwch. Mae gan rai cynlluniau fynediad i reolwr preswyl neu reolwr nad yw'n breswyl sy'n darparu cefnogaeth, cyngor a chyswllt â gwasanaethau i bobl hŷn a oes angen.

Tai gofal ychwanegol

Mae tai gofal ychwanegol yn ffurf ar dai, tebyg i gynlluniau lloches, â llety hunangynhwysol ynghyd â rhai cyfleusterau cymunedol. Mewn cynllun gofal ychwanegol, yn lle cefnogaeth lefel isel a ddarperir yn draddodiadol gan rheolwyr cynlluniau mewn cynlluniau lloches, gall darperir lefelau uwch o ofal a chefnogaeth ar y safle gan dîm o weithwyr gofal, sy'n gallu bod ar gael 24 awr y dydd.

Mae gofal ychwanegol yn galluogi pobl i gadw eu tenantiaeth eu hunain a chael gwasanaethau gofal wedi'u cyflwyno, gan sicrhau eu bod yn gallu aros yn ddiogel yn eu llety hunangynhwysol eu hunain.

Cefnogi Pobl

Mae Cefnogi Pobl yn rhaglen a ariennir gan Lywodraeth Cymru sy'n darparu cartrefi â chymorth a gwasanaethau cefnogi ynglŷn â thai ar gyfer pobl ddi-amddiffyn.

Mae'r math o gefnogaeth a ddarperir yn cynnwys:

- cartrefi â chymorth;
- cartrefi lloches neu ofal ychwanegol;
- hosteli digartrefedd;
- llochesau i fenywod; a
- cefnogaeth yn ôl y galw, sy'n golygu y darperir cefnogaeth yn eich cartref eich hun.



It enables a wide range of vulnerable people to maintain stable and independent lives in the community. Support varies in its range and intensity, according to the service type and the needs of each individual. Advice and Supporting People directories are available from:

Bridgend

Supporting People Team

Tel: **01656 642486**

Email: **supporting.people@bridgend.gov.uk**

Web: **www.bridgend.gov.uk/web/groups/public/documents/services/021272.hcsp**

Neath Port Talbot

Supporting People Team

Tel: **01639 684747**

Email: **supportingpeople@npt.gov.uk**

Web: **www.npt.gov.uk/PDF/supportingpeople_supported_housing_directory.pdf**

Swansea

Supporting People Team

Tel: **01792 533700**

Email: **supporting.people@swansea.gov.uk**

Web: **www.swansea.gov.uk/supportingpeople**

Mae'n galluogi amrywiaeth eang o bobl ddiameddiffyn i fyw bywydau sefydlog ac annibynnol yn y gymuned. Mae cefnogaeth yn amrywio o ran ystod a dwysedd, yn ôl math gwasanaeth ac anghenion pob unigolyn. Mae cyfeiriaduron Cyngor a Cefnogi Pobl ar gael o:

Ben-y-bont ar Ogwr

Tim Cefnogi Pobl

Ffôn: **01656 642486**

E-bost: **supporting.people@bridgend.gov.uk**

Gwefan: **www.bridgend.gov.uk/web/groups/public/documents/services/021272.hcsp**

Castell-nedd Port Talbot

Tim Cefnogi Pobl

Ffôn: **01639 684747**

E-bost: **supportingpeople@npt.gov.uk**

Gwefan: **www.npt.gov.uk/PDF/supportingpeople_supported_housing_directory.pdf**

Abertawe

Tim Cefnogi Pobl

Ffôn: **01792 533700**

E-bost: **cefnogi.pobl@abertawe.gov.uk**

Gwefan: **www.abertawe.gov.uk/cefnogipobl**

Paying for residential or nursing care

If you have capital or savings of more than £24,000 (as at April 2015) you will have to pay in full for any care services you require but you are still entitled to an assessment of your needs by social services.

If you have assets of less than £24,000 your contribution will be assessed only on your income and social services will meet the shortfall subject to local funding limits. Your council can only make a contribution to your care home if you have been assessed by social services as meeting the eligibility criteria for residential care, as well as the financial criteria for support.

When you move into care, you may be entitled to some of the following financial assistance and support, subject to an assessment of need:

12 week property disregard

If your former home is included in your financial assessment but your other capital is less than £24,000, and your income is not enough to meet your care home fees, your council will help with the cost during the first 12

Talu am ofal preswyl neu nyrsio

Os yw'ch cyfalaf neu'ch cynilion yn fwy na £24,000 (ym mis Ebrill 2015) bydd yn rhaid i chi dalu'n llawn am unrhyw wasanaeth gofal y mae ei angen arnoch, ond mae gennych hawl o hyd i asesiad o'ch anghenion gan y gwasanaethau cymdeithasol.

Os yw'ch asedau'n llai na £24,000, caiff eich cyfraniad ei asesu'n seiledig ar eich incwm yn unig a bydd gwasanaethau cymdeithasol un talu'r gweddill yn amodol ar derfynau arainnu lleol. Ni all eich cyngor gyfrannu at eich cartref gofal oni bai bod y Gwasanaethau Cymdeithasol wedi asesu eich bod yn bodloni'r meini prawf cymhwysedd ar gyfer gofal preswyl, yn ogystal â'r meini prawf ariannol ar gyfer cefnogaeth.

Pan symudwch i ofal, gallai fod gennych hawl i rywffaint o'r cymorth a'r gefnogaeth ariannol ganlynol, yn amodol ar asesiad o angen:

Diystyru eiddo am 12 wythnos

Os yw'ch cyn gartref wedi'i gynnwys yn eich asesiad ariannol, ond mae'ch cyfalaf arall yn llai na £24,000, ac nid yw'ch incwm yn ddigon i dalu am eich ffioedd cartref gofal, bydd eich cyngor yn helpu gyda'r gost yn ystod 12

weeks of permanent care, provided they agree that care is needed.

Deferred payment agreements

After the 12 week property disregard period, any financial help from the council will be charged against the value of your home and recovered once your house has been sold or from your estate. However, the council may limit how much they will pay and it may affect your entitlement to Pension Credit or Income Support if your property is not seen to be on the market and becomes treated as capital by the Department of Work and Pensions (DWP).

wythnos gyntaf gofal parhaol ar yr amod ei fod yn cytuno bod angen y gofal.

Cytundebau talu wedi'u gohirio

Ar ôl diystyru eiddo am 12 wythnos, codir tâl am unrhyw help ariannol gan y cyngor yn erbyn gwerth eich cartref a chaiff ei adennill ar ôl i'ch tŷ gael ei werthu neu o'ch ystad. Fodd bynnag, efallai bydd y cyngor yn cyfyngu ar faint bydd yn ei dalu a gallai effeithio ar eich hawl i Gredyd Pensiwn neu Gymhorthdal Incwm os na welir bod eich eiddo ar y farchnad a chaiff ei drin fel cyfalaf gan yr Adran Gwaith a Phensiynau (DWP).



DWP benefits

Attendance Allowance (AA), Disability Living Allowance (DLA) and Personal Independence Payments (PIP) are non-means-tested and non-taxable benefits and can pay for help with personal care. AA is paid to those over 65 while DLA and PIP are benefits paid to those under 65. DLA and PIP also take into consideration mobility needs. Rates vary depending on which benefit is claimed and the extent of your needs.

Everyone who has difficulties should claim these benefits but the element paid for care can only remain in payment if you are funding your own care and do not receive a contribution from your council.

As the rules around benefits are complex and change frequently, we recommend you seek advice about what benefits you may be entitled to and how to claim.

Budd-daliadau DWP

Telir Lwfans Gweini (LG), Lwfans Byw i'r Anabl (LBA) a Thaliadau Annibyniaeth Bersonol (TAB) am help gyda gofal personol ac nid ydy'r budd-daliadau hyn yn destun prawf modd, nac yn drethadwy. Telir LG i'r rhai dros 65 oed a thelir LBA a TAB i'r rhai dan 65 oed. Mae LBA a TAB hefyd yn ystyried anghenion symudedd. Mae cyfraddau'n amrywio, gan ddibynnu ar ba fudd-dal sy'n cael ei hawlio a graddau'ch anghenion.

Dylai pawb ag anawsterau hawlio'r budd-daliadau hyn ond gall yr elfen gofal y telir amdano barhau i gael ei thalu dim ond os ydych yn ariannu'ch gofal eich hunan ac nid yw'ch cyngor yn cyfrannu ato.

Gan fod y rheolau am fudd-daliadau'n gymhleth ac yn newid yn aml, rydym yn argymhell eich bod yn ceisio cyngor am ba fudd-daliadau y gallai fod gennych hawl iddynt a sut mae hawlio.

NHS Nursing Care Contribution

Whether you are a temporary or permanent resident, if you live in a care home that provides nursing care you may be entitled to a non-means-tested NHS Nursing Care Contribution (currently £140.90 per week) towards the cost of your nursing care. This is paid directly to the home.

Cyfraniad Gofal Nyrσιο'r GIG

Os ydych yn breswlydd dros dro neu barhaol, os ydych yn byw mewn cartref gofal sy'n darparu gofal nyrσιο, efallai bydd gennych hawl i Gyfraniad Gofal Nyrσιο'r GIG heb brawf modd (ar hyn o bryd £140.90 yr wythnos) tuag at gost eich gofal nyrσιο. Caiff hwn ei dalu'n uniongyrchol i'r cartref.

NHS Continuing Care is the name given to a package of services which is arranged and funded by the NHS for people who have been assessed as having a primary health need. You can receive Continuing Care services in any setting, including your own home or in a care home.

In your own home, the NHS would pay for healthcare (for example, services from a community nurse or specialist therapist) and social care, but not for the costs of food, accommodation or general household support.

In a care home, if you are eligible for Continuing Care funding, the NHS pays for your care home fees, including board and accommodation, as well as your healthcare.

For more information see www.wales.nhs.uk/continuingnhshealthcare

Gofal Iechyd GIG Parhaol yw enw pecyn o wasanaethau sy'n cael eu trefnu a'u hariannu gan y GIG i bobl yr aseswyd bod ganddynt angen iechyd sylfaenol. Gallwch gael gwasanaethau gofal iechyd parhaol mewn unrhyw leoliad, gan gynnwys eich cartref eich hunan neu gartref gofal.

Yn eich cartref eich hunan, byddai'r GIG yn talu am ofal iechyd (er enghraifft, gwasanaethau gan nyrs gymunedol neu therapydd arbenigol) a gofal cymdeithasol, ond nid ar gyfer costau bwyd, llety neu gefnogaeth cartref gyffredinol.

Mewn cartref gofal, os ydych yn gymwys am arian Gofal Parhaol, mae'r GIG yn talu am eich ffioedd cartref gofal, gan gynnwys llety a phob pryd bwyd, yn ogystal â'ch gofal iechyd.

Am fwy o wybodaeth ewch i www.wales.nhs.uk/gofaliechydparhausygig

Running out of money

If your capital is likely to reduce to £24,000 through payment of care home fees, you should let the council know well in advance as they may step in to help with your care fees provided they agree that residential care is the best way of meeting your needs.

If the home you have chosen charges more than your council's fee levels, you must find someone to help pay the difference – a 'top-up' payment. Whoever does this, whether family or a benevolent charity, they should realise that they may have to pay this for the duration of your time in care and the cost could rise. Alternatively, you would have to find a cheaper home or room.

Understanding your rights before moving into care is essential. There are a number of financial products and specialist companies who may be able to help. It is important to seek advice before committing yourself.

Please note: figures mentioned here may change over the life of this Directory. Always check with your local social services for current figures.

Arian yn mynd yn brin

Os yw'ch cyfalaf yn debygol o ostwng i £24,000 trwy dalu ffioedd cartref gofal, dylech roi gwybod i'r cyngor ymhell ymlaen llaw oherwydd gall helpu gyda'ch ffioedd gofal ar yr amod eu bod yn cytuno mai gofal preswyl yw'r ffordd orau o ddiwallu'ch anghenion.

Os yw'r cartref rydych wedi'i ddewis yn codi mwy o dâl na lefelau ffioedd eich cyngor, mae'n rhaid i chi ddod o hyd i rywun i helpu i dalu'r gwahaniaeth - taliad 'atodol'. Pwy bynnag sy'n gwneud hyn, boed yn aelod o'r teulu neu'n elusen, dylai sylweddoli y gallai fod yn rhaid talu hyn am hyd eich cyfnod mewn gofal ac y gallai'r gost gynyddu. Fel arall, byddai'n rhaid i chi ddod o hyd i gartref neu ystafell ratach.

Mae'n hanfodol eich bod yn deall eich hawliau cyn symud i ofal. Mae sawl cynnyrch ariannol a chwmni arbenigol a allai helpu. Mae'n bwysig ceisio cyngor cyn ymrwymo.

Sylwer: gallai'r ffigurau a nodir yma newid dros gyfnod y cyfeiriadur hwn. Gwiriwch gyda'ch gwasanaethau cymdeithasol lleol am y ffigurau presennol.



Monitoring services

Gwasanaethau monitro

Inspecting care services

The Care and Social Services Inspectorate Wales (CSSIW) is responsible for making professional inspections and judgements about social care services on behalf of the Welsh Government. Through inspection, review and regulation of local authorities, care settings and agencies they ensure the quality of services provided.

Regulation includes registration, inspection, responding to complaints and concerns and enforcement. Enforcement action will take place if services do not comply with the law. You can contact CSSIW on **0300 790 0126** or visit www.cssiw.org.uk

Arolygu gwasanaethau gofal

Arolygiaeth Gofal a Gwasanaethau Cymdeithasol Cymru (AGGCC) sy'n gyfrifol am gynnal arolygiadau proffesiynol a gwneud penderfyniadau am wasanaethau gofal cymdeithasol ar ran Llywodraeth Cymru. Trwy arolygu, adolygu a rheoleiddio awdurdodau lleol, lleoliadau gofal ac asiantaethau, mae'n sicrhau ansawdd y gwasanaethau a ddarperir.

Mae rheoleiddio'n cynnwys cofrestru, arolygu, ymateb i gwynion a phryderon a gorfodi. Cymerir camau gorfodi os na fydd gwasanaethau'n cydymffurfio â'r gyfraith. Gall cysylltu â'r AGGCC ar **0300 790 0126** neu ewch i www.cssiw.org.uk



Complaints about care homes and social care services

If you have a complaint about a care home, care home with nursing or any other social care service, the first thing you should do is tell the home or service. This applies whether you pay for your care or your local council funds it.

By law, every care home and social care service must have an efficient procedure for dealing with complaints. Ask for a copy of the service's complaints procedure so that you understand what you must do and how they will deal with your complaint.

If your care is provided or funded by your local social services department you can take your complaint to them if you are not happy with the response from the care service. Otherwise, you can contact the CSSIW. You will need to follow their complaints procedure – your social worker, care manager or specialist complaints staff will explain what to do.

Cwynion am gartrefi gofal a gwasanaethau gofal cymdeithasol

Os oes gennych gŵyn am gartref gofal, cartref gofal â nyrsio neu unrhyw wasanaeth gofal cymdeithasol arall, y peth cyntaf y dylech ei wneud yw dweud wrth y cartref neu'r gwasanaeth. Mae hyn yn berthnasol os ydych yn talu am eich gofal neu os yw'ch cyngor lleol yn ei ariannu.

Yn ôl y gyfraith, mae'n rhaid bod gan bob cartref gofal a gwasanaeth gofal cymdeithasol weithdrefn effeithiol ar gyfer ymdrin â chwynion. Gofynnwch am gopi o weithdrefn gwynion y gwasanaeth fel eich bod yn deall yr hyn y mae'n rhaid i chi ei wneud a sut byddant yn ymdrin â'ch cwyn.

Os ariennir neu dalarperir eich gofal gan eich adran gwasanaethau cymdeithasol leol, gallwch gwyno iddynt os nad ydych yn fodlon ar ymateb y gwasanaeth gofal. Fel arall, gallwch gysylltu â'r AGGCC. Bydd angen i chi ddilyn ei gweithdrefn gwynion - bydd eich gweithiwr cymdeithasol neu'ch rheolwr gofal neu staff cwynion arbenigol yn esbonio beth i'w wneud.

Social Services Complaints and Comments

Bridgend: **01656 642253**

Neath Port Talbot: **01639 763445 / 763661**

Swansea: **01792 637345**

Cwynion a Sylwadau am y Gwasanaethau Cymdeithasol

Pen-y-bont ar Ogwr: **01656 642253**

Castell-nedd Port Talbot: **01639 763445 / 763661**

Abertawe: **01792 637345**

Safeguarding vulnerable adults

It is not always the case that adults are able to protect and care for themselves. Some adults may be particularly vulnerable to abuse and have their basic human rights disregarded.

Abuse may be an isolated event or a series of incidents. It may take place in the person's own home, in day centres, residential homes or health settings such as clinics and hospitals. It can be the result of an action or of failure to act in an appropriate manner.

It is everyone's responsibility to play a part in the protection of vulnerable people.

Your local authority works closely with partner agencies to challenge and combat abuse and promote the rights of vulnerable adults, and will offer advice, accept referrals and co-ordinate an appropriate response to concerns.

Safeguarding adults is the term used when agencies (such as the police, social services and health services), as well as the general public, work together to keep vulnerable adults safe from the risk of neglect, abuse or exploitation.

There is a barring system for all those working with, or seeking to work with, children and vulnerable adults.

Care home owners, domiciliary care agencies and employment agencies that supply care workers are required to request checks as part of their pre-employment checks, including disclosures from the Disclosure and Barring Service (DBS). Requests for such checks must be made to the DBS.

Care providers and suppliers of care workers are also required to refer workers to the DBS where, in their view, the individual has been guilty of misconduct that harmed, or placed at risk of harm, a vulnerable adult. People who know they are confirmed on the list but seek employment in care positions will face criminal charges including possible imprisonment. It is also an offence for an employer or voluntary organisation knowingly to employ a barred person in a regulated activity role.

For more information about safeguarding in the Western Bay area see www.wbsb.co.uk

If you feel you are the victim of abuse or neglect, or have concerns for another person, contact social services on:

Bridgend: **01656 642477**

Neath Port Talbot: **01639 763009**

Swansea: **01792 636854**

If you think someone is in immediate danger, contact the police.

Diogelu oedolion diamddiffyn

Nid yw'n wir bob amser bod oedolion yn gallu amddiffyn a gofalu amdanynt eu hunain. Gall rhai oedolion fod yn arbennig o ddi-amddiffyn i gamdriniaeth, a diystyrir eu hawliau dynol sylfaenol.

Gall camdriniaeth fod yn ddigwyddiad unigol neu'n gyfres o ddigwyddiadau. Gall ddigwydd yng nghartref y person, mewn canolfannau dydd, cartrefi preswyl neu leoliadau iechyd megis clinigau neu ysbytai. Gallai fod o ganlyniad i weithred neu beidio ag ymddwyn yn addas.

Mae'n gyfrifoldeb ar bawb i wneud ei ran wrth amddiffyn pobl ddi-amddiffyn.

Mae eich awdurdod lleol yn gweithio'n agos ag asiantaethau partner i herio camdriniaeth a mynd i'r afael ag ef a hyrwyddo hawliau oedolion diamddiffyn, a bydd yn cynnig cyngor, yn derbyn cyfeiriadau ac yn cydlynu ymateb priodol i bryderon.

Mae Diogelu Oedolion yn derm sy'n cael ei ddefnyddio i esbonio sut mae asiantaethau (fel yr heddlu, y gwasanaethau cymdeithasol a'r gwasanaethau iechyd), yn ogystal â'r gwaith cyhoeddus cyffredinol, yn gweithio gyda'i gilydd i gadw oedolion diamddiffyn yn ddiogel rhag perygl esgeulustod, cam-drin neu ecsbloetio.

Mae system wahardd i bawb sy'n gweithio gyda phlant ac oedolion diamddiffyn a phawb sydd am weithio gyda nhw.

Mae'n ofynnol i berchnogion cartref gofal, asiantaethau gofal cartref ac asiantaethau cyflogaeth sy'n cyflenwi gweithwyr gofal ofyn am wiriadau fel rhan o amrywiaeth o wiriadau cyn cyflogaeth, gan gynnwys datgeliadau gan y Gwasanaeth Datgelu a Gwahardd (GDG). Mae'n rhaid gwneud ceisiadau am y fath wiriadau i'r GDG.

Mae hefyd yn ofynnol i ddarparwyr gofal a chyflenwyr gweithwyr gofal gyfeirio gweithwyr i'r GDG lle, yn eu barn nhw, mae'r unigolyn wedi bod yn euog o niweidio oedolyn diamddiffyn neu ei roi mewn perygl o niwed. Bydd pobl sy'n gwybod eu bod ar y rhestr, ond yn ceisio cyflogaeth mewn swyddi gofal yn wynebu cyhuddiadau troseddol, gan gynnwys cyfnod yn y carchar o bosibl. Mae hefyd yn drosedd i gyflogwr neu sefydliad gwirfoddol gyflogi rhywun a waharddir mewn swydd weithgarwch a reoleiddir os yw'n gwybod bod yr unigolyn wedi'i wahardd.

Am fwy o wybodaeth am ddiogelu yn yr ardal Bae'r Gorllewin ewch i www.wbsb.co.uk

Os ydych yn credu eich bod yn cael eich cam-drin neu'ch esgeuluso, neu os ydych yn pryderu am rywun arall, ffoniwch y gwasanaethau cymdeithasol ar:

Penybont-ar-Ogwr: **01656 642477**

Castell-nedd Port Talbot: **01639 763009**

Abertawe: **01792 636854**

Os ydych yn credu bod rhywun mewn perygl uniongyrchol, cysylltwch â'r heddlu.

Contacts

Action on Hearing Loss (Wales)

Care and support for people who are deaf or who have hearing loss

02920 333 034 (Textphone: **02920 333 036**)

www.actiononhearingloss.org.uk

Age Cymru Swansea Bay

Advice, information, advocacy and support services for older people

01792 648866

www.ageuk.org.uk/cymru/swanseabay

Age Connect Morgannwg (Bridgend)

01656 669288

www.acmorgannwg.org.uk

Age Connect Morgannwg Hospital Discharge Support Service

01656 669288 / 01443 490666

www.acmorgannwg.org.uk

Age Connect Neath Port Talbot

01639 617333

www.acnpt.org.uk

Alzheimer's Society

Advice and support for people with dementia and their families

Bridgend - **01656 753754**

Neath Port Talbot - **01639 633400**

Swansea - **01792 531208**

www.alzheimers.org.uk

Blue Badges

Parking concessions for people with severe mobility difficulties

Bridgend - **01656 643643** www.bridgend.gov.uk

Neath Port Talbot - **01639 686868** www.npt.gov.uk

Swansea - **01792 637366**

www.swansea.gov.uk/bluebadge

Bridgend Community Guide and Directory

Information and contact details for local groups and organisations. www.cobwebs.uk.net

British Red Cross, Bridgend

Advice and practical help for older people

01639 643818

British Red Cross, Swansea

Advice and practical help for older people

01792 772146

British Red Cross, Neath

A home from hospital service for residents of Neath Port Talbot **01639 639894**

Cysylltiadau

Action on Hearing Loss (Cymru)

Yn darparu gofal a chefnogaeth i bobl sy'n fyddar neu sydd wedi colli clyw

02920 333 034 (Ffôn testun: **02920 333 036**)

www.actiononhearingloss.org.uk

Age Cymru Bae Abertawe

Gwasanaethau cyngor, gwybodaeth, eiriolaeth a chefnogaeth i bobl hŷn

01792 648866

www.ageuk.org.uk/cymru/swanseabay

Age Connect Morgannwg (Pen-y-bont ar Ogwr)

01656 669288

www.acmorgannwg.org.uk

Age Connect Morgannwg Gwasanaeth Cefnogaeth Rhyddhau o'r Ysbyty

01656 669288 / 01443 490666

www.acmorgannwg.org.uk

Age Concern Castell-nedd Port Talbot

0800 00 99 66 neu **01792 818200**

www.acnpt.org.uk

Cymdeithas Clefyd Alzheimer

Cyngor a chefnogaeth i bobl â dementia a'u teuluoedd

Pen-y-bont ar Ogwr - **01656 753754**

Castell-nedd Port Talbot - **01639 633400**

Abertawe - **01792 531208**

www.alzheimers.org.uk

Bathodynau Glas

Consesiynau parcio i bobl ag anawsterau symudedd difrifol

Pen-y-bont ar Ogwr - **01656 643643**

www1.bridgend.gov.uk/cy

Castell-nedd Port Talbot - **01639 686868**

www.npt.gov.uk

Abertawe - **01792 637366**

www.abertawe.gov.uk/CynllunBathodynauGlas

Llyfryn a Chyfeirlyfr Cymunedol

Pen-y-bont ar Ogwr

Gwybodaeth a manylion cyswllt i grwpiau a sefydliadau lleol. www.cobwebs.uk.net

Y Groes Goch Brydeinig, Pen-y-bont ar Ogwr

Cyngor a help ymarferol i bobl hŷn **01639 643818**

Y Groes Goch Brydeinig, Abertawe

Cyngor a help ymarferol i bobl hŷn **01792 772146**

Y Groes Goch Brydeinig, Castell-nedd

Gwasanaeth dod adref o'r ysbyty i breswylwyr Castell-nedd Port Talbot **01639 639894**

Care and Repair

Advice and assistance for owner-occupiers on repairs, adaptations and maintenance issues

Bridgend - **01656 646755**

www.careandrepair.org.uk/care-and-repair-agencies/bridgend

Neath Port Talbot - **01792 321122**

www.careandrepair.org.uk/care-and-repair-agencies/neath-port-talbot

Swansea - **01792 798599**

www.careandrepair.org.uk/care-and-repair-agencies/swansea

Carers Centres

Information, advice, advocacy and support for carers

Bridgend - **01656 658479**

www.carers.org/bridgend

Neath Port Talbot - **01639 642277**

Swansea - **01792 653344**

www.carers.org/swansea

Carers Trust Swansea Bay

Support for carers

01792 790296

www.carerstrust-swanseabay.org.uk

Citizens Advice Bureau

08444 772020

www.citizensadvice.org.uk

Concessionary Travel

How to apply for a free bus pass

Bridgend - **01656 642559**

www.bridgend.gov.uk

Neath Port Talbot - **01639 686868**

www.npt.gov.uk

Swansea - **01792 636377**

www.swansea.gov.uk/buspasses

Gofal a Thrwsio

Cyngor a chymorth i berthnogiion preswyl o ran atgyweiriadau, addasiadau a materion cynnal a chadw Pen-y-bont ar Ogwr - **01656 646755**

www.careandrepair.org.uk/care-and-repair-agencies/bridgend

Castell-nedd Port Talbot - **01792 321122**

www.careandrepair.org.uk/care-and-repair-agencies/neath-port-talbot

Abertawe - **01792 798599**

www.careandrepair.org.uk/care-and-repair-agencies/swansea

Canolfannau Gofalwyr

Gwybodaeth, cyngor, eiriolaeth a chefnogaeth i ofalwyr Pen-y-bont ar Ogwr - **01656 658479**

www.carers.org/bridgend

Castell-nedd Port Talbot - **01639 642277**

Abertawe - **01792 653344**

www.carers.org/swansea

Ymddiriedolaeth Gofalwyr Bae Abertawe

Cefnogaeth i ofalwyr

01792 790296

www.carerstrust-swanseabay.org.uk

Cyngor ar Bopeth

08444 772020

www.cyngorarbopeth.org.uk

Teithio Consesiynol

Sut mae gwneud cais am docyn bws am ddim

Pen-y-bont ar Ogwr - **01656 642559**

www1.bridgend.gov.uk/cy

Castell-nedd Port Talbot - **01639 686868**

www.npt.gov.uk

Abertawe - **01792 636377**

www.abertawe.gov.uk/buspasses



DANSA Community Transport

Accessible community transport for Neath Port Talbot and Swansea

01639 751067

www.dansa.org.uk

Department of Work and Pensions (DWP)

0845 6060265

www.gov.uk/dwp

Dewis Centre for Independent Living

Support for direct payment users

01792 209055

Hafal

Support for people with serious mental illness and their families

Bridgend **01656 732 085**

Swansea **01792 466990**

Healthy City Directory (Swansea)

Searchable Directory of groups and organisations providing health and wellbeing support

www.healthycitydirectory.co.uk

Housing Options

Council housing advice services

Bridgend - **01656 643643**

Neath Port Talbot - **01639 685219**

Swansea - **01792 533100**

Housing Renewals and Adaptations

Assistance with home adaptations and Disabled Facilities Grants

Bridgend - **01656 643442**

Neath Port Talbot - **01639 763136**

Swansea - **01792 635330**

Cludiant Cymunedol DANSA

Cludiant cymunedol hygyrch Castell-nedd Port Talbot ac Abertawe

01639 751067

www.dansa.org.uk

Adran Gwaith a Phensiynau (DWP)

0845 6060265

www.gov.uk/dwp

Carolfan Byw'n Annibynnol Dewis

Cymorth gyda thaliadau uniongyrchol

01792 209055

Hafal

Cefnogaeth i bobl â salwch meddwl difrifol a'u teuluoedd

Bridgend **01656 732 085**

Swansea **01792 466990**

Cyfeiriadur Dinas Iach (Abertawe)

Cyfeiriadur chwiliadwy o grwpiau a sefydliadau sy'n darparu cefnogaeth iechyd a lles

www.healthycitydirectory.co.uk

Opsiynau Tai

Gwasanaethau cyngor ar dai'r cyngor

Pen-y-bont ar Ogwr - **01656 643643**

Castell-nedd Port Talbot - **01639 685219**

Abertawe - **01792 533100**

Adnewyddu ac Addasu Tai

Cymorth gydag addasiadau tai a Grantiau Cyfleusterau i'r Anabl

Pen-y-bont ar Ogwr - **01656 643442**

Castell-nedd Port Talbot - **01639 763136**

Abertawe - **01792 635330**



Mind

Information and support for people with mental health issues

Neath Port Talbot Mind - **01639 643510**

www.nptmind.org.uk

Ogwr Mind - **01656 767045**

Swansea Mind - **01792 642999**

www.swanseamind.org.uk

My Home Life Cymru

An initiative aimed at improving the quality of life in care homes for older people

Tel: **029 2043 1555**

www.ageuk.org.uk/cymru/home-and-care/my-home-life-cymru-home

NHS Direct Wales

0845 4647

www.nhsdirect.wales.nhs.uk

RNIB Cymru

Support for people with sight loss

029 2082 8500

www.rnib.org.uk/cymru

Swansea Mobility Hire

Scooters and wheelchairs to help people with limited mobility visit the city centre

01792 461785

www.swanseacitycentre.com/visit/swansea-mobility-hire

Wales Dementia Helpline

0808 808 2235

INFORMATION ABOUT LOCAL VOLUNTARY ORGANISATIONS

Info Engine – Local Services at your fingertips

Info Engine is the online directory of third sector services which will cover Swansea, Neath Port Talbot and Bridgend in Autumn 2015. Info Engine highlights the wide range of services that are available to you in your community, and gives you all the relevant information about each service so that you can make an informed choice.

www.info-engine.org.uk

Bridgend Association of Voluntary Organisations

01656 810400

www.bavo.org.uk

Neath Port Talbot Council for Voluntary Services

01639 631246

www.nptcvs.com

Swansea Council for Voluntary Service

01792 544000

www.scvs.org.uk

Mind

Gwybodaeth a chefnogaeth i bobl â phroblemau iechyd meddwl

Mind Castell-nedd Port Talbot - **01639 643510**

www.nptmind.org.uk

Mind Ogwr - **01656 767045**

Mind Abertawe - **01792 642999**

www.swanseamind.org.uk

Fy Mywyd Mewn Cartref Cymru

Menter i wella ansawdd bywyd mewn cartrefi gofal i bobl hŷn

Ffôn: **029 2043 1555**

www.ageuk.org.uk/cymru/home-and-care/my-home-life-cymru-home

Galw Iechyd Cymru

0845 4647

www.galwiechydymru.wales.nhs.uk

RNIB Cymru

Cefnogaeth i bobl â nam ar y golwg

029 2082 8500

www.rnib.org.uk/cymru

Llogi Cyfarpar Symudedd Abertawe

Sgwteri a chadeiriau olwyn i helpu pobl â symudedd cyfyngedig i ymweld â chanol y ddinas **01792 461785**

www.canolyddinasabertawe.com/visit/swansea-mobility-hire

Llinell Gymorth Dementia Cymru

0808 808 2235

GWYBODAETH AM SEFYDLIADAU GWIRFODDOL LLEOL

Y Chwiliadur – Gwasanaethau lleol ar flaenau'ch bysedd

Y Chwiliadur yw'r cyfeirlyfr ar-lein o wasanaethau trydydd sector a fydd yn cynnwys Abertawe, Castell-nedd Port Talbot a Phen-y-bont ar Ogwr yn hydref 2015. Mae'r Chwiliadur yn amlygu'r amrywiaeth eang o wasanaethau sydd ar gael i chi yn eich cymuned ac mae'n rhoi'r holl wybodaeth berthnasol i chi am bob gwasanaeth fel y gallwch wneud dewis gwybodus.

www.info-engine.org.uk

Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr

01656 810400

www.bavo.org.uk

Cyngor Gwasanaethau Gwirfoddol Castell-nedd Port Talbot

01639 631246

www.nptcvs.com

Cyngor Gwasanaethau Gwirfoddol Abertawe

01792 544000

www.scvs.org.uk

NEED HELP IN YOUR SEARCH FOR CARE?

With so many providers to choose from, where do you start?

www.carechoices.co.uk can help you out.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

www.carechoices.co.uk



Homecare Plus

01792 64 88 66

www.agecymruswanseabay.org.uk

Registered Charity Number | Elusen Gorfrestredig Rhif 1140989

- Personal care
- Grocery shopping
- Mobile hairdressing
- Gardening
- Companion service
- Domestic cleaning
- Meal preparation
- Home improvements
- Digital support



www.directnursingservices.net

41 New Road,
Skewen, Neath
SA10 6ER

“Run by nurses & carers for nurses & carers”

We are an established Nursing Agency who specialise in the provision of qualified nurses and experienced healthcare support workers.

Direct Nursing Services successfully supports over 200 clients across South and Mid Wales, with a proven track record for finding the right staff at the last minute.

Our nurses are provided with around-the-clock support from our experienced and specialist recruitment and clinical team.

We operate a 24 hour, 7 days a week service.

Call us on 01792 512222 Fax: 01792 812710 Email us at: nursing1@hotmail.co.uk



Better homes
Better care
Better communities
Better lives



HAFOD CARE PROVIDES A WIDE RANGE OF HOUSING, CARE AND SUPPORT SERVICES ACROSS SOUTH WALES

Brocastle Manor Care Home and flats, near Corntown: Positioned between the bustling towns of Bridgend and Cowbridge, Brocastle provides superior care and support within a warm and welcoming environment. Contemporary design and the latest technology have been incorporated into a traditional and historic setting.

Our highly experienced staff provides 24-hour care services which are tailored to your or your loved one's individual needs.

Picton Court Care Home, Nottage: Picton Court has been upgraded to meet and exceed the requirements of the National Minimum Standards for Care Homes and Older People.

As well as trained staff and a full-time Activities Co-ordinator, each room boasts an en-suite bathroom and quality furnishings. The home also benefits from a state-of-the-art kitchen, laundry and assisted bathing areas. The beautiful position offering stunning views over the

Royal Porthcawl Golf Club and the Bristol Channel beyond make it a popular and highly desirable home for our residents.

Domiciliary care: Our services provide personal care to local people in their own homes. This can include general care, domestic help, social care, night sitting and companionship.

Supported housing: We provide accommodation and support for people with varying levels of needs to help them maintain a tenancy and live independently in the community. Our projects in the Bridgend area are suitable for older people and people with mental health needs.

For more information, visit www.hafodcare.org.uk or contact:

- Brocastle Care Home: (01656) 679120
- Picton Court Care Home: (01656) 789720
- Domiciliary Care: (029) 20 854313
- Supported housing: (029) 20 675844

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:

0800 389 2077

CHERISH CARE HOMES



The Best Care Close to Home

Cherish Care Homes understands that it is a difficult decision to place an elderly relative in long term residential or nursing care. With this in mind our philosophy is to provide residents in each of our care homes the highest standards of nursing and personal assistance in a place that they can call home. All of our homes offer homely environments with excellent facilities, a wide programme of activities and nutritious good quality food. This in turn encourages optimum independence for the maximum amount of time for your loved ones and provides you with the peace of mind that our approach to residential and nursing care is the best to be found in the area. Dedicated and professional nursing and care staff recognise that everyone is different and each of the care homes is committed to providing a person centred approach focussing on the needs of an individual.

Cefn Lodge
16 Cefn- Parc,
Skewen
Neath
SA10 6YR
01792 815778

The Hollins
The Hollins,
Neath,
West Glamorgan
SA11 3BQ
01639641458

Sketty House
244 Gower Road,
Sketty,
Swansea,
SA2 9JL
01792 290565



Serendipity

Care and Support



01656 774353

www.serendipitycare.com

Aiding you with an independent life within your own home.

All our care and support services are tailored to your individual needs, ensuring you are matched with the most suitable care and support staff to meet your requirements.

Offering daily care, night sits, dedicated one to one care and assistance through the day to help you remain independent. We specialise in both generic and mental health, with dementia trained specialist carers.



TRINITY

CARE AND SUPPORT

Tel: 01656 782104 Email: tcands@tiscali.co.uk

We help share your care



Over 20 years experience of person-centred, short-break respite services

From its base at Trinity Church in Porthcawl, Trinity Care & Support helps families who have someone with extra care needs including the elderly infirm, people with physical disabilities or mental ill-health, and especially for children or adults with learning disabilities.

Charity Number: 1126380 Company Number: 6629868

• Personal Assistants • 1-to-1 Support • Community Integration • Day Care Activity Clubs



TY-NANT NURSING HOME

Situated in Cymmer in a beautiful location with breathtaking views of the Afan Valley.

- Nursing & Residential Care
- En-suite bedrooms
- Beautiful gardens
- Spacious lounges with panoramic views
- Visiting Hairdresser, chiropodist, optician and dentist
- Regular entertainment and organised activities

Please feel very welcome to come and visit us or contact our manager on **01639 851852**

A choice of elderly care options in Swansea

We know that personalised care in a warm and welcoming place, that's close to your family and friends is really important.

That's why we offer long and short stay care options in Swansea. What's more, you don't need our health insurance to stay with us.

To find out more about your elderly care options in Swansea

Call **0333 220 4756**

Look for The Grove in the listings section.

† Calls are charged at no more than local rate and count towards any inclusive minutes from mobiles. Calls may be monitored and may be recorded.

Bupa

Care homes listings

All care providers in the country must be registered with the Care and Social Services Inspectorate Wales (CSSIW).

All services are inspected by the CSSIW, who publish inspection reports on their findings. The National Minimum Standards set out the standards of care expected from care service providers.

CSSIW's inspection framework is structured around four quality themes; quality of life, quality of staffing, quality of leadership and management and quality of environment.

These inspection reports are available from the care service or the CSSIW (visit www.cssiw.org.uk). People looking for care services are recommended to read the inspection reports of any providers they are considering to gain a fuller picture of the services on offer.

The lists on the following pages are divided into homes providing personal care only ('care homes') and homes providing care with nursing ('care homes with nursing') for older people and young adults in Bridgend, Neath Port Talbot and Swansea. The data used was provided by CSSIW. Tel: **0300 790 0126**.

Bridgend

Young adult care homes

BELLWAVE HOUSE CARE HOME

Provider: Serendipity Care and Support Ltd
Tel: 01656 773427

BREAKAWAY CARE HOME

Provider: Bridgend County Borough Council
Tel: 01656 743295

CLAREMONT CARE HOME

Provider: George, Liam
Tel: 01656 766495

GREEN GABLES

Provider: Values in Care Ltd
Tel: 01656 720809

OAKLEY HOUSE CARE HOME

Provider: Positive Lifestyles Porthcawl Ltd
Tel: 01656 783203

OLD VICARAGE, THE

Provider: Values in Care Ltd
Tel: 01443 866318

PENYFAI HOUSE

Provider: Values in Care Ltd
Tel: 01656 720809

Rhestrï cartrefi gofal

Rhaid i bob darparwr gofal yn y wlad wedi cofrestru gyda'r Arolygiaeth Gofal a Gwasanaethau Cymdeithasol (AGGCC).

Arolygir yr holl wasanaethau gan AGGCC, sy'n rhoi gwybod am eu canfyddiadau. Mae'r Safonau Gofynnol Cenedlaethol yn amlinellu'r safonau gofal a ddisgwylir gan ddarparwyr gwasanaethau gofal.

Mae fframwaith arolygu AGGCC wedi'i strwythuro o amgylch pedair thema ansawdd: ansawdd bywyd, ansawdd staffio, ansawdd arweinyddiaeth a rheolaeth ac ansawdd yr amgylchedd.

Mae adroddiadau'r arolygiadau hyn ar gael gan y gwasanaeth gofal neu AGGCC (ewch i www.aggcc.org.uk). Argymhellir i bobl sy'n chwilio am wasanaethau gofal ddarllen adroddiadau arolygu unrhyw ddarparwyr y maent yn eu hystyried er mwyn cael darlun llawnach o'r gwasanaethau a gynigir.

Rhennir y rhestrau ar y tudalennau canlynol yn gartrefi sy'n darparu gofal personol yn unig (cartrefi gofal) a chartrefi sy'n darparu gofal nyrsio (cartrefi gofal nyrsio) ar gyfer pobl hŷn ac oedolion ifanc ym Mhen-y-bont ar Ogwr, Castell-nedd Port Talbot ac Abertawe. Darparwyd y data a ddefnyddiwyd gan AGGCC. Ffôn: **0300 790 0126**.

Cartrefi gofal oedolion ifanc

POPLAR HOUSE

Provider: Homestyle Care Ltd
Tel: 01656 788048

SUNNYHILL

Provider: Values in Care Ltd
Tel: 01443 866318

WESTON HOUSE CARE HOME

Provider: Bridgend College Enterprises Ltd
Tel: 01656 302315



Porthcawl Lighthouse

Older people care homes

ANWEN CARE HOME

Pantyrwel, Blackmill, Bridgend CF32 7LA
Tel: 01656 849379

BREAKSEA HOUSE RESIDENTIAL HOME

The Square, Porthcawl, Bridgend CF36 3BW
Tel: 01656 785374

BRYN Y CAE CARE HOME

Bryn y Cae, Cae Brackla, Brackla, Bridgend CF31 2HF
Tel: 01656 815545

CANOLA HOUSE CARE HOME

Heol Canola, Bryncethin, Bridgend CF32 9TY
Tel: 01656 729088

DAN Y GRAIG HOUSE CARE HOME

Bridgend Road, Porthcawl, Bridgend CF36 5SR
Tel: 01656 788096

FOXTROY HOUSE CARE HOME

25 Derllwyn Road, Tondy, Bridgend CF32 9HD
Tel: 01656 722988

GLAMORGAN HOLIDAY HOTEL, THE

The Square, Porthcawl, Bridgend CF36 3BW
Tel: 01656 785375

GLANYRAFON CARE HOME

Glanyrafon, Heol Yr Ysgol, Ynysawdre, Tondy,
Bridgend CF32 9EG
Tel: 01656 754951

Cartrefi gofal pobl hŷn

HEATHFIELDS CARE HOME

27 Merthyr Mawr Road, Bridgend CF31 3NN
Tel: 01656 668586

HYFRYDOL CARE HOME

Off Turberville Street, Maesteg, Bridgend CF34 0LW
Tel: 01656 815345

LLYS GWYN RESIDENTIAL HOME

Heol Broom, Maudlam, Pyle, Bridgend CF33 4PN
Tel: 01656 743666

MONKSTONE HOUSE CARE HOME

1 Locks Common Road, Porthcawl, Bridgend CF36 3HU
Tel: 01656 782701

OAKLANDS RESIDENTIAL HOME, THE

2 Oaklands Drive, Bridgend CF31 4SH
Tel: 01656 665459

PINEHURST REST HOME LIMITED

22/24 Esplanade Avenue, Porthcawl, Bridgend CF36 3YU
Tel: 01656 771337

TREETOPS CARE HOME

Treetops, Llangeinor Road, Brynmenyn,
Bridgend CF32 9LY
Tel: 01656 720283

TY CWM OGWR CARE HOME

Heol Pantyrwel, Ogmores Vale, Bridgend CF32 8HY
Tel: 01656 815176

Older people care homes with nursing

ALBERT EDWARD CARE HOME

Prince Of Wales Court, Penylan Avenue, Porthcawl,
Bridgend CF36 3LY
Tel: 01656 785311

BROCASTLE MANOR CARE CENTRE

Brocastle Manor Care Centre, Brocastle State, Ewenny,
Bridgend CF35 5AU
Tel: 01656 679120 **Advert page 26**

BRYN CELYN CARE HOME

Bryncelyn, Maesteg Park, Maesteg, Bridgend CF34 9LS
Tel: 01656 736839

CARTREF CARE HOME (PORTHCAWL)

280-284 New Road, Porthcawl, Bridgend CF36 5PL
Tel: 01656 773923

GLANFFRWD CARE HOME

Coychurch Road, Pencoed, Bridgend CF35 5LP
Tel: 01656 860586

Cartrefi gofal pobl hŷn gyda nyrsio

PEN Y BONT COURT CARE HOME

Ewenny Road, Bridgend CF35 5AW
Tel: 01656 653897

PICTON COURT CARE HOME - PORTHCAWL

200 West Road, Nottage, Porthcawl, Bridgend CF36 3RT
Tel: 01656 789720 **Advert page 26**

SOUTHMEAD GRANGE AND LODGE

Porthcawl Road, South Cornelly, Bridgend CF33 4RE
Tel: 01657 746887



Dunraven Bay

Advertisers are highlighted

Neath Port Talbot

Young adult care homes

APPLEBROOK COTTAGE

Provider: Care Management Group Ltd
Tel: 01792 869705

BEVAN'S HOUSE CARE HOME

Provider: Care 4 U (Neath) Ltd
Tel: 01639 701320

CALON CELTIADD

Provider: Celtic Care (Swansea) Ltd
Tel: 01639 899403

CARTREF (SEVEN SISTERS)

Provider: Stanton Dene Ltd
Tel: 01639 701535

CEDAR HOUSE CARE HOME

Provider: Tracscare Ltd
Tel: 01639 633091

CLARIAN HOPE

Provider: Clarian Hope Ltd
Tel: 01639 890736

CLARIAN HOPE (BRYNCOCH)

Provider: Clarian Hope Ltd
Tel: 01639 635043

FFORDD NEWYDD CARE HOME

Provider: Tracscare Ltd
Tel: 01792 324241

GARDENS CARE HOME

Provider: Gardens Care Ltd
Tel: 01639 760275

GLANGARNANT HOUSE (YA)

Provider: Swanton Care & Community
(Maesteilo Care Homes) Ltd
Tel: 01269 825740

JAMES STREET

Provider: Tracscare Ltd
Tel: 01792 865576

LUCKNOW HOUSE

Provider: Carexcel Services Ltd
Tel: 01639 841521

MILL ROW, 7

Provider: Fieldbay Ltd
Tel: 01792 832307

NANT LEIROS CARE HOME

Provider: Care Without Compromise Ltd
Tel: 01639 687841

Cartrefi gofal oedolion ifanc

PALE ROAD, 25

Provider: National Autistic Society (The)
Tel: 01792 813663

PARKRISE

Provider: Tracscare Ltd
Tel: 01792 324003

PEN CEFFYL BUNGALOW

Provider: Stanton Dene Ltd
Tel: 01639 700958

PENSCYNOR HOUSE CARE HOME

Provider: Care Without Compromise Ltd
Tel: 01639 410641

RHYD HIR

Provider: National Autistic Society (The)
Tel: 01792 817736

ROSELEA CARE HOME

Provider: Care Management Group Ltd
Tel: 01792 863020

ROSEWOOD CARE HOME

Provider: Tracscare Ltd
Tel: 01639 830831

TAL Y WERN, 22

Provider: Community Lives Consortium
Tel: 01639 887366

TIR MORFA, 57

Provider: Community Lives Consortium
Tel: 01639 881928

TREBANOS HOUSE CARE HOME

Provider: Care Management Group Ltd
Tel: 01792 865775

TREM Y MOR RESPITE AND INTERMEDIATE CARE SERVICE

Provider: Neath Port Talbot County Borough Council
Tel: 01639 763014

TY CANOL

Provider: National Autistic Society (The)
Tel: 01792 326426

TY COED

Provider: National Autistic Society (The)
Tel: 01792 326820

TY MYNYDD CARE HOME

Provider: National Autistic Society (The)
Tel: 01792 326820

WILLOWS CARE HOME, THE

Provider: Tracscare Ltd
Tel: 01639 633496

Older people care homes

ANGORFA

57 Station Road, Coelbren, Neath SA10 9PN
Tel: 01639 700274

ARWELFA RESIDENTIAL HOME (GWALIA)

35 Eastern Avenue, Cymmer, Port Talbot,
Neath Port Talbot SA13 3EG
Tel: 01639 850461 **Advert inside back cover**

BRYNSIRIOL CARE HOME

259-261 Neath Road, Briton Ferry, Neath,
Neath Port Talbot SA11 2SL
Tel: 01639 813277

CEFN PARC, 1

1 Cefn Parc, Skewen, Nr Neath, Swansea SA10 6YR
Tel: 01792 813592 **Advert page 27**

CWRT CLWYDI GWYN CARE HOME

New Road, Skewen, Neath, Neath Port Talbot SA10 6YA
Tel: 01792 815096

DAN Y BRYN RESIDENTIAL CARE HOME (GWALIA)

84 Brecon Road, Pontardawe, Swansea,
Swansea SA8 4PD
Tel: 01792 869729 **Advert inside back cover**

Cartrefi gofal pobl hŷn

LLYS Y SEREN CARE HOME (GWALIA)

Moor Road, Aberavon, Neath Port Talbot SA12 7BJ
Tel: 01792 460609 **Advert inside back cover**

MAES Y BRYN CARE HOME

Maes y Bryn, 119 Pen y Cae Road, Port Talbot, Neath Port
Talbot SA13 2EG
Tel: 01639 898882

MAYFLOWER CARE HOME

Wernddu Road, Alltwen, Pontardawe, Swansea SA8 3JG
Tel: 01792 863845

PARK VIEW CARE HOME

94 Gnoll Park Road, Neath, Neath, Neath Port Talbot SA11 3DD
Tel: 01639 641861

PLAS BRYN RHOSYN (GWALIA)

EXPECTED TO OPEN IN NOVEMBER 2016

Dwr-y-Felin Road, Neath, Neath Port Talbot SA10 7RH
Tel: 01554 779059 **Advert inside back cover**

TREM Y GLYN RESIDENTIAL CARE HOME (GWALIA)

Rear Park Avenue, Glynneath, Neath,
Neath Port Talbot SA11 5DW
Tel: 01639 720786 **Advert inside back cover**

Older people care homes with nursing

ALMA LODGE CARE HOME

Alma Terrace, Taibach, Port Talbot, Neath Port Talbot SA13 1TN
Tel: 01639 890752

BAGLAN LODGE CARE HOME

84 Old Road, Baglan, Port Talbot, Neath Port Talbot SA12 8LH
Tel: 01639 813135

CEFN LODGE CARE HOME

16 Cefn Parc, Skewen, Nr Neath, Neath Port Talbot SA10 6YR
Tel: 01792 815778 **Advert page 27**

CWM CARTREF CARE HOME

Cwm Cartref, Commercial Road, Rhydyfro, Pontardawe
Neath Port Talbot SA8 4SS Tel: 01792 862845

GNOLL NURSING HOME, THE

27 Gnoll Park Road, Neath, Neath Port Talbot SA11 3BT
Tel: 01639 637988

HOLLINS CARE CENTRE, THE

Cimla, Neath, Neath Port Talbot SA11 3BQ
Tel: 01639 641458 **Advert page 27**

NEUADD DRYMMAU CARE HOME

Drymmau Road, Skewen, Neath, Neath Port Talbot SA10 6NR
Tel: 01792 816983

OLD VICARAGE CARE HOME, THE

Dulais Fach Road, Tonna, Neath, Neath Port Talbot SA11 3JW
Tel: 01639 632553

Cartrefi gofal pobl hŷn gyda nyrsio

PENCAERAU NURSING HOME

122 Old Road, Neath, Neath Port Talbot SA11 2DE
Tel: 01639 645274

PLAS CWM CARW CARE HOME

Oakwood Lane, Port Talbot, Neath Port Talbot SA13 1DF
Tel: 01639 890224

SWN Y MOR CARE HOME

Scarlet Avenue, Aberavon, Port Talbot,
Neath Port Talbot SA12 7PH
Tel: 01639 894533

TALBOT COURT CARE HOME

Talbot Road, Port Talbot, Neath Port Talbot SA13 1DR
Tel: 01639 887975

TAN-YR-ALLT HOUSE CARE HOME

16 Alltwen Hill, Alltwen, Pontardawe, Swansea SA8 3AB
Tel: 01792 863137

TY NANT CARE HOME

Ty Nant Lane, Cymmer, Port Talbot,
Neath Port Talbot SA13 3NR
Tel: 01639 851852 **Advert page 28**

WOODSIDE HOUSE CARE HOME

17 Penrhiwgoch, Baglan, Port Talbot,
Neath Port Talbot SA12 8LN Tel: 01639 821452

Advertisers are highlighted

Young adult care homes

BAKELYN LODGE

Provider: Tracscare Ltd
Tel: 01792 702415

BEECHES, THE

Provider: Aspire Support Options
Tel: 01792 923815

CAE EITHIN

Provider: Tracscare Ltd
Tel: 01792 794602

CARTREF CELTIADD

Provider: Celtic Care (Swansea) Ltd
Tel: 01792 846518

CELTIC DAWN CARE HOME

Provider: Celtic Care (Swansea) Ltd
Tel: 01792 510901

EATON CRESCENT, 68

Provider: Scott, Anthony
Tel: 01792 465924

FARADAY HOUSE

Provider: Tracscare Ltd
Tel: 01792 844696

GLYNDERWEN CARE HOME

Provider: Aston Care Ltd
Tel: 01792 842711

GOWER LODGE CARE HOME

Provider: Gower Lodge (Swansea) Ltd
Tel: 01792 875154

GOWER LODGE CARE HOME

Provider: Tracscare Ltd
Tel: 01792 873786

GROVE VIEW CARE HOME

Provider: Tracscare Ltd
Tel: 01792 324883

HAZELDENE CARE HOME

Provider: Tracscare Ltd
Tel: 01792 797014

HEATHFIELD LODGE CARE HOME

Provider: Heathfield Lodge Ltd
Tel: 01792 646840

HOWELLS ROAD, 14

Provider: Tracscare Ltd
Tel: 01792 203536

Cartrefi gofal oedolion ifanc

LLYS PENPANT

Provider: M & D Care Ltd
Tel: 01792 776384

LONDON HOUSE CARE HOME

Provider: Aston Care Ltd
Tel: 01792 580566

LOWER LODGE

Provider: Community Lives Consortium
Tel: 01792 646640

MANORLEIGH SPRING MEADOWS (CARE) LTD

Provider: Spring Meadows (Care) Ltd
Tel: 01792 466728

MOND COURT APARTMENTS

Provider: Tracscare Ltd
Tel: 01792 846394

OAKHILL CARE HOME

Provider: Tracscare Ltd
Tel: 01792 589594

PADDOCKS, THE

Provider: Tracscare Ltd
Tel: 01792 818066

PARK HOUSE CARE HOME

Provider: Care Management Group Ltd
Tel: 01792 515952

PARKVIEW

Provider: Awelon Healthcare
Tel: 07595 263194

RIVERSIDE HOUSE

Provider: Horizon Care
Tel: 01792 799437

ROTHERSLADE HOUSE

Provider: M & D Care Ltd
Tel: 01792 367556

ST JAMES RESIDENTIAL CARE HOME

Provider: Elizabeth Thomas
Tel: 01792 468147

SUDBURY HOUSE

Provider: Swanton Care & Community (Maesteilo Care Homes) Ltd
Tel: 01792 844528

WOODLANDS CARE HOME, THE

Provider: Aston Care Ltd
Tel: 01792 588122

TREESIDE

Provider: Tracscare Ltd
Tel: 01792 310756

TY CILA CARE HOME

Provider: City and County of Swansea
Tel: 01792 516360

TY DDOL AWEL CARE HOME

Provider: Integra Community Living Options Ltd
Tel: 01792 207529

TY HENDY CARE HOME

Provider: Consensus Support Services Ltd
Tel: 01792 886520

Young adult care homes with nursing

Cartrefi gofal oedolion ifanc gyda nyrsio

AWEL-Y-MOR CARE CENTRE

Provider: Barchester Healthcare Homes Ltd
Tel: 01792 620356 **Advert inside front cover**

LYNDELL HOUSE CARE HOME

Provider: Lyndell House Ltd
Tel: 01792 472131

FROOD HOUSE CARE HOME

Provider: Tracscare Ltd
Tel: 01792 849259

MEADOW HOUSE CARE HOME

Provider: Sure Plan Homes Ltd
Tel: 01792 897016

Older people care homes

Cartrefi gofal pobl hŷn

BLOOMFIELD CARE HOME

129 Gower Road, Sketty, Swansea SA2 9HU
Tel: 01792 203 045

NEWTON GRANGE RESIDENTIAL HOME

26 Southward Lane, Newton, Swansea SA3 4QE
Tel: 01792 368880

BONYMAEN HOUSE CARE HOME

62 Cardigan Crescent, Winch Wen, Swansea SA1 7DY
Tel: 01792 773106

OCEAN LIVING CARE HOME

Ocean Living, 734-736 Mumbles Road, Mumbles, Swansea SA3 4EL
Tel: 01792 361818

FAIRLEIGH HOUSE CARE HOME

25 Sketty Road, Uplands, Swansea SA2 0EU
Tel: 01792 204169

PARKWAY CARE HOME

91 Parkway, Sketty Park, Swansea SA2 8JE
Tel: 01792 201060

HAWTHORN COURT CARE HOME

12 Bayswater Road, Tycoch, Swansea SA2 9HA
Tel: 01792 201427

PLAS NEWYDD CARE HOME

18 New Road, Treboeth, Swansea SA5 9DA
Tel: 01792 799902

HEATHERSLADE BAY REST HOME

1 Westcliffe, Southgate, Swansea SA3 2AN
Tel: 01792 233328

ROSE CROSS HOUSE

Brenig Road, Penlan, Swansea SA5 7BE
Tel: 01792 586499

HOLLIES CARE HOME

Caecerrig Road, Pontarddulais, Swansea SA4 8PB
Tel: 01792 882498

ST JOHNS HOUSE (CWMBWRLA)

Cae Rowland Road, Cwmbwrla, Swansea SA5 7BE
Tel: 01792 651449

LLYS GWYN HOUSE CARE HOME

21 Caecerrig Road, Pontarddulais, Swansea SA4 8PE
Tel: 01792 882353

STELLA MARIS CARE HOME

Stella Maris Convent, Eaton Crescent, Swansea SA1 4QR
Tel: 01792 473453

MOUNTAIN JOY

Tir Bach Farm, Cefn Drum, Pontarddulais, Swansea SA4 8NJ
Tel: 01792 883146

TY WAUNARLWYDD CARE HOME

Swansea Road, Waunarlwydd, Swansea SA5 4SN
Tel: 01792 872255

NEWTON COURT CHRISTADELPHIAN REST HOME

Highpool Lane, Newton, Swansea SA3 4UX
Tel: 01792 361306

Advertisers are highlighted

AEL Y BRYN CARE HOME

160 Llanllienwen Road, Cwmrhydyceirw, Morriston,
Swansea SA6 6LT
Tel: 01792 773877 **Advert page 27**

APRIL COURT CARE HOME

137-144 St Helens Road, Swansea SA1 4DE
Tel: 01792 650344

ASHGROVE CARE HOME

344-346 Swansea Road, Waunarlwydd, Swansea SA5 4SQ
Tel: 01792 879767

AWEL-Y-MOR CARE CENTRE

Brynafon Road, Gorseinon, Swansea SA4 4YF
Tel: 01792 620356 **Advert inside front cover**

BRYNFIELD MANOR CARE HOME

Brynfield Road, Langland, Swansea SA3 4SX
Tel: 01792 366208

BRYNHYFRYD HOUSE NURSING HOME

36 West Cross Lane, West Cross, Swansea SA3 5LS
Tel: 01792 404827

BURROWS HALL RESIDENTIAL & NURSING HOME

Llangennith, Gower, Swansea SA3 1JB
Tel: 01792 386221

CALON FAWR CARE HOME

Lon Masarn, Tycoch, Swansea SA2 9EX
Tel: 01792 205736

CAMPION GARDENS CARE HOME

Clyne Common, Bishopston, Swansea SA3 3JB
Tel: 01792 235314

CASTLE GRAIG CARE HOME

93 Salem Road, Landore, Swansea SA6 8NN
Tel: 01792 790009

GLAIS HOUSE NURSING HOME

615 Birchgrove Road, Glais, Swansea SA7 9EN
Tel: 01792 843915

GLASFRYN HOUSE CARE HOME

228-230 Cockett Road, Cockett, Swansea SA2 0FN
Tel: 01792 581846

HENGOED COURT CARE HOME

Cefn Hengoed Road, Winch Wen, Swansea SA1 7LQ
Tel: 01792 797265

HENGOED PARK CARE HOME

Cefn Hengoed Road, Winch Wen,
Swansea SA1 7LQ
Tel: 01792 797245

HILLSIDE CARE HOME

Ffynone Road, Uplands, Swansea SA1 6DE
Tel: 01792 467010

LLYS-Y-TYWYSOG CARE HOME

Clos Pengelli, Grovesend, Swansea SA4 4JW
Tel: 01792 620355 **Advert inside front cover**

LYNDELL HOUSE CARE HOME

Lyndell House, 40 Eaton Crescent, Uplands,
Swansea SA1 4QL
Tel: 01792 472131

MEADOW HOUSE CARE HOME

11-13 Brighton Road, Gorseinon, Swansea SA4 4BN
Tel: 01792 897016

MORRIS HOUSE NURSING HOME

54-56 Eaton Crescent, Uplands, Swansea SA1 4QN
Tel: 01792 463813

MUMBLES NURSING HOME

278 Mumbles Road, West Cross, Swansea SA3 5AB
Tel: 01792 405353

OLD VICARAGE PRIVATE NURSING HOME, THE

53 Sketty Park Road, Sketty, Swansea SA2 9AS
Tel: 01792 202100

PEN Y BRYN (CARE CENTRES WALES)

26 Sketty Park Road, Sketty, Swansea SA2 9AS
Tel: 01792 207194

PENIEL GREEN CARE HOME

216 Peniel Green Road, Llansamlet, Swansea SA7 9BD
Tel: 01792 773034

SKETTY HOUSE CARE HOME

244 Gower Road, Sketty, Swansea SA2 9JL
Tel: 01792 290565 **Advert page 27**

ST MARKS COURT CARE HOME

Park Terrace, Waun Wen, Swansea SA1 2BY
Tel: 01792 644445

ST MARTINS CARE CENTRE

69 Martin Street, Morriston, Swansea SA6 7BJ
Tel: 01792 795844

SWN Y GAN CARE HOME

Banc Bach, Penclawdd, Swansea SA4 3FN
Tel: 01792 850123

THREE CLIFFS CARE HOME

Cefn Bryn Lane, Penmaen, Gower, Swansea SA3 2HQ
Tel: 01792 371500

Advertisers are highlighted

TY VICTORIA CARE HOME

97 Victoria Road, Waunarlwydd, Swansea SA5 4TB
Tel: 01792 874306

Y PLAS CARE HOME

619 Llangyfelach Road, Treboeth, Swansea SA5 9EN
Tel: 01792 772304

YR HAFAN CARE HOME

27 Bolgoed Road, Pontarddulais, Swansea SA4 8JE
Tel: 01792 883518

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Head of Editorial: Emma Morriss. **Editor:** Angharad Jenkins.

Content Editor: Emma Cooper.

Regional Team Manager: Russell Marsh.

National Sales Manager: Paul Leahy.

Senior Sales Executives: Mark Dalton, Adrian Desborough, Debbie Feetham, Elaine Green, Vanessa Ryder.

Director of Creative Operations: Lisa Werthmann.

Assistant Production Manager: Jamie Harvey.

Designer: Holly Cornell. **Creative Artworkers:** Gemma Barker, Kathryn Regan.

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