



**Gwasanaeth Gwybodaeth  
Gofalwyr Sir Gâr**

**Carmarthenshire Carers  
Information Service**



# Do you look after someone?

**Carers look after relatives,  
friends or neighbours on a  
regular basis who could not  
manage without that help. The  
support they provide is unpaid.**





**'I'm fifteen years old and I live with my mum who suffers from multiple sclerosis – before and after school I do most of the cooking and housework.'**



**'I work full time as a teacher but also look after my elderly mother who lives with me and has severe arthritis, which means I have to help her with things like bathing and dressing.'**



**'Our 14 year old daughter has severe learning disabilities and can be aggressive, which is a problem for other children – we also have a lot of broken nights. She goes to a special school but otherwise is at home all the time.'**



**'My 37 year old son has been in and out of psychiatric hospitals for the last fifteen years – when he comes out of hospital he ends up living with me, as there is nowhere else for him to go.'**



**'My wife had a stroke five years ago and now I have to do everything for her, like feeding, washing and dressing, which means that I had to give up my job as she cannot be left alone.'**



**If these examples are familiar to you, then you are a Carer.**



If you're looking after someone and you'd like information on where you can get support, please contact: Carmarthenshire Carers Information Service on:



**0300 0200 002**

Write to:  
Carers Information Service  
The Palms Unit 3,  
96 Queen Victoria Road,  
Llanelli, SA15 2TH

E-mail: [info@carmarthenshirecarers.org.uk](mailto:info@carmarthenshirecarers.org.uk)

[www.facebook.com/carmarthenshire.carers](http://www.facebook.com/carmarthenshire.carers)

<https://twitter.com/#!/CarmsCarers>

[www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk)



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Hywel Dda  
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# Ydych chi'n gofalu am rywun?

Mae Gofaliwr yn rhywun sy'n  
gofalu'n rheolaidd am berthynas,  
ffrind neu gymydog na allai  
ymdopi heb eu help. Mae'r  
cefnogaeth a roddwyd yn ddi-dâl!





'Rydw i'n bymtheg oed ac yn byw gyda fy mam sy'n dioddef o sglerosis ymledol, ac ar ôl dod adref o'r ysgol fi sy'n gwneud y rhan fwyaf o'r coginio a'r gwaith tŷ.'



'Rydw i'n gweithio'n llawn-amser fel athro ond rydw i hefyd yn gofalu am fy mam oedrannus sy'n byw gyda mi ac sy'n dioddef o grud cymalau difrifol, sy'n golygu fod rhaid i mi ei helpu gyda pethau fel ymolchi a gwisgo.'



'Mae gen ein merch bedair ar ddeg oed anawsterau dysgu difrifol, ac mae ei hymddygaid ymosodol yn gallu bod yn broblem i blant eraill – rydyn ni hefyd yn colli llawer iawn o gwsg oherwydd hyn. Mae hi'n mynd i ysgol arbennig ond heblaw am hynny mae hi gartref drwy'r amser.'



'Mae fy mab tri deg a saith oed wedi bod i fewn ac allan o ysbytai seiciatrig yn ystod y bymtheg mlynedd ddiwethaf – pan ddaw allan o'r ysbytu yr hyn sy'n arfer digwydd yw ei fod yn dod i fyw gyda mi gan nad oes unman arall iddo fynd.'



Cafodd fy ngwraig strôc bum mlynedd yn ôl ac oherwydd rydw i'n gorfod gwneud popeth drosti – ei bwydo, ei hymolchi a'i gwisgo, sy'n golygu fy mod i wedi gorfod rhoi'r gorau i'm gwaith gan na ellir ei gadael ar ei phen ei hun.'



Os mae rhai o'r enghreifftiau yma yn gyfarwydd i chi, rydych yn gynhaliwr.



Os ydych chi'n gofalu am rywun a hoffech gael gwybodaeth ar ba fath o gymorth gall fod ar gael cysylltwch â: **Gwasanaeth Gwybodaeth Gofalwyr Sir Gâr** ar:



**0300 0200 002**

'sgrifennwch at:  
**Gwasanaeth Gwybodaeth Gofalwyr,  
Uned 3 Y Palfau,  
96 Heol y Frenhines Fictoria,  
Llanelli, SA15 2TH**

**E-bost: [info@carmarthenshirecarers.org.uk](mailto:info@carmarthenshirecarers.org.uk)**

**[www.facebook.com/carmarthenshire.carers](http://www.facebook.com/carmarthenshire.carers)**

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