

# Hanes Daniel

Cafodd Daniel enseffalomyelitis aciwt (ADEM) yn dair oed. Achosodd gyfog a chwydu, cur pen, anniddigrwydd a chysgadrwydd. Aeth yn ansadd ac yna collodd y gallu i gerdded. Nid oedd yn gallu siarad, a theimlodd ei gorff yn hynod o wan. Cafodd drawiad hefyd.

Gan fod ADEM yn cael ei ddsbarthu fel anaf caffaeledig i'r ymennydd, clefyd dadfyelineiddio sy'n achosi llid yn yr ymennydd a llinyn asgwrn y cefn, yn bennaf mewn plant. Roedd y sgîl-ffeithiau'n cynnwys colli cydbwysedd ac fe wnaeth Daniel ailddysgu sut i gerdded a siarad eto.

Mae chwaraeon wedi helpu materion cydbwysedd Daniel ac nid oes ganddo unrhyw effeithiau corfforol gweddilliol, ond mae Daniel yn cael trafferth gydag anawsterau o ran dal sylw, cyflymder prosesu a lefelau canolbwytio.

Fe wnaeth Daniel dderbyn cymorth yn ystod ei arholiadau yn yr ysgol a'r coleg. Mae Daniel bellach ym Mhrifysgol Bangor ac yn parhau i dderbyn cefnogaeth.

## Beth sy'n bwysig i Daniel?

Mae'n bwysig i Daniel ei fod yn cael ei drin fel pawb arall, nid yw'n wahanol i unrhyw un arall.

Meddai Daniel: "Cefais gymorth addysgol ac yn ffodus nid oedd angen unrhyw ymyriadau gofal cymdeithasol arnaf gan oherwydd i mi allu gwella'n gorfforol".

Mae Daniel yn esbonio'n bellach "Fel person ifanc yn ystod covid, doeddwn i ddim yn gallu mynychu'r coleg ac roeddwn i wedi fy ynysu oddi wrth ffrindiau, oherwydd hyn rydw i bellach yn gweld bod cefnogi fy lles yn hanfodol i ofalu am eich iechyd corfforol a meddyliol. Mae Daniel hefyd yn cefnogi ei ffrindiau a'u hiechyd meddwl.

Mae Daniel wrth ei fodd â chwaraeon ac yn padlo byrddau, yn mynd ar heiciau ac yn gwneud dringo creigiau.

## Cyfeiriwyd at TGAU CBAC Iechyd, Gofal Cymdeithasol a Gofal Plant

Rhan 1.2 Deall iechyd a lles.

Rhan 1.4 Rheoli cyflyrau iechyd.

Rhan 2.3 Dangosyddion iechyd, Dylanwadau iechyd a lles.

## Cymorth i athrawon

1. Beth sy'n achosi ADEM?
2. Nodwch ddau reswm pam mae chwaraeon yn bwysig i iechyd.
3. Beth yw categori oedran targed Daniel?
4. Sut gallai Daniel gefnogi ei les ymhellach?



# Daniel's story

Daniel contracted acute disseminated encephalomyelitis (ADEM) at the age of three. It caused nausea and vomiting, a headache, irritability and sleepiness. He became unsteady and then lost the ability to walk. He was unable to speak, and his body felt extremely weak. He also suffered a seizure.

As ADEM is classed as an acquired brain injury, it is demyelinating disease that causes inflammation of the brain and spinal cord, predominantly in children. The side effects included loss of balance and Daniel re-learned how to walk and talk again.

Sport has helped Daniel's balance issues and has no residual physical effects, but Daniel does struggle with difficulties with attention, processing speed and concentration levels.

Daniel received support for help during exams at School and College. Now at Bangor University Daniel continues to receive support.

## What matters to Daniel?

It is important to Daniel to be treated like everyone else, he is no different to anyone else.

Daniel says: "I received educational support and luckily did not require any social care interventions as I was able to make a physical recovery".

Daniel continues: "As a young person during covid, I was not able to attend college and was isolated from friends, because of this I now find supporting my well-being is vital to look after both your physical and mental health. Daniel also supports his friends and their mental health.

Daniel loves sport he paddleboards, goes on hikes and undertakes rock climbing.

## Referenced to WJEC GCSE Health, Social Care and Childcare

Part 1.2 Understanding health and well-being.

Part 1.4 Managing health conditions.

Part 2.3 Indicators of health, Influences of health and well-being.

## Teachers support

1. What causes ADEM?
2. Identify two reasons why sport is important to health.
3. What is Daniel's target age category?
4. How could Daniel further support his well-being?

