

# Stori David

Mae gan David barlys yr ymennydd; mae'n effeithio ar ei symudiad corfforol yn bennaf ar ei ochr dde. Mae'n gallu ffeindio tasgau bob dydd yn anodd fel cerdded, symud o'i gadair neu o'i wely. Mae'n cael trafferth gafael mewn eitemau a chario pethau.

Mae David eisiau bod yn annibynnol a phe na bai'n cael cymorth, ni fyddai'n gallu byw yn ei gartref ei hun. Mae angen cymorth corfforol arno i wneud rhai tasgau. Mae hyn yn caniatáu cydbwysedd emosiynol.

Meddai David "Mae cefnogi fy anghenion yn golygu y gallaf fynd allan i'r gymuned a gwneud y pethau rwy'n eu mwynhau. Mae'n bwysig i mi fynd allan i weld pobl, neu fe allwn i teimlo'n unig".

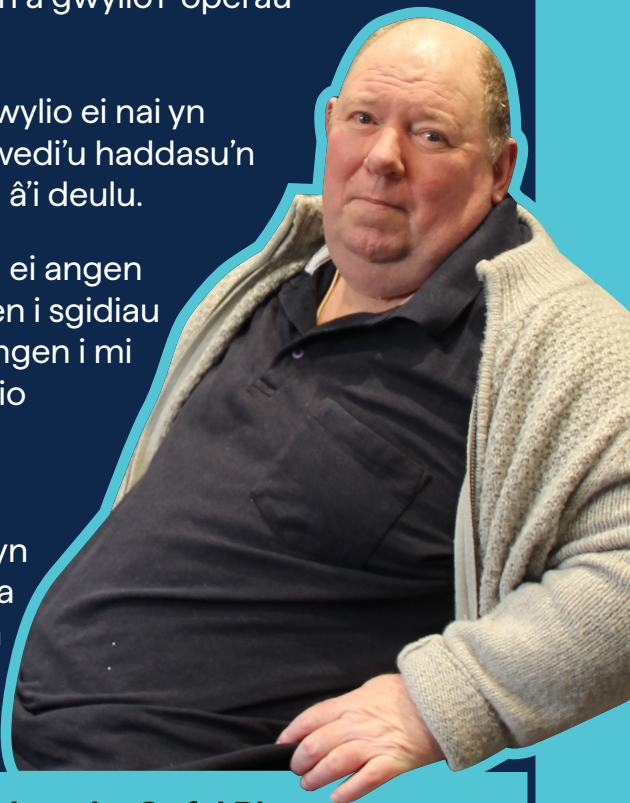
## Beth sy'n bwysig i David?

Mae gweithwyr gofal cartref David bob amser yn gadarnhaol ac yn siriol, mae gan David synnwyr digrifwch, mae'n mwynhau cerddoriaeth a gwyllo'r 'operâu sebon'.

Mae David yn hoffi mynd allan i'r awyr agored; mae'n gwyllo ei nai yn chwarae pêl-droed. Mae ganddo gadair olwyn a char wedi'u haddasu'n arbennig, felly gall yrru a bod yn annibynnol yn ymweld â'i deulu.

"Mae fy ngweithwyr gofal cartref yn gwybod beth sydd ei angen arnaf bob dydd. Dwi angen cefnogaeth i wisgo, mae gen i sgidiau wedi'u gwneud yn arbennig a hosanau cynnal y mae angen i mi eu gwisgo. Dwi angen rhywun i baratoi fy mwyd a chario pethau i mi. Mae gen i offer arbenigol yn fy nghartref i ganiatáu i mi fod yn annibynnol.

Eglura David "Heb gefnogaeth ni fyddwn yn gallu byw yn fy nghartref fy hun. Rydw i wedi byw yma ar hyd fy oes a fyddwn i ddim eisiau symud o fan hyn. Bob dydd, rwy'n gwneud fy newisiadau fy hun ac yn cael fy nghefnogi i wneud hynny sy'n fy ngalluogi i fyw bywyd boddhaus".



## Cyfeiriadau at TGAU CBAC Iechyd, Gofal Cymdeithasol a Gofal Plant.

1.2 Deall iechyd a lles

1.3 Cymryd rhan weithredol mewn gofal.

2.1 Darpariaeth gofal yng Nghymru

2.3 Dangosyddion iechyd.

## Cymorth i athrawon

- A yw David yn gyfranogwr gweithredol yn ei ofal?
- Pa fath o ymyrraeth gynnar ac atal sydd wedi helpu David i aros gartref ac mor annibynnol â phosibl?
- Pwy arall fyddai'n gweithio gyda David?

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# David's story

David has cerebral palsy; it affects his physical movement mostly on his right side. He can find everyday tasks difficult like walking, getting from a chair or from his bed. He struggles to grip items and carry things.

David wants to be independent and if he didn't receive support, he would not be able to live in his own home.

He needs physical support to do certain tasks. This allows him to be emotionally balanced.

David says "Supporting my needs means I can get out into the community and do the things I enjoy. It is important for me to get out and see people, otherwise I could get lonely".

## What matters to David?

David's home care workers are always positive and cheerful, David has a sense of humour, he enjoys music and watching 'the soaps'.

David likes to get outdoors; he watches his nephew play football. He has a special adapted wheelchair and car, so he can drive and be independent visiting his family.

My home care workers know what I need each day. I need support to get dressed, I have custom made boots and support stocking that I need to wear. I need someone to prepare my food and carry things for me. I have specialist equipment in my home to allow me to be independent.

David explains "Without support I would not be able to live in my own home. I've lived here all my life and I wouldn't want to move from here. Every day, I make my own choices and am supported to do so which allows me to live a fulfilling life".



## References to WJEC GCSE Health, Social Care and Childcare.

- |   |                                   |
|---|-----------------------------------|
| 1.2 Understanding health and well-being | 1.3 Active participation in care. |
| 2.1 Care provision in Wales             | 2.3 Indicators of health.         |

## Teachers support

- Is David an active participant in his care?
- What type of early intervention and prevention has helped David remain at home and as independent as possible?
- Who else would work with David?