

# Hanes Debbie

Mae gan Debbie gyflwr o'r enw clefyd mitocondriaidd; mae'n anhwylddeb niwrolegol dirywiol cynyddol sy'n effeithio ar bob cell yn ei chorff. Mae hi wedi cyfyngu i gadair olwyn ers 23 mlynedd. Gall y clefyd effeithio ar ei system imiwnedd ac mae'n ei gadael yn agored i lawer o heintiau.

Mae gan Debbie hefyd diabetes math 1 a dystonia; daeth hefyd yn glinigol ddall yn 2011. Dros y tair blynedd diwethaf mae hi wedi colli teimlad yn ei dwylo ac yn rhannol yn ei thraed. Mae Debbie angen cefnogaeth ar gyfer ei gofal personol, i gynorthwyo gyda hylendid personol a gweithgareddau fel coginio neu siopa.

Eglura Debbie: "Mae fy ngweithiwr gofal cartref yn helpu gydag unrhyw beth sydd angen sgiliau echddygol manwl fel botymau a sipiau. Rwyf hefyd yn cael fy nghefnogi i gael cawod a golchi fy ngwallt".

Mae cefnogaeth Debbie yn gwneud iddi deimlo wedi'i grymuso gan roi rhywfaint o annibyniaeth iddi. Mae hyn yn rhoi'r hyder i Debbie wthio am brofiad mwy boddhaol.

## Beth sy'n bwysig i Debbie?

Mae'n bwysig i Debbie ei bod yn cael ei thrin ag urddas a pharch.

Meddai Debbie: "Mae rhai gweithwyr gofal cartref yn llawer mwy addas ar gyfer y rôl, a gall hyn effeithio ar fy mywyd. Heb y gefnogaeth rwy'n ei chael byddwn fwy neu lai yn gaeth i'r tŷ ac yn methu â gwneud tasgau sylfaenol".

Ni all Debbie fod yn ddigymell oherwydd ei chyflwr; mae grisiau i mewn i adeiladau tai ei ffrindiau, felly nid ydynt yn hygyrch. Mae cadw mewn cysylltiad â ffrindiau yn bwysig iawn i Debbie ond mae angen cynllunio ymweliadau.

Mae yna adegau pan fydd ei salwch yn cael effaith wirioneddol ar ei lles corfforol a meddyliol. Pan na all hi gwrdd â ffrindiau, mae hyn yn ei gadael yn ynysig ac yn unig iawn.

Meddai Debbie: "Rydw i eisiau cael fy ngweld a pheidio â chael fy anwybyddu gan ein cymdeithas, gan fod gen i freuddwydion ac uchelgeisiau; dwi eisiau'r un cyfleoedd â fy chyfoedion".

Mae gan Debbie gynllun gofal sy'n cael ei adolygu bob chwe mis. Mae ganddi gyfle i godi a lleisio unrhyw bryderon sydd ganddi am ei chynllun. Gan gynnwys cyfraniad ar sut mae'r gofal yn cael ei weithredu.

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

Rhan 1.1 Ffactorau ffisegol sy'n effeithio ar dwf, datblygiad a lles.

Rhan 1.3 Cymryd rhan weithredol mewn gofal.

Rhan 2.1 Darpariaeth gofal yng Nghymru.

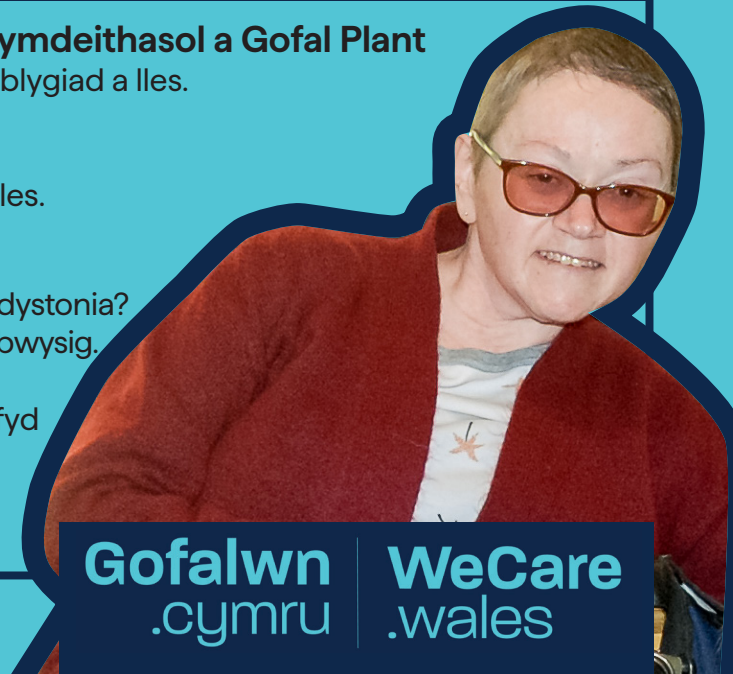
Rhan 2.3 Dangosyddion iechyd, risgiau i iechyd a lles.

## Cymorth i athrawon

1. Beth yw'r symptomau ar gyfer diabetes Math 1 a dystonia?
2. Nodwch ddau reswm pam mae cyfeillgarwch yn bwysig.
3. Beth yw categori oedran targed Debbie?
4. Dewch o hyd i ddau gerdyn gyrfa arall a allai hefyd gefnogi Debbie.
5. Sut gall y cynllun gofal gefnogi lles yn bellach i Debbie?

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# Debbie's story

Debbie has a condition called mitochondrial disease; it is a progressive degenerative neurological disorder affecting every cell in her body. She has been wheelchair bound since for the past 23 years. The disease can affect her immune system and leaves her susceptible to many infections.

Debbie also has type 1 diabetes and dystonia; she also became clinically blind in 2011. Over the last three years she has lost feeling in her hands and partially in her feet. Debbie needs support for her personal care, to assist with personal hygiene and activities such as cooking or shopping.

Debbie explains: "My home care worker assists with anything that requires fine motor skills like buttons and zips. I am also supported to have a shower and wash my hair".

Debbie's support makes her feel empowered giving her a degree of independence. This gives Debbie the confidence to push for a more fulfilled experience.

## What matters to Debbie?

It is important to Debbie that she is treated with dignity and respect.

Debbie says: "Some home care workers are far more suited to the role, and this can impact on my life. Without the support I receive I would be virtually house bound and unable to do basic tasks".

Debbie cannot be spontaneous because of her condition; all her friend's houses have steps to their buildings so are inaccessible. Staying in touch with friends is very important to Debbie but visits need to be planned.

There are occasions when her illness really impacts her physical and mental well-being. When she is unable to meet up with friends, this leaves her very isolated and lonely.

Debbie says: "I want to be seen and not ignored by society, as I have dreams and ambitions; I just want the same opportunities as my peers".

Debbie's has a care plan it is reviewed every six months. She has an opportunity to raise and voice any concerns she may have on her plan. Including an input how the care is implemented.

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

Part 1.1 Physical factors affecting growth, development and well-being.

Part 1.3 Active participation in care.

Part 2.1 Care provision in Wales.

Part 2.3 Indicators of health, risks to health and well-being.

## Teachers support

1. What are the symptoms for Type 1 diabetes and dystonia?
2. Identify two reasons why friendships are important.
3. What is Debbie's target age category?
4. Find two further career cards who could also support Debbie.
5. How can the care plan support further well-being for Debbie?

