

# CARERS TRUST



Crossroads  
West Wales



## Hospital Discharge & Community Support Service



### Do you look after someone?

Do you have a relative, neighbour or friend who is in hospital or has recently been discharged from hospital?

## Hospital Discharge Support

Carer Officers in Prince Philip, Glangwili, Llandovery & Amman Valley Hospitals offer one-to-one information, advice and support for carers & relatives while the person they care for is in hospital including:

- Liaising with hospital and medical staff, helping with communication and access to information.
- Helping you to be involved in discharge planning arrangements and supporting you at discharge planning meetings.
- Helping you to access carer specific support, including Carers Needs Assessments, etc.
- Referring to other organisations for specialist support.



## Community Discharge Support

Our community-based support service can offer information, advice, and one-to-one support to carers after patient discharge as well as helping to plan for a scheduled hospital admission.

- Helping you to make arrangements, including replacement care for planned hospital admissions.
- Follow-up post discharge support and access to community support services.
- Access to carer specific support, including Carers Needs Assessments, carer breaks, support groups, etc. to help maintain your caring role and prevent further hospital admissions.
- Referring to other organisations for specialist support.



For more information contact us on:

 **0300 0200 002 (FREE)**

 **info@ctcww.org.uk**

 **www.ctcww.org.uk**

# YMDDIRIEDOLAETH GOFALWYR

Croesffyrdd  
Gorllewin Cymru



GIG  
CYMRU  
NHS  
WALES  
Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

## Gwasanaeth Rhyddhau o'r Ysbyty a Chymorth Cymunedol



## Ydych chi'n gofalu am rywun?

A oes gennych berthynas,  
cymydog neu ffrind sydd yn yr  
ysbyty neu sydd newydd gael ei  
ryddhau o'r ysbyty?

## Cymorth Rhyddhau o'r Ysbyty

Mae Swyddogion Gofalwyr yn Ysbytai Tywysog Philip, Glangwili, Llanymddyfri a Dyffryn Aman yn cynnig gwybodaeth, cyngor a chymorth un i un i ofalwyr a pherthnasau tra bod y person maent yn gofalu amdano yn yr ysbyty, gan gynnwys:

- Trafod gyda staff ysbyty a staff meddygol, gan helpu gyda chyfathrebu a mynediad i wybodaeth.
- Eich helpu i fod yn rhan o drefniadau cynllunio ar gyfer rhyddhau a'ch cefnogi mewn cyfarfodydd cynllunio ar gyfer rhyddhau.
- Eich helpu i gael cymorth penodol i ofalwyr, gan gynnwys Asesiadau Anghenion Gofalwyr, ac ati.
- Eich cyfeirio at sefydliadau eraill i gael cymorth arbenigol.



## Cymorth Cymunedol ar gyfer Rhyddhau

Gall eich gwasanaeth cymorth cymunedol gynnig gwybodaeth, cyngor a chymorth un i un i ofalwyr ar ôl rhyddhau claf o'r ysbyty, yn ogystal â helpu i gynllunio ar gyfer derbyniadau i'r ysbyty a drefnwyd.

- Eich helpu i wneud trefniadau, gan gynnwys gofal amgen ar gyfer derbyniadau i'r ysbyty a gynlluniwyd.
- Cymorth dilynol ar ôl rhyddhau a mynediad at wasanaethau cymorth cymunedol.
- Mynediad at gymorth penodol i ofalwyr, gan gynnwys Asesiadau Anghenion Gofalwyr, seibiannau gofalwyr, grwpiau cymorth, ac ati., i barhau â'ch rôl gofalu ac atal derbyniadau pellach i'r ysbyty.
- Eich cyfeirio at sefydliadau eraill i gael cymorth arbenigol.



Cysylltwch â ni am ragor o wybodaeth ar:

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