



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

Uned 443 - Deall ffactorau sy'n cyfrannu at angen am ofal a chymorth ar unigolion a/neu ofalwyr

Unit 443 - Understanding factors that contribute to individuals and/or carers needing care and support

Deilliant Dysgu 8:

Deall colli synhwyrâu

Learning outcome 8: Understand sensory loss



Mae'r adnodd hwn wedi'i ddatblygu mewn partneriaeth â'r Consortiwm Ymarferwyr Gwasanaethau Cymdeithasol (SSP) ar ran Gofal Cymdeithasol Cymru. Mae'r consortiwm yn cynnwys y partneriaid canlynol:

This resource has been developed in partnership by the Social Services Practitioner (SSP) Consortium on behalf of Social Care Wales. The consortium is made up of the following partners:



Gofal Cymdeithasol Cymru a'i gyngorwyr penodedig sy'n berchen ar hawlfraint y deunyddiau hyn. Gall darparwyr dysgu, awdurdodau lleol a darparwyr gwasanaethau gofal yng Nghymru gopïo, atgynhyrchu, dosbarthu neu drefnu bod y Rhaglen Ddysgu Ymarferwyr Gwasanaethau Cymdeithasol (SSP) ar gael fel arall i unrhyw drydydd parti arall ar sail ddielw yn unig. Rhaid i unrhyw bartïon eraill sy'n dymuno copïo, atgynhyrchu, dosbarthu neu fel arall wneud y Rhaglen Ymarferwyr Gwasanaethau Cymdeithasol (SSP) ar gael i unrhyw drydydd parti arall geisio caniatâd ysgrifenedig Gofal Cymdeithasol Cymru ymlaen llaw.

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Sgiliau Astudio / Study Skills



Cyfeirnod / Referencing



Darllen / Reading



Ysgrifenu / Writing



Myfyrdod Beirniadol /
Critical Reflection



Cyfathrebiad /
Communication



Gwaith Grŵp / Group Work



Cyflwyniad / Presentation



Ymchwil / Research



Sgiliau rhyngpersonol /
Interpersonal Skills

Sgiliau Astudio Cudd / Hidden Study Skills

Peidiwch ag anghofio bod amrywiaeth o sgiliau wedi'u gwreiddio, gan gynnwys...

Trefniadaeth

Cadw amser

Cynllunio

Cymryd nodyn

Cynllunio Traethawd

Gwrandawriad

Datrys problemau

Penderfyniadau

Cwestiynu

Siarad yn effeithiol

Cyfathrebu llafar

Efallai y bydd rhai o'r rhain yn rhan o'ch sgiliau rhyngpersonol hefyd.

Don't forget there are a range of skills embedded including...

Organisation

Time keeping

Planning

Note taking

Essay planning

Listening

Problem solving

Decision making

Questioning

Effective speaking

Verbal communication

Some of these may form part of your Interpersonal Skills too.

Meini prawf asesu:

Rydych yn deall:

- 8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion
- 8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu
- 8.3 Cysylltiadau rhwng cyflyrau/namau eraill a cholli synhwyrâu
- 8.4 Yr ystod o wasanaethau, asiantaethau a gweithwyr proffesiynol sy'n darparu cymorth i unigolion â cholli synhwyrâu
- 8.5 Gofynion penodol a nodir yn Neddff Gwasanaethau Cymdeithasol a Llesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrâu
- 8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrâu

Assessment criteria:

You understand:

- 8.1 The potential impact of different types of 'sensory loss' on individuals
- 8.2 The terms used to describe sensory loss
- 8.3 Links between other conditions/impairments and sensory loss
- 8.4 The range of services, agencies and professionals which provide support for individuals with sensory loss
- 8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss
- 8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

Beth yw'r gwahanol synhwyrâu?

Yn draddodiadol:

What are the different senses?

Traditionally:



Beth yw'r gwahanol synhwyrâu?

(n draddodiadol:

- Golwg - ophthalmogyffred
- Clyw - clywgyffred
- Blas - gwstogyffred
- Arogl - olfogyffred
- Cyffwrdd - tactiogyffred

What are the different senses?

Traditionally:

- Sight - ophthalmoception
- Hearing - audioception
- Taste - gustaoception
- Smell - olfacoception
- Touch - tactioception



8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Colli synhwyrâu yw pan nad yw un o'r synhwyrâu'n gweithio fel y dylai.

Defnyddir y term yn bennaf i ddisgrifio colli golwg, colli clyw a byddarddallineb.

Gall colli synhwyrâu effeithio ar unigolion o unrhyw oedran. Efallai ei fod o enedigaeth neu wedi ei gaffael yn hwyrach.

Nid oes rhaid i unigolyn golli synnwyr yn llwyr i gael ei ystyried fel rhywun sydd â cholli synhwyrâu. Bydd colli synhwyrâu yn effeithio ar fywydau ac anghenion unigolion mewn gwahanol ffyrdd.

Pan fydd gan unigolyn golli synhwyrâu, effeithir ar ei symudedd a'i allu i gyfathrebu, ac mae risg o unigrwydd ac arwahanrwydd a all effeithio ar ei lesiant.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Sensory loss is when one of the senses is not working as it should.

The term is used primarily to describe sight loss, hearing loss and deafblindness.

A sensory loss can affect individuals of any age. It may have been from birth or acquired at a later age.

An individual does not have to fully lose a sense to be considered as having a sensory loss. Sensory losses will impact on the lives and needs of individuals in different ways.

When an individual has a sensory loss, their mobility and ability to communicate are affected, and there is a risk of loneliness and isolation that can impact on their well-being.



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8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

1. Gweledol:

- **Nam ar y golwg** – term cyffredinol ar gyfer pobl sydd wedi colli eu golwg yn anadferadwy.
- **Dall** – gall person gofrestru'n ddall os mai dim ond o dri metr neu lai y gall ddarllen llinell uchaf siart llygaid optegydd.
- **Rhannol ddall** – rhywun sy'n gallu darllen llinell uchaf siart llygaid optegydd o chwe metr neu lai.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

1. Visual

- **Visually impaired** – an umbrella term for people who have irretrievable sight loss.
- **Blind** – a person can register as blind if they can only read the top line of an optician's eye chart from three metres or less.
- **Partially sighted** – someone who can read the top line of an optician's eye chart from six metres or less.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Achosion Dallineb

- Cataractau
- Retinopathi diabetig
- Glawcoma
- Dirywiad macwlaidd
- Retinitis Pigmentosa
- Achosion firaol – llid yr ymennydd, brech yr ieir ac ati
- Cynhenid - wedi'i eni â cholli synhwyrâu neu mae'n digwydd yn ystod babandod cynnar
- Caffaeledig - y golled yn digwydd yn ddiweddarach yn ystod plentyndod neu oedolaeth neu'n fwyaf aml pan yn hŷn

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Causes of Blindness

- Cataracts
- Diabetic retinopathy
- Glaucoma
- Macular degeneration
- Retinitis Pigmentosa
- Viral causes – meningitis, chicken pox etc
- Congenital – born with the sensory loss or it occurs in early infancy
- Acquired - loss occurs later on childhood or adulthood or most frequently in older age



8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Dangosyddion ac arwyddion o golli golwg:

- dal deunyddiau darllen ymhellach i ffwrdd neu'n agosach nag arfer
- peidio ag ymateb i gliwiau neu arwyddion gweledol
- eistedd yn rhy agos at y teledu
- taro i mewn neu faglu dros wrthrychau
- symud o gwmpas yn araf (gan ddefnyddio waliau fel canllaw)
- peidio â gweld gwrthrychau cyfagos
- anhawster wrth bennu newidiadau lefel y llawr
- anghysur gyda newidiadau rhwng goleuni a thywyllwch
- anhawster i weld gwrthrychau ar yr ochr
- manau gwyn ar gannwyll y llygad
- irisau yn newid lliw
- cwyno am weld fflachiadau llachar o olau.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Indicators and signs of sight loss:

- holding reading materials further away or nearer than usual
- not reacting to visual clues or signs
- sitting too close to the television
- bumping into or tripping over objects
- moving around slowly (using walls as a guide)
- not seeing nearby objects
- difficulty in determining floor level changes
- discomfort with changes between light and dark
- difficulty in seeing objects off to the side
- white areas on the pupil
- irises changing colour
- complaining of seeing bright flashes of light.



8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

2. Clyw

Mae yna lefelau gwahanol o fyddardod – ychydig, cymedrol, difrifol neu ddwys.

Mae'n cael ei ddiffinio gan y sain tawelaf wedi'i fesur mewn desibelau y gallwch chi ei glywed.

Os ydych

- ychydig yn fyddar byddwch yn ei chael yn anodd dilyn lleferydd mewn sefyllfa swllyd.
- yn gymedrol fyddar efallai y bydd angen i chi ddefnyddio cymhorthion clyw.
- Yn ddifrifol fyddar, hyd yn oed os ydych chi'n gwisgo cymhorthion clyw, mae'n debyg y byddwch chi'n dibynnu ar ddarllen gwefusau.
- yn ddwys o fyddar, BSL fyddai eich iaith gyntaf neu ddewis iaith.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

2. Hearing

There are different levels of deafness – mild, moderate, severe or profound.

It is defined by the quietest sound measured in decibels that you can hear.

If you are

- mildly deaf you will find it difficult to follow speech in a noisy situation.
- moderately deaf you may need to use hearing aids. severely deaf, even if you wear hearing aids, you will most probably rely on lip reading.
- profoundly deaf BSL would be your first or preferred language.

8.1 Effaith bosibl gwahanol fathau o 'gollu synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Byddar - Defnyddir y term mewn ffordd gyffredinol wrth siarad am bobl sydd â cholli clyw o bob lefel.

Trwm eu clyw - yn cael ei ddefnyddio i ddisgrifio pobl â cholli clyw ysgafn i ddifrifol. Defnyddir yn aml i ddisgrifio pobl sydd wedi colli eu clyw yn raddol.

Byddarwyd - pobl a aned yn clywed ac a ddaeth yn ddifrifol fyddar neu'n ddwys o fyddar ar ôl dysgu siarad. Gall hyn ddigwydd yn sydyn neu'n raddol.

Cymuned fyddar - Mae llawer o bobl y mae BSL yn iaith gyntaf iddynt yn ystyried eu hunain yn rhan o'r gymuned fyddar. Gallant ddisgrifio eu hunain fel byddar gyda phriflythyren D i bwysleisio eu hunaniaeth Fyddar.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Deaf – The term is used in a general way when talking about people with all degrees of hearing loss.

Hard of hearing – used to describe people with mild to severe hearing loss. Quite often used to describe people who have lost their hearing gradually.

Deafened – people who were born hearing and became severely or profoundly deaf after learning to speak. This can happen suddenly or gradually.

Deaf community – Many people whose first language is BSL consider themselves part of the deaf community. They may describe themselves as deaf with a capital D to emphasise their Deaf identity.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Mae yna wahanol ffyrdd o ddisgrifio mathau o golli clyw, mae rhai pobl yn teimlo'n gyfforddus gyda gair penodol i ddisgrifio eu byddardod eu hunain. Efallai eu bod yn teimlo'n eithaf cryf am dermau nad ydynt yn hoffi iddynt gael eu defnyddio.

Yr amcangyfrif diweddaraf ar gyfer nifer yr oedolion byddar a thrwm eu clyw yn y DU - 8,945,000, ysgafn i gymedrol - 8,257,000 a difrifol i ddwys - 688,000. Colli clyw sy'n gysylltiedig ag oedran yw'r math mwyaf cyffredin o golli clyw yn y DU. O'r bobl dros 70 oed mae gan gyfanswm o 71.1% ryw fath o golli clyw.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

There are different ways to describe types of hearing loss, some people feel comfortable with a particular word to describe their own deafness. They may feel quite strongly about terms they do not like being used.

The most recent estimate for the number of deaf and hard of hearing adults in the UK- 8,945,000, mild to moderate – 8,257,000 and severe to profound – 688,000. Age related hearing loss is the most common type of hearing loss in the UK, over 70yr olds a total of 71,1% have some kind of hearing loss.



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8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Achosion Byddardod

- Etifeddol
- Cynhenid
- Fiol - fel llid yr ymennydd.
- Oedran (presbycusis)
- Menieres
- Achosir gan ddiwydiant neu sŵn

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Causes of Deafness

- Hereditary
- Congenital
- Viral - such as meningitis.
- Age (presbycusis)
- Meniere's
- Industrial or noise induced

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrau' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrau

Dangosyddion ac arwyddion o golli clyw:

- methu ag ymateb i leisiau sy'n dod o'r tu ôl
- anhawster dilyn ac ymuno â sgwrs grŵp
- diffyg sylw ymddangosiadol
- defnyddio llais rhy uchel
- gofyn yn barhaus i unigolion ailadrodd yr hyn y maent wedi'i ddweud
- troi sain y teledu i fyny
- methu ag ymateb i gloch y drws neu'r ffôn
- rhoi ymatebion amhriodol i gwestiynau/sgwrs
- cwyno am fethu â chlywed pan fo llawer o sŵn cefndir
- teimlo'n flinedig neu dan straen o orfod canolbwyntio wrth wrando.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Indicators and signs of hearing loss:

- failing to react to voices coming from behind
- difficulty following and joining a group conversation
- apparent inattention
- using an excessively loud voice
- continually asking individuals to repeat what they have said
- turning the television volume up
- failing to respond to the doorbell or the telephone
- giving inappropriate responses to questions/conversation
- complaining of not being able to hear when there is a lot of background noise
- feeling tired or stressed from having to concentrate while listening.

8.1 Effaith bosibl gwahanol fathau o 'gollu synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

3. Byddarddallineb

Mae'r term byddarddall yn cwmpasu ystod eang o wahanol gyflyrau a sefyllfaoedd. At ddibenion y **Ddeddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014** mae pobl yn cael eu hystyried yn fyddarddall os ydyn nhw *"â nam ar y golwg a'r clyw sydd, gyda'i gilydd, yn cael effaith sylweddol ar eu bywydau o ddydd i ddydd"* (Adran 18, SSWbA).

- Colled neu nam synhwyradd deul
- Nam ar y clyw a golwg rhannol
- Anawsterau golwg a chlyw
- Neu Nifer o ddisgrifiadau eraill

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

3. Deafblindness

The term deafblind covers a wide range of different conditions and situations. For the purposes of the **Social Services and Well-being (Wales) Act 2014** people are regarded as deafblind if they *"have sight and hearing impairments which, in combination, have a significant effect on their day to day lives"* (Section 18, SSWbA).

- A dual sensory loss or impairment
- A hearing impairment and partial sight
- Vision and hearing difficulties
- Or Number of other descriptions

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Math o fyddardallineb;

- Byddardallineb caffaeledig
- Byddar â nam ar y golwg
- Dall â nam ar y clyw
- Byddardallineb cynhenid

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Type of deafblindness;

- Acquired deafblindness
- Deaf visually impaired
- Blind hearing impaired
- Congenital deafblindness

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrau' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrau

Achosion Byddarddallineb

- Yn ystod beichiogrwydd hy Rwbela
- CHARGE
- Genetig - hy syndrom Usher
- Salwch – hy Llid yr Ymennydd.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Causes of Deafblindness

- During pregnancy i.e. Rubella
- CHARGE
- Genetic - i.e. Usher syndrome
- Illness – i.e. Meningitis.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Mae amrywiaeth o ffactorau a all effeithio ar unigolion â nam ar y synhwyrâu gan gynnwys:

Effaith ar gyfathrebu— Yn aml gall colli clyw fod yn anabledd cudd a all arwain at broblemau gyda chyfathrebu ag eraill a theimladau o unigedd i'r unigolyn dan sylw. Gallant ei chael yn anodd defnyddio ffôn neu glywed cloch y drws. Gall hyn wneud i'r unigolyn deimlo'n rhwystredig. Gallant hefyd ei chael yn anodd gwyllo'r teledu neu ymuno â sgyrsiau grŵp, a gall hyn achosi iddynt ynysu eu hunain. Nid yw unigolion sydd wedi colli eu golwg yn gallu adnabod pobl a lleoedd, a all achosi dryswch a theimladau o annigonolrwydd ac unigedd.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

There are a range of factors that can impact on individuals with sensory loss including:

Impact on communication – Hearing loss can often be a hidden disability which can lead to problems with communicating with others and feelings of isolation for the individual concerned. They can struggle to use a telephone or hear the doorbell. This can make the individual feel frustrated. They can also find it difficult to watch TV or join in with group conversations, and this may cause them to withdraw into themselves. Individuals with sight loss are unable to recognise people and places, which can cause confusion and feelings of inadequacy and isolation.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Mae amrywiaeth o ffactorau a all effeithio ar unigolion â nam ar y synhwyrâu gan gynnwys;

Effaith ar gyrchu gwybodaeth– Ni fydd unigolion sydd wedi colli eu golwg yn gallu darllen amserlenni, bwydlenni, arwyddion ac ati. Gall gorfod dibynnu ar rywun arall am y math hwn o wybodaeth effeithio ar breifatrwydd ac urddas unigolyn. Yn yr un modd, bydd unigolyn â cholli clyw yn ei chael hi'n anodd cael mynediad at wybodaeth nad yw mewn fformat print a gall deimlo ei fod yn colli preifatrwydd ac urddas os na all gael mynediad at ei wybodaeth ei hun.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

There are a range of factors that can impact on individuals with sensory loss including;

Impact on accessing information – Individuals with sight loss will be unable to read timetables, menus, signs etc. Having to rely on another for this type of information can impact an individual's privacy and dignity. Similarly, an individual with hearing loss will struggle to access information that is not in print format and can feel a loss of privacy and dignity if not able to access their own information.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrau' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrau

Mae amrywiaeth o ffactorau a all effeithio ar unigolion â cholli synhwyrau gan gynnwys

Effaith ar arferion– Bydd unigolion sy'n colli eu golwg yn teimlo eu bod wedi'u gwahanu fwyfwy oddi wrth y byd o'u cwmpas wrth i'w hymennydd gael llai o ysgogiad. Gallant hefyd deimlo'n llai diogel a gallant dueddu i osgoi mynd allan, a all waethygu eu hymdeimlad o unigedd ymhellach. Gall unigolion â cholli clyw dynnu'n ôl o arferion cymdeithasol wrth iddynt gael trafferth ymdopi â dilyn sgysiau mewn amgylchedd swnllyd. Gall colli golwg a chlyw effeithio ar symudedd unigolyn gan ei fod yn teimlo ei fod yn llai abl i symud o gwmpas ei ardal leol yn ddiogel.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

There are a range of factors that can impact on individuals with sensory loss including

Impact on routines – Individuals who lose their sight will feel increasingly separated from the world around them as their brain receives less stimulation. They can also feel less secure and can tend to avoid going out, which can further exacerbate their sense of isolation. Individuals with hearing loss may withdraw from social routines as they struggle to cope with following conversations in noisy surroundings. Both sight and hearing loss can affect an individual's mobility as they feel less able to move around their local area safely.



8.1 Effaith bosibl gwahanol fathau o 'golli synhwyr' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyr

Mae amrywiaeth o ffactorau a all effeithio ar unigolion â cholli synhwyr gan gynnwys;

Effaith ar agweddau - Gall unigolion sydd wedi colli eu golwg neu eu clyw deimlo bod cymdeithas yn dechrau eu trin yn wahanol. Mae unigolion â cholli clyw yn teimlo bod y rhai o'u cwmpas yn rhoi'r gorau i'w cynnwys mewn sgysiau ac yn siarad drostynt. Gall diffyg meddwl gan bobl eraill roi unigolion â cholli synhwyr mewn perygl. Gall peryglon megis ceir wedi'u parcio ar balmentydd achosi risg o anaf i unigolion sydd wedi colli eu golwg gan y byddant yn disgwyl i'r palmant fod yn glir.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

There are a range of factors that can impact on individuals with sensory loss including;

Impact on attitudes - Individuals with sight or hearing loss can feel that society begins to treat them differently. Individuals with hearing loss feel that those around them stop including them in conversations and talk over them. The thoughtlessness of others can put individuals with sensory loss in harm's way. Hazards such as cars parked on pavements can cause risk of injury to individuals with sight loss as they will be expecting the pavement to be clear.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Blas

Gall colli blas (hypogeusia) fod o ganlyniad i anhwylderau iechyd, meddyginiaeth neu ostyngiad sy'n gysylltiedig ag oedran mewn blasbwyntiau ar y tafod. Mae colli blas yn ei gwneud hi'n anoddach bwyta diet cytbwys a maethlon. Mae colli'r profiad o fwynhau prydau bwyd yn effeithio ar ryngweithio cymdeithasol a gall arwain at iselder.

Gall maethegydd greu bwydlen neu gynllun bwyta i helpu i oresgyn colli'r synnwyr o flas ac arogl gyda gwahanol flasau a gweadau.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Taste

Loss of taste (hypogeusia) may be a result of health disorders, medication or an age-related decrease in taste buds on the tongue. A loss of taste makes it more difficult to eat a balanced and nutritious diet. Loss of the experience of enjoying meals affects social interaction and can lead to depression.

A nutritionist can create a menu or eating plan to help overcome the loss of the sense of taste and smell with different tastes and textures.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwrau' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwrau

Arogl

Gall colli arogl (anosmia) gael ei achosi gan haint, newidiadau yn yr ymennydd neu heneiddio. Mae colli arogl hefyd yn lleihau archwaeth unigolyn ac yn ei gwneud hi'n anoddach sylwi ar beryglon fel tân, nwy yn gollwng neu fwydydd sydd wedi dyddio/wedi'u difetha. Mae arogl yn sicrhau bod unigolyn yn cynnal hylendid personol, ond efallai y bydd angen cymorth ychwanegol arnynt gyda hyn. I lawer, mae arogl yn helpu i ddwyn atgofion.

Mae larymau mwg a nwy yn gwella diogelwch ar gyfer y rhai sydd â synnwyr arogl is.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Smell

Loss of smell (anosmia) can be caused by infection, changes in the brain or ageing. Loss of smell also decreases an individual's appetite and makes it harder to notice hazards such as fire, gas leak or out of date/spoiled foods. Smell ensures an individual maintains personal hygiene, but they may need additional support with this. For many, smell helps to evoke memories.

Smoke and gas alarms enhance safety for those with a diminished sense of smell.

8.1 Effaith bosibl gwahanol fathau o 'golli synhwyrâu' ar unigolion

8.2 Y termau a ddefnyddir i ddisgrifio colli synhwyrâu

Cyffwrdd

Mae llai o ymdeimlad o gyffwrdd (hypoesthesia) yn ganlyniad i salwch a chlefydau sy'n lleihau llif y gwaed i derfynau'r nerfau. Mae hyn yn ei gwneud hi'n anoddach canfod pwysedd, tymheredd a gwead, ac yn ei dro yn cynyddu'r risg o gwmpo a llosgiadau. Mae gofal iechyd cyffredinol yn bwysig i unigolion heb unrhyw synnwyr o gyffwrdd oherwydd efallai na fyddant yn teimlo anafiadau. Mae gofal traed da yn bwysig i'r rhai sydd â synnwyr cyffwrdd llai er mwyn atal lledaeniad yr haint. Mae angen bod yn ofalus yn agos at wrthrychau poeth/gwres.

8.1 The potential impact of different types of 'sensory loss' on individuals

8.2 The terms used to describe sensory loss

Touch

A reduced sense of touch (hypoesthesia) is a result of illnesses and diseases reducing blood flow to nerve endings. This makes it more difficult to detect pressure, temperature and texture, and in turn increases risks of falling and burns. Overall healthcare is important to individuals with no sense of touch as they may not feel injuries. Good footcare is important to those with a reduced sense of touch to stop the spread of infection. Care needs to be taken around hot objects/heat.

8.3 Cysylltiadau rhwng cyflyrau/namau eraill a cholli synhwyrau

8.3 Links between other conditions/impairments and sensory loss

Pa gyflyrau eraill allwch chi feddwl amdanynt sy'n gysylltiedig â cholli synhwyrau?

What other conditions can you think of that are linked to sensory loss?



Dementia – Having sight or hearing loss makes things more difficult for the person with dementia who is already working hard to make sense of the world around them. Regular hearing and sight tests, technological aids, environmental improvements, and accessible information and communications can all make a big difference for people with dementia and sensory loss.

Learning disability – It has been estimated that around one in three people with learning disabilities is likely to have a sensory impairment.

Brain injury –

Fibromyalgia - Many patients have to change their glasses prescription frequently because of fibromyalgia-related vision fluctuations and changes in visual acuity. They also find their eyes are particularly sensitive to smoke or that environments with very dry air cause vision difficulty.“

Multiple sclerosis- **People with MS may experience blindness, whether partial or full.** Advanced demyelination can destroy your optic nerve or other parts of your body responsible for vision.

8.4 Yr ystod o wasanaethau, asiantaethau a gweithwyr proffesiynol sy'n darparu cymorth i unigolion â cholli synhwyrau

- Centre of Excellence for Sensory Impairment (coesi) - <http://www.coesi.org.uk/Home.aspx>
- Sense - <https://www.sense.org.uk/get-support/information-and-advice/>
- Action on Hearing Loss - <https://www.actiononhearingloss.org.uk>
- Cyngor Cymru i Bobl Fyddar - <http://www.wcdeaf.org.uk>
- Cyswllt Clywed Cymru - <https://www.hearinglink.org/connect/hearing-link-wales>
- RNIB Cymru - <https://www.rnib.org.uk/wales-cymru-1>
- Golwg Cymru - <http://sightcymru.org.uk/s://www.rnib.org.uk/wales-cymru-1>
- Cŵn Tywys Cymru - <https://www.guidedogs.org.uk/guide-dogs-cymru/>
- Cyngor Cymru i'r Deillion - <http://www.wcbccd.org.uk/perspectif/index.php>
- Deafblind Cymru - <https://deafblind.org.uk/about-us/deafblind-cymru/>

8.4 The range of services, agencies and professionals which provide support for individuals with sensory loss

- Centre of Excellence for Sensory Impairment (coesi) - <http://www.coesi.org.uk/Home.aspx>
- Sense - <https://www.sense.org.uk/get-support/information-and-advice/>
- Action on Hearing Loss - <https://www.actiononhearingloss.org.uk>
- Wales Council for Deaf People - <http://www.wcdeaf.org.uk>
- Hearing link Wales - <https://www.hearinglink.org/connect/hearing-link-wales>
- RNIB Cymru - <https://www.rnib.org.uk/wales-cymru-1>
- Sight Cymru - <http://sightcymru.org.uk/s://www.rnib.org.uk/wales-cymru-1>
- Guide dogs Cymru - <https://www.guidedogs.org.uk/guide-dogs-cymru/>
- Wales Council for the Blind - <http://www.wcbccd.org.uk/perspectif/index.php>
- Deafblind Cymru - <https://deafblind.org.uk/about-us/deafblind-cymru/>



www.gofalcymdeithasol.cymru
www.socialcare.wales



Sight loss: RNIB Cymru

Optician Trident Court
Ophthalmologist East Moors Road
Social worker for visually impaired Cardiff
OT (occupational therapist) CF24 5TD
RNIB (Royal National Institute for the Blind) Tel: 029 2045 0440
Action for blind people www.rnib.org.uk
Eye clinic liaison officer
Local society for the blind.

Hearing loss:

Audiologist RNID Cymru
RNID (Royal National Institute for the Blind) Tudor House
Social worker for the deaf 16 Cathedral Road
Technical officer for hearing loss Cardiff
OT South Glamorgan
Local society for the deaf Tel: 029 2033 3034

www.rnid.org.uk

Deaf blindness: Sense Cymru

Specialist deafblind assessor Ty Penderyn
SENSE East Moors Road
Deafblind uk (DBUK) Cardiff

CF24 5TD
Tel: 029 2045 0440

8.5 Gofynion penodol a nodir yn Neddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrau

Mae'r codau ymarfer o dan y Ddeddf yn cyfeirio'n benodol at gyfrifoldebau awdurdodau lleol a byrddau iechyd lleol i ddarparu gofal a chymorth priodol i bobl fyddarddall yn eu hardal. Rydyn ni'n galw'r rhain yn '**Ddyletswyddau byddarddall**'. Mae'r dyletswyddau o fewn y Ddeddf a'r codau yn disodli cylchlythyr Cynulliad Cenedlaethol Cymru 'Gofal Cymdeithasol i Blant ac Oedolion Byddarddall', a adwaenir yn aml fel y 'Canllawiau Byddarddall', a gyhoeddwyd yn 2001. Mae'r dyletswyddau newydd ar awdurdodau lleol wedi'u gwasgaru drwy'r Ddeddf a'r codau.

8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss

The codes of practice under the Act make specific reference to local authorities and local health boards' responsibilities to provide appropriate care and support for the deafblind people in their area. We call these the '**Deafblind duties**'. The duties within the Act and codes replace the National Assembly for Wales circular 'Social Care for Deafblind Children and Adults', often known as the 'Deafblind guidance', which was issued in 2001. The new duties on local authorities are dispersed throughout the Act and codes.

8.5 Gofynion penodol a nodir yn Neddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrâu

Mae'r Cod yn dweud:

Rhaid i Adran 1 yr adroddiad asesiad poblogaeth gynnwys themâu craidd penodol sy'n ymdrin â:

- plant a phobl ifanc
- pobl hŷn
- iechyd / anableddau corfforol
- anabledd dysgu / awtistiaeth
- iechyd meddwl
- **nam ar y synhwyrâu**
- gofalwyr sydd angen cefnogaeth
- trais yn erbyn menywod, cam-drin yn y cartref a thrais rhywiol (Cod 2, 123)

8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss

The Code states:

Section 1 of the population assessment report must include specific core themes dealing with:

- children and young people
- older people
- health / physical disabilities
- learning disability / autism
- mental health
- **sensory impairment**
- carers who need support
- violence against women, domestic abuse and sexual violence (Code 2, 123)

8.5 Gofynion penodol a nodir yn Neddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrau

O dan y Ddeddf mae'n ofynnol i awdurdodau lleol sicrhau:

Rhaid i Gyfarwyddwr y Gwasanaethau Cymdeithasol fod â chyfrifoldeb cyffredinol ar gyfer gwasanaethau byddarddall o fewn ei gyfrifoldebau (Cod 4, 71).

Rhaid i awdurdod lleol **sefydlu a chynnal cofrestr** o'r bobl sy'n byw fel arfer yn ardal yr awdurdod sydd â namau ar y golwg a'r clyw sydd, gyda'i gilydd, yn cael effaith sylweddol ar eu bywydau o ddydd i ddydd (SSWbA, 18, 1c).

Wrth gyflawni eu dyletswyddau o dan Adran 18 rhaid i awdurdodau lleol **adnabod a chysylltu** gyda phawb sydd â nam ar y golwg a'r clyw gan gynnwys y rhai sydd ag anableddau lluosog gan gynnwys nam synhwyraidd deuoI (Cod 2, 392).

8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss

Under the Act local authorities are required to ensure:

The **Director of Social Services must have overall responsibility** for deafblind services within his/her responsibilities (Code 4, 71).

A local authority must **establish and maintain a register** of the people ordinarily resident in the authority's area who have sight and hearing impairments which, in combination, have a significant effect on their day-to-day lives (SSWBA, 18, 1c).

In discharging their duties under Section 18 local authorities must **identify and make contact** with all people who have both sight and hearing impairment including those who have multiple disabilities including dual sensory impairment (Code 2, 392).



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8.5 Gofynion penodol a nodir yn Neddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrau

O dan y Ddeddf mae'n ofynnol i awdurdodau lleol sicrhau:

Pan fydd **asesiad** o anghenion person byddarddall yn ofynnol neu y gofynnir amdano, **rhaid iddo gael ei gyflawni gan berson/tîm sydd wedi'i hyfforddi'n benodol**, yn meddu ar y gallu i asesu anghenion person byddarddall – yn arbennig i asesu'r angen am gyswllt personol a rhyngweithio cymdeithasol, technoleg gynorthwyol; cefnogaeth gyda symudedd; cyfathrebu; llesiant emosiynol; sefydlu/adsefydlu, dysgu sgiliau ar gyfer bywyd ac anghenion yn y dyfodol (Cod 3, 31).

Rhaid i awdurdod lleol sicrhau bod **gwasanaethau** a ddarperir i bobl fyddarddall **yn briodol, gan gydnabod efallai na fyddant o reidrwydd yn gallu etwa ar wasanaethau prif ffrwd** neu'r gwasanaethau hynny sydd wedi'u hanelu'n bennaf at bobl ddall neu bobl fyddar sy'n gallu dibynnu ar eu synhwyrau eraill (Cod 4, 71).

8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss

Under the Act local authorities are required to ensure:

When an **assessment** of the needs of a deafblind person is required or requested, it **must be carried out by a specifically trained person/team**, equipped to assess the needs of a deafblind person – in particular to assess the need for personal contact and social interaction, assistive technology; support with mobility; communication; emotional well-being; habilitation/rehabilitation learning skills for life and future needs (Code 3, 31).

A local authority must ensure that **services** provided to deafblind people are **appropriate, recognising that they may not necessarily be able to benefit from mainstream services** or those services aimed primarily at blind people or deaf people who are able to rely on their other senses (Code 4, 71).

8.5 Gofynion penodol a nodir yn Neddf Gwasanaethau Cymdeithasol a Liesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrâu

O dan y Ddeddf mae'n ofynnol i awdurdodau lleol sicrhau:

Rhaid i awdurdodau lleol sicrhau bod pobl fyddarddall yn gallu **cael mynediad at weithwyr cymorth un-i-un sydd wedi'u hyfforddi'n benodol** ar gyfer y bobl hynny y maent yn asesu bod angen un arnynt (Cod 4, 71).

Rhaid i awdurdodau lleol ddarparu gwasanaeth gwybodaeth, cyngor a chymorth sy'n cynnwys darparu:

h) gwybodaeth, cyngor a chymorth hygrych i grwpiau penodol gan gynnwys gweithwyr cymorth un i un os oes angen hyn, er enghraifft, plant ac oedolion byddarddall (Cod 2, 300).

8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss

Under the Act local authorities are required to ensure:

Local authorities must ensure that deafblind people are able **to access specifically trained one-to-one support workers** for those people they assess as requiring one (Code 4, 71).

Local authorities must provide an information, advice and assistance service which includes the provision of:

h) accessible information, advice and assistance to specific groups including one to one support workers if this is required, for example, deafblind children and adults (Code 2, 300).



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8.5 Gofynion penodol a nodir yn Neddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) a Chodau Ymarfer cysylltiedig ar gyfer asesu a darparu gwasanaethau i unigolion â cholli synhwyrau

O dan y Ddeddf mae'n ofynnol i awdurdodau lleol sicrhau:

Rhaid i awdurdodau lleol ddarparu i blant ac oedolion byddarddall **wybodaeth, cyngor a chymorth mewn fformatau a chyfryngau hygyrch** iddynt ac i sicrhau eu bod yn gallu cael gafael ar weithwyr cymorth un i un sydd wedi'u hyfforddi'n benodol, os oes angen hynny (Cod 2, 325).

Rhaid i awdurdodau lleol drefnu **darparu eiriolwr proffesiynol annibynnol** pan fydd person ond yn gallu goresgyn y rhwystrau i gymryd rhan lawn yn y prosesau asesu, cynllunio gofal a chymorth, adolygu a diogelu gyda chymorth gan unigolyn priodol, ond nad oes unigolyn priodol ar gael (Cod 10, 47).

8.5 Specific requirements set within the Social Services and Well-Being (Wales) Act and associated Codes of Practice for the assessment of and delivery of services to individuals with sensory loss

Under the Act local authorities are required to ensure:

Local authorities must provide deafblind children and adults with **information, advice and assistance in formats and mediums accessible** to them and to ensure they have access to specifically trained one to one support workers, if this is required (Code 2, 325).

Local authorities must arrange for the **provision of an independent professional advocate** when a person can only overcome the barriers to participate fully in the assessment, care and support planning, review and safeguarding processes with assistance from an appropriate individual, but there is no appropriate individual available (Code 10, 47).



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8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrâu

Bydd gan bob unigolyn sydd â cholli synhwyrâu wahanol anghenion a dulliau gwahanol o gyfathrebu yn ôl eu colled unigol. Mae'n bwysig darganfod beth yw'r rhain a'u defnyddio wrth gyfathrebu ag unigolion. Fodd bynnag, mae rhai ystyriaethau cyffredinol y gellir eu dilyn.

8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

Each individual with a sensory loss will have different needs and methods of communicating according to their individual loss. It is important to find out what these are and use them when communicating with individuals. There are, however, some general considerations that can be followed.



8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrau

8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

Meddyliwch am dulliau cyfathrebu a ddefnyddir gan unigolion â cholli synhwyrau

Think of methods of communication used by individuals with a sensory loss



Ask the group to give examples of how we communicate:

Talk – face to face, telephone. Mobile, radio

Gestures – hand movements

Body language

Eye contact

Facial expressions

Reading and writing

E-mailing and texting

Sight loss

Braille- raised dots or shapes found on paper, boxes, plaques on doors etc

Enlarged print rather than joined up writing

Computers

Guide help or note taker

Large button phones.

Effective communication:

- Say who you are
- Say what you are going to do, be specific
- Talk directly to the person and use their name
- Stand where you can be seen. If necessary use touch for attention

- Take time to answer questions
- Tell the person you are leaving them – do not just walk away

Hearing loss

British sign language. Makaton

Lipspeakers – someone who repeats what is being said but without using their voice, which in turn can make it easier for some to lipread,

Lipreading

Cued speech – hand shapes near mouth to indicate sound shapes, highly

Speech to text reporter- a special keyboard which produces a word for word (verbatim) report which is displayed on a screen via a data projector

Telephone relay service – message relayed to an operator who sends a message by text to the person with the hearing loss

Hearing aids - mention loop systems

Effective communication

- Make sure the room is quiet and well lit if possible
- Make sure there is sufficient light on speakers face
- Face the person you are speaking to
- stay in their field of vision
- speak a little louder than usual
- Do not shout as this distorts the voice and lip patterns
- Speak a little more slowly but not so slow it distorts the speech rhythm
- if something is not understood, re-phrase rather than repeat
- Avoid distractions e.g dangly earrings or for a male, a beard that covers the lips

Deafblindness

Using any residual sight/hearing

Tactile communication – touch with objects: braille, moon (alphabet of embossed shapes which can be read by touch), objects of reference

Tactual communication – touch with people: Tadoma is a form of tactual communication.

People who use tadoma will place their hands on the speaker's lips or throat to feel the vibrations. This method is quite rare and is not used by many deafblind people.

Also handsigning.

Effective communication

Could be any combination for sight/hearing loss.

8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrau

Eiddoedd	Eiddoedd effeithiol	Hearing loss	Effective communication systems
<ul style="list-style-type: none"> • Iaith arwyddion Prydain, Makaton • Gwefusieffarwyr – rhywun sy'n ailadrodd yr hyn sy'n cael ei ddweud ond heb ddefnyddio'r lais, a all yn ei dro ei gwneud yn haws i rai ddarllen gwefusau • Darllen gwefusau • Lleferydd â chw – siapiau llaw ger y geg i ddangos siapiau sain • Adroddwr lleferydd i destun - bysellherdd arbennig sy'n cynhyrchu adroddiad gair am air sy'n cael ei arddangos ar sgrin trwy dafunydd data • Gwasanaeth ffôn cyfnewid – anfon neges at weithredwr sy'n anfon neges destun at y person â cholli clyw • Cymhoethion clyw - soniwrch aeri systemau dolan 	<ul style="list-style-type: none"> • Sicrhewch fod yr ystafell yn dawel ac wedi'i goleuo'n dda os yn bosibl • Sicrhewch fod digon o olau ar wyneb y siaradwyr • Wynebwrch y person rydych chi'n siarad ag ef • Arhoswch o fewn eu maes golwg • Siaradwch ychydig yn uwch na'r arfer • Peidiwch â gweiddio gan fod hyn yn ystumio'r llais a phatrymau gwefusau • Siaradwch ychydig yn arafach ond nid mor araf fel ei fod yn ystumio'r rhytm lleferydd • Os nad yw rhywbeth yn cael ei ddeall, aralleiwch yn hytrach nag ailadrodd • Os gowch bethau sy'n tynnu sylw ee clustdysau crog neu i ddyn, barf sy'n gorchuddio'r gwefusau 	<ul style="list-style-type: none"> • British sign language- Makaton • Lipspeakers – someone who repeats what is being said but without using their voice, which in turn can make it easier for some to lipread, • Lipreading • Cued speech – hand shapes near mouth to indicate sound shapes, highly • Speech to text reporter- a special keyboard which produces a word for word (verbatim) report which is displayed on a screen via a data projector • Telephone relay service – message relayed to an operator who sends a message by text to the person with the hearing loss • Hearing aids - mention loop systems 	<ul style="list-style-type: none"> • Make sure the room is quiet and well lit if possible • Make sure there is sufficient light on speakers face • Face the person you are speaking to • stay in their field of vision • speak a little louder than usual • Do not shout as this distorts the voice and lip patterns • Speak a little more slowly but not so slow it distorts the speech rhythm • If something is not understood, re-phrase rather than repeat • Avoid distractions e.g dangly earrings or for a male, a beard that covers the lips

Hearing loss

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Lipspeakers – someone who repeats what is being said but without using their voice, which in turn can make it easier for some to lipread,

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- Avoid distractions e.g dangly earrings or for a male, a beard that covers the lips

8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrau

Ydych chi'n	Ydych chi'n
<ul style="list-style-type: none"> • Braille - dotiau uchel neu siapiau ar bapur, blychau, placiau ar ddrysau ac ati • Print mwy yn hytrach na llawysgrifen • Cyfrifiaduron • Help tywys neu rywun i gymryd nodiadau • Ffônau â botymau mawr. 	<ul style="list-style-type: none"> • Dywedwch prwy ydych chi • Dywedwch beth rydych chi'n mynd i'w wneud, byddwch yn benodol • Siaradwch yn uniongyrchol â'r person a defnyddiwch ei enw • Sefwch lle gallwch chi gael eich gweld. Os oes angen, defnyddiwch gyffwrdd i gael sylw • Cymerwch amser i ateb cwestiynau • Dywedwch wrth y person rydych chi'n ei adael - peidiwch â cheredd i ffwrdd heb ddweud dim

8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

Sight loss	Effective communication
<ul style="list-style-type: none"> • Braille- raised dots or shapes found on paper, boxes, plaques on doors etc • Enlarged print rather than joined up writing • Computers • Guide help or note taker • Large button phones. 	<ul style="list-style-type: none"> • Say who you are • Say what you are going to do, be specific • Talk directly to the person and use their name • Stand where you can be seen. If necessary use touch for attention • Take time to answer questions • Tell the person you are leaving them - do not just walk away

Sight loss

Braille- raised dots or shapes found on paper, boxes, plaques on doors etc

Enlarged print rather than joined up writing

Computers

Guide help or note taker

Large button phones.

Effective communication:

- Say who you are
- Say what you are going to do, be specific
- Talk directly to the person and use their name
- Stand where you can be seen. If necessary use touch for attention
- Take time to answer questions
- Tell the person you are leaving them – do not just walk away

8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrau

Eiddoedd effeithiol	Cyfathrebu effeithiol	Deafblindness	Effective communication
<ul style="list-style-type: none"> Defnyddiwrch unrhyw olwg/clyw gweddilliol Cyfathrebu cyffwrddol – cyffwrdd â gwrthrychau: braille, lleuad (wyddor o siapiau boglynnog y gellir eu darllen trwy gyffwrdd), gwrthrychau cyfeirio Cyfathrebu tactegol – cyffwrdd â phobl: Math o gyfathrebu tactegol yw Tadoma. Bydd pobl sy'n defnyddio tadoma yn gosod eu dwylo ar wafusau neu wddf y siaradwr i deimlo'r dirgryniadau. Mae'r dull hwn yn aithaf prin ac nid yw'n cael ei ddefnyddio gan lawer o bobl fyddarddall. Hefyd llawarwyddo. 	<p>Gallai fod yn unrhyw gyfuniad ar gyfer colli golwg/clyw.</p>	<ul style="list-style-type: none"> Using any residual sight/hearing Tactile communication – touch with objects: braille, moon (alphabet of embossed shapes which can be read by touch), objects of reference Tactual communication – touch with people: Tadoma is a form of tactual communication. People who use tadoma will place their hands on the speaker's lips or throat to feel the vibrations. This method is quite rare and is not used by many deafblind people. Also handsigning. 	<p>Could be any combination for sight/hearing loss.</p>



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Deafblindness

Using any residual sight/hearing

Tactile communication – touch with objects: braille, moon (alphabet of embossed shapes which can be read by touch), objects of reference

Tactual communication – touch with people: Tadoma is a form of tactual communication.

People who use tadoma will place their hands on the speaker's lips or throat to feel the vibrations. This method is quite rare and is not used by many deafblind people.

Also handsigning.

Effective communication

Could be any combination for sight/hearing loss.

8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrau

Ystyriaethau wrth gyfathrebu ag unigolyn â cholli clyw:

- caniatewch amser ychwanegol
- wynebwch yr unigolyn rydych chi'n siarad ag ef
- peidiwch â gweiddi gan fod hyn yn ystumio'r llais a phatrymau gwefusau
- siaradwch ychydig yn arafach nag arfer
- arhoswch o fewn eu maes golwg
- defnyddiwch system ddolen
- gofynnwch am eu dulliau cyfathrebu, ee iaith arwyddion
- defnyddiwch sillafu bys / iaith arwyddion
- siaradwch ar lefel y glust
- ailadroddwch / aralleiriwch os oes angen
- ysgrifennwch bethau i lawr
- gwnewch yn siŵr nad oes adlais yn yr ystafell
- gofynnwch i unigolion ailadrodd gwybodaeth bwysig yn ôl i chi i wneud yn siŵr ei bod wedi'i deall
- sicrhewch fod cymhorthion clyw wedi'u troi ymlaen ac yn gweithio.

8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

Considerations when communicating with an individual with hearing loss:

- allow extra time
- face the individual you are speaking to
- do not shout as this distorts the voice and lip patterns
- speak a little more slowly than usual
- stay in their field of vision
- use a loop system
- find out about their communication methods, e.g. sign language
- use finger spelling / sign language
- speak at ear level
- repeat/rephrase if needed
- write things down
- make sure there is no echo in the room
- ask individuals to repeat important information back to you to make sure it has been understood
- make sure hearing aids are switched on and functioning.

8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrâu

Ystyriaethau wrth gyfathrebu ag unigolyn â byddarddallineb:

- goleuo da
- cefndir plaen
- sefwch o'u blaen
- gall unigolion â byddarddallineb gyfathrebu gan ddefnyddio:
 - cyfathrebu cyffwrddol – defnyddio cyffwrdd â gwrthrychau
 - cyfathrebu tactegol – defnyddio cyffwrdd ag unigolion
- defnyddio lleferydd clir a phrint clir
- gallai fod yn ddefnyddiol edrych ar yr Wyddor Llaw Byddarddall i gyfathrebu gan ddefnyddio cymorth cyfathrebu arbenigol.

8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

Considerations when communicating with an individual with deafblindness:

- good lighting
- plain background
- stand in front of them
- individuals with deafblindness may communicate using:
 - tactile communication – using touch with objects
 - tactual communication – using touch with individuals
- use clear speech and clear print
- it might be useful to look at the Deafblind Manual Alphabet to communicate use specialist communication support.



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8.6 Modelau a dulliau y gellir eu defnyddio i gefnogi cyfathrebu ac ymgysylltu effeithiol ag unigolion â cholli synhwyrâu

Sut gall cyfathrebu effeithiol gael effaith gadarnhaol ar unigolion â cholli synhwyrâu?

- Gwell iechyd a llesiant emosiynol
- Gwell ansawdd bywyd
- Gwneud cyfraniad cadarnhaol
- Ymdeimlad o reolaeth
- Rhyddid rhag gwahaniaethu
- Llesiant economaidd
- Urddas personol

8.6 Models and approaches that can be used to support effective communication and engagement with individuals who have sensory loss

How effective communication may have a positive impact on individuals with sensory loss?

- Improved health and emotional wellbeing
- Improved quality of life
- Making a positive contribution
- Choice of control
- Freedom from discrimination
- Economic wellbeing
- Personal dignity

GWEITHGAREDD - Astudiwch anghenion pob unigolyn a nodi'r cymorth sydd ar gael i'w helpu i gyflawni bywyd mwy bodlon.

ACTIVITY - Study each individual's needs and identify the support available to help them achieve a more fulfilled life.



Mae Geraint yn 86 oed ac mae ganddo ddirywiad macwlaidd. Cyn i'w olwg ddechrau methu, roedd wrth ei fodd yn gwylio chwaraeon, yn enwedig criced a phêl-droed. Roedd yn ddarllenwr brwd ac mae'n rhwystredig nad yw bellach yn gallu darllen llyfr, hyd yn oed gyda chwyddwydr. Mae wedi gorfod rhoi'r gorau i'w drwydded yrru ac yn colli'r rhyddid a ddaeth yn sgil ei gar. Mae wedi rhoi'r gorau i fynd allan gymaint gan ei fod yn ofni cwmpo.

Geraint is 86 and has macular degeneration. Before his eyesight began to fail, he loved watching sport, particularly cricket and football. He was an avid reader and is frustrated that he can no longer read a book, even with a magnifier. He's had to give up his driving licence and misses the freedom his car brought. He has stopped going out so much as he is afraid of falling.



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Ymateb awgrymedig:

Gallai Geraint gysylltu ag RNiB Cymru neu Sight Cymru i gael mynediad at ystod o wasanaethau a fydd yn helpu i wneud gwahaniaeth i'w fywyd. Mae amrywiaeth o ddyfeisiau technoleg gynorthwyol y gallai eu defnyddio fel y gall barhau i fwynhau llyfrau a chael gafael ar wybodaeth ar gyfrifiadur. Mae gan RNiB hefyd lyfrgell llyfrau llafar y gallai wneud defnydd ohoni. Os yw ei ddiffyg annibyniaeth yn effeithio ar ei hwyliau, yna gellir cynnig cwnsela i'w helpu i ddod i delerau â'i golled golwg. Gallai hefyd ystyried defnyddio ci tywys i'w helpu i adennill hyder wrth fynd allan.

Geraint is 86 and has macular degeneration. Before his eyesight began to fail, he loved watching sport, particularly cricket and football. He was an avid reader and is frustrated that he can no longer read a book, even with a magnifier. He's had to give up his driving licence and misses the freedom his car brought. He has stopped going out so much as he is afraid of falling.

Suggested response:

Geraint could contact [RNiB Cymru](#) or [Sight Cymru](#) to access a range of services that will help make a difference to his life. There are a range of assistive technology devices that he could make use of so that he can continue to enjoy books and access information on a computer. [RNiB](#) also have a talking books library that he could make use of. If his mood is affected by his lack of independence, then counselling can be offered to help him come to terms with his sight loss. He could also consider using a guide dog to help him regain confidence in getting out and about.



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Dechreuodd Meinir gollu ei chlyw tua deng mlynedd yn ôl. Sylwodd ei theulu ar hyn gyntaf pan ddaethant yn fwyfwy rhwystredig gyda gorfod ailadrodd eu hunain. Mae ei hwyrion bob amser yn cwyno am sŵn y teledu. Mae hi'n amharod i gyfaddef bod ganddi broblem clyw ac nad yw eisiau cymorth clyw.

Meinir began to lose her hearing about ten years ago. Her family noticed it first when they became increasingly frustrated with having to repeat themselves. Her grandchildren always complain about the volume of the TV. She is reluctant to admit that she has a hearing problem and doesn't want a hearing aid.

Dechreuodd Meinir golli ei chlyw tua deng mlynedd yn ôl. Sylwodd ei theulu ar hyn gyntaf pan ddaethant yn fwyfwy rhwystredig gyda gorfod ailadrodd eu hunain. Mae ei hwyrion bob amser yn cwyno am sŵn y teledu. Mae hi'n amharod i gyfaddef bod ganddi broblem clyw ac nad yw eisiau cymorth clyw.

Ymateb awgrymedig:

Gallai Meinir gael ei chefnogi gan Action for Hearing trwy eu clinigau cymorth clyw yn y gymuned, a allai esbonio ei hopsiynau a dangos iddi pa mor anweledig y gall cymhorthion clyw newydd fod. Os yw Meinir yn dal yn argyhoeddedig nad yw hi eisiau gwisgo teclyn clyw, yna gallai Cyngor Cymru i'r Byddar ddarparu hyfforddiant mewn darllen gwefusau fel ei bod yn haws i Meinir gyfathrebu â'i theulu.

Meinir began to lose her hearing about ten years ago. Her family noticed it first when they became increasingly frustrated with having to repeat themselves. Her grandchildren always complain about the volume of the TV. She is reluctant to admit that she has a hearing problem and doesn't want a hearing aid.

Suggested response:

Meinir could be supported by Action for Hearing through their community-based hearing aid clinics, who could explain her options and show her how discrete new hearing aids can be. If Meinir is still convinced that she doesn't want to wear a hearing aid, then Wales Council for the Deaf could provide training in lip reading so that it is easier for Meinir to communicate with her family.

Mae Brogan yn yr ysbyty yn gwella ar ôl damwain car. Mae'r meddygon wedi dweud wrth ei gŵr gan ei bod wedi colli'r golwg mewn un llygad a bod ganddi olwg rhannol yn unig yn y llall, bydd angen iddo ystyried sut mae'n paratoui eu cartref ar gyfer pan fydd yn gadael yr ysbyty.

Brogan is in hospital recovering from a car accident. The doctors have told her husband that as she has lost the sight in one eye and only has partial sight in the other, he will need to consider how he prepares their home for when she leaves hospital.

Mae Brogan yn yr ysbyty yn gwella ar ôl damwain car. Mae'r meddygon wedi dweud wrth ei gŵr gan ei bod wedi colli'r golwg mewn un llygad a bod ganddi olwg rhannol yn unig yn y llall, bydd angen iddo ystyried sut mae'n paratoi eu cartref ar gyfer pan fydd yn gadael yr ysbyty.

Ymateb awgrymedig:

Gallai gŵr Brogan ddefnyddio llinell gymorth yr RNiB i gael gwybod am y cymorth sydd ar gael. Gall Sight Cymru ei helpu i ddarganfod pa adnoddau sydd ar gael i sicrhau y gall Brogan barhau i fyw'n annibynnol yn ei chartref. Efallai y gall yn ystyried ci tywys iddi, os yw'n dymuno mynd allan pan fydd yn y gwaith.

Brogan is in hospital recovering from a car accident. The doctors have told her husband that as she has lost the sight in one eye and only has partial sight in the other, he will need to consider how he prepares their home for when she leaves hospital.

Suggested response:

Brogan's husband could access the RNiB helpline to find out about the support available. Sight Cymru can help him find out what resources are available to ensure that Brogan can still live independently within her home. He may consider a guide dog for her, if she wishes to get out and about when he is at work.



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Diolch
Thank you

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