

Canllaw newydd ar hawliau gofal iechyd i bobl sydd â cholled synhwyraidd yng Nghymru

Mae'r elusennau Sense Cymru, Action on Hearing Loss Cymru a RNIB Cymru yn lansio canllaw i bobl sydd â cholled synhwyraidd sy'n defnyddio gwasanaethau iechyd. Mae'r lansiad, i'w gynnal ar 25 Mehefin, yn rhan o **Wythnos Ymwybyddiaeth Byddarddallineb – 22-26 Mehefin 2015**.

Helpwch ni i gefnogi pobl â cholled synhwyraidd i ddefnyddio gwasanaethau iechyd yng Nghymru trwy hyrwyddo 'Colled synhwyraidd a gwasanaethau iechyd: eich hawliau' ymhlith y bobl yr ydych yn cefnogi a'ch cydweithwyr.

Cynhyrchwyd y canllaw byr ar hawliau cleifion i gydbblethu â'r 'Safonau Cymru Gyfan ar gyfer cyfathrebu a gwybodaeth i bobl sydd â nam ar eu synhwyrau' a gyflwynwyd gan Lywodraeth Cymru ym mis Rhagfyr 2013. Dyma oedd y safonau cyntaf o'u math ar draws y DU ac maent yn anelu at gynyddu hygyrchedd i bobl fyddar, trwm eu clyw, dall, rhannol ddall a byddarddall.

Mae tua 500,000 o bobl yng Nghymru yn fyddar neu â nam ar eu clyw a 100,000 o bobl yn byw gyda nam ar eu golwg sy'n cael effaith sylweddol ar eu bywydau bob dydd. Mae 18,850 o bobl yn cael eu heffeithio gan gyfuniad o golled clyw a golwg, a elwir yn golled synhwyraidd ddeuol neu'n fyddarddallineb. Yng Nghymru, mae tua 200 o blant a phobl ifanc byddarddall neu sydd â Nam Amlsynhwyraidd (Multi-Sensory Impairment – MSI). Mae 62% o'r boblogaeth byddarddall dros 70 oed, gan ddangos cynifer o bobl sy'n dod yn fyddarddall gydag oed.

Byddarddallineb yw'r cyfuniad o anawsterau golwg a chlyw. Mae rhai pobl yn gwbl fyddar ac yn ddall, ond mae gan eraill rhywfaint o ddefnydd sy'n weddill o un neu'r ddau synnwyr. Mae'r rhan fwyaf o'r hyn yr ydym yn dysgu am y byd yn dod trwy ein clustiau a'n llygaid, felly gall pobl fyddarddall wynebu problemau o ran cyfathrebu, mynediad at wybodaeth a symudedd.

Mae **achosion byddarddallineb** yn cynnwys heintiau yn ystod beichiogrwydd, genedigaeth gynamserol, trawma geni a chyflyrau genetig prin. Gall unrhyw un ohonom ddod yn fyddarddall ar unrhyw adeg trwy salwch, damwain neu wrth i ni heneiddio

Mae **Sense Cymru** yn darparu gwybodaeth, cyngor a gwasanaethau arbenigol i bobl fyddarddall, eu teuluoedd, gofalywyr a'r gweithwyr proffesiynol sy'n gweithio gyda nhw ar draws Cymru. Rydyn ni hefyd yn cefnogi pobl a nam synhwyraidd sengl gydag anghenion ychwanegol. Mae rhagor o wybodaeth am Sense Cymru a'n gwasanaethau ar gael ar wefan Sense – www.sense.org.uk

Os oes gennych ymholiadau ynghylch 'Colled synhwyraidd a gwasanaethau iechyd: eich hawliau' neu o ran gweithredu 'Safonau Cymru Gyfan ar gyfer cyfathrebu a gwybodaeth i bobl sydd â nam ar eu synhwyrau', cysylltwch â:

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New guide on healthcare rights for people with sensory loss in Wales

Charities Sense Cymru, Action on Hearing Loss Cymru and RNIB Cymru are launching a guide for people with sensory loss using health services. The launch, taking place on 25 June, is part of **Deafblind Awareness Week – 22-26 June 2015**.

Please help us to support people with sensory loss accessing health services in Wales by promoting ‘Sensory loss: know your healthcare rights’ amongst the people you support and your colleagues.

The short guide on patients’ rights has been produced to complement the ‘All Wales Standards for accessible information and communication for people with sensory loss’ introduced by the Welsh Government in December 2013. These standards were the first of their kind across the UK and aim to increase accessibility for deaf, hard of hearing, blind, partially sighted and deafblind people.

Around 500,000 people in Wales are deaf or have a hearing loss and 100,000 people are living with sight loss that has a significant impact on their daily lives. 18,850 people are affected by a combination of sight and hearing loss, known as dual sensory loss or deafblindness. In Wales there are around 200 deafblind or Multi-Sensory Impaired (MSI) children or young people. 62% of the deafblind population is aged over 70, demonstrating the prevalence of acquired deafblindness in older age.

Deafblindness is a combination of both sight and hearing difficulties. Some of these people are completely deaf and blind, but others have some remaining use of one or both senses. Most of what we learn about the world comes through our ears and eyes, so deafblind people can often face problems with communication, access to information and mobility.

Causes of deafblindness include infections during pregnancy, premature birth, birth trauma and rare genetic conditions. Any of us can become deafblind at any time through illness, accident or as we grow older.

Sense Cymru provides specialist information, advice and services to deafblind people, their families, carers and the professionals who work with them across Wales. We also support people who have a single-sensory impairment with additional needs. Further information about Sense Cymru and the services we provide can be found on Sense’s website –

www.sense.org.uk

For queries regarding ‘Sensory loss: know your healthcare rights’ or with regards implementing the ‘All Wales Standards for accessible information and communication for people with sensory loss’, please contact:

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