

Unpaid Carers Referral Form

Please read the guidance notes before completing this form.

Name of team/service referring: Queen Elizabeth High School

About the unpaid carer:

Title:	Address:
Full name:	
Date of birth:	Postcode:
Telephone:	Email:
Written language preference:	Spoken language preference:

About the person or people that you care for (to help us understand your caring role):

What county do they live in?
Your relationship to the person you care for (e.g. wife, son, mother, friend, etc.):
What illness, disability or condition does the person you care for have?
Does anyone else provide additional care for this person: Yes No
Their age range: 0 to 18 18 to 25 Over 25

How would you say you are currently coping with your caring role?

1	2	3	4	5
<i>Not coping</i>				<i>Coping well</i>

Please tick for help and support (see guidance notes for more information)

1.	Register with the Carers Information and Support Service to receive unpaid carer related information, carers pack and/or newsletter?	
2.	Have a conversation with an unpaid carers support worker to discuss your caring role.	
3.	Speak to someone about having a Carers Needs Assessment?	

Where to send the completed form:

Once completed please ensure this form is sent (via post or email) to the Carers Information Service of the county where the unpaid carer lives. Please tick as appropriate:

Carmarthenshire: Carers Information and Support Service, 16 Queen Street, Carmarthen, Carmarthenshire SA31 1JT or carersincarms@adferiad.org

Ceredigion: Neuadd Cyngor Ceredigion, Penmorfa, Aberaeron, Ceredigion, SA46 0PA or contactsocservs@ceredigion.gov.uk

Pembrokeshire: Carers Support Pembrokeshire, Carers Trust Crossroads West Wales, The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, SA15 2TH (head office) or carerssupportpems@ctcww.org.uk

Please sign and date:

By signing this form, you are agreeing for your details to be passed to the named organisation(s) on page 2, who may contact you by phone. They will store and use your personal information to help and support you in your caring role.

Unpaid Carers signature:

Date:

Guidance Notes

1. Register with the Carers Information and Support Service

If you live in Carmarthenshire

Ticking this option will register you with Carmarthenshire Carers Information & Support Service (CCISS). CCISS will send practical information and available support for unpaid carers in Carmarthenshire with the opportunity to receive additional support tailored to your individual needs. For further information visit (<https://adferiad.org/services/carmarthenshire-carers-information-support-service/>), email carersincarms@adferiad.org or call 0333 1211 332.

If you live in Ceredigion

Ceredigion have two services dedicated to unpaid carers, ticking this option will register you with **both** the Carers Information Service and Gofalwyr Ceredigion Carers.

- **Carers Information Service (CIS)** is run by Ceredigion County Council's Carers and Community Support Team. By registering will you receive a Carers Magazines released three times a year, as well as other supporting information. For further information visit (<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-carers/carers-information-service/>), email connecting@ceredigion.gov.uk or call 01970 633 564.
- **Gofalwyr Ceredigion Carers (GCC)** provide more practical support. Providing information, advice, and emotional support on an individual basis. They organise group activities, training, and time to talk with other unpaid carers. They also help unpaid carers access support to have a break from caring. For further information visit (<https://www.gofalwyrceredigioncarers.cymru/>), email ceredigion@credu.cymru or call 03330 143 377.

If you live in Pembrokeshire

Ticking this option will register you with Carers Support Pembrokeshire – Carers Trust Crossroads West Wales (CTCWW). You will receive regular newsletters as well as an information pack. For further information visit (<https://ctcww.org.uk/services/carers-support-pembrokeshire/>), email carerssupportpembs@ctcww.org.uk or call 0300 0200 002.

2. Have a conversation with an unpaid carers support worker

A support worker will contact you to offer a listening ear and give you the opportunity to have a 'what matters to me' conversation. They can help you prioritise your own needs and explore ways to better manage the impact of your caring role. This support can be provided over the telephone or in person.

3. Speaking to someone about a Carers Needs Assessment (CNA)

If you care for someone, you have a legal right to have your needs, as an unpaid carer, assessed. This assessment is not focussed on the quality of the care you provide but on how you can be supported to continue to provide this care.

You will receive a phone call giving you the opportunity to talk about your caring role and look at what help and support you may need.

The CNA is carried out by, or on behalf of, social services, and it is the responsibility of the local authority where the person being cared for is ordinarily resident. Therefore, please ensure you complete the 'about the person or people that you care for' section.

Ffurflen Atgyfeirio Gofalwyr Di-dâl

Darllenwch y nodiadau canllaw cyn cwblhau'r ffurflen hon.

Enw'r tîm/gwasanaeth sy'n cyfeirio: Queen Elizabeth High School

Ynglŷn â'r gofalwr di-dâl:

Teitl:	Cyfeiriad:
Enw Llawn:	
Dyddiad Geni:	Cod Post:
Rhif Ffôn:	E-bost:
Dewis iaith ysgrifenedig:	Dewis iaith lafar:

Ynglŷn â'r person neu'r bobl rydych chi'n gofalu amdanynt (i'n helpu ni i ddeall eich rôl ofalu):

Ym mha sir maen nhw'n byw?
Eich perthynas â'r person rydych chi'n gofalu amdano (e.e. gwraig, mab, mam, ffrind, ac ati):
Pa salwch, anabledd neu gyflwr sydd gan y person rydych chi'n gofalu amdano?
A oes unrhyw un arall yn darparu gofal ychwanegol i'r person hwn: Oes Nac Oes
Eu ystod oed: 0 i 18 18 i 25 Dros 25

Sut fydech chi'n dweud eich bod chi'n ymdopi â'ch rôl ofalu ar hyn o bryd?

1	2	3	4	5
<i>Ddim yn ymdopi</i>				<i>Ymdopi'n dda</i>

Ticiwch am gymorth a chefnogaeth (gweler y nodiadau canllaw am ragor o wybodaeth)

1.	Cofrestru gyda'r Gwasanaeth Gwybodaeth a Chymorth i Ofalwyr i dderbyn gwybodaeth ddi-dâl sy'n ymwneud â gofalwyr, pecyn a/neu gylchlythyr i ofalwyr?	
2.	Cael sgwrs gyda gweithiwr cymorth gofalwyr di-dâl i drafod eich rôl ofalu.	
3.	Siaradwch â rhywun am gael Asesiad Anghenion Gofalwyr?	

Ble i anfon y ffurflen wedi'i chwblhau:

Ar ôl ei chwblhau, gwnewch yn siŵr bod y ffurflen hon yn cael ei hanfon (trwy'r post neu e-bost) at Wasanaeth Gwybodaeth Gofalwyr y sir lle mae'r gofalwr di-dâl yn byw. Ticiwch yn ôl y galw:

Sir Gaerfyrddin: Gwasanaeth Gwybodaeth a Chymorth i Ofalwyr, 16 Heol y Frenhines, Caerfyrddin, Sir Gaerfyrddin SA31 1JT neu carersincarms@adferiad.org

Ceredigion: Neuadd Cyngor Ceredigion, Penmorfa, Aberaeron, Ceredigion, SA46 0PA neu contactsocservs@ceredigion.gov.uk

Sir Benfro: Cymorth i Ofalwyr Sir Benfro, Croesffyrdd Ymddiriedolaeth y Gofalwyr Gorllewin Cymru, Y Palmwydd, Uned 3, 96 Heol y Frenhines Fictoria, Llanelli, SA15 2TH (pencadlys) neu carerssupportpembs@ctcww.org.uk

Llofnod a Dyddiad:

Drwy lofnodi'r ffurflen hon, rydych yn cytuno i'ch manylion gael eu trosglwyddo i'r sefydliad(au) a enwir ar dudalen 2, a all gysylltu â chi dros y ffôn. Byddant yn storio ac yn defnyddio eich gwybodaeth bersonol i'ch helpu a'ch cefnogi yn eich rôl ofalu.

Llofnod Gofalwr Di-dal

Dyddiad:

Canllawiau

1. Cofrestrwch gyda'r Gwasanaeth Gwybodaeth a Chymorth i Ofalwyr

Os ydych chi'n byw yn Sir Gaerfyrddin

Drwy dicio'r opsiwn hwn, byddwch yn cofrestru gyda Gwasanaeth Gwybodaeth a Chymorth Gofalwyr Sir Gaerfyrddin (CCISS). Bydd CCISS yn anfon gwybodaeth ymarferol a'r cymorth sydd ar gael i ofalwyr di-dâl yn Sir Gaerfyrddin gyda chyfle i dderbyn cymorth ychwanegol wedi'i deilwra i'ch anghenion unigol. Am ragor o wybodaeth ewch i (<https://adferiad.org/services/carmarthenshire-carers-information-support-service/>), e-bost carersincarms@adferiad.org neu ffoniwch 0333 1211 332.

Os ydych chi'n byw yng Ngheredigion

Mae gan Geredigion ddau wasanaeth sy'n ymroddedig i ofalwyr di-dâl, a thrwy dicio'r opsiwn hwn byddwch yn cofrestru gyda'r Gwasanaeth Gwybodaeth i Ofalwyr a Gofalwyr Ceredigion Carers.

- Mae **Gwasanaeth Gwybodaeth i Ofalwyr** yn cael ei redeg gan Dîm Cymorth Cymunedol a Gofalwyr Cyngor Sir Ceredigion. Drwy gofrestru byddwch yn derbyn Cylchgrawn Gofalwyr a gyhoeddir dair gwaith y flwyddyn, yn ogystal â gwybodaeth ategol arall. Am ragor o wybodaeth ewch i (<https://www.ceredigion.gov.uk/resident/wellbeing-and-care/support-for-carers/carers-information-service/>), e-bost connecting@ceredigion.gov.uk neu ffoniwch 01970 633 564.
- Mae **Gofalwyr Ceredigion Carers (GCC)** yn darparu mwy o gefnogaeth ymarferol. Darparu gwybodaeth, cyngor a chefnogaeth emosiynol ar sail unigol. Maent yn trefnu gweithgareddau grŵp, hyfforddiant ac amser i siarad â gofalwyr di-dâl eraill. Maent hefyd yn helpu gofalwyr di-dâl i gael mynediad at gefnogaeth i gael seibiant o ofalu. Am ragor o wybodaeth ewch i (<https://www.gofalwyrkeredigioncarers.cymru/>), e-bost ceredigion@credu.cymru neu ffoniwch 03330 143 377.

Os ydych yn byw yn Sir Benfro

Bydd ticio'r opsiwn hwn yn eich cofrestru gyda Chymorth i Ofalwyr Sir Benfro – Croesffyrdd Ymddiriedolaeth Gofalwyr Gorllewin Cymru. Byddwch yn derbyn cylchlythyrau rheolaidd yn ogystal â phhecyn gwybodaeth. Am ragor o wybodaeth ewch i (<https://ctcww.org.uk/services/carers-support-pembrokeshire/>), e-bost carerssupportpembs@ctcww.org.uk neu ffoniwch 0300 0200 002.

2. Cael sgwrs gyda gweithiwr cymorth gofalwyr di-dâl

Bydd gweithiwr cymorth yn cysylltu â chi i gynnig clust i wrando a rhoi cyfle i chi gael sgwrs 'beth sy'n bwysig i mi'. Gallant eich helpu i flaenoriaethu eich anghenion eich hun ac archwilio ffyrdd o reoli effaith eich rôl ofalu yn well. Gellir darparu'r gefnogaeth hon dros y ffôn neu wyneb yn wyneb.

3. Siarad â rhywun am Asesiad Anghenion Gofalwyr

Os ydych chi'n gofalu am rywun, mae gennych chi hawl gyfreithiol i gael eich anghenion, fel gofalwr di-dâl, wedi'u hasesu. Nid yw'r asesiad hwn yn canolbwyntio ar ansawdd y gofal rydych chi'n ei ddarparu ond ar sut y gallwch chi gael eich cefnogi i barhau i ddarparu'r gofal hwn.

Byddwch chi'n derbyn galwad ffôn a fydd yn rhoi'r cyfle i chi siarad am eich rôl ofalu ac edrych ar ba gymorth a chefnogaeth y gallech chi fod eu hangen.

Cynhelir yr Aseiad Anghenion Cymdeithasol gan, neu ar ran, y gwasanaethau cymdeithasol, a chyfrifoldeb yr awdurdod lleol lle mae'r person sy'n cael gofal amdano fel arfer yn byw yw hwn. Felly, gwnewch yn siŵr eich bod chi'n cwblhau'r adran 'am y person neu'r bobl rydych chi'n gofalu amdanynt'.