



Care & Repair
Gofal a Thrwsio

Managing Better

If you live with dementia, sensory loss or have had a stroke, we can help.



What is Managing Better?

Our dedicated and trusted caseworkers can visit you and provide free advice and practical support to help you live as independently as possible.

Managing Better is a free home visiting service offering advice and practical help for people over the age of 50. It is for those who have sight or hearing loss, for Deaf people, people living with dementia and people who have survived a stroke.

How we can help you:

- A free Healthy Home Check for your home
- Help you reduce risk of falls and injury at home
- Help to assist you to live independently and safely
- Check what benefits you're entitled to and help you apply for them
- Help you access useful services and connect you with our partner agencies
- Advise on technology to increase your independence, reduce loneliness and boost your confidence



Contact

We're here to help you Manage Better. Call us on **0300 111 3333** or email managingbetter@careandrepair.org.uk

Managing Better is a collaboration between Care & Repair Cymru, RNIB Cymru, RNID, the Alzheimer's Society Cymru and the Stroke Association.

www.careandrepair.org.uk



Care & Repair Cymru is a registered charity:
Charity number 1163542



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Ymdopi'n Well

Os ydych yn byw gyda dementia, nam synhwyraidd neu os cawsoch strôc, gallwn helpu.



Beth yw Ymdopi'n Well?

Gall ein gweithwyr achos ymroddedig a dibynadwy ymweld â chi a rhoi cyngor a chefnogaeth ymarferol am ddim i'ch helpu i fyw mor annibynnol ag sydd modd.

Mae Ymdopi'n Well yn wasanaeth rhad ac am ddim sy'n ymweld â chartrefi i gynnig cyngor a help ymarferol ar gyfer pobl dros 50 oed. Mae ar gyfer rhai sydd wedi colli eu golwg neu glyw, ar gyfer pobl Fyddar, pobl sy'n byw gyda dementia a phobl sydd wedi goroesi strôc.

Sut y gallwn eich helpu:

- Gwiriad Cartref lach am ddim i'ch cartref
- Eich helpu i ostwng risg syrthio ac anaf yn eich cartref
- Eich cynorthwyo i fyw'n annibynnol a diogel
- Gwirio pa fudd-daliadau mae gennych hawl iddynt a'ch helpu i wneud cais amdanynt
- Eich helpu i gael mynediad i wasanaethau defnyddiol a'ch cysylltu gyda'n hasiantaethau partner
- Rhoi cyngor ar dechnoleg i gynyddu eich annibyniaeth, gostwng unigrwydd a rhoi hwb i'ch hyder



Cyswllt

Rydym yma i'ch helpu i Ymdopi'n Well. Ffoniwch ni ar **0300 111 3333** neu anfon e-bost at **managingbetter@careandrepair.org.uk**

Mae Ymdopi'n Well yn gynllun ar y cyd rhwng Care & Repair Cymru, RNIB Cymru, RNID, Cymdeithas Alzheimer Cymru a'r Gymdeithas Strôc.

www.careandrepair.org.uk



dewch o hyd i ni ar



Mae Care & Repair Cymru yn elusen gofrestrdedig:
Rhif elusen 1163542