Gwella Tai i Newid Bywydau

Improving Homes to Change Lives

Care & Repair
Gofal a Thrwsio

Galw ar Lywodraeth nesaf Cymru i ddiogelu'r rhai sydd fwyaf mewn risg o dai gwael.

Calling on the next Welsh Government to protect those most at risk from poor housing.

Cymru lle gall pob person hŷn fyw mewn cartref diogel, cynnes a chyfleus.

A Wales where every older person can live in a safe, warm, and accessible home.

Mr Evans: Achos Cymhleth o Gartref mewn Cyflwr Gwael a Chymorth Holistig

1

Syrthio yn ei Gartref

Mae Mr Evans, 79 oed, yn byw gyda phroblemau gastro parhaus a niwropatheg difrifol yn ei draed. Bu yn yr ysbyty am gyfnod hir ar ôl syrthio yn ei gartref pan gafodd ei atgyfeirio at Gofal a Thrwsio. Cafodd ei helpu gan ein gwasanaeth Ysbyty i Gartref Iachach. Sefydlwyd y gwasanaeth hwn mewn ysbytai ledled Cymru i roi datrysiadau ymarferol fel addasiadau tai lle mae cleifion yn ddigon da i fynd gartref ond yn methu gwneud hynny oherwydd problem gyda'u cartref. Mae'r gwasanaeth yn cyflymu rhyddhau diogel o ysbyty: arbedodd y gwasanaeth dros 24,000 o ddyddiau gwely i GIG Cymru y llynedd.

2

Cyflwr Gwael Cartref Mr Evans

Dywedodd y gwasanaeth ambiwlans fod tŷ teras deulawr Mr Evans mewn cyflwr gwael. Ymwelodd Gweithiwr Achos Gofal a Thrwsio â Mr Evans yn yr ysbyty, a chytunodd i gymydog adael i ni fynd mewn i asesu beth oedd ei angen i'w hwyluso i fynd gartref yn ddiogel. Esboniodd y cymydog bod Mr Evans wedi cael problemau gyda nenfwd ei gartref a'i fod wedi talu sawl gwaith i fasnachwr twyllodrus.

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Ysbyty i Gartref Iachach

Mr Evans: A Complex Case of Disrepair and Holistic Support

It started With a Fall

Mr Evans, 79, lives with on-going gastro issues and severe neuropathy in his feet. He was in hospital, after a long time on the floor following a fall at home, when he was referred to Care & Repair. He was helped by our Hospital to a Healthier Home service. This service is embedded in hospitals across Wales to provide practical solutions like housing adaptations where patients are well enough to go home but can't because of a housing issue. The service speeds up safe hospital discharge: last year the service saved the Welsh NHS over 24,000 bed days.

The Poor Condition of Mr Evans' Home

The ambulance service reported that Mr Evans' two story terrace was in a poor condition. The Care & Repair Caseworker visited Mr Evans in hospital, who agreed for a neighbour to let them in to assess what was required to facilitate a safe discharge. The neighbour explained Mr Evans had some issues with his ceiling and had repeatedly paid a rogue trader.

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Hospital to a Healthier Home

3

Annibendod ac Atal Syrthio

Pan aethant i mewn i'r eiddo, gwelodd Gweithiwr Achos Gofal a Thrwsio fod annibendod ym mhob man yn achosi risg clir i syrthio. Drwy ein Rhaglen Addasiadau Brys, rydym yn cyflwyno addasiadau bach sy'n gostwng y nifer sy'n gorfod cael eu derbyn i ysbyty oherwydd syrthio gan 17%. Dros y pum mlynedd ddiwethaf, rydym wedi atal dros 16,500 o bobl rhag gorfod mynd i ysbyty oherwydd syrthio ac arbed dros £130m i GIG Cymru drwy'r Rhaglen Addasiadau Brys yn unig.

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Ein Gwaith Ataliol

Clutter and Preventing Falls

Upon accessing the property, the Care & Repair Caseworker found clutter everywhere presenting a clear fall risk. Through our Rapid Response Adaptation Programme (RRAP), we deliver small adaptations that reduce falls-related hospital admission by 17%. Over the last five years, we have prevented over 16,500 people from being admitted to hospital for a fall and saved the Welsh NHS over £130m via RRAP alone.

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Our Preventative Work

4

O Faterion Bach i Broblemau Mawr

Roedd bwcedi o iwrin a charthion yn nhŷ Mr Evans gan nad oedd y sinc a'r toiled yn gweithio'n iawn. Roedd llwydni du ym mhob rhan o'r adeilad oherwydd y dŵr oedd yn dod i mewn drwy'r nenfwd. Heb eu datrys, gallai materion bach o draul ddod yn gyflwr gwael difrifol sy'n galetach a drutach eu datrys.

From Small Issues to Big Problems

Mr Evans' house had buckets of urine and faeces as the sink and toilet were not working properly. There was black mould throughout the property from water ingress from the ceiling issues. Left unresolved, small issues of wear and tear can become serious disrepair which is harder and more expensive to resolve.

5

Cymorth Holistig

Roedd gan Mr Evans hefyd wahanol ddyledion ac yn cael trafferth i ymdopi gydag arian. Mae'r argyfwng costau byw ac ynni wedi rhoi pwysau ar sefyllfa ariannol pobl hŷn. Cafodd y lleithder ei waethygu gan amharodrwydd Mr Evans i ddefnyddio gwres y tŷ, ac roedd ei risg o syrthio wedi cynyddu oherwydd ei fod yn eistedd am gyfnodau hir i gadw gwres.

Holistic Support

Mr Evans also had various debts and was struggling to manage his finances. The cost-of-living and energy crisis has placed pressure on the finances of older people. The damp had been worsened by Mr Evans' reluctance to use his heating, and his falls risk had increased due to long periods sat down to preserve heat.

6 Cymorth i Aros Gartref

Aeth Gofal a Thrwsio ati i lanhau a chlirio'r tŷ a symud celfi i alluogi Mr Evans i fyw ar y llawr isaf. Cafodd y sinc a'r toiled eu trwsio. Heb hyn, mae'n debyg y byddai Mr Evans wedi gorfod aros yn yr ysbyty am gyfnod hirach neu fod mewn risg o syrthio eto ar ôl dychwelyd gartref.

Nid oedd digon o gyllid ar gael i ni ar gyfer datrys y problemau gyda'r nenfwd yn llawn. Mae hyn yn beth cyffredin i ddigwydd.

6 Support to Stay Home

Care & Repair undertook a clean and clearance of the property and moved furniture for Mr Evans to live downstairs. We fixed the sink and toilet for basic amenities. Without these actions, Mr Evans would have been likely to have a longer hospital stay, or another fall when he returned home.

We were unable to fully resolve the ceiling issues due to a lack of available funds for repairs. This is a common occurrence.

7 Grant Rhwyd Ddiogelwch ar gyfer Tai mewn Cyflwr Gwael

Er i ni fedru helpu Mr Evans i fynd allan o'r ysbyty a gwneud peth gwaith trwsio hanfodol, mae cyflwr gwael ehangach ei gartref yn golygu ei fod mewn risg o orfod mynd i'r ysbyty eto. Bob dydd mae Gofal a Thrwsio yn gweld pobl hŷn yn byw mewn cartrefi anaddas heb unrhyw ffordd o wella eu sefyllfa. Galwn ar Lywodraeth nesaf Cymru i ddarparu grant rhwyd ddiogelwch ar gyfer tai mewn cyflwr gwael i helpu pobl hŷn i fyw'n annibynnol mewn cartrefi diogel, cynnes a chyfleus.

7 A Safety-Net Grant for Disrepair

Although we were able to help Mr Evans out of hospital and make some essential repairs, his wider housing disrepair leaves him at risk of hospital readmission. Everyday Care & Repair sees older people living in unfit housing with no means of improving their situation. We are calling on the next Welsh Government to provide a safety-net grant for disrepair to help older people live independently in safe, warm, accessible homes.

Datrysiad syml i broblemau cymhleth

- Helpu mwy o bobl, yn gyflymach
- Defnydd mwy effeithiol o adnoddau
- Gwasanaeth teg ledled Cymru
- Polisi cydgysylltiedig
- Arbed arian i'r GIG

A simple solution to complex issues

- Help more people, more quickly
- More efficient use of resource
- Equitable service across Wales
- Joined up policy
- Save NHS money

Ymrwymo eich Cefnogaeth ar gyfer y Grant Rhwyd Ddiogelwch

Mae tai mewn cyflwr difrifol yn rhoi bywydau pobl mewn risg ac yn ychwanegu pwysau ar y GIG. Dyna pam ein bod yn galw am grant rhwyd ddiogelwch i drwsio'r achosion gwaethaf o dai sydd mewn cyflwr gwael.

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Ymrwymo eich Cefnogaeth Nawr

Pledge Your Support for the Safety-Net Grant

Serious housing disrepair is putting people's lives at risk and adding pressure to the NHS. That's why we're calling for a safety-net grant to fix the worst cases of housing disrepair.

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Pledge Your Support

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Mae Care & Repair Cymru yn elusen gofrestredig (Rhif 1163542) ac yn gwmni cyfyngedig drwy warant (Rhif. 09574555).