

Living with a terminal illness

Support for you and those close to you



Care and support through terminal illness

Byw gydag afiechyd terfynol

Cefnogaeth i chi a'ch anwyliaid



Gofal a chefnogaeth drwy salwch terfynol

*Calls from landlines are free, but there may be a charge if you're calling from a mobile. Check with your mobile provider for details. Calls from any type of phone will be free from 1 July 2015.

* Mae galwadau o linellau tir yn rhad ac am ddim, ond mae'n bosib y codir tâl arnoch os galwch o ffôn symudol. Gwiriwch gyda'ch darparwr ffôn symudol am fanylion. Bydd galwadau o unrhyw fath o ffôn yn rhad ac am ddim o 1 Gorffennaf 2015.

Introduction

We know that things can change quickly when you're ill and you can find yourself with a lot of questions. You might wonder where you can get support, how to cope with your feelings or how to talk to those close to you.

This booklet aims to help you understand your feelings and gives information about how to live well and get the most from your time. It's divided into short chapters so you can read through it at your own pace.

If you don't feel ready to read this information yet, you might decide to come back to it another time. You can also ask someone to look at it with you, like a nurse, so you have their support.

The information here may also help your family, friends and carers to understand how things may change and how they can help. For further information and support, call the Marie Curie Support Line on **0800 090 2309*** or visit mariecurie.org.uk/help

Rhagarweiniad

Gwyddom y gall pethau newid yn gyflym pan rydych yn sâl a gallwch sylweddoli bod gennych lawer o gwestiynau. Byddwch yn pendroni efallai ynghylch o ble i gael cefnogaeth, sut i ymdopi â'ch teimladau neu sut i siarad â'r rheiny sy'n annwyl i chi.

Nod y llyfryn hwn yw eich helpu i ddeall eich teimladau gan roi gwybodaeth am sut i fyw'n dda a sut i elwa i'r eithaf ar eich amser. Fe'i rhennir yn benodau byr er mwyn i chi allu ei ddarllen ar eich cyflymder eich hun.

Os nad ydych yn teimlo'n barod i ddarllen yr wybodaeth hon eto, efallai y penderfynwch ddod nôl ati rywbryd arall. Gallwch hefyd ofyn i rywun edrych arni gyda chi, fel nyrs, fel bod gennych eu cefnogaeth.

Gall yr wybodaeth yma helpu eich teulu, ffrindiau a gofalwyr hefyd i ddeall sut gall pethau newid a sut gallant hwy helpu. Am wybodaeth a chymorth pellach, galwch Linell Gymorth Marie Curie ar **0800 090 2309*** neu ewch i mariecurie.org.uk/help

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Layton Thompson/Marie Curie

Layton Thompson/Marie Curie

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Ymdopi â newid ac ansicrwydd

Mae pawb yn ymateb yn eu ffordd eu hunain pan ddywedir wrthynt fod ganddynt afiechyd terfynol. Mae'r rhan fwyaf o bobl yn dweud wrthym eu bod, i gychwyn, yn teimlo sioc ac anghrediniaeth, hyd yn oed os oeddent yn meddwl mai dyna fyddai'r newyddion.

Ar ôl y sioc gychwynol

Dros yr ychydig oriau a dyddiau nesaf, gall y sioc ac anghrediniaeth gychwynol hon gael eu disodli gan emosiynau grymus a llethol. Gall y rhain gynnwys:

- gwadu
- dicter
- fferdod
- ofn
- tristwch
- colli rheolaeth
- rhwystredigaeth
- euogrwydd
- derbyn

Mae pob un o'r teimladau hyn yn normal a bydd y rhan fwyaf o bobl yn profi rhai neu bob un ohonynt. Gyda threigl amser, fel rheol mae pobl yn canfod bod teimladau o drallod yn dod yn llai dwys a mynych.

Ymdopi â'ch teimladau

Mae llawer o bobl yn cael budd o siarad â'r rheiny maen nhw'n eu caru ac yn ymddiried ynddynt. Gall hyn, yn ogystal, helpu eich teulu a'ch ffrindiau i ddeall mwy am eich sefyllfa a sut gallant eich cefnogi. Gweler adran 3 ar dudalen 27 am fwy ynghylch ymdopi â'ch teimladau.

Os yw siarad â'r teulu a ffrindiau'n rhy anodd i chi neu nid oes gennych bobl y gallwch droi atynt, hwyrach y byddwch yn dymuno siarad â

If talking to family and friends is too difficult, or you don't have people you can turn to, you might want to talk to someone who is

for more on coping with your feelings.
situation and how they can support you. See section 3 on page 27
also help your family and friends to understand more about your
Many people find it helpful to talk to those they love and trust. It may
Coping with your feelings

All of these feelings are normal and most people will experience some or all of them. As time passes, people generally find that feelings of distress becomes less intense and frequent.

- denial
- anger
- numbness
- fear
- sadness
- loss of control
- frustration
- guilt
- acceptance

may include:
Over the next few hours and days, this initial shock and disbelief may be replaced by powerful and overwhelming emotions. These

After the initial shock

disbelief, even if they thought they might hear this news.
a terminal illness. Most people tell us they initially feel shock and
Everyone responds in their own way when they're told they have

Coping with change and uncertainty

removed from your situation. Your doctor or nurse can help you find a counsellor or support service in your area.

Many specialist charities offer support through helplines, local groups and online communities. You can call the Marie Curie Support Line on **0800 090 2309***, or visit our online community at community.mariecurie.org.uk

Coping with uncertainty

Having a terminal illness is likely to make the future seem uncertain. You may have questions that currently have no definite answers. You might be wondering how your health will change, the effect your illness will have on your independence, relationships and working life, and exactly how much time you have left (the prognosis).

Not knowing what is going to happen can feel overwhelming and upsetting. Again, it may help to talk to family and friends about how you're feeling. Or you may prefer to speak to someone who is going through a similar experience about how they're coping with uncertainty.

Section 3 of this booklet (page 27) has more on coping with your feelings, including help on how to share them with those close to you.

rhywun sy'n ddigon pell o'ch sefyllfa. Gall eich meddyg neu nyrs eich helpu i ddod o hyd i gynghorydd neu wasanaeth cefnogi yn eich ardal.

Mae llawer o elusennau arbenigol yn cynnig cefnogaeth trwy linellau cymorth, grwpiau lleol a chymunedau ar-lein. Gallwch alw Llinell Gymorth Marie Curie ar **0800 090 2309***, neu ewch i'n cymuned ar-lein ar community.mariecurie.org.uk

Ymdopi ag ansicrwydd

Mae dioddef afiechyd terfynol yn debygol o wneud i'r dyfodol ymddangos yn ansicr. Efallai bod gennych gwestiynau nad oes atebion pendant iddynt ar hyn o bryd. Gallwch fod yn pendroni am sut bydd eich iechyd yn newid, yr effaith gaiff eich afiechyd ar eich annibyniaeth, eich cydberthnasau a'ch bywyd gwaith, a faint yn union o amser sydd gennych ar ôl (y prognosis).

Gall peidio â gwybod beth sy'n mynd i ddigwydd deimlo'n llethol a thrallodus. Eto, gall helpu i siarad gyda'r teulu a ffrindiau am sut rydych yn teimlo. Neu gall fod yn well gennych siarad â rhywun sy'n mynd drwy brofiad tebyg am sut maen nhw'n ymdopi ag ansicrwydd.

Mae gan Adran 3 y llyfryn hwn (tudalen 27) fwy ar ymdopi â'ch teimladau, gan gynnwys help ar sut i'w rhannu gyda'ch anwyliaid.

Pobl a fydd efallai'n ymwneud â'ch gofal

Meddyg Teulu a thîm gofal iechyd sylfaenol

Pan fyddwch yn sâl ac yn byw gartref, eich tîm gofal sylfaenol sydd â chyfrifoldeb dros eich gofal meddygol. Yn draddodiadol mae hyn yn cynnwys y Meddyg Teulu, nyrsys y practis, nyrsys ardal ac ymwelwyr iechyd. Fe'u seilir fel rheol mewn canolfan iechyd neu feddygfa.

Bydd Meddygon Teulu'n gweithio'n agos gydag arbenigwyr eraill (oncolegwyr, niwrolegwyr, ymgynghorwyr gofal lliniarol) i sicrhau'r gofal gorau posib i chi.

Bydd eich Meddyg Teulu'n gallu:

- rhoi presgripsiwn i chi am feddyginiaethau
- dweud wrthyf sut gallwch gyrchu gwybodaeth am eich cyflwr a'r gwasanaethau cefnogaeth sydd ar gael
- cysylltu â'r nyrs ardal ynglŷn â'ch gofal gartref
- dweud wrthyf am hosbisau lleol a'ch helpu i drefnu ymweliad



Gweler tudalen 31 am fwy ynghylch cael cefnogaeth. Am help gyda siarad â'ch meddyg ac ymbaratoi am apwyntiadau, ewch i mariecurie.org.uk/talkingtoyourdoctor neu cysylltwch â Llinell Gymorth Marie Curie ar **0800 090 2309***.

Nyrsys ardal

Mae nyrs ardal yn trefnu a chydlynu gofal yn y cartref a gall drefnu i wasanaethau gael eu darparu yn y cartref. Mae'r rhain yn amrywio o un ardal i'r llall ond gallant gynnwys Nyrsys Marie Curie, nyrsys Macmillan, gwasanaethau cymdeithasol, a gwarchodwyr sy'n gallu ymweld yn rheolaidd a dosbarthu prydau parod.

People who may be involved in your care

GP and primary healthcare team

When you're ill and living at home, your medical care is the responsibility of the primary care team. This traditionally includes your GP, practice nurses, district nurses and health visitors. They are usually based in a health centre or surgery.

GPs will work with other specialists (oncologists, neurologists, palliative care consultants) to get you the best care possible.

Your GP will be able to:

- prescribe your medications
- tell you how you can get information on your condition and the support services available
- liaise with your district nurse regarding your care at home
- tell you about local hospices and help you arrange a visit



See page 31 for more on getting support. For help with

talking to your doctor and preparing for appointments, visit mariecurie.org.uk/talkingtoyourdoctor or contact

the Marie Curie Support Line on **0800 090 2309***.

District nurses

A district nurse organises and coordinates home care and can arrange for services to be provided if you're being cared for at home. These vary from area to area but can include Marie Curie Nurses, Macmillan nurses, social services, and sitters who can visit regularly and deliver prepared meals.



Kieran Dodds/Marie Curie

Gweithwyr cymdeithasol

Os oes gweithiwr cymdeithasol gennych, maen nhw'n debygol o fod yn rhan o'ch adran gwasanaethau cymdeithasol leol (adran gweithwyr cymdeithasol yn yr Alban, ymddiriedolaeth gofal iechyd a chymdeithasol yng Ngogledd Iwerddon), sy'n gyfrifol am ddarparu cefnogaeth nad yw'n feddygol yn eich ardal.

Social workers

If you have a social worker, they are likely to be part of your local social services department (social work department in Scotland, health and social care trust in Northern Ireland), which is responsible for providing non-medical support in your area.

Kieran Dodds/Marie Curie



Os ydych eisiau aros gartref, gallwch chi, aelod o'ch tîm gofal iechyd, neu aelod o'r teulu ofyn bod gweithiwr cymdeithasol yn asesu eich anghenion chi ac anghenion eich gofalydd. Bydd hyn yn golygu bod y gweithiwr cymdeithasol yn trafod eich anghenion ac unrhyw anawsterau rydych yn eu hwynebu a gall olygu eich bod yn derbyn cefnogaeth oddi wrth y gwasanaethau cymdeithasol.

Tîm gofal lliniarol arbenigol

Os dywedwyd wrthych na fyddwch, o bosib, yn gwella, gallech fod wedi clywed am ofal lliniarol yn ogystal. Mae gofal lliniarol ar gyfer pobl sy'n byw gydag afiechyd terfynol ble nad yw gwellhad yn bosibl mwyach. Mae hefyd ar gyfer pobl sydd ag afiechyd cymhleth ac mae angen rheoli eu symptomau.

Doeddwn i ddim eisiau neb yn ymyrryd yn fy nheulu. Dim ond dros gyfnod y dysgais y gallwn ymddiried yn y tîm gofal lliniarol a'r hosbis.

Robena, Gofalydd

Os cewch eich cyfeirio at dîm gofal lliniarol arbenigol, byddant yn asesu eich anghenion ac anghenion y teulu. Wedyn byddant yn darparu'r gofal a'r gefnogaeth orau bosib yn eich cartref, yr ysbyty neu gartref gofal – ymhle bynnag rydych wedi dewis derbyn gofal. Gallwch ganfod mwy am eich dewisiadau gofal yn mariecurie.org.uk/help

Nyrsys Macmillan ac arbenigwyr canser eraill

Mae Cymorth Canser Macmillan yn ariannu ystod eang o weithwyr proffesiynol i gefnogi pobl â chanser. Gall nyrs Macmillan helpu gyda rheoli poen a symptomau a rhoi gwybodaeth i chi am eich triniaeth. Nid ydynt yn gwneud gorchwylion nyrsio rheolaidd fel hylendid personol, newid gorchuddion a rhoi meddyginiaethau. Er mwyn derbyn cymorth gan nyrs Macmillan, bydd angen i chi gael eich cyfeirio gan eich Meddyg Teulu, eich ymgynghorydd ysbyty, nyrs ardal neu brif weinyddes nyrsio ward yn yr ysbyty.

If you want to remain at home, you, a member of your healthcare team, or a family member can request for a social worker to assess your needs and the needs of your carer. This will involve the social worker discussing your needs and any difficulties you're facing and may mean you get support from social services.

Specialist palliative care team

If you've been told you may not get better, you might also have heard about palliative care. Palliative care is for people living with a terminal illness where a cure is no longer possible. It's also for people who have a complex illness and need their symptoms controlled.

I didn't want interference in my family. It was only over time that I learned I could trust the palliative care team and the hospice.

Robena, Carer

If you're referred to a specialist palliative care team, they will assess your needs and those of your family. They will then provide the best possible care and support in your home, hospital or care home – wherever you've chosen to be cared for. You can find out more about your care options at mariecurie.org.uk/help

Macmillan nurses and other cancer specialists

Macmillan Cancer Support funds a wide range of professionals to support people affected by cancer. A Macmillan nurse can help with pain and symptom control and give you information about your treatment. They don't carry out routine nursing tasks such as personal hygiene, changing dressings and giving medicines. To get support from a Macmillan nurse, you'll need to be referred by your GP, your hospital consultant, a district nurse or a hospital ward sister.

If you need help with negotiating adjustments or contacting a solicitor, see pages 64-76 for the contact details of some helpful organisations.

The law also means your employer must make reasonable adjustments to accommodate your ongoing needs at work, in consultation with you. These could include working from home or another location, flexible working hours, changing the duties of your role, or time off work for treatment. It's important that you think about your options at work and don't just resign.

By law you don't have to tell your employer about your condition, but it usually makes sense to. This is so you can get the support you need and become fully protected by discrimination law if you're then unfairly treated as a result of something related to your disability. This protection is covered by the Equality Act 2010 in England, Scotland and Wales. In Northern Ireland, you're protected if you're directly discriminated against as a result of your illness as part of the Disability Discrimination Act 1995.

Talking to your employer

If you're employed or self-employed, it can be hard to know what to do next. For many people, an illness leads them to change their priorities in life, which often results in them leaving their job. You should do what feels right for you, taking into consideration your current health, condition and treatment options.

If you still work

Os ydych yn dal i weithio

Os ydych yn gyflogedig neu'n hunangyflogedig, gall fod yn anodd gwybod beth i'w wneud nesaf. I lawer o bobl, mae afiechyd yn gwneud iddynt newid eu blaenoriaethau mewn bywyd, sy'n eu cymell i adael eu swydd, yn fynych. Dylech wneud beth sy'n teimlo'n iawn i chi, gan ystyried eich iechyd ar hyn o bryd, eich afiechyd a'ch dewisiadau o ran triniaeth.

Siarad â'ch cyflogwr

Er nad ydych, o bosib, yn meddwl amdanoch eich hun fel hyn, dywed y gyfraith fod pobl ag afiechyd terfynol yn debygol o gael eu hystyried yn anabl. Mae hyn yn golygu na all eich cyflogwr eich diswyddo na dod o hyd i esgus i'ch gwneud yn ddi-waith o ganlyniad i'ch afiechyd. Fodd bynnag, mae'n bosibl gall eich cyflogwr derfynu eich cyflogaeth ar sail anallu oherwydd materion iechyd.

Yn ôl y gyfraith, nid oes rhaid i chi ddweud wrth eich cyflogwr am eich cyflwr, ond fel rheol mae'n gall i wneud hynny, a hynny er mwyn i chi allu cael y gefnogaeth mae ei hangen arnoch a chael gwarchodaeth lawn dan y gyfraith wahaniaethu, os cewch eich trin yn annheg wedi hynny o ganlyniad i ryw-beth sy'n gysylltiedig â'ch anabled. Daw'r warchodaeth hon o dan Ddeddf Cydraddoldeb 2010 yng Nghymru, Lloegr a'r Alban. Yng Ngogledd Iwerddon, fe'ch gwarchodir os gwahaniaethir yn uniongyrchol yn eich erbyn o ganlyniad i'ch afiechyd fel rhan o Ddeddf Gwahaniaethau ar Sail Anabled 1995.

Mae'r gyfraith yn golygu'n ogystal bod rhaid i'ch cyflogwr wneud newidiadau rhesymol i fodloni eich anghenion cyfredol yn y gwaith, mewn ymgynghoriad â chi. Gallai'r rhain gynnwys gweithio o'ch cartref neu leoliad arall, oriau gwaith hyblyg, newid dyletswyddau eich rôl, neu amser i ffwrdd o'r gwaith am driniaeth. Mae'n bwysig eich bod yn meddwl am eich opsiynau yn y gwaith yn hytrach nag ymddiswyddo heb eu hystyried.

Os oes angen help arnoch gyda thrafodaethau am addasiadau neu i gysylltu â chyfreithiwr, gweler tudalennau 64-76 am fanylion cysylltu rhai sefydliadau defnyddiol.

Siarad â'ch cydweithwyr

Ni ddylai eich cyflogwr ddweud wrth eich cydweithwyr am eich afiechyd heb eich caniatâd. Ond os ydych yn penderfynu y dylai'ch cydweithwyr wybod, neu rydych yn dewis dweud wrthynt eich hunan, gallwch ganfod fod hyn yn helpu. Byddant mewn sefyllfa well i gynnig cefnogaeth i chi a deall unrhyw newidiadau i'ch rôl.

Mae'n well gan rai pobl beidio â dweud wrth gydweithwyr eu bod yn sâl. Byddwch efallai'n dymuno cadw un rhan o'ch bywyd mor normal â phosibl i'ch helpu i ymdopi â'ch sefyllfa.

Fodd bynnag, gall effeithiau'r driniaeth, neu'r angen i gymryd amser o'r gwaith, olygu y gall fod yn rhaid i chi ddweud wrth eich cydweithwyr yn y pen draw.

Rhoi'r gorau i'r gwaith am byth

Fe ddaw amser pan fydd yn rhaid i'r rhan fwyaf o bobl gydag afiechyd terfynol ddweud wrth eu cyflogwr bod angen iddynt roi'r gorau i'w swydd. Os bu gwaith yn ffocws pwysig yn eich bywyd, gall fod yn anodd i chi ymaddasu i'r syniad o beidio â gweithio.

Os ydych chi yn y sefyllfa hon, gall helpu i siarad â rhywun am eich teimladau, fel aelod o'r teulu neu ffrind. Neu gallai fod yn well gennych sgwrsio gyda rhywun sy'n ddigon pell o'ch sefyllfa fel cynghorydd. Mae mwy am gynghori ar dudalen 32.

Tâl salwch

Os ydych yn gweithio i gyflogwr ac rydych yn rhy sâl i weithio, mae'n bosibl y gallwch gael tâl salwch. Gallai hyn fod naill ai'n dâl salwch galwedigaethol, Tâl Salwch Statudol, neu'r ddau. Os nad yw eich cyflogwr yn darparu tâl salwch galwedigaethol, mae'n rhaid iddynt, fel isafswm, dalu Tâl Salwch Statudol i chi os ydych yn gymwys.

Sick Pay if you qualify.

occupational sick pay, they must as a minimum pay you Statutory pay, Statutory Sick Pay, or both. If your employer doesn't provide be able to get sick pay. This could be either occupational sick If you work for an employer and you're too ill to work, you may

Sick pay

If you're affected in this way, it may help to talk to someone about your feelings, such as a family member or friend. Or you might prefer to chat to someone removed from your situation, such as a counsellor. You can find out more about counselling on page 32.

not working.

focus of your life, you may find it difficult to adjust to the idea of their employer they need to leave their job. If work has been a major At some point, most people with a terminal illness will have to tell

Stopping work for good

mean you need to tell your colleagues eventually. However, the effects of treatment, or the need to take time off, may

cope with your situation.

want to keep one area of your life as normal as possible to help you Some people prefer not to tell colleagues that they're ill. You may

changes to your role.

be in a better position to offer you support and understand any told, or choose to tell them yourself, you may find this helps. They'll without your permission. But if you decide your colleagues should be Your employer shouldn't tell your colleagues about your illness

Talking to your colleagues

Gallwch weld mwy am Dâl Salwch Statudol a budd-daliadau eraill ar-lein yn mariecurie.org.uk/help neu drwy alw Llinell Gymorth Marie Curie ar **0800 090 2309***.

Eich pensiwn

Os ydych yn talu i mewn i gynllun pensiwn gwaith, neu rydych wedi gwneud hynny yn y gorffennol, mae'n bosibl y gallwch dynnu eich pensiwn yn gynnar. Gofynnwch i'ch adran adnoddau dynol a oes ganddi bolisi ymddeol oherwydd salwch.



Gallwch ddysgu mwy am eich hawliau a budd-daliadau pensiwn ar ein gwefan yn mariecurie.org.uk/help neu drwy alw Llinell Gymorth Marie Curie ar **0800 090 2309***.

Mwynhau eich hun

Byddwch efallai'n dechrau meddwl am beth sy'n bwysig yn eich bywyd, a sut rydych yn dymuno byw yn y dyfodol. P'un a ydych yn dewis parhau i fyw fel arfer neu newid eich trefn reolaidd, gall helpu i drafod eich dymuniadau gyda'r teulu a gweithwyr iechyd proffesiynol.

Mwynhau'r drefn arferol

Efallai y dymunwch gynnal normarwydd cyhyd ag y gallwch. Gallech barhau i weithio, gwneud eich hobiau, neu barhau gyda threfn reolaidd ddyddiol neu wythnosol.

Os yw hyn yn bwysig i chi, ceisiwch siarad am eich dymuniadau gyda'ch teulu a gweithwyr proffesiynol iechyd a gofal cymdeithasol. Bydd hyn yn rhoi dealltwriaeth gliriach iddynt o'r math gorau o ofal, cefnogaeth a thriniaeth i'w darparu.

Enjoying routines

You may want to maintain normality for as long as possible. You could continue to work, keep up with hobbies, or carry on with a daily or weekly routine.

If this is important to you, try to talk about your wishes with your family and health professionals. This will give them a clearer understanding of the best type of care, support and treatment to provide.

Enjoying yourself

You may start to think about what matters in your life and how you want to live in the future. Whether you choose to carry on as normal or break from your routine, it can help to talk through your wishes with family and health professionals.



You can find out more about your pension entitlements and benefits on our website at mariecurie.org.uk/help or by calling the Marie Curie Support Line on **0800 090 2309***.

If you pay into a work pension scheme, or have in the past, you may be able to draw your pension early. Ask your human resources department if it has an ill-health retirement policy.

Your pension

You can find out more about Statutory Sick Pay and other benefits online at mariecurie.org.uk/help or by calling the Marie Curie Support Line on **0800 090 2309***.

Dechrau pennod newydd

Mae llawer o bobl yn dweud wrthym fod cael afiechyd terfynol yn sbardun. Mae'n eu hannog i newid trefnau rheolaidd, byw bywyd i'r eithaf a rhoi trefn ar faterion anorffenedig.

Gall hyn gynnwys:

- mynd ar wyliau i fannau rydych yn dymuno ymweld â nhw erioed
- ailymweld â manau fu'n bwysig yn eich bywyd
- rhoi cynnig ar brofiadau newydd neu ddysgu sgiliau newydd
- cysylltu â phobl sy'n bwysig i chi a rhannu eich teimladau
- creu bocsys atgofion ar gyfer y teulu a ffrindiau sy'n cynnwys negeseuon, lluniau ac eitemau arbennig
- ysgrifennu llythyron neu recordio Cryno Ddisgiau neu DVDs fel atgofion ohonoch i'r teulu a ffrindiau
- setlo hen anghydfodau fel eich bod yn dawelach eich meddwl

Eto, beth bynnag rydych yn penderfynu yw'r peth cywir i chi, gall helpu i drafod beth rydych ei eisiau gyda'r teulu a ffrindiau, neu eich nyrs neu feddyg. Gall hyn eu helpu i ddeall eich dewisiadau a darparu'r gefnogaeth mae ei hangen arnoch i wireddu'r ansawdd bywyd rydych ei eisiau.

Dyweddodd Julia byddai'n dwli gweld y môr unwaith eto. Aethom ar hyd y ffordd ar lan y môr, i mewn i arcêd, a chawsom bryd o bysgod a sglodion blasus iawn, gan chwervthin yn ddi-baid.

Lesley, Cynorthwy-ydd
Marie Curie

Julia said she'd love to see the sea again. We went along the seafront, visited an arcade, had some delicious fish and chips, and didn't stop laughing.
Lesley, Marie Curie Helper

Again, whatever you decide is right for you, it can help to discuss what you want with family and friends, or your nurse or doctor. This can help them to understand your choices and provide the support you need to achieve the quality of life you want.

- going on holiday to places you've always wanted to visit
 - revisiting places that have been important in your life
 - trying new experiences or learning new skills
 - contacting people important to you and sharing your feelings
 - creating memory boxes for family and friends that feature messages, photographs and special items
 - writing letters or recording CDs or DVDs for family and friends to remember you by
 - settling old disagreements so you feel more at peace
- This may involve:

Many people tell us that having a terminal illness is a trigger. It encourages them to break out of routines, live life to the full and take care of unfinished business.

Beginning a new chapter

Section 2: Your family and friends

20	Coping with the reactions of family and friends
21	Changes in family dynamics
24	Having difficult conversations

Adran 2: Eich teulu a'ch ffrindiau

20	Ymdopi ag adweithiau'r teulu a ffrindiau
21	Newidiadau mewn deinameg teulu
24	Cynnal sgysiau anodd

Ymdopi ag adweithiau'r teulu a ffrindiau

Gallwch ganfod bod aelodau o'r teulu a ffrindiau'n adweithio'n wahanol i'ch afiechyd. Gall hyn ddibynnu ar y cydberthnasau sydd gennych gyda nhw. Gall rhai pobl ei chael yn hawdd siarad amdano oherwydd maen nhw eisoes wedi bod drwy'r felin gyda chi. Gall fod yn well gan eraill, i gychwyn, weithio drwy faterion a phroblemau ar eu pennau eu hunain.

Os ydynt yn dod yn oeraidd

Rheswm arall pam y gall y teulu neu ffrindiau beidio â dymuno siarad â chi am eich afiechyd yw oherwydd nid ydynt eisiau wynebu'r gwirionedd o'ch colli. Gallant hyd yn oed newid y pwnc, neu ofni y bydd y ddau ohonoch yn dechrau wylo.

Os ydynt yn dod yn ormesol

Mewn cyferbyniaeth, bydd rhai pobl efallai'n barod i siarad am eich afiechyd cyn eich bod chi. Os bydd hyn yn digwydd, peidiwch â chael eich gwthio i siarad yn agored cyn eich bod yn barod. Dywedwch wrthynt y byddwch yn siarad â nhw pan fyddwch yn teimlo y gallwch, neu gofynnwch i rywun rydych yn ymddiried ynddynt wneud hyn ar eich rhan.

Hyd yn oed pan rydych yn barod i siarad, efallai y bydd y person arall yn gofyn cynifer o gwestiynau fel bod popeth yn mynd yn ormod. Gall pobl hefyd geisio bod yn rhy gymwynasgar, gan ddymuno gwneud pob dim drosoch. Mae hyn yn rhywbeth y gall fod angen i chi neu rywun rydych yn ymddiried ynddynt ei reoli mewn ffordd gwrtais ond pendant.

Coping with the reactions of family and friends

You may find that family members and friends react to your illness differently. This may depend on the relationships you have with them. Some people may find it easy to talk about it because they've been through a lot with you already. Others may, at first, prefer to work through issues and problems alone.

If they become distant

Another reason why family or friends may not want to talk about your illness is because they don't want to face up to the reality of losing you. They might even change the subject, or be frightened about both of you getting upset.

If they become overbearing

In contrast, you may find that some people are ready to talk about your illness before you are. If this happens, don't be rushed into opening up before you're ready. Tell them you'll speak to them when you feel up to it, or ask someone you trust to do this for you.

Even when you're ready to talk, you might find the other person asks so many questions that it becomes overwhelming. People may also try to be too helpful, wanting to do every little thing for you. This is something you or someone you trust may need to manage in a polite but firm way.

The stress of an uncertain future and the difficulties of your illness may put a strain on your relationship with your partner. This can happen when a partner starts to care for a loved one without having time to deal with the impact of the diagnosis. At first, they may find it difficult to face up to the reality of your illness.

Your partner

Your illness may change the relationships you have with your family members. Some will become stronger, while others may become strained. In most cases, the best way to solve any difficult changes is to talk about them.

Changes in family dynamics

It can help to know that there's also support available for the people close to you. Our booklet *Being there for someone with a terminal illness* has information on practical and emotional issues for carers. Call the Marie Curie Support Line on **0800 090 2309*** for a copy or visit mariecurie.org.uk/help for more information.

Support for family and friends

lot smoother.

Over time, reactions of family and friends to your illness may become less intense. Letting others know when you're happy to talk and how you're feeling will help to make a potentially bumpy ride a

After hearing about your illness, family and friends may offer you lots of help with tasks like shopping, cleaning, cooking and childcare. If you'd like some help, try to make clear what support you need.

Accept help if you need it

Derbyniwch help os oes ei angen arnoch

Ar ôl clywed am eich afiechyd, gall y teulu a ffrindiau gynnig llawer o help i chi gyda gorchwylion fel siopa, glanhau, coginio a gofalu am blant. Os hoffech rywfaint o help, ceisiwch ddweud yn eglur pa gymorth mae ei angen arnoch.

Dros amser, gall adweithiau'r teulu a ffrindiau i'ch afiechyd ddod yn llai dwys. Bydd rhoi gwybod i eraill pan rydych yn hapus i siarad a sut rydych yn teimlo'n helpu i wneud taith a allai fod yn anodd yn haws o lawer.

Cefnogaeth i'r teulu a ffrindiau

Gall helpu i wybod bod cefnogaeth ar gael hefyd i'r bobl sydd agosaf i chi. Mae gan ein llyfryn Bod yno ar gyfer rhywun ag afiechyd terfynol wybodaeth am bynciau ymarferol ac emosïynol i ofalwyr. Galwch Linell Gymorth Marie Curie ar 0800 090 2309* am gopi neu ewch i mariecurie.org.uk/help am fwy o wybodaeth.

Newidiadau mewn deinameg teulu

Gall eich afiechyd newid y cydberthnasau sydd gennych gydag aelodau eich teulu. Bydd rhai'n dod yn gryfach, tra gall eraill ddod yn annaturiol. Ran amlaf, y ffordd orau o ddatrys unrhyw newidiadau anodd yw siarad amdanynt.

Eich partner

Gall pwysau dyfodol ansicr ac anawsterau eich afiechyd roi straen ar eich cydberthynas â'ch partner. Gall hyn ddigwydd pan fydd partner yn dechrau gofalu am anwyllyn heb gael amser i ddelio ag effaith y diagnosis. I gychwyn, gallant ei chael yn anodd wynebu gwirionedd eich afiechyd.

Os yw eich cydberthynas yn dechrau newid er gwaeth, ceisiwch siarad am beth rydych yn ei deimlo. Os yw hyn yn rhy anodd, hwyrach y byddwch yn dymuno siarad â'r teulu a ffrindiau ar wahân. Weithiau, gall siarad â chynghorydd helpu, naill ai ar wahân neu gyda'ch gilydd. Gallwch hefyd ofyn i'ch meddyg eich cyfeirio at gynghorydd, neu gallwch gysylltu ag un o'r sefydliadau ar dudalennau 64-76.

Mae'n bwysig cydnabod gall y newid yn eich cydberthynas fod yn bositif hefyd. Gall eich afiechyd, a'r anawsterau rydych yn eu hwynebu, eich tynnu chi a'ch partner yn agosach i'ch gilydd. Mae rhai parau'n mynd yn eu blaen yn union fel yr oeddent cyn y salwch.

Eich plant neu wyrion

Os oes gennych blant neu wyrion, byddwch efallai'n pryderu am ddweud wrthynt am eich afiechyd, a sut bydd hynny'n effeithio ar eich cydberthynas.

Gallent hefyd ddechrau gofalu amdanoch, gan arwain at wrthdroi'r rolau. Gall hyn fod yn anodd, felly ceisiwch siarad yn agored am eich pryderon a'ch anghenion. Siaradwch â nhw am beth rydych yn gysurus iddyn nhw ei wneud drosoch chi.

Gall plant iau a phlant yn eu harddegau adweithio mewn llawer o ffyrdd gwahanol. Gallant ymlynu wrthoch chi neu bellhau oherwydd eu bod yn teimlo'n ddig neu'n euog eu bod, mewn rhyw ffordd, wedi achosi eich afiechyd. Gallant hefyd ddymuno ymgymryd â rôl a chyfrifoldebau mwy aeddfed o fewn y cartref.



Mae mwy o wybodaeth, gan gynnwys rhestr ddarllen, ynghylch siarad â phlant ar ein gwefan yn mariecurie.org.uk/supporting-children neu cysylltwch â Llinell Gymorth Marie Curie ar **0800 090 2309***.

You can find more information, including a reading list, on talking to children on our website at mariecurie.org.uk/supporting-children or contact the Marie Curie Support Line on **0800 090 2309***.



Younger children and teenagers can react in many different ways. They may become clingy or distant because they feel angry or guilty that in some way they caused your illness. They may also want to take on a more adult role and responsibilities within the home.

They might also start to care for you, leading to a role reversal. This can be difficult so try to talk openly about your worries and needs. Talk to them about what you're comfortable with them doing for you.

If you have children or grandchildren, you may be worried about telling them about your illness and how that will affect your relationship.

Your children or grandchildren

It's important to acknowledge that the change in your relationship can also be positive. Your illness, and the difficulties you face, may draw you and your partner closer together. Some couples simply continue as they were before the illness.

If your relationship starts to change for the worse, try to talk about what you're feeling. If this proves too difficult, you may want to speak to family or friends separately. Sometimes talking to a counsellor can help, either separately or as a couple. You can also ask your doctor to refer you to a counsellor, or contact one of the organisations on pages 64-76.



Frank Heikin/Marie Curie



Frank Heikin/Marie Curie

Eich rhieni neu frodyr a chwiorydd

Mae cydberthnasau pobl â'u rhieni a'u brodyr a'u chwiorydd yn unigryw. Mae rhai teuluoedd yn agos iawn, ac eraill heb fod.

Fel ym mhopeth arall, mae cyfathrebu'n bwysig. Pan rydych yn teimlo y gallwch, ceisiwch siarad â nhw am eich afiechyd, unrhyw broblemau rydych wedi'u cael a sut rydych yn teimlo. Fel rheol, dyma'r ffordd orau o ymdopi ag unrhyw newidiadau mewn deinameg teulu.

Cynnal sgysiau anodd

Gall peidio â siarad am eich afiechyd arwain at deimladau o arunigedd a gwaethygu problemau. Mae llawer o bobl yn canfod yn ogystal bod cynnal sgysiau anodd gyda theulu a ffrindiau'n dod ag ymdeimlad o ryddhad yn eu sgil.



Layton Thompson/Marte Curie



Layton Thompson/Marte Curie

Your parents or siblings

The relationships that people have with their parents and siblings are unique. Some families are very close, while others are not. As always, communication is important. When you feel up to it, try to talk to them about your illness, any problems you've had and how you're feeling. This is usually the best way to handle any changes to family dynamics.

Having difficult conversations

Not talking about your illness can lead to feelings of isolation and make problems worse. Many people also find that having difficult conversations with family and friends brings a sense of relief.

By doing this, you can keep family and friends up to date without wearing yourself out emotionally. You'll also be able to respond to people's questions in your own time.

You may want to talk to people about your illness but don't feel able to do this directly. In this case, ask a family member or close friend to be your 'spokesperson' who passes messages back and forth.

Tell a trusted family member or friend to spread your news

It may also encourage family and friends to be more open about how they are feeling, because if one person speaks or asks you a question, more people are likely to follow.

You may find it easier to talk to your family and friends in one large group or a number of smaller ones. This will save you repeating the same information, which can be emotionally draining.

Speak to family and friends as a group

With most difficult conversations, honesty is usually best. Don't be worried about showing your emotions. You may find the act of opening up liberating and soothing.

You'll have different relationships with your family and friends, so you may need to speak to each of them about your illness in different ways. Some may prefer to sit down with you for an in-depth, serious talk. Others may prefer it if you open up a conversation when they're more relaxed, perhaps when you're watching TV or cooking together.

Speak to family and friends individually

Siarad â'r teulu a ffrindiau'n unigol

Bydd gennych gydberthnasau gwahanol â'ch teulu a ffrindiau, felly gall fod angen i chi siarad â phob un ohonynt am eich afiechyd mewn ffyrdd gwahanol. Gall fod yn well gan rai pobl eistedd i lawr gyda chi am sgwrs ddifrifol, fanwl. Gall fod yn well gan eraill os ydych yn dechrau sgwrs pan fyddant wedi ymlacio mwy, efallai pan rydych yn gwylio'r teledu neu'n coginio gyda'ch gilydd.

Gyda'r rhan fwyaf o sgwrsiau anodd, fel rheol y peth gorau yw bod yn onest. Peidiwch â phoeni am ddangos eich emosiynau. Gallwch ganfod bod siarad ac ymddwyn yn agored yn eich rhyddhau ac yn lleddfu eich teimladau.

Siarad â'r teulu a ffrindiau fel grŵp

Efallai y bydd yn haws i chi siarad â'ch teulu a'ch ffrindiau mewn un grŵp mawr neu nifer o rai llai. Bydd hyn eich arbed rhag gorfod ailadrodd yr un wybodaeth, a all eich llethu'n emosiynol.

Gall hefyd annog y teulu a ffrindiau i fod yn fwy agored am sut maen nhw'n teimlo, oherwydd os bydd un person yn siarad neu'n gofyn cwestiwn i chi, mae mwy o bobl yn debygol o'u dilyn.

Dweud wrth aelod o'r teulu neu ffrind rydych yn ymddiried ynddynt i drosglwyddo eich newyddion

Efallai y dymunwch siarad â phobl am eich afiechyd, ond heb deimlo y gallwch wneud hynny'n uniongyrchol. Os felly, gofynnwch i aelod o'r teulu neu ffrind agos fod yn 'siaradwr' ar eich rhan, a throsglwyddo negeseuon nôl ac ymlaen.

Trwy wneud hyn, gallwch roi'r wybodaeth ddiweddaraf i'r teulu a ffrindiau heb orflino'n emosiynol. Byddwch hefyd yn gallu ateb cwestiynau pobl yn eich amser eich hun.

Gofyn i weithiwr proffesiynol fod yn bresennol

Efallai y penderfynwch mai'r ffordd hawsaf o siarad â'r teulu a ffrindiau yw gofyn i weithiwr proffesiynol sy'n ymwneud â'ch gofal siarad ar eich rhan. Neu, gallwch benderfynu y bydd eu presenoldeb ynddo'i hun yn rhoi mwy o hyder i chi siarad am eich afiechyd. Gallech hefyd ymarfer beth i'w ddweud gyda nhw o flaen llaw.

Siarad ar-lein

Opsiwn arall i chi ei archwilio o bosib yw cyfathrebu drwy'r cyfryngau cymdeithasol fel Facebook a Twitter. Gall hon fod yn ffordd ragorol o anfon diweddariadau byr allan a siarad am eich sefyllfa o gysur eich cartref eich hun.

Efallai y byddwch yn dymuno dewis pwy all a phwy nad all ddarllen beth rydych yn ei bostio ar-lein er mwyn osgoi cael llawer o bobl yn gofyn cwestiynau i chi neu gynnig sylwadau. Os nad ydych yn sicr sut i newid gosodiadau preifatrwydd ar eich cyfrifon cyfryngau cymdeithasol, gofynnwch am help gan aelod o'r teulu neu ffrind.

Gallech greu eich gwefan breifat eich hun yn CaringBridge (gweler tudalen 70), elusen sy'n sefydlu gwefannau personol am ddim ar gyfer pobl â chyflyrau meddygol difrifol. Wedyn, gallwch ddewis pwy sy'n derbyn cyfeiriad a chyfrinair eich gwefan bersonol er mwyn iddynt allu darllen diweddariadau ac anfon negeseuon cefnogol i chi.

Ask a professional to be present

You may decide that the easiest way to speak with family and friends is to ask a professional involved in your care to talk for you. Otherwise you may decide that just having them there will give you more confidence to talk about your illness. You could also rehearse what to say with them beforehand.

Talk online

Another option you might want to explore is communication through social media, such as Facebook and Twitter. This can be an excellent way to send out short updates and talk about your situation from the comfort of your own home.

You may want to select who can and who can't read what you post to avoid a lot of people asking you questions or commenting. If you're not sure how to change the privacy settings on your social media accounts, ask a family member or friend for help.

You could create your own private website at CaringBridge (see page 70), a charity that sets up free personalised websites for people with serious medical conditions. You can then choose who gets your personal website address and password so they can read updates and send you messages or support.

Section 3: Your feelings

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Adran 3: Eich teimladau

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31	Cael cefnogaeth

Teimladau a allai fod gennych

Rydych yn debygol o deimlo llawer o emosiynau gwahanol drwy gydol eich afiechyd. Gall y rhain newid yn gyflym ac, ar brydiau, efallai y bydd gennych nifer o deimladau ar yr un pryd. Waeth pa mor anodd y gallai fod, ceisiwch beidio â gwthio'r teimladau hyn i'r naill ochr. Os oes modd, siaradwch â rhywun rydych yn ymddiried ynddynt neu edrychwch ar dudalennau 31-34 i weld ffyrdd eraill o ymdopi â'ch teimladau.

Gwadu

Gallwch benderfynu mai'r ffordd orau o ymdopi â'ch sefyllfa yw gwadu ei bod yn digwydd. Ni fydd hwn, o reidrwydd, yn benderfyniad ymwybodol. Yn syml, gallai gwybod a siarad am eich cyflwr cyn lleied â phosib fod y peth sy'n gweithio orau i chi ar hyn o bryd.

Os ydych yn teimlo fel hyn, mae'n iawn i fod yn gadarn gyda phobl o'ch amgylch sydd eisiau siarad. Fodd bynnag, os yw gwadu'n dechrau rhwystro eich triniaeth neu'n gwaethygu eich sefyllfa, gall fod angen i chi ofyn am help gan seicolegydd neu gynghorydd.

Dicter

Rhyw dro, rydych yn debygol o deimlo dicter ac angerdd. Mae hon yn adwaith normal a naturiol. Gallwch ddymuno gweiddi, "Pam fi?", "Pam yr afiechyd hwn?" Gallai hyn ddigwydd os na roddwyd sylw difrifol i'ch symptomau, neu rydych yn teimlo na chawsoch yr archwiliadau neu'r triniaethau mwyaf addas.

Gallech deimlo'n ddig ynghylch sut mae eich cyflwr wedi effeithio ar eich bywyd neu eich cydberthnasau neu wedi eich gorfodi i ganslo cynlluniau tymor hir. Os ydych wedi'ch cythryblu gan y dicter rydych yn ei deimlo, mae pobl y gallwch siarad â nhw, gan gynnwys cynghorwyr hyfforddedig ar Linell Gymorth Marie Curie ar **0800 090 2309***.

Feelings you may have

You're likely to feel many different emotions throughout your illness. These may change quickly, and at some points you may experience several feelings at once. However hard it might be, try not to push these emotions aside. If possible, speak to someone you trust about them or see pages 31-34 to explore other ways of coping with your feelings.

Denial

You may decide that the best way to cope with your situation is to deny it's happening. This won't necessarily be a conscious decision. It could just be that knowing and talking about your condition as little as possible is what works best for you right now.

If you feel like this, it's OK to be firm with the people around you who want to talk. However, if denial starts to get in the way of your treatment or makes your situation worse, you may need to seek help from a psychologist or counsellor.

Anger

At some point, you're likely to feel anger and resentment. This is a normal and natural reaction. You may want to shout, "Why me?", "Why this illness?": This could happen if your symptoms weren't taken seriously, or you feel the most appropriate investigations or treatments weren't carried out.

You might feel annoyed about how your condition has affected your life and relationships or caused you to cancel long-term plans. If you're distressed by the anger you're feeling, there are people you can talk to, including trained advisers on the Marie Curie Support Line on **0800 090 2309***.

Guilt

Many people with a terminal illness experience guilt. Sometimes this is because they blame their own lifestyle choices for their illness, or worry they could have noticed their symptoms sooner. Some people feel that they're being a burden, or are in some way responsible for their treatment not working.

Try to remember that worrying is unlikely to make you feel better. If possible, look ahead and live your life the best you can.

Fear

It's natural to feel frightened and anxious. Most of all, you're likely to be scared of dying or being in pain. You might be fearful of how your illness will affect you physically and emotionally. You may also be concerned about your treatment and any side effects.

Many people also become fearful about the effect their illness and death will have on those around them. However you feel, know that you're not alone. It's also worth knowing that people's fears are often different from the reality. As well as your family and friends, there are professionals, including your doctor and nurses, who can reassure you and help you manage your fear.

Depression

Depression is more than just feeling sad. It's an illness that can last for weeks and affect your ability to cope with eating, sleeping, hygiene, social activities and work. You can learn more about depression on pages 41-45.



If you're affected by any of these feelings or someone close to you is, you can find more information at

mariecurie.org.uk/feelings or by calling the Marie Curie Support Line on **0800 090 2309**.*

Euogrwydd

Mae llawer o bobl gydag afiechyd terfynol yn teimlo'n euog. Weithiau, mae hyn am eu bod nhw'n beio ei dewisiadau dull o fyw eu hunain am eu hafiechyd, neu maen nhw'n pryderu y gallent fod wedi sylwi ar eu symptomau'n gynharach. Mae rhai pobl yn teimlo eu bod yn faich ar eraill, neu eu bod mewn rhyw ffordd yn gyfrifol am y ffaith nad yw eu triniaeth wedi gweithio.

Ceisiwch gofio bod pryderu'n annhebygol o wneud i chi deimlo'n well. Os yw'n bosibl, ceisiwch edrych ymlaen a byw eich bywyd yn y ffordd orau y gallwch.

Ofn

Mae'n naturiol i deimlo'n ofnus ac yn bryderus. Gan mwyaf, rydych yn debygol o ofni marw neu ddioddef poen. Gallech ofni sut bydd eich afiechyd yn effeithio arnoch yn gorfforol ac yn emosiynol. Gallwch bryderu'n ogystal am eich triniaeth ac unrhyw sgil-ffeithiau.

Mae llawer o bobl yn dod yn ofnus hefyd am yr effaith gaiff eu hafiechyd a'u marwolaeth ar y bobl o'u hamgylch. Sut bynnag rydych yn teimlo, dylech wybod nad ydych ar eich pen eich hun. Mae'n werth gwybod hefyd bod ofnau pobl yn aml yn wahanol i wirionedd y sefyllfa. Yn ogystal â'ch teulu a'ch ffrindiau, mae gweithwyr proffesiynol, gan gynnwys eich meddyg a'ch nyrsys, a all dawelu eich meddwl a'ch helpu i gadw eich ofn dan reolaeth.

Iselder

Mae iselder yn fwy na dim ond teimlo'n drist. Mae'n salwch a all bara am wythnosau ac effeithio ar eich gallu i ymdopi â bwyta, cysgu, hylendid, gweithgareddau cymdeithasol a gwaith. Gallwch ddysgu mwy am iselder ar dudalennau 41-45.



Os effeithir arnoch chi, neu rywun agos i chi, gan unrhyw rai o'r teimladau hyn, mae mwy o wybodaeth yn mariecurie.org.uk/feelings neu drwy alw Llinell Gymorth Marie Curie ar **0800 090 2309***.

Teimlo eich bod ar eich pen eich hun

Mae unigrwydd yn deimlad cyffredin i bobl sy'n sâl. Gall hyn fod o ganlyniad i deimlo'n wahanol, bod â llai o gysylltiad cymdeithasol â phobl neu oherwydd newidiadau mewn golwg o ganlyniad i afiechyd neu driniaeth.

Yn aml, bydd dweud wrth eich teulu a'ch ffrindiau am sut rydych yn teimlo'n helpu. Weithiau, fodd bynnag, byddwch efallai'n teimlo na fydd hyd yn oed eich anwyliaid yn deall beth rydych yn ei ddioddef. Gallai fod yn bryd, os felly, siarad â rhywun yn eich tîm gofal iechyd neu gynghorydd. Gallech hefyd ymuno â grŵp cefnogi neu gymuned ar-lein fel y Gymuned Marie Curie yn **community.mariecurie.org.uk** er mwyn siarad â phobl sydd wedi bod trwy brofiad tebyg.

Rhwystredigaeth

Gall derbyn bod eich bywyd a'ch galluoedd wedi newid fod yn anodd ac yn rhwystredig. Gall y teimlad hwn gael ei gynyddu gan ansicrwydd am beth fydd yn digwydd, sy'n ei gwneud yn anodd cynllunio ar gyfer y dyfodol.

Mae ansicrwydd yn un o'r pethau mwyaf anodd i ddelio ag ef a gall achosi llawer o densiwn. Ond mae ffyrdd gwahanol o ddysgu i fyw gyda'r teimladau hyn. Ar gyfer llawer o bobl, gall helpu i gymryd camau bach i adennill rhywfaint o reolaeth dros eich bywyd.

Derbyn

Nid yw pawb yn gallu derbyn y syniad o farw. Mae cyrraedd y cam hwn yn cymryd amser a gall gynnwys trafodaeth hir â'r teulu, ffrindiau neu weithwyr proffesiynol sy'n gofalu amdanoch. Gallech fynd ar daith emosiynol anodd yn ogystal.

Feeling alone

Loneliness is a common feeling for people who are ill. This may be down to feeling different, not having as much social contact with people or because of changes in appearance due to illness or treatment.

Often, telling family and friends how you're feeling will help. Sometimes, however, you can feel that even loved ones won't understand what you're going through. This may be the time to speak to someone in your healthcare team or a counsellor. You could also join a support group or online community like the Marie Curie Community at **community.mariecurie.org.uk** to speak with people who have been through a similar experience.

Frustration

Accepting that your life and capabilities have changed can be difficult and frustrating. This feeling may be increased by uncertainty around what will happen, which makes it hard to plan for the future.

Uncertainty is one of the hardest things to deal with and can cause a lot of tension. But there are different ways of learning to live with these feelings. For many people, it can help to take small steps to regain some control over your life.

Acceptance

Not all people are able to accept the idea of dying. Reaching this stage takes time and can involve long discussions with family, friends or professionals who are caring for you. You might also go through a difficult emotional journey.

Speaking to someone you trust and feel comfortable with, such as a family member or friend, may be the best way to cope with your feelings. However, it's good to be aware that people close to you may have different reactions to your illness.

Talk to family and friends

You may feel like there's nothing that can be done to stop you feeling the way you do but there are many ways of helping you overcome difficult emotions. If you don't feel ready for any of these things now, it's worth trying them when you feel up to it.

Getting support

Thinking about your life can lead to feelings of guilt, anxiety and depression, but it can also be a positive experience which gives you a sense of accomplishment.

This could involve remembering experiences you've had and important events and relationships. A review of your life so far may also remind you of conversations and activities that need to take place before death, and conflicts you'd like to resolve.

Looking for meaning

People who do accept their situation often feel a greater sense of calm and start to have more positive thoughts. Acceptance may also make you feel more in control of your situation and help you lead a fuller, more active life.

Mae pobl sydd yn derbyn eu sefyllfa yn teimlo mwy o ymdeimlad o lonyddwch yn aml ac yn dechrau cael meddyliau mwy cadarnhaol. Gall derbyn y sefyllfa wneud i chi deimlo bod gennych fwy o reolaeth drosti hefyd, a'ch helpu i fyw bywyd llawnach, mwy bywiog.

Chwilio am ystyr

Yn ystod eich afiechyd, byddwch efallai'n dechrau meddwl am fywyd a'i bwrpas. Gallai hyn gynnwys cofio profiadau a gawsoch a digwyddiadau a chydberthnasau pwysig.

Gall adolygu'ch bywyd hyd yn hyn eich atgoffa hefyd o sgysiau a gweithgareddau mae angen eu cael a'u gwneud cyn marw, ac anghydfodau yr hoffech eu datrys.

Gall meddwl am eich bywyd arwain at deimladau o euogrwydd, pryder ac iselder, ond gall fod yn brofiad cadarnhaol hefyd sy'n rhoi ymdeimlad o gyflawniad i chi.

Cael cefnogaeth

Hwyrach eich bod yn teimlo nad oes dim a allai'ch atal rhag teimlo fel hyn, ond mae llawer o ddulliau o'ch helpu i oresgyn emosiynau anodd. Os nad ydych yn teimlo'n barod am unrhyw rai o'r pethau hyn nawr, mae'n werth rhoi cynnig arnynt pan rydych yn teimlo'n ddigon da.

Siarad â'r teulu a ffrindiau

Gall siarad â rhywun rydych yn ymddiried ynddynt ac yn teimlo'n gysurus gyda nhw fod y ffordd orau o ymdopi â'ch teimladau. Fodd bynnag, mae'n beth da i sylweddoli gall pobl sy'n agos i chi adweithio'n wahanol i'ch afiechyd.

Gofalu amdanoch eich hun

Gall bwyta diet iachus, cytbwys eich helpu i ymdopi ag iselder a rhoi hwb i'ch lefelau egni. Osgowch lawer o alcohol a chyffuriau adloniant, oherwydd gallant waethygu teimladau o iselder. Gall gwneud gweithgareddau rydych yn eu mwynhau helpu i godi eich hwyliau hefyd.

Ceisiwch beidio â theimlo'n rhwystredig os ydych yn ei chael yn anodd gwneud pethau. Mae teimlo'n well yn cymryd amser ac mae'n digwydd yn raddol. Gosodwch nodau bach a'u cyrraedd fesul camau. Ar rai diwrnodau, gall gwneud dim ond mynd allan o'r tŷ fod yn llwyddiant. Gweler adran 4 y llyfryn hwn (tudalen 35) am fwy o wybodaeth am ofalu am eich lles.

Siarad â'ch tîm gofal iechyd

Os yw Nyrs Marie Curie'n gofalu amdanoch, mae pob croeso i chi drafod eich pryderon a'ch teimladau gyda nhw. Mae'n bosibl y gallech gael cymorth gan Hosbis Marie Curie leol. Cysylltwch â Llinell Gymorth Marie Curie ar **0800 090 2309*** neu ewch i **mariecurie.org.uk** i ddysgu beth allwn ei gynnig i chi.

Bydd nyrsys clinigol arbenigol yn gallu helpu hefyd, a dylai eich meddyg allu eich cyfeirio at ffynonellau cymorth eraill. Gallant hefyd roi presgripsiwn am feddyginiaeth i chi os ydych yn dioddef o iselder.

Siarad â chynghorydd

Mae llawer o bobl yn ei chael yn haws siarad â rhywun nad ydynt yn gysylltiedig â'u sefyllfa. Mae cynghorwyr yn cael eu hyfforddi i wrando a'ch helpu i weithio drwy eich teimladau.

Gallwch ganfod manylion cynghorwyr yn eich ardal trwy ymweld â gwefan It's good to talk (gweler tudalen 70). Mae'r wefan hon yn cynnig llawer o wybodaeth ddefnyddiol am beth sy'n digwydd mewn sesiwn cynghori hefyd.

You can find details of counsellors in your area by visiting the It's good to talk website (see page 70). This site also offers lots of helpful information about what a counselling session involves.

Many people find it easier to talk to someone detached from their situation. Counsellors are trained to listen and help you work through your feelings.

Clinical nurse specialists will also be able to help, and your doctor should be able to direct you to other sources of support. They may also prescribe you medication if you're feeling depressed.

If a Marie Curie Nurse is caring for you, don't hesitate to discuss your worries and feelings with them. You might also be able to get support from a local Marie Curie Hospice. Contact the Marie Curie Support line on **0800 090 2309*** or visit **mariecurie.org.uk** to find out what we can offer you.

Talk to your healthcare team

Try not to be frustrated with yourself if you find it difficult to do things. Feeling better takes time and happens gradually. Set small goals and build up to them. Some days, just getting out of the house can be an achievement. See section 4 of this booklet (page 35) for more information on looking after your wellbeing.

Eating a healthy, well-balanced diet may help you cope with depression and boost your energy levels. Avoid a lot of alcohol and recreational drugs, as they can make depressed feelings worse. Doing activities you enjoy may also help to lift your mood.

Take care of yourself

You may feel that the only person who can understand what you're going through is someone who also has a terminal illness or the same condition as you. There are many local support groups throughout the UK. These involve people meeting to share their experiences, support each other and take part in a range of activities.

Your district nurse, Marie Curie Nurse, or another member of your healthcare team should be able to tell about support groups in your area. Many organisations linked to a specific condition, like cancer charities, have details of support groups on their websites. See pages 64-76 for their contact details. If you're in England or Wales, you can also visit the **GOV.uk** website and search for community groups.

Join a support group



Layton Thompson/Marie Curie



Layton Thompson/Marie Curie

Ymuno â grŵp cefnogi

Efallai y teimlwch mai'r unig berson a all ddeall beth rydych yn mynd drwyddo yw rhywun sydd ag afiechyd terfynol hefyd, neu'r un cyflwr â chi. Mae llawer o grwpiau cefnogi lleol ledled y DU. Mae'r rhain yn cynnwys trefnu i bobl gwrdd i rannu eu profiadau, cefnogi ei gilydd a chymryd rhan mewn ystod o weithgareddau.

Dylai eich nyrs ardal, Nyrs Marie Curie, neu aelod arall o'ch tîm gofal iechyd allu dweud wrthyhch am grwpiau cefnogi yn eich ardal. Mae gan lawer o sefydliadau sy'n gysylltiedig â chyflwr penodol, fel elusennau cancer, fanylion am grwpiau cefnogi ar eu gwefannau. Gweler tudalennau 64-76 am eu manylion cysylltu. Os ydych yng Nghymru neu Loegr, gallwch ymweld hefyd â gwefan **GOV.uk** a chwilio am grwpiau cymunedol.

Sgwrsio ar-lein

Mae llawer o sefydliadau sy'n gysylltiedig â chyflwr penodol yn cynnal cymunedau ar-lein. Gwefannau yw'r rhain ble gallwch negeseuo a sgwrsio â phobl eraill. Mae pobl ag afiechyd difrifol neu derfynol yn aml yn ffurfio cydberthnasau cryf ar-lein fel hyn. Gall eu helpu i ymdopi â'u hemosiynau. Gall Cymuned Marie Curie yn **community.mariecurie.org.uk** fod yn lle da i rannu eich profiadau neu gael cefnogaeth gan bobl sy'n deall eich teimladau.

Dysgu am brofiadau pobl eraill

Gall gwneud dim mwy na darllen am sut mae pobl eraill wedi ymdopi â'u hafiechyd fod o gymorth. Gallech wneud hyn drwy ymweld â chymuned ar-lein a darllen postiadau pobl eraill heb gysylltu â neb yn uniongyrchol.

Mae llawer o bobl wedi ysgrifennu llyfrau a dyddiaduron ar-lein yn ogystal am afiechyd terfynol. Dylech sylweddoli nad yw dull rhywun arall o ymdopi, o reidrwydd, yn mynd i weithio i chi.

Ystyriwch gadw siwrnal o'ch meddyliau a'ch teimladau. Efallai y dymunwch ei rannu ar-lein hefyd.

Cefnogaeth grefyddol ac ysbrydol

I rai pobl, mae meddu ar system o gred neu athroniaeth yn ei gwneud yn haws iddynt ymdopi â'u hemosiynau. Mae pobl eraill yn dechrau amau eu credoau pan fyddant yn sâl, gan bendroni ynghylch ystyr bywyd.

Beth bynnag rydych yn ei deimlo nawr, gall fod o gymorth i chi siarad â chaplan ysbyty neu hosbis neu arweinydd crefyddol i drafod eich meddyliau. Dylai eich nyrs allu eich helpu i gael y gefnogaeth briodol yn ogystal fel bod eich anghenion crefyddol neu ysbrydol yn cael eu diwallu.

Whatever you're feeling at the moment, you may find it helpful to speak to a hospital or hospice chaplain or religious leader to discuss your thoughts. Your nurse should also be able to help you get the right support so your religious or spiritual needs are met.

Some people find that having a belief system or philosophy makes it easier for them to cope with their emotions. Other people start to question their beliefs when they're ill, wondering what the meaning of life is.

Religious and spiritual support

You might also want to share it online. Think about keeping a journal of your thoughts and feelings.

Many people have also written books and online diaries about terminal illness. Be aware that the way someone else copes may not necessarily work for you. and reading other people's posts without contacting anyone directly. may be helpful. You could do this by visiting an online community.

Learn about other people's experiences

Simply reading about how other people have coped with their illness and reading other people's posts without contacting anyone directly. get support from people who understand your feelings.

Many organisations linked to a specific condition run online communities. These are websites where you can message and chat to other people. People with a serious or terminal illness often form strong relationships online in this way. It can help them cope with their emotions. The Marie Curie Community at **community.mariecurie.org.uk** can be a good place to share your experiences or

Chat online

Section 4: Looking after your wellbeing

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Adran 4: Gofalu am eich lles

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Cadw'n fywiog

Gall cadw'n fywiog helpu i leihau rhai o effeithiau bod yn sâl, fel straen, poen a gorflinder. Gall hyd yn oed symud gan bwyll helpu i wella eich hwyl ac ansawdd eich bywyd, a gwneud i chi deimlo bod gennych fwy o reolaeth.

Pam mae angen ymarfer arnom

Mae angen i bawb ohonom ymarfer er mwyn i'n cyrff weithio'n dda. Mae'n ein helpu i deimlo'n dda yn gorfforol ac yn feddyliol. Gall eich helpu'n gorfforol trwy:

- roi egni i chi
- lleddfu diffyg anadl
- cryfhau eich corff, trwy wella tôn cyhyrau ac ystwythder cymalau
- gwella cylchrediad a phwysedd eich gwaed

A gall fod o fudd i'ch meddwl trwy:

- eich helpu i ymlacio
- eich helpu i gysgu'n well
- gwella eich ymdeimlad cyffredinol o les
- gwella eich gallu i ganolbwyntio a'ch gwneud yn fwy effro



Gallwch ddysgu mwy am gadw'n fywiog, gan gynnwys awgrymiadau ymarfer, drwy ymweld â mariecurie.org.uk/exercise neu drwy gysylltu â Llinell Gymorth Marie Curie ar **0800 090 2309***.



Layton Thompson/Marie Curie



Layton Thompson/Marie Curie

Keeping active

Keeping active can help to reduce some of the effects of being ill, such as stress, pain and fatigue. Even gentle movement can improve your mood and quality of life, and make you feel more in control.

Why we need exercise

We all need exercise for our bodies to function well. It helps us feel well physically and mentally. It can help you physically by:

- giving you energy
- relieving breathlessness
- strengthening your body, by improving muscle tone and joint suppleness
- improving your circulation and blood pressure

And it can benefit your mind by:

- helping you to relax
- helping you sleep better
- improving your overall sense of wellbeing
- improving your concentration and making you more alert



You can find out more about staying active, including exercise suggestions, by visiting mariecurie.org.uk/exercise or contacting the Marie Curie Support Line on **0800 090 2309***.

- The following suggestions may help:
- Eating small portions regularly is fine, and might be more appealing.
 - Nibble on snacks, like almonds or pieces of fruit.
 - Eat something for breakfast when you wake up in the morning – it's the time of day when appetite is at its best.
 - It might be easier for you to eat sitting upright.
 - A small glass of sherry or brandy half an hour before a meal or a glass of wine may help with appetite and digestion, but ask your doctor first.

Sometimes you might not feel like eating – even if someone has made something especially for you. This could be because of difficulties with swallowing or digestion, a sore mouth, or because of your illness or treatments.

Appetite loss

Illness, treatments and medication might have caused you to lose some or all of your appetite. Your tastes and preferences may also be affected. Don't worry, this is common.

Eating well

After four months, Mum didn't need the tube anymore. The first thing she ate was a small piece of fish – but then she got back on to proper food. She became very adventurous in her tastes, enjoying flavours she never would have eaten before she was ill.

Deirdre, Carer

Bwyta'n dda

Gall afiechyd, triniaeth a meddyginiaeth fod wedi achosi i chi golli rhywfaint neu'ch holl awch am fwyd. Efallai ei fod wedi effeithio hefyd ar eich chwaethau a'ch hoff fwydydd. Peidiwch â phoeni, mae hyn yn beth cyffredin.

Colli'r awch am fwyd

Weithiau, efallai na fyddwch chi'n teimlo fel bwyta – hyd yn oed os yw rhywun wedi coginio rhywbeth yn arbennig i chi. Gallai hyn fod o ganlyniad i anawsterau gyda llyncu neu dreulio bwyd, ceg ddolurus, neu oherwydd eich afiechyd neu driniaethau.

Gall yr awgrymiadau canlynol helpu:

- Mae bwyta prydau bach yn rheolaidd yn iawn, a gallent apelio mwy atoch.
- Cnowch fyrbrydau, fel cnau almon neu ddarnau o ffrwythau.
- Bwytwch rywbeth i frechwast pan fyddwch yn diuno yn y bore – dyma'r adeg o'r dydd pryd mae'r awch am fwyd ar ei orau.
- Gallai fod yn haws i chi fwyta'n eistedd i fyny.
- Gall gwydraid bach o sieri neu frandi hanner awr cyn pryd neu wydraid o win helpu'r awch am fwyd, ond holwch eich meddyg yn gyntaf.

Ar ôl pedwar mis, nid oedd angen y tiwb ar Mam mwyach. Y peth cyntaf a fwytodd oedd darn bach o bysgodyn – ond wedyn aeth nôl i fwydydd go iawn. Daeth yn anturus iawn yn ei hoffterau, gan fwynhau blasau na fyddai hi fyth wedi'u bwyta cyn iddi fynd yn sâl.

Deirdre, Gofalydd

Mwy o syniadau

- Gall synnwyr blasu newid, felly dewiswch y bwydydd sy'n apelio fwyaf atoch.
- Ceisiwch beidio ag ychwanegu halen neu siwgr, oherwydd mae llawer o fwydydd yn eu cynnwys beth bynnag.
- Ceisiwch yfed digon o ddŵr.

Cyfog

Os yw aroglau bwyd poeth yn gwneud i chi deimlo'n gyfogleid, rhwch gynnig ar fwyta prydau oer, sy'n cynnwys bwyd nad oes angen ei goginio. Gallai cigoedd oer fod yn ddewis da ac mae bwyd amrwd fel llysiau, cnau, hadau a rhai cynhyrchion llaeth, yn darparu llawer o faethiad.

Gall melysion berwi leddfu ceg sych a lliniaru cyfog. Gall diodydd swigod, fel dŵr mwynau pefriol neu lemonêd, helpu hefyd. Ewch i mariecurie.org.uk/healthyeating neu cysylltwch â Llinell Gymorth Marie Curie ar **0800 090 2309*** am fwy o wybodaeth.

Bwyd hylifol a meddal

Efallai y bydd yn haws i chi lyncu bwydydd hylifol fel:

- cawl
- 'smwddis' llysiau a ffrwythau
- ychwanegion bwyd fel Ensure, Fortisip neu Complian
- ysgythaethau â blas

Neu fwydydd meddal fel:

- stwnsh tatws
- risotto
- jeli
- hufen iâ

- Or soft foods like:
- mashed potato
- risotto
- jelly
- ice-cream

- You may find it easier to manage liquid foods like:
- soup
- vegetable and fruit smoothies
- food supplements like Ensure, Fortisip or Complian
- flavoured milkshakes

Liquid and soft food

Boiled sweets can soothe a dry mouth and relieve nausea. Fizzy drinks, like sparkling mineral water or lemonade, can also help. Visit mariecurie.org.uk/healthyeating or contact the Marie Curie Support Line on **0800 090 2309*** for more information.

If the smell of hot food makes you feel sick, try eating cold meals, consisting of food that doesn't need to be cooked. Cold meats could be a good option and raw food, like fruits, vegetables, nuts, seeds and some dairy products, provide a lot of nutrition.

Nausea

- Tastes can change, so choose the foods that appeal to you most.
- Try not to add salt or sugar, as many foods contain them anyway.
- Try to drink plenty of water.

More ideas

or discomfort.

they send a message to the brain, which makes someone feel pain nerve endings in the body are damaged, for example by a disease, It can also occur because of a condition, like arthritis. When the of the body. It can be caused by an illness, an operation or treatment. Pain can affect the muscles, bones, organs, skin, joints and tissues

What causes pain?

You and your carer may be worried about pain. Everyone's experience of pain is different, and pain can vary according to the illness, the individual and the treatment. The main thing to know is that most pain can be controlled, and sometimes people experience none at all.

Controlling pain

before making any major changes to your diet.

If you carry on having problems with your appetite or you find you're losing weight, contact your nurse or doctor. They can also advise and treat you if nausea is stopping you from eating. Talk to your doctor

Getting advice

- You might need some assistance during mealtimes: if sitting up is difficult try using a few extra pillows to get you in the right position for eating.
- A table across the bed can also be helpful.
- Get someone to help you if you're finding it hard or tiring to eat your food.
- Meals can take a long time to eat, so allow for this.

Practical issues

Often these foods can be eaten when other types of food aren't as easy or appealing to eat. Jelly beans can also be good if you're missing certain flavours, although they're not very nutritious.

Yn aml, gall y bwydydd hyn gael eu bwyta pan nad yw bwyd arall mor hawdd nac mor ddeniadol i'w bwyta. Gall ffa jeli (jelly beans) fod yn dda os ydych yn gweld eisiau rhai blasau, er nad oes llawer o faeth ynddynt.

Ystyriaethau ymarferol

Gall fod angen rhywfaint o gymorth arnoch yn ystod prydau bwyd:

- Os yw eistedd i fyny'n anodd rhwch gynnig ar ddefnyddio gobennydd ychwanegol i'ch rhoi yn y safle cywir i fwyta.
- Gall bwrdd ar draws y gwely fod o gymorth hefyd.
- Trefnwch fod rhywun yn eich helpu os ydych yn ei chael yn anodd bwyta eich bwyd neu mae'n eich blino.
- Gall prydau gymryd cryn amser i'w bwyta, felly rhwch ystyriaeth i hyn.

Cael cyngor

Os ydych yn parhau i gael problemau gyda'ch awch am fwyd, neu os ydych yn colli pwysau, cysylltwch â'ch nyrs neu feddyg. Gallant eich cyngori a'ch trin hefyd os yw cyfog yn eich atal rhag bwyta. Siaradwch â'ch meddyg cyn gwneud unrhyw newidiadau mawr i'ch diet.

Cadw poen dan reolaeth

Gallwch chi a'ch gofalydd fod yn pryderu am boen. Mae profiad pawb o boen yn wahanol, a gall poen amrywio yn ôl yr afiechyd, yr unigolyn a'r driniaeth. Y peth pwysicaf i'w wybod yw gall y rhan fwyaf o boen gael ei reoli, ac weithiau nid yw pobl yn dioddef unrhyw boen o gwbl.

Beth sy'n achosi poen?

Gall poen effeithio ar gyhyrau, esgyrn, organau, croen, cymalau a meinwe'r corff. Gall afiechyd, llawdriniaeth neu driniaeth ei achosi. Gall ddigwydd hefyd oherwydd anhwylder, fel arthritis. Pan gai'ff terfynau nerfau yn y corff eu niweidio, er enghraifft gan glefyd, maen nhw'n anfon neges i'r ymennydd, sy'n gwneud i rywun deimlo poen neu anghysur.

Cadw poen dan reolaeth

Pwrpas cadw poen dan reolaeth yw rheoli poen fel nad yw'r person yn dioddef yn ddiangen. Fodd bynnag, nid yw rheoli poen yn golygu bob amser y bydd rhywun yn gwbl rydd rhag poen. Ac mae'n well gan rai pobl fod â rhywfaint o anghysur yn hytrach na dosys uchel o gyffuriau lleddfu poen, rhag ofn iddyn nhw fynd yn gysglyd a methu â chyfathrebu. Mae ystod o feddyginiaethau gwahanol yn bodoli sy'n gallu helpu i reoli poen rhywun. Gall y rhain fod wedi'u hanelu at leddfu poen neu helpu i liniaru symptomau eraill.

Cael help

Bydd rheoli poen yn dda yn cynnwys gweithwyr iechyd proffesiynol, fel meddygon, nyrsys a ffisiotherapyddion, yn gweithio gyda chi i ddod o hyd i'r ffordd orau i'ch helpu.

Gall hyn olygu y byddwch yn gwirio eich poen eich hun yn rheolaidd, oherwydd chi fydd yn gwybod orau sut mae eich poen yn teimlo, sut mae'n effeithio ar ansawdd eich bywyd, a faint o leddfu poen mae ei angen arnoch. Gallwch siarad â'ch meddyg neu nyrs am y dewisiadau ar gyfer lleddfu poen.

Dylech allu penderfynu ar y lefel a'r math o reoli poen mae eu hangen arnoch neu rydych eu heisiau. Weithiau mae'n well gan bobl beidio â chymryd gormod o gyffuriau, a dymuno roi cynnig ar ddulliau eraill o leddfu poen o bosib.

Gall eich fferylllydd lleol roi gwybodaeth i chi am bryd a sut i gymryd unrhyw feddyginiaeth a roddwyd i chi ar bresgripsiwn. Gallant hefyd ddsbarthu meddyginiaeth i'ch cartref.

Your local pharmacist can give you information about when and how to take any medication you've been prescribed. They may also deliver medication to your home.

You should be able to decide on the level and type of pain management you need or want. Sometimes people prefer not to take too many drugs, and may want to try other methods of pain relief.

This may involve you checking your own pain regularly, because you will know best what your pain feels like, how it's affecting your quality of life, and how much pain relief you need. You can talk to your doctor or nurse about the options for pain relief.

Good pain management will involve health professionals, such as doctors, nurses and physiotherapists, working with you to find the best way to help you.

Getting help

Pain management is about controlling pain so that the person isn't suffering unnecessarily. However, managing pain doesn't always mean that someone will be completely free from pain. And some people find they prefer to have some discomfort rather than have high doses of painkillers, in case they become sleepy and unable to communicate. There is a range of different medicines that may help control someone's pain. These may be aimed at relieving pain or to help ease other symptoms.

Pain management

How you cope with your illness may depend on the type of person you are. You may be told regularly to be positive, but this is often hard to do. If you're in denial about your illness, you may also be covering up feelings of depression, without realising it.

When you're ill, you may try to appear cheerful in front of family members or friends, but you may feel very low or anxious.

Depression and anxiety

Visit our website at mariecurie.org.uk/spiritualpain for more information.

Emotional and spiritual pain is not the same as depression, although the two can happen together. Doctors recognise that it can also make physical pain worse. This means that reducing spiritual and emotional pain may also help to reduce physical pain.

Emotional and spiritual pain can happen when you lose a sense of meaning or purpose in life and have unmet emotional or spiritual needs. These can include the need to address the loss of meaning or purpose, and deal with regrets or unresolved issues. This pain is usually caused by a major event which challenges your core values and beliefs about how things are supposed to be. Those values and beliefs don't have to be religious, although they can be.

Spiritual and emotional pain

We have more information about pain relief and side effects in our booklet *Controlling pain* and on our website at mariecurie.org.uk/pain You can also call the Marie Curie Support Line on **0800 090 2309**.*



Mae gennym fwy o wybodaeth am leddfu poen a sgil-ffeithiau yn ein llyfryn *Rheoli poen* ac ar ein gwefan yn mariecurie.org.uk/pain Gallwch hefyd alw Llinell Gymorth Marie Curie ar **0800 090 2309***.

Poen ysbrydol ac emosiynol

Gall poen emosiynol ac ysbrydol ddigwydd pan fyddwch yn colli ymdeimlad o ystyr neu bwrpas mewn bywyd a phan fydd gennych anghenion emosiynol neu ysbrydol heb eu diwallu. Gall y rhain gynnwys yr angen i fynd i'r afael â'r diffyg ystyr neu bwrpas, a delio â phethau rydych yn eu difaru neu bethau na chawsant eu datrys. Fel rheol, achosir y poen hwn gan ddigwyddiad pwysig sy'n herio eich gwerthoedd a'ch credoau craidd am sut y dylai pethau fod. Nid oes rhaid i'r gwerthoedd a'r credoau hynny fod yn rhai crefyddol, ery gallant fod.

Nid yw poen emosiynol ac ysbrydol yr un peth ag iselder, er gally ddau ddigwydd gyda'i gilydd. Mae meddygon yn cydnabod y gall hefyd wneud poen corfforol yn waeth. Mae hyn yn golygu bod lleddfu poen ysbrydol ac emosiynol helpu hefyd yn gallu i leihau poen corfforol.



Ewch i'n gwefan yn mariecurie.org.uk/spiritualpain am fwy o wybodaeth.

Iselder a gorbryder

Pan rydych yn sâl, byddwch efallai'n ceisio ymddangos yn llon o flaen aelodau o'r teulu neu ffrindiau, ond gallwch deimlo'n isel a phryderus dros ben.

Gall sut rydych yn ymdopi â'ch afiechyd ddibynnu ar ba fath o berson ydych chi. Hwyrach y dywedir wrthyich yn rheolaidd i fod yn bositif, ond yn aml mae hyn yn anodd ei gyflawni. Os ydych yn gwadu eich afiechyd, gallwch hefyd fod yn cuddio teimladau o iselder, heb sylweddoli hynny.

Am iselder

Mae'r rhan fwyaf o bobl yn teimlo'n isel neu'n drist ryw dro. Mae'n normal i gael cyfnodau gwell a gwaeth. Ond pan fydd teimladau fel tristwch a gorbryder yn para am fisoedd heb newid, gall hyn fod yn iselder.

Pethau sy'n achosi iselder

Gall pethau sy'n achosi iselder gynnwys byw gydag ansicrwydd ac ofn am beth ddaw yn y dyfodol. Gall unrhyw un ddiodef iselder, ond rydych yn fwy tebygol o'i ddiodef os oes gennych hanes blaenorol o'i ddiodef, neu hanes teuluol o iselder.

Symptomau iselder

Mae symptomau'n amrywio o un person i'r llall a gallant effeithio arnoch yn emosiynol ac yn gorfforol. Gall y rhain gynnwys:

- tristwch
- bod yn groendenau
- teimlo'n amhendant
- wlo drwy'r amser
- ymdeimlad o ddiymadferthedd
- teimladau o anobaith
- peidio â dymuno gweld pobl
- diffyg diddordeb yn unrhyw beth
- methu â chanolbwyntio
- teimlo mewn hwyliau isel drwy'r amser
- methu â gweld y dyfodol mewn ffordd positif
- wedi blino a heb fawr ddim egni, symud yn arafach
- teimlo'n ddiwerth neu fod â hunan-barch isel
- methu â chymryd plaser na mwynhad mewn unrhyw beth

Gall symptomau cyffredin aftechyd terfynol, fel colli'r awch am fwyd, newidiadau mewn pwysau a pheidio â chysgu'n dda, fod yn symptomau iselder hefyd.

About depression

Most people feel low or sad some of the time. It's normal to have ups and downs. But when feelings like sadness and anxiety last for months without changing, it may be depression.

Causes of depression

Causes of depression can include living with uncertainty and fear about what the future holds. Anyone can get depression, but you're more likely to experience it if you have a previous history, or a family history, of it.

Symptoms of depression

Symptoms vary between people and may affect you emotionally and physically. These can include:

- sadness
- irritability
- feeling indecisive
- crying all the time
- a sense of helplessness
- feelings of hopelessness
- not wanting to see people
- lack of interest in anything
- not being able to concentrate
- feeling persistently low in your mood
- an inability to see the future positively
- tired and low in energy, moving more slowly
- feeling worthless or having low self-esteem
- not being able to find pleasure or enjoyment in anything

Common symptoms of terminal illness, like loss of appetite, weight changes and not sleeping properly, can also be symptoms of depression.

- feeling on edge or apprehensive
- feeling restless or agitated
- finding it difficult to concentrate or sleep
- sweating
- a racing heart
- being unable to get rid of your worries
- feeling breathless
- loss of appetite

These may include:

Symptoms of anxiety

Anxiety can be caused by several things, including uncertainty about the future, money worries or your medication.

Most of us feel anxious from time to time, but some people may often feel anxious and have difficulty managing these feelings. This can really affect quality of life and, for people with a terminal illness, anxiety can make other symptoms worse. If you're depressed it may be linked with anxiety.

About anxiety

Contact us on **0800 090 2309*** to order our *Controlling pain* leaflet or visit **mariecurie.org.uk/help** for more information.



Depression can get worse if you don't or can't acknowledge your feelings or talk about them. Try to tell your nurse or doctor. They can assess you and decide how to help.

Tackling other symptoms like pain may help reduce symptoms of depression. Getting enough support and adjusting your other treatments might also help, but always speak to your doctor before you make any changes to your medication.

Managing depression

Cadw iselder dan reolaeth

Gall iselder waethygu os nad ydych neu na allwch gydnabod eich teimladau na siarad amdanynt. Ceisiwch ddweud wrth eich nyrs neu feddyg. Gallant eich asesu a phenderfynu sut i helpu.

Mae mynd i'r afael â symptomau eraill fel poen yn gallu helpu i leihau symptomau iselder. Mae'n bosibl y bydd cael digon o gefnogaeth a gwneud newidiadau i'ch triniaethau eraill yn helpu hefyd, ond dylech siarad â'ch meddyg bob amser cyn gwneud unrhyw newidiadau i'ch meddyginiaeth.



Cysylltwch â ni ar **0800 090 2309*** i archebu ein taflen *Rheoli poen* neu ewch i **mariecurie.org.uk/help** am fwy o wybodaeth.

Am orbryder

Mae'r rhan fwyaf ohonom yn teimlo'n bryderus o bryd i'w gilydd, ond gall rhai pobl deimlo'n orbryderus yn aml a'i chael yn anodd cadw'r teimladau hyn dan reolaeth. Gall hyn gael effaith wirioneddol ar ansawdd bywyd ac, i bobl ag afiechyd terfynol, gall gorbryder wneud symptomau eraill yn waeth. Os ydych yn dioddef iselder, gall fod yn gysylltiedig â gorbryder.

Gall gorbryder gael ei achosi gan nifer o bethau, gan gynnwys ansicrwydd am y dyfodol, pryderon am arian neu eich meddyginiaeth.

Symptomau gorbryder

Gall y rhain gynnwys:

- teimlo ar bigau'r drain neu'n ofnus
- teimlo'n anesmwyth neu'n gynhyrfus
- ei chael yn anodd canolbwyntio neu gysgu
- chwysu
- calon sy'n carlamu
- methu â chael gwared ar eich pryderon
- diffyg anadl
- colli'r awch am fwyd

Cadw gorbryder dan reolaeth

Os ydych yn ei chael yn anodd cadw'ch gorbryder neu eich pryderon dan reolaeth, mae'n syniad da rhoi gwybod i'ch nyrs neu feddyg er mwyn iddynt allu dysgu mwy am eich symptomau a sut gallant eich helpu.

Triniaeth am iselder a gorbryder

Os na chaiff eich iselder neu orbryder eu trin, gall symptomau waethygu a dod yn fwy anodd eu trin. Mae'n bwysig cael help cyn gynted ag y gallwch. Gall triniaeth wella ansawdd eich bywyd yn sylweddol.

Gallai gynnwys:

- ymarfer corff
- technegau hunangymorth
- grwpiau cefnogi
- meddyginiaeth, gan gynnwys cyffuriau gwrthiselder
- therapi cyflenwol, fel aciwbigo
- therapi siarad, er enghraifft, therapi ymddygiad gwybyddol (CBT) neu gynghori
- therapiau nad ydynt yn gyffuriau, fel technegau ymlacio a chyngor ar sut i reoli cwsig a gorbryder

Cael help

Gallwch chi, eich teulu a'ch ffrindiau agos ofyn i'ch meddyg, nyrs ardal neu Nyrs Marie Curie am y mathau gwahanol o gynghori sydd ar gael a sut i'w gyrchu. Yn aml, mae cynghori'n rhad ac am ddim mewn hosbisau, ysbytai neu feddygfeydd Meddygon Teulu.

Mae gwasanaethau cynghori am ddim fel rheol yn canolbwyntio ar therapi ymddygiad gwybyddol (CBT), therapi siarad a allai eich helpu i fynd i'r afael ag unrhyw faterion rydych yn poeni amdanynt. Byddwch efallai'n cael eich cyfeirio at weithiwr proffesiynol iechyd meddwl, fel seicolegydd neu seiciatrydd, am help arbenigol. Neu, gofynnwch i'ch meddyg am gynghori preifat, neu ewch i wefan It's good to talk (gweler tudalen 70) i ddysgu mwy.

Managing anxiety

If you're finding it difficult to control your anxiety or worries, it's good to let your nurse or doctor know so they can find out more about your symptoms and how they can help you.

Treatment for depression and anxiety

If your depression or anxiety is left untreated symptoms can become worse and more difficult to treat. It's important to get help as early as possible. Treatment can really improve your quality of life.

It could include:

- exercise
- self-help techniques
- support groups
- medication, including anti-depressants
- complementary therapy, like acupuncture
- talking therapy, for example, cognitive behavioural therapy (CBT) or counselling
- non-drug therapies, like relaxation techniques and advice on how to manage sleep and anxiety

Getting help

You, and your family and close friends, can ask your doctor, district nurse or Marie Curie Nurse about the different types of counselling, available and how to access it. Counselling is often free at hospices, hospitals or GP surgeries.

Free counselling services usually focus on cognitive behavioural therapy (CBT), a talking therapy that could help you to deal with any issues you're worried about. You may be referred to a mental health professional, like a psychologist or psychiatrist, for specialist help. Alternatively, ask your doctor about private counselling, or visit the It's good to talk website (see page 70) to find out more.

Complementary therapies aren't designed to take the place of traditional care, but some of their benefits are now widely recognised.

I've had massages at the hospice too. I've [also] got arthritis which makes it difficult to put my arms into my shirt sleeves and get dressed. But the massage has really helped. Willie, who is living with terminal illness

- Complementary therapies include:
- acupressure
 - acupuncture
 - aromatherapy
 - art therapy
 - hypnotherapy
 - massage
 - reflexology
 - reiki
 - relaxation
 - shiatsu massage
 - meditation
 - yoga, tai chi and other exercise
 - drama therapy
 - music therapy

Complementary therapies are given alongside conventional medical treatment. These may help you to feel more relaxed or to sleep better. They can also be used to relieve pain and tension in the body.

Complementary therapies

There are some things you can do to help yourself. You could try things that you enjoy like listening to music, reading a book or starting a new hobby. You might also like to exercise (see page 36) or relax with complementary therapies like massage.

Helping yourself

Helpu eich hun

Mae rhai pethau y gallwch eu gwneud i helpu eich hun. Gallech roi cynnig ar bethau rydych yn eu mwynhau fel gwranddo ar gerddoriaeth, darllen llyfr neu ddechrau hobi newydd. Efallai byddech yn dymuno gwneud ymarfer corff hefyd (gweler tudalen 36) neu ymlacio gyda therapiau cyflenwol fel tyliino.

Therapiau cyflenwol

Rhoddir therapiau cyflenwol ochr yn ochr â thriniaeth feddygol gonfensiynol. Gall y rhain eich helpu i ymlacio mwy neu i gysgu'n well. Gallant gael eu defnyddio'n ogystal i leddfu poen a thensiwn yn y corff.

Mae therapiau cyflenwol yn cynnwys:

- aciwbwyso
- aciwbigo
- aromatherapi
- therapi celf
- hypnotherapi
- tyliino
- adweitheg
- reiki
- ymlacio
- tyliino shiatsu
- myfyrdod
- ioga, t'ai chi ac ymarfer arall
- therapi drama
- therapi cerddoriaeth

Nid bwriad therapiau cyflenwol yw cymryd lle gofal traddodiadol, ond erbyn hyn cydnabyddir rhai o'u buddion yn eang.

Cefais fy nhyliino yn yr hosbis hefyd. Mae gen i arthritis [hefyd] sy'n ei gwneud yn anodd i mi roi fy mreichiau yn llewys fy nghrys a gwisgo. Ond mae'r tyliino wedi helpu'n fawr.

Willie, sy'n byw gydag afiechyd terfynol

Dod o hyd i therapi cyflenwol a thalu amdano

Mae'r GIG yn darparu rhai therapiau cyflenwol yn rhad ac am ddim, felly siaradwch â'ch meddyg neu nyrs am beth sydd ar gael yn eich ardal. Gall eich hosbis leol neu grŵp cefnogi lleol gynnig therapiau am ddim neu am gost ostyngedig hefyd. Mae gan Marie Curie naw hosbis ledled y DU neu gallwch chwilio am hosbis leol ar wefan Hospices UK yn hospiceuk.org



Layton Thompson/Marie Curie

Os hoffech chi ddod o hyd i therapydd preifat, mae gan y Cyngor Gofal Iechyd Cyflenwol a Naturiol gyfeiriadur ar ei wefan o therapyddion cymwys wedi'u rhestru fesul ardal (gweler tudalen 65). Gall therapiau preifat fod yn ddrud, felly mae'n werth gwirio'r gost yn gyntaf.

If you'd like to find a private therapist, the Complementary and Natural Healthcare Council has a directory of qualified therapists listed by area on its website (see page 65). Private therapists can be expensive, so it's worth checking the cost first.



Layton Thompson/Marie Curie

Finding and paying for complementary therapy
Some complementary therapies are provided free of charge by the NHS, so speak to your doctor or nurse about what's available in your area. Your local hospice or a local support group may also offer free or reduced cost therapies. Marie Curie has nine hospices throughout the UK or you can search for a local hospice on the Hospices UK website at hospiceuk.org

Alternative therapies are different from complementary therapies. They are given instead of conventional treatment, not alongside it. Be very cautious of alternative therapists who claim that they can cure cancer and other illnesses. Genuine therapists are unlikely to make inappropriate claims about the benefits of their therapies.

Sexuality

When physical and emotional changes happen because of your illness, your sense of sexuality may also change. Many people feel a sense of contentment and wellbeing when they continue or restart a loving and close relationship.

When you're ill there are many factors that can prevent you from continuing your relationship as usual or change how you feel about your sexuality. You may feel differently about having a physical relationship with your partner.

If you're single or not in a long-term relationship, your illness or treatments might put you off starting a new relationship.

Therapiau amgen

Mae therapiau amgen yn wahanol i therapiau cyflenwol. Rhoddir nhw yn lle triniaeth gonfensiynol, nid ochr yn ochr â hi. Byddwch yn ofalus iawn o therapyddion amgen sy'n haeru y gallant wella canser ac afiechydon eraill. Mae therapyddion dilys yn annhebygol o wneud honiadau amhriodol am fuddion eu therapiau.

Rhywioldeb

Pan fydd newidiadau corfforol ac emosïynol yn digwydd o ganlyniad i'ch afiechyd, gall eich ymdeimlad o rywioldeb newid hefyd. Mae llawer o bobl yn teimlo bodlonrwydd a lles pan fyddant yn parhau gyda neu'n ailgychwyn cydberthynas gariadus a chlos.

Pan fyddwch yn sâl mae llawer o ffactorau sy'n gallu eich atal rhag parhau â'ch cydberthynas arferol neu sy'n newid sut rydych yn teimlo am eich rhywioldeb. Gallwch deimlo'n wahanol ynghylch cynnal cydberthynas gorfforol â'ch partner.

Os ydych yn sengl neu heb fod mewn cydberthynas hirdymor, gallai eich afiechyd neu driniaethau eich gwneud yn gyndyn i ddechrau cydberthynas newydd.

Iechyd a thriniaethau

Gall eich afiechyd, triniaeth feddygol amdano a'ch amgylchedd effeithio ar eich mynegiant o'ch rhywioldeb, neu gallant ei gwneud yn anodd i chi barhau i gael cydberthynas gorfforol â phartner. Gallai rhai ffactorau gynnwys:

- blinder a chyfog
- eich delwedd o'ch corff a'ch hyder yn eich corff
- perfformiad rhywiol
- triniaethau a sgil-ffeithiau
- eich rheolaeth dros weithrediadau eich corff
- derbyn gofal mewn ysbyty, hosbis neu gartref gofal lle mae llai o breifatrwydd o bosib

Cael gwybodaeth

Mae peidio â siarad am rywioldeb yn gallu arwain at drallod, teimladau o arunigedd ac ymdeimlad nad yw eich anghenion yn ddilys. Mae pryderon am agosatrwydd yn berthnasol ar bob oedran, ar gyfer unrhyw gyfeiriadedd rhywiol ac ar unrhyw adeg o'ch bywyd.

Codwch y pwnc gyda gweithwyr proffesiynol gofal iechyd os hoffech siarad amdano a chael cyngor. Hwyrach y gall nyrsys annog trafodaeth a rhannu gwybodaeth rhyngoch chi a'ch partner. Neu gallech ofyn i gael eich cyfeirio at rywun arall os nad oes gan y gweithiwr proffesiynol rydych yn siarad â nhw yr wybodaeth gywir.

Siarad â'ch partner am ryw

I rai pobl, mae'n anarferol neu'n anodd siarad am gydberthnasau rhywiol. Gall eraill osgoi crybwyll y pwnc os ydynt yn credu y gall achosi dadl. Ond os ydych yn teimlo na allwch gael rhyw naill ai'n gorfforol neu'n seicolegol, mae'n well siarad â'ch partner er mwyn iddynt allu deall sut rydych yn teimlo. Ceisiwch beidio â chuddio eich teimladau a phoeni amdano ar eich pen eich hun.

For some people, it's unusual or difficult to talk about sexual relationships. Others may try to avoid bringing up the subject if they think it may cause an argument. But if you feel unable to have sex either physically or psychologically, it's better to talk to your partner so that they can understand how you're feeling. Try not to hide your feelings and worry about it alone.

Talking to your partner about sex

Bring up the topic with healthcare professionals if you would like to talk about it and be given advice. Nurses may be able to encourage discussion and information sharing between you and your partner. Or you could ask to be referred to someone else if the professional you speak to doesn't have the right knowledge.

Not talking about sexuality can lead to distress, feelings of isolation and a sense that your needs aren't valid. Intimacy concerns are relevant at every age, for any sexual orientation and at any stage in life.

Getting information

include:
 • tiredness and nausea
 • body image and body confidence
 • sexual performance
 • treatments and side effects
 • control of bodily functions
 • being cared for in a hospital, hospice or care home
 where there may be less privacy

Your illness, medical treatments for it and surroundings can affect your expression of your sexuality, or may make it difficult for you to continue a physical relationship with a partner. Some factors could

Health and treatments

Newidiadau corfforol

Wrth i'ch afiechyd fynd yn ei flaen o'r camau cynnar i driniaeth ac ar ôl triniaeth, mae eich lefel o ryngweithio rhywiol yn debygol o leihau ac yna gall ddychwelyd i'w lefel normal.

Yng ngham lliniarol neu derfynol afiechyd, gall newidiadau corfforol gael effaith. Gall newidiadau seicolegol hefyd. Gallwch roi'r gorau i gael rhyw'n gyfan gwbl neu gallwch ganfod eich bod yn dod yn fwy awyddus yn rhywiol. Mae'n dibynnu arnoch chi ac mae'n wahanol i bawb.

Wrth ddynesu at ddiwedd oes, mae'n bosib teimlo ystod o anghenion gwahanol, gan gynnwys:

- pleser
- galar
- cariad
- ymlacio
- gwrthdynciad
- lleddfu poen
- cadarnhad
- dicter

Gall yr anghenion hyn newid ystyr a phwrpas eich cydberthynas gorfforol a rhywiol â'ch partner.

Gall eich angen am agosrwydd corfforol, i gyffwrdd a chael eich cyffwrdd, ddod yn bwysicach i chi wrth ddynesu at ddiwedd oes.

Physical changes

As your illness progresses from early stages to treatment and post-treatment, your level of sexual interaction is likely to decrease and then may return to normal.

In the palliative or terminal stage of an illness, physical changes may have an effect. Psychological changes may too. You may stop having sex completely or you may find yourself becoming more sexually active. It depends on you and it's different for everyone.

Towards the end of life, a range of different needs may be experienced, including:

- pleasure
- grief
- love
- relaxation
- distraction
- painkilling
- affirmation
- anger

These needs can change the meaning and purpose of your physical and sexual relationship with your partner.

Your need for physical closeness, to touch and be touched, may become more important to you towards the end of life.

Newidiadau emosiynol

Mae pob cydberthynas yn unigryw, ond efallai y bydd rhai o'r profiadau mae pobl eraill wedi'u cael yn gyfarwydd i chi. Mae'r rhain yn cynnwys:

- Tyfu'n agosach ac yn gryfach yn eich cydberthynas, er gwaethaf effaith emosiynol a chorfforol afiechyd a thriniaethau.
- Symud ar wahân fel pâr.
- Teimlo'n agosach ac ymhellach ar wahân mewn pyliau.
- Ailgyssylltu'n emosiynol fel pâr.
- Adweithio'n wahanol i'ch gilydd i newidiadau yn eich cydberthynas rywiol.
- Mwynhau lefel newydd o agosatrwydd trwy natur ddwys y profiad gofalu.

Cyngor am gydberthnasau

Nid yw siarad am faterion rhywiol a phersonol iawn yn dod yn hawdd i bawb felly efallai y byddai'n haws siarad â rhywun nad ydych yn eu hadnabod.

Gallech roi cynnig ar siarad â'ch meddyg neu nyrs, neu ofyn iddynt argymhell cynghorydd, grŵp cefnogi neu weithdy. Mae'n bosibl y gall Relate, elusen sy'n cynnig cymorth cydberthnasau, helpu. Gweler tudalen 71 am fanylion cysylltu.

Emotional changes

Every relationship is unique, but you might find some of the experiences other people have had familiar. These include:

- Growing closer and stronger in your relationship, despite the emotional and physical impact of illness and treatments.
- Moving apart as a couple.
- Feeling closer and further apart in waves.
- Re-connecting emotionally as a couple.
- Having different reactions to changes in your sexual relationship.
- Enjoying a new level of intimacy through the intensity of the caring experience.

Relationship advice

Talking about sexual and intimate matters doesn't come easily to everyone so you might find it easier to speak to someone who you don't know.

You could try talking to your doctor or nurse, or ask them to

recommend a counsellor, support group or workshop. Relate,

a charity offering relationship support, may also be able to help.

See page 71 for contact details.

Section 5: Getting support

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55	Benefits and financial support
59	If you live alone

Adran 5: Cael cefnogaeth

52	Cael offer ac addasu'ch cartref
55	Budd-daliadau a chymorth ariannol
59	Os ydych yn byw ar eich pen eich hun

Gall fod angen mwy o gefnogaeth emosiynol ac ymarferol arnoch pan fyddwch yn sâl. Gallai hyn gynnwys gwneud newidiadau i'ch cartref i'ch helpu i symud o gwmpas yn well neu gadw mewn cysylltiad â'ch anwyliaid. Mae budd-daliadau ar gael hefyd i helpu gyda chostau ychwanegol.

Cael offer ac addasu'ch cartref

Gall addasu'ch cartref neu gael offer byw arbenigol wneud bywyd yn haws o lawer i bobl sy'n cael anhawster wrth wneud gweithgareddau bob dydd. Fel rheol, gall y rhain gael eu darparu'n weddol gyflym ac mae'n bosibl y gallwch gael help i dalu amdanynt (gweler tudalen 54) neu eu benthyca.

Addasiadau

Mae addasiadau'n amrywio o drefnu i ddyfeisiau gael eu gosod neu eu ffitio, fel intercom, i newid rhannau o'ch cartref i'ch gwneud yn fwy cysurus. Er enghraifft, os ydych yn defnyddio cadair olwyn, gall fod angen i chi gael drysau mwy llydan neu addasu'r bath. Mae'n bosibl na fydd angen i chi drefnu addasiadau bob amser – gallai darnau penodol o offer wneud gwahaniaeth mawr.

Offer

Mae darnau cyffredin o offer yn cynnwys:

- potel ddŵr poeth neu sach wenith
- lifft ar gyfery bath
- clustog ewyn (clustog sy'n lleddfu pwysedd)
- sedd ddyrchafedig i'r tŷ bach
- matras pwysedd eiledol
- bwrdd sy'n mynd ar draws y gwely
- cadair olwyn
- ffyn baglau
- gwely fel un mewn ysbyty

Getting equipment and adapting your home

You may need more emotional and practical support when you're around better or staying in touch with those close to you. There are also benefits available to help with extra costs.

Adapting your home or getting specialist living equipment can make life much easier. These can usually be provided fairly quickly and you may be able to get help with paying for them or get them on loan (see page 54).

Adaptations

Adaptations range from getting devices installed or fitted, such as an intercom, to having parts of your home modified to make you more comfortable. For example, if you're using a wheelchair, you may need to get doors widened or the bath adjusted. You may not always need to get adaptations made – certain pieces of equipment could make all the difference.

Equipment

Common pieces of equipment include:

- hot water bottle or wheat bag
- bath lift
- foam cushion (pressure relieving cushion)
- raised toilet seat
- alternating pressure mattress
- overbed table
- wheelchair
- crutches
- hospital style bed

Many of these can be bought from a household shop rather than through a specialist supplier. Some bigger pieces of equipment can be supplied through your GP or occupational therapist.

Getting help from an occupational therapist

Before you get any equipment or make adaptations to your home, you should be assessed by an occupational therapist to find out what you need. Some adaptations can be made without a referral or assessment from an occupational therapist. In some cases, a district nurse can also carry out an assessment.

Occupational therapists can visit you at home, at work or in hospital. During their visit, it's likely they'll want to see you doing the thing you're having difficulty with, so try to arrange this for a time of day when you have more energy.

The occupational therapist's involvement can form part of a **care and support needs assessment**. This is carried out by your local social services department and includes a discussion about the kinds of care tasks that you're able to carry out unassisted. You may then be eligible for financial assistance. See page 54 for more information.

You can find an occupational therapist through the NHS or your local social services department. In Northern Ireland, contact your local health and social care trust.

You can also access them privately. The British Association of Occupational Therapists has a searchable directory to find independent therapists in your area. See page 71 for contact details.

Mae'n bosib prynu llawer o'r rhain o siop nwyddau tŷ yn hytrach na thrwy gyflenwr arbenigol. Gall rhai darnau o offer mwy o faint gael eu cyflenwi gan eich Meddyg Teulu neu therapydd galwedigaethol.

Cael help gan therapydd galwedigaethol

Cyn i chi gael unrhyw offer neu wneud addasiadau i'ch cartref, dylech gael eich asesu gan therapydd galwedigaethol i ddydsu beth mae ei angen arnoch. Gall rhai addasiadau gael eu gwneud heb gael eich cyfeirio na'ch asesu gan therapydd galwedigaethol. Mewn rhai achosion, gall nyrs ardal wneud asesiad yn ogystal.

Gall therapyddion galwedigaethol ymweld â chi yn eich cartref, yn y gwaith neu yn yr ysbty. Yn ystod eu hymweliad, mae'n debygol y byddant eisiau eich gweld yn gwneud y peth rydych yn ei chael yn anodd, felly ceisiwch drefnu hyn ar adeg o'r dydd pan fydd gennych fwy o egni.

Gall cyfranogaeth y therapydd galwedigaethol fod yn rhan o **asesiad anghenion gofal a chymorth**. Gwneir hyn gan eich adran gwasanaethau cymdeithasol leol ac mae'n cynnwys trafodaeth o'r mathau o orchwylion gofal y gallwch eu gwneud heb gymorth. Wedyn gallwch fod yn gymwys i dderbyn cymorth ariannol. Gweler tudalen 54 am fwy o wybodaeth.

Gallwch ddod o hyd i therapydd galwedigaethol drwy'r GIG neu eich adran gwasanaethau cymdeithasol leol. Yng Ngogledd Iwerddon, cysylltwch ag adran gwasanaethau cymdeithasol eich ymddiriedolaeth leol iechyd a gofal cymdeithasol.

Gallwch hefyd fynd atynt yn breifat. Mae gan Gymdeithas Therapyddion Galwedigaethol Prydain gyfeiriadur lle gallwch chwilio am therapyddion annibynnol yn eich ardal. Gweler tudalen 71 am fanylion cysylltu.

Rhoi offer ar brawf cyn i chi ei brynu

Mae'n syniad da rhoi pob offer ar brawf cyn i chi ei brynu. Os ydych yn ystyried prynu eitem ddrud, gofynnwch am gael defnyddio'r offer am gyfnod prawf yn eich cartref eich hun neu gwiriwch a allwch roi'r offer ar brawf yn y siop. Os hoffech ei brynu wedi hynny, hwyrach y byddwch yn dymuno cael asesiad anghenion gofal a chymorth (gweler tudalen 56) i weld a ydych yn gymwys i dderbyn unrhyw help ariannol. Mae rhai cyflenwyr yn cynnig offer ail-law yn ogystal am bris rhatach. Gofynnwch i'r tîm gosod ddangos i chi sut mae unrhyw offer yn gweithio.

Os ydych yn denant

Bydd angen i chi gael caniatâd eich landlord i wneud addasiadau os ydych yn denant, neu gallwch fod yn torri eich cytundeb tenantiaeth, a allai arwain at gael eich troi allan.

Help ariannol

Mae'n bosibl y gallwch gael offer rhad ac am ddim oddi wrth eich adran gwasanaethau cymdeithasol leol neu ar fenthyciad tymor hir oddi wrth y GIG. Gall y gwasanaethau cymdeithasol roi cymorth ariannol yn ogystal am offer ac addasiadau bach o lai na £1,000 (£1,500 yn yr Alban), ond mae beth a gewch yn dibynnu'n aml ar ble rydych yn byw.

Gallech fod yn gymwys i dderbyn help ariannol am eitemau mwy o faint a drutach hefyd, a elwir yn addasiadau mawr. Yr enw ar hyn yw'r Grant Cyfleusterau i'r Anabl.

Addasodd y therapydd galwedigaeth yn yr hosbis fy nghartref er mwyn i mi gael mynd adref. Maen nhw wedi gosod canllawiau yn fy nghartref ac wedi benthyca cadair drydan i mi gyda chefn sy'n lledorwedd ac yn mynd i fyny ac i lawr, sy'n fy helpu gyda'm hanabledd. Mae hyn yn golygu y gallaf fod yn gysurus yn fy nghartref fy hun.

Willie, sy'n byw gydag afiechyd terfynol

Trying out equipment before you buy

It's a good idea to try out all equipment before you buy it. If you're considering buying an expensive item, ask to use the equipment for a trial period in your own home or check if you can try the equipment in-store. If you would then like to buy it, you may want to get a care and support needs assessment (see page 56) to see if you're eligible for any financial help. Some suppliers also offer second-hand equipment at a cheaper price. Ask the installation team to show you how any equipment works.

If you're a tenant

You'll need to get your landlord's permission to make adaptations if you're a tenant, otherwise you may be breaking your tenancy agreement, which could lead to eviction.

Financial help

You may be able to get free equipment from your local social services department or on a long-term loan from the NHS. Social services may also give financial support for equipment and minor adaptations under £1,000 (£1,500 in Scotland), but what you get often depends on where you live.

You could also be entitled to financial help for larger and more expensive items, known as major adaptations. This is called a Disabled Facilities Grant.

The occupational therapist at the hospice adapted my house so I could go home. They put handrails in my home and lent me an electric chair with a reclining back that raises up and down, which helps me with my disability. This means I can be comfortable in my own home.

Willie, who is living with terminal illness

Benefits and entitlements

The benefits system can seem like a maze. There are many different types of benefit, paid for all sorts of reasons. It's worth checking if you can claim any benefits, tax credits or other financial help. It's also a good idea to regularly review your entitlements because you may be able to get more benefits if your circumstances change or if the rules change.

We've outlined some of the main benefits on the next few pages, but it's a good idea to speak to a benefits adviser who will be able to help you understand your options. The rules are complex and may differ depending on where you live. You can find a benefits adviser by contacting Citizens Advice, Macmillan Cancer Support or Carers UK (see pages 64-76 for contact details).

Benefits and financial support

When you're ill, you may choose to stop working or become too unwell to work. You may also have to manage extra costs. Help is available from many sources, including the government, your local council, charities and grant giving trusts.

Contact your local social services department, which will arrange an assessment. A social worker, sometimes accompanied by an occupational therapist, will visit your home and assess your requirements. If you qualify for assistance then the social services department will help organise the adaptations to your home.

For more on finding equipment and making adaptations, see pages 71-73, visit mariecurie.org.uk/help or contact the Marie Curie Support Line on **0800 090 2309**.*



Cysylltwch â'ch adran gwasanaethau cymdeithasol leol, a fydd yn trefnu asesiad. Bydd gweithiwr cymdeithasol, weithiau yng nghwmni therapydd galwedigaethol, yn ymweld â'ch cartref ac yn asesu eich gofynion. Os ydych yn gymwys i dderbyn cymorth, yna bydd yr adran gwasanaethau cymdeithasol yn helpu i drefnu'r addasiadau i'ch cartref.



Am fwy o wybodaeth am ddod o hyd i offer a gwneud addasiadau, gweler tudalennau 71-73, ewch i mariecurie.org.uk/help neu cysylltwch â Llinell Gymorth Marie Curie ar **0800 090 2309***.

Budd-daliadau a chymorth ariannol

Pan fyddwch yn sâl, efallai y dewiswch roi'r gorau i weithio neu ddod yn rhy sâl i weithio. Mae'n bosibl y bydd angen i chi ymdopi â chostau ychwanegol hefyd. Mae help ar gael o lawer o ffynonellau, gan gynnwys y llywodraeth, eich cyngor lleol, elusennau ac ymddiriedolaethau sy'n rhoi grantiau.

Budd-daliadau a hawliau

Gall y system fudd-daliadau edrych fel drysfa. Mae llawer o fathau gwahanol o fudd-daliadau, sy'n cael eu talu am bob math o resymau. Mae'n werth gwirio a allwch hawlio unrhyw fudd-daliadau, credydau treth neu help ariannol arall. Mae'n syniad da, hefyd, adolygu'ch hawliau'n rheolaidd oherwydd mae'n bosibl y gallwch gael mwy o fudd-daliadau os yw eich amgylchiadau'n newid neu os yw'r rheolau'n newid.

Rydym wedi amlinellu o rai o'r prif fudd-daliadau dros yr ychydig dudalennau nesaf, ond mae'n syniad da siarad â chynghorydd budd-daliadau a all eich helpu i ddeall eich opsiynau. Mae'r rheolau'n gymhleth a gallant fod yn wahanol gan ddibynnu ar ble rydych yn byw. Gallwch ddod o hyd i gynghorydd budd-daliadau trwy gysylltu â Chyngor ar Bopeth, Cymorth Canser Macmillan neu Carers UK (Gweler tudalennau 64-76 am fanylion cysylltu).

Mae gennym fwy o wybodaeth am fudd-daliadau a hawliadau ar ein gwefan hefyd yn mariecurie.org.uk/help neu galwch Linell Gymorth Marie Curie ar **0800 090 2309**.*

Help gan y gwasanaethau cymdeithasol

Os oes angen cymorth ymarferol arnoch, gallwch fod yn gymwys i dderbyn help gan y gwasanaethau cymdeithasol. Mae gofal a chymorth cymdeithasol ar gael ar gyfer pobl sy'n 18 oed neu'n hŷn y mae arnynt angen sylweddol, oherwydd eu hanabledd, am gymorth i wneud tasgau bob dydd fel codi o'r gwely, gwisgo, coginio a bwyta pryd o fwyd, help gyda gweld ffrindiau a theulu, neu help i ofalu am eraill.

Sut mae gwneud cais

Gallwch ddechrau gweld pa help gallwch ei gael drwy ofyn i adran gwasanaethau cymdeithasol eich cyngor lleol am **asesiad anghenion gofal a chymorth** neu **asesiad gofalydd** ar gyfer eich gofalydd. Os ydych yn byw yng Ngogledd Iwerddon, cysylltwch â'ch ymddiriedolaeth leol iechyd a gofal cymdeithasol a gofynnwch am **asesiad angen**. Mae hawl gennych chi a'ch gofalydd i gael asesiad ac mae'n ddyletswydd ar wasanaethau cymdeithasol gynnal y rhain.

Yn gyffredinol, mae cynghorau'n gallu codi tâl am wasanaethau gofal. Mae rhai awdurdodau lleol yn codi tâl am rai gwasanaethau'n unig, er enghraifft, prydau ar glud neu gymorth cartref. Os ydych yn byw yn yr Alban, yn 65 oed neu'n hŷn, ac yn derbyn gofal personol neu gymorth gofal personol yn eich cartref, dylech dderbyn hyn yn rhad ac am ddim.

Gofal iechyd parhaus y GIG

Mae gofal iechyd parhaus y GIG yn ofal iechyd a chymdeithasol a gewch o bosibl yn rhad ac am ddim o'r GIG os nad ydych yn yrysbyty ond mae gennych anghenion gofal cymhleth parhaus. Weithiau fe'i gelwir yn ofal a ariennir yn llawn.

We also have more information about benefits and entitlements on our website at mariecurie.org.uk/help or call the Marie Curie Support Line on **0800 090 2309**.*

Help from social services

If you need practical support, you may qualify for help from social services. Social care and support is available for people aged 18 or over who, because of their disability, have substantial need for support in doing everyday tasks like getting out of bed, getting dressed, cooking and eating a meal, help with seeing friends and family or help caring for others.

How to apply

You can start finding out what help you can get by asking your local council's social services department for a **care and support needs assessment** or a **carer's assessment** for your carer. If you live in Northern Ireland, contact your local health and social care trust and ask for an **assessment of need**. You and your carer are entitled to have an assessment and social services have a duty to carry these out. Generally, social services can charge for care services. Some local authorities only charge for some services, for example, meals on wheels or home helps. If you live in Scotland, are aged 65 or over, and get personal care or personal support care at home, you should get this free of charge.

NHS continuing healthcare

NHS continuing healthcare is health and social care that you may be able to get free of charge from the NHS if you aren't in hospital but have complex ongoing care needs. It's sometimes called fully-funded care.

When you apply, it's a good idea to get support from someone who understands how the system currently works, as the rules change quite often. Citizens Advice (page 73) is a good place to start.

- your Marie Curie Nurse or hospice staff
- a hospital social worker
- your local council or health and social care trust in Northern Ireland
- your district nurse, doctor or another healthcare professional

You'll need to arrange an initial assessment through:

How to apply

Personal care means anything relating to hygiene, food, emotional wellbeing, mobility or simple treatments like applying lotions or eye drops. Healthcare is any care that needs to be provided by a healthcare professional like a nurse or doctor.

Continuing healthcare covers care home fees including: accommodation costs, healthcare costs and personal care costs. If you need care at home, it covers personal costs and healthcare costs. It might also cover the cost of healthcare assistants.

Continuing healthcare is for anyone in the UK who mainly has a healthcare need. This means that the care needed is more about medical care than social care. These needs can either be at home, in a hospice or in a care home. You can apply for continuing healthcare if you:

- have a complex medical condition
- need substantial and ongoing care

If your needs are urgent, you may be given continuing healthcare on a fast track. This means you don't have to do any of the assessments. Your needs are considered urgent if your life could be in danger if you don't get help quickly.

Os yw eich anghenion yn rhai dybryd, efallai y rhoddir gofal iechyd parhaus i chi ar garlam. Mae hyn yn golygu nad oes rhaid i chi wneud unrhyw rai o'r asesiadau. Ystyrir bod eich anghenion yn rhai dybryd os gallai eich bywyd fod mewn perygl os nad ydych yn derbyn help yn gyflym.

Mae gofal iechyd parhaus ar gyfer unrhyw un yn DU sydd angen gofal iechyd yn bennaf. Mae hyn yn golygu bod y gofal mae ei angen arnynt yn ymwneud mwy â gofal meddygol na gofal cymdeithasol. Gall yr anghenion hyn fod gartref, mewn hosbis neu mewn cartref gofal. Gallwch wneud cais am ofal iechyd parhaus os oes gennych:

- gyflwr meddygol cymhleth
- angen am ofal sylweddol a pharhaus

Mae gofal iechyd parhaus yn rhychwantu ffioedd cartref gofal gan gynnwys: costau llety, costau gofal iechyd a chostau gofal personol. Os oes angen gofal gartref arnoch, mae'n rhychwantu costau personol a chostau gofal iechyd. Mae'n bosibl y bydd hefyd yn rhychwantu cost cynorthwywyr gofal iechyd.

Mae gofal personol yn golygu unrhyw beth sy'n ymwneud â hylendid, bwyd, lles emosiynol, symudedd neu driniaethau syml fel rhoi trwythau neu ddafnau llygad. Mae gofal iechyd yn unrhyw ofal y mae angen iddo gael ei ddarparu gan weithiwr gofal iechyd proffesiynol fel nyrs neu feddyg.

Sut mae gwneud cais

Bydd angen i chi drefnu asesiad cychwynnol trwy:

- eich nyrs ardal, meddyg neu weithiwr gofal iechyd proffesiynol arall
- eich cyngor lleol neu ymddiriedolaeth gofal iechyd a chymdeithasol yng Ngogledd Iwerddon
- gweithiwr cymdeithasol ysbyty
- eich Nyrs Marie Curie neu staff hosbis

Pan fyddwch yn gwneud cais, mae'n syniad da hefyd cael cefnogaeth oddi wrth rywun sy'n deall sut mae'r system yn gweithio ar hyn o bryd, oherwydd mae'r rheolau'n newid yn weddol aml. Mae Cyngor ar Bopeth (tudalen 73) yn fan cychwyn da.



Mae gennym wybodaeth fanylach am ofal iechyd parhaus yn mariecurie.org.uk/continuinghealthcare neu galwch Linell Gymorth Marie Curie ar **0800 090 2309**.*

Budd-daliadau ar gyfer pobl sy'n sâl neu'n anabl

Isod mae rhai o'r prif fudd-daliadau ar gyfer pobl sy'n sâl neu'n anabl. Mae rheolau arbennig ar gyfer pobl sydd ag afiechyd terfynol, sy'n golygu y gellir delio â'ch cais yn ddioed a gallwch dderbyn y budd-dal ary gyfradd uchaf os ydych yn gymwys. Ewch i mariecurie.org.uk/specialrules neu galwch Linell Gymorth Marie Curie ar **0800 090 2309*** am fwy o wybodaeth.

Lwfans Gweini

Budd-dal di-dreth yw hwn ar gyfer pobl sy'n 65 oed neu'n hŷn. Gall helpu gyda chostau ychwanegol anabledd neu gyflwr iechyd.

Taliad Annibyniaeth Bersonol

Budd-dal di-dreth yw hwn sy'n helpu gyda chostau ychwanegol dioddef anabledd neu gyflwr iechyd. Mae ar gyfer pobl rhwng 16 a 64 oed. Gallwch fod yn gymwys hefyd os oes arnoch angen help gyda gofal personol neu symud o gwmpas. Mae'n fudd-dal newydd sy'n raddol ddisodli Lwfans Byw i'r Anabl ar gyfer pobl o oedran gwaith.

Lwfans Byw i'r Anabl

Budd-dal di-dreth yw hwn ar gyfer pobl sydd ag anabledd corfforol neu feddyliol ac sydd angen help gyda gofal personol neu oruchwyliaeth er mwyn aros yn ddiogel, neu sydd angen help i symud o gwmpas. Mae'n debyg i'r Taliad Annibyniaeth Bersonol a'r Lwfans Gweini. Ni allwch wneud cais newydd mwyach am Lwfans Byw i'r Anabl oni bai eich bod dan 16 oed, neu rydych yn bywyng Ngogledd Iwerddon.

Disability Living Allowance
This is a tax-free benefit for people who have a physical or mental disability and need help with personal care or supervision to remain safe, or need help with getting around. It's similar to Personal Independence Payment and Attendance Allowance. You can no longer make a new claim for Disability Living Allowance unless you are under 16 years old, or you live in Northern Ireland.

Personal Independence Payment
This is a tax-free benefit that helps with the extra costs of having a disability or health condition. It's for people aged 16–64. You may also qualify if you need help with personal care or getting around. It's a new benefit that's gradually replacing Disability Living Allowance for people of working age.

Attendance Allowance
This is a tax-free benefit for people aged 65 or over. It can help with the extra costs of a disability or health condition.

Benefits for people who are ill or disabled
Below are some of the main benefits for people who are ill or disabled. There are special rules for people who have a terminal illness, which mean that you may have your application fast-tracked and get the benefit at the highest rate if you qualify. Visit mariecurie.org.uk/specialrules or call the Marie Curie Support Line on **0800 090 2309*** for more information.

We have more detailed information about continuing healthcare at mariecurie.org.uk/continuinghealthcare or call the Marie Curie Support Line on **0800 090 2309***.



If you live alone, you may feel that it's more difficult for you to get the help and support that you need. Not having visits from friends or family could also make it harder for you to cope with your illness.

If you live alone

Benefits for carers

If someone is caring for you, they may be able to claim Carer's Allowance, which is a weekly benefit for people who care for someone who has a health condition or disability. Carer's Credit may also be available to protect their State Pension if they're not working.

We have more information about getting help with financial matters on our website at mariecurie.org.uk/help or call the Marie Curie Support Line on **0800 090 2309**.*



Social security benefits are handled by the Department for Work and Pensions (England, Scotland and Wales) and the Social Security Agency (Northern Ireland). There are different branches depending on the benefit you're applying for. See pages 73-74 for contact details.

How to apply

This is the main benefit for people whose ability to work is limited by ill health or disability. Employment and Support Allowance (ESA) is a complicated benefit, so it's a good idea to get help from a benefits adviser before you apply.

Employment and Support Allowance

Lwfans Cyflogaeth a Chymorth

Dyma'r prif fudd-dal ar gyfer pobl y mae eu gallu i weithio wedi'i gyfyngu gan iechyd gwael neu anabledd. Mae'r Lwfans Cyflogaeth a Chymorth (ESA) yn fudd-dal cymhleth, felly mae'n syniad da cael help gan gynghorydd budd-daliadau cyn gwneud cais.

Sut mae gwneud cais

Yr Adran Gwaith a Phensiynau (Cymru Lloegr a'r Alban) a'r Asiantaeth Lles Cymdeithasol (Gogledd Iwerddon) sy'n ymdrin â budd-daliadau nawdd cymdeithasol. Mae canghennau gwahanol gan ddibynnu ar ba fudd-dal rydych yn gwneud cais amdano. Gweler tudalennau 73-74 am fanylion cysylltu.



Mae gennym fwy o wybodaeth am gael help gyda materion ariannol ar ein gwefan yn mariecurie.org.uk/help neu galwch Linell Gymorth Marie Curie ar **0800 090 2309**.*

Budd-daliadau i ofalwyr

Os yw rhywun yn gofalu amdano, mae'n bosibl gallant hawlio Lwfans Gofalydd, sy'n fudd-dal wythnosol ar gyfer pobl sy'n gofalu am rywun gyda chyflwr iechyd neu anabledd. Gall Credyd Gofalydd fod ar gael hefyd i warchod eu Pensiwn y Wladwriaeth os nad ydynt yn gweithio.

Os ydych yn byw ar eich pen eich hun

Os ydych yn byw ar eich pen eich hun, gallwch deimlo ei bod yn fwy anodd i chi gael y cymorth a'r gefnogaeth mae eu hangen arnoch. Gallai peidio â chael ymweliadau oddi wrth ffrindiau neu deulu ei gwneud yn fwy anodd, yn ogystal, i chi ymdopi â'ch afiechyd.

Gall arunigedd achosi straen, gorbryder ac iselder. Gall achosi problemau ymarferol yn ogystal fel colli pryddau, methu ag ymolchi'n rheolaidd neu wneud gorchwylion o amgylch y tŷ fel glanhau. Os ydych yn teimlo'n arunig, siaradwch â gweithiwr proffesiynol gofal iechyd fel eich Meddyg Teulu, nyrs ardal neu Nyrs Marie Curie, a fydd yn rhoi gwybod i chi am ba gefnogaeth sydd ar gael yn eich ardal.

Cadw'n brysur

Gall gweithgareddau a chynlluniau ymglyfeilla eich helpu i deimlo'n llai unig ac ynysig. Mae llawer o bethau gallwch eu gwneud fel darllen, peintio neu arddio (os gallwch wneud rhywfaint o weithgarwch corfforol).

Gallwch ddysgu mwy am weithgareddau yn eich ardal chi oddi wrth eich cyngor lleol neu nidirect.gov.uk yng Ngogledd Iwerddon.

Cynlluniau ymglyfeilla

Mae cynllun ymglyfeilla yn rhwydwaith o bobl, gwirfoddolwyr fel rheol, a all ddarparu cwmni a sgwrsio rheolaidd. Gall cynlluniau ymglyfeilla helpu i adfer ymdeimlad pwysig o berthyn a hyder, yn ogystal â lliniaru unigrwydd a gorbryder.

Mae nifer o gynlluniau ymglyfeilla rhad ac am ddim yn y DU. Mae rhai'n cynnwys ymweliadau personol, mae eraill yn cynnwys galwad ffôn. Mae gwasanaethau ymglyfeilla electronig hefyd – i gyfathrebu trwy e-bost.

Mae Marie Curie'n rhedeg cynllun am ddim, o'r enw Cynorthwy-ydd Marie Curie, ble gall gwirfoddolwr hyfforddedig ymweld â chi yn eich cartref am hyd at dair awr bob wythnos. Gall gwirfoddolwyr fynd â chi allan i siopa neu i gael coffi neu fynd â chi i apwyntiadau. Os na allwch chi fynd allan, gallant ymweld â chi yn y tŷ am sgwrs.

Ewch i mariecurie.org.uk/helper neu galwch Linell Gymorth Marie Curie ar **0800 090 2309*** am fwy o wybodaeth.

Visit mariecurie.org.uk/helper or call the Marie Curie Support Line on **0800 090 2309*** for more information.

Marie Curie runs a free scheme, called Marie Curie Helper, where a trained volunteer can visit you at home for up to three hours each week. Volunteers can take you out on a shopping trip or for coffee, or take you to appointments. If you're not able to go out, they can simply visit you for a chat.

There are several free befriending schemes in the UK. Some involve personal visits, others a phone call. There are also e-befriending services – for communicating by email.

A befriending scheme is a network of people, usually volunteers, who can provide regular companionship and conversation. Befriending schemes can help to restore an important sense of belonging and confidence, as well as easing loneliness and anxiety.

Befriending schemes

You can find out about activities in your area from your local council or nidirect.gov.uk in Northern Ireland.

Activities and befriending schemes can help you to feel less lonely and isolated. There are lots of things you can do, like reading, painting or gardening (if you're able to do some physical activity).

Keeping busy

Isolation can cause stress, anxiety, and depression. It can also create practical problems like missing out on meals, not being able to wash regularly or do household jobs like cleaning. If you're feeling isolated, don't hesitate to speak to a healthcare professional, like your GP, district nurse or Marie Curie Nurse, who'll let you know what support is available in your area.

Another way to feel less isolated is by joining a special interest group. There are plenty around, including walking, golf, or art and writing groups. They can also help you to meet people.

Getting out of the house

Age UK (see page 69) runs a network of long-term befriending services, which work by matching up an older person with a befriender. It also runs a telephone befriending service if you have difficulty leaving the house.

Layton Thompson/Marie Curie



Layton Thompson/Marie Curie



Mae Age UK (gweler tudalen 69) yn cynnal rhwydwaith o wasanaethau ymgyfeilla hirdymor, sy'n gweithio drwy baru rhywun hŷn gyda rhywun sy'n fodlon bod yn gyfaill. Maen nhw hefyd yn rhedeg gwasanaeth ymgyfeilla dros y ffôn os yw'n anodd i chi adael y tŷ.

Mynd allan o'r tŷ

Ffordd arall o deimlo'n llai arunig yw trwyymuno â grŵp diddordeb penodol. Mae digon ohonynt ar gael, gan gynnwys cerdded, golff, neu grwpiau celf ac ysgrifennu. Gallant, yn ogystal, eich helpu i gwrdd â phobl.

Gallwch ddod o hyd i grwpiau lleol trwy gysylltu â'ch cangen leol o Age UK (gweler tudalen 69). Mae canolfannau cymunedol yn trefnu teithiau a digwyddiadau'n aml – chwiliwch am eich canolfan gymunedol leol ar-lein i weld beth sy'n digwydd yno.

Mae pob croeso i chi ofyn am help i ddod o hyd i grŵp i ymuno ag ef. Hwyrach gall eich meddyg neu nyrs gynnig rhai awgrymiadau. Er ei bod yn bosibl na fydd y grŵp cyntaf rydych yn mynd iddo'n eich plesio, cofiwch y gallai eich arwain at ddod o hyd i grŵp neu sefydliad arall i roi cynnig arnynt.

Trwsio'r cartref

Mae Gofal a Thrwsio yn sefydliad sy'n helpu pobl yng Nghymru, Lloegr a'r Alban gyda gorchwylion trwsio o amgylch y cartref, ac sy'n cynnig cyfleoedd ymgyfeilla un ac un fel rhan o'i wasanaeth di-dâl. Gweler tudalen 70 am fanylion cysylltu.

Gofalwyr ac arunigedd

Mae arunigedd yn broblem i ofalwyr hefyd. Mae llawer o ofalwyr yn teimlo eu bod ar eu pennau eu hunain a heb gefnogaeth. Hwyrach gall y sefydliadau ar dudalen 76 helpu ymhellach, neu galwch Linell Gymorth Marie Curie ar **0800 090 2309***.

Mae Cymuned Marie Curie hefyd yn lle da i siarad â phobl sy'n deall sut rydych yn teimlo. Gallwch ddod o hyd iddi ar **community.mariecurie.org.uk**

You can find local groups by contacting your local branch of Age UK (see page 69). Community centres often organise outings and events – search for your local community centre online and see what it has on.

Don't hesitate to ask for help finding a group to join. Your doctor or nurse may be able to make some suggestions. Remember that although the first group you go to might not suit you it could lead you to finding another group or organisation to try.

Home repairs

Care and Repair is an organisation that helps people in England, Scotland and Wales with DIY jobs around the home, and offers one-to-one befriending opportunities as part of its free service. See page 70 for contact details.

Care and isolation

Isolation is also a problem for carers. Many carers feel alone and without support. The organisations on page 76 may be able to help further, or call the Marie Curie Support Line on **0800 090 2309***.

The Marie Curie Community is also a good place to talk to people who understand how you're feeling. You can find it at **community.mariecurie.org.uk**.

**Section 6:
Directory and
further information**

64	How we can help
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77	Further information

**Adran 6:
Cyfeiriadur a
gwybodaeth bellach**

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65	Sefydliadau defnyddiol
77	Gwybodaeth bellach

Sut gallwn ni helpu

Rydym yn helpu pawb mae afiechyd terfynol yn effeithio arnynt i gael yr wybodaeth a'r gefnogaeth maen nhw eu hangen, p'un a oes gennych afiechyd eich hun neu rydych yn aelod o'r teulu neu'n ffrind.

Llinell Gymorth Marie Curie

0800 090 2309*

Gofynnwch gwestiynau a chael cefnogaeth. Ar agor o 9yb i 5yp Llun i Wener. (Mae'n bosib y caiff eich galwad ei recordio at ddibenion hyfforddi a monitro.)

* Mae galwadau o linellau tir yn rhad ac am ddim, ond mae'n bosib y codir tâl arnoch os galwch o ffôn symudol. Gwiriwch gyda'ch darparwr ffôn symudol am fanylion. Bydd galwadau o unrhyw fath o ffôn yn rhad ac am ddim o 1 Gorffennaf 2015.

Cymuned Marie Curie

community.mariecurie.org.uk

Ar gyfer unrhyw un mae afiechyd terfynol yn effeithio arnynt rannu profiadau a chefnogi ei gilydd. Ar gael 24 awr y dydd.

Mwy o wybodaeth a chefnogaeth bellach

Mae gennym ystod eang o ddefnyddiau gwybodaeth ar gael, yn ogystal, i'w gweld ar-lein neu ar bapur. Ewch i **mariecurie.org.uk/help** lle gallwch ddod o hyd i ganllawiau fflm, gwybodaeth am ein gwasanaethau a chysylltau i gefnogaeth bellach.

Nyrsys Marie Curie

Mae Nyrsys Marie Curie'n gweithio nos a dydd, yng nghartrefi pobl ar draws y DU, gan ddarparu gofal ymarferol a chefnogaeth emosiynol hanfodol. Os ydych chi'n byw gydag afiechyd terfynol, gallant eich helpu i aros yng nghwmni'r bobl sydd anwylaf i chi, yn y fan lle rydych fwyaf cysurus.

mariecurie.org.uk/nurses

How we can help

We help everyone affected by a terminal illness get the information and support they need, whether you have an illness yourself or you're a family member or friend.

Marie Curie Support Line
0800 090 2309*

Ask questions and find support. Open 9am to 5pm Monday to Friday. (Your call may be recorded for training and monitoring purposes.)

*Calls from landlines are free, but there may be a charge if you're calling from a mobile. Check with your mobile provider for details. Calls from any type of phone will be free from 1 July 2015.

Marie Curie Community
community.mariecurie.org.uk

For anyone affected by terminal illness to share experiences and support each other. Available 24 hours a day.

More information and further support

We also have an extensive range of information materials available to view online or in print. Visit **mariecurie.org.uk/help** where you can also find film guides, information about our services, and links to further support.

Marie Curie Nurses

Marie Curie Nurses work night and day, in people's homes across the UK, providing hands-on care and vital emotional support. If you're living with a terminal illness, they can help you stay surrounded by the people you care about most, in the place where you're most comfortable.
mariecurie.org.uk/nurses

Marie Curie Hospices
Our hospices offer the reassurance of specialist care and support, in a friendly, welcoming environment, for people living with a terminal illness and their loved ones – whether you're staying in the hospice, or just coming in for the day.
mariecurie.org.uk/hospices

Marie Curie Helper
We know the little things can make a big difference when you're living with a terminal illness. That's where our trained Helper volunteers come in. They can visit you regularly to have a chat to over a cup of tea, help you get to an appointment or just listen when you need a friendly ear.
mariecurie.org.uk/helper

Useful organisations

Health information

Alzheimer's Society
0300 222 11 22
alzheimers.org.uk
Works to improve quality of life for people affected by dementia. Its website includes guidance on diagnosis, symptoms and care for people living with Alzheimer's, information on local services and support groups.

Complementary and Natural Healthcare Council
020 7653 1971
cnhc.org.uk
Accredited voluntary regulator for complementary therapists in the UK. Find a private (paid for) therapist near you or read about the different therapies available.

Hosbisau Marie Curie

Mae ein hosbisau'n cynnig y tawelwch meddwl sy'n dod o ofal a chefnogaeth arbenigol, mewn amgylchedd cyfeillgar, croesawgar, ar gyfer pobl sy'n byw gydag afiechyd terfynol a'u hanwyliaid – p'un a ydych yn aros yn yr hosbis neu'n dod i mewn am y dydd yn unig.
mariecurie.org.uk/hospices

Cynorthwy-ydd Marie Curie

Gwyddom y gall y pethau bach wneud gwahaniaeth mawr pan fyddwch yn byw gydag afiechyd terfynol. Dyma ble mae ein Cynorthwywyr gwirfoddol hyfforddedig yn camu i'r adwy. Gallant ymweld â chi'n rheolaidd i gael sgwrs dros gwpanaid o de, eich helpu i gyrraedd apwyntiad neu dim ond gwrando pan fyddwch angen clust gyfeillgar.
mariecurie.org.uk/helper

Sefydliadau defnyddiol

Gwybodaeth iechyd

Cymdeithas Alzheimer's

alzheimers.org.uk
0300 222 11 22

Yn gweithio i wella ansawdd bywyd ar gyfer pobl mae dementia yn effeithio arnynt. Mae ei gwefan yn cynnwys cyfarwyddyd ar ddiagnosis, symptomau a gofal i bobl sy'n byw gydag Alzheimer's, gwybodaeth am wasanaethau lleol a grwpiau cefnogi.

Cyngor Gofal Iechyd Cyflenwol a Naturiol

020 7653 1971
cnhc.org.uk

Rheoleidiwr gwirfoddol achrededig ar gyfer therapyddion cyflenwol yn y DU. Gallwch ganfod therapydd preifat (y telir amdano) yn eich myl chi neu ddarllen am y therapiau gwahanol sydd ar gael.

Dementia UK

dementiauk.org

0845 257 9406

Wedi ymrwymo i wella ansawdd bywyd pawb mae dementia yn effeithio arnynt. Mae ei wefan yn cynnwys gwybodaeth am y cyflwr ac o ble y gall gofalwyr gael cymorth.

Diabetes UK

diabetes.org.uk

0345 123 2399

Mae ganddo linell gymorth bwrpasol ar gyfer clefyd siwgr ar gyfer pawb â chlefyd siwgr, eu ffrindiau, teuluoedd, gofalwyr a gweithwyr gofal iechyd proffesiynol. Gallwch hefyd ddod o hyd i grŵp cefnogi lleol ar-lein.

Cyngor y Galwedigaethau Iechyd a Gofal

0845 300 6184

hcpc-uk.org/check

Gwiriwch a yw gweithiwr gofal iechyd proffesiynol wedi'i gofrestru i ymarfer ar draws y DU. Nid yw hyn yn gymwys ar gyfer gweithwyr cymdeithasol.

Healthtalk.org

healthtalk.org

Gwefan gyda gwybodaeth am ystod o afiechydon, gyda ffocws ar brofiadau gwirioneddol pobl. Mae'n cynnwys fforwm ble gallwch siarad â phobl eraill mewn sefyllfaoedd tebyg.

Hospice UK

020 7520 8200

hospiceuk.org

Cyfeiriadur ar gyfer y DU a rhyngwladol o ofal hosbis a lliniarol, yn ogystal â gwybodaeth arall ar gyfer pobl ag afiechyd terfynol.

Dementia UK

0845 257 9406

dementiauk.org

Committed to improving quality of life for all people affected by dementia. Its website includes information about the condition and where carers can get support.

Diabetes UK

0345 123 2399

diabetes.org.uk

Has a dedicated helpline for people with diabetes, their friends, family, carers and healthcare professionals. You can also find a local support group online.

Health and Care Professions Council

0845 300 6184

hcpc-uk.org/check

Check whether a healthcare professional is registered to practice across the UK. This doesn't apply for social workers.

Healthtalk.org

healthtalk.org

A website with information on a range of illnesses, with a focus on people's real-life experiences. Includes a forum where you can talk to other people in similar situations.

Hospice UK

020 7520 8200

hospiceuk.org

A UK and international directory of hospice and palliative care, plus other information for people with a terminal illness.

Macmillan Cancer Support

0808 808 00 00

macmillan.org.uk

Provides practical, medical and financial support for people affected by cancer.

Multiple Sclerosis (MS) Society

0808 800 8000

mssociety.org.uk

Gives grants and provides information and support to people affected by multiple sclerosis.

Motor Neurone Disease (MND) Association

08457 626 262

mndassociation.org

Care, research, campaigning and information about motor neurone disease in England, Wales and Northern Ireland. Its website includes the latest research, as well as guidance on getting support.

Motor Neurone Disease (MND) Scotland

0141 945 1077

mndscotland.org.uk

Provides care and support to people affected by motor neurone disease in Scotland. It also provides information and education services to healthcare professionals and funds research.

MIND

0300 123 3393 (text 86463)

mind.org.uk

Provides information and support for a range of mental health problems.

Cymorth Cancer Macmillan

0808 808 00 00

macmillan.org.uk

Yn darparu cymorth ymarferol, meddygol ac ariannol i bobl mae cancer yn effeithio arnynt.

Cymdeithas Sglerosis Gwasgaredig (MS)

mssociety.org.uk

0808 800 8000

Yn rhoi grantiau ac yn darparu gwybodaeth a chefnogaeth i bobl mae sglerosis gwasgaredig yn effeithio arnynt.

Cymdeithas Clefyd Niwronau Motor (MND)

mndassociation.org

08457 626 262

Gofal, ymchwil, ymgyrchu a gwybodaeth am glefyd niwronau motor yng Nghymru, Lloegr a Gogledd Iwerddon. Mae ei gwefan yn cynnwys yr ymchwil ddiweddaraf, yn ogystal â chyfarwyddyd ynghylch cael cymorth.

Clefyd Niwronau Motor (MND) Yr Alban

0141 945 1077

mndscotland.org.uk

Yn darparu gofal a chefnogaeth i bobl mae clefyd niwronau motor yn effeithio arnynt yn yr Alban. Mae hefyd yn darparu gwybodaeth a gwasanaethau addysg i weithwyr gofal iechyd proffesiynol ac yn ariannu ymchwil.

MIND

mind.org.uk

0300 123 3393 (text 86463)

Yn darparu gwybodaeth a chefnogaeth ar gyfer ystod o broblemau iechyd meddwl.

Live Well y GIG

nhs.uk/livewell

Gwybodaeth y GIG am les, gan gynnwys cyngor maethiad ac ymarfer corff.

Parkinson's UK

parkinsons.org.uk

0808 800 0303 (ffôn testun 18001 0808 800 0303)

Yn rhoi gwybodaeth a chefnogaeth i bobl sy'n byw gyda chlefyd Parkinson's trwy ei wefan a'i linell gymorth.

Patient.co.uk

Safle iechyd rhad ac am ddim sy'n cynnwys mwy na 4,000 o daflenni gwybodaeth iechyd, canolfan lles, gwiriad iechyd am ddim, a fforymau ble gallwch drafod eich profiadau ag eraill.

Scope

scope.org.uk

0808 800 3333

Gwybodaeth a chefnogaeth ar gyfer unrhyw un ag anabledd dysgu neu amhariad corfforol.

Y Gymdeithas Strôc

stroke.org.uk

0303 3033 100

Gwybodaeth gyfoes ar fformat clywedol ar gyfer pobl sydd wedi cael strôc, a'u teuluoedd a'u gofalwyr. Mae ganddi gyfeiriadur o wasanaethau lleol ar ei gwefan yn ogystal.

NHS Live Well

nhs.uk/livewell

NHS information about wellbeing, including nutrition and exercise advice.

Parkinson's UK

0808 800 0303 (textphone 18001 0808 800 0303)

parkinsons.org.uk

Gives information and support to people living with Parkinson's disease through its website and helpline.

Patient.co.uk

A free health site which contains over 4,000 health information leaflets, a wellbeing centre, a free health check, and forums where you can discuss your experiences with others.

Scope

0808 800 3333

scope.org.uk

Information and support for anyone with a learning disability or physical impairment.

Stroke Association

0303 3033 100

stroke.org.uk

Up-to-date information in audio format for people who have had a stroke, and their families and carers. It also has a directory of local services on its website.

Emotional support

Age UK

0800 169 6565

ageuk.org.uk

A charity with a network of local branches that aims to help older people make the most out of life. It has a befriending service and sometimes loans out wheelchairs. It also has national branches:

Age Scotland

0800 4 70 80 90

ageuk.org.uk/scotland

Age Cymru (Wales)

08000 223 444

ageuk.org.uk/cymru

Age NI

0808 808 7575

ageuk.org.uk/northern-ireland

Befriending Networks

0131 261 8799

befriending.co.uk

Offers supportive, reliable relationships through volunteer befrienders to people who would otherwise be socially isolated.

Cefnogaeth emosiynol

Age UK

0800 169 6565

ageuk.org.uk

Elusen gyda rhwydwaith o ganghennau lleol sy'n ceisio helpu pobl hŷn i gael y bywyd gorau posibl. Mae ganddi wasanaeth ymgyfeilla ac weithiau mae'n benthyca cadeiriau olwyn. Mae ganddi ganghennau cenedlaethol hefyd:

Age Scotland

0800 4 70 80 90

ageuk.org.uk/scotland

Age Cymru

08000 223 444

ageuk.org.uk/cymru

Age NI

0808 808 7575

ageuk.org.uk/northern-ireland

Rhwydweithiau Ymgyfeilla

0131 261 8799

befriending.co.uk

Maen nhw'n cynnig cydberthnasau cefnogol, dibynadwy trwy wirfoddolwyr sy'n fodlon bod yn gyfaill i bobl a fyddent, fel arall, yn arunig yn gymdeithasol.

Gofal a Thrwsio

Help gyda gorchwylion trwsio o gwmpas y cartref gan gynnwys cyfleoedd ymglyfeilla.

Care and Repair England

0115 950 6500

careandrepair-england.org.uk

Care and Repair Scotland

0141 221 9879

careandrepairsotland.co.uk

Gofal a Thrwsio Cymru (Wales)

0300 111 3333

careandrepair.org.uk

CaringBridge

caringbridge.org

Crëwch eich gwefan eich hun i rannu'ch profiadau â'r teulu a'ch ffrindiau.

Contact

0808 808 8000

contactni.com

Llinell gymorth cynghori ar gyfer pobl o bob oed yng Ngogledd Iwerddon.

It's good to talk

itsgoodtotalk.org.uk/therapists

Dewch o hyd i therapydd ledled y DU. Rhan o Gymdeithas Gyngori a Seicotherapi Prydain (BACP).

Care and Repair
Help with DIY jobs around the home including befriending opportunities.

Care and Repair England
0115 950 6500
careandrepair-england.org.uk

Care and Repair Scotland
0141 221 9879
careandrepairsotland.co.uk

Care and Repair Cymru (Wales)
0300 111 3333
careandrepair.org.uk

CaringBridge
caringbridge.org
Create your own website to share your experiences with family and friends.

Contact
0808 808 8000
contactni.com

It's good to talk
itsgoodtotalk.org.uk/therapists
Find a therapist across the UK. Part of the British Association of Counselling and Psychotherapy (BACP).

Relate

0300 100 1234

relate.org.uk

Counseling, support and information for all relationships. The website features a search for counselling in your area.

Samaritans

08457 90 90 90

samaritans.org

A confidential support line for people struggling to cope.

Equipment, adaptations and occupational therapy**British Association of Occupational Therapists and****College of Occupational Therapists**

020 7357 6480

cot.co.uk

Visit the website or call the association to find an occupational

therapist. It also has a range of leaflets about how an occupational

therapist can help.

British Red Cross

0844 871 11 11

redcross.org.uk

Loans wheelchairs and other types of equipment to people

around the UK.

Relate

0300 100 1234

relate.org.uk

Cynghori, cefnogi a gwybodaeth ar gyfer bob cydberthynas. Mae'r wefan yn cynnwys dull o chwilio am gynghori yn eich ardal.

Y Samariaid

08457 90 90 90

samaritans.org

Llinell gefnogaeth gyfrinachol ar gyfer pobl sy'n ei chael yn anodd ymdopi.

Offer, addasiadau a therapi galwedigaethol**Cymdeithas Therapyddion Galwedigaethol Prydain a'r Coleg Therapyddion Galwedigaethol**

020 7357 6480

cot.co.uk

Ewch i'r wefan neu ffoniwch y gymdeithas i ddod o hyd i therapydd galwedigaethol. Mae ganddi hefyd ystod o daflenni ynghylch sut gall therapydd galwedigaethol helpu.

Y Groes Goch Brydeinig

redcross.org.uk

0844 871 11 11

Yn benthycu cadeiriau olwyn a mathau eraill o offer i bobl o amgylch y DU.

Capability Scotland

0131 337 9876 (ffôn testun 131 346 2529)

capability-scotland.org.uk

Yn gweithio gyda phobl anabl a'u gofalwyr. Gall roi cyngor i chi ar ble i ganfod offer.

Canolfan Byw'n Annibynnol Gogledd Iwerddon

cilbelfast.org

028 9064 8546 (ffôn testun 028 9064 0598)

Mae gan y wefan lawer o ddalenni ffeithiau defnyddiol i helpu pobl i fyw'n annibynnol.

Coleg y Therapyddion Galwedigaethol

0207 989 0681

cotss-ip.org.uk

Chwiliwch y cyfeiriadur ar-lein i ddod o hyd i therapydd galwedigaethol preifat (y telir amdano) yn y DU. Gall y sefydliad helpu i'ch cyngori ynghylch offer, addasiadau a phynciau symudedd cyffredinol. Dylech allu cael therapydd galwedigaethol trwy eich gwasanaeth iechyd lleol yn ogystal.

Cofrestr Offer Anabledd

disabreg.pwp.blueyonder.co.uk

Gwefan sy'n rhestru offer symudedd ail-law sydd ar gael i'w brynu ledled y DU.

Sefydliad Byw'n Annibynnol

0300 999 0004

dlf.org.uk

Elusen yng Nghymru a Lloegr sy'n darparu cyngor, gwybodaeth a hyfforddiant diduedd am fyw'n annibynnol. Mae gan ei gwefan lawer o awgrymiadau defnyddiol ar brynu offer a chynhyrchion ac mae ganddi ganllaw hunangymorth o'r enw AskSARA yn **asksara.dlf.org.uk**

self-help guide called AskSARA at **asksara.dlf.org.uk**

a lot of useful tips for buying equipment and products and it has a information and training on independent living. Its website contains

A charity in England and Wales providing impartial advice,

dlf.org.uk

0300 999 0004

Disabled Living Foundation

buy throughout the UK.

A website that lists second-hand mobility equipment available to

disabreg.pwp.blueyonder.co.uk

Disability Equipment Register

health service.

also be able to get an occupational therapist through your local

equipment, adaptations and general mobility issues. You should

therapist in the UK. The organisation can help advise you on

Search the online directory to find a private (paid for) occupational

cotss-ip.org.uk

0207 989 0681

College of Occupational Therapists

independently.

The website has lots of useful fact sheets to help people live

cilbelfast.org

028 9064 8546 (textphone 028 9064 0598)

Centre for Independent Living NI

on where to find equipment.

Works with disabled people and their carers. It can give you advice

capability-scotland.org.uk

0131 337 9876 (textphone 0131 346 2529)

Capability Scotland

Living Made Easy
0300 999 0004
livingmadeeasy.org.uk

Find and compare a range of home adaptations, mobility aids and other equipment.

Shopmobility
0844 41 41 850
shopmobilityuk.org

A scheme that lends or hires out manual and powered wheelchairs and powered scooters.

Financial and legal support

Benefits Adviser Line (Northern Ireland)
0800 232 1271

Contact the advice line for information about benefits in Northern Ireland or visit **nidirect.gov.uk** for online information about all aspects of money, tax and benefits. You can also download most application forms and guides from here.

Citizens Advice
03454 04 05 06 / 03454 04 05 05 (Welsh)
adviceguide.org.uk

The Adviceguide website is the main public information service of Citizens Advice Bureau, providing 24/7 access to information on your rights, including benefits, housing and employment, and on debt, consumer and legal issues. Search the site for your nearest bureau in England, Wales, Scotland and Northern Ireland.

Living Made Easy

0300 999 0004

livingmadeeasy.org.uk

Canfyddwch a chymharwch ystod o addasiadau cartref, cymhorthion symud ac offer arall.

Shopmobility

0844 41 41 850

shopmobilityuk.org

Cynllun sy'n benthycu neu'n hurio allan cadeiriau olwyn a wthir ac a yrrir a sgwteri gyredig.

Cefnogaeth ariannol a chyfreithiol

Llinell Cynghorydd Budd-daliadau (Gogledd Iwerddon)

0800 232 1271

Cysylltwch â'r llinell gyngor am wybodaeth am fudd-daliadau yng Ngogledd Iwerddon neu ewch i **nidirect.gov.uk** am wybodaeth ar-lein am bob agwedd ar arian, treth a budd-daliadau. Gallwch hefyd lawrlwytho'r rhan fwyaf o ffurflenni cais a chanllawiau o'r fan hon.

Cyngor ar Bopeth

03454 04 05 06 / 03454 04 05 05 (Cymraeg)

adviceguide.org.uk

Gwefan Adviceguide yw prif wasanaeth gwybodaeth gyhoeddus Cyngor ar Bopeth, sy'n darparu'r gallu i gyrchu gwybodaeth 24/7 ar eich hawliau, gan gynnwys budd-daliadau, tai a chyflogaeth, ac ar faterion dyled, defnyddwyr a chyfreithiol. Chwiliwch y safle am eich swyddfa agosaf yng Nghymru, Lloegr, yr Alban a Gogledd Iwerddon.

Adran Gwaith a Phensiynau (DWP) (Cymru, Lloegr a'r Alban)

Y DWP sy'n delio â'r rhan fwyaf o fudd-daliadau trwy nifer o wahanol ganolfannau a gwasanaethau. Am help ac i wneud cais am fudd-daliadau penodol, defnyddiwch y rhifau cysylltu isod neu ewch i

GOV.uk

Lwfans Gweini: 0345 605 6055
(ffôn testun 0345 604 5312)

Lwfans Byw i'r Anabl: 0345 712 3456
(ffôn testun 0345 722 4433)

Taliad Annibyniaeth Bersonol: 0345 850 3322
(ffôn testun 0345 601 6677)

Uned Lwfans Gofalydd: 0345 608 4321
(ffôn testun 0345 604 5312)

Lwfans Cyflogaeth a Chefnogaeth:
0800 055 6688 (ffôn testun 0800 023 4888)
neu linell Gymraeg 0800 012 1888

Gwasanaeth Cyngori a Chymorth Cydraddoldeb

0808 800 0082 (ffôn testun 0808 800 0084)

equalityadvisoryservice.com

Yn cefnogi pobl gyda phroblemau cydraddoldeb a hawliau dynol yng Nghymru, Lloegr a'r Alban.

Comisiwn Cydraddoldeb dros Ogledd Iwerddon

028 90 500 600

equalityni.org

Mae'n cefnogi pobl gyda phroblemau cydraddoldeb a hawliau dynol yng Ngogledd Iwerddon.

**Department for Work and Pensions
(England, Wales and Scotland)**
The DWP deals with most benefits through a number of different centres and services. For help and to apply for specific benefits, use the contact numbers below or visit **GOV.uk**

Attendance Allowance: 0345 605 6055
(textphone 0345 604 5312)

Disability Living Allowance: 0345 712 3456
(textphone 0345 722 4433)

Personal Independence Payment: 0345 850 3322
(textphone 0345 601 6677)

Carer's Allowance Unit: 0345 608 4321
(textphone 0345 604 5312)

Employment and Support Allowance:
0800 055 6688 (textphone 0800 023 4888)
or Welsh language line 0800 012 1888

Equality Advisory & Support Service
0808 800 0082 (textphone 0808 800 0084)
equalityadvisoryservice.com

Supports people with equality and human rights issues in
Wales and Scotland.

Equality Commission for Northern Ireland
028 90 500 600
equalityni.org

Supports people with equality and human rights issues in
Northern Ireland.

Law Society (England and Wales)

020 7320 5650

lawsociety.org.uk

Find a solicitor in England and Wales.

Law Society Scotland

0131 226 7411

lawsocot.org.uk

Find a solicitor in Scotland.

Law Society Northern Ireland

028 9023 1614

lawsoc-ni.org

Find a solicitor in Northern Ireland.

Office of Care and Protection (Northern Ireland)

courtsni.gov.uk

The Office of Care and Protection (Northern Ireland) supervises

those individuals who have been appointed to manage the finances

or property of adults who can no longer do so for themselves. It can

help if you need to make a lasting Power of Attorney and can't find

what you need online.

Society of Will writers

01522 687 888

thesocietyofwillwriters.co.uk

Information and advice about legislation for Wills and Power of

Attorney in the UK from a self-regulatory, not-for-profit body. It can

help you find a Will writer in the UK.

Cymdeithas y Gyfraith (Cymru a Lloegr)

020 7320 5650

lawsociety.org.uk

Canfyddwch gyfreithiwr yng Nghymru a Lloegr.

Cymdeithas y Gyfraith yr Alban

0131 226 7411

lawscot.org.uk

Canfyddwch gyfreithiwr yn yr Alban.

Cymdeithas y Gyfraith Gogledd Iwerddon

028 9023 1614

lawsoc-ni.org

Canfyddwch gyfreithiwr yng Ngogledd Iwerddon.

Swyddfa Gofal a Gwarchodaeth (Gogledd Iwerddon)

courtsni.gov.uk

Mae Swyddfa Gofal a Gwarchodaeth (Gogledd Iwerddon) yn goruchwylio'r unigolion hynny a benodwyd i reoli materion ariannol neu eiddo oedolion na allant wneud hynny drostynt eu hunain mwyach. Gall helpu os oes angen i chi lunio Grym Atwrnai parhaus ac ni allwch ddod o hyd i beth sydd ei angen arnoch ar-lein.

Cymdeithas yr Ysgrifenydd Ewyllysiau

01522 687 888

thesocietyofwillwriters.co.uk

Gwybodaeth a chynghor am ddeddfwriaeth ar gyfer Ewyllysiau a Grym Atwrnai yn y DU o gorff hunanreoleiddio di-elw. Gall eich helpu wrth ddod o hyd i ysgrifennwr Ewyllys yn y DU.

Support for carers

Care Information Scotland

08456 001 001

careinfoscotland.co.uk

A telephone and website service providing information about care services for older people living in Scotland.

Carers Trust

0844 800 4361

carers.org

Provides support and information for carers through its network of carers centres. It also has an online community for young carers at babble.carers.org

Carers Trust Northern Ireland

0779 431 8403

carers.org/northern-ireland

Carers Trust Scotland

0300 123 2008

carers.org/scotland

Carers Trust Wales / Cymru

029 20 090087

carers.org/wales

Carers UK

0808 808 7777 (England, Wales and Scotland)

028 9043 9843 (Northern Ireland)

carersuk.org

Provides expert advice, information and support to carers. There are links to its national services from the website homepage.

Cefnogaeth i ofalwyr

Care Information Scotland

0845 001 001

careinfoscotland.co.uk

Gwasanaeth ffôn a gwefan sy'n darparu gwybodaeth am wasanaethau gofal ar gyfer pobl hŷn sy'n byw yn yr Alban.

Carers Trust

0844 800 4361

carers.org

Yn darparu cefnogaeth a gwybodaeth i ofalwyr trwy ei rhwydwaith o ganolfannau gofalwyr. Mae ganddi hefyd gymuned ar-lein ar gyfer gofalwyr ifainc yn babble.carers.org

Carers Trust Northern Ireland

0779 431 8403

carers.org/northern-ireland

Carers Trust Scotland

0300 123 2008

carers.org/scotland

Carers Trust Wales / Cymru

029 20 090087

carers.org/wales

Carers UK

0808 808 7777 (Cymru, Lloegr a'r Alban)

028 9043 9843 (Gogledd Iwerddon)

carersuk.org

Yn darparu cyngor arbenigol, gwybodaeth a chefnogaeth i ofalwyr. Mae cysylltau i'w wasanaethau cenedlaethol o dudalen hafan y wefan.

While we try to ensure that this information is accurate, we do not accept any liability arising from its use. Please refer to our website for our full terms and conditions.

This information is provided as general guidance for information purposes only. It should not be considered as medical or clinical advice, or used as a substitute for personalised or specific advice from a qualified medical practitioner. In respect of legal, financial or other matters covered by this information, you should also consider seeking specific professional advice about your personal circumstances.

The information in this publication is provided for the benefit and personal use of people with a terminal illness, their families and carers.

Notice

If you'd like the list of sources used to create this information, please email review@mariecurie.org.uk or call the Marie Curie Support Line on **0800 090 2309***.

This booklet was produced by Marie Curie's Information and Support team. It has been reviewed by health and social care professionals and people affected by terminal illness.

Further information

Did you find this information useful?
If you have any feedback about the information in this booklet, please email us at review@mariecurie.org.uk or call the Marie Curie Support Line on **0800 090 2309***.

Oedd yr wybodaeth hon yn ddefnyddiol i chi?

Os oes gennych unrhyw adborth am yr wybodaeth yn y llyfryn hwn, anfonwch e-bost atom yn review@mariecurie.org.uk neu ffoniwch Linell Gymorth Marie Curie ar **0800 090 2309***.

Gwybodaeth bellach

Cynhyrchwyd y llyfryn hwn gan dîm Gwybodaeth a Chefnogaeth Marie Curie. Cafodd ei adolygu gan weithwyr proffesiynol iechyd a gofal cymdeithasol a phobl mae afiechyd terfynol wedi effeithio arnynt.

Os hoffech y rhestr o ffynonellau a ddefnyddiwyd i greu'r wybodaeth hon, anfonwch e-bost at review@mariecurie.org.uk neu ffoniwch Linell Gymorth Marie Curie ar **0800 090 2309***.

Hysbysiad

Darperir yr wybodaeth yn y cyhoeddiad hwn er budd a defnydd personol pobl gydag afiechyd terfynol, eu teuluoedd a'u gofalywyr.

Darperir yr wybodaeth hon fel cyfarwyddyd cyffredinol er gwybodaeth yn unig. Ni ddylid ei hystyried yn gyngor meddygol neu glinigol, nac ychwaith ei defnyddio fel dewis arall yn lle cyngor penodol neu bersonol oddi wrth ymarferydd meddygol cymwys. O ran materion cyfreithiol, ariannol neu faterion eraill a drafodir gan yr wybodaeth hon, dylech ystyried, yn ogystal, ofyn am gyngor proffesiynol penodol am eich amgylchiadau personol.

Er ein bod yn ceisio sicrhau bod yr wybodaeth hon yn gywir, nid ydym yn derbyn unrhyw atebolrwydd sy'n deillio o'i defnyddio. Edrychwch ar ein gwefan am ein hamodau a thelerau llawn.

Marie Curie – pam rydym ni yma

Rydym ni yma ar gyfer pobl sy'n byw gydag unrhyw afiechyd terfynol, a'u teuluoedd. Rydym yn cynnig gofal, cyfarwyddyd a chefnogaeth arbenigol i'w helpu i fanteisio i'r eithaf ar yr amser sydd gyda nhw ar ôl.

Llinell Gymorth Marie Curie

0800 090 2309*

Gofynnwch gwestiynau a chael cymorth. Ar agor o 9yb i 5yp Llun i Wener. (Mae'n bosib y caiff eich galwad ei recordio at ddibenion hyfforddi a monitro.) mariecurie.org.uk/help

Gallwch hefyd ymweld â community.mariecurie.org.uk i rannu profiadau a dod o hyd i gefnogaeth trwy siarad â phobl mewn sefyllfa debyg.

* Mae galwadau o linellau tir yn rhad ac am ddim, ond mae'n bosib y codir tâl arnoch os galwch o ffôn symudol. Gwiriwch gyda'ch darparwr ffôn symudol am fanylion. Bydd galwadau o unrhyw fath o ffôn yn rhad ac am ddim o 1 Gorffennaf 2015.



**Gofal a chefnogaeth
drwy salwch terfynol**

Care and support
through terminal illness



You can also visit community.mariecurie.org.uk to share experiences and find support by talking to people in a similar situation.

Ask questions and find support. Open 9am to 5pm Monday to Friday. (Your call may be recorded for training and monitoring purposes.) mariecurie.org.uk/help

0800 090 2309*

Marie Curie Support Line

We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.

Marie Curie – what we're here for