

GOFAL A THRWSIO

Cadw'n Iach, Cadw'n Saff, Cadw'n Ddiogel



Cadw'n Iach Dros y Gaeaf Wrth Gynnal Archwiliad O'ch Cartref



PROBLEM IECHYD	RHESYMAU	CYMORTH GAN GOFAL A THRWSIO
Dioddef o: <ul style="list-style-type: none">● Haint ar y frest?● Asthma?● Arthritis?● Teimlo'n oer?	Cartref yn: <ul style="list-style-type: none">● Oer?● Drafftio?● Llaith?	Help i'ch cadw'n iach: <ul style="list-style-type: none">➤ Diweddarau/gosod systemau gwresogi newydd➤ Inswleiddio➤ Mesurau atal lleithder
Wedi profi: <ul style="list-style-type: none">● Cleisiau/torri asgwrn?● Briwiau?● Baglu/llithro?	Cartref gyda? <ul style="list-style-type: none">● Grisiau serth?● Stebiau uchel?● Golau gwael?● Carpedi'n codi o'r llawr?● Bath llithrig?● Cawod dros fath?	Mesurau megis: <ul style="list-style-type: none">➤ Gosod rheiliau - llaw, grisiau a gafael➤ Gwell goleuadau➤ Mân waith trwsio➤ Rheiliau yn y bath➤ Cawod ar y llawr
Teimlo'n: <ul style="list-style-type: none">● Ofnus?● Pryderus?	Pam? <ul style="list-style-type: none">● Dieithriaid yn galw● Synau rhyfedd● Biliau gwres uchel● Pryderon ariannol	Teimlo'n saffach <ul style="list-style-type: none">➤ Gwell cloeon a cloeau cadwyni➤ Twll ysbio yn y drws ffrynt➤ Gwresogi ac inswleiddio gwell➤ Pennu hawliau budd-daliadau

Gall Asiantaethau Gofal a Thrwsio gynnig cyngor, gwybodaeth a chymorth ymarferol ar grantiau, a gwaith trwsio ac addasu yn eich cartref.

Galwch ein Swyddfa Genedlaethol  **029 2057 6286**
am fanylion eich Asiantaeth Gofal a Thrwsio yn lleol.

CARE & REPAIR

Keep Well, Keep Safe, Keep Secure



Keep Well This Winter With a Healthy Homes Check



HEALTH PROBLEM	POSSIBLE REASONS	CARE & REPAIR COULD HELP
<p>Do you experience:</p> <ul style="list-style-type: none"> ● Chest infections? ● Asthma? ● Arthritis? ● Often feel cold? 	<p>Is your home:</p> <ul style="list-style-type: none"> ● Cold? ● Draughty? ● Damp? 	<p>Keeping you well by:</p> <ul style="list-style-type: none"> ➢ Upgraded or replacement heating ➢ Insulation ➢ General damp proofing
<p>Have you had:</p> <ul style="list-style-type: none"> ● Bruising or broken bones? ● Cuts or grazes? ● Trips or slips? 	<p>Does your home have?</p> <ul style="list-style-type: none"> ● Steep stairs? ● High steps? ● Poor lighting? ● Raised carpets? ● Slippery bath? ● Shower over the bath? 	<p>Making it easier by:</p> <ul style="list-style-type: none"> ➢ Installing rails - hand stair and grab ➢ Improving visibility ➢ Minor repairs ➢ Bath grab rails ➢ Level shower access
<p>Do you feel:</p> <ul style="list-style-type: none"> ● Afraid? ● Anxious? ● Concern or worry? 	<p>Why?</p> <ul style="list-style-type: none"> ● Unknown callers ● Strange noises ● High fuel bills ● Financial concerns 	<p>Feel more secure</p> <ul style="list-style-type: none"> ➢ Better locks & chains ➢ Spy hole in the front door ➢ Improved heating & insulation ➢ Benefit entitlement check

Care and Repair Agencies can offer advice, information and practical assistance with repairs, grants and adaptations to your home.

Call our National Office  **029 2057 6286**
for details of your local Care and Repair agency.