

<p><b>Pembrokeshire Dementia Support Carers' Card</b></p> <p>Conversations and co-design sessions with carers in Pembrokeshire identified the need for support for (unpaid / family) carers at the early stages of the dementia journey, when they are at the GP's for the first conversation about their loved one's memory or behaviour, prior to any diagnosis.</p> <p>The solution proposed by carers: an A6 card to be handed to the carer in person at the GP practice, with some verbal information about this service being specifically for them (not the patient). The card includes the phone number of PCISS (Pembrokeshire Carers Information &amp; Support Service), where carers can access support as well as information.</p>	<p><b>Cerdyn Gofalwyr Cymorth Dementia Sir Benfro</b></p> <p>Yn ystod sgysiau a sesiynau cyd-ddylunio gyda gofalwyr yn Sir Benfro, nodwyd yr angen am gefnogaeth i ofalwyr (di-dâl / teuluol) ar gamau cyntaf y siwrnai dementia, pan fyddant gyda'r Meddyg Teulu yn cael y sgwrs gyntaf am gof neu ymddygiad eu hanwyliaid, cyn unrhyw ddiagnosis.</p> <p>Yr ateb a gynigiwyd gan ofalwyr: cerdyn A6 i'w roi i'r gofalwr yn bersonol yn y Feddygfa, gyda rhywfaint o wybodaeth ar lafar am y gwasanaeth hwn fel gwasanaeth sy'n benodol ar eu cyfer nhw (ac nid y claf). Mae'r cerdyn yn cynnwys rhif ffôn Gwasanaeth Gwybodaeth a Chymorth Gofalwyr Sir Benfro (PCISS), lle mae gofalwyr yn gallu cael cymorth a gwybodaeth.</p>
<p><b>The difference co-production made:</b></p> <p>The problem was identified by staff based on what carers were saying, and the result was co-designed with carers, ensuring it was the right solution for other carers in a similar situation.</p> <p>The process and the end product were very simple, but the impact was powerful. The uptake of the cards with GP surgeries and other health professionals across the county has been very successful because it feels so relevant to carers' needs.</p>	<p><b>Y gwahaniaeth a wnaeth cyd-gynhyrchu:</b></p> <p>Nodwyd y broblem gan staff ar sail yr hyn yr oedd gofalwyr yn ei ddweud, a chyd-ddyluniwyd y canlyniad gyda gofalwyr, gan sicrhau mai dyma oedd yr ateb iawn i ofalwyr eraill mewn sefyllfa debyg.</p> <p>Roedd y broses ar pen-gynnyrch yn syml iawn, ond roedd yr effaith yn bwerus. Mae'r defnydd o'r cardiau gan Feddygfeydd Teulu a gweithwyr iechyd proffesiynol eraill ledled y sir wedi bod yn llwyddiannus iawn oherwydd mae'n teimlo mor berthnasol i anghenion gofalwyr.</p>