

IECHYD A GOFAL CYMDEITHASOL

HEALTH AND SOCIAL CARE

Uned 001

Unit 001

Ymwybyddiaeth Awareness

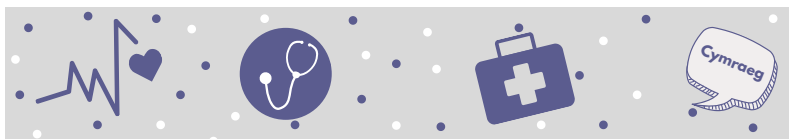
Egwyddorion	Principles
Deddf, Deddfwriaeth	Act, Legislation
Polisiau Cenedlaethol	National Policies
Codau Ymddygiad	Codes of Conduct
Hawliau	Rights
Gofal Person Ganolog	Person Centred Care
Llais, Dewis a Rheolaeth	Voice, Choice and Control
Cyfathrebu Effeithiol	Effective Communication
Y Cynnig Rhagweithiol	The Active Offer

Dealltwriaeth Understanding

Gwerthoedd	Values
Ymarfer Proffesiynol	Professional Practice
Urddas a Pharch	Dignity and Respect
Cynlluniau Personol	Personal Plans
Strategaethau	Strategies
Agwedd ac Ymddygiad	Attitude and Behaviour

Hyder a Rhuglder | Confidence and Fluency

Dulliau Gweithredu	Approaches
Eiriolaeth	Advocacy
Cydgynhyrchiad	Co-production
Cefndir	Background
Cyfranogiad Gweithredol	Active Participation
Cydraddoldeb, Amrywiaeth a Chynhwysiant	Equality, Diversity and Inclusion
Gwanhaniaethu	Discrimination
Nodweddion Gwarchoddedig	Protected Characteristics
Cymryd Risgiau mewn Ffordd Gadarnhaol	Positive Risk Taking
Cydbwysu	Balance
Penderfyniadau Budd Pennaf	Best Interest Decisions
Gweithio Perthynas Ganolog	Relationship Centred Working
Ffiniau Proffesiynol	Professional Boundaries
Arferion Annerbyniol	Unacceptable Practice
Dulliau Gweithredu Cadarnhaol	Positive Approaches
Diwylliant	Culture
Arferion Cyfyngol	Restrictive Practices
Achosion Sylfaenol	Underlying Causes
Digwyddiadau Arwyddocaol Bywyd	Significant Life Events
Trawsnewidiadau	Transitions



IECHYD A GOFAL CYMDEITHASOL

HEALTH AND SOCIAL CARE

Uned 002

Unit 002

Ymwybyddiaeth Awareness

Egwyddorion	Principles
Deddf, Deddfwriaeth	Act, Legislation
Polisiau Cenedlaethol	National Policies
Codau Ymddygiad	Codes of Conduct
Hawliau	Rights
Gofal Person Ganolog	Person Centred Care
Llais, Dewis a Rheolaeth	Voice, Choice and Control
Cyfathrebu Effeithiol	Effective Communication
Y Cynnig Rhagweithiol	The Active Offer
Plentyn Ganolog	Child Centred

Dealltwriaeth Understanding

Gwerthoedd	Values
Ymarfer Proffesiynol	Professional Practice
Urddas a Pharch	Dignity and Respect
Cynlluniau Personol	Personal Plans
Strategaethau	Strategies
Agwedd ac Ymddygiad	Attitude and Behaviour
Elfennau Allweddol	Key Elements
Cyfnod Datblygiad Plentyn	Child Development Stage

Hyder a Rhuglder | Confidence and Fluency

Dulliau Gweithredu	Approaches
Eiriolaeth	Advocacy
Cydgynhyrchiad	Co-production
Cefndir	Background
Cyfranogiad Gweithredol	Active Participation
Cydraddoldeb, Amrywiaeth a Chynhwysiant	Equality, Diversity and Inclusion
Gwanhaniaethu	Discrimination
Nodweddion Gwarchoddedig	Protected Characteristics
Cymryd Risgiau mewn Ffordd Gadarnhaol	Positive Risk Taking
Cydbwyso	Balance
Hybu	Promote
Cefndiroedd Diwylliannol	Cultural Backgrounds
Crefyddol a Ieithyddol	Religious and Linguistic
Penderfyniadau Budd Pennaf	Best Interest Decisions
Gweithio Perthynas Ganolog	Relationship Centred Working
Ffiniau Proffesiynol	Professional Boundaries
Arferion Annerbyniol	Unacceptable Practice
Dulliau Gweithredu Cadarnhaol	Positive Approaches
Diwylliant	Culture
Arferion Cyfyngol	Restrictive Practices
Achosion Sylfaenol	Underlying Causes
Digwyddiadau Arwyddocaol Bywyd	Significant Life Events
Trawsnewidiadau	Transitions
Herio	Challenge
Rhwystrau	Barriers

IECHYD A GOFAL CYMDEITHASOL HEALTH AND SOCIAL CARE

Uned 003

Unit 003

Ymwybyddiaeth | Awareness

Iechyd a Llesiant

Health and Well-being

Dealltwriaeth | Understanding

Rhwydweithiau

Networks

Gofal Personol

Personal Care

Mannau Pwysu,
Niwed Pwysu
a Briwiau Pwysu

Pressure areas,
Pressure Damage and
Pressure Ulcers

Gofal Iechyd y Geg

Oral Health Care

Gofal Traed

Foot Care

Maeth a Hydradu

Nutrition and Hydration

Gofal Diwedd Oes

End of Life Care

Marwolaeth a Galar

Death and Grief

Coll'r Synhwyrâu

Sensory Loss

Dangosyddion

Indicators

Byw'n Dda gyda Dementia

Living Well with Dementia

Salwch Meddwl

Mental Ill-health

Hyder a Rhuglder | Confidence and Fluency

Datblygiad Dynol

Human Development

Iechyd Corfforol Da

Good Physical Health

Anweithgarwch Parhaus

Prolonged Inactivity

Ymlyniad

Attachment

Hunaniaeth

Identity

Hunan-barch

Self-respect

Synnwyr o Ddiogelwch

Sense of Security

Cysylltau

Links

Deddf Galluedd Meddwl

Mental Capacity Act

Ymataliaeth

Continence

Cymhorthion a Chyfarpar

Aids and Equipment

Cyflyrau Cyffredin

Common Conditions

Rolau a Chyfrifoldebau

Roles and Responsibilities

Meddyginiaeth

Medication

Cylch Gorchwyl

Remit

Atchwanegiadau

Supplements

Argymhellion y Llywodraeth

Government Recommendations

Credoau Personol

Personal Beliefs

Blaengynllunio Gofal

Advanced Care Planning

Blaengyfarwyddiadau

Advanced Directives

Technoleg Gynorthwyol

Assistive Technology

Cymuned sy'n ystyriol o
ddementia

Dementia Friendly
Community

IECHYD A GOFAL CYMDEITHASOL

HEALTH AND SOCIAL CARE

Uned 004

Unit 004

Dealltwriaeth | Understanding

Dysgu Arbrofol

Experiential Learning

Arferion Gofal Personol

Personal Care Routines

Maeth a Hydradu

Nutrition and Hydration



Hyder a Rhuglder | Confidence and Fluency

Datblygiad Plentyn

Child Development

Datblygiad Personol, Corfforol,
Cymdeithasol ac Emosiynol

Personal, Physical, Social
and Emotional Development

Ymyrryd yn Gynnar

Early Intervention

Uniaethu mewn Ffordd Gadarnhaol

Relate Positively

Ymlyniad

Attachment

Asiantaethau

Agencies

Ysgogiad

Stimulation

Arferion Cyson

Consistent Routines

Cyfannol

Holistic

Timau Amlasiantaethol

Multi Agency Teams

Anghenion Cymorth Ychwanegol

Additional Support Needs

Addasu'r Amgylchedd

Adapt the Environment

Galluogi

Enable

Meddyginiaeth

Medication

Cylch Gorchwyl

Remit

Deiet Cytbwys

Balanced Diet

IECHYD A GOFAL CYMDEITHASOL

HEALTH AND SOCIAL CARE

Uned 005

Unit 005

Ymwybyddiaeth | Awareness

Ymarfer Proffesiynol

Professional Practice

Atebolrwydd

Accountability

Cyfleoedd Dysgu

Learning Opportunities

Dealltwriaeth | Understanding

Datblygiad Proffesiynol
Parhaus

Continuing Professional
Development

Hyder a Rhuglder | Confidence and Fluency

Disgrifidau Swydd	Job Descriptions
Manylebau Person	Person Specifications
Cyfyngiadau	Limits
Gweithdrefnau	Procedures
Dyletswydd Gofal	Duty of Care
Dyletswydd Gonestwydd	Duty of Candour
Cyfrinachedd	Confidentiality
Gwrthdaro	Conflict
Cyfyng Gyngor	Dilemma
Egyddorion Craidd	Core Principles
Strwythur	Structure
Cyd-Gynhyrchiad	Co-Production
Ennyn Ymddiriedaeth	Build Trust
Ymdrin â Gwybodaeth	Handling Information
Systemau diogel	Secure Systems
Gwahaniaethau	Differences
Ffaith, Barn a Dyfarniad	Fact, Opinion and Judgement
Modelau Rôl Cadarnhaol	Positive Role Models
Cyfryngau Cymdeithasol	Social Media
Ymarfer Myfyriol	Reflective Practice
Goruchwylio ac Arfarnu	Supervision and Appraisal
Cymhwysedd Digidol	Digital Competency



IECHYD A GOFAL CYMDEITHASOL

HEALTH AND SOCIAL CARE

Uned 006

Unit 006

Dealltwriaeth | Understanding

Diogelu	Safeguarding
Eirioli	Advocate
Ofnau a Gorbryderon	Fears and Anxieties



Hyder a Rhuglder | Confidence and Fluency

Arwyddion a Symptomau	Signs and Symptoms
Fframweithiau Deddfwriaethol	Legislative Frameworks
Hawliau Unigolion	Individual Rights
Pryderon	Concerns
Camau Gweithredu	Actions
Ymddygiadau	Behaviours
Tramgwyddwyr	Perpetrators
Methiannau Difrifol	Serious Failures
Chwythu'r Chwiban	Whistleblowing
Camdriniaeth	Abuse
Esgeulusdod	Neglect

Hyder a Rhuglder | Confidence and Fluency

Iechyd a Diogelwch yn y Gweithle	Health and Safety in the Workplace
Cyflogwyr	Employers
Asesiad Risg	Risk Assessment
Damwain	Accident
Argyfwng	Emergency
Peryglon	Hazards
Diogelwch Tân	Fire Safety
Gweithdrefnau Gwagio	Evacuation Procedures
Allanfydd	Exits
Symud a Chario	Moving and Handling
Lleoli	Positioning
Goblygiadau	Implications
Haint	Infection
Technegau Golchi Dwylo	Hand Washing Techniques
Mesurau Diogelwch Bwyd	Food Safety Measures
Arwynebau	Surfaces
Rheoli Sylweddau Peryglus	Control of Hazardous Substances
Arferion Diogel	Safe Practices
Straen	Stress

