**Tasg enghreifftiol ar gyfer Cwrs Lefel 2 Iechyd a Gofal Cymdeithasol: Craidd**

***Task example for Level 2 Health and Social Care: Core Course***

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| **Uned 003: Iechyd a Lles (Oedolion)**  **Deilliant dysgu: 13.0**  **Gweithgaredd Estynedig – Dementia**  Defnyddiwch y dolenni i ateb y cwestiynau isod.   * [Adnodd Dementia Ar Gyfer Gweithwyr Gofal Proffesiynol | Gofal Cymdeithasol Cymru](https://gofalcymdeithasol.cymru/gwella-gwasanaethau/adnodd-dementia-ar-gyfer-gweithwyr-gofal-proffesiynol) * [Y Canllaw dementia (alzheimers.org.uk)](https://www.alzheimers.org.uk/sites/default/files/migrate/downloads/the_dementia_guide_-_welsh.pdf)   **Cwestiynau**   1. Beth yw ystyr y term ‘dementia’? (Hyder / Rhuglder) 2. Beth yw’r dangosyddion ac arwyddion o ddementia? (Hyder / Rhuglder, Dealltwriaeth). 3. Ym mha ffyrdd mae dementia’n gallu effeithio ar unigolion a sut maen nhw’n profi’r byd? 4. Beth yw ystyr ‘byw’n dda gyda dementia’? (Hyder / Rhuglder, Dealltwriaeth) 5. Sut gall defnyddio dulliau sy’n canolbwyntio ar yr unigolyn gefnogi unigolion sy’n byw gyda dementia? 6. Beth sydd angen ei ystyried wrth gyfathrebu ag unigolyn sy’n byw gyda dementia? (Ymwybyddiaeth) 7. Sut mae cefnogi a gofalu am unigolyn sy’n byw gyda dementia yn gallu effeithio ar deulu / gofalwyr? 8. Ym mha ffyrdd mae gofalwyr yn gallu cael eu cefnogi i barhau yn eu rôl? 9. Beth yw ystyr y term ‘cymunedau dementia cyfeillgar’ a sut mae hyn yn gallu cyfrannu tuag at lesiant unigolion sy’n byw gyda dementia?( Dealltwriaeth) 10. Pa gefnogaeth sydd ar gael ar gyfer unigolion sy’ byw gyda dementia?   **Gwahaniaethu’r dasg.**  Ymwybyddiaeth: Cwblhau’r dasg yn Saesneg ond gallwch dystiolaethu ymwybyddiaeth pwysigrwydd mamiaith wrth ofalu am berson a dementia.  Dealltwriaeth: Ysgrifennu termau allweddol yn Gymraeg.  Hyder: Defnyddio Cymraeg syml i geisio ateb y cwestiwn.  Rhuglder: Cwblhau’r dasg yn Gymraeg. | ***Task Unit 3: Health and well-being (adults)***  ***Learning Outcome: 13.0***  ***Extended Activity - Dementia***  *Use the following links to answer the questions below.*   * [*Dementia Resource For Care Professionals | Social Care Wales*](https://socialcare.wales/service-improvement/dementia-resource-for-care-professionals#topics) * [*The Dementia Guide (alzheimers.org.uk)*](https://www.alzheimers.org.uk/sites/default/files/2020-03/the_dementia_guide_872.pdf)   ***Questions***   1. *What is meant by the term ‘dementia’? (Confidence/ Fluency)* 2. *What are the Indicators and signs of dementia? (Confidence / Fluency, Understanding)* 3. *What are the ways in which dementia can affect individuals and how do they experience the world?* 4. *What is meant by ‘living well with dementia’? (Confidence/ Fluency, Understanding)* 5. *How can person centred approaches be used to support individuals living with dementia?* 6. *What needs to be considered when communicating with an individual living with dementia? (Awareness)* 7. *What impact can supporting and caring for an individual living with dementia have on family / carers?* 8. *In what ways can carers be supported to continue in their role?* 9. *What is meant by a ‘dementia friendly community’ and how can this contribute to the well-being of individuals living with dementia? (Understanding)* 10. *What range of support is available for individuals living with dementia?*   ***Differentiate the task.***  *Awareness: Complete the task in English but evidence awareness of the importance of their mother tongue when caring for someone with dementia.*  *Understanding: Write the key terms in Welsh.*  *Confidence: Use simple Welsh language to attempt the question.*  *Fluency: Complete the task in Welsh.* |

**Nid yw holl elfennau'r ddogfen hon yn hygyrch. Cysylltwch â gwybodaeth@colegcymraeg.ac.uk i wneud cais am fformat amgen.**

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