

# Carers Outreach Service Newsletter

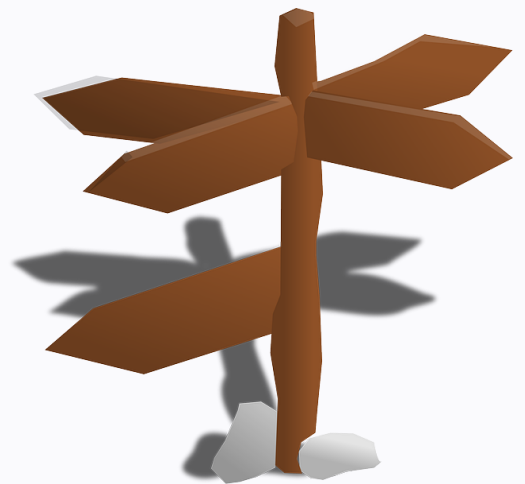
For parents and carers of adults with a Learning difficulty (Learning disability)

**Issue 23**  
**Winter 2018**

Caring for someone can be rewarding and at times it can also be wearing.

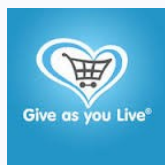
Do you sometimes wonder where to turn for information?

Would you like to talk to a sympathetic person?



**You are welcome to contact  
Carers Outreach Service**

**We are here to listen to carers**



Registered Charity Number 1066262

## Carers Outreach Service

Unit 6, Mentec

Deiniol Road,

Bangor

Gwynedd. LL57 2UP

☎ 01248 370 797

🌐 [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk)

✉ [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

# Update from Carers Outreach

The last issue of this newsletter had an article on carers council tax discount. We are very pleased to say that many families contacted Carers Outreach after reading this information and an estimated £5,000 has been saved by these families this year. This discount will continue each year as long as the families' circumstances remain the same.

If you have information that you feel could help other parents / carers please let us know so that we can share it in future editions of this newsletter.

We are delighted to offer unpaid carers a holiday at a special rate. Carers Outreach's new caravan is situated at Hafan y Mor, near Pwllheli. It has stunning views of Snowdonia as its backdrop and it is in a quiet cul-de-sac on the park. Rain or shine there's so much to keep you entertained during your stay. Enjoy the daytime activities, evening entertainment or go for a quiet drink in the owners bar. Take a relaxing trip on the boating lake, enjoy walks inland on this vast park or along the coast by the beach. Try out the flumes in the refurbished swimming pool. Spend time on the decking of the caravan and watch the sunset. These are just a few ideas for an amazing break away. Also:-



- \* There is free Wi-Fi in the caravan and in different venues on the site.
- \* The site is suitable for all ages including families with children.
- \* Carers can stay with their dependants, family or friends.
- \* The caravan holds up to 6 people based on a double and 2 sets of single beds.

*Stays can be 3, 4, and 7 days.*

*\* Arrival days Friday for stays of 3, 4 or 7 days, Saturday for 3 or 7 days and Monday for 4 or 7 days*

*\* Deposit required of £50.00 on acceptance of booking which is non refundable.*

*\* Bedding is included.*

*\* Fun passes and Privilege cards are included in your price*

*\* You can arrange supermarket deliveries to be delivered direct to the caravan*

**Bookings can be requested from January 2019**

**✉: [caravan@carersoutreach.org.uk](mailto:caravan@carersoutreach.org.uk) ☎: 01248 370797**

# What changes when I reach retirement age?

**Q : I'm reaching retirement age next month – what changes?**

**A : Carers Allowance**

If you have been receiving Carers Allowance and now receive the State Pension which is paid at a rate that is the same or more than Carers Allowance (£62.70), you may no longer receive Carers Allowance but may have what is called an 'underlying entitlement'

**Underlying Entitlement**

If you receive Carers Allowance or have underlying entitlement to it, you will qualify for the Carers Premium in Pension Credit, which is worth £34.95 per week

**Pension Credit**

There are two different types of Pension Credit.

**Guarantee Credit** tops up your weekly income if it's below £159.35 (for single people) or £243.25 (for couples). It's for those who have reached the minimum qualifying age.

**Savings Credit** is an extra payment for people who saved some money towards their retirement, for example a pension. You may not be eligible for Savings Credit if you reached state retirement age on or after 6 April 2016.

To find out if you are entitled to Pension Credit call the **Pension Credit claim line**  
Telephone: 0800 99 1234

Textphone: 0800 169 0133  
Monday to Friday, 8am to 6pm

When you phone, you need to have the following information to hand:

- your National Insurance number
- information about your savings, investments and income
- details of the account into which you would like any Pension Credit payments to be paid

**Bus pass for over 60s**

Free bus passes are issued to residents of Wales who are over 60. Download an application form from Gwynedd council's website or to request a paper form phone 01766 771000.

**Train Passes**

A *Senior Railcard* costs just £30 and it'll save you 1/3 on rail fares throughout Great Britain for a whole year.

To buy online go to [www.senior-rail.co.uk](http://www.senior-rail.co.uk) or buy at a staffed rail station. To check your identity they will need to see a valid passport, valid driving licence or birth certificate

If you are aged 75 or older you can **get your TV Licence free**.  
Call 0300 790 6165.

**This is by no means a complete list. Please let us know of other information that has helped you so that we can share it with other carers.**

The information in this newsletter is, as far as we are aware, accurate at the time of going to press. Carers Outreach Service can accept no liability for errors or omissions or for the quality of information or services provided by other organisations, nor can we recommend products or services.

# Awyr Las / Blue Sky

## Gwynedd Adult Learning Disability Team

The Gwynedd Adult Learning Disability Team is based within Gwynedd Local Authority offices in Caernarfon, Pwllheli and Dolgellau.

Awyr Las/Blue Sky is your NHS Charity. The Gwynedd Adult Learning Disability Team has its own Fund under the umbrella of Awyr Las. The team has been busy fundraising over the past year and hosted a fashion show and auction. The funds raised will be used to purchase resources that are beyond what the NHS would routinely provide and will help towards purchasing resources for the groups.

The team participated in the BCU Bed Push and used the opportunity to raise the profile of the Traffic Light System, (see page 5 ) which is an easy read document that travels with the patient through their hospital journey. It is recognised that many people with a learning disability have difficulties communicating their needs. This document informs professionals, involved in their care and treatment, about the person's needs in a short quick read summary.



The Gwynedd Learning Disability Team were successful in being part of the Canolfan Goffa development in Blaenau Ffestiniog and are now offering appointments for Memory clinics, Assessment for Learning Disability Register clinics and Behavioural Advisory Clinics. The team also offers Group sessions, for example, Keeping Safe and Relationships.

The Gwynedd Learning Disability Team will be running an Engagement Event in the future to meet with Parents and Carers and share what is offered by the Team and to ask what Parents and Carers require from the service. The team hopes that you will all join them at this event in the near future

Joanne Carribine,  
Interim Locality Matron,  
Gwynedd Learning Disability Team.  
Penrallt,  
Caernarfon,  
LL551BN  
[Joanne.Carribine@wales.nhs.uk](mailto:Joanne.Carribine@wales.nhs.uk)



# Traffic light hospital passport

The **Traffic Light Passport** is a simple six page form, which can be completed by the service user and / or the people who know them really well before going into hospital, or upon admission.

**Asesiad Goleuadau Traffig Ysbytu**  
**The Traffic Light Hospital Assessment**

**Enw/Name:** \_\_\_\_\_

Gwnewch yn siŵr fod yr holl staff sy'n edrych ar eich ôl yn darllen ac yn llofnodi'r asesiad hwn ar dudalen 6. Make sure that all the staff who look after you read and sign this assessment on page 6.

Mae'r ddogfen hon yn perthyn i mi. Cofiwch ei dychwelyd i mi pan fyddaf yn cael fy rhyddhau/This document belongs to me. Please return it when I am discharged.

**Coch/Red** - Pethau mae'n rhaid i chi wybod. Things you must know.

**Ambr/Amber** - Pethau y dylech wybod amdana. Things which you should know about me.

**Gwyrdd/Green** - Pethau rwy'n eu hoffi/Pethau nad ydw i'n eu hoffi. Things I like/Things I don't like.

**Allergïadau:** \_\_\_\_\_  
**Allergies:** \_\_\_\_\_

*Ni all pobl wneud unrhyw benderfyniad pwysig amdanoch chi heb siarad gyda chi yn gyntaf, gan gynnwys a dechrau rhoi trawsedd i achub eich bywyd. Fyddiaid nhw siarad gyda'ch teulu neu eich gofalyddwr hefyd, os ydych chi'n cytuno i fynnwys neu os ydych chi'n cael anghofstyriaeth deall pethau. Mae angen iddynt nhw hefyd wneud ier unrhyw weithbwyr proffesiynol eraill sy'n gweithio gyda chi. Dyna'r gyfraith (Deddf Galluedd Meddyfio 2005).*  
 People can't make any important decisions about you without talking to you first, including whether to give you life saving treatment. They should talk to your family or carers too. If you have difficulty understanding (if you agree). They also need to listen to any other professionals who are working with you. It's the law (Mental Capacity Act 2005).

**Pethau mae'n rhaid i chi wybod/ Things you must know**

**Enw/Name:** \_\_\_\_\_  
**Dylech fy ngalw/ Known as:** \_\_\_\_\_

**Cyfeiriad:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Ffôn:** \_\_\_\_\_  
**Telephone number:** \_\_\_\_\_

**Dyddiad geni:** \_\_\_\_\_  
**Date of birth:** \_\_\_\_\_

**Meddyg teulu/GP:** \_\_\_\_\_  
**Cyfeiriad:** \_\_\_\_\_  
**Address:** \_\_\_\_\_

**Ffôn:** \_\_\_\_\_  
**Telephone number:** \_\_\_\_\_

**Perthynas agosaf:** \_\_\_\_\_ **Ffôn/ Tel:** \_\_\_\_\_  
**Next of kin:** \_\_\_\_\_  
**Perthynas:** \_\_\_\_\_  
**Relationship:** \_\_\_\_\_

**Gofalydd/Carer:** \_\_\_\_\_ **Ffôn/ Tel:** \_\_\_\_\_

**Perthynas:** \_\_\_\_\_ **Ffôn/ Tel:** \_\_\_\_\_  
**Relationship:** \_\_\_\_\_  
**Profesiynolion cysylltiedig:** \_\_\_\_\_  
**Professionals involved:** \_\_\_\_\_

**Rheolwr gofau:** \_\_\_\_\_ **Ffôn/ Tel:** \_\_\_\_\_  
**Care manager:** \_\_\_\_\_

**Crefydd/Religion:** \_\_\_\_\_

**Celidaiadu crefyddol:** \_\_\_\_\_  
**Religious requests:** \_\_\_\_\_

**Pethau mae'n rhaid i chi wybod/ Things you must know**

**Cyflyrau meddygol presennol:** \_\_\_\_\_  
**Current medical conditions:** \_\_\_\_\_

**Hanes/meddygol byr:** \_\_\_\_\_  
**Brief medical history:** \_\_\_\_\_

**Meddygiaethau presennol:** \_\_\_\_\_  
**Current medication:** \_\_\_\_\_

**Ymyriadau meddygol:** \_\_\_\_\_  
**Medical interventions:** \_\_\_\_\_

**Ymddygiadau a all herio neu achosi risg:** \_\_\_\_\_  
**Behaviours which may challenge or cause risk:** \_\_\_\_\_

**Fy nghyfathrebu:** \_\_\_\_\_  
**My communication:** \_\_\_\_\_

**Fy nealltwriaeth:** \_\_\_\_\_  
**My understanding:** \_\_\_\_\_

**Pethau y dylech wybod amdana/ Things that you should know about me**

**Bwyta ac yfed (llyncu):** \_\_\_\_\_  
**Eating and drinking (swallowing):** \_\_\_\_\_

**Cymryd fy meddygiaeth:** \_\_\_\_\_  
**Taking my medication:** \_\_\_\_\_

**Mynd i'r loiled:** \_\_\_\_\_  
**Going to the toilet:** \_\_\_\_\_

**Gwelid/clwyd:** \_\_\_\_\_  
**Seeing/hearing:** \_\_\_\_\_

**Symud a gwmpas/ symudwr:** \_\_\_\_\_  
**Moving around/ mobility:** \_\_\_\_\_

**Fy ngofal personol:** \_\_\_\_\_  
**My personal care:** \_\_\_\_\_

**Fy lefelau cefnogi/ Cadi'n ddiogel:** \_\_\_\_\_  
**My levels of support/ keeping safe:** \_\_\_\_\_

**Cysgu:** \_\_\_\_\_  
**Sleeping:** \_\_\_\_\_

**Sut byddwch yn gwybod os byddaf mewn poen?** \_\_\_\_\_  
**How will you know if I am in pain?** \_\_\_\_\_

**Pethau rwy'n eu hoffi/Pethau nad ydw i'n eu hoffi.**  
**Things I like/Things I don't like.**

**Meddylwch am y pethau sy'n eich gwneud yn hapus.**  
**Think about things that make you happy (i.e. watching TV, music, food you like, things that keep you safe.**  
**Meddylwch am y pethau a all eich gorrifo neu eich gwyltio e.e. Ddim yn ddiell i'w hyr sy'n digwydd, newidiadau mewn arferion.**  
**Think about things that might upset or annoy you e.g. not understanding what's happening, changes in routine.**

**Meddylwch am y pethau sy'n eich cadw'n ddiogel.**  
**Please do this.**  
**Meddylwch am y pethau sy'n eich cadw'n ddiogel.**  
**Please do this.**

**Peidiwch â gwneud hyn!**  
**Don't do this!**

**Pethau rwy'n eu hoffi:** \_\_\_\_\_  
**Things I like:** \_\_\_\_\_

**Pethau nad ydw i'n eu hoffi:** \_\_\_\_\_  
**Things I don't like:** \_\_\_\_\_

**Cwblhawyd gan/Completed by:** \_\_\_\_\_ **Dyddiad/ Date:** \_\_\_\_\_

**Perthynas/Relationship:** \_\_\_\_\_

**Nodiadau/Notes**

\_\_\_\_\_  
 \_\_\_\_\_

**Sicrhewch fod yr holl staff sy'n gofalu amdanoch yn darllen ac yn llofnodi'r asesiad hwn yn y blwch isod.**  
**Make sure that all the staff who look after you read and sign this assessment in the box below.**

Enw Name	Llofnod Signature	Dyddiad Date

**Enw Name** **Llofnod Signature** **Dyddiad Date**

Datlosgwyd y ddogfen hon gan Cyswllt Comwy a Thim Cyswllt Iechyd Datlo Ceredigion yn gweithio mewn partneriaeth, weddwyd a wladwriaethol gan South West London Access to Acute Group. This document was developed by Comwy, Connex and Betsi Cadwaladr Health Literacy Teams working in partnership, adapted from similar work by the South West London Access to Acute Group.

- Red** is for the things people must know, such as GP and carer contact details, medical condition, medication and allergies
- Amber** is for important issues like how the person communicates, their eating and drinking preferences, as well as their need for help for moving around and taking medication
- Green** is for likes and dislikes, hobbies and personal preferences

# Internet Safety Tips



## Keep it private

Check the privacy settings on all your social media accounts so that only people you want to share your information with can see it.



- Never send a picture of yourself to a stranger.
- Always be kind online.



snapchat

Tell an adult if anyone online asks to meet you.

Never give out your name, address, phone number, email or passwords



The internet is full of friendly people and amazing information. However sometimes people may say or write things that are untrue. Always think carefully before trusting what you see or hear.

- Always think carefully before you post online
- What goes online stays online!



Talk to your child about being safe online and ask them to show you what internet sites they like to visit.

## Useful sites

Think you know  
Safer internet day  
Internet watch foundation  
UK safer internet centre  
North Wales Police cyber-crime advice and support

